

Irene Harder

WHAT'S COOKIN' ?



NEW SHARON, IOWA

Published by the

NEW SHARON BAND BOOSTERS

24 COCKTAIL NIBBLES

6 oz pkg pretzel sticks	1/4 cup Worcester-shire sauce
1 lb (2 8-oz cans) salted peanuts	1 tablespoon garlic salt
1 pkg crisp rice cereal	1 tablespoon onion salt
1 pkg crisp oat cereal	1 tablespoon celery salt
1 1/2 cups butter or margarine	

Start your oven at 225F or *very slow*.

Break the thin pretzel sticks into even smaller pieces and mix with peanuts and both dry cereals (the rice cereal looks like baby waffles; oat cereal like baby doughnuts) in a large roasting pan.

Heat butter or margarine until melted and stir in Worcestershire sauce, garlic, onion and celery salts. Pour over cereal mixture and mix thoroughly.

Cover and bake 1 hour. Remove cover and bake another hour, stirring occasionally. Makes 4 quarts of flavorful nibbles.

Holiday Mix.

1 pkg. Kix cereal
1 pkg. Ralston wheat chex
1 pkg. thin stick pretzels
2 lbs. mixed nutmeats
1 cup butter
1/2 cup salad oil
2 tablespoons Worcestershire
1/2 teaspoon celery salt

Combine cereals, pretzels and nuts in roaster or dishpan. Melt butter and add salad oil and Worcestershire sauce. Pour this over dry ingredients and sprinkle celery salt over top. Bake in 200-degree oven 1 hour. Stir frequently.

ILL

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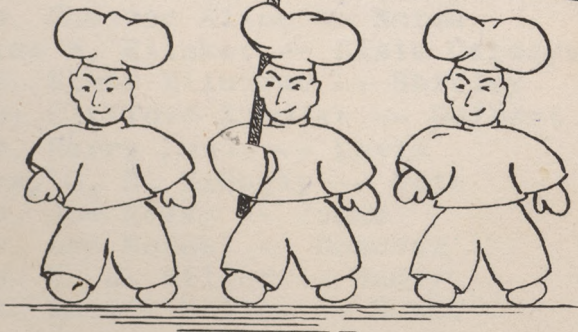
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Eric Girard

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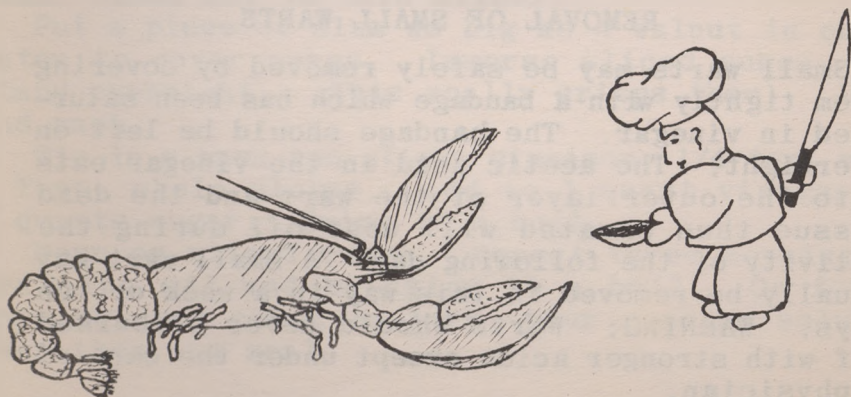
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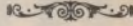
HORS D'OEUVRES PICKLES RELISHES



BEAUTY HINTS

BY JULIAN

Nationally known Director of the
Julian Institute of Beauty in Kansas City, Mo.



Lemon and vinegar are good final rinses for the hair but blondes and persons with lighter colored hair should avoid vinegar as it sometimes darkens light hair.

If you get tired of shaving and other methods of removing hair from legs and arms try bleaching them as this causes them to be much less noticeable.

A simple formula for making a hair remover is to mix equal parts of starch and barium sulphide with water to make a smooth paste.

To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

REMOVAL OF SMALL WARTS

Small warts may be safely removed by covering them tightly with a bandage which has been saturated in vinegar. The bandage should be left on overnight. The acetic acid in the vinegar eats into the outer layer of the wart and the dead tissue thus created will wear off during the activity of the following day. A small wart may usually be removed in this way in a week or ten days. **WARNING:** Warts should never be burned off with stronger acids except under the care of a physician.

HORS D'OEUVRES, PICKLES, RELISHES

SWEET PICKLES

Mrs. Charles Castner

75 pickles - split

1 c. salt

Cover with water. Let stand 1 week, stir every-day. Pour off and add boiling water on 8th day. On 9th day cover with fresh boiling water and 1 Tbsp. alum. On 10th day add fresh boiling water. Then cover for 3 mornings with the boiling vinegar, sugar and spices.

5 c. vinegar

5 c. sugar

Spices (whole all-spice and stick cinnamon)

BEEF PICKLES

Mrs. Ethel Clancy

2 c. vinegar

2 c. water

4 c. sugar

Mix and bring to a boil. Let boil for 7 minutes then add beets which have been cooked and peeled. Let boil for 5 minutes, then pack in jars and seal. Better to slice the beets.

CRYSTAL PICKLES

Mrs. Russell Renaud

Put 25 cucumbers of dill size in a brine strong enough to float an egg and enough to cover. Select cukes with a bit of stem.

Let stand for two weeks. Take out and drain. Wash. Then cut in thin slices.

Put a piece of alum as big as a walnut in enough water to cover cukes. Immerse sliced cukes. Let stand overnight. (This really crisps them). Drain and wash.

Tie in a sack two sticks cinnamon, 1/4 tsp. mace, 1 Tbsp. whole cloves. Add to 1 quart vinegar and 2 quarts sugar. Bring to a boil.

Pour on sliced cukes. Repeat three mornings, draining off and bringing to a boil. On fourth morning, put cukes in jars, pour vinegar solution over them and seal.

DILL PICKLES

Mrs. Porter Longstreet

- 6 qts. soft water
- 1 qt. vinegar
- 1 lb. rock salt
- 2 Tbsp. dill seed to each 1/2 gallon jar
- 1 tsp. black pepper
- 1 tsp. alum
- 2 small red peppers

Boil these ingredients until salt is well dissolved. Strain and while still hot, pour over the cucumbers which have been washed and soaked in cold water over night. Seal while hot.

WRITE EXTRA RECIPES HERE

SOUPS AND SALADS



HOUSEHOLD HINTS

When using walnuts in a salad--add just before serving. This will insure crispness and prevent discoloration.

A tomato may be peeled quickly by spearing with a long handled fork and turning constantly over medium heat for a minute or two till the skin breaks. Cool under cold water and peel.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

A jellied salad may be easily unmolded by first brushing the inside of the mold with salad oil. When ready to serve run a sharp pointed knife around top edge of the mold and invert on a plate.

All of the white skin lining on an orange will come off with the peel if the orange is soaked in boiling water for about 5 minutes before peeling.

Box crackers will keep fresher and crisper if stored in the pots and pans drawer of your stove.

A quick way to remove fruit or vegetable stains from the hands is to rub them with lemon juice.

Kid gloves may be kept clean much longer if rubbed gently and firmly with bread crumbs with each wearing. An Art Gum eraser may also be used for this purpose.

SOUPS AND SALADS

PINEAPPLE SALAD

Rena Drennan

3 eggs, well beaten Juice of 1 lemon
1/2 c. sugar

Mix and cook in double boiler until thick. Cool and add:

1 small can crushed pineapple
1 c. cream, whipped
1 pkg. lemon jello, prepared with 2 c. water and whipped when it is partly hardened.

COTTAGE CHEESE AND PINEAPPLE SALAD

Leta Benson

Soak 1 pkg. lemon gelatin, cool and whip. Add

1 c. whipped cream 3/4 c. sugar
1 c. crushed pineapple 1 c. nut meats
1 c. cottage cheese

and then put back in refrigerator to set.

FRENCH DRESSING

Miss Myrtle Harter

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

Mix these ingredients well and with a rotary beater. Chill.

RED AND WHITE SALAD (made in three layers)

Gertrude Jarard

1 pkg. cherry jello 1 Tbsp. Knox gelatin
2 c. hot water 1 pkg. (3 oz.) Philadelphia cheese
1 can fruit cocktail

1st and 3rd part - Dissolve 1 pkg. cherry jello in two c. hot water. Cool. Put half of fruit in pan and add 1/2 of cherry jello mixture. Let stand until it hardens. Then add 2nd mixture, which is 1 Tbsp. Knox gelatin dissolved in 1/4 c. cold wa-

RED AND WHITE SALAD, CON'T.

ter. 3/4 c. of juice of fruit cocktail. Let juice boil and add to gelatin, cool and fold in one pkg. (3 oz.) Philadelphia cream cheese mashed fine. Fold in 1/2 c. whipped cream, pour this on top of first part and let harden. Then fix third part same as first and let harden. When ready to serve, spread whipped cream over this and add a maraschino cherry on each serving. Very pretty.

APPLE SALAD

Mrs. Fred H. Van Genderen

6 large apples
3 bananas

small can pineapple
small bunch celery
1 c. nut meats

Cut these all into small pieces, mix and add mayonnaise dressing, thinned with sweet cream.

JELLO CRANBERRY SALAD

Mrs. Paul Bowles

1 pkg. strawberry jello 1 pkg. cherry jello

Dissolve jello in four scant cups boiling water. Let cool until it begins to jell, then add:

1/2 lb. raw cranberries 1 orange, using only
2 medium sized apples half the peel,

which have all been ground and sweetened to taste. Pour in molds and let stand until set.

COOKED FRUIT SALAD DRESSING

Mrs. Max Harden

1/4 c. sugar 1 egg
1/2 tsp. salt 3/4 c. pineapple
1 1/2 Tbsp. flour juice drained
2 Tbsp. vinegar from pineapple

Mix ingredients in order and blend thoroughly. Cook, stirring constantly, until very thick. Cool.

CHEESE SALAD

Mrs. Frank G. Hull

1 lb. cheese, diced 1 dz. sweet pickles,
1 small can pimientos diced

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CHEESE SALAD, CON'T.

Use 3 c. either cabbage or lettuce, shredded or 1 c. celery may be used in place of cabbage or lettuce.

Mix with salad dressing.

CRANBERRY SALAD

Mrs. Chester Kline

1 qt. cranberries
24 marshmallows
1 c. sugar

1 small can crushed
pineapple
1/2 pt. whipping cream

Grind cranberries, add cut up marshmallows and sugar. Drain pineapple and add. Add whipped cream. Let stand before eating.

GINGER ALE SALAD

Mrs. Lulu Fisk

1 pkg. lemon jello
1 c. gingerale
1/4 c. sugar

3/4 c. hot water and
pineapple juice

Pour hot water and pineapple juice over lemon jello. When cool add gingerale. When congealed add 1 c. white grapes, 1 c. celery and 1 c. drained crushed pineapple. Serve with dressing:

1/2 c. whipped cream
1 mashed banana

pinch salt and
sweeten to taste

24-HOUR SALAD

Mrs. Ed Lloyd

2 eggs, beaten
4 Tbsp. sugar

4 Tbsp. vinegar, or,
1/3 c. lemon juice

Heat in double boiler, beating constantly until thick and smooth. Cool. When cold, add 1 c. cream, whipped. Fold in:

2 c. white cherries, (or Tokay grapes)
2 c. pineapple, diced
2 oranges, diced
2 c. marshmallows, quartered
1 c. nuts, (if desired)

Chill in refrigerator for 12 hours or longer.

Helen Sheridan
Salad Dressing

MEAT FISH POULTRY

2 tsp salt.
2 tsp dry mustard
2 tsp paprika
2 tsp celery seed
3/4 c. sugar
1/2 c vinegar
2 c. salad oil
(Nesse's)
2 tsp grated onion

put in top of double boiler
& stir until luke warm
& beat until stick finger in



HOUSEHOLD HINTS

To eliminate cabbage odor from cooking cabbage drop a whole walnut into the boiling water.

To keep vegetables, spaghetti, macaroni or rice from boiling over rub a small piece of butter around the edge of the pan.

You can give extra gloss to linoleum by adding a little clothes starch to the mop water.

Pick up tiny pieces of broken glass with a wad of damp cotton or tissue.

To keep lard from spattering while frying sprinkle in a little salt.

Tough meat can be tenderized without affecting flavor by the addition of several drops of vinegar while cooking.

Salt may be kept dry by placing the shaker over the pilot light on a gas range or by placing on the burner of an electric stove shortly after current has been turned off.

String beans will be easier to string if crisped in the refrigerator a few hours before stringing.

Protect your curtains in the washing machine by first placing them in a pillow slip.

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

Onion odor may be removed from the hands by rubbing the hands with damp salt.

MEAT, FISH, POULTRY

MEAT LOAF

Elvia Polka

3 c. ground meat	1 c. milk
1 egg	1 tsp. salt
1 small onion, finely minced	1/4 tsp. pepper
1 c. cracker crumbs	2 Tbsp. butter

Mix thoroughly, place into a greased bread pan. Bake in moderate oven (350°F.) for 30 to 40 minutes.

May be served with or without tomato sauce.

CASSEROLE OF BEEF AND MUSHROOMS

Dr. Georgia Chalfont
Oskaloosa, Iowa

2 lbs. of young beef

Roast till tender and season. Run through food chopper. Add one 4 oz. can of mushrooms, chopped with knife. Pour excess fat from roasting pan. Make a gravy of 2 Tbsp. flour, and 2 c. of milk in the roasting pan. Add chopped meat and mushrooms. Mix thoroughly into a greased casserole. Sprinkle bread crumbs over top. Set in oven at 350 F. for 20 minutes. Left overs may be served in patty shells or on toast.

SALMON LOAF

Mrs. Loring Garner

1 large can pink salmon (remove skin, bones, mash fine)	2 Tbsp. lemon juice
3 egg whites	3 egg yolks
pepper	1/2 c. cracker crumbs
	1/2 c. hot milk
	paprika

Mix together salmon, pepper, lemon juice, beaten egg yolks, cracker crumbs and hot milk. Fold in stiffly beaten egg whites. Pour into greased loaf pan. Sprinkle with paprika. Bake about 1/2 hour in 350°F. oven.

HAM LOAF

Marie Bohnsack

1/2 lb. fresh pork, ground	2 eggs
1 lb. cured ham	1/2 c. milk

HAM LOAF, CON'T.

1/2 lb. ground steak Salt to taste
1 1/2 c. bread or cracker crumbs
1 can tomato soup, part in loaf and rest over loaf
a little onion and dime-can of pimiento

Make into loaf and bake 2 hrs. 350 to 375°F.

HAM LOAF

Mrs. David Ver Steegh

2/3 c. ground ham 1 c. dry bread crumbs
1 1/3 lb. ground pork 2 beaten eggs
1/4 tsp. pepper 1 c. milk

Combine meats, crumbs, pepper, eggs and milk.
Mix thoroughly. Form in loaf. Bake at 350°F. 1 hr.

SPANISH RICE BALLS

Mrs. Basil Rowland

1 qt. tomato juice 1 medium onion
1/2 qt. water 1/2 tsp. salt

Place on fire for quick boil.

2 lbs. hamburger 3/4 c. milk
3/4 c. uncooked rice 1 egg
2 tsp. chili pepper

Mix thoroughly and shape into balls. Drop into
boiling tomato mixture and cook 2 hours. Stir oc-
casionally.

SPANISH PORK CHOPS

Grace E. Hull

Brown pork chops on both sides.

Pour off extra fat.

Sprinkle 1/3 c. raw rice around chops that you have
arranged in baking dish. Add about 3 c. canned
tomatoes, a small onion, chopped fine, salt to
taste, a little pepper.

Arrange rings of green pepper over all and cook
over slow fire until chops are tender.

Place chops on warm platter and fill in center
of dish with the rice and tomato mixture. Garnish
with pepper rings or halves of baked apple.

MEAT BALLS

Fern Boyd

1 lb. ground beef	1 tsp. salt
1 chopped green pepper	1 chopped onion
1/2 c. uncooked Jewel Rice	1/2 tsp. pepper
1 pt. tomatoes	Flour

Mix steak, rice, green pepper, onions, salt and pepper. Shape in balls the size of a walnut. Roll in flour. Bring tomatoes to a boil. Drop in meat balls. Reduce heat and cook 1 hr. without stirring. Meat balls can be made without flour.

MEAT LOAF

Mrs. A. M. Hull

2 lb. fresh pork	1 1/2 c. milk
2 lb. smoked ham	2 c. graham cracker crumbs
2 eggs	

Sauce:

1 1/2 c. brown sugar	1/2 Tbsp. mustard
1 c. tomato juice	1/4 c. vinegar

Pour over loaf and bake. Baste if necessary.

MEAT LOAF

Mrs. Frank G. Hull

2 lbs. hamburger	1 minced onion
1 lb. sausage	1 c. bread or cracker crumbs
3 eggs, beaten	salt and pepper
1 c. milk	

Make into loaf. Tomato sauce may be poured over top. Bake about an hour.

HAMBURGER PIE

Mrs. Kirk Richards

Fry one medium sized onion in 2 Tbsp. of fat until slightly brown. Then add 1 1/2 lbs. hamburger, scattered around, and fry till no raw pieces are visible. Keep stirring. Stir in 3 Tbsp. flour. Add sweet milk till gravy is right consistency. Salt and pepper to taste. Make a biscuit dough. Cut out biscuits and lay on top of meat and gravy mixture. Bake in hot oven 450° until biscuits are done; about 15 minutes.

HAM LOAF

Louise Wimer

1 1/2 lbs. ham	3 eggs
1 lb. hamburger	2 c. tomato soup
1 lb. sausage	2 Tbsp. onion
2 c. bread crumbs	1 1/2 tsp. salt

Combine meat, eggs, bread crumbs, onion, salt and 1 can tomato soup. Mix well and form into loaf. Pour second can of soup over top and bake in slow oven 325°F. for 2 to 2 1/2 hours.

RICE CASSEROLE

Mrs. Arie Dahm

1 c. rice (raw)	1 can chicken soup (with rice)
1 lb. hamburger	1 can cream of mushroom soup
1 onion	Season with salt and pepper
celery to taste	

Cook the rice almost done in water (keep kernels whole). Pour off excess water. Fry ground beef with onion and celery until brown. Mix with rice and soups. Put in casserole. Cover with potato chips or corn flakes. Bake in hot oven 1 hour at 400°F.

BAKED SALMON AND MACARONI

Mrs. Cornie Dahm

3 c. cooked macaroni	2 c. medium white sauce
2 c. salmon	2/3 c. grated cheese
1/2 c. buttered bread crumbs	Salt and pepper

Remove bones from salmon. Fill well-oiled baking dish with alternate layers of salmon and macaroni, and white sauce to which cheese has been added. Cover with bread crumbs. Bake in a 350°F. oven until brown on top, (about 45 minutes).

ITALIAN MEAT BALLS AND SPAGHETTI-Mrs. Don Stafford

1 lb. ground beef	1/4 tsp. pepper
1/2 lb. pork, ground	2/3 c. rich milk
1/3 c. bread crumbs	1/2 c. spaghetti,
1/2 tsp. salt	cooked

Method:

ITALIAN MEAT BALLS AND SPAGHETTI, CON'T.

Add a few scrapings of onions. Mix thoroughly. Slice the rest of onion in skillet in hot fat, fry with the meat balls until they are brown. Simmer covered. 3 c. of well-seasoned tomatoes or juice, cook spaghetti. Pour over the balls. Bake slowly 1 hour. Sprinkle with cheese.

HOLLYWOOD HAMBURGERS

Mrs. Art Fudge

Mix in bowl:

1 lb. hamburger

1/4 lb. ground cured
ham

1 tsp. salt

2 small apples (peel-
ed and ground)

1 egg (beaten)

Shape into cakes, roll in flour and brown on both sides. Transfer to a dutch oven or roaster into which a cup of water has been poured. Place in oven 300^oF. and bake (covered) for 30 minutes.

Serve accompanied by sliced onion, dill pickles, catsup, mustard and chili sauce.

Makes 10 medium sandwiches.

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V EGETABLES



CANNING CALENDAR

NOTE: Based on an over-all average of the U.S. and will vary in different sections of the country.

FRUITS

APPLES:	June - October
APRICOTS:	May - September
BLACKBERRIES:	May - August
CERRIES:	May - August
CURRANTS:	June - August
GOOSEBERRIES:	June - August
GRAPES:	June - October
PEACHES:	June - October
PEARS:	August - October
PLUMS:	June - October
RASPBERRIES:	May - September
RHUBARB:	May - August
STRAWBERRIES:	May - September

VEGETABLES

ASPARAGUS:	May - June
BEANS (LIMA):	May - October
BEANS (GREEN, WAX):	May - September
BEETS:	May - October
CABBAGE:	May - October
CAULIFLOWER:	May - October
CORN:	June - September
CUCUMBERS:	May - October
ONIONS:	May - October
PEAS:	May - October
SPINACH:	May - October
SWEET POTATOES:	June - October
TOMATOES:	May - October

VEGETABLES

BOSTON BAKED BEANS

Mrs. Cecil Harper

1 qt. dried navy beans	1/2 c. brown sugar
1 medium sized onion	3/4 c. sorghum
2 tsp. salt	molasses
1/2 tsp. pepper	3/4 c. boiling water
1 tsp. dry mustard	3/4 c. tomato juice,
1/4 lb. of bacon	or catsup

Method:

Soak beans in cold water over night. Drain, cover with fresh water and cook slowly until skins burst. Drain. Place onion in bottom of baking dish and pour beans over it. Mix rest of ingredients, except bacon, and pour over beans. Place bacon on top. Bake in slow oven 300°F, 3 or 4 hours. Add extra water to keep beans just covered. Uncover beans during the last hour to brown the bacon. Serves 12.

ASPARAGUS CASSEROLE

Mrs. Francis Beal

1 can asparagus	toasted bread crumbs
1 c. cubed cream cheese	thin white sauce
3 hard boiled eggs	salt and pepper

Grease casserole, put in two layers of ingredients as follows, in order: asparagus, cheese, eggs, crumbs, salt and pepper. Cover with thin white sauce. Bake till brown - about 30 minutes.

HARVARD BEETS

Jean Hull

6 medium-sized beets	1/2 tsp. salt
1/2 c. sugar	1/2 c. vinegar
1 Tbsp. corn starch	2 Tbsp. butter

Wash the beets, cook in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, corn starch, and salt. Add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets and let stand for a few minutes.

WRITE EXTRA RECIPES HERE

... cold water over night...
... cold water and cook slowly...
... Place onion in bottom of...
... Bake in slow oven...
... Add extra water to keep...
... during the first hour to brown...

ASPARAGUS CASSEROLE
1 can asparagus
1 cup cheddar cheese
2 hard-boiled eggs
Salt and pepper
Coated bread crumbs
This white sauce
Mrs. Francis Bell

HARVARD BEETS
1 Tbsp. corn starch
1/2 c. sugar
2 Tbsp. butter
1/2 c. vinegar
1/2 tsp. salt
Wash the beets, cook in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, corn starch and salt. Add the vinegar. Let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets and let stand for a few minutes.

BREAD ROLLS PASTRY



BEAUTY HINTS

B Y J U L I A N

TIPS FOR THE STOUT WOMAN

Avoid dainty and spindly chairs and furniture which serve to accentuate your bigness.

Hats with wide and slanting brims are usually best.

Wear gloves which match the sleeves in color.

Avoid shoes with heels too high and slender and dark colored shoes are usually better than light ones.

Use fine textured stockings as dark as the current fashion allows.

Use a medium size handbag preferably square or rectangular. Too small a bag emphasizes your stoutness and too large a bag may look too bulky.

If you carry an umbrella use a long slender one.

Always select dresses with long straight lines which make you appear slimmer. Wear skirts and dresses as long as the fashion will allow.

TIPS FOR THE TALL WOMAN

Never make the mistake of trying to walk or stand in a slouched or bent over position in an effort to minimize your height.

Always wear your hair as flat as it can be made on top

Wear hats with shallow crowns and large droopy brims. Hat trimmings should be horizontal.

Gloves should be of a different color than the sleeves and the same applies to hosiery.

Wear low heels except with formal clothes.

Handbags should be large and of a contrasting color.

Long haired furs are very suitable.

Avoid plain straight dresses. Contrasting bands in blouse and skirt are good. If the dress is all of one color set off with a broad belt of a contrasting color.

BREAD, ROLLS, PASTRY

PEANUT OATMEAL COOKIES

Mrs. Laura Miller

- | | |
|------------------|--------------------|
| 1 c. shortening | 1/2 tsp. salt |
| 1 c. white sugar | 2 c. quick cooking |
| 1 c. brown sugar | oatmeal |
| 2 eggs | 1 tsp. vanilla |
| 2 c. flour | 1 1/2 c. ground |
| 1 tsp. soda | peanuts |

Cream shortening, add sugar, eggs, vanilla. Stir in flour which has been sifted with salt and soda. Add oatmeal and peanuts. Work the dough in a long roll, wrap in wax paper and chill. Cut in one-eighth pieces and bake at 300°F. for ten minutes. These can be baked at once by dropping by teaspoons, flattened with a fork.

ICE BOX COOKIES

*made
2 mas
1953*

Mrs. Clair Shifflett

- | | |
|-------------------------|------------------------|
| 1 c. shortening | 1 tsp. soda and 1 tsp. |
| 2 c. brown sugar, or 1 | cream of tartar |
| c. brown and 1 c. white | sifted with |
| 3 beaten eggs | 3 to 4 c. flour |
| 1 c. chopped nut meats | |
| | 1 tsp. vanilla |

Cream sugar and shortening - add eggs and vanilla and flour to make the right consistency to make into rolls. Let stand over night - slice, and bake in moderate oven.

PRIZE SUGAR COOKIES

Sylvia Criss

- 1 3/4 c. sugar
Cream with heaping cup butter, scant tsp. salt, yolks 4 eggs and 2 whole eggs. Add level tsp. soda dissolved in little hot water.

- | | |
|--------------------------|------------------|
| 1 c. sweet milk | 1 Tbsp. vanilla, |
| 1 qt. sifted flour | lemon or almond |
| 1 heaping tsp. B. powder | extract |

Mix thoroughly all ingredients. Do not make a stiff batter - roll, cut in round or fancy shapes. Sprinkle with cocoanut, or decorate with raisins,

PRIZE SUGAR COOKIES, CON'T.

chocolate bits, nuts or candied fruits. These will keep a long time in a tin container.

CHOCOLATE CREAM COOKIES

Ida M. Terbell

3/4
3/4
1/2 c. melted butter
1 1/2 c. brown sugar
1/2 c. sweet milk
1 egg
1 c. nutmeats
1 1/2 c. flour
1/2 tsp. soda
3 Tbsp. cocoa
1/3 c. hot water

Method:

Cream sugar and melted butter together; add milk, well beaten egg, nutmeats, and flour; then pour hot water over the combined soda and cocoa mixture; combine with the other ingredients. Spread thinly on greased cookie sheet. Bake in 350 F. oven about 25 minutes.

Frosting:

Mix together the following:

2 c. powdered sugar
2 Tbsp. cocoa
2 Tbsp. cream
3 Tbsp. hot coffee
4 Tbsp. melted butter

Spread over cookie sheet and cut into squares.

PECAN TEA COOKIES

Edna Dawley

1 c. fortified margarine
1/2 c. sugar
2 tsp. vanilla
2 c. sifted flour
1 1/2 tsp. salt
2 c. finely chopped pecans

Cream shortening, sugar and vanilla until fluffy. Sift flour and salt and add to creamed mixture. Blend thoroughly. Add chopped pecans, shape into 1 inch balls.

Place on greasy cooky sheets. Bake in a slow oven 325 F. about 20 minutes. Place on rack to cool. When cool roll in sifted powdered sugar. Place on cooky plate and serve.

COCOANUT SNAP COOKIES

Mrs. Lester Smith

- | | |
|-----------------------|------------------------------------|
| 2 c. brown sugar | 1 c. butter or
other shortening |
| 2 eggs | |
| Cream above together. | |
| 1/2 tsp. salt | 2 tsp. cream tartar |
| 3 3/4 c. flour | 2 tsp. soda |
| Sift together. | |
| 1 c. cocoanut | 1 tsp. lemon extract |
| | 1 tsp. vanilla |

Drop pieces size of walnut and bake on cookie sheet 375°F. oven 12 minutes.

SALTED PEANUT COOKIES

Mrs. Gerrit Van Kooten

- | | |
|-------------------------------|------------------|
| 2 c. brown sugar | 2 c. flour |
| 1 c. melted lard | 2 c. oatmeal |
| 2 eggs, beaten | 1 tsp. soda |
| 1 c. ground salted
peanuts | 1 tsp. B. powder |
| 1 c. corn flakes | 1 tsp. vanilla |

Cream fat and sugar until smooth. Add beaten eggs and vanilla. Mix thoroughly. Sift soda and baking powder with flour. Add dry ingredients and ground peanuts. Mix all together. Roll into balls, place on a greased cooky sheet, flatten down with a floured fork. Bake in oven 400°F.

PEANUT COOKIES

Mrs. Cecil Davis

- | | |
|-----------------------------------|----------------|
| 1 1/2 c. sugar | 1 tsp. vanilla |
| 3/4 c. shortening | 3 eggs |
| Beat all together. Sift together: | |
| 1 1/2 c. flour | 1 tsp. salt |

Stir in 1 c. quick oats, 1 c. chopped peanuts. Put in square greased pan and bake for 350°F. for 20 or 25 minutes. Let cool and cut in squares.

OATMEAL TOLL HOUSE COOKIES

Gladys E. Steward

- | | |
|--------------------|---------------------------------|
| 1 c. shortening | 2 pkgs. semi-sweet
chocolate |
| 3/4 c. brown sugar | |
| 3/4 c. white sugar | 1 1/2 c. flour |
| 2 eggs | 1 tsp. soda |

OATMEAL TOLL HOUSE COOKIES, CON'T.

1 tsp. vanilla	1 tsp. hot water
1 tsp. salt	2 c. oatmeal un-
1 c. chopped nuts	cooked

Cream shortening and sugar until light and fluffy. Add eggs unbeaten one at a time, beating well. Add vanilla. Dissolve soda and add. Add salt and flour, then nuts, oatmeal, and chocolate bits. Mix well. Drop by spoonfuls on baking sheet. Bake in a moderate oven 350°F. 10 or 12 minutes. They will be soft when you remove them from oven, so lift with spatula.

CHOCOLATE-OATMEAL REFRIGERATOR COOKIES

Ruth L. Holblom

1 c. flour	1 tsp. vanilla
1/2 tsp. salt	1/2 tsp. almond
1/2 tsp. soda	2 sq. chocolate,
1/2 c. shortening	melted
1 c. brown sugar	1 c. rolled oats
1 egg	1/2 c. chopped walnuts

Sift dry ingredients together. Add shortening, sugar, egg, flavorings and melted chocolate. Beat until smooth. Fold in rolled oats and nuts. Shape in rolls, wrap in waxed paper and chill overnight. Slice 1/4 inch thick. Bake on ungreased cooky sheet 10 to 12 minutes. Makes about 4 dozen cookies.

ORANGE SLICE COOKIES

Hazel Miller

1 c. white sugar	1 tsp. soda
1 c. brown sugar	1 tsp. B. powder
1 c. shortening	salt
2 eggs	1 c. orange slices,
2 c. flour	(cut up)
2 c. oatmeal	1 c. cocoanut

Mix sugar, shortening and beaten eggs together. Add orange slices and cocoanut, sift flour, salt, baking powder and soda. Add these with the oatmeal to first mixture. Roll out in palm of hand and bake.

RAISIN COOKIES

Mrs. Geo. R. Walsh

1 c. cooked raisins	2 eggs
5 Tbsp. juice from raisins	1/4 tsp. ginger
1 c. sugar	1 tsp. cinnamon
1 c. sorghum	1 tsp. soda
1 c. shortening	3 1/4 c. flour
1/4 tsp. salt	1 c. nut meats

Cream shortening and sugar, add molasses, eggs, sift dry ingredients and stir in a small amount at a time with the juice, with the soda dissolved in it. Drop by spoonfuls on cookie sheet and bake in moderate oven.

FRUIT COOKIES

Carrie Quarton

116 1/2 N. Market, Oskaloosa, Iowa

2 c. sugar	1 c. chopped nuts
2 eggs	1 c. ground raisins
1 scant c. shortening	1 c. hot water
Flour enough to make a batter to drop off spoon	1 tsp. soda
	1/2 tsp. nutmeg

DATE COOKIES (ICE BOX)

Opal Craver

Cook 1 lb. dates seeded and chopped, 1/2 c. sugar, 1 c. water until thick. Cool and add 1 c. nutmeats.

Cream:	1 c. brown sugar
1 c. lard	1 c. white sugar
Add:	
2 well beaten eggs	1 tsp. vanilla
Sift 3 times:	
3 1/2 c. flour	1/2 tsp. salt
1 tsp. soda	

Mix and roll to 1/2 inch thickness. Spread the date filling on and roll. Let stand over night in refrigerator then slice thin and bake.

SOUR CREAM COOKIES

Fern Pothoven

1 c. brown sugar	2 c. flour
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SOUR CREAM COOKIES, CON'T.

1/2 c. butter	1 tsp. vanilla
1 egg, beaten	1/2 tsp. soda
1/2 c. sour cream	2 tsp. B. powder
1/2 tsp. salt	1 c. chopped nuts

Cream butter and sugar together; add beaten egg and nuts. Sift together dry ingredients and add to the mixture alternately with the cream. Mix well and drop by teaspoonfuls on greased baking sheets. Bake in a hot oven of 400°F. for 15 minutes.

CHOCOLATE CAKE

Marjorie Hull

1 c. sugar	1 c. flour
6 Tbsp. shortening	1 tsp. soda
2 eggs	1/2 tsp. salt
2 large Tbsp. cocoa	1 tsp. vinegar
1/4 c. boiling water	1/2 c. raisins
	1 tsp. vanilla

Cream sugar and shortening, add eggs beaten, plus cocoa mixed with boiling water. Mix well. Sift flour, soda and salt into mixture. Add vinegar, add raisins which have been cooked. Let raisins, with juice, make a cup of liquid. Add water to cupful if there isn't enough. Add vanilla. Bake in moderate oven.

CHOCOLATE COOKIES

Mrs. Austin Osmond

1 c. sugar	1/2 c. butter
1 egg	1/2 c. milk
1 tsp. soda	1/3 tsp. B. powder
2 c. flour	2 squares melted
2/3 c. nuts	chocolate

Frosting:

1 egg beaten with 5 Tbsp. cream, 2 squares melted chocolate. Powdered sugar to thicken.

PINEAPPLE COOKIES

Rachel Garner

1 c. white sugar	2 beaten eggs
1 c. brown sugar	1 c. crushed
1 c. shortening	pineapple
1 tsp. vanilla	

PINEAPPLE COOKIES, CON'T.

Sift together:

2 tsp. B. powder	1/2 tsp. soda
4 c. flour	1/2 tsp. salt

Mix in order given and drop on greased cookie sheet and bake in hot oven.

DATE & WALNUT COOKIES

Verna Pothoven

1 c. butter	1/2 tsp. baking soda
2 c. sugar	4 Tbsp. sour cream
3 eggs	3 1/2 c. sifted flour
2 tsp. cinnamon	1 tsp. salt
1 tsp. cloves	4 tsp. B. powder
1 tsp. vanilla	1 c. walnuts
	1 c. chopped seeded dates

Cream butter and sugar, add eggs, one at a time and beat well after each addition. Add flavorings. Dissolve soda in sour cream and add to first mixture. Add flour, salt and baking powder, sifted together. Add dates and walnuts. Drop by spoonfuls on greased cookie sheet.

Bake 10 minutes in moderate oven (375°). Makes 8 or 9 dozen, 2-inch cookies.

PEANUT DROP COOKIES

Ethel Bartlett

2 c. brown sugar	2 c. oatmeal
1 c. lard	1 c. salted peanuts
2 eggs	1 tsp. B. powder
2 c. flour	1/2 tsp. soda
1 c. cornflakes	1 tsp. vanilla

Cream shortening and sugar, add eggs and flavoring and beat. Sift flour, soda and baking powder and add to above. Add other ingredients. Bake 12 to 15 minutes. Makes 5 dozen.

BUTTERSCOTCH COOKIES

Mary Hinmon

1/2 c. butter	1 tsp. soda
1 1/2 c. brown sugar	1/2 tsp. salt
2 eggs	1 c. sour cream
2 1/2 c. flour	1 tsp. vanilla

BUTTERSCOTCH COOKIES, CON'T.

1/2 tsp. B. powder

2/3 c. walnuts

Cream butter, add sugar gradually, and cream thoroughly. Blend in well beaten eggs. Sift flour once before measuring. Sift flour, baking powder, soda and salt together, and add to creamed mixture, alternately with sour cream. Blend in vanilla and nuts. Chill until dough is firm. Drop by teaspoonfuls on lightly greased baking sheet. (Leave space of at least 2 inches between each cooky to allow for spreading).

Frost with powdered sugar frosting.

COCOANUT DREAM BARS

Lola Wimer

1 c. flour

1/2 c. brown sugar

Part I

1/2 c. butter

Blend together and put in bottom of pans. Bake in oven 300°F. for 20 minutes.

Part II

2 Tbsp. flour

1/2 c. nuts

1 c. brown sugar

2 eggs, well beaten

1 c. cocoanut

1 tsp. B. powder

Mix and spread on part I mixture and bake 25 minutes at 325°F. Cut in bars.

DATE WITH SPICE COOKIES

Mrs. Glen Williams

Mix:

1/2 c. soft shortening

1 1/4 c. brown sugar,
(packed)

1 egg

Stir in:

2 Tbsp. hot water in which 1/2 tsp. soda has been dissolved.

Sift and add:

1 3/4 c. flour

2 tsp. baking powder

1/2 tsp. each of salt, ginger, cinnamon, cloves and nutmeg. Stir in 1/3 c. cut-up dates and 1/3 c. chopped pecans.

Roll in small balls (size of a walnut). Place

DATE WITH SPICE COOKIES, CON'T.

pecan-half on top of each cookie, flattening slightly. Bake 10 to 12 minutes in 375°F. oven.

DATE COOKIES

Mrs. Harvey Hargrove

2/3 c. shortening
2 c. brown sugar
3 eggs (beaten)
4 c. flour

1/2 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. salt
1 tsp. nutmeg

Filling:

1 lb. dates
1/2 c. sugar

1 c. cold water
few grains salt

Cream shortening with sugar. Add eggs. Mix thoroughly. Sift flour, measure and sift with soda, salt and spices. Add to creamed mixture. Mix and chill. Combine filling ingredients and cook. Cool. Turn dough onto slightly floured board. Roll in sheet 1/4 inch thick. Spread with filling and roll up like a jelly roll. Wrap in waxed paper and chill over night. Cut in thin slices and bake 10 minutes at 425°F.

SANTA CLAUS COOKIES

Mrs. Jacob Veldhurzen
Searsboro, Iowa

4 c. brown sugar
2 1/2 c. butter
3 eggs, large
2 tsp. cinnamon
1 tsp. soda

1 tsp. cloves
1 tsp. nutmeg
2 tsp. B. powder
6 c. flour

The spices may be omitted and vanilla used instead.

BANANA OATMEAL COOKIES

Frances Brand

1 1/2 c. sifted flour
1/2 tsp. soda
1 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cinnamon
3/4 c. shortening

1 c. sugar
1 egg
1 c. mashed bananas
1 3/4 c. rolled oats
1/2 c. chopped nuts
1/4 c. raisins

Sift together flour, soda, salt and spices. Cream
New Sharon, Iowa

BANANA OATMEAL COOKIES, CON'T.

shortening; add sugar and continue to cream until light and fluffy. Add egg and beat well. Add bananas, rolled oats, nuts and raisins and mix well. Add flour mixture and mix thoroughly. Then drop by teaspoonfuls onto ungreased cooky sheets about 1 1/2 inches apart. Bake in a 400° F. oven.

OATMEAL COOKIES

Mrs. Leonard Leydens

1/2 c. shortening)

1 c. brown sugar)

Add:

1 egg

1/2 tsp. soda dissolved in

1/8 c. boiling water

Cream together

1 c. oatmeal

1 c. flour

1 tsp. vanilla

Cocoanut, if desired,
(1 c.)

Bake at 375° F. 10 to 15 minutes.

SLICED NUT COOKIES

Mrs. Harmon Brand

1 1/2 c. soft shortening

1 c. brown sugar

1 c. white sugar

3 well-beaten eggs

1 c. chopped nut meats

4 1/2 c. sifted flour

2 tsp. soda

1 tsp. salt

1 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. cloves

Cream shortening and sugar, add eggs, mixing thoroughly. Add nutmeats, then add dry ingredients which have been sifted together twice. Shape into roll, chill, slice thin and bake in moderate oven (350° F.) until done.

For square cookies pack in 2 lb. cheese box.

DROP COOKIES

Mrs. Roy Steen

2 c. raisins

1 c. water

1 tsp. soda

Boil 5 minutes, let cool. Then add:

2 c. sugar

1 c. shortening

1 tsp. cinnamon

1/4 tsp. nutmeg

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DROP COOKIES, CON'T.

4 c. flour
1 tsp. B. powder
1 tsp. vanilla
1 c. nuts
2 eggs, well beaten

Bake 375°F. to 425°F. 12 to 15 minutes.

WHEATIES COOKIES

Mrs. Lucile Fleming

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
2 c. flour
2 c. shredded cocoanut
1 tsp. soda
1/2 tsp. B. powder
1/2 tsp. salt
1 tsp. vanilla
2 c. Wheaties

DUTCH ICE BOX COOKIES

Mrs. Ben Van Asperen
Rt. 3, Oskaloosa, Ia.

2 lbs. flour
1 1/2 lbs. sugar
1 lb. butter, or lard
1 tsp. baking soda
1 tsp. lemon or
vanilla extract
Enough milk to make
a stiff dough

Make in a big roll, put in refrigerator to cool, slice thin and bake in moderate oven.

PEANUT BUTTER COOKIES

Mrs. J. Henry Bennink

2 c. sifted flour
3 tsp. B. powder
1/2 tsp. salt
1 1/2 c. corn flakes
1/2 c. shortening
1 1/2 c. gran. sugar
1/2 c. peanut butter,
(crunch-type)
2 beaten eggs
1/2 c. brown sugar
3 tsp. milk

Sift flour, baking powder and salt together. Cream shortening thoroughly and add peanut butter, add sugars gradually, creaming well. Add beaten eggs and corn flakes slightly mashed. Add flour alternately with milk. Can be rolled and placed in refrigerator and then cut in 1/4 inch slices or can be dropped on cookie sheet and flattened with fork. Bake on ungreased sheet in a hot oven. Makes about 6 dozen cookies.

COCOANUT COOKIES

Mrs. Virgil Boyd

1 c. shortening
2 eggs
1 c. brown sugar
1 c. white sugar
1 c. cocoanut
1 tsp. soda

2 c. flour
1/2 tsp. B. powder
1/2 tsp. salt
2 c. Wheaties
2 tsp. vanilla

Cream shortening, sugar, eggs, mix flour, soda, baking powder, salt, add wheaties, cocoanut, vanilla, measure dough by teaspoons and form a ball and bake.

CORN FLAKE COOKIES

Mrs. Marion Dieleman

1 c. white sugar
1 c. brown sugar
1 c. shortening
2 eggs
1 c. oatmeal
1 c. corn flakes

1 c. nutmeats
1 tsp. B. powder
1 tsp. soda
2 c. flour
vanilla
1/2 c. cocoanut

Mix all together. Roll in balls the size of a walnut. Press with a fork. Bake.

FROSTED CREAMS

Ava Klinzman

1 1/4 c. of water to
boil raisins in
✓ 1 1/2 c. sugar
✓ 1 c. shortening
1 c. cooled raisins,
(soft)
1 c. raisin liquid

✓ 2 eggs
1 tsp. cinnamon
1 tsp. soda
2 1/2 c. flour
✓ A little salt and
vanilla

Bake in cookie sheet. Then ice when cool. Cut in squares.

SOUR CREAM CHOCOLATE CAKE

Mrs. B. J. Sinkler

1 c. sugar
Put 2 eggs in a cup and fill up with sour cream
1 c. flour
1 tsp. soda

1 tsp. cocoa
1 tsp. vanilla

Put in mixing bowl all at once. Beat ten strokes.

SOUR CREAM CHOCOLATE CAKE, CON'T.

Put in greased pan. Bake in moderate oven.

CHOCOLATE CAKE

Mrs. Ruth Quillin

1/2 c. shortening	2 c. flour
2 c. sugar (scant)	8 Tbsp. cocoa (level)
2 eggs	2 tsp. soda (scant)
1 c. sour milk	1 c. hot water
1 tsp. vanilla	

Cream shortening, add sugar gradually, add eggs, and beat well. Add sour milk, alternately, with the sifted dry ingredients. Lastly add 1 cup of very hot water. Mix. Pour immediately into large loaf pan and bake 45 minutes at 375°F.

PRIZE FUDGE CAKE

Mrs. Fred Heitsman

4 Tbsp. shortening	2 1/2 tsp. B. powder
1 1/2 c. sugar	1/2 tsp. salt
2 eggs	1 1/2 c. milk
4 squares chocolate, melted and cooled	1 tsp. vanilla
1 3/4 c. sifted flour	1 c. chopped nuts
	1/2 c. sugar (add last)

Separate egg whites, beat until stiff, then add the 1/2 c. sugar listed last.

Cream sugar and shortening, and add to beaten egg yolks. Add chocolate, then flour, baking powder and salt alternated with liquids. Beat batter until smooth. Add nuts. Fold in egg whites. Bake in moderate oven 350°F.

QUICK SOUR CREAM CHOCOLATE CAKE Mrs. Lynford Long

1 c. sugar	1/4 tsp. salt
1 c. flour	1 tsp. vanilla
1 c. sour cream	2 eggs
1 tsp. soda	3 Tbsp. cocoa

Sift dry ingredients. Beat eggs, mix.

DEVILS FOOD CAKE

Mildred Davis

1/2 c. shortening	1 tsp. soda
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DEVILS FOOD CAKE, CON'T.

1 1/4 c. sugar	1 c. sour milk
2 eggs	2 squares chocolate
2 c. sifted cake flour	1 tsp. vanilla
1/2 tsp. salt	

Cream shortening, add sugar gradually and cream until fluffy. Blend in well beaten eggs. Sift flour, salt and soda together. Add to creamed mixture alternately with milk. Blend in melted chocolate and vanilla. Bake in 2 - 8-inch greased and floured pans 30 minutes at 350°F. moderate oven.

DELICIOUS WHITE CAKE

Very good.

Mrs. Ivy Allen

1 tsp. extract (lemon)	2 1/4 c. cake flour
1 1/3 c. sugar	Whites of 3 eggs
1/2 c. shortening, (Crisco)	1/4 tsp. salt
1 c. thin milk	3 level tsp. B. powder

Sift cake flour before measuring. Dip by spoon into cup. Sift flour, salt and baking powder together three times. Cream sugar and shortening. Stir in a little milk, then the extract. Add a little of the flour, then a little more milk, then flour until all is beat in. Fold in the egg whites at the last.

WHITE CAKE

Mrs. M. H. Harner

2/3 c. butter	3 c. flour
2 c. sugar	2 tsp. B. powder
1 c. water	1 tsp. vanilla
4 egg whites	

Cream butter and sugar. Sift flour, baking powder and salt 3 times and add to first mixture alternately with water. Add vanilla. Fold in beaten egg whites.

WHITE CAKE

Mrs. Henry Ver Steegh

2 c. sugar	1 c. cold water
1/2 c. butter	4 egg whites
2 1/2 c. cake flour	salt

CHOCOLATE CHIFFON CAKE, CON'T.

1 3/4 c. sifted cake flour)	
1 3/4 c. sifted sugar)	
3 Tbsp. baking powder)	
1 tsp. salt)	Place all in one bowl.
Add to above:		
1/2 c. Wesson oil)	
7 unbeaten egg yolks)	
Cooled cocoa mixture)	Beat all until
1 tsp. vanilla)	mixture is a very
1/4 tsp. red cake coloring)	smooth batter.

Fold the above into the following which has been whipped until it will stand in peaks. Don't be afraid of over-whipping.

1 c. egg whites - 7 or 8 1/2 tsp. cream tartar

Pour into tube pan and bake 45 or 50 minutes at 350°F. Invert over milk bottle until cool.

APPLE CRUNCH CAKE

Mrs. Harriet La Rue

1/2 c. shortening	1 tsp. B. powder
1 c. gran. sugar	1 tsp. salt
1/2 c. brown sugar	1 c. sweet milk
2 eggs, well beaten	1 tsp. soda
2 1/2 c. sifted flour	2 c. chopped apples

Cream butter and sugar together and add well-beaten eggs. Sift flour, baking powder and salt 5 times and add alternately with milk in which soda has been dissolved. Fold chopped apples into the batter. Pour in 10 by 14 inch pans and before baking sprinkle with:

1/2 c. brown sugar	1/2 c. chopped nuts
1 tsp. cinnamon	

Bake in moderate oven 30 minutes.

BURNT SUGAR CAKE

Lavoe Bartlett

Put 1 c. white sugar in pan and burn until it smokes blue, draw pan from fire and pour 1 c. boiling water over it and let it boil slowly until it

BURNT SUGAR CAKE, CON'T.

slightly thickens.

Mix:	1 1/2 c. white sugar
1/2 c. butter	
Cream.	
2 1/2 c. cake flour, sifted	2 egg yolks
2 tsp. B. powder	1 c. sweet milk
	1 tsp. vanilla

Mix cake thoroughly, then add burnt sugar and the 2 egg whites, beaten.

CHOCOLATE UPSIDE DOWN CAKE

Flossie Garner

1 c. sifted flour	1/4 tsp. salt
3/4 c. sugar	2 tsp. B. powder
Sift together. Add:	
1/2 c. milk	1 square melted butter
2 Tbsp. butter	
1 tsp. vanilla	
Mix as any cake	

Second Part:

1/2 c. white sugar	2 tsp. cocoa
1/2 c. brown sugar	1 c. water

Mix well, pour over top of cake; grease small baking dish, bake in moderate oven. When cold, top with whipped cream.

RAISIN CAKE

Mrs. Harold Stafford

2 c. sugar	1 lb. raisins
2 c. hot water	1 tsp. salt
1 c. butter or Crisco	2 tsp. cinnamon
	1 tsp. cloves

Boil 1 minute, cool, add 2 tsp. soda, then add 3 1/2 c. flour, 1/2 c. nuts. Bake in slow oven 1 hour.

DATE CAKE (serves 12)

Mildred Sexton

1 c. chopped dates	1 c. hot water
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DATE CAKE, CON'T.

Pour hot water over dates and let stand until cool.

1 c. sugar 1/3 c. butter

Cream well. Add 1 well-beaten egg.

1 1/2 c. flour

1/2 tsp. B. powder 1/2 tsp. soda

Sift together and add to batter.

1/2 c. nuts

Add nut meats and date mixture. This batter is thin. Bake in long pan 350°F. for 25 to 30 minutes.

Topping for Cake:

1 c. sugar

1/2 c. water

2 Tbsp. butter

1 c. dates

1/2 c. nutmeats

Boil until thick.

Let cake and topping cool, then spread on cake. Serve plain or with whipped cream.

PINEAPPLE CUP CAKES

Mrs. Jerry McArtor

2 1/4 c. flour, sifted

2 1/2 tsp. B. powder

1/2 c. butter

1 1/3 c. sugar

3 egg whites

1 c. milk or 1 1/2 c.

milk and 1/2 c.

pineapple juice

2/3 c. crushed pineapple (drained)

Sift together flour, baking powder and salt. Cream shortening and sugar and beat until light and fluffy. Add sifted dry ingredients alternately with liquid. If pineapple juice is used do not add it to milk as it will curdle. Add crushed pineapple and beat until smooth. Fold in beaten egg whites. Fill muffin pans 2/3 full. Bake at 400°F. about 20 minutes.

Especially good with pineapple icing.

WHITE WHIPPED CREAM CAKE

Mrs. Elmer Enderson

3 egg whites

1 c. whipping cream

1 1/2 c. sugar

1/8 tsp. salt

2 tsp. B. powder

1/2 c. water

2 c. flour

1 tsp. vanilla

Beat egg whites stiff. Whip cream and fold into egg whites. Sift sugar, salt, flour and baking

WHITE WHIPPED CREAM CAKE, CON'T.

powder together three times and add alternately with the water to which has been added the vanilla. Can bake in a loaf or 2 layers for about 20 to 25 minutes.

DATE CAKE

Coleen McGriff

Cream 1 heaping Tbsp. butter and 1 c. sugar, 1 egg, add date mixture, 1 tsp. vanilla, 1 cup and 2 heaping Tbsp. flour, 1/2 c. nut meats. Then mix and let this stand until cool.

1 c. dates

1 c. hot water

1 tsp. soda

Mix this latter mixture with the first part.

Make a date sauce of the following to serve over the cake, which is topped with whipped cream,

1/2 c. water

1 c. dates

1/2 c. brown sugar

1/2 c. nuts

Boil.

SOUR CREAM CHOCOLATE CAKE

Mrs. Guy Woods

Beat 2 eggs in bowl, add 1 c. sour cream, 1 tsp. soda in a little boiling water, vanilla.

1 c. sugar

1 1/4 c. flour

Sift flour 3 times.

2 1/2 Tbsp. or 3 heaping

salt

of cocoa

Add to first mixture.

CHOCOLATE CAKE

Mrs. Darrell Stout

1 1/2 c. sugar

2 c. flour

1 large c. sour cream

1 round tsp. soda

2 eggs

1 round tsp. vanilla

Sift 4 Tbsp. cocoa in flour and soda. 3/4 c. boiling water.

PRUNEWHIP CAKE

Mrs. Geo. Campbell

2 c. sifted cake flour	1 tsp. salt
1 1/3 c. sugar	1/2 c. Spry
2 tsp. B. powder	1/2 c. prune juice
1/4 tsp. soda	1/2 c. milk
1/2 tsp. each cinnamon, nutmeg and allspice	1 tsp. vanilla
	2 eggs, unbeaten

Sift flour, sugar, baking powder, soda, salt and spices in bowl. Add Spry and 3/4 c. of combined prune juice and milk. Beat 2 minutes (200 strokes). Add remaining liquid and eggs, beat 2 minutes longer. Bake in 2,9-inch pans in 375°F. oven, 25 to 35 minutes. This makes a nice cup cake.

Prune Whip Frosting:

Mix in double boiler 2 egg whites unbeaten, 1 c. brown sugar, 1/2 c. white sugar, 1/2 tsp. salt, 5 Tbsp. prune juice. Place over boiling water and beat 7 minutes. Remove, add 2 tsp. lemon juice, 6 cooked cut-up prunes, and 2 Tbsp. chopped toasted almonds.

QUICK WHITE CAKE

Mrs. Vernie Ward

Place whites of 2 eggs in large tumbler, add butter until half full. Fill up glass with milk. Put in mixing bowl with 1 c. sugar, and 1 1/2 c. flour, 1 tsp. vanilla and 2 tsp. baking powder. Beat 5 minutes. Bake in quick oven.

PECAN CARAMEL ROLLS

Blanche Phelps

Use Perfection Refrigerator roll dough. Roll out on floured surface to about 1/4 inch thickness. Brush with melted butter and sprinkle with sugar and cinnamon. Cut in about 3/4 inch strips (by 8 or 9 inches long), roll up and place in greased muffin tins (cut sides down) in which you have measured 1 Tbsp. of pan dressing and arranged 4 to 6 pecan halves.

Pan Dressing:

2 c. brown sugar	4 level Tbsp. water
1/8 tsp. salt	4 level Tbsp.
8 level Tbsp. melted butter	strained honey

PECAN CARAMEL ROLLS, CON'T.

Mix all ingredients in a pan and stir, until sugar is dissolved and all is well blended. This will make 2 dozen or more sweet rolls.

BUTTERSCOTCH PIE

Mrs. Harrison Ver Steegh

1 1/2 Tbsp. butter
1 c. sugar
2 eggs

2 Tbsp. sweet milk
2 Tbsp. flour
1 c. milk
1 tsp. vanilla

Brown 1/2 c. sugar with butter. Add 2 Tbsp. milk and cook to a taffy. Add milk and flour, remainder of sugar and egg yolks. Cook until thick. Pour into baked shell. Top with meringue.

EASY DARK RED CHOCOLATE CAKE

Mrs. Elmer Dieleman

Wet ingredients:

2 eggs, beaten light
1 c. sour cream

1 c. hot water
1 Tbsp. vinegar

Dry ingredients:

2 c. sugar
2 c. flour, sifting
once

1/2 c. cocoa
2 tsp. soda
1/3 tsp. salt

Sift dry ingredients into wet and stir well.

RAISIN PIE

Clara Canine

1 c. sour cream
1 c. raisins
2 Tbsp. flour
1/8 tsp. soda

1 c. sugar
1/2 c. walnut meats
3 eggs
1 tsp. lemon extract

Cook together until thick, then add lemon extract. Pour into baked pie shell, cover with meringue made by using 3 egg whites, plus 1/4 tsp. baking powder beaten stiff.

PUMPKIN CHIFFON PIE

Miss Leota Burton

Filling:

3 egg yolks
1/2 c. sugar

1 tsp. cinnamon
1/2 tsp. nutmeg

PUMPKIN CHIFFON PIE, CON'T.

1 1/4 c. pumpkin	1 Tbsp. plain gelatin
1/2 c. rich milk, or cream	2 Tbsp. water
1/2 tsp. salt	3 stiffly beaten egg whites
1/4 tsp. ginger	1/2 c. sugar

Method: Beat sugar (1/2 cupful) and egg yolks in top of double boiler. Add spices, salt, pumpkin and milk. Cook over hot water until thick. Beat in gelatin which has been softened in cold water. Cool.

Beat egg whites until stiff, then gradually beat in the remaining 1/2 c. of sugar. This forms a meringue.

Fold meringue into cooled pumpkin mixture. Pour into chilled pastry shell. Chill until serving time.

CHESS PIE

Mrs. Cecil Williams

1 1/2 c. sugar	1 c. milk
1/2 c. soft butter	5 eggs (separated)

Stir altogether except egg whites. Fill 2 crusts and bake until set and brown.

Take from oven and cover with meringue (egg whites beaten stiff and sweetened). Brown in oven again.

FRUIT WHIP PIE

Mrs. Clarence Brand

3/4 c. cooked fruit or 1 1/2 c. uncooked, either prunes, apricot or peach	
3 egg whites	
1 Tbsp. lemon juice	1/2 c. sugar

Put well-cooked fruit through coarse sieve. Cool. Beat egg whites until they form a peak. Add lemon juice and gradually beat in the sugar. Fold cooked fruit into this meringue. Pour into cooled pie shell and bake until set, about 25 minutes in slow oven (300°F.) Serve with sweetened whipped cream.

SOFT GINGER BREAD

Mrs. Maude Stutzonan

1 c. molasses
 1/2 c. butter
 1/2 c. sugar
 2 tsp. soda, dissolved
 in 1 c. boiling
 water

2 well-beaten eggs
 1/2 tsp. ginger
 1/2 tsp. cinnamon
 1/2 tsp. cloves and
 allspice
 2 1/2 c. flour

Mix well and bake 30 to 40 minutes in a moderate oven.

ICE BOX ROLLS

Mrs. Bob Ladd

3/4 c. shortening
 Combine in one bowl.
 2 beaten eggs
 1/2 c. sugar
 Combine in another bowl.

1 c. boiling water
 1 tsp. salt
 1 c. cold water

Dissolve 2 cakes compressed yeast in 1/2 c. lukewarm water. Combine first two mixtures and add yeast mixture. Stir in and beat 7 1/2 c. sifted flour. Put dough in refrigerator and work down occasionally.

3/4 c. sugar to be used for doughnuts or cinnamon rolls.

BOSTON BROWN BREAD

Gladys Smith

1 c. white flour
 1 c. whole wheat flour
 1 c. corn meal
 1/3 c. sugar
 2 c. milk (sweet or sour)

1/3 c. molasses
 1 tsp. salt
 1 tsp. soda (round-
 ing)

Steam 2 1/2 hours in 2-lb. can.

"Oh, weary mothers, mixing dough,
 Don't you wish that food would grow?
 You'd surely smile, I know, to see
 A cookie bush or pancake tree."

RAISED DOUGHNUTS

Mrs. Erlyne DeJong

4 c. lukewarm water
 1 cake compressed yeast
 1 c. sugar

2 eggs
 1 tsp. salt
 1 tsp. vanilla

BANANA BREAD, CON'T.

2 c. flour

1 tsp. soda

Cream butter and sugar, egg yolks and well mashed bananas. Add soda to flour and add milk and flour alternately. Fold in egg whites and bake in moderate oven 40 to 45 minutes.

NUT SYRUP CAKE

Mildred Hite

1 1/4 c. gran. sugar

1 c. chopped nut
meats

5 Tbsp. water

pinch of salt

6 eggs

1 tsp. vanilla

1 c. cake flour

Let sugar and water boil until a hair-like thread may be formed. Beat whites of eggs stiff. Pour hot syrup over egg whites and beat 10 minutes. Fold in beaten yolks. Add 1/2 flour, salt and 1/2 nut meats. Stir. Add the other half of flour and nut meats. Add flavoring last. Bake in angel food cake pan in a slow oven for 30 to 40 minutes.

ANGEL FOOD CAKE

Mrs. Walter Lunt

13 egg whites

1 1/3 c. sifted flour

1 c. powdered sugar

1 c. gran. sugar

1 tsp. cream of tartar

1/4 tsp. salt

Sift powdered sugar, combine with flour and sift 3 times. Beat egg whites, until foamy. Add granulated sugar, salt and cream of tartar. Continue until mixture stands in peaks but not dry. Add vanilla. Fold in flour carefully. Bake in angel food cake pan about 40 minutes in moderate oven.

MARASCHINO CAKE

Mrs. Raymond Harry

2 1/4 c. flour

1/2 c. shortening

1 1/3 c. sugar

1/4 c. maraschino
cherry juice

3 tsp. B. powder

16 maraschino

1/2 to 2/3 c. un-
beaten egg whites (4)

cherries

1/2 c. chopped nuts

1/2 c. milk

1 tsp. salt

Sift together flour, sugar, baking powder and salt. Add shortening, milk, cherries and juice.

MARASCHINO CAKE, CON'T.

Beat 2 minutes. Add egg whites and beat 2 more minutes. Blend in nuts.

Bake 35 minutes in 350° oven.

SOUR MILK CHOCOLATE CAKE

Helen McCulloch

2 sq. melted Baker's chocolate	1 1/2 c. cake flour
2 Tbsp. butter	2 tsp. soda
1 c. sugar	1 c. sour milk
	1 egg, well beaten

Cream sugar and butter very well, add beaten egg, and alternate sifted flour and sour milk (to which soda has been added) and then melted chocolate. Bake at 350°F.

AUNT MAE'S CHOCOLATE CAKE

Mrs. Otho Williams

Cook until thick:

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

Cool and add to following mixture:

1 c. sugar	1/2 tsp. B. powder
1 c. sour cream	1 1/2 c. cake flour
2 eggs (beaten)	1 tsp. vanilla
3/4 tsp. soda	

Bake at 375°F.

FUDGE CAKE

Mrs. John Klinker

2 Tbsp. cocoa (heaping)

Make this into a paste with boiling water.

2 c. sugar	2/3 c. thick sour cream (raw)
1/2 c. butter	2 level tsp. soda dissolved in boiling water
2 eggs (unbeaten)	2 1/2 c. flour
1 c. boiling water	
1 tsp. vanilla	

Mix all ingredients with mixmaster, beating after each addition. When you add the boiling water

FUDGE CAKE, CON'T.

at the last, stir this in with spoon.

RED DEVILS FOOD CAKE

Mrs. Susie Pothoven

2 c. sugar	1/2 c. butter
2 eggs	2 1/2 c. flour
1/2 c. cocoa, dissolved in 1/2 c. hot water	1 c. sour milk
1 tsp. vanilla	1 heaping tsp. soda dissolved in
1/8 tsp. salt	1 Tbsp. hot water

Bake in 2 layers.

This makes a big extra red cake.

EASY DEVILS FOOD

Mabel Timbrel

1 1/2 c. flour	1 c. sour milk
1 c. sugar	1 tsp. soda
1 egg	pinch of salt
1 hp. Tbsp. butter	1 tsp. vanilla
2 hp. Tbsp. cocoa	

Mix all together. Beat well. Bake in loaf or layer 325°F.

MARSHMALLOW CHOCOLATE CAKE

Arlene Phillips

1/4 lb. (16) marshmallows	1 tsp. salt
1 1/2 sq. Bakers' choco- late	2 eggs, beaten
1/2 c. hot water	1 c. sugar
1 1/2 c. cake flour	1 c. sour cream
1 tsp. soda	1 tsp. vanilla

Melt marshmallows and chocolate over water. Add hot water, heating to a smooth paste. Cool.

Sift flour, measure 1 1/2 c. and resift twice with soda and salt. Beat eggs, add sugar, whip until creamy. Add sour cream, stir until smooth. Fold flour into egg mixture. Carefully fold in chocolate-marshmallow paste and vanilla. Turn batter into 2 layer or 1 large pan.

Bake 375°F. 30 to 35 minutes.

Butterscotch Frosting:

3 Tbsp. butter	3 Tbsp. brown sugar
3 Tbsp. cream	vanilla

MARSHMALLOW CHOCOLATE CAKE, CON'T.

Mix, place on stove and bring to full rolling boil. Remove and add 1 c. powdered sugar.

BURNT SUGAR CAKE

Mrs. Ted Ver Steegh

1/2 c. shortening
1 1/2 c. sugar
2 egg yolks
1 tsp. vanilla
2 1/2 c. cake flour

1/4 tsp. salt
2 1/2 tsp. B. powder
1 c. water or milk
3 Tbsp. burnt sugar
2 egg whites (beaten stiff)

Cream shortening and sugar, add egg yolks and vanilla. Beat until fluffy. Add sifted dry ingredients alternately with water or milk. Add burnt sugar and fold in egg whites. Bake in two waxed-paper-lined 8-inch cake pans at 350°F. about 30 minutes.

ORANGE CAKE

Mrs. Oscar Moore

1 c. sugar
Cream, then add:
2 eggs
1 c. sour milk
1 c. raisins (ground)

1/2 c. butter
1 tsp. soda
2 c. flour
grated rind of 1
orange

Take from oven and pour over this mixture:
1/2 c. orange juice
1 c. sugar

Can be served with whipped cream, or frosted.

RAISIN CAKE

Mrs. Arthur Van Baalen

Boil 2 c. raisins in 4 c. water until 2 c. remain, then add while hot:

2 c. sugar
1 c. butter

1/2 tsp. salt

When this has cooled add (sifted together):

4 c. flour
1 tsp. nutmeg

2 tsp. soda
1 tsp. cinnamon

Then add 2 eggs. Bake in slow oven 1 hour in large loaf pan. Excellent mixture for cup cakes, too.

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CHERRY-NUT BREAD

Mrs. Leonard Williams

3 c. flour (sifted)
1/2 c. sugar
4 tsp. B. powder
1 egg
2 Tbsp. butter
1 c. milk

1/2 tsp. salt
1/4 tsp. grated
orange rind
1 c. cherries
1 c. nuts

Combine all ingredients and beat until smooth.
Bake 50 - 60 minutes in moderate oven.

CORN BREAD

Elsie S. Klinker

1 c. sour milk
1 tsp. soda (dissolve
in milk)

1 egg
1/2 tsp. salt
Corn meal to make
a dough

Pour in hot greased pan. Bake in hot oven.

PECAN ROLLS

Mrs. Nellie F. Garner

1 c. hot water
1 tsp. salt
1 1/2 Tbsp. shortening
1/4 c. gran. sugar
1 cake compressed yeast

2 Tbsp. lukewarm
water
1 egg, well beaten
3 1/2 to 4 c. sifted
all-purpose flour

Combine hot water, salt, shortening and sugar.
Cool to lukewarm (about 80° to 85°F.). Add yeast
softened in lukewarm water. Add the egg, half the
flour, and beat well. Stir in more of the flour -
enough to make the dough easily handled. This
dough can be stored in the refrigerator and will
keep for about a week. Let stand in a warm room
about an hour before using.

Roll dough onto a lightly floured board and roll
1/4 inch thick rectangle. Brush with 2 Tbsp. melted
butter, 1/4 c. brown sugar, 1/4 tsp. cinnamon.

Roll in a long narrow roll, cut in 1-inch slices.
Put in the bottom 8 x 12 inch pan:

1/4 c. melted butter
1 c. brown sugar

3/4 c. pecan halves

Candied cherries can be placed between the rolls

PECAN ROLLS, CON'T.

if desired. Place rolls cut-side down in the pan. Let rise until very light. Bake in a hot oven (400°F.) 20 minutes. Invert on baking rack to cool.

These rolls can be made with 1 pkg. of commercial roll mix. Makes 12 large or 18 small rolls.

PECAN PIE

Mrs. Clayhorn Carriker
463 N. 9th, Oskaloosa, Iowa

3 or 4 eggs, well beaten

Add:

1 bottle white syrup,
(or 2 c.)
1 Tbsp. milk
1/2 tsp. salt

1 c. sugar
1 tsp. vanilla
1/2 to 1 c. pecans

Put in unbaked pie shell and bake at 375°F, 1/2 hour. Makes 2 small pies. Serve with whipped cream.

PUMPKIN PIE NO. II

Mrs. Albert Smith

1 1/2 c. cooked
pumpkin
1 c. brown sugar
1/2 tsp. salt
1 tsp. cinnamon

1 tsp. ginger
1/8 tsp. allspice
3 eggs, slightly
beaten
1 1/2 c. rich milk

Mix pumpkin, sugar, salt and spices together. Add eggs and milk. Pour into unbaked shell and bake 10 minutes at 425°F. Reduce heat to 375°F. and continue baking for 30 to 35 minutes.

DATE PIE

Mrs. Robert Van Gorp

1 lb. chopped dates
1/4 c. melted butter
4 Tbsp. milk

3/4 c. nuts
1 c. sugar
2 egg yolks

Beat egg yolks, add sugar, dates, nuts and butter. Add milk. Put in unbaked pie shell and bake in moderate (350°F.) oven about 45 minutes.

RHUBARB PIE

Frances Vander Waal

Cook 5 minutes: 1 1/2 pints rhubarb in boiling water to cover - drain. Place cooked rhubarb in unbaked pie shell. Pour the following over it: Mixture of: 2 egg yolks, 6 Tbsp. water, 1 c. sugar, 2 Tbsp. flour.

Use egg whites for meringue. Bake until brown.

PENOCHE FROSTING

Mrs. John Jansen

1 c. brown sugar	1 Tbsp. corn syrup
1/2 c. gran. sugar	4 Tbsp. fat (butter or Crisco)
1/3 c. milk	1/4 tsp. salt

Combine in large sauce pan, bring to full boil stirring constantly. Boil 1 minute. Cool to lukewarm, add 1 tsp. vanilla and beat to spreading consistency.

BROWNIES

Clara Wimer

3 eggs	1 c. flour
1 c. sugar	1/2 tsp. salt
1/2 c. butter	1 tsp. vanilla
2 sq. chocolate	1 c. walnuts
1 tsp. B. powder	

Beat eggs, add sugar gradually, then melted butter and chocolate. Sift dry ingredients together, combine with sugar-mixture and beat well. Add nuts and vanilla. Bake in a moderate oven. When cool cut in oblong squares.

CREAM PUFFS

Mrs. Max Huff

1 c. flour	1/2 c. butter
1/4 tsp. salt	3 eggs
1 c. boiling water	

Boil salt, butter and water. When boiling add flour, stir constantly, remove and add unbeaten eggs. Beat thoroughly. Drop off spoon on greased pan. Bake in moderate oven.

BAKED DEVILS FLOAT

Mrs. Elizabeth Williams

1 c. flour
 1/4 tsp. salt
 3/4 c. sugar
 2 tsp. B. powder

1 1/2 Tbsp. cocoa
 1/2 c. milk
 1 tsp. vanilla
 2 Tbsp. melted butter

Sauce:

1/2 c. white sugar
 1/2 c. brown sugar

5 Tbsp. cocoa
 1 c. hot water

Sift flour, salt, sugar, baking powder and cocoa together. Mix milk, melted butter, vanilla. Combine dry and wet ingredients. Pour into greased baking dish and cover with hot sauce. Bake in moderate oven (350°F.) for 40 minutes. Serve with whipped cream.

GRAHAM CRACKER DELIGHT

Gladys Northcutt

20 graham crackers
 3 Tbsp. brown sugar

3 Tbsp. butter

Mix all together, line a bake-dish with this mixture, as for a pie crust. Save back some for top.

Custard:

2 egg yolks
 1/2 c. sugar
 1/2 c. milk
 1 tsp. vanilla

1/4 tsp. salt
 Soak 1 pkg. Knox gelatin in 1/4 c. cold water

Put in double boiler, cook until thick, remove from fire, add gelatin, let cool but not set. Beat the 2 egg whites, add 1/2 pint whipped cream. Put in bake dish. Put rest of graham crackers on top. Set in a cool place.

DROP DUMPLINGS

Mrs. John A. Day, Sr.

2 large c. flour
 pinch of salt
 1 egg

2 heaping tsp.
 baking powder

Sift dry ingredients 3 times. Rub in a Tbsp. butter or Crisco. Beat egg until light, stir in with a fork, moisten with enough sweet milk to make a soft dough, drop into boiling stock (chicken or beef) with small Tbsp. of dough.

DROP DUMPLINGS, CON'T.

Cook 15 or 20 minutes; cover while cooking.

ORANGE STUFFING

Mrs. C. M. Van Cleave

3 c. dry bread cubes,
toasted
1/2 c. hot water
2 tsp. grated orange
peel
2/3 c. orange pulp
2 c. diced celery

1/4 c. melted butter
1 beaten egg
1/2 tsp. salt
Dash of pepper
1/4 tsp. poultry
seasoning

Soften bread cubes in hot water 15 minutes. Add remaining ingredients; combine lightly. Stuff duck. Stuffing for 5 lb. duck.

JELLY ROLL

Allida Linsted

Beat 3 eggs very light, then add 1 c. of sugar and beat again. Add five Tbsp. water alternately with 1 c. flour into which 1 tsp. baking powder has been sifted. 1/2 tsp. vanilla and 1/2 tsp. lemon extract. Bake 15 minutes in greased and floured pan. Should be 3/4 inch thick. Turn out on cloth, spread on the jelly (grape preferred), roll while warm. Trim crust off sides before rolling.

SEVEN MINUTE ICING WITH MARSHMALLOWS

Mrs. Nellie Williams

7/8 c. sugar
3 Tbsp. cold water
10 marshmallows

1 egg white (not
beaten)
1 tsp. vanilla

Combine sugar, water and egg whites into upper part of double boiler. Place over boiling water (be sure water is boiling hard). Beat with rotary beater seven minutes. Remove from stove and pour over marshmallows that are cut in small pieces; stir till marshmallows are dissolved and begins to thicken. Add flavoring.

PUMPKIN PIE NO. 1

Mrs. Leonard Stout

2 c. stewed and strained pumpkin	2 eggs
2 c. rich milk, or cream	1/4 tsp. ginger
3/4 c. brown, or granulated sugar	1/2 tsp. salt
	1 tsp. cinnamon
	1/4 tsp. cloves
	1/4 tsp. allspice

Mix pumpkin with milk, sugar, beaten eggs, ginger, salt, cinnamon, and beat 2 minutes. Pour into pie tin which has been lined with pastry. Place in hot oven for 15 minutes, then reduce heat and bake 45 minutes in moderate oven.

LEMON PIE

Genevieve Clark

1 c. sugar	2 Tbsp. corn starch
2 Tbsp. flour	pinch of salt
	1 1/2 c. hot water

Cook this until it starts to thicken, then add yolks of 2 eggs.

Rind and juice of 1 lemon	1 tsp. butter
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Cook a little longer. This recipe can be made in a short time and is very good.

HOME MADE PASTRY MIX

Mrs. Henry Van Kooten

7 c. sifted flour	4 tsp. salt
	2 c. lard

Add salt to flour. Cut lard into flour and salt with two knives or pastry blender until the crumbs are about the size of small peas. Cover closely and store in the refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 8 single pie crusts.

For a single pie crust, add 2 to 4 Tbsp. cold water to 1 1/2 c. of mix.

CREAM PIE

Mrs. Walter Lunt

Pour a pint of cream over 1 c. sugar, let stand

CREAM PIE, CON'T.

until whites of 3 eggs have been beaten to a stiff froth, add to cream and beat up thoroughly. Put 2 Tbsp. flour in the dry sugar, also nutmeg. Bake without an upper crust.

DATE PECAN PIE

Mrs. Marvin Phillips

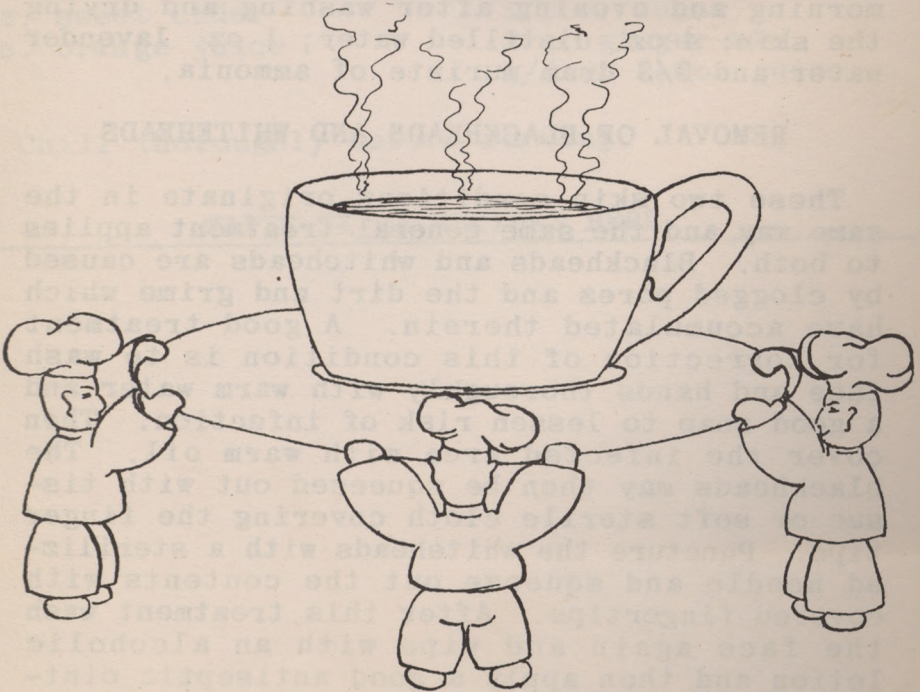
1 c. corn syrup
3 Tbsp. sugar
3 Tbsp. flour
3/4 tsp. salt
1/2 tsp. cinnamon

3 Tbsp. butter
1/2 tsp. vanilla
2 eggs
1/2 c. broken pecan
meats
1 c. chopped dates

Mix corn syrup with sugar, flour, salt, cinnamon, melted butter and vanilla. Add well beaten egg yolks, fold in beaten egg whites, add pecans and dates. Put into pastry shell and about 15 minutes in a hot oven. Reduce temperature and cook until done.

WRITE EXTRA RECIPES HERE

BEVERAGES



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BY JULIAN

REMOVAL OF FRECKLES

In the first place there will be less need to remove freckles if care is taken to keep the face well shaded when in the sun. A harmless and effective bleach for freckles is to cover them with lemon juice or buttermilk each evening just before retiring after the face has been carefully washed and dried. Another effective lotion may be made by mixing equal portions of lemon juice and peroxide. These should be left on overnight. If the freckles are very heavy and your skin is not unusually sensitive the following preparation may be used morning and evening after washing and drying the skin: 4 oz. distilled water; 1 oz. lavender water and 3/8 dram muriate of ammonia.

REMOVAL OF BLACKHEADS AND WHITEHEADS

These two skin conditions originate in the same way and the same general treatment applies to both. Blackheads and whiteheads are caused by clogged pores and the dirt and grime which have accumulated therein. A good treatment for correction of this condition is to wash face and hands thoroughly with warm water and a good soap to lessen risk of infection. Then cover the infected area with warm oil. The blackheads may then be squeezed out with tissue or soft sterile cloth covering the finger tips. Puncture the whiteheads with a sterilized needle and squeeze out the contents with covered fingertips. After this treatment wash the face again and wipe with an alcoholic lotion and then apply a good antiseptic ointment which should be left on overnight.

BEVERAGES

GRAPE-LEMONADE

Mrs. Ida Nicholson

2 lemons
1/4 c. sugar

1 1/2 c. grape juice
2 c. ice water

Extract juice from lemons. Add sugar, grape juice and ice water. Serve cold.

HOT CHOCOLATE

Mrs. Vernie Rice

2 c. boiling water
1/2 tsp. vanilla
1 1/2 squares chocolate

2 c. milk, scalded
1/8 tsp. salt
Sugar to taste

Grate chocolate and combine sugar, salt and water. Boil 4 minutes. Add milk, sweeten to taste, add vanilla. Serve hot.

CIDER PUNCH

Mrs. Grace Reese

2 c. sweet cider
1 c. orange juice

1/2 c. sugar
2 c. ginger ale
1/4 c. lemon juice

Chill thoroughly before serving.

WRITE EXTRA RECIPES HERE

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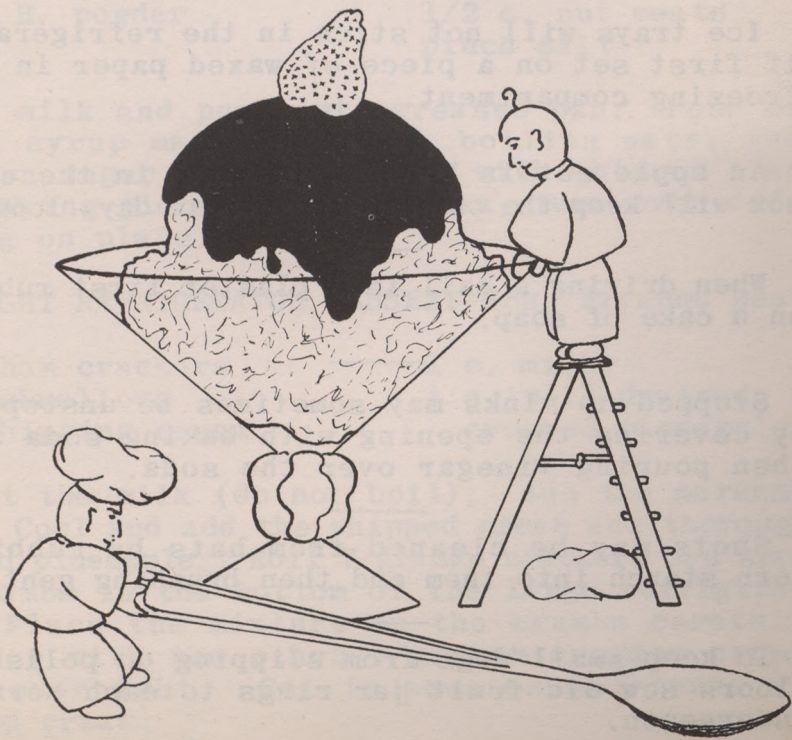
1/2 c. sugar
1/2 c. water
1/2 c. grape juice
2 c. ice water
Add sugar, grape
juice and ice water
Mix thoroughly
Add 1/2 c. milk
Mix thoroughly
Add 1/2 c. orange juice
Mix thoroughly

Chill thoroughly before serving.

WRITE EXTRA RECIPES HERE

1/2 c. sugar
1/2 c. water
1/2 c. grape juice
2 c. ice water
Add sugar, grape
juice and ice water
Mix thoroughly
Add 1/2 c. milk
Mix thoroughly
Add 1/2 c. orange juice
Mix thoroughly

DESSERTS



HOUSEHOLD HINTS

Coffee cream may be whipped by adding one teaspoon of gelatin which has been melted and allowed to cool almost to the setting stage.

If foods boil over in stove or oven cover with salt to prevent smoking and excessive odor.

Brown sugar will not become lumpy if stored in a glass jar with a piece of blotting paper fitted to the inside of the lid.

Hat veils may be ironed by placing between sheets of waxed paper.

To prevent marshmallows from sticking to the knife when cutting first dip the knife into boiling water.

Ice trays will not stick in the refrigerator if first set on a piece of waxed paper in the freezing compartment.

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

When driving a nail into plaster first rub it on a cake of soap.

Stopped up sinks may sometimes be unstopped by covering the opening with baking soda and then pouring vinegar over the soda.

Spots may be cleaned from hats by rubbing corn starch into them and then brushing gently.

To keep small rugs from slipping on polished floors sew old fruit jar rings to each corner underneath.

DESSERTS

SODA CRACKER DESSERT

Martha Needham

12 soda crackers
3 egg whites
1 c. sugar
1/4 tsp. B. powder

1/2 c. broken pecan
nutmeats
1 tsp. vanilla
fruit
1/2 pt. cream

Method:

Beat egg whites; add sugar, then add soda crackers rolled fine. Add baking powder; last, add pecan meats and vanilla. Shape in a 9-inch buttered pie pan and bake in 325°F. oven about 30 minutes. Cool. Cover with about 2 cups fresh, sliced peaches or any desired well-drained canned fruit. Then, top with a layer of whipped cream. Place in refrigerator several hours before serving.

DATE PUDDING

Mrs. Martin De Jong

1 c. sugar
1 c. flour
1 tsp. B. powder

1 c. dates, pitted
and cut
1/2 c. nut meats
pinch salt

Add:

1/2 c. milk and pour into greased pan. Pour over this a syrup made from 2 c. boiling water and 1 c. brown sugar. Bake. Serve with whipped cream. When taking pieces from the pan, turn over before putting on plate.

OVERNIGHT REFRIGERATOR DESSERT—Mrs. Raymond Beaver

14 graham crackers
30 marshmallows
1 c. whipping cream

1 c. milk
1 c. well-drained,
crushed pineapple

Heat the milk (do not boil). Add the marshmallows. Cool and add the whipped cream and thoroughly drained pineapple. Roll 7 graham crackers and spread the crumbs in the bottom of the large refrigerator pan. Place the mixture on the crumbs carefully. Then top with the other 7 graham cracker crumbs. Chill overnight. Cut in squares and serve with whipped cream.

VANILLA ICE CREAM
(1 1/2 gallon)

Mrs. Charley Lundy

4 eggs (beat separate)
2 c. sugar
2 Tbsp. corn starch

2 Tbsp. flour
1/2 gallon milk

Cook ingredients till thick. Add 2 c. cream and enough milk to fill freezer. Add 1 tsp. vanilla.

CHOCOLATE ROBINS

Mrs. W. H. Vos

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

2 squares chocolate
2 eggs
1 c. sugar
1 tsp. vanilla

Melt lard and chocolate over hot water - cool. Add sugar, eggs, flour and nuts. Bake in moderate oven 25 to 30 minutes.

DATE PUDDING DELIGHT

Mabel Hull

1 c. sugar
1 c. flour
1/4 tsp. salt
1 tsp. B. powder

3/4 c. milk
1/2 c. dates
1/2 c. nut meats

Stir together thoroughly as a batter. Then pour in a baking dish. This dish need not be greased.

Then, boil together 1 c. sugar and 2 c. water. After it has boiled, pour it over batter in baking dish. Bake in 350 F. oven 1 hour or until done.

Serve with whipped cream or alone - turn pieces upside down when removed from baking dish.

BAVARIAN CREAM

Mrs. Bayard Phillips

2 egg yolks
1/2 c. sugar

1/2 c. milk
pinch salt

Cook until mixture coats a spoon. Dissolve 1 envelope Knox gelatin in 1/4 c. water. Add to hot mixture. Fold in beaten egg whites. Fold in 1 c. whipped cream. Add 1 tsp. lemon extract and 1/2 c. nutmeats.

BAVARIAN CREAM, CON'T.

Crust:

12 graham crackers 2 Tbsp. butter
3 Tbsp. brown sugar

Mix together and put 1/2 mixture in bottom of refrigerator pan. Pour in Bavarian Cream and put rest of mixture on top. Chill.

OLD FASHIONED SUET PUDDING

H. Dunshee

2 c. suet 1/2 c. nut meats
6 c. flour 4 eggs, well beaten
1 tsp. B. powder 3 1/4 c. milk
1, 10¢ pkg. citron 1/2 tsp. nutmeg
1 1/2 c. raisins 1/4 tsp. cloves
3/4 c. brown sugar 1 1/2 tsp. cinnamon

Cut suet fine. Stir in flour, baking powder, and spices, add fruits, nuts and sugar. Stir thoroughly, add well-beaten eggs, stir well and add milk.

Put in cloth bag and steam 5 hours or until done.

Dressing:

1 1/2 qt. water large chunk of butter

Stir together: 2 1/4 c. sugar, white, 3 Tbsp. flour, add cold water to make paste, add this to above boiling water. Let come to boil; add nutmeg to taste.

HEAVENLY HASH

Mrs. Ferne Roose

1 pt. whipping cream 3/4 lb. marshmal-
2 1/2 c. diced pine- lows, cut fine
apple 3 1/2 c. white cher-
6 bananas, diced ries, seeded
1/2 c. sugar

Add sugar to fruit, then add to cream which has been beaten very stiff. Chill. Serve in sherbet glasses topped with red cherry. Add nuts if liked.

MARY LADD'S DATE PUDDING

Mary Ladd

1 c. white sugar 1/8 tsp. salt

LEMON TAPIOCA CREAM, CON'T.

tapioca when slightly cooled.

PINEAPPLE GELATIN DESSERT

Mrs. John Brand

2 pkg. unflavored gelatin	1 can white cherries
4 c. pineapple juice	1 bottle red maraschino cherries
1/2 c. sugar	1 bottle green maraschino cherries
1 can pineapple	1 c. whipped cream
1 pkg. almonds, ground	

Dissolve gelatin in 1/2 c. cold water. Then add this to hot pineapple juice. Add sugar. Let cool; then whip until light as a feather. Then add whipped cream, fruit, and chopped nuts. Cut in squares for serving.

LEMON SHERBET

Grace Harter

For 6 quarts.

6 c. sugar)	1 qt. thick cream,
juice from 6 lemons)	whipped
juice from 2 oranges)	

Add above mixture to same and finish filling with whole milk.

FROZEN LEMON CUSTARD

Mrs. H. J. Miller

2 c. milk	1/4 c. strained lemon juice
8 Tbsp. sugar	1 tsp. grated lemon rind
2 Tbsp. corn starch	3 drops almond extract
dash salt	1 tsp. vanilla extract
3 eggs, separated	

Scald milk. Mix 5 Tbsp. sugar, corn starch and salt, small amount cold milk to make smooth paste. Beat egg yolks thick, stir into corn starch mixture. Add to scalded milk, stirring constantly. Cook over hot water until smooth. Add lemon juice and rind. Freeze to mush. Beat egg whites stiff; beat in remaining sugar and extracts. Remove custard from tray, beat; combine with egg white mix-

FROZEN LEMON CUSTARD, CON'T.

ture. Beat until smooth. Return to tray. Freeze firm.

PINEAPPLE DESSERT

Frances Lockard

Pour juice from large-size can of pineapple.

Mix and beat well:

juice of pineapple	1 heaping Tbsp.
1 c. sugar	flour
2 eggs, well beaten	3 marshmallows

Cook until thick like custard. Pour over:
pineapple, (diced) 1 c. English walnut
marshmallows, as desired meats

APPLE CRUNCH

Mrs. G. E. Ver Steegh

5 apples, medium size	1 egg
1 c. flour	1 tsp. B. powder
1 c. sugar	1/4 tsp. salt

Prepare apples as for pie. Sweeten to taste, using part brown sugar. Sprinkle with nutmeg and sugar. Dot with butter. Sift flour, sugar, salt and baking powder. Add unbeaten egg and mix with a fork. Pour over the fruit and shake down slightly. Bake about 40 minutes at 350°F. Serve with cream.

PUDDING

Aline Graham

1 c. hot water poured on 1 c. chopped dates sprinkled with 1 tsp. soda - cool.

Add 1 c. sugar, 1 large Tbsp. butter, 1 egg, 1 3/4 c. flour, 1/2 c. nuts, 1 tsp. vanilla

Batter will be thin. Bake in loaf pan. Serve with whipped cream.

PINEAPPLE PUDDING

Mrs. James Bandstra

18 marshmallows	1/2 c. milk
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Melt in top of double boiler - cool.

Take 1 c. of whipped cream, 1 c. pineapple, mix,

PINEAPPLE PUDDING, CON'T.

8 crushed graham crackers. Place graham crackers on bottom and put in filling and 8 graham crackers on top.

DATE PUDDING No. 2

Mrs. Charles Lunt

1 c. sugar
1 c. chopped dates

1 tsp. soda
1 Tbsp. butter

Put this together and pour 1 c. boiling water over. When cool, add 1 egg and 1 1/4 c. flour and 1/4 tsp. salt. Bake in hot oven.

Topping: 1 c. chopped dates, 1 c. sugar, 1/2 c. water and 1/2 c. chopped nuts. Boil 3 minutes and pour over cake while hot.

Serve with whipped cream.

TROPICAL DATE PUDDING

Mrs. Weldon Shaw

1 c. sugar
1 c. flour

1 tsp. B. powder
pinch salt

Sift 4 times. Add:

1/2 c. sweet milk

1 c. dates
1 c. nuts

Mix and pour in pan. Pour over batter 1 c. brown sugar, 1 3/4 c. boiling water. Bake in 350°F. oven approximately 30 minutes. Serve cold with whipped cream.

ORANGE COCOANUT CREME

Mrs. Ray Smith

1/2 pt. whipping cream
4 large oranges

1 pkg. cocoanut
2 doz. marshmallows,
diced

Peel and section oranges, add diced marshmallows, whipped cream, flavored with 1 tsp. vanilla and lastly fold in cocoanut. Chill and serve.

MOCK STRAWBERRY SHORTCAKE

Mrs. Mark Harter

1 c. cranberries and
1 c. tart apples,
(finely chopped)
1/8 tsp. salt

1/4 c. crushed pine-
apple
1 c. sugar

MOCK STRAWBERRY SHORTCAKE, CON'T.

Combine cranberries, apples, pineapple, sugar and salt and let stand for 2 hours. Serve on either rich biscuits or sponge cake with whipped cream.

FROZEN FRUIT SALAD

Mrs. L. C. Stilwell

1 Tbsp. unflavored gelatin
1/4 c. cold water
1 No. 1 can (2 c.) fruit cocktail
1/2 c. mayonnaise
1 c. heavy cream - whipped
1,3-oz. bottle maraschino cherries

Soften gelatin in cold water; dissolve over hot water. Add fruit cocktail with its syrup and mayonnaise. Fold in whipped cream. Pour into refrigerator tray. Dot with cut cherries. Freeze until just firm.

PEANUT BRITTLE ICE CREAM

Mrs. John Ankeney

Melt 16 marshmallows in 1 1/4 c. milk. (Use double boiler). Cool. Whip 1 c. cream, 1 c. crushed peanut brittle. Combine and freeze.

FOOD FOR THE GODS

Helen Kake

14 graham crackers, rolled fine	1/2 c. nuts, chop- ped fine
1 c. sugar	1 tsp. B. powder
12 dates, cut fine	1 tsp. vanilla

Mix above ingredients and fold in 4 egg whites, whipped, and vanilla and bake in greased pie tin for 25 minutes at 350°F. Serve warm topped with whipped cream.

CARROT PUDDING

Elouise Klinzman

1 c. grated raw potato	1 c. raisins and nut meats
1 c. grated raw carrot	1 tsp. nutmeg
1 c. sugar	1 tsp. cinnamon
Butter size of egg	1 tsp. cloves
	1 tsp. soda, dis-

CARROT PUDDING, CON'T.

1 c. flour
solved in little water

Mix all ingredients well and steam for three hours.

Sauce for Carrot Pudding:

2 c. sugar
1/2 c. butter
2 eggs, beaten

Put in sauce pan over water and let dissolve three hours.

LEMON CAKE TOP PUDDING

Josie Ankeney

Blend:
2 Tbsp. flour
3/4 c. sugar
1 Tbsp. butter

Add:
2 beaten egg yolks
1 c. milk
1/4 c. lemon juice

Fold in 2 stiffly beaten egg whites. Bake in an 8 inch unbuttered dish standing in a pan of water for 35 minutes at 375°F. Separates into cake and custard layers. Serves 4 to 6.

APPLE CRUNCH NO. 1

Bernice Garner

1/2 c. shortening
1 c. gran. sugar
1/2 c. brown sugar
2 eggs, (well beaten)
2 1/2 c. sifted flour
1 tsp. B. powder
1 tsp. salt
1 c. sweet milk
1 tsp. soda
2 c. chopped apples

Cream butter and sugar together and add well beaten eggs. Sift flour, baking powder and salt and add alternately with milk in which soda has been dissolved. Fold chopped apples into the batter. Pour into a 10 by 14 inch pan and before baking, sprinkle with the following:

1/2 c. brown sugar
1/2 c. chopped nuts
1 tsp. cinnamon

Bake in a moderate oven for 30 minutes. Serve plain or with whipped cream.

ICE CREAM PIE

Mrs. La Verne Fox

Melt 20 marshmallows in a scant 1/2 c. milk over low heat. Beat smooth, cool and beat again. (Set in a pan to hasten cooling while beating.) Fold in 1 c. cream, whipped, and 1 1/2 tsp. vanilla. Chip 1 1/2 sq. chocolate (sweetened) and add to the above mixture.

Pour in a graham cracker crust and sprinkle with crumbs and chill.

Crust:

Soften 1/3 c. butter and add 20 graham crackers, rolled fine - line pie tin and bake.

FROZEN PINEAPPLE TORTE

Eleanor Lundy

3 egg yolks
dash of salt
1/2 c. sugar
1,9-oz. can crushed
pineapple, drained
2 Tbsp. lemon juice

3 egg whites
2 Tbsp. sugar
1 c. heavy cream,
whipped
2 c. vanilla wafer
crumbs

Beat egg yolks, salt and 1/2 c. sugar. Add pineapple syrup and lemon juice. Cook on hot, not boiling water, until mixture coats spoon, stirring constantly. Add lemon, cool. Make meringue of egg whites and 2 Tbsp. sugar. Fold in whipped cream and custard. Coat sides and bottom of oiled refrigerator tray with wafer crumbs. Pour in custard mixture, cover with remaining crumbs. Freeze from 3 to 4 hours - serves 6 to 8.

MOLLIE LONG DATE PUDDING

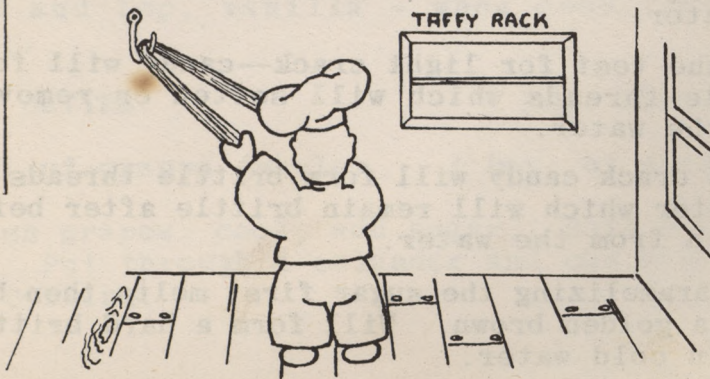
Mollie Long

1 1/2 c. sugar
1 tsp. soda
1 Tbsp. butter
1 egg
1 c. boiling water

1 c. flour
1/2 c. nut meats
1 c. dates
vanilla

Pour hot water over dates, butter and soda. Mix dry ingredients, add to liquid mixture, add nut meats. Mix well.

CANDY JELLY PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

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

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

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

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

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

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

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

PEANUT BRITTLE

Mrs. Ralph McCamant
Searsboro, Iowa

2 c. sugar
1 c. syrup

1/2 c. water
1 1/2 c. peanuts

Boil until it cracks then add 1 Tbsp. butter. Cook and stir constantly until a golden brown, then add 1 tsp. vanilla and 2 tsp. soda and peanuts. Stir thoroughly and pour out on greased platter.

SNOW BALLS

Mrs. Daisy Wilson

1 c. brown sugar
2 eggs
3 Tbsp. cocoa

1 lb. dates
1 c. walnuts
(dates and walnuts,
chopped)

Mix in order given - cook until thick - cool - make in small balls. Roll in cocoanut - chill. Butter hands and roll ingredients in balls.

NEVER FAIL FUDGE

Mrs. Lowell Dunwoody

3 c. sugar
1/2 c. Karo
1 c. milk

1/2 c. cocoa
2 Tbsp. vinegar
1 egg

Combine these ingredients and cook to stage that forms a soft ball when tested in cold water. Remove from fire and add 1 Tbsp. butter, 1 c. nut meats and tsp. vanilla - when cool, beat until creamy.

GRAPE BUTTER

Mrs. Fred Thompson

1 bowl of grapes (whole) 1 bowl of sugar

Wash grapes, cool, add sugar. Boil for 20 minutes. Put through a colander and can without any more cooling.

DIVINITY SPECIAL

Mrs. George Hunt

3 c. sugar
 3/4 c. white syrup
 1 tsp. vanilla

1 c. water
 2 egg whites
 nut meats

Boil till it spins a "fly away" thread. Pour slowly into beaten egg whites (stirring vigorously). Add vanilla, when mixture will hold its shape, drop from a teaspoon and place nut meats on top of each piece.

AFTER DINNER MINTS

Mrs. George G. Drennan

2 c. sugar
 1 c. water in which is dissolved 1 tsp. gum arabic
 1/2 tsp. cream of tartar

Boil until it forms a ball in water. Add 1 tsp. essence of peppermint. Pour out on greased platter and let cool until you can handle easily. Pull until creamy white. Then form into sticks of even size and mark off into lengths with a silver knife. Cover in a box for a day or two, then they will be creamy and easily parted.

DIVINITY CANDY

Mrs. Fannie Fox

2 c. sugar
 1/2 c. corn syrup
 1/2 c. water
 1/8 tsp. salt

1/8 tsp. cream tartar
 1/2 tsp. vanilla
 2 egg whites
 chopped nuts

Combine sugar, syrup, water, salt and cream of tartar. Cover and boil 5 minutes. Uncover, wipe sides of pan with damp cloth, boil without stirring to firm ball stage. Remove from fire, pour slowly over stiffly beaten egg whites, beating constantly until mixture holds its shape when dropped from spoon.

Add flavoring and nuts, drop by spoonfuls on to wax paper.

PENOCHÉ CANDY

Francine Butcher

1 c. brown sugar,
 (pressed down)

1/2 c. milk and
 cream (mixed)

PENOCHE CANDY, CON'T.

1 c. white sugar
a speck of salt

1 Tbsp. butter
1 tsp. vanilla
1 c. nuts

Thoroughly dissolve sugar before bringing to a boil. Cook until a soft ball can be made in cold water.

DELICIOUS CREAM CANDY

Neola Miller

1 qt. Karo
1 qt. sugar

1/8 lb. butter
Shave 1 inch sq.
of paraffin

Boil all together till it crackles in cold water. Add 1/2 tsp. gelatin dissolved in a little water. Let cool and pull.

BOLOGNA CANDY

Mrs. Paul Goodman

2 c. white sugar
1 c. thin cream
1 pkg. dates

1/2 c. cocoanut
1/2 c. nutmeats
1 tsp. vanilla

Boil sugar and water until it forms a soft ball in water. Add dates which have been stoned and chopped. Continue beating until it separates from pan. While stirring add nut meats and cocoanut. Remove from fire. Let cool. Then add vanilla and pour on a cloth which has been dipped in cold water. Roll into a loaf. Cool and slice.

FUDGE CANDY

Mrs. Robert C. Stout

3 c. brown sugar
3 Tbsp. cocoa
1 c. cream

1/2 c. white Karo
pinch of salt
1 lump of butter
vanilla

Bring to boil. Add 4 to 6 marshmallows, when cooked to soft ball stage in cold water. Let cool before beating.

Add 1/2 c. nuts and beat.

DELUXE DIVINITY CANDY

Mrs. Leonard Rhine

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

whites of 2 eggs
1/2 c. nut meats
1 tsp. vanilla

Boil sugar, cane syrup, vanilla and water until it forms a hard mass in cold water. Beat whites of eggs very stiff and beat in nut meats, then pour this over the hot syrup and continue beating until the mixture will stand alone.

Drop from teaspoon on to a buttered plate.

CARAMEL CANDY

Mrs. Zella Briggs

1 c. white sugar
1/2 c. light brown
sugar
1/3 c. white syrup

1/3 c. butter
1/3 c. cream
1/2 c. nuts

Boil altogether till it hardens in cold water. Do not stir or beat. Add nuts after you take off flame. Pour at once on buttered plate.

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

SPOT AND STAIN REMOVAL

MISCELLANEOUS



SPOT AND STAIN REMOVAL

BLOOD: Fresh blood stains are set by hot water. To remove from washable material soak in cold water for 30 minutes, then launder. If traces still remain use chlorine bleach. On old stains use iodide of Potassium diluted in four times its own weight. On non-washable materials sponge with cold water or a mild solution of soap.

INK: On washable materials the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap-suds.

LIPSTICK: On washable materials launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process till the stain disappears.

MERCUROCHROME: Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him what the stain is.

GRASS: Rub spot on washable materials with heavy soap suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM: On all fabrics moisten with carbon tetrachloride and scrape off with a dull knife.

FRUIT: Stretch washable materials over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol till stain is removed.

MISCELLANEOUS

ALMOND TARTS

Mrs. Peter Franje

Make rich dough enough for 2 pies. Use half to line pans about 8 by 14 - pour in following mixture.

2 c. sugar	4 Tbsp. flour
8 Tbsp. milk	6 tsp. almond
4 egg yolks	

Cover with other half of dough, brush with cream, sprinkle with sugar and bake. Cut and remove from pan.

CARAMELED POP CORN

Lula Wehrle

2 gal. popped corn	1/2 c. water
2 c. brown sugar	1/2 c. butter

Cook till hardens in cold water. Pour over corn while hot, stirring corn.

JELLIED STUFFED EGGS

Rose J. Gosnell

Hard cook the eggs, one for each guest. Chill and cut in halves crosswise. Remove the yolks and mash well, adding for 6 eggs, 3 Tbsp. grated cheese, 1 Tbsp. vinegar, 1/4 tsp. dry mustard, salt and pepper to taste, and sufficient melted butter to make a smooth paste. Fill the whites with this mixture and arrange the eggs in a mold. For the jelly, soak 1 Tbsp. granulated gelatin in 1/2 c. cold water for 5 minutes. Add 1 c. boiling water, 1/4 c. each of sugar and vinegar, and 2 Tbsp. lemon juice, and salt and paprika to taste. Cool almost to congealing point, then add 1/2 c. finely cut celery, and 1/2 green pepper shredded. Pour the jelly mixture over the eggs and set in a cool place to harden. Serve on lettuce topped with mayonnaise.

BLUSHING SNOWBALLS

Clara Lunt

Pare and core 6 small apples. Make a syrup of 1 3/4 c. sugar, 1 1/2 c. water, 18 marshmallows, juice and grated rind of 1 lemon. Add enough red cinnamon candies to make the syrup pink. Cook the

BLUSHING SNOWBALLS, CON'T.

apples in this syrup slowly, turning gently, until tender. Remove apples and cool, then roll in moist cocoanut. Serve cold in sherbets, surrounded by cooking syrup.

POPCORN SQUARES

Mrs. James Wonders

1 c. sugar
1 c. cream (sour)

1/2 c. white syrup
butter size of a
walnut

Boil until a soft ball. Add 1 tsp. vanilla and 1/2 tsp. soda last.

Pour over popcorn (4 quart) and mix. Put in buttered bread pan and press down. Cut in squares.

WAFFLES

Mrs. C. L. Johnson

2 c. sifted flour
3 Tbsp. sugar
1 tsp. salt

3 tsp. B. powder
2 eggs, separated
1 3/4 c. milk
4 Tbsp. melted butter

Sift dry ingredients together into mixing bowl. Add egg yolks and milk slowly, beating until batter is smooth. Then add melted butter and fold in stiffly beaten egg whites.

MACARONI AND CHEESE

Mrs. Art Burggraaf

1 1/2 c. elbow
macaroni
3 Tbsp. butter, or
margarine
3/4 c. bread crumbs
2 Tbsp. flour

1 tsp. dry mustard
1 tsp. salt
1/4 tsp. pepper
2 c. milk
1/2 lb. sliced
American cheese

Cook macaroni in boiling salted water until tender. Drain and rinse with hot water.

Melt butter or margarine in a sauce pan over low heat. Mix 1 Tbsp. of it with the bread crumbs. To remaining butter add flour and seasonings. Blend well. Gradually stir the milk in. Drop in the cheese slices and stir constantly over low heat until cheese melts and the sauce is thickened and

MACARONI AND CHEESE, CON'T.

smooth. Pour sauce evenly over macaroni. Cover top with the buttered bread crumbs. Bake in 400°F. (hot oven) for 20 to 25 minutes, or until crumbs are nicely browned.

POP CORN BALLS

Dorotha Tinsley

1 1/2 c. sugar
1/2 c. molasses
1/3 c. corn syrup

3 Tbsp. butter
1/2 tsp. salt
5 qts. pop corn,
(popped)

Mix sugar, molasses, syrup and boiling water. Stir over a low flame until sugar is dissolved. Cover pan with a lid for 5 minutes. This dissolves sugar crystals on side of pan.

Uncover and boil to the hard crack stage, 290°F. or until spins a thread when dripped from spoon.

Remove from fire, add 2 Tbsp. butter and salt.

Pour over pop corn, mixing the corn with a well greased spoon.

Use portions of remaining Tbsp. of butter to grease your fingers.

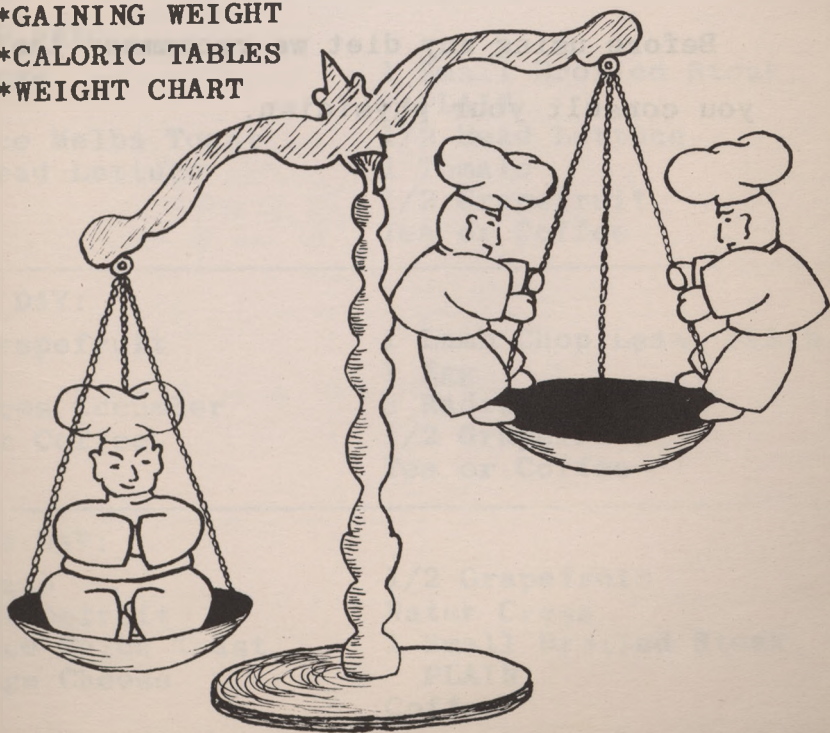
Form into balls as cooled enough to handle.

WRITE EXTRA RECIPES HERE

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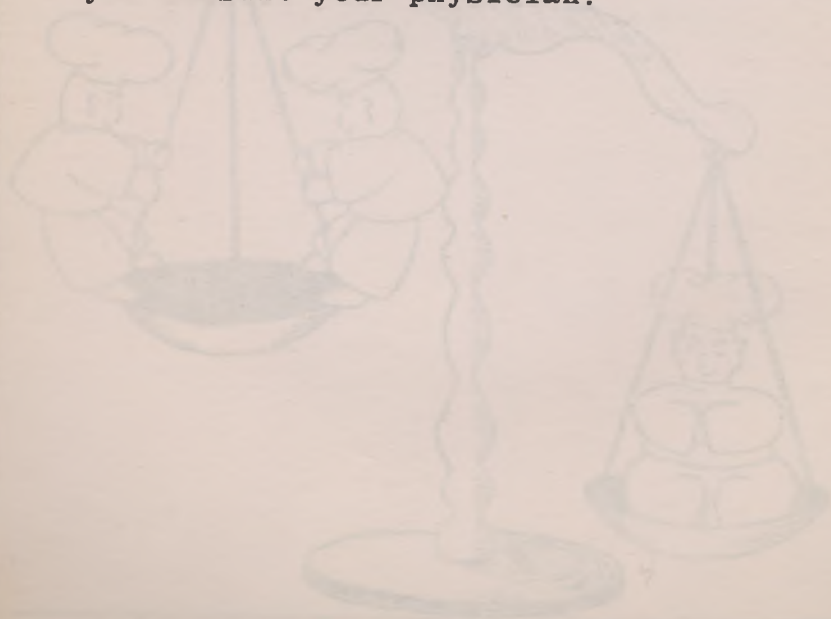
WEIGHT CONTROL

- *REDUCING DIETS
- *GAINING WEIGHT
- *CALORIC TABLES
- *WEIGHT CHART



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

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



EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of: 1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

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

SECOND DAY:

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

THIRD DAY:

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

FOURTH DAY:

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

EIGHTEEN DAY REDUCING DIET

LUNCH

DINNER

FIFTH DAY:

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

1/2 Grapefruit
1 Tomato
2 Eggs
1/2 Head Lettuce
Tea

SIXTH DAY:

1 Egg
1 Orange
Tea

1 Poached Egg
1 Slice Melba Toast
1 Orange
Tea

SEVENTH DAY:

1/2 Grapefruit
1 Egg
1/2 Head Lettuce
1 Tomato
2 Olives

1 Lamb Chop
6 Slices Cucumber
2 Olives
1 Tomato
Tea or Coffee

EIGHTH DAY:

1 Broiled Lamb Chop,
LEAN
1/2 Head Lettuce
1/2 Grapefruit
Coffee

1 Egg
1 Serving Spinach, PLAIN
1/2 Grapefruit
1 Slice Melba Toast
Tea

NINTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Tea

Any Meat Salad

TENTH DAY:

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

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

ELEVENTH DAY:

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

TWELFTH DAY:

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

THIRTEENTH DAY:

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

FOURTEENTH DAY:

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

FIFTEENTH DAY:

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

SIXTEENTH DAY:

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

SEVENTEENTH DAY:

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

EIGHTEENTH DAY:

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

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

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

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

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

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

LUNCH

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

DINNER

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

Total.....1,030

WEDNESDAY

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

LUNCH

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

DINNER

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

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,025

FRIDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

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

LUNCH

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

DINNER

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

Total.....1,155

SUNDAY

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

LUNCH

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

DINNER

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

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

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

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

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

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

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

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

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

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HIGH CALORIE DIET

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

HIGH CALORIE DIET

BREAKFAST

Fruit: Choice of the following:
One half grapefruit, one sliced orange,
one medium sliced peach, baked apple,
three stewed figs, or four to six stewed
prunes.

Cereal: One cup of farina type cereal, with cream
and sugar, or oatmeal or whole wheat
cereal or one shredded wheat biscuit
with cream and sugar. White or whole
wheat toast with butter or jam.

Egg: Soft boiled, poached, or scrambled egg.

Beverage: Light tea or coffee, cocoa, milk or
chocolate.

10:30 A.M. Egg nog, malted milk, hot chocolate, or
cocoa.

LUNCH

Soup: Choice of: One cup cream of spinach soup,
asparagus soup, or tomato soup.

Salad: Choice of: One serving of combination
salad, one serving of mixed vegetable
salad, or salmon salad. To this should
be added one tablespoonful of butter,
and one tablespoonful of mayonnaise.

Bread: White or whole wheat toast, melba toast,
bran or whole wheat muffin.

Dessert: Choice of: Chocolate pudding, bread
pudding, tapioca pudding, or any flavor
of gelatine. Raw fruit is especially
good.

Beverage: Light tea or coffee, cocoa, milk or cho-
colate.

3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

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

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

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

MEN

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

CALORIC CHART

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

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

CALORIC CHART

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

MISCELLANEOUS

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

VEGETABLES

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

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

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M E R C H A N T S

A D V E R T I S E D

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