



**G**IVE US

**O**UR

**D**AILY BREAD



# ZION LUTHERAN CHURCH WOMEN COOK BOOK



COMPILED BY  
ZION LUTHERAN CHURCH WOMEN  
GOWRIE, IOWA

*A MOTHERS LAMENT*

*Bless. O Lord, this food and let  
Those who eat it not forget,  
Not forget while they partake  
How I labor for their sake,  
Roast and boil and stew and bake.  
For hours I work at stove and sink,  
Preparing dainties, meat and drink,  
To have them gulped down in a wink.  
So let the family say, "Amen"  
And do the dishes now and then.*

## TABLE PRAYERS

*God is great and God,  
And we thank him for our food.  
By his hand we must be fed,  
Give us, Lord, our daily bread.*

*Amen*

*For food and all Thy gifts of love,  
We give Thee thanks and praise.  
Look down, O Father, from above,  
And bless us all our days.*

*Amen*

*Father, bless the food we take,  
And bless us all for Jesus' sake.*

*Amen*

*Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you God for everything.*

*Amen*

*We thank Thee, Lord, for happy hearts,  
For rain, and sunny weather.  
We thank Thee, Lord, for this our food,  
And that we're here together.  
Bless this food to our use and us to Thy service.*

*Amen*

*For peace and plenty in our land,  
For friendships warm and helping hand,  
For health and strength to work and play,  
For all your care for us each day,  
For harmony and sweet accord,  
For blessing this, our festive board  
We thank Thee, Lord. Amen*



Lion Lutheran Church  
Gowrie ~ Iowa

### I AM THE CHURCH

*I am the friend of mankind,  
I stand for honor, truth, love, helpfulness and home,  
I safeguard men and women on all their paths of life,  
I lift up the fallen  
I strengthen the weak,  
I help the distressed,  
I show mercy  
I give gifts that gold cannot buy, nor kings take away,  
I find a constant dwelling place in the minds of the greatest men and women  
on earth.  
I am a necessity.*

*I AM YOUR CHURCH.—*

## FOREWORD

*"Feed me with the food that is needful for me." Prov. 30:8*

It may seem that we have waited a long time to replace our cook book and so we have, but we are sure that you will agree, when you see and use this new book, that your wait was worth-while! Many of the recipes in this book have been reprinted from our previous cook book and many new ones have been contributed by members and friends of our church. Compiling a book such as this, is no easy task and we wish to express our sincere appreciation to all who have in ANY WAY contributed of their time and effort so that this book could be published for our use. The love of good cooking is reflected in these recipes and we wish you much joy and pleasure as you test and try them in your respective homes.

## HELPFUL HINTS

Heat mixer blades and bowl of your electric mixer in hot water for a few minutes before mixing shortening to prevent the clogging of the blades.

Stamps which have stuck together can be separated by putting a piece of paper over them and pressing lightly with a hot iron.

Candles will burn longer if chilled for a few hours in the refrigerator before using.

When separating eggs, if you drop a portion of the yolk into the whites, moisten a cloth with cold water, touch to the yolk, and it will adhere to the cloth.

Old potatoes should be put on to cook in cold water, new potatoes in boiling water.

Add a little sugar when making pie crust to make it crisp and brown.

When measuring molasses, just dip the cup in flour. The molasses will run out easily.

When light cream cannot be whipped, add the white of an egg.

Never use plastic bowl to beat egg whites in.

A cloth dipped in peroxide, and wrung out and laid over a scorch and then ironed with a warm iron will remove scorch from material.

Do not salt scalloped potatoes until almost done or ready to serve and they will not curdle.

Fried potatoes will have a delicious golden brown finish if they are sprinkled with a little flour before frying.

Brush left over sandwiches with melted butter and brown on both sides in a hot frying pan to make them tasty like fresh ones.

When pan broiling steaks or hamburgers sprinkle bottom of pan with salt to prevent sticking.

To prevent milk from scorching, rinse pan with boiling water before adding milk.

Add salt to water when boiling eggs. If eggs crack they will not boil out of shell.

When using wax paper to roll dough on, moisten the under surface and the wax paper will not slip.

When whipping cream use powdered sugar to sweeten. The whipped cream will hold its shape much better.

## ABBREVIATIONS USED

t. - teaspoon	lb. - pound or pounds
T. - tablespoon	sq. - square
c. - cup	min. - minute or minutes
pt. - pint	hr. - hour or hours
qt. - quart	mod. moderate
gal. - gallon	doz. - dozen
oz. - ounce or ounces	

## OVEN TEMPERATURES

Very slow oven	250-275 degrees
Slow oven	300-325 degrees
Moderate oven	350-375 degrees
Hot oven	400-425 degrees
Extremely hot oven	500-525 degrees

## STANDARD SIZES OF CANS

An 8 oz. can	- 1 cup	No. 303 can	- 2 cups
No. 2 can	- 2½ cups	No. 300 can	- 1¾ cups
No. 2½ can	- 3½ cups	Picnic	- 1¾ cups
No. 10 can	- 13 cups		

## WHITE SAUCE

Kind	Flour	Fat	Salt	Liquid
Thin .....	1 T. ....	1 T. ....	½ t. ....	1 cup
Medium .....	2 T. ....	2 T. ....	½ t. ....	1 cup
Thick .....	3 T. ....	3 T. ....	1 t. ....	1 cup

Melt butter or margarine in saucepan over low heat. Blend in flour, salt, and dash white pepper. Add milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles-wooden spoon is handy.

Remove sauce from heat when it bubbles. If sauce cooks too long, it becomes too thick and the butter separates out. To repair; Add more milk and cook quickly stirring constantly, till sauce bubbles

## WEIGHTS AND MEASURES

60 drops - 1 teaspoon	16 tablespoons - 1 cup
3 teaspoons - 1 tablespoon	1 cup - ½ pint
4 tablespoons - ¼ cup	8 ounce - 1 cup
5 1/3 tablespoons - 1/3 cup	4 cups - 1 quart
8 tablespoons - ½ cup	2 pints - 1 quart
10 2/3 tablespoons - 2/3 cup	4 quarts - 1 gallon
12 tablespoons - ¾ cup	8 quarts - 1 peck

## EMERGENCY SUBSTITUTIONS

- 1 teaspoon baking powder equals 1/2 teaspoon cream of tartar and 1/4 teaspoon soda.
- 1 cup butter equals 7/8 cup vegetable shortening and 1/4 to 1/2 teaspoon salt.
- 7/8 cup lard and 1/2 teaspoon salt equals 1 cup butter or oleo.
- 1 cup cake flour equals 7/8 cup all purpose flour plus 1 tablespoon cornstarch.
- 1 cup milk equals 1/2 cup evaporated milk and 1/2 cup water.
- 1 cup heavy cream equals 3/5 cup milk and 2/5 cup fat.
- 1 tablespoon cornstarch equals 2 tablespoons flour.
- 1 square chocolate equals 3 tablespoons cocoa plus 1 tablespoon butter.
- 1 cup sour milk equals 1 tablespoon vinegar or lemon juice plus sweet milk to make 1 cup.
- 1 whole egg equals 2 egg yolks.

## HOW MUCH UNCOOKED CEREAL PRODUCTS TO USE!

1. 1 - 1/4 cup uncooked macaroni equals 2/4 cups cooked macaroni.
2. 1 - 1/4 cup spaghetti equals 2 1/2 cups cooked spaghetti
3. 1 cup uncooked rice equals 3 - 3 1/2 cups cooked rice.
4. 1 cup precooked rice equals 2 cups cooked.
5. 1 1/2 - 2 cups noodles equals 2 1/2 cups cooked noodles.

## HOW MUCH DOES EACH MAKE:

- Apples - 1 pound equals 2 or 3 apples.
- Bacon - 30 full thin strips equals 1 pound.
- Bananas - 1 pound equals about 3 bananas.
- Bread - 1 pound loaf has about 19 slices.
- Bread - 1 slice bread makes 1/2 cup soft crumbs.
- Carrots - 1 pound - 3 - 5 carrots - 3 cups diced.
- Celery - 1 pound equals 4 cups
- Cheese American - 1 pound makes 4 cups grated.
- Cheese cottage cheese - 1 pound equals 2 cups.
- Coffee - 5 1/3 cups equals 1 pound
- Crackers - (graham crackers) 1 pound about 40 crackers
- Crackers - (graham crackers) 12 graham crackers equals 1 cup crumbs.
- Crackers - (saltine) 1 pound about 125 crackers
- Crackers - (saltine) 20 crackers makes 1 cup crumbs.
- Cranberries - 1 pound equals 4 cups cranberries.
- Egg whites - 8 whites equals 1 cup.
- Egg yolks - 12 yolks makes 1 cup
- Eggs - (whole) 4 - 6 eggs makes 1 cup
- Lemons - 1 lemon equals 3 - 4 tablespoons juice
- Lemon Grated - peel from 1 lemon equals 1 teaspoon rind.
- Lettuce - average head yields 10 to 12 leaves
- Marshmallows - 1/2 pound equals 32 large or 4 cups miniature.
- Marshmallows - 10 miniature marshmallows equals one large marshmallow.
- Orange - Juice of 1 orange - about 1/3 of a cup.
- Orange - Grated peel from orange - about 2 teaspoons.
- Potatoes - 1 pound - 2-4 potatoes
- Vanilla wafers - 22 crushed to make a cup
- Walnuts - 1 pound in the shell yield 2 cups of shelled walnuts.

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BEVERAGES





# BEVERAGES

## PURPLE PUNCH (GRAPE)

1 6-oz. can raspberry-lemon juice  
(Mix as can says.)

Add:

2 qts. bottled grape juice

1 pt. bottle lemon juice

3 qts. white soda

4 c. sugar

3 qts. water.

Pour over ice in punch bowl. Serves around 75.

## ORANGE SPECIAL (25 4-oz. servings)

2 cans frozen orange juice

1 can frozen pineapple-grapefruit

1 can frozen lemon juice

(All 6-oz. size)

3 c. cold water

2 pts. orange sherbet

1 qt. ginger ale or white soda.

## FROSTY PARTY PUNCH (Makes 12 servings)

3 c. orange-grapefruit juice

1 c. water

1 pt. raspberry or orange sherbet

1 pt. pineapple sherbet

2 7-oz. bottles ginger ale.

Combine juice and water. Soften sherbet slightly and add in scoops to punch bowl. Let melt slightly and then just before serving, slowly add ginger ale.

## CRANBERRY PUNCH

Bring to a boil and simmer 5 min.

2 2-inch sticks pf cinnamon

2 c. water

1 c. sugar

1 whole cloves (less if you wish)

Cool and Add:

2 cans cranberry juice

1 can frozen lemon juice

1 can frozen orange juice

Pour over ice in punch bowl and serve. You may add 1 quart white soda if you like.

## MAUNA LOA PUNCH (Makes 20 servings)

2 cans (6-oz.) pineapple-grapefruit juice concentrate or other if preferred.

2 bottles white soda (28-oz.)

2 pts. raspberry sherbet

Pour into large punch bowl. Add ice cubes. Stir till blended. Put bowl into large decorative container which has water in it. Drop 3 or 4 chunks of dry ice into this pan to form an attractive volcano for the frothy pink drink.

## RASPBERRY PUNCH

2 46-oz. cans pineapple juice

1 46-oz. can Hawaiian punch

2 large cans frozen lemonade

1/2 bottle white soda

1/2 bottle Collins mix or use all soda

1/2 gallon raspberry sherbet

Mix all together. Pour in punch bowl. Add ice and serve.

Mrs. Frankie Hade

## LIME SHERBET PUNCH

- juice 2 cans*
- 1 bottle lemon concentrated grapefruit juice or (9 c.)
  - 2 cans concentrated orange juice (1½ qts.)
  - 3 bottles gingerale (3 qts.)
  - 1 1/2 c. sugar
  - 4 c. water-less when using ice cubes
  - 1 qt. or more lime sherbet

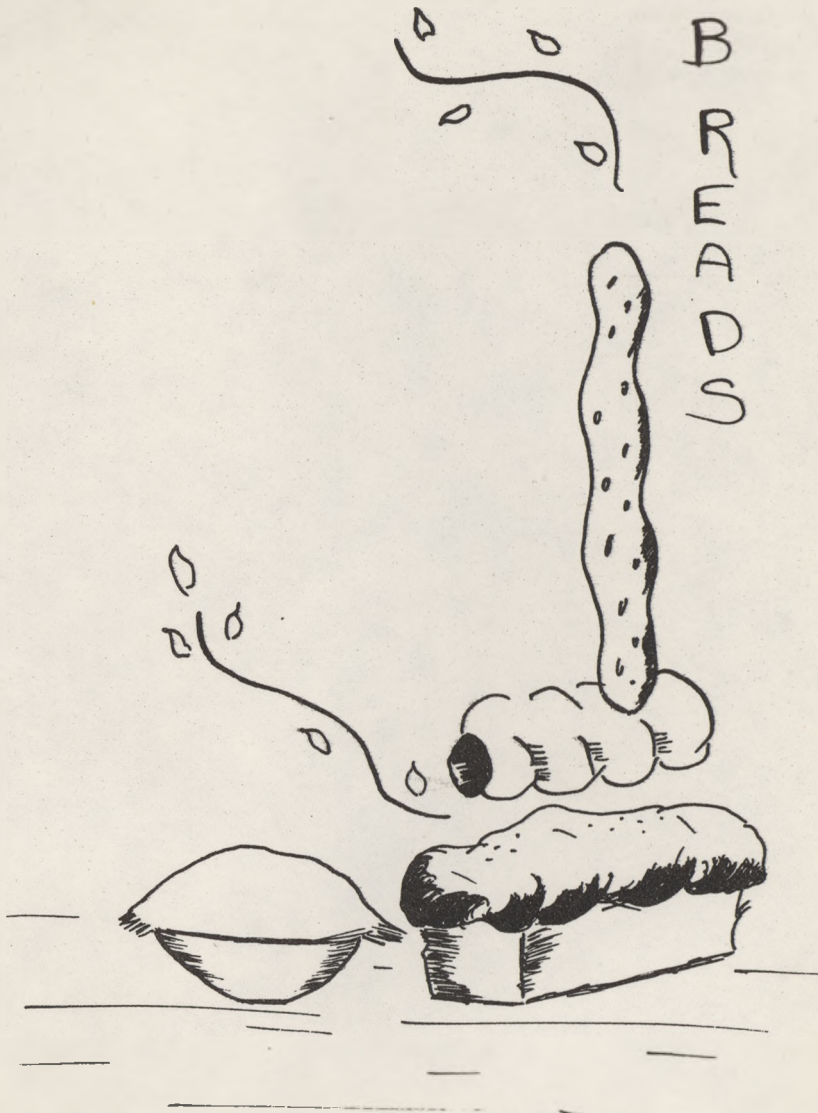
Boil water and sugar and cool. Add juices. Add ale, mix well. Before serving add ice cubes and sherbet.

Henriet Peterson

## BOHEMIAN TEA

- 1 t. ground cinnamon
  - 1/4 t. ground cloves
  - 6 qts. hot water
  - 2 c. sugar
  - 1/4 c. orange-peko tea
  - 1 1/2 c. orange juice
  - 3/4 c. lemon concentrate
- Serve hot. Serves 25 to 30.
- Put tea leaves and spices in a small bag and put in the hot water, allowing time to draw out flavor. Add other ingredients, and serve.

BREADS





# BREADS

## JIFFY ROLLS

2 pkgs. dry yeast  
 1/2 c. lukewarm water  
 1/2 t. sugar  
 1/2 c. lukewarm milk  
 1 t. salt  
 3 T. sugar  
 1 egg, beaten  
 3 T. melted butter  
 About 3 cups flour

Pour water over yeast, add sugar; stir, let stand 10 minutes. Meanwhile scald milk, pour into bowl and dissolve in it the salt and 3 tablespoons sugar. Let cool. When milk is lukewarm add yeast and 2 cups flour. Beat till smooth. Add egg and butter (melted but not hot) Add flour, about 1 cup to make a soft dough. Beat well. Let dough rise until doubled, about an hour. Turn on floured board and make into rolls. Let rise until right size. Bake 15 minutes at 400 to 425 degrees.

Mrs. Dean Harklau

## PARKER HOUSE ROLLS

1 c. milk scalded  
 2 T. shortening  
 2 T. sugar  
 1 t. salt  
 1 cake fresh or 1 pkg. granular yeast  
 1/4 c. lukewarm water  
 1 well beaten egg  
 3 1/2 c. flour

Combine milk, shortening, sugar

and salt. Cool to lukewarm. Add yeast softened in lukewarm water. Add egg. Gradually stir in flour to form soft dough. Beat vigorously, cover, and let rise till double in bulk. Punch down and let rise again. Make into rolls and let rise. Bake in 400 to 425 degree oven 20 minutes. Make about 18 rolls.

Mrs. Ed. McCarty

## REFRIGERATOR BUNS OR— SWEET ROLLS

2 cakes or pkgs dry yeast  
 1/4 c. lukewarm water (to soften yeast)  
 2 eggs beaten  
 7 c. flour  
 1/2 c. sugar  
 2 t. salt  
 3 T. shortening  
 2 c. boiling water

Soak yeast in lukewarm water. Pour boiling water over sugar, salt and shortening. Let cool till lukewarm. Add yeast, eggs and 4 cups flour. Beat. Add remaining flour. Knead until flour is worked in dough. Put in greased bowl, also grease top, cover and put in refrigerator, till ready to use. When ready to make into buns or rolls, shape into desired shape, let rise 1 1/2 hours. Bake in hot oven 375 to 400 degrees for 15 to 20 minutes. Makes about 50 small buns.

Mrs. John O. Nelson (D).

## ORANGE BOWKNOTS

1 1/4 c. milk, scalded  
 1/2 c. shortening  
 1/3 c. sugar  
 1 t. salt  
 1 cake fresh or 1 pkg. granulated yeast  
 2 well beaten eggs  
 1/4 c. orange juice  
 2 T. grated orange peel  
 5 c. enriched flour

Combine milk, shortening, sugar and salt; cool to lukewarm. Soften yeast in this mixture, add eggs, orange juice, and orange peel. Beat thoroughly. Add flour; mix to soft dough. Cover. Let stand 10 minutes. Knead on lightly floured surface. Place in greased bowl. Let rise in warm place until double in bulk. About 2 hours. Punch down. Roll dough 1/2 inch thick. Cut in 10 inch strips, 1/2 inch wide. Tie each in a knot. Arrange on baking sheet. Cover. Let rise until double. Bake in hot oven 400 degrees - 15 minutes. Spread with:

## ORANGE TOPPING-

Blend 2 tablespoons orange juice, 1 teaspoon grated orange peel, and 1 cup sifted confectioners' sugar. Makes 2 dozen bowknots.

Mrs. Floyd Peterson

## DILLY BREAD

1 pkg. yeast  
 1/4 c. warm water  
 1 c. creamed cottage cheese heated to lukewarm  
 Add;  
 2 T. sugar  
 1 T. instant onion  
 1 T. shortening

2 t. dill seed  
 1 t. salt  
 1/4 t. soda  
 1 unbeaten egg  
 2 1/2 c. flour or more  
 Bake at 350 degrees 30 to 40 minutes.

Mrs. Carl Telleen

## MY FAVORITE REFRIGERATOR ROLLS

2 c. milk  
 1/4 c. shortening  
 5 T. sugar  
 1 cake or pkg. yeast  
 5 to 6 c. flour  
 1 t. baking powder  
 1 egg  
 1 T. salt

Scald milk, add shortening and sugar, cool till lukewarm, add yeast and dissolve. (If dry yeast is used, dissolve it in 1/4 cup warm water and reduce milk to 1 3/4 cup. Sift baking powder with 3 cups flour. Beat until bubbles come.

Allow to rise 1/2 hour. Beat egg and salt until light, add to sponge. Add remaining flour to make soft dough. (The less flour used the lighter the rolls and donuts.) Knead till smooth. Place in greased bowl, grease top, place in refrigerator till ready to use.

To make butterhorn rolls, divide dough in 3 parts. Roll each into a 9 inch circle and spread each with butter. Cut each circle into 16 wedge shaped pieces. Roll each piece beginning at the wide end. Place on greased pan. Allow to rise for 1 1/2 hours. Bake 20 minutes in 400 degree oven

Leona Strand

## SWEET ROLLS

3 c. lukewarm water  
 3 pkgs. yeast  
 Dissolve yeast in water, Add 6  
 tablespoons sugar, 6 tablespoons  
 shortening, 4 1/2 teaspoons salt.

Add approximately 9 cups flour  
 Knead lightly. Put in bowl and set  
 in a pan of hot water for 1 hour.  
 Punch down, roll out, and spread  
 with butter, sugar, and cinnamon.

1 box brown sugar  
 1/2 c. margarine  
 1/3 c. milk

Heat and put in bottom of greased  
 pan. Bake 400 degrees 15 minutes.

Greta Jansa

## BUTTERSCOTCH-PECAN ROLLS

Dissolve 1 pkg. yeast in 1/4 cup  
 warm water

1 c. milk scald  
 Add; 1/4 c. butter

1/2 c. sugar  
 2 t. salt

Stir until dissolved. Cool until  
 lukewarm. Add 2 cups flour. Beat  
 well. Add dissolved yeast and 3  
 eggs. Blend well. Add 3 1/2 cups  
 flour to form soft dough. Cover and  
 let rise till double in bulk. Turn  
 out on floured board. Divide dough  
 in half. Roll out 1/4 inch thick,  
 then spread each half with 2 table-  
 spoon melted butter, 1 cup brown  
 sugar. Roll up like jelly roll and  
 cut in 1 inch slices. Cover bottom  
 of two 9 inch pans with 1/2 cup  
 melted butter, 3/4 cup brown sugar,  
 1 cup whole pecans. Place rolls in  
 pans. Let rise till double in bulk.  
 Bake at 350 degrees for 30 minutes.

Mrs. Kenneth Larson.

## FOUNDATION SWEET ROLLS

2 pkgs. yeast softened in 1/2 cup  
 lukewarm water

1 c. milk scalded  
 add 1/4 c. butter

1/2 c. sugar, 1 t. salt, to milk.

2 beaten eggs

5 c. flour (about)

Cool milk and combined ingredients  
 to lukewarm. Then add flour to  
 make thick batter, add softened  
 yeast and eggs. Beat well. Add  
 enough more flour to make soft  
 dough. Knead on floured board  
 until satiny. Place in greased bowl,  
 cover and let rise till double in  
 bulk. (about 2 hours) When light  
 shape into buns, sweet rolls or  
 coffee cake. Let rise 1/2 hour and  
 bake in 375 degree oven for 25 to  
 30 minutes.

## PLAIN MUFFIN RECIPE

2 c. flour  
 4 t. baking powder  
 3/4 t. salt  
 1 T. sugar  
 1 egg  
 1 c. milk  
 1/4 c. melted butter

Assemble ingredients to save time  
 and allow ingredients to warm up to  
 room temperature. Set oven 400-  
 degrees. Mix dry ingredients in one  
 bowl, combine liquid ingredients,  
 beat egg slightly, mix two quickly  
 until dry ingredients are moistened,  
 20 to 30 strokes. Fill muffin tins  
 1/2 to 2/3 full. Bake 20 minutes.

Mrs. T. Phillip Lind.

## SCHNECKEN

Do not stir for 5 to 10 minutes then stir well.

1/4 c. lukewarm water

1 pkg. yeast

Cool to lukewarm

3/4 c. scalded milk

1/4 c. sugar

3 eggs well beaten

4 c. flour sifted with

1 t. salt

Cut in 1 cup butter as for pie crust.

Combine eggs, milk and dissolved yeast and add to flour and butter mixture blending to a soft dough, cover, refrigerate for several hours or over night. Not necessary to knead.

Mix:

1 c. chopped nuts

1 c. brown sugar

1 T. cinnamon

1/2 c. melted butter

Divide dough into 2 parts -roll each on lightly floured cloth to 1/4 inch thickness. Sprinkle each with nut and sugar mixture and dribble half the melted butter on each. Roll as for jelly roll. Cut in 1/2 inch slices and flatten down. Let rise and bake at 375 degrees for 10 to 15 minutes. Frost with powdered sugar frosting if desired.

E. Kullberg

## HOT ROLL SYRUP

For pecan rolls-pour over or under-unbaked rolls.

2 c. brown sugar

4 T. honey

1/8 t. salt

4 T. water

8 T. butter

1/2 to 2 t. maple flavoring

Cook until blended, store in pint jar in refrigerator.

Henriet Peterson, Mrs. Bert Peterson.

## JULBULLAR - CHRISTMAS BUNS

3 cups milk scalded when cool stir in 2 pkgs yeast dissolved in 1/4 cup warm water. Add 4 cups flour, 1 teaspoon salt. Cream 1/2 cup butter, 1 1/2 cup sugar until white. Add 2 well beaten eggs. Mix this with 1st. mixture. Let rise until light, then add 1 cup raisins, 1 cup currants, 1/4 teaspoon nutmeg, 1/4 teaspoon cinnamon, 4 cups flour. Let rise again. Form into small bisquits, let rise again. Bake in 350 degrees oven until brown.

Edna Swanson

## BUTTERHORN ROLLS

crumble:

1 compressed yeast cake

Add:

1 T. sugar

Stir until liquid:

Add:

1 c. lukewarm milk

1/2 c. shortening

1/2 c. sugar

3 well beaten eggs

1/2 t. salt

4 c. sifted flour or enough to make a soft dough

Place on bread board, knead a little, cut in half, rolling each piece as round as possible, and about one-fourth inch in thickness, cut like pie into sixteen pieces. Beginning at broad end roll up toward small end, put in buttered tins, let rise and bake in moderate oven about twenty minutes.

Mrs. Gunner Sigurdson

## BAKING POWDER BISCUITS

- 2 c. flour  
 4 t. baking powder  
 1 t. salt  
 1/2 c. lard (scant) or other  
     shortening  
 1 c. milk

Mix in order given. Pat out, and cut, and bake in moderate oven 360 degrees till golden brown. About 20 minutes. Mrs. Art Youngquist

## REFRIGERATOR ROLLS

- 1 c. shortening  
 4 c. flour  
 1 pkg. yeast (dry)  
 1 c. lukewarm milk  
 3 T. sugar  
 1 t. salt  
 3 beaten eggs

Cut shortening into flour, soften yeast in milk, add sugar, salt, and eggs. Blend, add flour mixture and beat smooth. Place in greased bowl, cover and store in refrigerator over night. Shape into rolls as desired. Cover and let rise until double in bulk (1 1/2 to 2 hours) Bake in moderate oven 350 degrees 35 minutes. Glaze.

Mrs. Lawrence Nelson.

## BRAN MUFFINS

- 2 c. Nabisco Brand Bran  
 4 c. all bran (Kellogs)  
 2 c. boiling water  
 1 qt. buttermilk  
 1 c. shortening  
 3 c. sugar  
 4 eggs, beaten  
 5 c. flour  
 5 t. soda  
 1 t. salt

Pour water over the brans, let stand for several minutes. Add buttermilk. Cream sugar and shortening, add beaten eggs, add this to bran mixture. Sift flour soda, and salt. Mix with bran mixture until flour disappears. (Do not over mix.) Store in refrigerator. Will keep 30 days. Do not Stir, just dip out each muffin tin full as you use it. Bake at 375 to 400 degrees in greased tins, 15 to 20 minutes. Do not use paper cups. Mrs. Mark Craigmile.

ONION CASSEROLE BREAD  
(2 Loaves)

- 1 c. scalded milk  
 Add;  
 1/4 c. butter  
 2 T. sugar  
 2 T. salt  
 1/2 c. warm water  
 2 pkgs dry yeast added to above when lukewarm

Beat in 3 eggs and 3 cups flour. Add another 1 1/2 cup flour. Cover and let rise until double in bulk. Then add 1 can french fried onions crumbled. Divide into 2 round casseroles. Let rise again. Bake in 350 degree oven for 35 to 40 minutes.

Mrs. Richard Larsen

### OATMEAL RAISIN BREAD (2Loaves)

1 1/2 c. milk  
1 c. oatmeal  
1 c. raisins  
1/4 c. sugar  
1/4 c. shortening  
1 t. salt  
1 cake yeast or 1 pkg granular  
1/2 c. lukewarm water  
4 1/2 c. flour  
1 egg  
1 t. cinnamon  
1/2 c. sugar

Scald milk, pour over oatmeal, raisins, sugar, shortening and salt. Cool and add the yeast dissolved in the 1/2 cup water. Add beaten egg, then the flour gradually, mixing to soft dough. Knead on board until smooth. Put in greased bowl and let rise until double in bulk. Punch down lightly and divide dough in half. Cover and let rest on board ten minutes, then roll each part in rectangle and sprinkle with sugar-cinnamon mixture. Roll up to form 2 loaves. Let rise and bake in moderate oven.

Mrs. Hilma Mars.

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### DATE NUTBREAD

1 c. boiling water  
1 c. chopped dates  
3/4 c. chopped nuts  
1 1/2 t. soda  
3 T. butter

Put the above ingredients in a bowl and let stand five minutes.

Then add:  
2 eggs

1 c. sugar  
1 1/2 c. flour  
1 t. vanilla

Pour into loaf pan, and bake at 325 degrees for one hour.

Mrs. Joel Nordin.

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### BANANA BREAD

1/2 c. shortening  
1 c. sugar  
2 eggs, well beaten  
2 large bananas, mashed  
2 c. flour sifted with  
1/2 t. soda  
1/2 c. nuts if desired  
1/2 t. salt

Cream sugar and shortening. Add egg, then bananas. Stir well. Add flour sifted with soda. Fold in nuts and bake 1 hour in moderate oven 350 degrees. This makes 1 loaf.

Belle Strand

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### BANANA BREAD

3/4 c. butter  
3 c. flour  
1 1/2 t. salt  
4 eggs  
4 banana  
3/4 c. nut meats  
1 1/2 t. soda  
1 1/2 c. sugar  
1 1/2 t. vanilla

Cream butter and sugar, beat in eggs. Add salt. Mash bananas and add soda to bananas. Add vanilla. Mix nuts with flour and add all to butter mixture. Pour into 2 loaf pans and bake at 350 degrees.

Mrs. Rial Carlson

## DATE MUFFINS

1 3/4 c. sifted flour  
 2 T. sugar  
 2 1/2 t. baking Powder  
 3/4 t. salt  
 1/2 to 3/4 c. pitted dates  
 1 well beaten egg  
 3/4 c. milk  
 1/3 c. salad oil or melted  
 shortening

Sift dry ingredients into mixing bowl and stir in dates. Make well in center. Combine egg, milk and salad oil. Add all at once to dry ingredients. Stir quickly only until dry ingredients are moistened.

Drop batter from tablespoon into greased muffin pans. Fill 2/3 full. Bake in hot oven 400 degrees about 25 minutes. Makes 1 dozen. They are light, tender, not too sweet. For plain muffins, omit dates.

## DATE NUT BREAD

1 c. dates  
 1 c. sugar  
 1 egg  
 1 T. butter  
 2 c. flour  
 1 t. baking powder  
 1 t. soda  
 1 t. vanilla  
 1/2 c. nut meats  
 1 c. hot water

Cut up dates and sprinkle on soda. Over this pour the hot water. Let set and mix other ingredients. Mix all together. Bake slowly 45 to 50 minutes at 350 degrees.

Mrs. Martin Telleen.

## ORANGE BRAN MUFFINS

1/3 c. shortening  
 1/4 c. sugar  
 1 egg (beaten)  
 1/2 c. all-bran  
 1 t. grated orange rind  
 1/2 c. orange juice  
 1/4 c. milk  
 Sift:  
 1 3/4 c. flour  
 2 t. baking powder  
 1/2 t. salt  
 1/4 t. soda

Mix in order given, adding liquid and dry ingredients alternately.

Makes 12 regular sized muffins or 16 small ones. Bake for 30 minutes at 375 degrees.

Mrs. O. Clifford Anderson,

## APRICOT NUT BREAD

2 c. biscuit mix  
 1 c. quick rolled oats  
 3/4 c. sugar  
 1 t. baking powder  
 1/4 t. salt  
 1/2 c. snipped dried apricots  
 1 c. coarsely chopped walnuts  
 1 egg well beaten  
 1 1/4 c. milk

Stir together first 5 ingredients. Mix in apricots and nuts. Combine egg and milk, add dry ingredients and beat 30 seconds. Pour into 3 greased (No. 2 or 303) cans, or 19''-5''-3'' loaf pan and bake 1 hour for the loaf or 45 minutes for the cans. Cool for 10 minutes remove from pan and cool.

## SWEDISH RYE BREAD

4 c. warm water  
 2 pkgs. dry yeast— 1/4 cup warm  
     water let stand until  
     dissolved  
 1 c. sugar  
 2 t. salt  
 2/3 c. molasses  
 4 T. melted shortening  
 6 c. white flour  
 6 c. rye flour (mixed)

## Optional:

1/4 t. crushed fennel seed  
 1/4 t. crushed anise seed or  
 1 t. liquid anise

Dissolve yeast in 1/4 cup warm water. Add sugar, salt to the 4 cups of warm water in bowl. Add 2 cups flour beat and then add yeast, molasses, anise, and fennel, and 4 tablespoons melted shortening and work in the rest of flour, and knead real good. Put in bowl grease top and let rise until real light. Knead down and let rise again and make into loaves. Bake 1 hour. Make 4 regular loaves, and 2 small ones. I put pans 1/3 full, let rise to top of pan, and bake 1/2 hour at 350 degrees and turn oven down to 325 degrees for last 1/2 hour. Grease top of loaves when taken from oven.

Sift rye flour and add salt. Shortening, sorghum, sugar, water and yeast (dissolved in 1/2 cup warm water) Let rise until light, then mix stiff with white flour. Let rise again until light. Punch down and shape into individual bread pans. Bake 45 minutes at 350 degrees. Makes 3 loaves.

Bemice Skoglund.

## RYE BREAD

1 quart lukewarm water  
 2 pkgs. or cakes of yeast  
 1 c. sugar  
 4 c. rye flour  
 1 T. salt  
 1 c. milk  
 1/2 c. molasses  
 1/2 c. shortening  
 12 c. white flour (about)

Dissolve yeast in warm water. Add sugar, rye flour and mix well. Let raise one hour. Scald milk, add molasses, shortening, and salt; and cool. Add to first mixture. Stiffen with white flour. Let raise until double in bulk. Bake one hour at 350 degrees. 3 large or 4 small loaves.

Mrs. Carl Telleen.

## RYE BREAD

About 7 c. white flour  
 4 c. rye flour (sifted)  
 4 T. lard  
 1 c. good sorghum  
 1 T. salt  
 1/4 c. brown sugar (packed)  
 2 pkgs. yeast  
 3 c. warm water

## BAKING POWDER BISCUITS

Sift:  
 2 c. flour  
 4 t. baking powder  
 3/4 t. salt  
 2 t. sugar

Beat one egg and add 1 cup cream. Stir into dry ingredients. Pat into greased pan. Cut and bake.

Mrs. Carl Swanson

## NUT RAISIN BREAD

2 eggs  
 2 c. sweet milk to which 2 T. of  
 vinegar has been added.  
 2 c. brown sugar  
 4 c. flour  
 1/2 t. salt  
 2 t. soda  
 1 t. baking powder  
 1/2 c. raisins  
 1 c. broken nut meats

## Method:

Beat eggs and sugar thoroughly; add milk and beat well. Add flour sifted with salt, soda, and baking powder. Stir in nut meats and raisins. Bake in 2 loaf pans for 1 hour in moderate oven. Texture and flavor improve after 12 hours.

Mrs. Vernon Telleen.

## ORANGE NUT BREAD

3/4 c. sugar  
 1 T. butter  
 1 beaten egg  
 2 c. milk  
 1/2 t. salt  
 4 c. flour  
 4 t. baking powder  
 1/2 c. nuts  
 1/2 c. chopped maraschino cherries

Grind 3/4 cup orange rind, add 1 cup water and 1 cup sugar. Cook till thick and peel is tender. (cool)

While this is cooling, cream sugar and butter add egg then alternate sifted dry ingredients with milk. Add nuts and last cooled mixture.

Pour in 2 small greased loaf pans. and let sit 20 minutes. Bake 1 hour 350 degrees.

Maureen Bexell

## NUT BREAD

1 c. brown sugar  
 1 egg  
 1/4 t. salt  
 1 c. sour cream  
 1 1/2 c. flour (scant)  
 1 t. soda  
 1/2 c. nutmeats

Mix all ingredients together except nuts. Beat well and add nuts. Pour in loaf pan 4 1/2" by 8 1/2". Bake in moderate 350 degree oven for 45 minutes or till done.

Mrs. Art Youngquist.

## GUMDROP BREAD

3 c. flour  
 1 t. salt  
 3 1/2 t. baking powder  
 3/4 c. sugar  
 1/2 c. chopped nuts  
 1/2 c. raisins  
 1 c. cut colored gumdrops  
 1 egg, beaten  
 2 T. melted butter  
 1 1/2 c. milk

Sift dry ingredients; stir in nuts, raisins and gumdrops. Mix egg and shortening together, add to dry ingredients, stirring only till moistened. Bake in 9"-5"-3" pan (greased) 1 hour in 350 degree oven.

## PUMPKIN BREAD

3 1/3 c. flour  
 2 t. soda  
 1 1/2 t. salt  
 1 t. cinnamon  
 1 t. nutmeg  
 1 c. vegetable oil  
 4 eggs  
 2/3 c. water  
 2 c. pumpkin  
 3 c. sugar

Sift together dry ingredients. Make a well in dry ingredients and add all remaining ingredients. Use 3 conventional loaf pans, greased and floured. Bake in 350 degree oven 1 hour.

Mrs. Richard Carlon

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## COME &amp; CUT AGAIN COFFEE CAKE

1/2 c. shortening  
 3/4 c. sugar  
 1 t. vanilla  
 3 eggs  
 2 c. sifted flour  
 1 t. baking powder  
 1 t. soda  
 1/2 pint commercial sour cream

Topping:

6 T. butter or margerine, softened  
 1 c. brown sugar— packed  
 2 t. cinnamon  
 1/2 c. chopped nuts optional

Cream shortening, sugar and vanilla thoroughly. Add eggs, beating well, Sift flour, baking powder and soda and add to mixture alternately with sour cream. Pour in a cake pan and sprinkle topping on and gently press topping into dough. Bake at 350 degrees for 50 minutes.

Mrs. Leon Skoglund

## COFFEE CAKE

2 T. shortening  
 1/2 c. sugar  
 1 egg (beat white seperately)  
 and fold in last  
 3/4 c. flour  
 2 t. baking powder  
 1 t. vanilla  
 1/4 c. milk

Mix in order given

Filling for cake:

1/2 c. brown sugar  
 1/2 c. chopped nuts  
 2 T. flour  
 2 t. or less cinnamon  
 melted butter (enough to  
 make crumbly) mixture

Spread 1/2 of butter in pan, cover with sugar mixture, then rest of batter. Bake 45 to 60 minutes at 350 degrees.

Mrs. C. E. Plotner

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## "S" SHAPED COFFEE CAKE

1st Layer:  
 1 stick oleo  
 1 c. flour  
 Dash of salt and sugar  
 Mix like pie crust. Add 2 table-  
 spoons cold water. Mix and roll in  
 long thin roll and form "S" shape.  
 Pat out real thin on cookie sheet.

2nd Layer:

Boil 1 stick oleo and 1 cup water.  
 Take from heat and add 1 cup  
 flour. Add 3 eggs; 1 at a time beat-  
 ing each thoroughly. Spread mix-  
 ture on top of 1st layer. Bake at  
 425 degrees for 30 minutes. Frost  
 top after baked while warm. Best  
 while warm.

Mrs. Kent Moustgard

## APPLE CRUMB COFFEE CAKE

1/4 c. very warm water  
 1 pkg. or cake yeast  
 1/2 c. (1 stick butter, softened)  
 1/2 c. sugar  
 1/2 t. salt  
 3 eggs  
 1/4 c. milk  
 2 1/3 c. unsifted flour

Preheat oven to 375 degrees.

Measure the very warm water into a small warm bowl. Sprinkle or crumble in the yeast. Stir until dissolved. Cream butter thoroughly in a large electric-mixer bowl. Gradually add sugar and salt. Cream together. Add yeast mixture, eggs and milk. Beat at medium speed until well-blended.

Gradually add and blend in flour while beating at medium speed; beat until mixture is well blended.

Spread batter in a well greased 9 inch square pan. Arrange apple crumb topping over the dough. Cover and let rise in a warm place, free from draft, until doubled in bulk, about 1 hour. Bake in moderate oven, 375 degrees, for about 35 to 40 minutes. Turn out of pan and cool on wire rack.

## Apple Crumb Topping

2 or 3 large apples  
 2/3 c. sugar  
 1/2 c. flour  
 2 t. cinnamon  
 6 T. butter

Core, peel and slice apples and arrange on dough. Combine remaining ingredients and mix until crumbly. Sprinkle over apples.

Mrs. Roy Snider

## COFFEE CAKE

1 beaten egg  
 1/2 c. sugar  
 1/2 c. milk  
 2 T. melted shortening  
 Sift together;  
 1 c. sifted flour  
 2 t. baking powder  
 1/2 t. salt

Mix in order given, and pour in 8 x 8 x 2 inch pan (lined). Sprinkle with mixture of 1/4 cup brown sugar 1 teaspoon cinnamon, 1 tablespoon flour, and 1 tablespoon melted butter 1/2 cup nuts. Bake 20 to 25 minutes at 375 degrees.

Mrs. R. L. Carlon

## SEEDED BREAD STICKS

1 pkg. refrigerated biscuits  
 milk  
 1 1/2 c. rice cereal or bran flakes  
 crushed  
 2 T. caraway, celery, or dill seed or  
 crushed garlic flakes. (choice)  
 2 t. salt

Cut biscuits in half; roll each part into pencil-thin (stick (about 4 inch long). Brush with milk. Mix crumbs, seed (choice) and salt in shallow pan, (be sure salt is well distributed.) Roll sticks in mixture. Bake on greased baking sheet in very hot oven (450 degrees) about 10 minutes or till lightly browned. If you like them crisp, return to oven after oven has cooled down and leave till crisp.

Committee.

## SAINTS LOAF

- 1 1/2 c. boiling water
- 6 T. shortening
- 1/2 c. honey
- 1 T. salt
- 2 pkg. dry yeast
- 1/2 c. lukewarm water
- 1/2 c. wheat germ
- 1 3/4 c. whole wheat flour
- 1 1/2 c. white flour
- 2 eggs
- 1 c. coarsly chopped walnuts

## Topping—

- 1/4 c. water
- 1/4 c. sugar
- 1/4 c. chopped nuts

In large mixer bowl, combine boiling water, shortening, honey, and salt. Stir until shortening melts. Cool to lukewarm. Dissolve yeast in 1/2 cup warm water. Add to honey mixture, add eggs, wheat germ and white flour. Beat with mixer 2 minutes at medium speed. Stir in whole wheat flour and chopped nuts. Mixture will be sticky. Shape into 2 loaves, place in greased 9x5x3 inch loaf pans. Cover with damp cloth and let rise until 1 inch from top of pan. Pre-heat oven to 375 degrees. Bake 40 to 50 minutes. Meanwhile make topping in pan combine sugar and water. Boil till syrupy, pour over loaves, and sprinkle with nuts.

Mrs. Willard Perterson

## CRANBERRY NUT BREAD

Sift:

- 2 c. flour
- 1/2 t. salt
- 1 1/2 t. baking powder

- 1 c. sugar
- 1/2 t. soda

Add juice and rind of orange, add two tablespoons shortening, add boiling water to make 3/4 cup of liquid, and pour into flour mixture, add one beaten egg. 1/2 cup nuts, 1 cup of cranberries cut up. Bake for 1 hour in oven 325 to 350 degrees. Makes two small loaves.

Lois Larson.

## APPLE-ORANGE NUT BREAD

- 4 c. sifted flour
- 2 t. baking powder
- 2 t. soda
- 1 1/2 t. salt
- 2/3 c. shortening
- 2 c. sugar
- 3 eggs
- 1 T. shredded orange peel
- 2/3 c. orange juice
- 2 1/2 c. unpared, cored apple ground
- 1 1/2 c. raisins (simmerd a few Min.)  
drain on paper towel
- 1/2 c. chopped nuts (walnuts)  
prefered

Cream sugar and shortening, add eggs and beat till light and fluffy. Combine, peel, juice, apples, raisins and nuts; add alternately with sifted dry ingredients to creamed mixture. Pour into 5 well greased and floured No. 2 or smaller sized cans. Fill 2/3 full. Bake in moderate oven 350 degrees for 40 to 50 minutes. Cool over night. Frost if desired, trim with shredded orange peel and walnut half. A moist tasty bread.

Committee

## HONEY QUEEN COFFEE BREAD

1 c. milk (scalded)  
 3 T. honey  
 1 1/2 cake yeast  
 1 T. sugar  
 5 T. softened shortening  
 1 egg  
 3 c. flour  
 1/2 t. salt

Mix in order given. Place dough in greased bowl, cover with plastic and let rise until double in bulk (about 1 hour.) Roll dough out as for jelly roll. Spread cinnamon filling on dough. Using 5 tablespoons sugar, 5 tablespoons shortening and 3 teaspoons cinnamon. Roll up, make cut lengthwise through the middle and twist roll, lift onto greased baking sheet and bake 20 minutes in 375 degree preheated oven.

Ice with following:

1 cup powder sugar, 1 tablespoon honey, 1 1/2 tablespoon boiling water and flavoring. Spread over coffee roll.

Mrs. V. J. Telleen

## NUT BREAD

3/4 c. sugar  
 2/3 c. milk  
 2 1/2 c. flour  
 2 1/2 t. baking powder  
 1 egg  
 1/4 t. salt  
 1 c. nut meats

Beat egg, add sugar and mix well. Add milk, flour sifted with baking powder and salt. Add chopped nut meats. Bake in a greased loaf pan at 325 degrees for 1 hour.

Mrs. Paul Selander

## RHUBARB COFFEE CAKE

1 1/2 c. sugar  
 1/2 c. shortening  
 1 egg  
 1 t. vanilla  
 1 c. buttermilk or sour milk  
 1 t. soda (dissolved in milk)  
 2 c. flour  
 2 c. diced rhubarb

Method: cream sugar and shortening. Add egg and vanilla. Then add flour and milk alternately. Dust rhubarb with 1 tablespoon of the flour. Then mix all together. Pour into 9 x 13 inch pan sprinkle with 1/2 cup brown sugar and 1/2 teaspoon cinnamon. Bake at 325 degrees for 35 minutes.

Mrs. Vernon Telleen

## APPLE RAISIN COFFEE CAKE

Mix together thoroughly

3/4 c. sugar  
 1/4 c. soft shortening  
 1 egg

Stir in:

1/2 c. milk  
 Sift together and stir in:  
 1 1/2 c. flour, sifted  
 2 t. baking powder  
 1/2 t. salt  
 Then:  
 1/2 c. seedless raisins

Spread in greased floured square pan. Arrange thinly sliced apples in fancy design on top of batter, pressing them in slightly. Sprinkle top with 1 teaspoon cinnamon mixed with 2 tablespoons sugar. Bake 25 to 35 minutes in 375 degree oven until done.

Mrs. John Hoff

### LIMPA

(Swedish rye bread)

2/3 c. molasses  
 2 1/2 c. water  
 2/3 c. brown sugar (packed)  
 1 T. anise seed  
 2 t. salt  
 2 T. lard  
 2 T. grated orange rind

Mix above ingredients boil 5 minutes and cool. To this add; 1 cake or 1 pkg. yeast dissolved in 1/2 cup additional warm water. Add 4 cups rye flour and 4 cups white flour beat well, let stand in a warm place over night, in morning add 3 cups white flour and knead well. Let rise again about 2 hours or until light, shape into 2 round loaves and place in 9 inch pie pans, let raise until light, about 2 hours, then bake in 300 degree oven about 1 hour and 15 minutes.

Bernice Skoglund

### WHITE BREAD

(2 loaves)

Measure into mixing bowl— 1/2 cup warm water. Add, stirring to dissolve 2 pkgs. yeast. Stir in 1 3/4 cup lukewarm liquid (water, potato water or scalded milk) and half of 7 to 7 1/4 cups flour.

3 T. sugar  
 1 t. salt  
 2 T. soft shortening

Beat with spoon until smooth and batter falls from spoon in "sheets". Using your hand, mix in enough remaining flour until dough cleans bowl. Turn on lightly floured board, cover let rest 10 to 15 minutes. Knead until smooth. Round up in greased bowl. Cover and let rise in warm place until double in bulk. (about 1 hour) Punch down, let rise again for about 30 minutes. Divide into 2 parts, round up and cover; let rest 10 minutes. Shape into loaves, let rise and bake at 425 degrees for 25 to 30 minutes.

### OATMEAL BREAD

1 c. oatmeal (quick)  
 1/2 c. dark molasses  
 3 t. salt  
 2 T. shortening

Pour over this 2 cups boiling water and stir, when cool add 1 package dry yeast, add 1 egg beaten. Stir in about 5 1/2 cups flour which should be stiff enough to knead well. Let rise until double in bulk. Mold into loaves and let rise till double in size. Bake in moderate oven 45 minutes. Makes 2 loaves.

Mrs. C. H. Lundblad

### DUMPLINGS

1 egg (slightly beaten)  
 6 T. cold water  
 1 T. melted butter  
 1/2 t. salt  
 3 t. baking powder  
 1 c. flour

Stir all together and drop by spoon-full in boiling broth. Cook without cover. Do not turn.

Use same recipe for fruit dumpling. Have syrup or fruit mixture boiling when dumpling are dropped in.

## APFELSHNITTEN (APPLE STRIPS)

Sift together:

2 1/2 c. sifted flour

1/2 t. salt

1/4 c. sugar

Cut in 3/4 cup butter, 1/2 teaspoon grated lemon rind into small particles the size of small peas.

Sprinkle: 6 or 7 tablespoon cream (sweet or sour) over mixture tossing with fork until dough is moist enough to hold together, Divide dough in half. Form into 2 balls. Roll out half of dough on waxed paper to 15" x 10" rectangle. Turn onto ungreased jelly roll pan. Peel off paper. Bake at 350 degrees for 15 minutes.

Prepare:

4 c. apples (4 med.) pare and cut into 1/4" cubes

Add:

1/3 c. raisins

1/4 c. sugar

1 T. flour

1/4 t. cinnamon

3 T. lemon juice

Spread over baked crust

Roll out; remaining dough to 15" to 10" rectangle on waxed paper. Turn over on apple filling. Brush with slightly beaten egg and sprinkle with sugar. Bake at 400 degrees 25 to 30 minutes until golden brown. Cool slightly and cut into 3" by 1 1/2" strips.

Mrs. Carl Mattes

## CORN BREAD

1 c. corn meal

1 c. flour

1/4 c. sugar

1/2 t. salt

4 t. baking powder

2 eggs

1 c. milk

4 T. melted butter

Sift dry ingredients in a bowl, add milk and eggs. Last add melted butter. Bake in 9 inch pan in 350 degree oven till nicely browned, about 20 minutes.

Bernice Skoglund.

## CHEESE STRAWS

1 c. shredded cheese

4 T. soft butter

3/4 c. flour

4 1/2 T. milk

1 1/2 c. fresh bread crumbs

salt and paprika

Blend cheese with butter, add milk.

Mix flour, crumbs and seasonings

and add to cheese mixture. Knead

lightly until smooth. Roll to thick-

ness of pasty. Cut into 6 x 1/2

inch strips and bake on greased

tins in 400 degree oven for 10

minutes or until brown and crisp.

These crispy straws can be served

with soup or salad.

Committee.

## WALNUT CHEESE STICKS

1 stick pie crust mix

1/2 c. shredded sharp cheese

1/2 c. finely sliced crisp English walnuts

Prepare mix according to directions, blending in cheese. Roll between wax paper till real thin. Remove top paper and sprinkle nuts over crust, then roll again lightly to press nuts into crust. Cut in strips. Bake on cookie sheet at 450 about 6 minutes or until golden. Serve with salad.

Committee.

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# BREAKFAST

## STANDARD WAFFLE RECIPE

2 c. Pastry flour  
 4 t. baking powder  
 1/4 t. salt  
 2 eggs  
 1 1/4 c. milk  
 6 T. melted butter

Sift flour once, then measure, add baking powder and salt and sift again. Separate yolks and whites of eggs and beat each well. Combine egg yolks, milk, and butter. Add flour gradually, beating until smooth. Fold in egg whites. This recipe makes 6 waffles.

Bemice Skoglund

## SWEDISH PANCAKES

2 eggs  
 3 c. milk  
 2 c. flour  
 1 t. salt  
 2 t. sugar  
 1 t. baking powder

Beat eggs. Add milk. Combine dry ingredients and sift into egg and milk mixture. Makes 8 to 10 pancakes. Enough for 4 persons. Also good with 4 tablespoons melted shortening.

G. Youngquist

## EGGS IN BASKETS

Line muffin tins with sliced bacon 1 slice to each serving. Drop an egg in each one. Salt and pepper to taste. Bake in oven until egg is done as you like it - soft or hard.

Mrs. Darrell Schill

## SCRAMBLED EGGS

Break into bowl 2 eggs, add 2 tablespoon milk and a dash of salt, beat with a fork. Heat a thin layer of butter or bacon fat in small moderately hot frying pan. Pour in egg mixture and reduce heat to low. Cook slowly, turning gently with a broad spatula as mixture starts to set at bottom of pan. Serve as soon as eggs are cooked through but still moist and shiny. 1 or 2 servings.

## EGGS IN A FRAME

Pull center from a slice of bread or cut out center with biscuit cutter. Butter bread generously on both sides. Brown bread "frames" on one side in moderately hot buttered frying pan. Turn over. Drop egg into center. Cook slowly until egg white is set. (Cover pan until white starts to set. Sprinkle lightly with salt. Lift out with pancake turner.

## PANCAKES

2 eggs  
 1 t. salt  
 2 T. sugar  
 2 c. flour  
 1 t. soda  
 1 t. baking powder  
 2 c. sour milk  
 2 T. melted butter

Mix first 3 ingredients together. Sift dry ingredients together add alternately with milk, add butter last. Bake on hot griddle.

Mrs. Art. Youngquist

## DUTCH HONEY

1 c. brown sugar  
 1 c. white syrup  
 1 cup cream

Mix the ingredients and boil two minutes. Pour into a pitcher and serve hot. This is good to serve with pancakes or waffles.

Mrs. Edwin Carlon

## YORKSHIRE PUDDING

2 c. milk  
 2 T. flour  
 2 eggs (beaten)

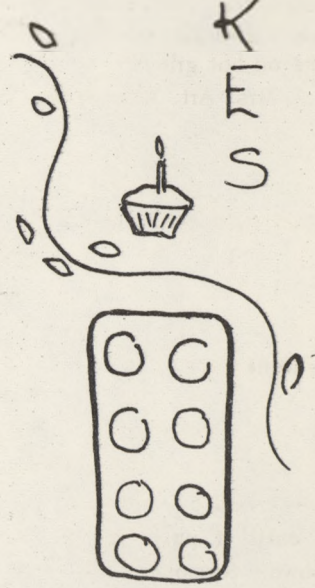
Cut up 3 to 4 slices of bacon in bread pan and when well-browned, add above mixture, and bake in hot oven until it puffs up and is rather brown. Remove from oven and serve while hot with cranberry sauce and cream or any way desired.

Mrs. Axel Johnson

## FRENCH TOAST

Beat together with fork until blended, 4 eggs, 1/2 teaspoon salt, 2 tablespoons sugar, 3/4 cup milk, (1/2 teaspoon nutmeg or 1/2 teaspoon vanilla) (optional) Dip slices of bread into egg mixture only until coated. Fry at once until browned on both sides. If electric skillet is used fry 2 to 4 minutes at 380 degrees. This mixture makes enough for 12 slices of bread. Serve hot with a syrup of your choice.

U T I K A D C





# CAKES

## YELLOW ANGEL FOOD CAKE

1 c. sugar  
 1 3/4 c. cake flour  
 1/2 t. salt  
 1 t. baking powder  
 10 egg yolks  
 1/2 c. hot water  
 1 t. lemon and vanilla

Sift flour baking powder and salt. Beat egg yolks slightly with rotary beater. Add hot water gradually, beating constantly. Add flavoring and continue beating 10 minutes, until mixture is very light. Add sugar gradually beating constantly. Add sifted dry ingredients slowly, folding in lightly. Bake at 350 degrees for about 45 minutes.

Mrs. Anton Holmer.

## CHOCOLATE ANGEL FOOD CAKE

Same recipe as for angel food only removing 3 tablespoons flour and adding 3 tablespoons cocoa. Mix cocoa with flour and sift several times as for angel food. Then add sugar slowly to beaten egg whites, then flour and cocoa. Add vanilla and bake.

Mrs. C. T. Swenson

## FRESH APPLE CAKE

1/2 c. shortening  
 1 c. white sugar  
 1/2 c. brown sugar  
 2 eggs  
 1/2 t. lemon peel  
 2 1/2 c. flour

1 t. baking powder  
 1 t. salt  
 1 c. milk  
 1 t. soda  
 2 c. finely chopped apple

Cream shortening and add sugar. Add eggs and lemon. Add soda to milk and mix in alternately with dry ingredients. Add apples. Sprinkle top of batter with nuts and bake 35 minutes in 350 degree oven. Serve warm or cold with whipped cream or just plain.

Mrs. Roger Lundberg.

## CHERRY NUT ANGEL CAKE

1c. plus 2 T. sifted cake flour  
 1/2 c. sifted granulated sugar  
 3 T. sifted cherry jello  
 1 1/2 c. egg whites  
 1 1/4 t. cream of tartar  
 1/4 t. salt  
 1 c. sifted sugar  
 1 t. vanilla, 1/2 t. almond  
 8 or 10 finely chopped maraschino cherries  
 1/4 c. chopped pecans

Sift flour, jello and 1/2 cup sugar 4 times. Add salt to egg whites and beat till foamy. Add cream of tartar and whip till egg whites stand up in peaks but not dry. Add sugar slowly. Then flour mixture a little at a time. Then cherries and nuts lightly floured. Bake in tube pan in slow oven 325 degrees for 45 minutes. Invert pan to cool.  
 Mrs. Wayne Youngquist.

### AMBER CARROT CAKE

3 c. grated raw carrot  
 4 eggs, unbeaten  
 2 c. sugar  
 1 1/2 c. salad oil  
 2 t. soda  
 1/2 t. salt  
 2 c. flour  
 1 t. cinnamon  
 1 t. vanilla  
 1 c. chopped pecans

In electric mixer: bowl combine carrot, eggs, sugar and oil and beat until combined. Add remaining ingredients and beat well. Pour into 2 oiled and floured 9 inch layer cake pans and bake at 350 degrees 40 to 45 minutes. When cool, put together and ice with cream cheese frosting.

#### Cream Cheese Frosting—

1 8-oz. package cream cheese  
 1 pound powdered sugar

Soften cheese to room temperature. Beat until fluffly and gradually beat in powdered sugar. You may need a touch more powdered sugar to make frosting of good swirling consistency.

Florence M. Nelson, Mrs. Floyd Peterson and Mrs. Herman Rylander

### APPLESAUCE CAKE

1/2 c. shortening  
 1 c. sugar  
 Sift together:  
 1 1/4 t. soda  
 1/4 t. salt  
 2 T. cocoa  
 Add:  
 1 1/4 c. applesauce  
 3/4 c. dates

2 well beaten eggs  
 1/2 t. each of cinnamon, cloves,  
 allspice and nutmeg  
 2 c. all purpose flour  
 1/2 c. raisins  
 1/2 c. nuts.  
 Bake either in loaf pan or cookie sheet and while warm brush with a thin powdered sugar icing.  
 Mrs. M. S. Swanson.

### ANGEL FOOD CAKE

Measure and sift together three times  
 1 c. cake flour  
 1 1/2 c. (sifted confectioner's sugar)  
 Measure into large mixing bowl:  
 1 1/2 c. egg whites  
 1 1/2 t. cream tartar  
 1/3 t. salt  
 Beat until foamy (med. speed on mixer)  
 Gradually add 2 T. at a time. 1 c. granulated sugar  
 1 1/2 t. vanilla  
 1/2 t. almond extract

Continue beating until meringue holds stiff peaks. Sift gradually the flour mixture over the meringue (3 tablespoons at a time), cut and fold in gently, with spatula until it disappears each time. Carefully put batter into ungreased tube pan. Gently cut through batter with knife. Bake at 350 degrees 35 to 45 minutes.

Mrs. Floyd Strand

Above recipe may be used with the following variations:

2/3 instead of 1 C. granulated sugar  
 1/3 c. more flour  
 Amanda Engstrom, Mrs. Richard Johnson

## BETTY ANNE CAKE

1 T. softened butter  
 1 c. sugar  
 2 eggs  
 1/2 c. milk  
 1/2 t. vanilla  
 1 c. cake flour  
 1 t. baking powder

Cream butter and sugar. Add beaten eggs, mix well. Sift flour and baking powder. Add vanilla to milk add flour mixture (start with this) and milk alternately to the butter mixture. Pour batter into well buttered 9 inch pie pan. Bake 20 minutes in a moderate oven 375 degrees. Remove from oven and spread with the following topping.

## Topping--

2 T. butter  
 4 T. brown sugar  
 1 T. cream  
 1 c. coconut

Cream the butter and sugar. Add the cream. Spread on cake. Sprinkle coconut over top. If you wish a brown top, slip under the broiler flame.

Mrs. Eric Eckman (D)

## CHOCOLATE CAKE

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

Beat thoroughly, then add:

1/2 c. milk  
 1 t. vanilla  
 1 t. soda  
 2 c. flour  
 1/2 c. cocoa

Mix well and add 1 cup water  
 (may be hot or cold)

Beat 1 minute. Bake in 9 x 12 inch pan at 350 degrees.

Mrs. Herb Tjaden

## BANANA CAKE

1 c. white sugar  
 1/2 c. butter  
 1 c. sour milk  
 2 eggs (separate)  
 1/2 t. soda  
 1 t. baking powder  
 2 bananas crushed  
 2 c. cake flour  
 2 egg whites beaten and added last

If you like you can use 1 table-spoon butter and 1 cup sour cream in place 1/2 cup butter and sour milk.

Mrs. Roy Carlson

## ONE BOWL BURNT SUGAR CAKE

Sift together in mixing bowl:

2 1/4 c. sifted cake flour  
 3 t. baking powder  
 Blend together:  
 1 c. milk  
 1/3 c. burnt sugar syrup  
 1 t. salt  
 1 c. sugar

Add 2/3 of liquid to dry ingredients and add 1/2 cup shortening. Beat 2 minutes. Add remaining liquid and 2 unbeaten eggs. Beat 2 more minutes. Bake in 350 degree oven 30 minutes.

Mrs. Ed. McCarty

## FRENCH PASTRY CAKE

1/2 c. cocoa  
 3/4 c. boiling water  
 2 c. sugar (brown or white)  
 1/2 c. butter  
 3 eggs separated  
 1/2 t. baking soda  
 1/2 c. sour cream  
 2 c. flour

1 t. vanilla  
 pinch of salt

Dissolve cocoa in boiling water. Set aside to cool. Cream sugar and butter. Add egg yolks, beating well. Dissolve baking soda in sour cream and add to cream mixture. Then add cocoa mixture, sifted cake flour, salt and vanilla. Fold in beaten egg whites. Bake in 3 layers 20 to 25 minutes in 375 degree oven.

Mrs. Egon Hanson

Above recipe may be used with these variations:— 1 egg less and use brown sugar, 1 cup sour milk may be used instead of cream.

Miss A. E. Gorman

## CHOCOLATE CAKE

1/2 c. shortening  
 1 3/4 c. sugar  
 2 sq. melted chocolate or  
 1/2 c. cocoa  
 1 c. cold water  
 1 t. soda in 1 T. hot water  
 1/4 t. salt  
 1 t. vanilla  
 2 c. sifted cake flour  
 3 beaten egg whites

Cream shortening with 1 1/4 cup of

the sugar, then add other ingredients in order given. Lasty fold in the egg whites to which remaining 1/2 cup sugar has been added. Bake at 325 degrees about 30 minutes. Do not use egg yolks.

Mrs. Zeb Lizer

## CUPCAKES

2 c. flour  
 2 t. baking powder  
 pinch of salt  
 2 eggs  
 1 c. sugar  
 1/4 c. butter  
 3/4 c. milk  
 Flavoring

Beat eggs, cream butter and sugar, add eggs and beat 2 minutes. Add dry ingredients and liquid. Flavor and beat well. This makes 18 cupcakes.

Mrs. Edwin Carlson

## NEVER FAIL CUP CAKES

Put into bowl:  
 1 egg  
 1/2 c. cocoa  
 1/2 c. shortening  
 1 1/2 c. flour  
 1/2 c. sour milk  
 1 t. vanilla  
 1 t. soda  
 1 c. sugar  
 1/2 c. hot water

Mix all together and beat well. Bake in paper cups.

Amanda Engstrom

## PINEAPPLE AND NUT CUPCAKES

1 can crushed pineapple, No. 2 can  
 2 c. sifted flour  
 1 t. soda  
 1 t. cinnamon  
 1/2 t. nutmeg  
 1/2 t. ginger  
 1/4 c. butter  
 2 T. flour  
 1/4 c. shortening  
 1 c. sugar  
 2 eggs beaten  
 1 t. grated lemon rind  
 1/2 c. seedless raisins  
 1/2 c. nutmeats  
 1/2 t. salt  
 1/2 c. pineapple juice

## CHOCOLATE CAKE

1/4 c. crisco  
 1 1/4 c. sugar  
 1/2 t. salt  
 1 t. vanilla  
 2 eggs  
 2 sq. chocolate, melted  
 1 3/4 c. sifted cake flour  
 1 t. soda  
 1 c. buttermilk

Blend crisco, sugar, salt, and vanilla and eggs. Add chocolate. Add sifted dry ingredients alternately with buttermilk. Pour into two 8 inch layer pans and bake in moderate oven, 350 degrees 30 to 35 minutes.

Mrs. John Hoff.

Place contents of a No. 2 can of crushed pineapple in a colander over a bowl to drain. Sift flour, measure and add salt, soda and spices and sift together twice. Cream together butter and shortening until fluffy. Add sugar gradually creaming well while adding. Add eggs beaten thoroughly and beat well. Measure 1/2 cup of the juice drained from the pineapple. Add the pineapple juice to the butter mixture alternately with the flour mixture a little at a time stirring until blended after each addition. Fold in the 1 cup of well drained pineapple. Add raisins and nuts which have been dusted with the 2 table-spoons flour. Blend thoroughly but lightly. Turn into cupcake pans which have been lined with paper baking cups. Bake in a moderate oven 375 degrees, 20 to 25 minutes.

Mrs. Otto Blomgren (D)

## CHOCOLATE CAKE

2 c. sugar  
 3/4 c. butter  
 1 1/2 c. sour milk  
 1 t. soda  
 2 egg yolks  
 2 sq. chocolate or 4 T. cocoa  
 2 1/2 to 3 scant c flour  
 1/2 c. raisins (chopped)  
 1/2 c. nuts  
 1 t. vanilla  
 2 egg whites

Cream butter and sugar, egg yolks and melted chocolate. Add flour alternately with sour milk and soda. Next add floured raisins, nuts and flavoring. Bake in layer or loaf pans. Makes a very large cake.

Mrs. Alvin Youngquist.  
 Mrs. Anton Swanson (D)

### CHOCOLATE CHIP CAKE

Sift together into bowl:

2 1/8 c. cake flour

1 1/2 c. suagr

Add 1/2 c. shortening

1 c. milk

4 t. baking powder  
double action

1 t. salt

1 t. vanilla

Beat vigorously 2 minutes. Add 1/2 to 2/3 cup unbeaten egg whites. Beat 2 minutes. Fold in carefully 1/2 cup sweet or semi-sweet chocolate cut in small pieces. Pour into prepared pans and bake 30 to 25 minutes, at 350 degrees. Frost with white boiled icing and drip melted unsweetened chocolate (1 square mixed with 1 teaspoon melted shortening) over edges.

Mrs. Wayne Youngquist

### CHERRY PINK PARTY CAKE

2 1/2 c. sifted cake flour

1 1/2 c. sugar

3 1/2 t. baking powder

1 t. salt

1/2 c. shortening

3/4c milk

1/4 c. maraschino cherry juice

1 t. vanilla

2 t. almond extract

4 egg whites unbeaten

18 maraschino cherries, well  
drained and chopped

1/2 c. walnuts, chopped

Sift flour sugar, baking powder and salt into mixing bowl. Drop in shortening. Combine milk and cherry juice. Add 3/4 cup of this

liquid. Add extracts. Beat two minutes at low speed. Add remaining liquid and egg whites and beat two more minutes. Last add cherries and nuts and blend. Bake in two deep 9 inch layer pans for 20 to 25 minutes at 375 degrees. This recipe fits heart cake pans well and is nice for valentine cake.

Mrs. Kenneth Larson

### LEMON QUEEN CUPCAKES

1/2 c. butter

1 c. sugar

4 eggs

1 c. flour

2 t. baking powder

1 T. lemon juice

grated rind of one lemon

Cream butter, add sugar, add eggs one at a time. Beat mixture after adding each egg. Add flour, baking powder and lemon juice. Bake 25 minutes in 350 or 375 degree oven.

Frosting:

2 egg yolks

5 T. orange juice

1 t. lemon juice

1 T. orange rind, grated

2 c. powdered sugar

Mix orange and lemon juice with rind and let stand for 10 minutes. Strain if desired. Add to egg yolks, slowly add powdered sugar, and beat until of spreading consistency.

Mrs. Darwin L. Carlson

## GERMAN CHOCOLATE POUND CAKE

1 c. shortening  
 2 c. sugar  
 4 eggs  
 2 t. vanilla  
 2 t. butter flavoring  
 3 c. flour  
 1 t. salt  
 1/2 t. soda  
 1 c. buttermilk  
 1 pkg. german sweet chocolate

Bake in 9 or 10 inch tube pan,  
 1 1/2 hours at 300 degrees. Cover  
 the cake while it's hot and keep  
 covered until cold.

Mrs. Herb Tjaden

## RED DEVIL'S FOOD CAKE

1/2 c. butter  
 1 1/2 c. sugar  
 3 eggs  
 1/2 c. chocolate dissolved in  
 1/2 c. hot water  
 1/2 c. sour milk  
 1 t. soda  
 1 t. vanilla  
 2 c. flour

Mix in order given. NOTE: Mix soda  
 with sour milk.

Mrs. Otto Williams

## COLD WATER COCOA CAKE

Cream:  
 1/2 c. butter  
 1/8 t. salt  
 Blend and add  
 1/2 c. cocoa  
 1 c. sugar  
 1 t. vanilla  
 1/3 c. cold water

Then add alternately to that mix-  
 ture.

2 1/2 c. cake flour  
 1 c. cold water

Fold in 3 egg whites which have  
 been beaten stiff, with 3/4 cup  
 sugar beaten into them. Last add  
 1 1/3 teaspoon soda which has been  
 dissolved in a small amount of hot  
 water. Stir thoroughly. Bake in  
 360 degree oven about 35 minutes.

Mrs. Wm. Fridell (D)

## DEVIL'S FOOD

1/2 c. soft butter  
 1/4 t. salt  
 1 t. vanilla  
 1 3/4 c. sugar  
 1/2 c. cocoa  
 1 c. cold water  
 2 c. sifted cake flour  
 1 t. soda  
 1 T. warm water  
 3 egg whites

Cream butter, salt vanilla and  
 sugar thoroughly. Add cocoa, and 2  
 tablespoons of the cold water, and  
 beat until light and foamy. Add  
 flour and remaining cold water,  
 beating between each. Next, add  
 soda dissolved in warm water,  
 then fold in beaten egg whites.  
 Bake in moderate oven about 45  
 minutes, until cake is lightly  
 browned and shrinks from the sides  
 of the pan.

Mrs. Joel Nordin

## HOLIDAY BEST FRUIT CAKE

1 lb. pkg. pitted dates  
 4-oz. red candied pineapple  
 4-oz. green candied pineapple  
 4-oz. red candied cherries  
 4-oz. green candied cherries  
 2 c. pecans halves  
 2 c. brazil nuts  
 1 c. sifted flour  
 1 c. sugar  
 1 t. baking powder  
 1/4 t. salt  
 4 beaten eggs  
 1/2 t. lemon extract

Cut dates in half, cut pineapple in bite-size pieces. Add cherries and nuts.

Sift together flour, sugar, baking powder and salt. Stir into fruit mix. Add eggs and flavoring. Line two 8 by 4 inch pans with heavy paper, grease paper and spoon in the batter. Bake in slow oven 325 degrees for one hour. Store in refrigerator.

Mrs. Darwin L. Carlson

ONE BOWL DARK DEVILS  
FOOD CAKE

Sift together into bowl:  
 2 1/4 c. sifted cake flour  
 1 3/4 c. sugar  
 1/3 t. baking powder  
 1 3/4 t. soda  
 1 t. salt  
 2/3 c. cocoa  
 2/3 c. shortening  
 2/3 c. water  
 Beat vigorously for 2 minutes, medium speed with mixer.

Add:

1/3 c. water  
 1/2 to 2/3 c. unbeaten egg whites

Beat 2 more minutes, bake either in 2 layers or loaf. Bake 30 to 35 layers or 35 to 40 minutes for oblong loaf in 350 degree oven.

Mrs. Ed McCarty

## CHOCOLATE CAKE

## CHOCOLATE CAKE

Cream:  
 1 c. white sugar  
 1/2 c. brown sugar  
 1/2 c. lard  
 2 eggs  
 Add:  
 1/3 c. cocoa  
 1/2 c. hot water  
 2 c. cake flour  
 1 t. soda  
 1 t. vanilla  
 2/3 c. sour cream or milk

Bake at 350 degrees 30 to 35 minutes.

Elsie Hoffman

Sift together:  
 1 3/4 c. sifted flour  
 1 1/2 c. sugar  
 1 1/4 t. baking powder  
 1/2 t. soda  
 1 t. salt  
 Add:  
 1/2 c. lard  
 1 c. milk  
 1 t. vanilla

Beat vigorously for two minutes. Add 2 unbeaten eggs, 6 tablespoons cocoa and 1/2 teaspoon red food coloring. Beat two more minutes. Bake 30 minutes.

Mrs. Fred Brown

## FRUIT CAKE

Boil for 15 minutes;

1 pkg. raisins

1 pkg. currants

2 c. cold water

Add 1 cup cold water after it has boiled, and 2 teaspoons soda to boiled fruit.

2 c. brown sugar

1/2 c. butter

1 t. salt

1 t. nutmeg

1/2 t. cloves

1 t. cinnamon

4 1/2 c. flour

1 c. dates

1 c. nuts

1/2 c. molasses

4 eggs

1 c. citron

Bake 1 hour.

Mrs. Elmer R. Johnson

## DEVIL'S FOOD CAKE

3 sq. chocolate

1 c. boiling water

2 c. sugar

1/2 c. butter

3 eggs

3/4 c. milk

1 t. soda

2 c. cake flour

1 t. baking powder

1/4 t. salt

1 t. vanilla

Cook chocolate and water until thick and let cool while mixing other ingredients. Cream butter, add sugar gradually. Add well beaten eggs. Sift flour with baking powder, soda, and salt and add

alternately with milk, Add vanilla then chocolate mixture and mix well. Bake at 375 degrees for 45 minutes.

Mrs. Paul Selander

## WHITE FRUITCAKE

4 c. (1 3/4-lb.) diced fruits and peels

1/2 c. pitted dates (cut up)

1/2 c. diced apricots (cut up)

1/2 c. figs (cut up) optional

1 1/4 c. light seedless raisins (8-oz.)

2 c. blanched almonds

2 c. flaked coconut

Mix above ingredients together.

2 c. sifted flour

1 1/2 t. baking powder

1 t. salt

1 c. shortening

1 c. sugar

1 t. rum flavoring

5 eggs

1/2 c. pineapple juice

Sift together flour, baking powder and salt. Sprinkle 1/2 cup over fruit mixture. Mix well. Cream shortening sugar and flavoring thoroughly, add eggs one at a time beating well after each. Add dry ingredients to creamed mixture alternately with pineapple juice. Beat well after each addition. Add fruit mixture, stirring until well mixed, Line 2, 8 1/2 x 4 1/2 x 2 1/2 loaf pans with heavy greased paper, then waxed paper. Allow 1/2 inch to extend above edge of pan. Pour batter into pans, filling 1/4 full. Bake in slow oven 275 degrees for 2 1/2 hours, or until done. Store at least 3 weeks before serving.

Mrs. Ted Palmer

## OLD FASHIONED JELLY ROLL

3/4 c. sifted cake flour  
 3/4 c. sifted granulated sugar  
 3/4 t. baking powder  
 1 t. vanilla  
 1/4 t. salt  
 4 eggs  
 1 c. jelly

Combine baking powder, salt and eggs in a rounded bowl. Place this bowl over a bowl of hot water on the stove. Beat with egg beater, adding the sugar gradually. Beat until mixture becomes thick and lemon colored. Remove bowl from over hot water, and add vanilla, mix, fold in the flour. Pour batter in pan, which has been lined with greased wax paper. Bake in oven 400 degrees for ten minutes. Turn out at once on a cloth dusted with powdered sugar. Remove wax paper from cake. Spread jelly on cake and roll.

Mrs. T. Phillip Lind

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 JIFFY ONE EGG CAKE

Sift into a large bowl:  
 2 c. sifted cake flour  
 1/2 t. salt  
 2 1/2 t. double acting or  
 3 t. fast acting baking powdered  
 1 c. sugar  
 Add:  
 1/3 c. butter  
 3/4 c. milk  
 1 t. vanilla  
 1 egg

Mix all together and put in 8 inch square baking pan. Bake 25 to 30 minutes. In 350 degree oven.

Mrs. La Vern Ureluis

## MAPLE-NUT CAKE

1/2 c. shortening  
 3/4 c. brown sugar  
 1/2 c. granulated sugar  
 3 egg yolks  
 1/2 t. maple flavoring  
 2 1/2 c. cake flour  
 1/2 t. salt

3 t. baking powder  
 1 c. milk  
 3 stiffly beaten egg whites  
 1/2 c. chopped walnuts

Thoroughly cream shortening and sugar, Add egg yolks and flavoring, beat until fluffy. Add sifted dry ingredients alternately with milk. Fold in stiffly beaten egg whites and walnuts. Bake in 2 greased 9 inch layer pans 350 degrees for 30 minutes.

Mrs. Clifford L. Swanson

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 NOTHING CAKE

Mix together and cook 5 to 10 minutes.

1 c. water  
 1 c. sugar  
 1 c. raisins  
 Remove from stove and add:  
 1/2 c. butter  
 1 t. cinnamon  
 1 t. cloves  
 1/2 t. nutmeg  
 1 t. baking powder  
 1 t. soda  
 1 t. vinegar  
 2 c. flour

Bake in square 8 by 8 pan for 30 minutes at 375 degrees.

Mrs. Kenneth Larson

## HOT MILK SPONGE CAKE

2 eggs well beaten  
 1 c. sugar  
 1 c. cake flour, measure before  
 sifting  
 1/8 t. salt  
 1 t. baking powder  
 1/2 t. vanilla  
 1/2 t. lemon extract  
 1/2 c. milk, scalded  
 1 T. butter

Add sugar to well beaten eggs and beat till thick. Add vanilla and lemon. Sift flour, salt and baking powder together 3 times and add all at once to sugar mixture, blending well. Add hot milk, with butter in it, all at once. Blend into first mixture quickly. Bake in 8 inch square pan or a 7 by 11 inch oblong pan, 350 degrees. For 30 minutes.

Mrs. Filloyd Danielson

## EASY SPONGE CAKE

Separate 5 eggs. Beat egg whites until foamy, then add 1 teaspoon cream of tartar and 1/2 teaspoon salt and beat stiff. Put yolks in a bowl with 5 tablespoons water and 1 cup sugar and beat until light and fluffy. Sift 1 cup flour 3 times and add to yolks mixture with 1 teaspoon each of vanilla and lemon. Blend well, then fold in egg whites. Pour in ungreased tube pan and bake in a slow oven 300 degrees for 70 minutes.

Mrs. C. V. Christianson

## SPONGE CAKE

4 eggs  
 1 c. flour sugar  
 4 T. water  
 2 t. baking powder rounding  
 1 c. flour  
 flavoring  
 pinch of salt

Beat eggs very light, add sugar and continue beating. Add water and flour with baking powder. Add flavoring and bake in loaf pan. (can be used as cobbler type.)

Mrs. Harry Dixon

## PICNIC CAKE

1/2 c. shortening  
 1 1/2 c. sugar  
 2 eggs  
 2 1/2 c. sifted flour  
 3 t. baking powder  
 1/2 t. salt  
 1 c. milk  
 1 t. vanilla  
 12 marshmallows  
 1/2 c. brown sugar  
 1/2 c. chopped nuts

Cream the shortening, add the sugar gradually, and cream until fluffy. Add the unbeaten eggs one at a time to the creamed mixture, beating well after each addition. Sift the flour, baking powder, and salt together and add to the creamed mixture alternately with the milk. Add the vanilla. Pour into a well greased and floured pan. Cut the marshmallows crosswise and arrange over the batter. Mix the brown sugar and nuts together and sprinkle over the top. Bake 45 to 50 minutes. in a 350 degree oven.

Mrs. Kenneth Fricke

## NEVER FAIL SPICE CAKE

1/2 c. sugar  
 1/2 c. soft shortening  
 2 c. flour  
 1 c. sugar  
 2 1/2 t. baking powder  
 1 t. salt  
 1 t. allspice  
 1 t. cinnamon  
 1/2 t. cloves  
 1/2 t. nutmeg  
 2 eggs  
 1 c. milk  
 1 t. vanilla

Put the 1/2 cup sugar and 1/2 cup shortening in a large bowl. Mix just enough to blend. Sift sugar, flour, and the spices together twice, then sift into bowl over sugar-shortening mixture. Measure milk and separate the eggs. Add yolks to milk, and the vanilla. Add, all at once, to mixture. Beat hard until smooth and creamy. Scrape sides of bowl into center of batter. Add the unbeaten egg whites. Beat again until smooth and creamy. Bake in 2 8-in. pans or in a loaf pan 9 x 13 for 30 minutes at 350 degrees.

Mrs. LaVerne Bamum

## PINEAPPLE WHIP CAKE

Dissolve 2 pkgs. lemon or other flavored jello, per directions on pkg. and chill. When rather firm, add 1 can crushed pineapple and as much blanched almonds, red cherries, and marshmallows as desired. Add 1 pt. whipped cream. Cut a large angel food cake thin and alternate layers with mixture. Let chill over night. Unmold on platter and cover with whipped cream and top with cherries.

Mrs. Herman Rylander

## STRAWBERRY CAKE

1 white cake mix  
 3/4 c. frozen strawberries (thawed)  
 1/2 c. water  
 1/2 c. oil  
 1 pkg. strawberry jello-dry  
 Mix together for two minutes.  
 Add 4 eggs —one at a time  
 Beat one minute

Bake at 350 degrees for 35 to 40 minutes in 13 x 9 inch pan.

## Icing:

Cream together 1 stick margarine and 1 box powdered sugar. Add 1/4 cup strawberries.

Linda Runge and Mrs. Marle Anderson

## WHITE CAKE

Sift together:  
 1 3/4 c. sifted flour  
 3 t. baking powder  
 Add to above:  
 1/2 c. shortening  
 1 t. salt  
 1 c. sugar  
 1/2 c. milk

Beat for two minutes or until mixture is well blended and glossy.

## Add:

1/4 c. milk  
 1 t. vanilla

Beat for two minutes. Pour into lightly greased and floured 9 inch ring mold. Bake at 350 degrees for 30 to 40 minutes.

Mrs. Russell Norine

DATE CAKE

- Mix and let cool:  
 1 1/2 c. boiling water  
 1 1/2 c. chopped dates  
 In large bowl mix:  
 1 c. sugar  
 1 egg  
 1 1/2 c. flour  
 1/4 c. butter  
 1 t. soda  
 1 t. baking powder  
 1/4 t. salt  
 1 t. vanilla

Add the cooked date mixture to this batter. Mix and bake until the sides shrink from the sides of the pan.

Cook the following until thickened:

- 1 c. dates  
 3/4 c. boiling water  
 1 c. sugar  
 1 T. vanilla

Remove from the fire and add 1/2 cup nuts. Put on cake either before or at serving. Cut in squares and serve with whipped cream topped with a cherry. Prepare your cake the day before serving for a better flavor.

Mrs. Jack Johnson

ORANGE CAKE  
 (Large)

- 2 c. sugar  
 3/4 c. butter or shortening  
 Cream well and add 3 egg yolks well beaten. Squeeze juice from 2 large oranges in 1 cup measure, fill with water. Sift 3 cups flour,

3 teaspoons baking powder, and 1/2 teaspoon salt and add alternately with liquid. Beat well. Add the beaten whites (3) last and bake in greased layer pans, in moderate oven.

Mrs. Art Youngquist

SOUR CREAM BUTTER POUND CAKE

- 1/2 lb. oleo or butter  
 3 cups sugar  
 6 eggs  
 1/2 t. soda  
 1/2 pint commercially soured cream  
 1 t. vanilla  
 3 c. plain flour

Cream butter and sugar well, add eggs one at a time beating well. Add other ingredients and last add sour cream and vanilla. Bake in tube pan greased and floured for 1 hour and 10 minutes at 325 degrees.

Mrs. Ralph Hanson

SPICE CAKE

- 2/3 c. butter  
 2 c. light brown sugar  
 1 c. sour milk  
 2 eggs well beaten  
 1 t. cinnamon  
 1/4 t. cloves  
 1 t. soda  
 2 1/2 c. flour  
 1 c. raisins

Cream butter, add sugar gradually, then the eggs and mix well. Add the spices then the sour milk and soda. Lastly the flour and raisins. Bake in a loaf pan at 350 to 375 degrees.

Mrs. Ernest Anderson

## LARGE WHITE CAKE

1/2 c. butter  
 1 1/2 c. sugar  
 1 c. cold water  
 2 1/2 c. cake flour  
 2 t. baking powder  
 pinch of salt  
 4 egg whites  
 1 t. vanilla

Cream butter with half of the sugar until mixture is like whipped cream, Sift together flour measured after sifting, baking powder and salt at least three times. Add about 1/4 of flour to creamed butter and sugar. Then add small amount of water, continue alternately flour and water until all is used. Beat 4 egg whites until stiff but not dry, then add remainder of sugar to egg whites, and lastly fold egg whites into cake. Bake in two layers 25 to 30 minutes.

Mrs. M. S. Swanson

## SPICE CAKE

1 1/2 c. thick sour cream  
 1 1/2 c. sugar  
 2 1/4 c. cake flour  
 3 eggs  
 pinch of salt  
 1 1/2 t. soda  
 1 1/2 t. baking powder  
 1 1/2 t. cinnamon, cloves, nutmeg  
 1/2 c. raisins

Beat eggs till real light, add cream and beat, then add the dry ingredients which have been sifted together. Bake in moderate oven.

Mrs. Harry L. Dixon

## FRUIT FILLING

Grind 1/2 cup raisins, add 1/2 cup chopped nuts. Add this mixture to part of your boiled icing. Put between layers and ice cake with remaining frosting.

TOPPING AND FILLING FOR  
ANGEL FOOD CAKE

1 c. milk  
 1c. sugar  
 1 egg well beaten – bring these to a boil  
 1 pkg. lemon jello, dissolved in 1/4 c. hot water, ,  
 pour into custard while hot. Chill until it begins to set, add 1 scant pint whipped cream or 1 pkg. dream whip, prepared according to directions. Add 1/2 cup chopped nuts, 1 small can crushed pineapple, 1 small bottle maraschino cherries, chopped. Let set in refrigerator for 1 hour. Split day old angel cake in thirds, and spread filling between layers and on top and sides and chill over night. Angel food cake will be much easier to cut and work with if cake is frozen first.

Committee

## FILLING FOR WHITE CAKE

1 small can crushed pineapple  
 1 T. corn starch  
 1/2 c. sugar

Heat thoroughly, have 1 egg yolks beaten and pour pineapple mixture over egg yolk and stir. Cool, put between layers and icing on top.

## LEMON CAKE

1 box instant lemon pudding of  
 lemon jello  
 3/4 c. salad oil  
 3/4 c. water  
 4 eggs  
 1 pkg. lemon cake mix  
 beat for ten minutes.  
 Bake 40 minutes.

Prick with fork while still warm.

Spread with a mixture of:

2 T. salad oil  
 1/3 c. orange juice  
 2 c. powdered sugar

Mrs. Richard Johnson

## APPLESAUCE CAKE

1/2 c. shortening  
 1 c. sugar  
 Sift together:  
 1 1/4 t. soda  
 1/4 t. salt  
 2 T. cocoa  
 Add:  
 1 1/4 c. applesauce  
 3/4 c. dates  
 2 well beaten eggs  
 1/2 t. each of cinnamon, cloves,  
 allspice and nutmeg  
 2 c. all purpose flour  
 1/2 c. raisins  
 1/2 c. nuts

Bake either in loaf pan or cookie  
 sheet and while warm brush with  
 a thin powdered sugar icing.

Mrs. M. S. Swanson

## FILLING FOR CAKE

Boil:

1 c. milk  
 1 T. flour  
 3 eggs yolks  
 1/2 c. nuts

Cool and put between layers.

## AMBER CARROT CAKE

3 c. grated raw carrot  
 4 eggs, unbeaten  
 2 c. sugar  
 1 1/2 c. salad oil  
 2 t. soda  
 1/2 t. salt  
 2 c. flour  
 1 t. cinnamon  
 1 t. vanilla  
 1 c. chopped pecans

In electric mixer bowl combine  
 carrot, eggs, sugar and oil and  
 beat until combined. Add remain-  
 ing ingredients and beat well.  
 Pour into 2 oiled and floured 9  
 inch layer cake pans and bake at  
 350 degrees 40 to 45 minutes.  
 When cool, put together and ice  
 with cream cheese frosting.

Cream Cheese Frosting:

1 8-oz. package cream cheese  
 1 pound powdered sugar

Soften cheese to room tempera-  
 ture. Beat until fluffly and gradual-  
 ly beat in powdered sugar. You  
 may need a touch more powdered  
 sugar to make frosting of good  
 swirling consistency.

Florence M. Nelson, Mrs. Floyd  
 Peterson and Mrs. Herman  
 Rylander.

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**CHOCOLATE CAKE**

1 c. sugar  
1 c. flour  
1 c. cream, sweet or sour  
1 t. soda  
2 eggs  
3 T. cocoa  
Dash of salt  
1 t. vanilla

Put all ingredients in a bowl and mix. Bake in 9 by 8 inch pan for 25 minutes, at 350 degrees. Frost with fudge or brown sugar frosting.

Mrs. Elmer R. Johnson

# *Frostings*



# FROSTINGS

## MINUTE FUDGE FROSTING

Combine:

- 1 c. sugar
- 1/4 c. cocoa
- 4 T. butter
- 1/4 c. milk or thin cream
- 1/8 t. salt

Place over low flame, stir constantly until melted. Bring to a boil 1 minute. Remove from the fire and add 1 teaspoon vanilla. Beat until it begins to thicken. If it begins to harden to fast while icing small cakes, moistened with small amount of hot water.

Mrs. Elmer R. Johnson and Mrs. Harold Lundblad.

## NEVER FAIL FROSTING

- 6 T. brown sugar
- 3 T. cream or milk
- 1 T. syrup
- 2 egg whites
- pinch of salt
- 1 t. vanilla

Boil sugar, water and syrup until it reaches hard crack stage or 244 degrees on candy thermometer. Allow to cool while beating the egg whites and salt stiff. Pour syrup in a thin stream into the egg white. Add vanilla, beat until thick enough to spread.

Mrs. Vincent Strand and Mrs Vernon Telleen.

## SEVEN MINUTE ICING

- 1 egg white
- 3/4 c. sugar
- 1 T. syrup
- 5 T. hot water
- 1/4 t. cream of tartar
- 1 T. vanilla
- pinch of salt

Cook in a double boiler for 7 minutes. Add vanilla when finished.

Mrs. Richard Johnson

## BUTTER BRICKLE ICING

- 3 tablespoons butter (melt and brown to a golden brown.
- Add this to: — 2 cups powdered sugar and enough heated cream or milk to make a good spreading consistency. Add 1 teaspoon vanilla and 1/2 cup finely chopped nuts if desired and spread on cake. Exceptionally good on angel or sponge cake.

## CARAMEL ICING

- 1 c. brown sugar
- 3 T. sweet cream
- 1/2 T. butter

Let boil well for about 10 seconds remove from fire, flavor with vanilla, beat until cool.

Amanda Anderson

## SNOW FROSTING

In double boiler mix 1 egg white, 3/4 cup sugar, dash of salt, 3 tablespoons water, 1 teaspoon light corn syrup. Cook over boiling water beating with an egg beater until frosting will stand in stiff peaks. Remove from heat. Add 2 tablespoons cherry jello and 1/2 teaspoon vanilla. Beat. . If you want white frosting use lemon jello.

## QUICK COOKED FROSTING

1/2 c. butter  
1 c. brown sugar  
1/4 c. milk  
1 3/4 to 2 c. powdered sugar

Melt the butter, add the brown sugar and boil 2 minutes. Stir while it boils. Add the milk and keep stirring until it boils again. Remove from the heat. Add sifted powdered sugar and beat. Frost the cake when frosting is cool.

Mrs. Harold Telleen

## CREME FROSTING

5 T. flour  
1 c. milk Cook until thick paste or smooth. Beat until creamy and let cool.  
1 c. sugar  
1 1/2 sticks oleo (mix with electric mixer)

Add above mixture and 1 teaspoon vanilla. Beat again and ready to spread.

Mrs. McKeaige

## BOILED FROSTING

2 c. sugar  
2/3 c. water  
1 T. syrup  
2 egg whites  
pinch of salt  
1 t. vanilla

Boil sugar, water and syrup until it reaches hard crack stage or 244 degrees on candy thermometer. Allow to cool while beating the egg whites and salt stiff. Pour the syrup in a thin stream into the egg white. Add vanilla, beat until thick enough to spread.

Mrs. Arnold Bloomquist

## MARSHMALLOW 7 MINUTE FROSTING

Place in double boiler unbeaten egg white, 7/8 cup sugar, 3 tablespoons cold water. Place over boiling water. Beat for 7 minutes. Remove from fire and add 1/2 teaspoon baking powder and 8 marshmallows cut fine. Beat and spread on cake.

Mrs. Elmer R. Johnson

## ORANGE ICING

1 medium sized orange  
1 1/2 to 2 c. confectioner's sugar  
3 T. butter  
Grate orange rind. Soak in juice of 1 orange for 10 minutes. Strain. Cream butter. Add small amount of sugar. Add strained orange juice. Add sugar until of consistency to spread.

Mrs. E. L. Telleen

## BOILED MARSHMALLOW ICING

2 1/2 c. granulated sugar  
 1/2 c. light corn syrup  
 1/4 t. salt  
 1 t. vanilla  
 1/2 c. water  
 1/2 pkg. or 8 marshmallows  
 2 egg whites  
 add vanilla last

Cook sugar, syrup, salt and water together in sauce pan to the firm ball stage (250 degrees). Put the marshmallows, cut up into the hot syrup to soften before pouring all into the beaten egg whites. Beat until the frosting holds its shape when tossed over the back of a spoon. This is a large recipe, 1/2 is enough for a loaf cake.

Mrs. Alex Wiklander

## WHITE ICING

1 c. sugar  
 1/4 c. karo syrup  
 1/4 c. water  
 2 egg whites unbeaten

Put all in double boiler over boiling water. Stir until it is hot and dissolved. Put in electric mixer and beat about 5 minutes or until it stands in peaks. Add vanilla. This makes a large amount.

Miss Wilma Nelson

## NEVER FAIL CHOCOLATE ICING

Melt 1 square chocolate together with 2 tablespoons butter. Remove from heat and add 3 tablespoons butter, 1 tablespoon corn syrup, 1 cup sugar, 1 egg. Stir thoroughly, return to fire and boil 2 minutes. Add 1 teaspoon vanilla. Beat and

spread. Stir constantly while boiling.

Mrs. Carl L. Swanson

## NEVER FAIL FROSTING

6 T. brown sugar  
 3 T. cream or milk  
 2 T. butter

Cook a minute or two. Let cool a little, add powdered sugar to a good thickness to spread. For a white frosting use white sugar, or for chocolate add 1 square chocolate to white sugar.

Mrs. Vincent Strand and Mrs. Vernon Telleen

## NEVER FAIL FROSTING

1 c. sugar  
 1/4 t. salt  
 1/2 t. cream of tartar  
 2 unbeaten egg whites  
 3 T. water

Put in top of double boiler. Beat for 3 minutes at high speed. Add vanilla.

Mrs. Clayton (Loralie) Miller

## ICING

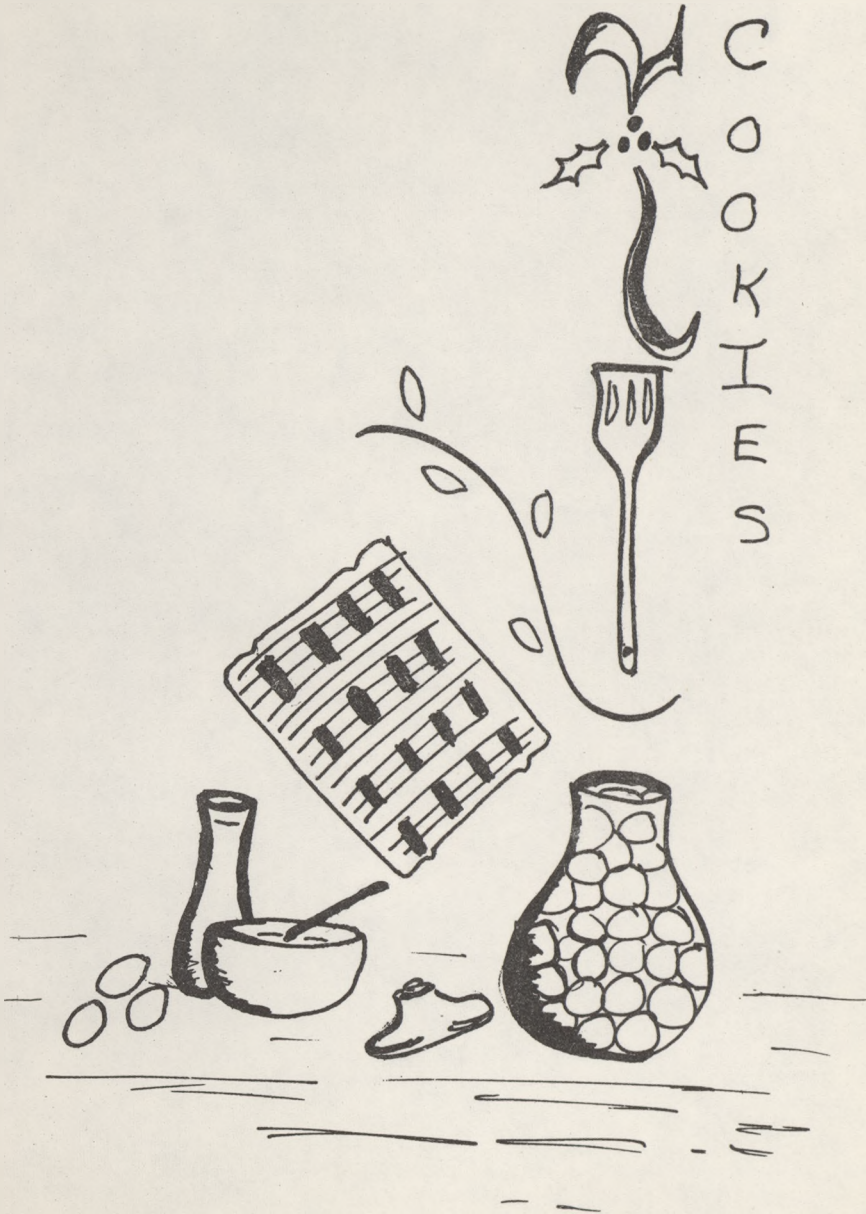
3 1/2 c. powdered sugar  
 1/2 c. shortening  
 2 egg whites  
 1/4 t. salt  
 flavoring

Mix in large bowl. When mixed beat at high speed with electric mixer. Store any remaining in a covered jar.

Mrs. Everett Bexell



COOKIES





# COOKIES

## BIRD NESTS

Cream:

1/2 c. butter

1/4 c. brown sugar

Add:

1 egg yolk

1 c. flour

Form balls, dip in one slightly beaten egg white. Roll in finely chopped nuts. Press center to make small hollow. Bake in moderate oven of 350 degrees for 8 minutes. Remove press again, then take 10 minutes. When cool, fill with bright red jelly.

Mrs. M. S. Swanson

## BROWN SUGAR COOKIES

1 c. butter

1/2 c. brown sugar

1 egg yolk

2 c. sifted flour

1 t. vanilla

Cream butter; add brown sugar and egg yolk. Mix well. Add vanilla and flour. Roll into small balls and press down with fork. Bake in 350 degree oven. Makes about 3 dozen cookies.

Mrs. Carl L. Swanson

## ANGEL COOKIES

1 c. butter

1/2 c. brown sugar

1/2 c. white sugar

1 egg

1 t. vanilla

2 c. flour

1 t. soda

1 t. cream of tartar

1/2 t. salt

1/2 c. nuts

Cream butter and sugar and add other ingredients in order. Roll into balls the size of a walnut and dip top in cold water and then in sugar. Place on greased cookie sheet, sugar side up. Leave space between cookies as they spread in baking. Bake in Hot oven 425 degrees.

Mrs. Rial Carlson and Mrs Elmer Nelson.

## CARMEL COOKIES

1 1/2 c. brown sugar

1/2 c. white sugar

1 c. shortening

2 eggs

2 t. cream of tartar

2 t. soda

2 1/2 c. flour

1 c. coconut

1 c. nuts

1 pkg. chocolate chips

Cream shortening and sugar, add eggs. Sift dry ingredients together and stir in coconut, nuts and chips. Roll in balls and roll in powdered sugar. Bake 12 to 15 minutes in 375 degree oven.

La Vern Urelius

## CRISP BUTTER COOKIES

- 1 c. soft butter
  - 1 c. powdered sugar
  - 2 c. flour
  - 1/2 t. cream of tartar
  - 1/2 t. soda
- Mix all the above ingredients as for pie crust, then add:
- 1 egg (well beaten)
  - 1/2 t. vanilla
  - 1/2 t. almond

Roll in small balls and press flat with a glass dipped in sugar. Bake about 10 minutes at 400 degrees.

Ellen Benson

## COCONUT COOKIES

- 1 c. sugar
- 1 c. brown sugar
- 1 c. shortening
- 1 c. coconut
- 2 c. flour
- 1 c. oatmeal
- 2 t. vanilla
- 1 t. soda
- 2 t. baking powder
- 2 eggs
- 1/4 t. salt

Cream sugar and shortening, add eggs and vanilla. Combine flour, soda, baking powder and salt. Add flour, coconut and oatmeal. Roll in small balls and flatten. Makes 50 large cookies.

Mrs. Martin Telleen

## FORK COOKIES

- 1 1/2 c. sugar
- 1 c. shortening
- 2 eggs
- 2 T. milk
- 1 1/2 t. soda
- 1 1/2 t. cream of tartar
- 3 1/2 c. flour
- 1 c. ground raisins or  
chocolate chips

Cream sugar and shortening, add the eggs and milk and beat until well mixed. Then sift the flour, measure it with the soda and cream of tartar and add to above mixture. Roll in balls and flatten with a fork. Bake in 350 degree oven for about 10 minutes or until brown. I have found this to be a very good cookie recipe as I sometimes use part brown sugar or all brown sugar in the recipe. Also chocolate chips or nuts or both can be used instead of the ground raisins. This makes a large recipe.

Mrs. Rex Miller

## COCONUT COOKIES

- 2 c. brown sugar
- 1 c. shortening
- 2 eggs, well beaten
- 1 t. cream of tartar
- 3 3/4 c. flour
- 1 t. lemon flavoring
- 1 t. vanilla flavoring
- pinch of salt
- 1 t. soda

Sift flour, cream of tartar, soda and salt, three times. Cream sugar and shortening and add beaten eggs and flavoring. Beat well. Add 1 cup coconut and beat some more. Break into portions and press down on cookie sheet and then press each way with a fork. Bake in a moderate oven. Watch closely as they get done in a hurry. (Chop coconut fine).

Mrs. Reuben Nelson

## SNOWBALLS OR PECAN BALLS

- 1 c. butter
- 1/2 c. powdered sugar
- 1 t. vanilla
- 2 1/4 c. flour
- 1/4 t. salt
- 3/4 c. nuts, finely chopped—  
walnuts or pecans

Cream sugar and butter. Add dry ingredients which have been sifted together. Add vanilla and nuts. Chill and roll in 1 inch balls and bake in 350 degree oven until set but not brown. Roll in powdered sugar while warm. Roll again in powdered sugar. Makes about 32 cookies.

Variation — Use 1/4 cup less flour.  
Mrs. Elmer Nelson and Mrs. Russell Swanson.

SUPER-DUPER CHOCOLATE  
COOKIES

- 1/2 c. shortening
- 2 c. sugar
- 4 eggs, unbeaten
- 2 c. flour
- 4 squares unsweetened chocolate
- 2 t. baking powder
- 1/4 t. salt
- 2 t. vanilla
- 1/2 c. chopped nuts

Melt shortening and chocolate. Add sugar, vanilla and mix well. Add eggs, one at a time, and beat after each addition. Sift flour, baking powder and salt. Add to mixture; then add nutmeats. Chill dough for several hours. Form into balls, roll in powdered sugar and bake in moderate oven of 350 degree for 10 to 12 minutes.

Mrs. Constant Hade

## SALTED PEANUT COOKIES

- 1 c. shortening
- 1 c. brown sugar
- 1 c. white sugar
- 2 eggs beaten
- 1 c. corn flakes
- 1 c. oatmeal
- 1 t. baking powder
- 1 t. soda
- 2 c. flour
- 1 t. vanilla
- 1 c. salted peanuts

Mix in order given. Roll in small balls. Bake in 375 degree oven 10 minutes or until brown. May also be dropped by teaspoon.

Mrs. Edwin Sandquist and Mrs. Richard Larson

## SANDIES

- Cream:
- 1 c. butter
  - 1/2 c. confectioners sugar
- Add:
- 2 t. vanilla
  - 1 T. water
  - 2 c. flour
- Mix well.
- Add:
- 1 c. chopped pecan nuts

From small rolls 1 1/2 inches long. Bake on ungreased cookie sheet in slow oven 300 degrees 20 minutes or until delicately browned. While hot roll in confectioners sugar. Makes 3 dozen.

Mrs. Cleo Carlstrom

## CHOCOLATE STAR COOKIE

1/2 c. white sugar  
 1/2 c. brown sugar  
 1/2 c. butter or margarine  
 1/2 c. peanut butter  
 1/2 t. soda  
 1/2 t. salt  
 1/2 t. vanilla  
 1 egg  
 1 c. flour  
 1 pkg. chocolate star candy

Cream butter, sugar, add egg, peanut butter, vanilla; then dry ingredients. Roll in balls and dip in sugar. Bake 10 minutes at 325 degrees then take out and press chocolate star in the cookies and bake 4 minutes longer.

Mrs. Ellis Harklau

## APPLE BARS

Mix like for pie crust  
 2 c. flour  
 1/2 c. sugar  
 1/2 c. margarine  
 add  
 1 egg

Pat into a 9 x 12 pan. Peel and thinly slice 3 apples and cover the dough.

Top with -  
 1/2 c. sugar  
 2 t. cinnamon

Bake at 425 degrees for 25 minutes. While warm sprinkle with sugar and cinnamon. Cut into small bars.

A chewy bar. Can be made with canned apple.

Mrs. Esther Radcliffe, Omaha, Nebraska.

## GINGER SNAPS

1 c. sugar  
 3/4 c. shortening  
 1 egg  
 2 c. flour  
 2 t. soda  
 1/4 t. salt  
 2 to 4 T. molasses  
 1/4 t. cloves  
 1 t. cinnamon  
 1 t. ginger

Cream shortening and sugar and stir in the beaten egg. Add molasses. Sift remaining dry ingredients into this mixture. Mix well. Roll dough into walnut size balls, dipping side in sugar. Place sugar side up in pan. Bake 15 to 18 minutes in 350 degree oven. Makes 45 2 to 2 1/2 inch cookies

Mrs. Anton Holmer

## BAKED FUDGE SQUARES

2 squares chocolate  
 1/4 c. milk  
 2 eggs  
 1 c. sugar  
 1/3 c. butter  
 1/2 c. sifted flour  
 1/2 t. salt  
 1 t. vanilla  
 1/2 c. nuts

Cut chocolate in pieces. Add milk and heat over a low flame until a smooth paste is formed. Combine eggs and sugar and mix light. Add chocolate paste, melted butter and remaining ingredients.

Use 9 inch square pan. Bake at 325 degrees for 40 to 45 minutes.

Mrs. R. E. Franzen

## BLONDE BROWNIES

1 c. flour  
 1/2 t. salt  
 1 1/2 c. brown sugar  
 1/2 t. vanilla  
 1/2 c. chocolate chips  
 1 1/2 t. baking powder  
 1/4 c. shortening  
 2 eggs  
 1/2 c. chopped nuts

Sift together flour, baking powder and salt. Melt shortening, cool and add sugar and eggs. Mix well. Add flour mixture gradually, mixing until smooth. Add vanilla, nuts and chocolate bits. Spread in greased pan. Bake in moderate oven 325 degrees about 30 minutes.

Mrs. Wesley Swanson

## BROWNIES

1 c. shortening  
 2 1/2 square chocolate  
 1 c. white sugar  
 1 c. brown sugar  
 4 eggs  
 1 c. flour  
 1 t. baking powder  
 1 t. vanilla  
 1/8 t. salt  
 walnuts

Melt together shortening and chocolate, then cool. Beat together well the white and brown sugar and eggs. Add the melted fat and chocolate. Sift together the flour, baking powder and salt, stir in. Add vanilla and nuts spread in pan. Bake in 325 degree oven 40 to 60 minutes.

Ruth Amandus

## BROWNIES

1 c. white sugar  
 1/4 c. butter  
 1/4 c. milk  
 2 eggs, beaten  
 1/2 t. baking powder  
 3/4 c. sifted flour  
 1/8 t. salt  
 3 T. cocoa  
 nuts  
 vanilla

Cream sugar and butter. Add eggs, then sift flour, baking powder, salt and cocoa and add alternately with milk. Mix well. Add vanilla and nuts and then pour into a greased and floured cake pan and bake at 350 degrees until done.

Mrs. Kermit Carlson

## POWDERED SUGAR COOKIES

1 c. sifted powdered sugar  
 1 c. shortening  
 1 egg  
 2 c. sifted flour  
 1 1/2 t. vanilla  
 1/4 t. salt  
 1 t. soda  
 1 t. cream of tartar

Mix together sugar and shortening. Add egg and vanilla. Mix in dry ingredients. Roll pieces of dough in palms of hands to size of walnut. Place on oiled baking sheet and flatten with fork. Top with nuts or chocolate chips if you like. Bake 10 to 12 minutes at 350 degrees.

Mrs. Elmer R. Johnson

## MOLASSES KRINKLE COOKIES

1 c. shortening  
 1 1/2 c. brown sugar  
 1 beaten egg  
 3 T. molasses  
 2 1/2 c. flour  
 2 T. soda  
 1/2 t. cloves  
 1/2 t. salt  
 1/2 t. ginger  
 1 t. cinnamon

Sift dry ingredients 3 times and mix with the other. Chill in refrigerator 1 hour. Roll in balls and dip top half in sugar and sprinkle with 3 drops of water. Bake in moderate oven.

Mrs. Everett Danielson

## MELT-AWAYS

1/2 c. butter  
 3 T. powdered sugar  
 1 c. sifted flour  
 1 c. finely chopped walnuts or pecans

Cream butter with sugar. Gradually add flour. Mix thoroughly. Stir in nuts. Chill.

Form teaspoonfuls of dough into marble sized balls by rolling lightly between palms of hands. Place on ungreased cooky sheets. Bake in 350 degree oven for 20 minutes or until pale golden. Remove from cooky sheet and while still hot, roll in additional powdered sugar. Cool on wire cake rack.

Mrs. C. F. Dixon

## OATMEAL GUMDROP COOKIES

Cream together:  
 1 c. white sugar  
 1 c. brown sugar  
 1 c. shortening  
 1/2 t. salt  
 Add:  
 2 beaten eggs  
 1 c. cut up orange gum drops  
 1 c. oatmeal  
 Sift together and add:  
 2 1/2 c. flour  
 1 t. soda

Mix thoroughly. Roll into balls, flatten with fork. Bake 12 minutes in 300 degree oven.

Mrs. V. J. Telleen

## PEANUT BUTTER COOKIES

Cream:  
 1 c. brown sugar  
 1 c. white sugar  
 1 c. butter  
 Add:  
 1 c. peanut butter  
 2 eggs  
 1 t. vanilla  
 Sift together:  
 3 c. flour  
 1 t. soda  
 1 t. cream of tartar

Mix in the order given— roll into balls or drop and flatten with fork. Bake 10 to 12 minutes in 350 degree oven.

Mrs. A Youngquist

## CHOCOLATE BROWNIES

1 c. shortening  
 3 squares unsweetened chocolate  
 2 c. sugar  
 4 eggs (well beaten)  
 1 t. vanilla  
 1 1/4 c. sifted flour  
 1/2 t. salt  
 1/2 c. chopped nuts

Melt shortening and chocolate. Beat eggs, add sugar, melted shortening and chocolate, vanilla, flour, salt and nuts. Mix thoroughly after each addition. Spread in a well greased 9 x 13 inch pan or for thinner brownies put in 10 1/2 x 15 1/2 inch cooky sheet. Bake in hot oven 400 degrees for 20 minutes. Cool and frost.

Mrs. Max Palmer

## ONE BOWL BROWNIE

Place 2/3 c. butter or margarine and 4 oz. unsweetened chocolate in a sauce pan. Cook over low heat stirring constantly until butter and chocolate melt. Remove from heat, cool. Beat in 4 eggs, one at a time, until well blended. Then add 2 cups sugar 2 tablespoons corn syrup and 1 teaspoon vanilla to the chocolate mixture and mix well. Sift together 1 1/2 cup flour, 1 teaspoon baking powder and 1 teaspoon salt, add to the chocolate mixture and beat until well blended. Add 2/3 cup chopped nuts and stir into batter. Put in a 15 1/2 x 10 x 1 inch pan and bake in 350 degree oven for 30 minutes or until tested done.

Mrs. Dean Fevold

## EASY MIX BROWNIES

3/4 stick of oleo, melted  
 1 c. graham cracker crumbs  
 1 c. coconut  
 1 c. chocolate chips  
 1 c. nut meats  
 1 can Eagle brand evaporated milk

Melt oleo and spread in bottom of pan. Add other ingredients by layers. Bake at 375 degrees for 30 to 35 minutes.

Mrs. Kent Moustgaard

## CHOCOLATE SQUARES

1st layer  
 1/2 c. oleo  
 1 c. cocoa  
 1 beaten egg  
 1 1/2 t. vanilla

Mix and bring to boil, take off heat and add:

2 c. graham cracker crumbs  
 1 c. coconut flakes  
 1/2 c. nutmeats

Press into 9 x 13 pan. Cool in refrigerator 2 hours.

2nd layer  
 1/2 c. oleo  
 1 1/2 T. cream  
 2 c. powdered sugar  
 1 t. vanilla

Mix and put on first layer - cool 2 hours.

3rd layer

Melt 10 small hershey bars and spread on top; cut almonds and put on top. Leave out of refrigerator until set, cut in squares before completely set. Will crumble if impression isn't made before putting in refrigerator.

Mrs. Paul Selander

## ICE CREAM COOKIES

Cream:

6 T. powdered sugar

6 T. butter

Add:

1 egg yolk

1/8 t. salt

1 t. vanilla

1 t. almond extract

1 c. flour

Roll in small balls. Press flat with a fork. Bake 15 minutes in 350 degree oven.

Mrs. C. V. Christianson

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## GINGER COOKIES

1 c. shortening

1 c. sugar

1 egg

1 c. molasses

3 1/2 c. flour

2 t. soda

1/2 t. salt

2 t. ginger

1/2 t. cinnamon

1/2 t. cloves

Cream the first four ingredients; add the dry ingredients which have been sifted together. Roll in balls and then roll in sugar. Bake in oven at 350 degrees, 20 minutes.

Mrs. V. J. Telleen

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## CHOCOLATE CHIP BARS

1 c. shortening

1/2 c. white sugar

1/2 c. brown sugar

3 egg yolks

1 T. cold water

1 T. vanilla

2 c. flour

1 t. soda

1/4 t. salt

1 pkg. chocolate chips

3 egg whites

1 c. brown sugar

1 c. ground salted peanuts

Cream shortening. Add sugar gradually and beat until fluffy. Blend egg yolks. Mix water and vanilla. Add to sugar mixture alternately with sifted, flour, soda and salt. Spread dough on greased cookie sheet. Sprinkle with chips. Beat egg whites stiff and mix in 1 cup brown sugar. Spread with chocolate. Top with salted nuts. Bake at 350 degrees 20 to 30 minutes. Cool and cut.

Mrs. Alvin Youngquist

## COCONUT OATMEAL BARS

1/2 c. butter

3/4 c. brown sugar

1 c. all purpose flour

3/4 c. quick oatmeal

Mix together and pat 3/4 of the mixture into a 9 x 13 cake pan. Bake 10 to 15 minutes at 350 degrees.

2 eggs

1 c. brown sugar

1 t. vanilla

1/4 t. salt

2 T. flour

1/2 t. baking powder

Beat eggs, and add brown sugar, flour, vanilla, salt and baking powder. Blend. Add 1 1/2 cup coconut and 1/2 to 1 cup nutmeats. Spread over baked first mixture; sprinkle remaining dry ingredients over top and bake 20 to 25 minutes longer in moderate oven. When cool cut in bars.

Mrs. Floyd Danielson

## COCOA BARS

1/4 c. butter  
 1 c. sugar  
 2 eggs  
 1/4 c. milk  
 1 c. sifted flour  
 2 T. cocoa  
 1/4 t. salt  
 1/2 c. chopped nuts

Cream butter to soften. Gradually add sugar and vanilla, creaming well. Beat eggs in, one at a time. Stir in milk. Sift together dry ingredients; stir into creamed mixture. Add nuts. Spread in a greased 9 x 9 x 2 inch pan. Bake at 375 degrees for 20 minutes. Frost at once with;

## Cocoa Frosting

With spoon blend

1 1/2 T. cocoa  
 1 T. milk  
 1/4 t. vanilla  
 1 1/2 t. soft butter  
 2/3 c. sifted confectioners sugar

Cool and cut in bars. Makes two dozen.

Mrs. David Hoover

## BUTTER ROLL COOKIES

3/4 c. butter  
 1 c. brown sugar  
 1 egg  
 dash of salt  
 1 t. vanilla  
 1 t. baking powder  
 2 c. flour

Cream butter and sugar. Add egg and vanilla, flour and baking powder, sifted. Roll into balls and press with glass dipped in sugar.

Mrs. Barvey Easley

## LEMON BARS

1 c. flour  
 1/2 c. butter or oleo  
 1/4 c. powdered sugar  
 Mix well and press into 8 inch square pan. Bake 20 minutes at 350 degrees.

Spread over top:

2 beaten eggs  
 2 T. lemon juice  
 2 T. lemon rind  
 1 c. sugar  
 2 T. flour  
 1/2 t. baking powder

Beat eggs until foamy, mix flour, sugar and baking powder. Add to eggs. Add lemon juice and rind. Pour over baked crust. Bake 25 minutes at 350 degrees.

Violet Johnson

(Sent in by Mrs. Harry Dixon)

## LEMON DREAM BARS

1 1/2 c. flour  
 2 t. sugar  
 1/2 c. butter  
 Cream above together and bake 15 minutes in 15 x 17 inch pan.

2 eggs  
 1 1/2 c. brown sugar  
 2 T. flour  
 1 t. baking powder  
 pinch of salt  
 1/2 t. vanilla  
 1 c. nuts  
 1/2 c. coconut  
 Mix and put over first mixture and bake 25 minutes.

Cool and frost with:  
 2 c. powdered sugar  
 1 T. lemon juice  
 2 T. orange juice  
 2 T. butter  
 Rind of 1 lemon

Mrs. Ralph Hanson

## RAISIN SQUARES

1 c. cooked raisins  
 1 c. raisin juice  
 1 1/2 c. sugar  
 1 c. shortening  
 3 c. flour  
 2 eggs well beaten  
 1 1/2 t. soda  
 2 t. cinnamon  
 1 t. vanilla  
 1/2 t. salt

Cream sugar and shortening; add beaten eggs. Mix dry ingredients; add alternately with raisin juice; add raisins and 1/2 cup nut meats, if desired. Bake in a large pan or sheet about 24 x 18 inches, for 30 minutes at 350 degrees. Frost with powdered sugar frosting.

Mrs. Martin Hade

## TOFFEE SQUARES

1 c. shortening  
 1 c. brown sugar  
 2 c. flour  
 1 egg yolk  
 1 t. vanilla

Cream shortening, add egg yolk and sugar, vanilla then flour. Mix well. Spread 1/8 inch thick on cookie sheet. Bake in moderate oven 350 degrees 15 to 20 minutes. Melt 1 package chips. Spread on cookies while the cookies are warm. Sprinkle with chopped nuts and cut while warm.

Variation — Put 2 hershey bars on top while still hot and spread.  
 Belle Strand and Bemice Skoglund

## SPICE BANANA NUT BARS

1/2 c. shortening  
 1 1/2 c. sugar  
 2 egg (slightly beaten)  
 1 c. mashed bananas  
 2 c. sifted cake flour  
 1 t. soda  
 1/4 t. salt  
 1 t. cinnamon  
 1 t. nutmeg  
 1/2 c. sour milk  
 1/2 c. chopped nuts

Cream shortening; add sugar gradually. Add eggs and beat well. Add mashed bananas. Sift dry ingredients and add alternately with sour milk; beat well. Add nuts. Bake in 350 degree oven 30 to 35 minutes.

Mrs. Dean Fevold

## FROSTED MOLASSES CREAMS

1/2 c. shortening  
 1/2 c. sugar  
 1 well beaten egg  
 1/2 c. light molasses  
 1/2 c. strong hot coffee  
 1/2 c. flour  
 1/2 t. salt  
 1 1/2 t. baking powder  
 1 t. cinnamon  
 1/4 t. soda  
 1/2 t. cloves

Throughly cream shortening and sugar; add egg and molasses. Mix well, add coffee. Add sifted dry ingredients, beat until smooth. Pour into greased 9 x 12 inch pan. Bake 350 degrees for 25 minutes; While warm, frost with confectioners icing.

Mrs. Roger Larson

## FRENCH PASTRY

1 c. flour  
 1/2 c. butter  
 2 T. water  
 Mix above as for pie crust and put very thin on a pan 11 x 16 inches.

1 c. water  
 1/2 c. butter  
 1 c. flour  
 3 eggs (whole)  
 1 t. almond extract

Put water and butter in pan and heat to boiling. Remove from stove and add flour; stir until smooth. Add eggs one at a time and mix well each time. Stir in the almond extract. Spread over the pasty mixture. Bake 55 minutes at 350 degrees. Frost with 1 cup powdered sugar, 1/2 teaspoon almond extract, 1 tablespoon butter and a little hot water. Cut into bars.

Mrs. Vemon Telleen

## PECAN GUM DROP COOKIES

4 eggs  
 1 T. water  
 2 c. brown sugar  
 2 c. flour  
 1 t. cinnamon  
 1/4 c. pecan meats  
 1 c. sliced gum drops

Beat eggs with water until light. Add sugar and beat until creamy. Add other ingredients. Bake in 325 degree oven for 15 to 20 minutes. Cut into squares and roll in powdered sugar while hot.

Mrs. Paul Hade

## HONEY COOKIES

1 c. butter  
 1 c. sugar  
 2 eggs  
 1 c. honey  
 1 c. nuts  
 4 c. flour  
 1 1/3 t. soda  
 2/3 t. salt  
 2 t. baking powder  
 2 t. vanilla

Put dough in ice box in a bowl. When you are ready to bake, take a teaspoonful in your hands and roll in a ball. Press down with fork that has been dipped in water.

Mrs. Bernard Larson

## YUMMY COOKIES

1/2 c. shortening  
 1 c. sugar  
 2 eggs, well beaten  
 1 t. vanilla  
 1 1/2 c. flour  
 1/2 t. salt  
 1 t. baking powder  
 1 egg white  
 1 c. brown sugar  
 1 c. nut meats

Cream shortening, add sugar and mix well. Add eggs and beat well. Add sifted dry ingredients and flavoring. Spread mixture on greased cookie sheet or shallow pan. Beat egg white until stiff; add brown sugar and nut meats. Spread meringue over mixture in pan and bake in moderate oven of 325 degrees for 30 minutes. Remove from oven and cut into 2 inch squares.

Mrs. Harold Lundblad

## CHOCOLATE NUT BROWNIES

(diabetic)

1 square unsweetened chocolate  
 1/3 c. oleo or butter  
 2 T. sucaryl  
 2 t. vanilla  
 2 eggs beaten  
 1 c. sifted cake flour  
 1/2 t. salt  
 1/2 t. soda  
 3/4 c. nuts

Melt the unsweetened chocolate and oleo or butter in a sauce pan over low heat. Remove from heat, add sweetener, vanilla and beaten eggs. Stir until well blended. Add sifted cake flour, salt and soda. Mix until blended. Stir in chopped nuts. Pour into a greased 8 inch square pan. Bake in slow oven 325 degrees for 20 minutes. Cool and cut into 32 brownies. Each brownie contains 55 calories. Store in a cool place.

Mrs. E. Stubbs

## SWEDISH PASTRY

1 c. flour  
 1/2 c. butter  
 1 T. water  
 Mix as pie crust and put on cookie sheet. Makes 2 pastries 3 x 15 inches.

Heat until boiling, 1 cup water and 1/2 cup butter. Remove from fire and stir in 1 cup flour into mixture quickly until smooth. Stir in 3 eggs, one at a time, mix well, add 1 teaspoon almond extract, spread on first part and bake at 400 degrees for 45 minutes.

When warm frost with the following:

1 c. powdered sugar  
 1 T. butter  
 1 T. cream  
 1/2 t. almond extract

Mrs. Paul Selander

## BROWN SUGAR CHEWS

1 c. brown sugar (packed)  
 1 egg  
 1 t. vanilla  
 1/4 t. soda  
 1/4 t. salt  
 1/2 c. flour  
 1/2 c. nuts  
 1/2 coconut

Put sugar in a bowl and beat in egg. Add rest of ingredients. Mix and bake in a 8 x 8 pan at 350 degrees - 20 minutes.

Mrs. Richard Larson

## PEANUT BUTTER FINGERS

Cream:

1/2 c. butter  
 1/2 c. sugar  
 1/2 c. firmly packed brown sugar

Blend in:

1 unbeaten egg  
 1/3 c. peanut butter  
 1/2 t. soda  
 1/4 t. salt  
 1/2 t. vanilla

Stir in:

1 c. flour  
 1 c. quick cooking rolled oats

Spread in greased 13 x 9 inch pan and bake at 350 degrees for 20 to 25 minutes. Sprinkle 1 6-oz. package of chocolate chips over it. Let stand 5 minutes.

Combine:

1/2 c. sifted powdered sugar  
 1/4 c. peanut butter  
 2 to 4 T. evaporated milk

Mix well.

Spread chocolate evenly. Drizzle with peanut butter mixture. Cool and cut into bars.

Clara Jo Danielson

## COFFEE AND SPICE DROPS

Mix together in large bowl:

- 1 c. shortening
- 2 c. brown sugar
- 2 eggs

Stir in:

- 1/2 c. coffee

Sift together and stir in:

- 3 1/2 c. flour
- 1 t. soda
- 1 t. salt

- 1 t. nutmeg
- 1 t. cinnamon

Chill one hour at least. Drop rounded teaspoonfuls about 2 inches apart on slightly greased baking sheet. Bake 8 to 10 minutes. Makes 6 dozen 2 1/2 inch cookies.

Mrs. Russell Norine

## BEST APPLE SAUCE COOKIES

Drop Cookies - yield 48

- 2 c. unsifted flour

- 1/2 t. salt

- 1/2 t. cinnamon

- 1/2 t. nutmeg

- 1/2 t. cloves

Cream:

- 1/2 c. butter or margarine

- 1 c. sugar

- 1 c. thick apple sauce

- 1 t. soda

- 1 egg beaten

- 1 c. nuts

- 1 c. raisins

Sift together flour, salt and spices. Cream butter and sugar. Stir soda into apple sauce. Add beaten egg to butter and sugar. Add apple sauce and soda. Stir in dry ingredients, raisins and nuts. Drop by teaspoonful 2 inches apart on oiled cookie sheet. Bake at 375 degrees for 15 minutes.

Mrs. A. E. Lindquist

## CHERRY WINKS

- 1/3 c. shortening

- 1 t. grated lemon rind

- 1 t. vanilla

- 1/2 c. sugar

- 1 egg well beaten

- 1 1/2 T. milk

- 1 c. flour

- 1/2 t. salt

- 1/4 t. soda

- 1/2 t. baking powder

- 1/2 c. raisins or dates

- 1/2 c. chopped walnuts

- 1 1/2 c. crisp wheat flakes crushed

Cream shortening and sugar. Add lemon rind and vanilla. Add egg and milk. Beat well. Add sifted dry ingredients. Stir in raisins and nut meats. Drop small spoonfuls into wheat flakes. Toss lightly to coat. Arrange on greased cookie sheet and top with a piece of candied cherry. Bake for 12 minutes in oven 400 degrees.

Mrs. Robert Gross and Mrs. E. L. Telleen

## DATE LOGS

- 3/4 c. sifted flour

- 1 c. sugar

- 1 t. baking powder

- 1/4 t. salt

- 1 c. chopped dates

- 1 c. chopped nuts

- 3 eggs, well beaten

Sift together dry ingredients. Stir in dates, nuts and eggs. Pour into greased 9 inch square pan. Bake in slow oven 325 degrees - 35 to 40 minutes. Cool and cut into 48 logs. Roll in confectioners sugar.

Eleanor Kullberg

## CHOCOLATE MACAROONS

Melt 1 6-oz. package of chocolate chip (Cool slightly)

Beat:

2 egg whites

Add:

3/4 c. sugar

1 t. vingar

1/2 t. vanilla

Fold in melted chocolate chips. Drop by teaspoon on greased baking sheet. Bake 10 minutes at 350 degrees.

Pearl Sell

## MYSTERY BARS

1/2 c. butter

1/2 c. brown sugar

1 c. flour

Mix and press evenly in pan.

Bake in slow oven until brown.

2 eggs - beaten until light

1 c. brown sugar

1 t. vanilla

2 t. flour

1/2 t. baking powder

1/4 t. salt

1/2 c. shredded coconut

1 c. chopped nuts

Mix and put over first layer and bake at 350 degrees for 25 minutes.

## CHOCOLATE COOKIES (DROP)

Heat in sauce pan until melted

1/2 c. shortening

2 squares bitter chocolate

Add:

1 c. brown sugar

1/2 c. sour milk

1 egg

Beat together

Sift:

1 3/4 c. flour

1/4 t. soda

1/4 t. salt

1/4 t. baking powder

Add: to first mixture with 1/2 t. vanilla

Nuts if desired. Drop on greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes.

Frost with powdered sugar frosting.

(To turn sweet milk to sour: 1 T. lemon juice or vingar to 1 cup milk.)

Edna Swanson

## MARBLE BARS

Beat until creamy:

1 c. soft butter of margarine

3/4 c. brown sugar

3/4 c. sugar

1 t. vanilla

1/2 t. water

Sift and mix in:

2 1/2 c. flour

1 t. soda

1 t. salt

beat in 2 eggs

Add 1 cup chopped nuts if desired. Spread in a greased jelly roll pan. Sprinkle 1 6-ounce package of chocolate chips on top of batter. Bake at 375 degrees for 1 minute. Remove from oven and draw a knife through to marblize. Bake 12 to 15 minutes longer. Let cool and cut into squares.

Belle Strand

## DATE STICKS

Mix  
 1 c. sugar  
 1 T. butter  
 Add  
 4 T. milk  
 pinch of salt  
 1 t. vanilla  
 Mix and add  
 1 c. flour  
 1 t. baking powder  
 1 c. cut up dates  
 1 c. chopped walnuts

2 EGG WHITES (beaten)

Spread in large loaf pan. Bake 20 minutes at 350 degrees. Cut in bars and dust with powdered sugar.

Mrs. O. R. Eckberg

## DIPPY CHIPPY SQUARES

Use 9 x 14 inch pan and put ingredients in layers.

Do Not Stir.

1/4 lb. butter, melted  
 1 c. graham cracker crumbs  
 1 c. flaked coconut  
 1 6-oz. pkg. butterscotch chips  
 1 6-oz. pkg. chocolate chips  
 1 c. pecans, salted peanuts, mixed nuts or cashews  
 1 can sweetened condensed milk

Carefully spoon condensed milk over top. Bake 25 minutes in 325 degree oven. Cut in small squares when cool.

Mrs. Martin Telleen

## CALIFORNIA NUT BARS

1/2 c. butter  
 2 c. flour  
 2 T. brown sugar

Work together into a crust. Put in pan bake 10 minutes at 375 degrees.

1 c. brown sugar  
 2 T. flour  
 1/4 t. baking powder  
 1 egg  
 1 c. coconut  
 1/2 c. nuts

Spread on bars. Bake until light brown and frost with frosting made of powdered sugar and juice of orange.

Helen Nelson

## CHOCOLATE DROPS

1 c. brown sugar  
 1/2 c. melted butter  
 1/2 c. sweet milk  
 1 egg  
 2 rounded t. cocoa  
 1/2 t. soda in hot water  
 1 1/2 c. flour  
 1/2 c. nuts (chopped)  
 1/2 t. baking powder  
 1 t. vanilla

Drop by teaspoonful on slightly buttered cookie sheet. Bake in 250 degree oven about 10 to 12 minutes.

## CHOCOLATE ICING

1/4 c. milk  
 1/4 c. butter  
 1/4 c. cocoa  
 1 c. sugar  
 1 t. vanilla (last)

Cook 1 minute at a rolling boil, stirring all the while. Then put it into a pan of cold water and continue stirring until it cools slightly. Remove from cold water. Frost cookies quickly.

Mrs. Axel E. Johnson

## CHOCOLATE SANDWICH COOKIE

1 c. butter or margarine  
 2 c. white sugar  
 2 eggs  
 2 t. vanilla  
 2 c. milk  
 4 c. flour  
 1 t. baking powder  
 3 t. soda  
 1 t. salt  
 1 c. cocoa

Mix and drop on greased pan. Bake at 350 degrees to 375 degrees. Cool and make sandwiches.

Frost with following:

1 c. crisco  
 4 c. powdered sugar  
 2 c. marshmallow whip  
 2 t. vanilla  
 6 to 8 t. milk

Marlys Skoglund

## CONFETTI COOKIES

1 c. sugar  
 1/2 c. brown sugar  
 1 c. shortening  
 2 eggs  
 1 t. vanilla  
 2 1/3 c. flour  
 1 t. salt  
 1 t. soda  
 1 c. cut up gum drops  
 1/2 c. chopped nuts

Cream sugar, shortening, eggs and vanilla. Add blended dry ingredients to mixture and mix well. Stir in gum drops and nuts and mix well. Drop by teaspoonfuls on to greased baking sheet. Bake at 350 degrees for 15 minutes. Yield about 4 to 5 dozen cookies.

Mrs. Dean Harklau

## CHERRY FRUIT BARS

1 c. white sugar  
 1/2 c. butter  
 2 egg yolks  
 1 c. flour  
 1/2 t. salt  
 1 t. vanilla

Cream sugar and shortening. Add egg yolks which have been beaten, flour, salt and vanilla. Press into bottom of ungreased 9 x 13 pan. Sprinkle 1/2 cup nuts, 1 cup cut dates, 1 cup candied cherries, both red and green which have been cut fine. Cover with 2 beaten egg whites to which 1 cup brown sugar is added. Bake 35 minutes at 325 degrees. Cut in squares while warm.

Mrs. Everett Bexell

## COCOANUT DROP COOKIES

Mix:  
 1/2 c. sour cream  
 1/2 t. soda  
 Add:  
 1 c. sugar  
 2 T. butter (melted)  
 1 egg beaten  
 Sift together:  
 2 3/4 c. sifted flour  
 1/2 t. baking powder  
 pinch of salt  
 Add to cream mixture; then add  
 1 c. shredded cocoanut  
 1 t. vanilla

Drop by teaspoon and bake at 350 degrees 10 to 12 minutes. May be frosted.

Mrs. Arnold Bloomquist

## DIETETIC APPLESAUCE COOKIES

1/2 c. butter  
 1 T. sweet-10  
 1 t. cinnamon  
 1/2 t. nutmeg  
 1/4 t. salt  
 1/4 t. cloves

Mix well. Add 1 beaten egg. Sift 1 3/4 c. flour and 1 teaspoon soda. Add alternately with 1 cup dietetic or unsweetened apple sauce. Last fold in 1 cup oatmeal and 1/3 cup chopped raisins. Drop by teaspoon full on greased cookie sheet. Bake at 375 degrees for 15 to 20 minutes.

## DIABETIC SPICE COOKIES

1 1/4 water  
 1/2 c. shortening  
 2 c. raisins  
 1/2 t. nutmeg  
 2 t. cinnamon  
 2 eggs  
 1/2 t. salt  
 1 t. soda  
 1/2 grain saccharin  
 2 T. water  
 2 c. flour  
 1 t. baking powder

Boil water, shortening, raisins, nutmeg and cinnamon together for three minutes. Let cool, then beat in eggs, one at a time. Dissolve salt, soda and sweetening agent in water and add to egg mixture. Blend in flour sifted with baking powder. Drop from a spoon onto greased cookie sheet. Bake at 350 degrees.

Miss Gladys Swenson (d)

## DATE FILLED COOKIES

Filling:

1-lb. dates, cut up  
 1/2 c. sugar  
 1/2 c. water  
 Add 1 T. flour and shake with 1 T. vinegar and cook all together until mushy.

Cookie:

2 c. brown sugar  
 1 c. shortening  
 3 eggs  
 1/2 c. water  
 3 to 3 1/2 c. flour  
 1 t. soda  
 1/2 t. salt

Cream sugar and shortening, beat eggs and add Combine dry ingredients— add flour and water alternately. Drop dough off teaspoon on greased cookie sheet. Make hole in center. Drop in spoon of filling. Place small amount of dough on top to cover filling. Take glass dipped in water and flatten top of cookie. Bake 15 minutes in moderate oven of 350 degrees.

Mrs. Martin Telleen

## FRUIT COOKIES

1/2 c. shortening  
 1 c. brown sugar  
 1 egg  
 1/2 c. sour milk  
 2 c. flour  
 1/2 t. soda  
 1/2 t. salt  
 3/4 c. nuts  
 1 1/4 c. candied fruit (cut up)

Mix in order given and drop by teaspoon on greased cookie pan. Bake in 350 degree oven 10 to 12 minutes.

Mrs. Bert Perterson

## DATE COOKIES

1/2 c. butter  
 1/2 c. brown sugar  
 1/2 c. white sugar  
 2 eggs  
 2 c. flour  
 1/2 t. soda  
 1/2 t. salt  
 vanilla  
 1/2 c. chopped walnuts  
 1 pkg. dates, chopped

Cream butter and sugar; add eggs and flavoring. Sift together flour, soda and salt. Add dates and nuts to creamed mixture. Drop from teaspoon on greased cookie sheet. Bake in hot oven. When cool, frost lightly with powdered sugar frosting.

Mrs. Harvey Easley

## MOM'S COOKIES

Cook 5 minutes:

1 c. raisins  
 1 c. water  
 Drain and save 1/4 cup of this liquid after cooking.

Cream:

2/3 c. shortening  
 1/2 c. white sugar  
 2/3 c. brown sugar  
 Beat in 2 eggs

Alternate:

2 1/2 c. flour  
 1 t. soda  
 1/2 t. salt  
 1/2 t. nutmeg

with raisin water. Add 1 teaspoon vanilla and drained raisins. Drop by teaspoonful and bake 10 minutes at 375 degrees.

Mrs. Kenneth Larson

OATMEAL COOKIES  
 (Very Easy)

Sift together:

1 c. flour  
 1/2 t. salt  
 1/2 t. soda  
 1/2 t. baking powder

Cream:

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

Add:

1 beaten egg  
 1 T. water  
 1 t. vanilla

Then sifted dry ingredients

Stir until smooth. Then add 1 1/2 cup rolled oats (uncooked). Nuts or chocolate chips may be added. Drop on greased cookie sheet. Bake 12 to 15 minutes at 375 degrees. Makes 2 1/2 to 3 dozen cookies.

Mrs. Kenneth Fricke

## MACCAROON COOKIES

1 c. shortening  
 1 c. brown sugar  
 1 c. white sugar  
 2 c. flour  
 2 eggs  
 1 t. vanilla  
 1/2 t. soda  
 2 t. baking powder  
 1/2 t. salt  
 1 c. raisins  
 1 c. coconut  
 2 c. corn flakes

Cream shortening and sugar and add beaten eggs. Add dry ingredients, raisins and flavoring. Drop by spoonfuls on greased cookie sheet and bake in moderate oven.

Mrs. Reuben Nelson

## PUMPKIN COOKIES

Sift together:

- 2 c. flour
- 1 t. baking powder
- 1/2 t. soda
- 1 t. cinnamon
- 1/2 t. salt

Cream:

- 1 c. shortening
- 1 c. sugar

Add:

- 1 egg
  - 1 c. pumpkin
  - 1 c. chopped dates
  - 1 c. chopped nuts
  - 1 t. vanilla
- and chill.

Drop on greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes.

Icing:

- 3 T. butter
- 4 T. milk
- 1/2 c. brown sugar

Boil 2 1/2 minutes. Stir constantly.

Cool and then add 1 cup powdered sugar, vanilla and beat. Frost.

Mrs. Ted Aspenson

## PINEAPPLE COOKIES

Cream:

- 1 c. brown sugar
- 1/2 c. shortening

Add:

- 1 egg (beaten)
- 1 small can crushed pineapple  
(drained)

Sift together:

- 2 c. flour
- 1/4 t. salt
- 1/4 t. soda

Add:

- 1 t. vanilla
- 1 c. nuts

Mix in order given. Drop on greased cookie sheet. Bake at 350 degrees for 15 minutes.

When cool cover with powdered sugar mixed with pineapple juice.

Mrs. Fred Brown

## OATMEAL COOKIES

2 eggs, well beaten

- 1 c. sugar
- 1 c. shortening
- 1 c. raisins
- 1 t. soda
- 1 t. vanilla
- 2 c. oatmeal
- 2 c. flour
- 1 t. cinnamon (Koption)

Cook raisins in small amount of water. Mix in order given. Dissolve soda in about 5 tablespoons raisin water. Drain raisins and add - nuts may be added. Bake 400 degrees 9 to 10 minutes.

Mrs. Kenneth Larson, Mrs. Russell Hunter and Mrs. Ed. Nordholm.

## OATMEAL TOLL HOUSE COOKIES

- 1 c. shortening
- 3/4 c. brown sugar
- 3/4 c. white sugar
- 2 eggs
- 1 t. vanilla
- 1/2 t. salt
- 2 c. flour
- 1 t. soda
- 2 1/2 c. oatmeal
- 1/2 c. nuts
- 1 pkg. chocolate chips

Mix in the order given and drop by teaspoon on greased cookie sheet. Bake in moderate oven.

Mrs. Bert Peterson

## PEPPARKAKOR

- 1 c. butter
- 1 1/2 c. sugar
- 1 T. syrup
- 1 egg
- 2 1/2 c. flour
- 1 t. soda
- 2 t. cinnamon
- 2 t. ginger
- 2 t. cloves

Cream butter and sugar; add syrup and egg and beat well. Sift together next 5 ingredients and mix well. May be rolled out or put through a cookie press. Bake at 350 degrees 8 to 10 minutes.

Mrs. John Nelson (d) and Mrs. Art Holmer. \_\_\_\_\_

## SUGAR DROP COOKIES

Cream together:

- 1 c. soft butter
- 3/4 c. sugar
- 1 t. vanilla

Then stir in 2 well beaten eggs.

Sift together:

- 2 c. flour
- 1 t. cream of tartar
- 1/2 t. soda
- 1/4 t. nutmeg (scant)
- 1/4 t. salt

Mix dry ingredients into creamed mixture. Drop by teaspoon on cookie sheet about 3 inches apart. Bake in hot oven 400 degrees for about 8 minutes.

Frosting:

- 2 T. melted butter
- 2 T. cream or 1/2 and 1/2
- 1 t. lemon flavoring

Add enough powdered sugar to make a spread able icing (1 1/2 to 2 cups.)

Mrs. Larry Sellstrom

## DATE STICKS

(Filled)

Filling:

- Cook until thick;
- 40 dates, cut up
- 1 c. white sugar
- 1 c. hot water
- 1 t. vanilla
- Dough as for pie crust:
- Add:
- 1 t. vanilla
- 1 c. brown sugar
- 1 c. nuts
- 1 t. soda
- 1 1/2 c. flour
- 1 c. melted butter
- 1 1/2 c. oatmeal

Divide dough into two parts. Spread one part as lower crust. Spread filling and remaining part of flour mixture on top. Bake in hot oven until nicely brown. Cut in sticks when cool.

Mrs. Russell Swanson

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## OATMEAL CORN FLAKES COOKIES

- 1 c. brown sugar
- 1 c. white sugar
- 1 c. shortening
- 2 eggs
- 1 t. soda
- 1 c. oatmeal
- 1 c. corn flakes
- 2 c. flour
- 1/2 c. nut meats
- 1/2 t. salt
- 1 t. vanilla

Combine brown and white sugar, shortening and salt. Drop in the eggs and beat. Sift soda with flour, stir it all together and drop by spoonful on a cookie sheet. Bake in 375 degree oven.

Mrs. Elsie Hoffman

## BUTTER ALMOND COOKIES

1 lb. butter  
 1 egg  
 1 c. sugar  
 1 c. blanched ground almonds  
 1 t. almond extract  
 6 c. flour

Cream butter, add sugar and egg and mix well. Fold in flour, almonds and extract. Press small amount of dough into molds with thumb. Bake 20 minutes or until light golden brown in 370 degree oven.

Mrs. Violet Johnson

## CRUMB COOKIES

(Filled)

3/4 c. shortening  
 1 c. brown sugar  
 1/2 t. salt  
 1 1/2 c. flour  
 1 3/4 c. rolled oats  
 1/2 t. baking powder

Mix to crumb mixture. Spread 1/2 of the mixture into a greased pan.

Filling:

1 lb dates cut fine  
 1 c. hot water  
 1 c. sugar  
 Cook until thick.

Spread on crumbs in pan. Top with remaining crumbs. Bake in 350 degree oven until golden brown. Cool and cut into bars.

Mrs. Eric Anderson (d)

## ROLLED FILLED COOKIES

Cookie dough:

1 c. sugar  
 1 c. shortening  
 cream above together.

Add:

2 c. oatmeal  
 2 c. flour  
 1 t. soda  
 1/2 c. sour milk

Roll thin and cut in small size cookies. Bake cookies.

Make a filling of:

1 1/2 c. brown sugar  
 2 T. flour  
 1 c. dates  
 1/2 c. nuts  
 1 c. sweet milk  
 1 t. vanilla

Mix dates, sugar, flour and milk together and cook until creamy. Add nuts and vanilla. Spread on cookies while hot. Put one cookie on top of filling.

Mrs. Willard Peterson

## MERINGUES

2 egg whites  
 3/4 c. sugar  
 Dash of salt  
 1/8 t. cream of tartar  
 1 t. vanilla  
 1/2 c. chopped nuts  
 1/2 c. chopped dates

Combine first 4 ingredients in a small mixing bowl. Set in pan of hot water until mixture is warm and sugar is mostly dissolved. Beat until stiff peaks appear, add nuts, dates and vanilla. Spoon out on greased cookie sheet with a teaspoon. Bake at 275 degrees until cracks appear and peaks begin to brown delicately, about 25 minutes.

Mrs. Axel Johnson

## RANGER COOKIES

1 c. shortening  
 1 c. white sugar  
 1 c. brown sugar  
 2 eggs, beaten  
 1 t. vanilla  
 1/2 t. salt  
 2 c. flour  
 1 t. soda  
 1/2 t. baking powder  
 2 c. quick oats  
 2 c. rice krispies or corn flakes  
 1 c. coconut

Cream shortening, sugar and beaten eggs and vanilla. Sift flour, soda, baking powder, and salt. Mix. Add oats. Mix rice krispies and coconut in lightly with knife. Drop by teaspoonful on cookie sheet and flatten. Bake at 400 degrees. 1/2 cup black walnuts are very good in these cookies.

Mrs. Vincent Strand

## FROSTED CREAM COOKIES

Cream:  
 1 c. powdered sugar (packed)  
 3/4 c. margarine  
 Then add:  
 1/4 c. milk  
 1 egg yolk  
 2 c. sifted flour  
 2 t. baking powder  
 dash of salt  
 1 t. vanilla

Lastly add beaten egg white. Drop by teaspoonful. Bake 10 minutes in 350 degree oven.

Frost with 1 1/2 c. powdered sugar and 2 to 3 T. milk and 1 T. margarine. Frost while warm.

Mrs. Harry Carlson

## SWEDISH COOKIES

(For Cookie Press)

1 c. butter  
 1 c. sugar  
 2 eggs  
 1 t. vanilla  
 2 c. flour  
 1/2 t. baking powder  
 3 drops almond extract

Cream butter and sugar; add beaten egg. Mix well. Add extracts, flour gradually, to which baking powder has been added. Put through cookie press. Bake in moderate oven until light brown.

Alfred Anderson (D)

## SWEDISH MACAROON TEA CAKES

Cream thoroughly:  
 1 c. butter  
 1/2 c. sugar  
 Beat in:  
 1 egg  
 1 t. vanilla  
 Stir in:  
 2 c. sifted cake flour

Press portions of dough into tiny muffin cups. (coating 1/4 inch thick).

Leave center hollow. Chill.  
 Fill with almond macaron filling:  
 Beat 2 eggs gradually; add 1/2 c. sugar  
 Mix in:  
 1 1/4 c. almonds  
 1/2 t. almond extract

Bake at 325 degrees for 25 to 30 minutes.

Mrs. Alvin Carlstrom

## ANGEL FLAKE COOKIE

Sift together:

- 2 1/4 c. flour
- 1/2 t. soda
- 1/2 t. baking powder
- 1/2 t. salt

Cream:

- 1 c. sugar
- 1 c. soft oleo
- 1 egg
- 3 c. flake coconut

To the creamed mixture, add egg and dry ingredients; then 2 1/4 cups coconut. Mix thoroughly; then knead until mixture holds together.

Divide into 6 portions— make each into a roll about 1 inch across. Roll each in remaining coconut; wrap tightly in wax paper. Chill several hours. Slice in 1/3 inch slices, place 1/2 pecan on top and bake in 325 degree oven for 20 to 25 minutes, or until delicately brown. Makes more than 100 cookies.

Mrs. Clarence Norberg

OATMEAL REFRIGERATOR  
COOKIES

Mix together thoroughly:

- 1/2 c. soft shortening
- 1/2 c. sugar
- 1/2 c. brown sugar
- 1 egg
- 1 1/2 t. grated lemon rind
- 1 1/2 T. molasses
- 1/2 t. vanilla

Sift together and stir in:

- 7/8 c. flour
- 1/2 t. soda
- 1/2 t. salt
- Mix in 1 1/2 c. quick oats

Mix thoroughly with hands. Press and mold into a long, smooth roll about 2 1/2 inches in diameter. Wrap in wax paper, and chill several hours. With thin sharp knife, cut in thin slices. Bake until slightly browned. Temperature 400 degrees. Bake 8 to 10 minutes.

Mrs. Ernest Wenger and Mrs. Alvin Carlstrom

## BUTTERSCOTCH THINS

- 1/4 c. butter
- 1/4 c. margarine
- 1/3 c. white sugar
- 1/3 c. brown sugar
- 1 egg
- 1 1/3 c. flour
- 3/4 t. soda
- 3/4 t. vanilla
- 1/3 c. nuts

Mix in order given. Shape into 1 1/2 inch rolls. Chill. Slice and bake on ungreased cookie sheet at 375 degrees for 10 minutes. Makes 4 dozen.

Mrs. Carl Peters

LEMON NUT REFRIGERATOR  
COOKIES

- 1 c. shortening
- 1/2 c. brown sugar
- 1/2 c. white sugar
- 1 egg
- 2 T. lemon juice
- 1 T. grated lemon rind
- 2 c. flour
- 1/4 t. soda
- 1/4 t. salt
- 1/2 chopped nuts

Mix in order given. Make into rolls and chill. Cut thin and bake in 350 degree oven.

Mrs. Clarence Hall

### MOLASSES REFRIGERATOR COOKIES

- 1 c. sugar
- 1 c. molasses
- 1 c. shortening
- 4 c. flour
- 2 eggs
- 2 t. soda
- 1 t. cinnamon
- 1 t. ginger
- 1 t. salt
- 1/2 t. cloves

Cream shortening and sugar. Add 1 teaspoon soda to the molasses. Add eggs and molasses to shortening and sugar mixture. Add sifted dry ingredients. Shape into rolls and place in refrigerator over night. Slice and bake in moderate oven for 8 to 12 minutes.

Mrs. Paul Hade.

### OATMEAL CRISPIES

- 1 c. shortening
- 1 c. brown sugar
- 1 c. white sugar
- 2 well beaten eggs
- 1 t. vanilla
- 1 1/2 c. flour
- 1 t. soda
- 1 t. salt
- 3 c. quick cooking oatmeal
- 1/2 c. chopped nuts

Thoroughly cream shortening and sugar; add eggs and vanilla and beat well. Add sifted dry ingredients, oatmeal and nuts. Mix well. Shape in rolls, wrap in wax paper and chill thoroughly or over night. Slice 1/4 inch thick; bake on greased cookie sheet in moderate oven 350 degrees for 10 minutes. Makes 5 dozen cookies.

Mrs. Darrell Schill

### PINWHEEL COOKIES

- 1 c. butter
- 1 c. sugar
- 2 egg yolks
- 6 T. sweet milk
- 3 c. flour
- 3 t. baking powder
- Pinch of salt
- 1 t. vanilla

Cream butter and sugar; add beaten egg yolks and beat mixture; add milk and flavoring, then flour sifted with baking powder and salt. Divide dough into halves; to one-half add 2 squares melted chocolate. Roll white dough into a thin sheet. Place same amount of chocolate mixture on this and spread. Roll up as cinnamon roll. Place in a cool place over night. Cut into thin slices and bake in moderate oven about 10 minutes.

Mrs. Martin Swanson.

### OATMEAL DROP COOKIES

- 2 c. brown sugar
- 1 c. shortening
- 2 beaten eggs
- 1 t. soda
- 1/4 c. boiling water
- 1/2 t. salt
- 1 t. vanilla
- 2 c. oatmeal
- 2 c. flour
- 1 c. coconut

Cream sugar and shortening. Add eggs and soda, dissolved in hot water, and the rest in order given. Mix well and drop by spoonfuls on cookie sheet. Bake at 375 degrees.

Mrs. Richard Carlor

## CANDY BAR COOKIES

1. Combine 1/2 cup sugar and 1/2 cup light com syrup in medium saucepan and cook over moderate heat until mixture boils. Remove from heat.
2. Stir in 3/4 cup peanut butter and 1 teaspoon vanilla. Mix well.
3. Add 4 cup rice Krispies and stir until well blended. Press mixture into 9 x 9 inch pan. Let stand in cool place to harden.
4. Melt three 1-oz. milk chocolate bars and 1 cup butterscotch chips over hot but not boiling water, Stirring until well blended. Remove from heat.
5. Spread this chocolate butterscotch frosting over cooled layer in pan. Let cool again and cut into bars. Makes about 32.

Mrs. Constant Hade

## GINGER COOKIES

- 2/3 c. shortening
- 1 c. sugar
- 1 beaten egg
- 1/4 c. light molasses
- 2 c. flour
- 1 t. salt
- 1 t. soda
- 1 t. cinnamon
- 1 t. ginger
- 1 t. cloves

Thoroughly cream shortening and sugar. Add egg and molasses, and beat well. Add sifted dry ingredients. Mix thoroughly. Roll 1/4 inch thick on lightly floured surface. Cut with floured cookie cutter. Bake on greased cookie sheet in moderate oven of 350 degrees about 10 minutes.

Mrs. Lydia Lind

## NO BAKE MACAROONS

- 3 c. quick oatmeal
- 6 T. cocoa
- 1 c. coconut
- 1/2 c. cut nuts
- 2 c. sugar
- 1/2 c. butter
- 1/2 c. milk
- 1 t. vanilla

Into a big bowl measure the oatmeal, cocoa, coconut and nuts. In a little pan combine sugar, butter and milk. Boil one minute. Add vanilla. Stir into dry ingredients and drop onto cookie sheet.

Mrs. Fred Brown

## MOLASSES COOKIES

- 1 c. sugar
- 1 c. molasses
- 1 c. shortening
- 1 c. sour milk or buttermilk
- 6 c. flour
- 1 t. cinnamon
- 1 t. ginger
- 1 t. soda in sour milk
- 4 egg yolks

Cream shortening and sugar. Add molasses and egg yolks. Add sour milk and soda. Add flour with cinnamon and ginger. Roll out. Bake at 350 degrees for 10 minutes.

Mrs. Harry Carlson

## UNBAKED COOKIES

Date and Cereal

- 2 eggs beaten lightly  
 3/4 c. sugar  
 1 1/2 c. chopped dates (or other fruit)  
 1 t. vanilla

Mix this in the frying pan, cook until a sticky mess. Remove from fire; add 2 cups of any crisp cereal. Make into balls, roll in coconut or can spoon out on wax paper. Make them small - they are rich.

Doris Wiklander

## UNBAKED COOKIES

Oatmeal

- 1 c. brown sugar  
 1 c. white sugar  
 1/2 c. milk  
 1 stick oleo

Bring the above ingredients to a hard rolling boil for one minute. Remove from the stove and add 1 cup coconut, 3 cups quick dry oatmeal, 1 package chocolate or butterscotch chips, 1 teaspoon vanilla. Add nuts if you like. Spoon out in your own size on wax paper.

Doris Wiklander

## SMOR BAKELSER

- 1-lb. butter  
 2 c. whipping cream  
 4 c. flour

Mix butter and flour like pie crust. Add cream. Chill. Roll out and cut into strips 1 x 4, making 2 slits in each. Sprinkle with sugar. Bake at 350 degrees for 30 minutes.

Mrs. Harry Carlson

## QUICK CRISP SUGAR COOKIES

- 2 1/4 c. sifted flour  
 1/2 t. soda  
 1 t. baking powder  
 1/2 t. salt  
 Sift together into large bowl of mixer.

Add:

- 1/2 c. shortening or butter  
 1 c. sugar  
 2 eggs unbeaten  
 1 t. vanilla  
 1 T. milk

Beat until well blended, about 3 minutes. Chill before rolling. Bake at 425 degrees about 10 minutes until golden brown.

Mrs. Albin Norine

## WHITE SUGAR COOKIES

- 3 c. flour  
 1 t. soda  
 2 t. cream of tartar  
 1/2 t. salt  
 1 c. crisco or butter  
 Mix above ingredients together as for pie crust.  
 1 c. sugar  
 1 t. vanilla  
 2 eggs

Beat eggs, add vanilla and sugar; then add flour mixture. Roll and bake.

Mrs. Martin Tellen, Mrs. Carl Nelson and Mrs. Harry Carlson.

## STRUDELETS

- 1/2 c. butter  
 1 c. flour  
 3 egg yolks, slightly beaten  
 1 t. grated lemon rind  
 Filling:  
 2 egg whites beaten stiff  
 1/2 c. sugar  
 1/4 lb. walnuts or pecans (ground)

Cut butter into flour until evenly mixed. Add remaining ingredients and mix with a fork until all the flour is moist.

Gather dough together and press into a ball. Divide into 24 uniform pieces and roll each into a ball. Place in refrigerator for several hours or over night. Roll each piece on floured board into a circle about 4 inches in diameter.

Beat sugar into egg whites gradually using electric mixer. Fold in nuts. Place a spoonful of mixture on each circle and spread over all gently. Roll like a jelly roll. Place on ungreased cooky sheet. Bake in moderate oven 350 degrees for 15 minutes or until golden brown. Sprinkle with powdered sugar.

Mrs. C. F. Dixon

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 CHOCOLATE REFRIGERATOR  
 COOKIES

- 2 c. sugar  
 1 c. cream  
 2 squares chocolate  
 1 t. vanilla

Boil to soft ball stage. Then cool. Add 2 cups crushed graham crackers, 1/2 lb. marshmallows, cut in bits,

1/2 cut nut meats. Stir together. Pour in 8 x 8 buttered pan. Set in refrigerator. Cut into squares.

Mrs. Vincent Strand

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 BROWN SUGAR COOKIES

- 2/3 c. ~~sugar~~ *shortening*  
 1 1/3 c. brown sugar  
 2 eggs  
 2 t. cream of tartar  
 1 t. soda  
 1/4 t. salt  
 3 c. flour  
 1 t. vanilla

In measuring sugar pack solidly in cup. Combine sugar, butter and eggs, well beaten. Add flour, soda, cream of tartar and salt mixed sifted together, and vanilla. Roll thin; bake like other cookies.

Mrs. Fred Telleen

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 ROLLED OATMEAL COOKIES

- 1 c. sugar  
 1 c. lard  
 1 t. soda  
 1/4 c. sweet milk  
 1 t. salt  
 1 t. vanilla  
 1 egg  
 3 c. oatmeal  
 2 c. flour

Mix sugar and lard, add beaten egg and milk. Stir well; then add the rest of flour, oatmeal and flavoring. They are quite dry and stiff but mold up nicely.

Mrs. V. J. Telleen

## SWEDISH MANDEL SPRITZ

1-lb. butter  
 1 c. sugar  
 1 tablet ammonia (crushed)  
 1 egg yolk  
 3 T. cream  
 4 c. flour

Mix all together. Roll out - cut with cutter. Put unbeaten egg white on top. Add chopped blanched almonds which have been mixed with sugar. Bake at 360 degrees 15 minutes.

Mrs. John Lind (d)

## OATMEAL COOKIES

1 c. shortening (half butter)  
 1/2 c. brown sugar  
 1/2 c. white sugar  
 2 eggs, well beaten  
 1 c. cooked raisins  
 6 T. raisin juice with 1 t. soda  
 2 c. flour  
 1 1/2 c. oatmeal  
 1/2 c. nut meats

Mix in order given. Bake in 350 degree oven 10 to 12 minutes.

Mrs. Clarence Hall

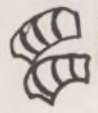
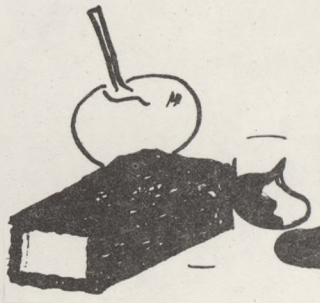
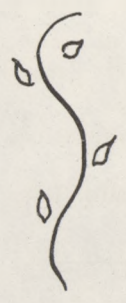
## SPRITZ COOKIES

3/4 c. sugar  
 1 c. butter  
 1 egg or 3 egg yolks  
 2 1/2 c. sifted flour  
 1/2 t. baking powder  
 1 t. vanilla  
 1/8 t. salt

Cream butter, adding sugar gradually. Add egg unbeaten; then add sifted dry ingredients and extract. Force through a cooky press on a cookie sheet. Bake in hot oven 400 degrees 10 to 12 minutes.

LaVem Urelus

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# CANDIES

## REMARKABLE FUDGE

4 c. sugar  
1 large can Pet milk  
1/4 lb. butter  
2 pkg. chocolate chips  
1 pt. marshmallow cream  
1 t. vanilla

Boil sugar, milk and butter together until soft ball stage, stirring constantly (scorches easily). Takes about 30 minutes. Remove from fire and add the chocolate chips, marshmallow creme and vanilla. Nuts may be added if desired. Pour into a large greased pan. Stays soft and creamy indefinitely.

Mrs. Oscar Eckberg

Same recipe adding 2 sq. German sweet chocolate.

Mrs. Martin Telleen

## MARSHMALLOW FUDGE

2 1/2 c. sugar  
1 c. cream or top milk  
1 1/2 oz. chocolate  
1 T. butter  
1/2 lb. marshmallows  
1/4 c. syrup  
pinch of salt  
1 t. vanilla

Cook until a soft ball forms in water. Remove from fire. Add vanilla and marshmallows and beat until thick.

Mrs. Martin Telleen

## FUDGE

3 c. sugar  
1 c. milk  
3 T. corn syrup  
3 T. cocoa  
3 T. butter  
1 t. vanilla

Mix first 4 ingredients and boil until a soft ball is formed in cold water, add butter and vanilla. Cool and beat until thick and creamy. Pour into buttered pan and cut in square.

Evelyn Hade

## DELICIOUS FUDGE

2 c. sugar  
1/2 c. brown sugar  
dash salt  
1 c. cream  
3 T. butter  
1 1/2 sq. chocolate  
1 t. vanilla  
1/2 c. nutmeats  
1/3 c. maraschino cherries  
drained and cut

Put sugar, salt and cream in saucepan and cook slowly to soft ball stage. Remove from fire and put in pan of cold water. Add butter and chocolate. (cut in course pieces) Do not stir. When mixture in huke-warm remove pan from water, add vanilla and beat. Continue beating. Until mixture begins to look creamy. Quickly add nuts and cherries. Spread in buttered pan and cut when cool.

Mrs. Everette Anderson

## DIVINITY

4 c. white sugar  
 2/3 c. light syrup  
 1 c. cold water  
 pinch of salt  
 2 egg whites (beaten)  
 1/2 to 1 c. nut meats  
 1 t. vanilla

Boil sugar, syrup and water until it forms a soft ball in cold water. Pour half this mixture into beaten egg whites, beat. Cook rest of mixture until it forms a hard ball in cold water. Add to beaten Mixture. Add vanilla and nut meats. Continue to beat until it loses its glossiness and it is thick enough to hold its shape when dropped on oiled paper. Or can be poured in long pan.

Frankie Hade

## DIVINITY

2 c. sugar  
 1/2 c. light corn syrup  
 1/2 c. cold water  
 pinch of salt  
 2 egg whites (beaten)  
 nut meats  
 1 t. vanilla

Boil gently to 240 degrees. Gradually pour 1/3 of syrup over beaten egg whites, beating constantly. Cook the rest of the syrup to 265 degrees wipe off any sugar crystals on sides of pan. Beat syrup into candy mixture. Beat until mixture holds its shape. Add vanilla and nuts. Drop from teaspoon onto oiled cookie sheet. Mrs. George Kulberg and Mrs. Darrell A. Swanson and Myrtle Collins.

## CARAMEL PRALINES

3 c. sugar  
 2 t. vanilla  
 2 T. butter  
 1 c. undiluted evaporated milk  
 2 c. coarsely broken pecans

In a large saucepan slowly heat 2 cups of the sugar with the milk, stirring often, until simmering. At the same time, in another saucepan over low heat stir the remaining 1 cup sugar until melted and a clear golden color, pour this melted sugar very slowly into the milk-sugar mixture, stirring as you do so. Cook slowly to 238 degrees on candy thermometer, or till mixture forms a firm ball when dropped in cold water. Remove from heat; add vanilla, pecans and butter. Beat or stir until mixture begins to thicken. Drop heaping teaspoonful onto waxed paper; allow to become firm. Makes about 40 small pralines.

Clara Jo Danielson

## QUICK AND EASY FUDGE

1 c. sugar  
 Mix in sauce pan  
 Add:  
 1/4 c. butter  
 1 T. light corn syrup  
 1/3 c. cocoa  
 1/4 c. milk

Bring to a boil and boil three minutes constantly. Remove from heat and add 3 cups sifted powdered sugar, 1 teaspoon vanilla and 1/2 cup nuts. Put in ungreased 8 inch square pan. Pat out with fingers.

Linda Runge

## PEANUT BUTTER FUDGE

2 c. sugar  
 3/4 c. milk  
 1/4 c. Karo  
 1 T. butter  
 3 T. peanut butter

Boil sugar, milk and syrup until a soft ball can be formed when dropped in cold water. Remove from fire and add peanut butter. Let cool, then beat until creamy.

Marcella Swanson Valashek

## BROWN SUGAR FUDGE

2 c. brown sugar  
 1/2 c. milk  
 2 T. butter  
 8 marshmallows, cut in pieces  
 1/2 c. black walnut meats

Cook sugar, milk and butter to soft ball stage. Remove from heat, add marshmallows to hot mixture and beat until creamy. Add nuts, then pour in buttered pan. Cut in squares.

Mrs. Clarence Strand

## PENUCHE CANDY

2 c. light brown sugar  
 1/3 c. milk or cream  
 1 T. butter  
 3/4 c. nut meats  
 1 t. vanilla

Put sugar, milk and butter into a sauce pan. Boil with as little stirring as possible until it makes a soft ball when tested in cold water. Take from fire, add nuts and vanilla. Beat until thick, then pour into buttered pan.

Mrs. Jack Amandus

## TOFFEE

1 c. butter, melted  
 3 T. water  
 1 c. sugar  
 1 T. white syrup

Combine ingredients and cook seven minutes, stirring constantly. Remove from heat and add 1/2 cup chopped pecans. Pour onto a buttered cookie sheet. When cold top with 3 melted almond hershey bars. Break into pieces.

Mrs. Lambert Youngquist

## PUDDING CANDY

1 pkg. butterscotch pudding  
 2 T. butter  
 1 c. sugar  
 1/2 c. evaporated milk

Cook three minutes, stirring constantly. Beat with mixer 8 minutes. Add flavoring and 1/2 cup pecans and drop on waxed paper.

Variation: Use the same ingredients except chocolate pudding and peanuts.

Mrs. Lambert Youngquist

## POTATO CANDY

1/2 c. mashed potato  
 pinch salt  
 2 to 3 c. powdered sugar

Cook the potatoes without salt. Mash while warm, not hot. Blend in powdered sugar and salt to make a stiff, pliable dough. Roll out on board about 1/2 inch thick and spread with peanut butter. Roll like jelly roll. Chill and slice.

Mrs. Richard Larson

## CAMEL POPCORN

2 c. brown sugar  
2 T. melted butter  
1/2 c. water

Bring butter, sugar and water to a boil and cook 16 minutes or until it forms a crisp ball when dropped in cold water. Pour over popped com, stirring until cool.

Mrs. Leonard Youngquist

## DATE LOAF CANDY

2 c. nutmeats  
2 1/2 c. sugar  
3/4 c. milk  
2 T. butter  
1 pkg. dates

Cook sugar and milk to soft ball stage. Then add chopped dates and stir until well melted. When soft ball stage is reached remove from heat, add nuts and butter and stir as long as possible. Pour on waxed paper or wet cloth and roll from side to side to form a roll. Coat roll with melted sweet chocolate and cut in slices.

Mrs. Alvin Youngquist

## TAFFY

1/2 c. white syrup  
1 c. sugar (white or brown)  
1 T. butter  
1 t. vanilla

Cook syrup, butter and sugar until brittle. Pour onto buttered pan and pull when cool enough to handle. Have hands well buttered.

Myrtle Tellen Collins

## KARO CRAZY CRUNCH

2 qts. popped com  
1 1/3 c. almonds  
2/3 c. pecans  
1/2 c. white Karo syrup  
1 1/3 c. sugar  
1 c. margarine  
1 t. vanilla

Combine sugar, margarine and syrup in a 1 1/2 qt. saucepan. Bring to boil over medium heat, stirring constantly. Boil 10 to 15 minutes, or to a light caramel color. Remove from heat, add vanilla. Pour over com and nuts. Mix to coat well. Spread on buttered cookie sheet to dry. Break apart when cold. Store in air tight container.

Mrs. Alvin Youngquist

## CAMELS

1 c. sugar  
3/4 c. dark corn syrup  
1/2 c. butter  
1 c. light cream  
1/2 c. broken walnut meats  
1/2 t. vanilla

Combine sugar corn syrup, butter and 1/2 cup of the cream. Bring to a boil stirring constantly. Add remaining 1/2 cup of cream and cook slowly to very hard ball stage (260). Remove from heat, add nut meats and vanilla. Pour into greased 8 inch square pan. Mark in squares when partially cool. Cut when cold. Wrap each square in waxed paper. Makes 36 squares.

Mrs. Richard I. Johnson

## PEANUT BRITTLE

2 c. sugar  
1 c. light corn syrup  
3 t. soda  
1 lb. raw peanuts  
1/4 c. water  
1 t. vanilla  
pinch salt

Boil on high heat 3 to 5 minutes until a fast thread forms (300). Add peanuts and continue cooking, stirring constantly until syrup is straw colored, or to hard crack stage. (310). Add vanilla and soda quickly. Pour onto greased cookie sheet, 13 1/2 x 19 inch. Loosen from pan before cold. Break into pieces.

Mrs. Signe Peterson

## CEREAL CANDY

Place in large bowl:

3 c. corn flakes  
3 c. rice crispies

1 c. jumbo peanuts

Cook to soft ball:

1 cup sugar

1 c. thin cream

1 c. dark corn syrup

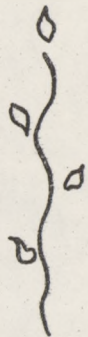
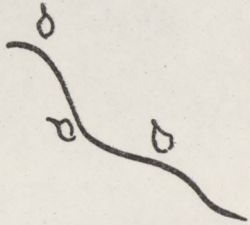
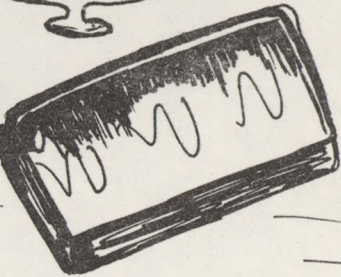
Remove from heat and add 1 teaspoon vanilla. Pour over first mixture and press into buttered pan. When cool cut in squares.

Marlys Swanson De Vries

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# DESSERTS

## ICE CREAM (REFRIGERATOR)

- 2 c. rich milk
- 3/4 c. sugar
- 1/4 t. salt
- 6 egg yolks
- 2 c. whipping cream
- 1 1/4 t. vanilla (or preferred  
flavoring)
- 1 t. nutmeg (optional)

Combine first 4 ingredients, cook until consistency of soft custard. Cool. Whip cream almost stiff, fold into custard. Add flavorings. Pour into refrigerator tray. Freeze until almost firm, Pour into chilled bowl and beat with rotary or electric beater till well blended. Return to tray and freeze till firm.

Mrs. Art Youngquist

## CHOCOLATE SAUCE

- 2 sq. (2-oz.) chocolate  
unsweetened)
- 6 T. water
- 1/2 c. sugar
- 1/4 t. salt
- 3 T. butter or oleo
- 1/4 t. vanilla

Cook chocolate and water over low heat until melted. Stir constantly. Add sugar and salt. continue cooking until sauce is consistency of thin white sauce. Then add butter and vanilla. Makes 1 cup.

Mrs. Joseph Nelson

## SHERBET

- 1 qt. milk
- 1 1/2 c. sugar
- 1/4 t. salt
- 2 lemons
- 2 oranges

Mix juice from fruit with other ingredients. Pour in refrigerator tray and freeze, stirring vigorously a couple times while freezing.

Mrs. Gunner Sigurdson

## BUTTERSCOTCH SAUCE

- 1/3 c. butter or oleo
- 1 c. brown sugar (packed)
- 2 T. light corn syrup
- 1/3 c. heavy cream

Melt butter or oleo over low heat. Stir in the brown sugar, syrup, and cream, bring to a boil. Remove from heat, and cool slightly before using. Makes 1 cup.

## ICE CREAM

- 1 banana
- 1 orange
- 1 lemon
- 1 c. milk
- 1 c. cream
- 1 c. sugar

Mash the banana. Add juice from orange and lemon, then sugar, milk and cream and freeze.

Mrs. Russell Swanson

ICE CREAM  
(For 1 Gal. Freezer)

6 c. cream  
6 c. milk  
2 eggs  
1/2 t. salt  
2 c. sugar  
2 t. vanilla

Beat eggs till light, add sugar and beat, add remaining ingredients and freeze.

Mrs. Harry L. Dixon

ICE CREAM (FREEZER)

4 eggs beaten  
2 c. sugar  
1/4 t. salt  
1 c. pet milk  
1 c. half and half  
1 1/4 t. vanilla  
1 t. lemon extract  
1 qt. milk

Mix in order given and put in freezer. Freezes very quickly and is not too sweet.

Mrs. Myrtle Aeling, Harcourt

FRUIT WHIP ICE CREAM

1 pkg. strawberry gelatine  
2 c. hot water  
1 pt. vanilla ice cream  
1 c. strawberries

Dissolve gelatine in hot water. Chill until partially set. Beat in ice cream with rotary or electric beater. Fold in berries. Chill and serve at once. Garnish with whole berries. Serves 8 to 10.

Mrs. Martin Telleen

POPCICIES

1 pkg. jello  
1 pkg. cool ade (same flavor)  
1 c. sugar  
1 c. hot water  
3 c. cold water

Dissolve the 1st. 3 ingredients in the hot water. Add cold water and freeze in molds.

Marlys Skoglund

NUT MARLOW

1 c. milk  
18 marshmallows  
1/2 pt. whipping cream  
1/2 c. chopped nuts (or well drained pineapple)  
1 t. vanilla

Heat milk and marshmallows until latter is melted, then cool and add whipped cream and nuts. Pour in refrigerator tray. Stir twice while freezing.

Mrs. Ed Faehn, Waterloo, Iowa

CHOCOLATE SAUCE

1 1/2 sq. unsweetened chocolate  
1 stick butter or oleo  
Melt together in sauce pan.  
3/4 to 1 c. sugar

1 cup cream, half and half or condensed milk, boil about 5 minutes with chocolate mixture and sugar, remove from heat, add vanilla (1 teaspoon). May be used hot or cold on ice cream, can also be reheated when used.

Elna Carlson

## ANGEL FOOD CUSTARD

2 c. milk  
 2 eggs, seperated  
 1/2 c. sugar  
 1/2 t. vanilla  
 pinch of salt

Heat in a double boiler until coats a spoon. Remove from fire. Dissolve 1 envelope Knox geletine in 1/2 cup water and add to the above. Let cool. Fold in beaten egg whites and add 1 pint whipped cream. Break 1/2 angle food cake in a pan. Pour mixture over it. Let stand 12 hours. Cut into squares and serve with 1/2 cherry on top. Serves 15.

Mrs. Leonard Strand

## ANGLE PIE DESSERT

4 egg whites  
 1/4 t. cream of tartar  
 dash of salt  
 1 c. sugar

Beat egg whites until foamy, add salt and cream of tartar. Continue beating until stiff. Gradually add the sugar and beat until very glossy. Put in ungreased pie tin and bake 1 hour at 250 degrees. Cool until cold.

Cook together in double boiler;  
 4 beaten egg yolks  
 1/3 c. sugar  
 Juice and rind of 1 lemon grated.  
 Cool.

Whip 1/2 pint of cream (or a little more). Spread half on the meringue, then the lemon filling. Top with remaining whipped cream. Refrigerate.

Belle Strand

## APPLE GRAHAM BETTY

1 1/2 c. graham cracker crumbs  
 3 medium size apples  
 1 t. cinnamon  
 1 t. nutmeg  
 1/4 c. sugar  
 2 T. butter  
 Juice of 1 lemon or orange  
 2 c. milk

In a buttered baking dish, place a layer of crumbs, a layer of apples, sprinkle on part of the sugar spice mixture. Repeat. Melt butter and pour over top. Squeeze juice of lemon or orange over top layer of apples. Top with graham cracker crumbs, pour milk over slowly. Bake 40 minutes at 400 degrees.

Mrs. L. W. Lundell

## APPLE CAKE PUDDING

1 c. sugar  
 1 c. flour  
 1/4 c. melted oleo  
 2 c. sliced apples  
 1 egg  
 1 t. soda  
 1/4 t. cinnamon  
 1/4 t. nutmeg  
 1/2 c. nut meats

Mix all together as for cake. Bake in pie tin 45 minutes at 350 degrees.

Serve with sauce made:

1/2 c. sugar  
 2 T. com starch  
 1/4 t. salt  
 2 T. butter  
 1 c. water  
 1 t. vanilla

Boil sauce. Serve warm.

Lula Wahlgren

## APRICOT-PINEAPPLE DESSERT

1 T. gelatine  
 1/3 c. cold water  
 1/2 c. sugar  
 3/4 c. milk  
 2 eggs yolks  
 1 t. vanilla  
 2 egg whites (beaten)  
 1 c. cream (whipped)  
 1 c. apricots (mashed)  
 1/2 c. crushed pineapple  
 16 graham crackers (crushed)  
 3 T. butter  
 3 T. brown sugar

Dissolve gelatine in cold water. Cook sugar, milk, and egg yolks until thick. Add gelatine and vanilla. Cool, add egg whites and cream, apricots and pineapple. Melt butter and brown sugar and mix with cracker crumbs. Line bottom of pan with 1/2 of crumbs. Pour mixture over crumbs and sprinkle rest of crumbs over the top. Refrigerate.

Mrs. Bert Peterson

## APPLE ROLL

4 medium cooking apples  
 1 1/2 c. sugar  
 2 c. water

Peel apples, core and chop very fine. Cook sugar and water together 3 minutes. Put in 9 x 15 baking dish, keep hot. Make a rich biscuit short cake type dough. If using bisquick add 1/4 cup butter. Roll dough out to 1/2 inch thickness. Spread with chopped apples and roll into a long roll. Cut into 1 1/2 to 2 inch pieces. Place cut side down into hot syrup in baking dish. Dot each roll with butter sprinkle lightly with cinnamon and 3 table-spoons sugar. Bake in hot oven 425 degrees until apples are done and crust golden brown. Slide out on platter and pour syrup from pan around rolls. Serve warm or cold with plain, whipped or ice cream. Lemon sauce is very good with these. Other fruit may be used.

## DEEP DISH APPLE PUDDING

6 apples, pared and sliced  
 2 T. lemon juice (optional)  
 1/4 c. water  
 1 c. sugar  
 3/4 c. flour  
 1/2 t. cinnamon  
 salt  
 6 T. butter

Put sliced apples in casserole. Add water and lemon juice. Combine sugar, flour cinnamon and salt and mix with butter until crumbly in appearance. Sprinkle over apples and bake 30 minutes in moderate oven 350 degrees.

Mrs. C. H. Lundblad

## Lemon Sauce:

1 c. sugar  
 1/4 c. corn starch  
 2 1/2 c. water  
 1/4 c. butter  
 2 T. lemon juice  
 2 t. grated lemon rind

Combined sugar and corn starch in 2 qt. sauce pan, stir water in gradually. Cook over medium heat, stirring until thickened. Boil 1 minute. Remove from heat add butter, lemon juice and rind. Serve warm.

Mrs. Darwin L. Carlson

## PINEAPPLE SAUCE

2 t. cornstarch  
 1/2 c. sugar  
 1 no. 2 can crushed pineapple  
 juice of 1/2 lemon

Mix starch and sugar together in sauce pan. Drain juice from pineapple and stir juice into sugar, starch mixture. Cook over medium heat, stirring occasionally until thick as heavy syrup. Remove from heat, add drained pineapple and lemon juice, cool. Makes 2 cups.

Mrs. Joseph Nelson

## APPLE CRISP

1 egg  
 3/4 c. sugar  
 2 heaping T. flour  
 1 1/3 t. baking powder  
 1/8 t. salt  
 1 t. vanilla  
 1/2 c. nuts  
 1 c. apples (cut fine)

Bake in a well oiled 8 inch pan at 350 degrees. Serve cold with whipped cream or ice cream.

Mrs. C. V. Christianson

## APPLE - RAISIN COBBLER

First Part:

3 tart cooking apples  
 1/3 c. sugar  
 1/2 c. raisins  
 1 T. butter

Peel, core and slice apples. Put into a buttered baking dish, add raisins, sugar and bits of butter.

Second Part:

1 egg  
 1/2 c. sugar  
 1 c. sifted flour  
 1 t. baking powder  
 1/2 c. milk  
 2 T. melted butter  
 1/2 t. vanilla

Beat egg until very light, add sugar, sift flour and baking powder and add to mixture alternately with milk. Beat until smooth, add melted butter and vanilla. Pour over fruit and bake in moderate oven about 35 minutes.

Mrs. C. J. Johnson

## APPLE BROWN BETTY

1 c. brown sugar  
 1 c. water  
 1/2 t. salt  
 grated rind of 1 orange  
 1/4 c. melted crisco  
 3 c. bread crumbs  
 3 c. sliced apples  
 1 t. lemon flavor

Combine brown sugar, water, salt, rind of orange and let simmer for 10 minutes. Mix together crisco and bread crumbs and place a layer in a well greased baking dish. Cover with layer of 3 cups sliced apples and finish with layer of crumbs. Add lemon flavor to syrup and pour the syrup over apples and crumbs. Cover and bake 45 minutes at 350 degrees. Uncover and let brown the last 15 minutes. Serve with whipped cream. Serves 8.

Amanda Gorman

## APPLE CRISP

3 medium apples (sliced thin)  
 3/4 c. oatmeal (quick cooking)  
 3/4 c. brown sugar  
 1/4 c. flour  
 1/2 c. butter

Arrange apples in greased 8 inch round pan. Combine oatmeal, sugar, flour and cut in butter. Sprinkle this mixture over apples. Bake in moderate oven 350 degrees for 35 to 40 minutes.

Lois Larson

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 CHERRY DESSERT

4 eggs  
 1 c. sugar  
 1 c. salad oil  
 1 t. vanilla  
 2 c. flour  
 1 t. baking powder  
 1 can cherry pie mix

Beat eggs, add sugar, salad oil and vanilla. Add flour and baking powder. Put 1/2 batter in 8 x 13 inch pan, put on pie mix, then rest of batter. Sprinkle cinnamon and sugar on each layer. Bake 350 degrees, about 50 minutes. Serve hot or cold with whipped cream or ice cream.

Mrs. C. V. Christianson

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 BAKED APPLE DESSERT

Fill a deep baking dish with thin sliced apples. Mix 1/2 cup flour, 1/2 cup brown sugar, 1/2 cup white sugar and sprinkle top and through apples. Dot with butter. Bake in slow oven. Serve hot or cold with cream.

Mrs. Joseph Nelson

## CHERRY DESSERT

18 graham crackers  
 1 stick melted margarine  
 8-oz. cream cheese  
 1/2 c. powdered sugar  
 1/2 t. vanilla  
 1 pkg dream whip  
 1 can cherry pie filling

Mix crushed crackers and margarine, put in 9 x 9 inch pan. Chill. Soften cheese, mix with powdered sugar and vanilla. Set aside. Prepare dream whip according to directions and chill 1 hour, then fold it into the cheese mixture and put on top of crust. Put cherry pie filling on top. Chill.

Mrs. Charles Carlon

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 CHERRY MERINGUE DESSERT

25 graham crackers  
 6 T. butter  
 3 T. brown sugar  
 4 egg whites  
 1/4 t. salt  
 1/4 t. cream tartar  
 1 c. sugar  
 1/2 pt. whipping cream  
 1 can cherry pie mix

Crush crackers add to melted butter and brown sugar, put this mixture into bottom of a 9 x 13 inch pan. Beat egg whites until stiff, add salt and cream tarter, gradually add the 1 cup sugar. Spread this mixture over crumb mixture and bake 20 minutes in 350 degree oven. When Cool, top with cherry pie mixture (other pie mix may be used) Over this spread the whipped cream. Refrigerate immediately. This will keep several days. Serve 10 to 12.

Mrs. Duane C. Anderson

## CHOCOLATE ANGEL FOOD DESSERT

2 pkgs. chocolate chips (6-oz.)  
 4 eggs  
 1 pint whipping cream  
 1 angel food cake  
 2 T. sugar  
 pinch of salt

Melt chocolate chips in a double boiler, remove from fire and cool a little, then add the beaten egg yolks. Cool and add beaten whites of egg with sugar and salt added. Fold in the whipped cream and pour the mixture over the cake which has been broken and cut in small squares.

Florence M. Nelson

## CHERRY DESSERT

1/2 angel food cake  
 1 pkg vanilla pudding  
 1 carton sour cream  
 1 can cherry pie mix

Break cake into bite-size pieces. Cook vanilla pudding and cool. Add sour cream. Combine with cake pieces and mix well add cherry filling on top. Refrigerate several hours or over night.

Mrs. C. E. Plotner

CREAM PUDDING OR  
 SWEDISH CHEESE CAKE

## CHERRY UPSIDE-DOWN PUDDING

2 eggs  
 milk  
 1 c. sugar  
 1/4 c. butter  
 1 1/2 c. flour  
 1 1/2 t. baking powder  
 2 1/2 c. cherries  
 1 cup sugar  
 2 T. butter  
 2 c. boiling water

Place eggs in cup, beat lightly, fill cup with milk, beat again. Cream 1 cup sugar with butter, add 1 cup flour, alternately with egg mixture. Beat well. Then add remaining 1/2 cup flour, sifted with baking powder. Put in loaf pan. Mix cherries, 1 cup sugar, butter and water and pour over batter. The sauce and cherries go through the batter while baking and form a sauce in bottom. Serve with whipped cream. Bake 350 degrees.

Mrs. Violet Johnson

1 tablet Hansen's cheese rennet in  
 2 T. cold water  
 1 c. flour  
 1 c. sugar  
 2 quarts milk  
 4 eggs  
 1 t. vanilla

Dissolve rennet tablet in cold water. Combine flour and sugar, gradually add 2 cups milk. Stir until smooth. Add eggs, vanilla. Beat well with rotary beater. Warm remainder milk until it steams 140 degrees. Do not boil. Combine with first mixture. Add dissolved rennet tablet. Pour into buttered baking pan. Let stand 10 minutes until set. Bake 375 degrees for One hour. Cool Sprinkle with nutmeg. You may add 1 cup light cream or condensed milk. Also you may use 1 teaspoon of liquid rennet instead of rennet tablet.

Ellen Telleen

## CREAM PUDDING

1 qt. milk  
 1 c. cream  
 4 eggs, beaten  
 3/4 c. sugar  
 1 t. vanilla  
 pinch of salt  
 1/2 rennet tablet  
 scant c. flour

Beat eggs well, add sugar, and mix. Heat the quart of milk until lukewarm, beat up the flour in the cup of cream until smooth, add a little milk if it is too thick and add to the beaten eggs and sugar; add vanilla and salt, then the lukewarm milk, mix well, then stir in the rennet which has been dissolved in 1/4 cup cold water. Let stand a few minutes, then place in a moderate oven and bake one hour.

Mrs. Ralph L. Carlon

## CREAM PUFFS

1/2 c. butter  
 1 c. boiling water  
 1 c. flour  
 4 eggs

Put butter and water in pan on stove. As soon as boiling add flour all at once and stir. As soon as mixed remove from fire and add eggs one at a time. Stirring till well mixed. Drop on buttered sheet with tablespoon about 2 inches apart. Bake in hot oven about 20 minutes. Fill with whipped cream or any desired filling before serving.

Mrs. Victor Liljegren and Mrs. Ruth Wilson.

## DATE PUDDING

1 c. chopped dates  
 1 c. chopped nuts  
 2 t. flour  
 1/4 t. salt  
 4 eggs, separated  
 1/2 c. sugar  
 1 t. baking powder  
 1 t. vanilla

Combine sugar, salt, flour, baking powder, and well beaten egg yolks. Add dates, vanilla and nuts. Mix thoroughly, carefully fold in stiffly beaten egg whites. Pour into well oiled square baking pan. Bake at 375 degrees, 30 to 35 minutes or until inserted knife comes out clean. Cool. Serve with whipped cream. 6 servings.

Mrs. Lee Devereaux

## CREAM PUDDING

1 qt. milk  
 1/2 c. sugar (scant)  
 1/2 c. flour (scant)  
 2 eggs, slightly beaten  
 1 t. vanilla  
 1 t. rennet

Warm milk to luke warm. Mix flour, sugar and eggs to paste. Gradually add milk. Add vanilla and rennet; stir 3 rounds, let set until firm, then place pan in a pan of water and bake in a slow oven 325 degrees, 1 to 1 1/2 hours or until pudding doesn't adhere to a sliver knife.

Mrs. Donald Schill

## BLUEBERRY DESSERT

16 graham crackers (crushed)  
 1/4 c. melted butter  
 1/2 c. powdered sugar

Press this mixture into a 9 x 9 inch pan. Beat 2 eggs with 1 cup sugar and 1 8-ounce package of cream cheese, pour on crumb mixture and bake 350 degrees for 20 minutes. 1 can blueberries (water or syrup pack) drained. Thicken juice with 1/2 cup sugar and 2 tablespoons corn starch. Cook until thickened. Remove from heat, add berries and lemon juice. Cool. Spread on baked mixture. Chill. Serve with whipped cream or dream whip.

Sadie Mossberg

Same recipe but using prepared blueberry or other variety of pie mix.  
 Janice Carlon and Berniece Telleen

## CHERRY DESSERT

1 c. flour  
 1 c. quick oatmeal  
 1 c. brown sugar  
 1/2 c. butter or oleo

Mix as for pie crust, spread in 8 x 8 ( or 7 x 10) pan, save some crumbs for the top.

Filling:

1 can cherry pie mix (or blueberry) or make filling of—  
 1 can sour cherries (drained)  
 1/2 c. sugar  
 4 T. minute tapioca

Cook juice, sugar and tapioca until thick, add cherries, cool slightly and pour over cracker crust. Sprinkle with rest of crumbs. Bake 45 minutes at 350 degrees. Serve with whipped cream or ice cream.

Mrs. Edwin Carlson

## DATE PUDDING

1 1/2 c. dates  
 1 t. soda  
 1 c. boiling water  
 1 c. sugar  
 1/4 c. butter  
 1 1/2 c. flour  
 1 egg  
 1/2 t. cinnamon (optional)  
 1/2 c. walnuts  
 vanilla

Dissolve soda in boiling water and pour over dates. Mix together sugar, butter, flour, egg, cinnamon, walnuts and vanilla and pour over date mixture. Bake 30 minutes in 325 degree oven. Serve with whipped cream.

Mrs. Wesley E. Swanson

## KENSINGTON CREAM

1/2 box white gelatine or 2 envelopes  
 1/2 pint milk  
 4 egg yolks, beaten  
 1 pint milk  
 2/3 c. sugar  
 4 egg whites, beaten  
 vanilla

Soak gelatine in 1/2 pint milk for 1 hour. Put the pint of milk in double boiler with the egg yolks and sugar. When boiling, add gelatine and milk mixture. Take from stove, pour in the egg whites and flavor with vanilla. Turn into mold and serve cold with whipped cream.

Mrs. Albin Norine

## CHOCOLATE ROLL

5 eggs, separated  
 1 c. sugar  
 3 scant T. cocoa  
 1 t. vanilla  
 2 rounded T. sifted flour

Beat egg yolks thoroughly, add sugar and mix well. Sift in the flour, cocoa and vanilla and blend until smooth. Beat egg whites and fold in carefully. Pour batter in two greased and floured square layer cake pans. Bake 350 degree oven for 15 minutes. Remove from oven, place on damp cloth and allow to cool. Whip 1/2 pint whipping cream, adding sugar and vanilla to taste. Spread whipped cream on cake and roll up like a jelly roll. Place in ice box to cool while preparing icing.

## ICING (for chocolate roll)

2 c. powdered sugar  
 1 1/2 T. cocoa  
 1 t. vanilla  
 2 T. hot coffee  
 1 rounded T. butter

Ice and put back in ice box.

Mrs. Ralph L. Carlon

## DATE PUDDING

3 eggs  
 1 c. sugar  
 2 small t. baking powder  
 1 c. dates  
 1 c. nuts  
 1 c. bread crumbs

Bake 20 minutes.

Mrs. M. E. Renquist

## DATE LOAF

2 T. butter  
 1 c. sugar  
 1-lb. dates  
 1 t. soda  
 1 c. boiling water  
 1 1/2 c. flour  
 1 t. baking powder  
 1/2 c. nuts  
 1 t. vanilla  
 pinch of salt

Cream sugar and butter, pour boiling water over dates, add soda. Add flour, baking powder, nuts and vanilla. Bake in a loaf pan. Serve with whipped cream.

Mrs. C. E. Hoffman

## CHERRY DESSERT

16 graham crackers  
 1/4 c. sugar  
 1/4 c. melted butter  
 Crush crackers; Add sugar and butter  
 30 marshmallows  
 1/2 c. milk  
 1 c. cream whipped  
 4 T. powdered sugar  
 1 can cherry pie mix

Melt marshmallows in milk and cool. Whip cream and add powdered sugar and mix together with marshmallow mixture. Put part of crumbs in bottom of 9 inch square pan and add half of marshmallow mixture. Put cherry mix on top of this and add rest of marshmallow mixture. Top with rest of crumbs and let set several hours.

Ilene Lundblad

## FROZEN DESSERT

- 1 egg beaten  
 1 c. heavy cream  
 2 c. milk  
 3/4 c. sugar (half white &  
 half brown)  
 1 c. crushed graham crackers  
 1 t. vanilla

Stir several times while freezing.

Mrs. L. W. Lundell

## FROZEN DESSERT

- 10 graham crackers, crushed  
 1/4 c. chopped maraschino cherries  
 3 T. crunchy style peanut butter

Blend together and cover a refrigerator tray with half of mixture. Spread 1 quart vanilla ice cream on top and cover with remainder of crumbs.

Pearl Sell

## FRUIT COBBLER

- 1 c. white sugar  
 2 c. flour  
 3 level t. baking powder  
 pinch of salt  
 1 c. sweet milk  
 1 egg  
 1 t. melted shortening (add last)

Pour over any kind of fruit which has been sweetened as for pie.

Mrs. Minnie Schill

## FRUIT CRISP

- 1 c. flour  
 1 c. brown sugar  
 1/2 c. butter or oleo  
 4 c. fruit - apples, peaches,  
 rhubarb or cherries.

Cut shortening into flour and sugar mixture. Spread fruit in cake pan, sweetening fruit as desired (1/2 cup). Cover fruit with the crisp mixture and bake in oven 350 degrees for 45 minutes or until crispy. Serve warm with ice cream or whipped cream.

Mrs. Lawrence Nelson

## FRUIT COCKTAIL SURPRISE

- 1 c. sugar  
 1 c. flour  
 1/4 t. salt  
 1 t. soda  
 1 can fruit cocktail (drained)  
 1 egg  
 1/2 c. brown sugar  
 1/2 c. nut meats

Beat egg, add cocktail, then dry ingredients. Sprinkle a mixture of brown sugar and nuts on top. Bake in 300 degree oven for 1 hour. Serve with whipped cream.

Frankie Hade

## CAKE FOR FRESH FRUIT COBBLER

- 2 eggs  
 1 c. sugar  
 1 c. sweet cream  
 2 c. flour  
 1 t. baking powder  
 1/2 t. salt  
 vanilla

Mix and pour over fruit.

Mrs. V. J. Telleen

### RENNET CREAM PUDDING

4 qts. milk  
 6 eggs  
 1 c. flour  
 1 c. sugar  
 1/2 rennet tablet in  
 2 T. cold water  
 vanilla

Mix flour, eggs sugar until smooth.

Add to milk. Add rennet. Stir until well mixed. Bake in slow oven 325 degrees for 1 hour.

Mrs. V. J. Telleen

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### FRUIT FREEZE

3 c. water  
 2 1/4 c. sugar  
 3 mashed bananas  
 3 oranges  
 3 lemons - squeezed  
 1 No. 2 can crushed pineapple  
 1 jar maraschino cherries  
 well drained

Combine and freeze to a slush,

Maxine Nordstrom

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### GINGER BREAD (soft)

1/2 c. sugar  
 1 t. ginger, cinnamon and cloves  
 1/2 c. butter  
 1 c. molasses  
 2 t. soda in  
 1 c. boiling water  
 2 1/2 c. flour  
 2 well beaten eggs, add last

Mrs. V. Carlstrom (d)

### F ROZEN DESSERT

2 square chocolate  
 1/2 c. butter  
 3 egg yolks  
 2 c. sifted powdered sugar  
 1/2 lb. vanilla wafers  
 1/2 c. chopped pecans  
 3 egg whites  
 1/2 gal softened vanilla ice cream

Melt butter and chocolate together. Add a little of the powdered sugar to the beaten egg yolks, then add this and the rest of powdered sugar to the chocolate-butter mixture and bring just to boiling. Add nuts. Cool. Fold in the stiffly beaten egg whites. Cover bottom of a large pan with wafer crumbs, reserving 1 cup crumbs. Drop softened ice cream by large spoonful onto crumbs. Over this pour the chocolate mixture, run a knife back and forth several times to mix a little. Add rest of crumbs. Freeze. Serves 15.

Mrs. Harry Lange

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### CHOCOLATE PUDDING

2 T. cocoa (rounded)  
 2 c. milk  
 2/3 c. sugar  
 2 T. cornstarch (rounding)  
 1/4 c. butter  
 1/2 c. nut meats  
 pinch of salt

Mix cocoa, cornstarch, sugar and salt together dry, in double boiler. Heat milk and pour over mixture. Cook 5 minutes after it begins to thicken. Add butter and nuts and cook a moment or two longer.

Mrs. Anton Holmer

## ORANGE SHERBERT DESSERT

1 box orange jello  
 1 c. hot water  
 1 pt. orange sherbert  
 1 can drained mandarin oranges  
 2 bananas sliced  
 1/2 c. crushed pineapple  
 Angel food cake (1/4 to 1/2 of a cake)

Dissolve jello in one cup hot water. When thoroughly dissolved stir in one pint of sherbert. To this mixture add the fruits. Stir and refrigerate until mixture thickens. Tear angel food cake into pieces and place on bottom of square pan. Pour the jello mixture over the pieces of cake and return to refrigerator to set. Good served with whipped cream.

Mrs. Duane C. Anderson

## LEMON CHIFFON CRUNCH

1/2 c. butter  
 1/4 c. brown sugar  
 1/2 c. cocoanut  
 Mix together, bake 15 minutes at 350 degrees.

Remove from oven and stir with fork. Should be a delicate brown. Let cool. Press in 9 x 13 inch pan, reserve some for top, add 2 packages lemon chiffon pie filling (prepared as directed). Sprinkle remaining crumbs on top. Serve with whipped cream.

Clara Youngquist

## ORANGE SUNSHINE DESSERT

1 c. orange juice  
 1 t. grated orange peel  
 24 marshmallows, cut in half  
 2 T. sugar  
 1 c. heavy cream (whipped)  
 30 vanilla wafers (crushed)

Combine orange juice and peel, heat to boiling. Add marshmallows and stir until dissolved. Cool. Add sugar to whipped cream. Fold into orange mixture. Chill. Line bottom of 5 x 9 inch pan with 1/2 of crushed wafers. Pour in filling. Top with remaining crumbs. Chill thoroughly. Garnish square with maraschino cherry. Serves 6.

Mrs. Robert Gross

## FLUFFY ORANGE DESSERT

2 c. graham cracker crumbs  
 1/2 c. melted butter  
 2 pkg. orange gelatine  
 2/3 c. sugar  
 2 c. fresh orange juice  
 (or reconstituted frozen)  
 1 to 2 T. Shredded orange peel  
 1 15-oz. can evaporated milk

Combine crumbs and butter, press into 9 x 13 inch pan, reserving 1/4 cup for top. Chill. Combine gelatine, sugar and orange juice; heat until gelatine and sugar dissolve. Chill until partially set. Chill evaporated milk thoroughly, whip and fold into gelatine mixture with orange peel. Pile over crumb crust, sprinkle with reserved crumbs. Chill. Serves 12 to 15.

Mrs. Charles Carlon

## GRAHAM CRACKER DESSERT

- 1/2 c. butter  
 1 c. sugar  
 3 egg yolks  
 1 small can crushed pineapple  
 1 c. nut (chopped)  
 3 egg whites (stiffly beaten)  
 2 boxes lemon jello  
 15 whole graham crackers

Cream butter and sugar and add egg yolks. Mix this together with pineapple and nuts. Add egg whites to mixture. Pour in large pan and place whole graham crackers on top. Put in refrigerator to set. Pour on jello which is partly set. Can be made a day ahead of serving. Each cracker is a serving.

Mrs. Dale Stotts

## GRAHAM CRACKER DELIGHT

- 22 graham crackers (crushed)  
 1/2 c. butter  
 1/2 c. sugar  
 1/2 c. milk  
 2 egg yolks  
 2 T. lemon jello  
 2 egg whites, beaten stiffly  
 1 c. cream (whipped)

Mix all but 1/2 cup graham crackers with butter. Cook together sugar, milk and egg yolks. Dissolve jello in the hot mixture. Cool and add egg whites and whipped cream. Pat graham crackers crumbs into bottom of pan and pour mixture over it. Sprinkle the 1/2 cup crumbs on top.

Mrs. Reuben Nelson

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 GRAHAM CRACKER REFRIGERATOR  
 CAKE

- 1/2 lb. sweet chocolate  
 4 T. sugar  
 4 T. cold water  
 4 egg yolks  
 1 1/2 t. vanilla  
 4 egg whites  
 1 pint cream (whipped)  
 graham crackers (crushed)

Line a deep pan with graham crackers. Cook chocolate (cut fine) sugar, water and egg yolks until thick. Cool. Beat egg whites and cream. Fold together, add chocolate mixture. Pour half in pan, then add layer of graham crackers, pour on rest of mixture and add crackers on top. Refrigerate. Serve with whipped cream.

Mrs. Clarence Blomgren

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 SHORT CAKE

- 1 c. flour  
 3 T. sugar  
 1 1/2 t. baking powder  
 1/4 t. salt  
 3 T. butter  
 1/4 c. milk  
 1 egg  
 1/4 t. vanilla

Sift flour, sugar, salt and baking powder. Add beaten egg with vanilla to milk. Mix until no lumps are left. Spread evenly in small pan to bake in a moderate oven. Split each serving and put berries between and on top.

Mrs. Reuben Nelson

## LEMON CAKE TOP PUDDING

1 c. sugar  
 1/4 c. flour  
 3 eggs separated  
 1 1/4 c. milk, scalded  
 2 T. melted butter  
 dash of salt  
 juice of 1 lemon and rind

Combine sugar, flour, salt and butter, lemon juice and rind. Add to well beaten egg yolks and scalded milk and mix well. Fold in egg whites and pour into greased baking pan or custard cups. Bake in pan of hot water in moderate oven for 45 minutes.

Mrs. Harvey Easley

## LEMON SPONGE

1 c. sugar  
 3 T. flour (level)  
 1 c. milk  
 2 egg yolks (beaten)  
 1 lemon (juice and little grated rind)  
 2 egg whites (beaten stiff)

Add each ingredient in order given, folding in the whites. Pour into a buttered baking dish and place in a pan of hot water. Bake in slow oven 1 hour, or until the cake leaves the sides of the baking dish. This recipe forms a little light cake on top and a smooth delicious lemon sauce underneath. Serve cold with ice cream topping or whipped cream.

Mrs. A. B. Walfrid

## LEMON FLUFF DESSERT

1 pkg. lemon gelatine  
 1 c. sugar  
 1 3/4 c. hot water  
 1/4 c. lemon juice  
 1 c. whipping cream  
 2 1/2 c. vanilla wafer crumbs

Dissolve lemon gelatine in hot water. Chill until partially set. Whip until light and fluffy. Add lemon juice and sugar. Whip cream and fold in gelatine mixture. Line bottom of 9 x 13 inch pan with crumbs. Pour in gelatine mixture. Top with remaining crumbs. Chill until firm. Cut in squares and center each with a marachino cherry. Serves 12.

Mrs. Robert Gross

## LEMON BISQUE

1 can pet milk-put this on in cold water and boil for 5 minutes.  
 1 pkg. lemon jello  
 1/2 c. sugar or a little more  
 1 1/2 c. hot water  
 Mix and let partially set.

Beat milk in large bowl and chill 24 hours add juice of 1 large lemon or 2 if small. Add jello mixture and beat until thick or double in bulk. Pour over graham cracker or vanilla wafer crust. Will fill 9 x 13 inch pan. Serve with a dash of topping. A light tart dessert after a big meal.

Frankie Hade

### MARSHMALLOW REFRIGERATOR DESSERT

- 1 small pkg. marshmallows
- 1 c. milk (scant)
- 1 pint whipping cream
- 1 small can crushed pineapple
- 1 small jar maraschino cherries
- 20 graham crackers (crushed)

Melt marshmallows in milk. When mixture has cooled fold it into the whipped cream. Add pineapple and cherries. Place 1/2 of crumbs in bottom of 8 inch square pan and pour in filling. Top with remaining crumbs. Serves 9.

Mrs. Richard I. Johnson

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### OSTKAKA

- 6 Qts milk, heat to lukewarm
- 1 c. flour
- 1 T. rennet

Let stand 10 minutes, Stir. Take off water and let stand 5 minutes more. Put in colander to drain off water. Put in pan, add:

- 5 eggs beaten
- 1 c. sugar
- 1 c. cream
- 1 c. milk

Work down with beater. Bake 1 hour. Serves 12.

Mrs. John Nelson (d)

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### OSTKAKA

- 1 qt. milk
- 1/4 c. flour
- 1/4 t. rennet
- 1/4 c. sugar
- 1 egg
- vanilla and salt

Warm milk until luke warm, add flour which has been made into a paste with a little milk. Add rennet. Let stand until firm. Drain off a good cupful of whey. To the curd add sugar, egg, vanilla and salt. Bake in 350 degree oven 1 hour or until a little brown on top.

Mrs. Richard Carlon

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### CUSTARD

- 6 to 8 egg yolks or 4 whole eggs
- 1/3 to 1/2 c. sugar
- pinch of salt
- 4 c. scalded milk
- 1 t. vanilla
- dash nutmeg on top

Beat eggs, add rest of ingredients, bake in custard cups in 325 degree oven. Time depends on depth of cups.

Hannah Eckberg

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### LEMON SAUCE

- 1/2 c. sugar
- 1 T. cornstarch
- 1 c. boiling water
- pinch of salt
- 2 T. butter or margarine
- 1 1/2 t. lemon juice
- 1 t. grated lemon rind (optional)

Mix sugar and cornstarch, add water and salt and boil, stirring constantly until thick and clear. Add butter and lemon juice. An egg may also be added if desired. Serves 6.

Mrs. Victor Liljegen

## PINEAPPLE UPSIDE-DOWN CAKE

1/2 c. butter  
 1 c. brown sugar  
 1 can grated or sliced pineapple  
 1/4 c. butter  
 1/2 c. sugar  
 1 egg (well beaten)  
 1/2 c. milk  
 1 1/2 c. flour  
 2 t. baking powder  
 pinch of salt  
 1 t. vanilla

Into an iron skillet put 1/2 cup butter and brown sugar. Let melt and put on top the pineapple. Mix the rest of ingredients in the order given and pour over the pineapple. Bake in moderate oven and turn out on large platter.

Mrs. Russell Hunter

## PEACH DESSERT

1/2 c. sugar  
 1 c. flour  
 2 level t. baking powder  
 1/8 t. salt  
 1/4 c. butter  
 1/2 c. milk  
 1 c. peach juice  
 1/2 c. sugar

Mix sugar, flour, baking powder, salt and butter like pie crust and add milk. Put in pan and cover with canned sliced peaches. Mix together peach juice and sugar and bring to a boil, then pour this syrup over mixture in pan. Bake in moderate oven.

Mrs. Hilma Mars.

## PINEAPPLE UPSIDE-DOWN CAKE

1/4 c. softened margarine  
 1/4 c. light brown sugar  
 1/2 c. karo red or blue label syrup  
 12 slices well-drained pineapple  
 1 pkg. white or yellow cake mix

Glazes perfectly - never gets sugary. Preheat oven to temperature directed on cake mix package. Blend margarine, sugar, karo in 13 x 9 x 2 inch pan; arrange pineapple on mixture. Heat in oven 15 minutes. Meanwhile, mix cake batter as directed on package. Remove pan from oven, pour batter carefully over fruit. Bake 45 to 55 minutes or until cake is done. Remove from oven; invert onto rack. Let stand 1 minute; remove pan. Delicious served hot or cold with whipped cream.

Bemice Skoglund

## DATE WALNUT ROLL

1 c. walnuts  
 1 1/2 c. graham cracker crumbs  
     (finely rolled)  
 20 marshmallows (finely cut)  
 1 c. sliced dates  
 6 maraschino cherries  
     (quartered)  
 2/3 c. orange juice

Chop walnuts, combine with remaining ingredients, mixing well. Shape into roll and wrap in waxed paper. Chill over night. Cut into slices to serve, and garnish with whipped cream if desired. Serves 8.

Mrs. Max Palmer

## RAISIN APPLE COBBLER

3 tart cooking apples  
 1/3 c. sugar  
 1/2 c. raisins  
 1 T. butter  
 1 egg  
 1/2 c. sugar  
 1 c. sifted flour  
 1 t. baking powder  
 1/4 c. milk  
 2 T. butter  
 1/2 t. vanilla

Put pared and sliced apples in buttered baking dish, add raisins, sugar and bits of butter. Beat egg add sugar. Sift flour and baking powder and add alternately with milk. Beat until smooth. Add butter and vanilla. Pour over fruit and bake 350 degree oven 35 minutes.

Mrs. C. J. Johnson

## OSTKAKA

1 gallon milk  
 1 c. flour  
 pinch of salt  
 1 t. rennet  
 1/2 c. sugar  
 3 eggs  
 some cream

Heat milk to lukewarm. Mix flour in little cold milk and put in the rennet; then mix it in the warm milk and let stand a while; then drain off whey. Beat eggs, cream, sugar and salt together, and mix with the rest and bake in moderate oven.

Mrs. Anton Holmer

## RAISIN PUFF

2 eggs  
 1/2 c. butter  
 4 T. sugar  
 2 c. flour  
 3 t. baking powder  
 1 c. raisins  
 1 c. milk

Mix sugar, butter and eggs. Add baking powder to flour, add to first mixture along with milk, then add raisins. Put in custard cups and steam 1/2 hour. Serve with lemon sauce or whipped cream.

Mrs. Edwin Carlson

## RICE DESSERT

1 box fruit flavored gelatine  
 2 c. hot water  
 1 1/2 c. cooked rice  
 1 c. cream whipped  
 1 c. crushed pineapple  
 12 marshmallows (cut up)  
 1/2 c. nut meats (chopped)

Dissolve gelatine in water, may use pineapple juice as part of liquid. When thickened whip till light, fold in rest of ingredients and refrigerate. Serves 9.

Mrs. Henry Peterson

### PRUNE-APRICOT UPSIDE DOWN CAKE

4 T. butter  
 1/2 c. 1 t. brown sugar  
 13 stewed apricots (cut in half)  
 6 stewed prunes (cut in half)  
 1 1/4 c. cake flour  
 1 1/4 t. baking powder  
 1/4 t. salt  
 4 T. butter  
 3/4 c. sugar  
 1 egg  
 1/2 c. milk  
 1 t. vanilla

Melt butter and sugar in a skillet. Arrange prunes and apricots evenly in this syrup. Sift flour and measure, add B.P. and salt and sift 3 times. Cream butter, add sugar, gradually, then the beaten egg. Add flour alternately with the milk, beating after each addition. Bake 40 to 50 minutes at 350 degrees. Turn upside down on platter. Cut in squares. Serve with whipped cream.

Mrs. C. E. Plotner

### STEAMED PRUNE PUDDING

4 T. butter  
 1/2 c. milk  
 1 c. cooked prunes (pitted)  
 1 c. dry bread crumbs  
 1/2 c. sugar  
 1/2 c. flour  
 1/2 t. soda  
 1/4 t. salt  
 1/2 t. cinnamon or nutmeg  
 1/2 t. lemon extract

Steam 1 hour and serve with whipped Cream.

Mrs. Edwin Carlson

### PINEAPPLE AND MARSHMALLOW TAPIOCA

1 c. water  
 1 c. crushed pineapple  
 3 T. quick cooking tapioca  
 2 T. sugar  
 1/8 t. salt  
 1 T. lemon juice  
 16 or more marshmallows  
 2 T. shredded coconut

Heat water and pineapple in double boiler over direct heat. Add tapioca, sugar and salt; cook until granules are clear (stir to prevent lumping and burning.) Add lemon juice. Pour into serving casserole, cover with marshmallows and sprinkle on coconut. Put in oven till marshmallows are slightly browned.

Mrs. Alex Wiklander

### RASPBERRY DESSERT

1/2 lb. marshmallows  
 1/2 c. milk  
 1 c. whipping cream  
 1 pkg. raspberry jello  
 1 c. boiling water  
 1 10-oz. pkg. frozen raspberries

Put milk and marshmallows in double boiler till melted. Let cool. Whip the cream and add. Dissolve jello in the boiling water, add the frozen berries and stir until it congeals. Crush 20 graham crackers mix with 4 tablespoons butter and 1/4 cup sugar. Use this mixture for bottom and top crust. Alternate the layers of berry and marshmallow mixtures.

Mrs. Jim Anderson

## RHUBARB COBBLER

1/4 c. butter or oleo  
 3/4 c. sugar  
 1 c. flour  
 1/4 t. salt  
 1 t. baking powder  
 1/4 c. milk  
 2 egg whites (beaten stiff)  
 4 c. diced rhubarb  
 1 c. sugar or 4 t. sweet-10

Cream butter and 3/4 cup sugar. Add the dry ingredients to the creamed mixture alternately with milk. Fold in egg whites. Place rhubarb and the sugar or sweet-10 in bottom of a baking dish. Pour the batter over the rhubarb. Bake at 350 degrees for 30 to 40 minutes.

Mrs. Edwin Sandquist

## RHUBARB DREAM DESSERT

Crust;  
 1 c flour  
 5 T. powder sugar  
 1/2 c. butter or inperial

Blend and press this mixture into 8 x 11 pan. Bake 15 minutes. at 350 degrees. Cool.

Topping:  
 2 beaten eggs  
 1 1/2 c. sugar  
 3/4 t. salt  
 1/4 c. flour  
 2 1/2 c. chopped rhubarb

Spoon this onto baked crust and bake 35 minutes at 350 degrees. Serve warm or cold.

Sadie Mossberg

## GRAHAM CRACKERS PUDDING

1 c. sugar  
 1 1/2 c. graham crackers crumbs  
 1 t. baking powder  
 3 egg yolks  
 3 egg whites  
 1/2 c. english walnuts

Mix sugar, baking powder and nuts. Add to cracker crumbs, & beat egg yolks and add to crumb mixture. Beat egg whites stiff and fold in. Can be baked in a pie pan. Serve with whipped cream.

Mrs. Reuben Strand (d)

## RHUBARB CRUNCH

Crumb Topping--  
 1 c. sifted flour  
 3/4 c. uncooked rolled oats  
 1 c. brown sugar, firmly packed  
 1 t. cinnamon  
 1/2 c. melted butter or margarine  
 (if using oleo use 1/4 t. banana flavoring)

Mix all together and put part in the bottom of a 9 inch square pan. Then put 4 cups finely cut rhubarb over this.

Now cook until thick,  
 1 c. sugar  
 2 T. cornstarch  
 1 c. water  
 vanilla

Pour this mixture over rhubarb and then put on remaining crumb topping and bake in 350 degree oven for 1 hour. Delicious, but rich. Can be served with a dab of whipped cream or plain cream.

Mrs. Rex Miller

## STRAWBERRY TAPIOCA

6 T. tapioca  
 1 c. sugar  
 2 1/2 c. hot water  
 1/4 t. salt  
 1 t. vanilla  
 2 c. strawberries

Wash and hull berries, cut in halves. Add 1/2 the sugar, mix well and set in cool place to chill. Mix tapioca, the rest of the sugar, salt and add boiling water slowly. Cook for ten minutes in double boiler. Add vanilla. Remove from heat and allow to cool. When chilled add berries. Serve with whipped cream.

Mrs. C. E. Hoffman

## RICE PUDDING

1/3 c. rice  
 3 1/2 c. milk  
 pinch salt  
 1/3 c. sugar  
 2 egg yolks (well beaten)  
 1/2 c. cold milk  
 1 t. vanilla  
 2 egg whites

Cook rice in milk in double boiler till rice is well done. Add salt and sugar. Add egg yolks which have been mixed in cold milk and let cook till creamy. Add vanilla and pour into a 2 quart dish. Top with a meringue made with the egg whites and 2 tablespoons sugar, brown in slow oven 325 degrees.

Mrs. Clarence Strand

## STRAWBERRY ANGEL DESSERT

8 c. of 1/2 inch cubes of angel food cake  
 1 no. 2 can strawberry pie mix  
 (or kind desired)  
 1 pkg. instant vanilla pudding mix  
 1 1/2 c. milk  
 1 c. dairy sour cream

Place 1/2 of the cubes in a 9 by 9 inch dish. Spoon the pie mix on top of the pie mix. Combine the pudding, milk and sour cream and mix well. Spoon this at once on top of the cake cubes. Sprinkle with grated coconut and chill at least 5 hours or over night.

Mrs. Leon Skoglund

## HUSBANDS DELIGHT DESSERT

1/2 c. butter  
 3 T. cocoa  
 2 c. powdered sugar  
 1/2 c. chopped nuts  
 1 t. vanilla  
 2 egg yolks (well beaten)  
 2 egg whites (well beaten)  
 8 graham crackers (crushed)  
 2 T. melted butter

Cream butter cocoa and sugar. Add egg yolks. Fold in whites, nuts and vanilla. Combine crumbs with butter and place in bottom of pan, top with cocoa mixture and chill well before serving. May be topped with whipped cream.

Mrs. Duane C. Anderson

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**CUSTARD DESSERT**

Soak 2 T. gelatine in 1/2 c. water

Cook these until it coats a spoon;

4 c. milk

1 c. sugar

6 egg yolks

pinch of salt

Add gelatine mixture to egg mixture, let cool, then add 1 pint cream whipped and 1 teaspoon vanilla. Nuts, cherries or marshmallows may be added. May be poured onto a baked graham cracker crust. Refrigerate.

Mrs. T. Phillip Lind

# *Doughnuts*



# DOUGHNUTS

## DROP DOUGHNUT BALLS

1 pkg. yeast dissolved in 1/4 cup water.

Scald 1 cup milk

Add: 1/4c sugar, 1 t. salt and 1/2 shortening. Cool.

Add: 1 c. flour, yeast, 2 eggs beaten, 1/2 t. vanilla, add 2 1/2 c. flour.

Let stand 1 hour.

Drop by teaspoon in hot grease. (about 3 minutes.)

Roll in sugar or dip in thin glaze. (Made of powdered sugar and hot water.)

Mrs George Kullberg

## RICH DROP DOUGHNUTS

2 eggs

6 T. sugar

2 T. melted butter

2 scant c. flour

1/2 t. salt

2 t. baking powder

1/2 t. nutmeg

6 T. milk

Beat eggs till very light — add sugar and melted butter. Add dry ingredients alternately with milk. Drop from teaspoon into deep fat and fry until golden brown. Makes about two dozen.

Bernice Skoglund

## RAISED DOUGHNUTS

1 cake Fleischmann's yeast

1 1/4 c. milk, scalded and cooled

1 T. sugar

4 1/2 cups flour

1/2 c. sugar

3 T. butter

1/4 t. mace

1 egg (well beaten)

1/4 t. salt

Dissolve yeast and 1 tablespoon of sugar in luke warm liquid, add 1 1/2 cups flour and beat well. Cover and let rise in warm place for about an hour. Add to this the butter and sugar (creamed), mace and egg (well beaten). The remainder of the flour to make a moderately soft dough, add the salt. Knead lightly. Place in well-greased bowl, cover and let rise again in warm place for about 1 1/2 hours. When light turn on floured board, roll to about 1/3 inch thickness. Cut with small doughnut cutter, cover and let rise again in warm place until light, about 45 minutes. Drop in deep hot fat with side upper most, which was next to board. Fry to golden brown, drain, roll in powdered sugar. Fat is hot enough when browns square of bread in forty seconds.

Mrs. Leonard Youngquist

### DOUGHNUTS (Using Egg Yolks)

4 c. flour (sifted)  
4 t. baking powder  
1/2 t. cinnamon (optinal)  
1 t. nutmeg  
1 t. salt  
5 egg yolks  
1 cup sugar  
1/3 c. melted shortening  
1 c. milk

Beat egg yolks till very light. Add sugar, continue beating and add shortening, then milk and sifted dry ingredients alternately until mixed.

Pat out 1/3 inch thick, cut with doughnut cutter, let stand a few minutes, then drop in deep hot fat bottom side down. When light brown turn once.

A little more flour may be necessary to handle, but use as little as possible. While still warm dip in granulated sugar, powdered sugar, or glaze.

Mrs. Alvin Youngquist

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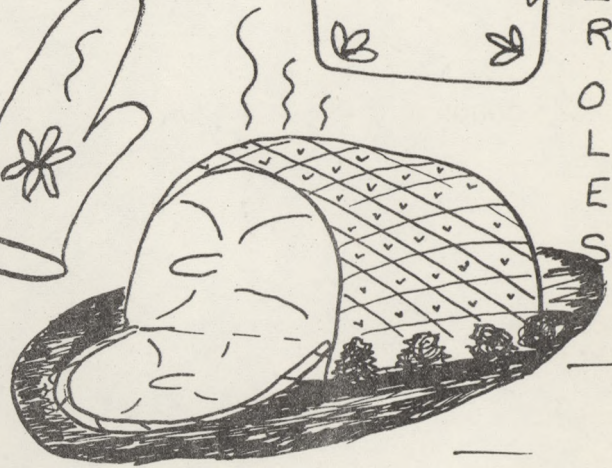
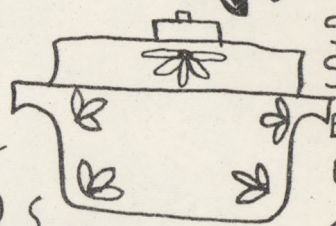
### GLAZED DOUGHNUTS

1 c. sugar  
1 c. sour milk  
1 t. soda  
2 eggs  
1 t. salt  
1/2 t. baking powder  
2 T. melted shortening  
4 c. flour  
1/2 t. nutmeg (or to taste)

Mix in order given and fry in deep hot fat. Next make a paste, the consistency of heavy cream, of powdered sugar, milk and vanilla. As the doughnuts are taken from the grease, dip in powdered sugar mixture and allow to drip dry.

Mrs. Alvin Youngquist

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# MEATS AND CASSEROLES

## BAR-B-Q SAUCE

1 c. catsup  
1 beef bouillion cube  
1 c. boiling water  
1 T. mustard  
1 T. steak sauce  
2 T. worcestershire sauce  
1 c. brown sugar  
1/2 c. chopped onion  
2 buds garlic (finely chopped)  
dash of cayenne

Dissolve the bouillion cube in the water and add to rest of ingredients. Simmer for about 15 to 25 minutes and baste meat. Make about 2 cups sauce. I usually triple it for ribs for six or eight.

Mrs. Bernard Monson

## BARBECUED PORK CHOPS

6 1-inch pork chops  
salt and pepper  
18-oz. can (1 cup) seasoned  
tomato sauce  
1/2 c. catsup  
1 t. worcestershire sauce  
1 t. liquid smoke  
1/2 t. onion salt

Brown pork chops in heavy skillet. Season with salt and pepper. Combine remaining ingredients and pour over chops; simmer until tender (about 1 hour), turning occasionally. Makes 6 servings.

Mrs. C. J. Johnson

## CHOW MEIN NOODLE CASSEROLE

Brown slightly.  
1-lb. hamburger  
1 med. onion (chopped) or  
use dried, minced onion  
Add:  
1 can vegetable soup  
1 can cream of chicken soup  
1 can chicken with rice soup

Combine with 2 med. cans of Chow Mein noodles, and bake about 1 hour in a 350 degree oven.

Mrs. C. E. Plotner

## HAMBURGER CHOW MEIN

1-lb. hamburger  
1 small onion (chopped)  
1 c. diced celery  
1 can tomato soup  
1 can mushroom soup  
1 can chow mein noodles

Brown hamburger and add all other ingredients, reserving a few chow mein noodles. Pour into baking dish and sprinkle reserved noodles over top. Bake 1 hour at 350 degrees. Makes 6 servings. (If you're in a hurry, simmer celery in a bit of water until tender before adding to mixture. Then dish needs only 30 minutes to bake.) Don't add salt — it's salty enough already.

Mrs. Herman Rylander

## AMERICAN CHOW MEIN

1-lb. hamburger  
 1 large onion (chopped)  
 Brown in 2 T. fat, then add  
 1 c. chopped celery  
 1/2 c. raw rice  
 1 can cream of mushroom soup  
 1 can chicken gumbo soup  
 1 1/2 T. soya sauce

Place in casserole. Bake for 1 hour at 350 degrees. Serve over warmed chow mein noodles. Serves about 5.

Mrs. Carl Swanson

## BAKED HASH

Take left over cold potatoes and meat, grind and put in alternate layers in a greased pan; a layer of hard boiled eggs crumbled, and season with onions, pepper and salt. Cover with buttered bread crumbs, then cover the whole, either with meat stock or white sauce.

Mrs. A. L. Blomquist (d)

## AMERICAN CHOP SUEY

1 c. uncooked macaroni  
 1 small can tomatoes  
 2 c. hot water  
 1-lb. ground beef  
 1 onion  
 cheese (grated)  
 salt and paprika to taste  
 2 T. fat

Fry onion and meat in fat until dry and brown. Mix other ingredients, baking 1 1/2 to 2 hours in moderate oven.

Mrs. David Lennarson (d)

## CORNED BEEF CASSEROLE

1 or 2 cans corned beef  
 1 8-oz. pkg. med. wide noodles  
 1 can cream of mushroom soup  
 1 can cream of chicken soup  
 1 large can evaporated milk  
 1/4 lb. cubed cheese  
 1 small onion  
 2 c. corn flakes  
 2 T. butter

Cook noodles in slightly salted water till tender, drain. In large mixing bowl, break meat in to small pieces, add chopped onion, cheese soup and milk. Add noodles, stir till well mixed. Pour in buttered casserole or large baking pan. Melt butter and mix with corn flakes, just before putting in the oven put corn flakes on top using a spoon to push some down through the mixture. Bake in 350 to 375 degree oven till bubbling and browned, about 45 minutes. Serves 12 or more large servings.

Mrs. Everette Danielson  
 and Alvin Carlstrom

## BAR-B-Q RIBS

2-lbs. ribs pork  
 1/2 c. catsup  
 3 T. brown sugar  
 1 t. salt  
 1 t. prepared or dry mustard  
 2 T. worcestershire sauce  
 1/2 c. water

Brown ribs in fat; season with pepper and salt to taste. Mix rest of ingredients thoroughly and pour sauce over ribs and simmer 2 hours. For smoked flavor add 1 teaspoon liquid smoke and 1 tablespoon vinegar.

Mrs. Floyd Danielson

## BARBECUED SPARE RIBS

pork ribs  
 1 T. butter  
 1 small onion  
 1 T. sugar  
 1 t. dry mustard  
 1 t. celery salt  
 1 t. paprika  
 1/2 c. tomato catsup  
 1/4 c. vinegar

Cook 1 side of pork ribs, about half done; then put in roaster and pour over the following sauce: Melt butter, cook onion until soft in butter. Blend sugar, mustard, celery salt, and paprika. Add to the onion with 1/2 cup tomato catsup and 1/4 cup vinegar and about 1 cup broth from the cooked ribs. Boil and pour over ribs in roaster and bake in moderate oven about 1 hour.

Mrs. Edwin Carlson

CORNERD BEEF AND NOODLES  
 BAKED DISH

1 can corned beef  
 1 8-ounce package noodles  
 1 can cream of chicken soup  
 1 c. milk  
 1/4 lb. velveeta cheese  
 1 small onion  
 2 c. corn flakes  
 2 T. melted butter

Cook noodles and drain, heat soup and melt cheese in it. Mix all ingredients together and pour in buttered casserole and top with corn flakes mixed with melted butter and bake in 350 degree oven for about one hour.

Mrs. Harold Lundblad

## CHOP SUEY

2-lbs. ground beef  
 1/2 lb. bacon  
 1 med. pkg. spaghetti  
 1 large onion  
 1 qt. tomatoes  
 celery  
 Salt, pepper and allspice to taste

Brown beef, bacon and onion in skillet, add tomatoes and cooked spaghetti, also spices. Bake in moderate oven about 1 hour. Serves 10 to 12.

Mrs. Ruth Wilson

## CHEESE SOUFFLE

4 T. butter  
 4 T. flour  
 1/2 t. salt  
 1 c. milk  
 1/2 pound cheese (or less)  
 4 beaten egg yolks  
 4 stiffly beaten egg whites

Make a smooth white sauce of of first four ingredients; cut up 1/2 pound cheese or less, and stir into white sauce until it melts and is smooth. Gradually add cheese mixture into beaten egg yolks. Carefully fold in stiffly beaten egg whites. Bake in ungreased glass casserole placed in pan of water at 325 degrees or moderately hot oven, for one hour and 15 minutes, or until a silver knife inserted in souffle remains clean. Can add dried beef, tuna, asparagus, or other variations; before you add the eggs.

Mrs. C. E. Plotner

## POULTRY DRESSING

4 c. crust less bread, diced white,  
 graham or whole wheat  
 2 or 3 eggs (optional)  
 4 T. chopped parsley  
 1/4 to 1 c. chopped celery  
 3/4 t. salt  
 1/2 t. paprika  
 1/4 c. nut meats (optional)  
 1/4 c. butter  
 onions  
 1 c. mushrooms (sliced)

Melt butter, add onions and mushrooms (no liquid with this) and saute. Combine diced bread, eggs, parsley, celery, salt, paprika, nutmeats, liquid from mushrooms and mix with butter, onion and mushrooms, then stuff. Sufficient for a 4 pound chicken. A small turkey will require 1 1/2 times this amount.

Mrs. Frank Lindquist

## CHILI CON CARNE

1-lb. hamburger  
 2 cans (#1) chili beans  
 (Mrs. Grimes is good brand)  
 1 T. onion flakes  
 1 t. chili powder  
 (more or less as desired)  
 salt to taste  
 1 c. water more to suit taste

Brown hamburger lightly as for sloppy Joes. Add remaining ingredients and simmer 10 to 30 minutes as time permits. (Flavors blend with a bit longer time.) Serve with toasted bun halves or crackers. Serves 6 to 8.

Mrs. Norman W. Runge

## HOMEMADE NOODLES

1 egg  
 2 T. cream  
 1/2 t. baking powder  
 1/4 t. salt  
 scant cup of flour

Beat egg till light; add cream. Then add dry ingredients. Roll out thin and let dry a little before cutting.

Mrs. Harry Dixon

## BAKED PORK CHOPS

pork chops  
 1 can cream of chicken soup  
 1 T. worcestershire sauce  
 3 T. catsup  
 1 onion chopped

Brown pork chops and put in casserole. Mix other ingredients and spread over chops. Bake 1 hour at 400 degrees.

Mrs. Clayton Miller

## BAKED DISH CHOP SUEY

1-lb. veal or beef, ground  
 1/2 c. uncooked rice  
 1 can mushroom soup  
 1 can chicken cream soup  
 1 small can pimento  
 1 onion  
 2 c. celery  
 3 T. Soya Sauce

Brown meat in butter; also brown onion. Add other ingredients. Add no salt. Bake in slow oven or electric fry pan for 1 1/2 hours.

Mrs. Ellen Telleen

CHICKEN CASSEROLE

- 8 chicken breasts or meaty pieces
- 1 c. uncooked rice
- 1 c. chicken stock or broth
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 t. salt
- melted butter

Mix broth, soups and salt together  
 Sprinkle rice in well greased bak-  
 ing dish. Pour soup mixture over  
 rice. Turn chicken pieces in melt-  
 ed butter and place in soup mix-  
 ture. Bake in slow oven 275 degrees  
 for 1½ to 2 hours or until chicken  
 is tender.

Mrs. Richard I. Johnson

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VARIATIONS-

1 can celery soup - Cover with  
 foil - Remove foil last ½ hour to  
 brown. Bake at 325 degrees for  
 2½ hours. After removing from oven,  
 put slivered almonds on top if de-  
 sired, also small can of whole  
 mushrooms.

Mrs. Hannah Nelson

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VARIATIONS-

1 can mushroom soup, 1 can beef  
 boullion soup. 1 pkg. onion soup  
 mix and 1 can mushrooms cut up.  
 Mix together and pour over chicken  
 rice mixture. Bake. Serves 6 to 8.

Dorothy Green, St. Paul Minn.

VARIATIONS-

1 can cream of celery soup, 1/2  
 cup milk, 1 can cream mushroom  
 soup, 1 envelope onion soup, mix  
 and pour over cut up frying chicken  
 and rice. Bake covered with foil,  
 uncover to brown the last 15 min-  
 or till nicely browned.

Loretta Youngquist

MACARONI AND CHEESE

- 1 1/2 c. macaroni
- Cooked until soft
- 2 c. milk, heated
- 2 eggs, beaten
- 1/4 c. butter
- 1 c. cheese
- 1 onion (optional)
- salt and pepper to taste

Mix in order given. Bake in moderate  
 oven 1 hour.

Mrs. Andrew Lundquist (d)

TURKEY DRESSING

- Mix:
- 6 c. dry bread cubes
- 1/2 t. salt
- 3/4 t. sage or thyme
- Boil, drain and save veg. liquid;
- 3 c. celery, diced
- 1 c. chopped onion

Add drained celery and onions to  
 bread cubes and then add veg.  
 liquid to mixture, as much as  
 needed.

Mrs. Jim Anderson

SOUTHERN FAVORITE  
BAKED DRESSING

3 eggs  
2 c. milk  
1 c. chicken broth  
1 onion (ground)  
1/4 c. celery  
1 1/2 t. salt  
1/4 t. pepper  
2 quarts dry bread cubes

Beat eggs and add next six ingredients. Add bread and mix lightly. Pour into 8 x 8 inch greased pan. Bake in 350 degree oven for about 30 minutes or until puffy and golden. Serve with chicken gravy. 8 servings.

Mrs. Frankie Hade

CHICKEN ALMOND-CHOW  
MEIN-CASSEROLE  
(Serves 12)

1/2 lb. can tuna, chicken or turkey  
1/4 lb. blanched almonds  
1 can chow mein noodles  
2 c. milk  
1/2 c. cream  
1/8 lb. butter  
2 T. flour  
2 eggs

Make white sauce of butter, flour milk and cream. Separate eggs, beat egg yolks and stir into white sauce. Flake and add to white sauce the meat with noodles and almonds. Beat egg whites and fold into entire mixture. Bake in pan of water in moderate oven about 1 hour. Serve with mushroom sauce. (Diluted mushroom soup.)

Mrs. Mark Ione Craigmile

DRIED BEEF CASSEROLE

4 T. melted butter, add  
3-oz. dried beef and fry a little  
Add:  
4 T. flour — Cook to thicken  
2 c. milk  
Add:  
1/4 lb. cheese (cut up) Velveeta  
1 can mushroom soup  
1 10-oz. pkg. noodles (cooked) less  
noodles may be used. " "  
An 8-oz. pkg.  
1 small jar chopped pimentos may  
be used for color and flavor

Put in a 8 1/2 x 14 1/2 inch baking dish, crumble potato chips on top. Bake at 350 degrees for 30 minutes or until bubbly all over. Serves 8 to 10.

Mrs. Floyd Danielson  
Mrs. Carl Nelson

BAKE CHICKEN PUFF

1 c. (5-oz. can) diced chicken or  
1 can (7-oz.) tuna  
1 can (no. 2) green beans, drained  
1 can condensed cr. of chicken soup  
4 eggs, seperated  
1/4 c. shredded American cheese

Place chicken, beans and soup into a 1 1/2 quart casserole in the order given. Beat egg whites until very stiff. Beat yolks until thick and lemon colored. Add Cheese and fold gently into beaten egg white. Pour over mixture in casse role. Bake at 375 degrees for 40 minutes. from cold start.

Florence M. Nelson

## ESCALLOPED CHICKEN

1 quart of coarsely cubed stewed chicken  
1 quart of broth, free from fat

## DRESSING:

1 1/2 quarts stale bread cut in cubes  
3/4 c. melted butter  
1 1/2 t. powdered sage  
1/4 c. stock  
3/4 t. salt  
2 T. chopped onion

Mix lightly with a fork

Spread chicken in flat pan. Cover with dry dressing. Pour gravy made of broth evenly over dressing. Bake in moderate oven until golden brown.

Mrs. A. E. Lindquist

## ESCALLOPED CHICKEN

2 c. bread crumbs  
1 chicken  
3 c. broth  
3 eggs  
1 c. cream  
1 can mushroom soup

Cook chicken, remove from bones, and cut into pieces. Beat eggs until light and mix with chicken, broth, soup and cream. Salt to taste. Cover with buttered crumbs in buttered baking dish and bake 1 hour, in moderate oven.

Mrs. Arthur Carlson

## COVENANT CAMP CASSEROLE

1 8-oz. pkg. med. width noodles  
1 c. milk  
3 cans swansons boned chicken  
2 cans cr. of chicken soup  
1 can french style string beans  
2 t. grated onion  
salt and pepper to taste

Place in casserole. Top with slightly crushed potato chips or browned bread slices. Bake at 350 degrees for 1 hour. Serves 15 to 20.

Mrs. E. M. Johnson, Manson

## CHICKEN LOAF

About 2 cups cooked chicken or any left over fowl.

3/4 c. milk  
1 1/2 c. soft crumbs  
2 T. butter  
1 small onion  
1 stalk celery with leaves  
2 sprigs parsley  
1 t. salt  
1 t. pepper  
2 eggs

Heat milk until film covers top. Then pour over bread crumbs and butter. let stand 5 minutes. Chop onion, celery and parsley and mix with chicken (cut in small pieces.) Season with salt and pepper. Beat eggs slightly, stir into bread-milk mixture, add chicken and mix thoroughly, pour into greased custard cups or medium casserole. Set in pan of warm water and bake 45 minutes in 375 degree oven.

Mrs. Ted Aspenson

## COUNTRY CAPTAIN

## CHICKEN MONTEREY

- 2 c. chicken (cut in chunks)  
 1 jar of dennis chicken  
 1 can mushroom soup  
 1 c. chicken broth or milk  
 3 T. chopped onion  
 1 c. chopped celery  
 1 can chinese noodles  
 1/2 c. slivered almonds  
 Mix put in casserole, top with crushed potato chips or cracker crumbs. Bake 350 degrees about 45 minutes to 1 hour.

Florence M. Nelson

## CHICKEN, ONE DISH DINNER

- 1 roasting chicken  
 1 c. rice  
 2 raw carrots  
 2 medium sized onions  
 5 T. frying fat  
 2 whole cloves  
 1/2 t. paprika  
 3 t. salt  
 1/4 t. pepper  
 2 sprigs parsley (cut up)  
 1 c. canned tomatoes  
 3 c. water

Melt fat in a large skillet; pan fry the onions until a clear brown, remove and put in large baking dish. Lightly flour the pieces of chicken and pan-fry until a golden brown and then put the chicken in the baking dish. In a skillet, combine carrots, parsley, tomatoes and seasoning with the 3 cups of boiling water and pour around the chicken. Sprinkle the rice, well washed and drained, evenly around the chicken. Cover closely and bake in a moderate oven 350 degree until the rice is fluffy and tender, about 1 hour.

Agnes Anderson (d)

- 2 frying chickens (cut up)  
 3/4 c. flour  
 2 t. seasoned salt  
 3/4 t. tarragon  
 8 T. butter  
 1 lb. fresh mushrooms  
 (sliced) or canned mushrooms  
 3 c. chicken broth (canned)  
 1 chicken bouillon cube.

Mix flour with salt and tarragon. Coat chicken pieces with flour; let dry a few minutes; save remaining flour. Melt half of the butter and saute chicken until golden brown. Transfer to baking pan. Add mushrooms to melted butter and brown them. Spoon mushrooms over chicken in baking pan, then add remaining butter or magarine. Stir in 1/4 c. of reserved flour and add chicken broth and bouillon cube. Cook until smooth and thick, stirring constantly. Pour sauce over chicken and mushrooms. Cover tightly and bake until tender (about 1 hour) in a slow 325 degree oven.

Mrs. Hannah Nelson

## ROYAL SCALLOP

- 6 hard boiled eggs (chopped)  
 1 c. boiled ham (chopped)  
 1 quart medium white sauce  
 Buttered cracker crumbs

Alternate layers in buttered casserole, top with crumbs and bake 20 to 30 minutes in moderate oven.

Mrs. Lee Devereaux

## TURKEY PIE

1/2 c. chopped celery  
 1/2 c. chopped onions  
 2 c. turkey stock  
 1/4 c. flour  
 1 3-oz. can sliced mushrooms  
 3 c. turkey or chicken  
 1 T. lemon juice  
 3 T. parsley  
 salt and pepper to taste

Heat stock to boiling, blend flour with 1/2 cup of cold stock, Stir into hot stock. Cook until smooth, stirring constantly, add remaining ingredients. Season to taste. Pour into casserole. Top with baking powder biscuits. Bake pie in 425 degree oven about 30 minutes or until biscuits are done.

## AMERICAN GOULASH

2 small onions (chopped fine)  
 2 T. lard or substitute)  
 1 lb. hamburger  
 1 c. boiling water  
 2 or 3 potatoes (diced)  
 1 can peas

Fry onions and fat, stirring constantly. Add hamburger and stir until meat is browned, add 1 cup boiling water, potatoes; let cook 20 to 30 minutes or until done. Before removing from stove, add 1 can of peas and season thoroughly. This gives you your meat and a two-vegetable dish which is a meal in itself.

Mrs. Otto Blomgren (d)

## HAM NOODLE BAKE

2 c. noodles  
 2 c. cooked ham  
 2 hard boiled eggs sliced  
 2 T. butter  
 2 T. flour  
 1 1/2 c. milk  
 1 t. onion juice (chopped onion may be used)  
 1 t. parsley flakes  
 3 T. chopped pimento  
 Topping: 1/2 cup crumbled potato chips.

Cook noodles in salted water till almost tender. Drain and rinse in warm water. Make white sauce of flour, butter and milk. Add onion, parsley, pimento, noodles and ham. Blend, pour in 1 1/2 quart buttered casserole. Put 1/2 of noodle mixture, then a layer of sliced eggs. Add rest of noodles and top with chips. Bake 375 degree oven for 30 minutes.

Mrs. Al Youngquist

## HAM LOAF

1/2 lb. ham (ground)  
 1/2 lb. hamburger  
 1/3 c. ritz cracker crumbs  
 1 egg beaten  
 3/4 c. milk  
 1/4 t. salt and pepper  
 Mix as loaf or balls.

Sauce;

1 c. brown sugar  
 1 t. dry mustard  
 3 T. vinegar

Boil together and pour over loaf or balls. Bake 1 hour at 350 degrees.

Mrs. Harold Omess

## HAM AND PINEAPPLE DOUGHNUTS

1 lb. ground smoked ham  
 1 lb. ground fresh pork  
 1 1/2 c. soft bread crumbs  
 2 eggs beaten  
 pineapple rings

Combine all but pineapple, mix well form into patties a little larger than pineapple rings, lay on pineapple slices, but in pan. Bake 325 degrees for 1 1/4 hours basting with sauce.

Sauce:—

1 1/4 c. brown sugar  
 1/2 c. pineapple juice  
 1 t. vinegar  
 when about done sprinkle with grated cheese and heat until cheese melts.

This is good served with a salad also corn custard and buns. Makes 10 or 12 patties.

Mrs. C. H. Blomgren

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 HAM LOAF

2/3 lb. ham  
 1 1/3 lb fresh pork  
 2 eggs  
 1 T. salt  
 1/4 t. pepper  
 1 c. milk  
 1 c. oatmeal

Mix above and put into bread pan; place the following sauce over top:

1/3 c. brown sugar  
 1 T. mustard (dry)  
 2 T. vinegar

Bake in moderate oven for 1 hour.

Mrs. Frankie Hade

MACARONI WITH WIENERS  
AND ONION

1 med. onion (chopped) more if desired)  
 6 or 8 wieners or sizzlers  
 2 T. shortening  
 1 can onion soup  
 1 c. milk  
 3 slices cheese (diced)  
 2 c. uncooked macaroni  
 1/2 t. salt (more if needed)

Cook onions and meat in shortening till slightly browned. Mix with rest of the ingredients and pour in greased casserole and bake 1 1/2 hours (covered) in 350 degree oven. Stir a few times as it cooks and if necessary add a little more milk. Uncover the last 1/2 hour to brown.

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 MOCK CHICKEN

1 1/2 lbs. lean beef  
 1 1/2 lbs. lean pork  
 4 beaten eggs  
 1 can mushroom soup  
 6 slices bread, buttered and toasted  
 salt and pepper to taste  
 1 med. onion (chopped)  
 2 c. celery (chopped)  
 2 bouillon cubes

Simmer meat over low heat until tender; the meat is cubed into small pieces. Add water and bouillon to meat stock, making 5 cups. Cube toast. Combine all ingredients and pour into a 10 x 14 pan. Sprinkle buttered and browned crumbs on top. Bake 1 1/2 hours at 325 degrees. Makes 16 servings.

Mrs. Sadie Mossberg

## SCANDINAVIAN MEAT DISH

- 3/4 lb. ground pork shoulder
- 3/4 lb. ground veal shoulder
- 2 eggs, beaten
- 1/2 c. crackers crumbs
- 1 medium sized onion, chopped
- 2/3 c. milk
- 1/2 t. pepper
- salt to taste
- 2 c. coarsely shredded cabbage

Mix the pork, veal, eggs, cracker crumbs, onion, milk and seasonings together. Put a layer of the meat mixture into a greased baking dish, then the chopped cabbage, then another layer of meat. Bake in moderate oven, 350 degrees for one hour. Serves eight.

Lydia Lind

## LAKE SHORE CASSEROLE

- 1 lb. veal cubed
- 1 lb. pork cubed
- 1 lb. American cheese cubed
- 1 green pepper diced fine
- 1 small jar pimentos chopped
- 1 small onion chopped
- 2 cans cr. of chicken soup
- 1 can cr. mushroom soup
- 1 c. water
- 1 8-or 10-oz. med. sized noodles  
(cooked)

Brown meat and onions lightly. Mix all together and put in greased casserole. Bake 1 1/2 hours at 350 degrees. Serves 10 to 12.

Mrs. Agnes McKeaige, Silvis, Ill

## ORIENTAL SPAGHETTI

- 1/2 lb. ground beef
- 1/2 lb. ground pork
- 1 small onion
- 3/4 c. chopped celery
- 1 can chinese vegetables
- 1 1/2 t. salt
- 1 can condensed tomato soup
- 1/2 c. water
- 1/2 lb. spaghetti (cook till tender)

Brown meat in skillet, add chopped onion and celery, drained vegetables and salt. Cook gently 10 minutes, then add soup and water, combine with cooked spaghetti and put in casserole. Bake at 350 degree oven for 10 to 15 minutes. Sharp cheese (grated) May be sprinkle on top.

Lucille Lambertsen.

## MACARONI HAM CASSEROLE

- 1 c. macaroni (before cooking)
- 1/2 c. grated cheese
- 1 c. cooked ham (diced)
- 1/4 t. salt
- 1 medium onion minced
- 1 green pepper minced (can be  
Omitted)
- 2 T. ham or bacon fat
- 1 c. milk
- 2 c. bread crumbs

Cook macaroni in salted water until tender, drain and put in a bowl with cheese, ham and salt. Fry onion pepper in bacon fat. Mix and put in baking dish, cover top with crumbs and pour milk over all. Bake 20 minutes at 350 degrees.

Mrs. Donald Schill

## BROWN STEW

2 lbs. lean beef chuck (cubed)  
 shortening  
 4 c. boiling water  
 dash of all spice  
 1 clove of garlic  
 1 t. pepper  
 1 t. sugar  
 1 med. onion (cut up)  
 1/2 t. paprika  
 2 bay leaves  
 1 T. salt  
 1 t. worcestershire sauce  
 1 t. lemon juice or vinegar

Brown floured meat cubes for 20 minutes. Add remaining ingredients and cook slowly for 2 hours or more. One hour before done, add carrots and 1 whole onion; cook some potatoes separately and add last (or cook down and add tomato sauce to gravy.)

Mrs. Axel E. Johnson

## PORK STEAK CASSEROLE

1 1/2 lbs. pork steak  
 2 c. celery  
 1 med. onion  
 small green pepper  
 1 8-oz. pkg. noodles  
 1 can whole kernal corn  
 1 can mushroom soup

Boil noodles in salt water until tender. Cube and brown pork steak. Mix ingredients, place in casserole, cover with buttered crackers crumbs. Bake in 350 degree oven 45 minutes or until brown.

Mrs. A. L. Flinkinger

## BAKED MEAT BALLS WITH SPAGHETTI

1 lb. round steak, ground  
 1/4 c. soft bread crumbs  
 1 egg  
 1 t. salt  
 2 T. butter  
 1 onion (sliced)  
 1/2 green pepper (sliced)  
 1 1/2 c. canned tomatoes  
 1/4 lb. cooked spaghetti  
 salt and pepper to taste

Combine round steak, bread crumbs, egg and salt. Mix well and shape into balls. Brown meat balls in butter or other fat. Transfer browned meat balls to casserole and brown onions and green peppers slightly in meat dripping. Cover meat balls with cooked spaghetti. Then add browned onions and green pepper. Add tomatoes to drippings in skillet and blend well. Then pour over casserole. Season to taste with salt and pepper. Cover and bake in pre-heated oven as directed above.

Mrs. Darrel Schill

## VIRGINIA SPICED HAM

2 lb. ham slice (1 inch thick)  
 1 t. mustard (dry)  
 1 T. brown sugar  
 1/8 t. ground cloves  
 1 T. vinegar  
 1/2 c. water

Place ham in a 10 x 16 baking pan. Combine other ingredients and pour over ham. Bake at 325 degrees for 1 hour. Baste several times during baking.

## BUSY DAY DINNER

Mix together:

- 1 lb. hamburger
- 3 or 4 t. Lipton onion soup mix
- 2 T. Pet milk
- 1/4 c. minute rice
- 1/4 t. salt
- dash of pepper

Peel and quarter:

- 4 med. potatoes
- 4 carrots

Form the hamburger mixture into medium meat balls or patties. Brown on both sides. Cover bottom of small roaster or a large baking dish with foil, leaving foil long enough to fold over at top and sides, so vegetables and meat are completely covered. Sprinkle two or three teaspoons of onion soup mix over bottom. Put meat balls over this. Mix 2 beef boullion cubes in 1 cup hot water and pour this over meat balls in the foil, making sure foil is cupped enough so moisture cannot escape. Put the quartered potatoes and carrots over the top of the meat balls; sprinkle onion soup mix over the top of them. Seal foil together on top and sides and bake for 1 1/2 hours in 350 degree oven.

Mrs. Larry Sellstrom

## "DO AHEAD" CASSEROLE

- 1 can mushroom soup
- 1 c. milk
- 3 T. minced Onion
- 1 c. elbow macaroni
- 1 to 1 1/2 lbs. hamburger
- salt to taste

Brown hamburger; add rest of ingredients. Put in a buttered casserole and refrigerate at least 3 to 4 hours or overnight. Bake uncovered at 375 degrees for one hour.

Mrs. David Hoover

## HAM LOAF

- 2 lbs. lean pork (ground)
- 1 lb. smoked ham (ground)
- 2 eggs
- 1 c. milk
- 1 c. cracker or bread crumbs
- onions, if desired

Mix and roll into loaf. Put in a baking dish; pour can of tomato soup over it and bake slowly for 2 hours.

Mrs. C. A. Wemer, Albert City,

## OVEN STEW

- 1 lb. lean stew beef, cubed
- 4 med. carrots, sliced
- 1 med. onion, sliced
- 2/3 c. celery, cut up
- 1 c. tomato juice
- 1 1/3 c. potatoes, quartered
- 2/3 T. sugar
- 1 1/3 T. minute tapioca
- salt

Mix well and cover; bake 250 degree oven for 5 hours. Do not brown the meat and do not uncover once.

Mrs. Cliff L. Anderson

## HOT DISH

1 pound hamburger, brown. Add 3 stalks celery and onion; simmer. Add 1/2 cup water, 1 tablespoon corn starch, 3 tablespoon soy sauce, 1 large can Franco American Spaghetti, 1 small can mushrooms. Top with chow mein noodles and bake 1/2 hour or longer at 350 degrees.

Mrs. Ted Asperson

## HAMBURGER SUPREME

1 lb. ground beef  
 2 or 3 chopped onions  
 1 1/2 c. celery cut fine  
 1 can mushroom soup  
 2 cans cold water  
 1/2 bottle soy sauce  
 1 c. uncooked rice  
 extra mushrooms if desired  
 a dash of pepper  
 (Don't add salt as soy sauce is salty)

Put in casserole and bake one hour.

Mrs. R. L. Carlon

## HAMBURGER AND MACARONI

1 lb. hamburger  
 1 10 1/2-oz. can chicken rice soup  
 1 lb. can cream style corn  
 1/2 c. chopped onion  
 1 3/4 c. (6-oz. pkg.) macaroni  
 1/3 c. chopped green pepper  
 1/2 t. salt.

Combine all ingredients in a 2 quart casserole; Cover and bake in 350 degree oven 1 hour stir occasionally during baking. Uncover and brown. 6 servings.

## LIVER LOAF

1 1/2 lbs. beef liver  
 1 1/2 c. dry bread crumbs  
 1/4 c. shortening  
 1 egg  
 1 1/4 t. salt  
 1/8 t. pepper  
 1/4 T. paprika  
 3 T. minced onion  
 3 T. parsley

Pour boiling water over liver, drain and run through food chopper, add rest of ingredients. Shape into loaf, brush with shortening and add 1 1/2 cups water. Bake in moderate oven for 1 hour. Delicious if you add 1 cup tomato soup 15 minutes before taking from oven.

Mrs. Leonard Youngquist

## LIVER VARIATIONS

Dust liver with flour, brown in a little fat. Lay in a single layer in bottom of casserole and top with a dressing of bread crumbs, butter celery and onions, or any regular bread dressing. Bake 35 to 40 minutes at 350 degrees.

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Dust liver with flour and brown. dilute 1 can cream mushroom soup with 1/2 can milk and pour over liver, cover and simmer over low heat about 20 minutes. May use other soups in place of mushrooms.

Mrs. Lowell Lueck

## MEAT BALLS

2 lbs. hamburger  
 1 lb. ground pork  
 2 eggs  
 1 t. salt  
 1 medium onion  
 2 c. bread crumbs  
 1 c. milk  
 1 can tomato soup

Heat milk and pour over bread crumbs. Then mix all the ingredients together except the tomato soup. Form in long balls, and roll in flour. Fry these balls in fat until brown, not done. Put these in a roaster and pour 1 can tomato soup and 1 can of water over the balls. Cook in oven 450 degrees for 1/2 hour. The liquid forms the gravy.

Mrs. Fred Baedke

## PORCUPINE MEAT BALLS

1 lb. ground beef  
 1/2 c. rice  
 1 T. minced onion  
 1 t. salt  
 2 c. tomato juice

Mix beef, rice onion and salt. Make into balls. Put in pan and pour over tomato juice. Bake in moderate oven.

Mrs. Hilma Mars

## HAMBURGER GOULASH

1 lb. hamburger  
 1 c. rice or spaghetti  
 1 can tomato soup  
 same amount of water as soup

1 small onion  
 2 Stalks celery  
 salt and pepper to taste

Boil rice or spaghetti, mix all ingredients, spread with buttered crumbs, and bake 1 hour.

Mrs. C. V. Christianson

## ITALIAN SPAGHETTI SAUCE

2 lbs. hamburger  
 1 c. tomato juice  
 1 or 2 onions  
 clove of garlic  
 1 c. tomato sauce  
 1 or 2 cans tomato paste

Brown and salt meat, add tomato juice, simmer 2 hours. Brown onions and garlic in mazola oil until yellow. Add tomato sauce and 1 or 2 cans paste add to meat. Simmer 1 hour. Serve on long spaghetti.

Mrs. Clayton Miller

## LUNCHEON DISH

1 lb. round steak (ground)  
 1 large onion  
 1 pkg. spaghetti  
 1 can tomato soup  
 1/2 can pimento  
 1/2 green pepper  
 1 can corn  
 1/2 pint cream  
 salt to taste

Brown steak and onion. Cook spaghetti and mix with rest of ingredients. Bake in moderate oven.

Mrs. Andrew Lundquist (d)

## SWEDISH MEAT BALLS

2 T. butter  
 1/3 c. minced onion  
 1 egg  
 1/2 c. milk  
 1/2 c. bread crumbs  
 1 1/4 t. salt  
 2 t. sugar  
 1/4 t. allspice  
 1/4 t. nutmeg  
 1 lb. chuck ground  
 1/4 lb. shoulder pork, ground  
 2 T. butter  
 3 T. flour  
 1 t. sugar  
 1 1/4 t. salt  
 1/8 t. pepper  
 1 c. water  
 3/4 c. light cream

Saute onions until golden in 2 table-  
 spoons hot butter in a large skillet.  
 Meanwhile, beat egg in a large  
 mixing bowl; add milk and crumbs.  
 Let stand for 5 minutes. Add 1 1/4  
 teaspoon salt, sugar, allspice,  
 nutmeg, meats onion. Blend well  
 with a fork. In same skillet used  
 to brown onions, add 2 tablespoons  
 butter. Shape the meat mixture into  
 small balls about 1/2 x 3/4 inches in  
 diameter. Drop some balls into  
 skillet, brown well on all sides,  
 remove to warm casserole; repeat  
 until all meat balls are browned.  
 Into fat in skillet, stir flour, tea-  
 spoon sugar, 1 1/4 teaspoon salt,  
 pepper; slowly add water and  
 cream; stir until thickened. If desired  
 return meat balls to gravy. Makes  
 6 servings. Can be made a day  
 ahead refrigerated, and reheated  
 just before serving.

Mrs. Alvin Carlstrom

## TOMATO AND BEEF (Meat Loaf)

2 lbs. ground beef  
 1 lb. ground pork  
 2 c. canned tomatoes  
 1/2 c. finely chopped onion  
 4 t. salt  
 3/4 t. pepper  
 1 1/2 c. fine cracker crumbs or  
 oatmeal  
 2 eggs  
 1/2 c. milk

Mix all ingredients, except eggs  
 and milk thoroughly. Add eggs  
 when thoroughly combined. Form  
 into a roll in a medium roaster  
 well greased, pour milk over top  
 of loaf. Bake in moderate oven 3  
 hours, uncovering toward the end  
 of the baking period.

Mrs. C. J. Telleen

## TOMATO MEAT BALLS

1 lb. hamburger  
 1 egg  
 1/2 c. water  
 1 small onion (chopped)  
 1 c. rolled oats  
 salt and pepper to taste  
 1 can tomato soup

Mix all ingredients as called for  
 except tomatoes. Form into balls,  
 dip into flour and fry until brown.  
 Place in roaster, add soup and  
 bake in moderate oven for 40 min-  
 utes or put in heavy skillet, cover  
 tightly and simmer on top of stove.

Mrs. Russell Carr

## QUICK CASSEROLE

1 to 2 lbs. hamburger  
 8-oz. pkg. noodles (uncooked)  
 1 small onion  
 1 c. celery  
 1 can mushroom soup  
 1 can chicken soup  
 1 1/2 c. milk  
 1/2 t. salt (more if desired)

Mix altogether (no browning or pre-cooking necessary.) Pour in baking dish and cover with buttered corn-flakes and bake 1 1/2 hours in medium oven. You may use celery soup instead of celery but use less milk (about 1 cup.)

Frankie Hade

## PRESSED MEAT (SYLTA)

1 lb. beef  
 1 lb. veal  
 1 lb. lean pork

Wash well and put in a kettle with a few bay leaves, whole allspice and salt. Cover with cold water and cook until done. Pick from bones and grind rather coarse or cut in small pieces. Strain juice then put meat and juice together and cook 5 minutes. Add more spices if desired. Pour in pans and let set.

Ellen Benson

## SAUSAGE AND MACARONI

1 pkg. elbow macaroni  
 1/2 lb. sausage  
 1 onion (sliced)  
 1/2 green pepper (sliced)  
 2 T. flour  
 1/2 t. salt  
 1 1/2 c. milk  
 2 c. grated cheese

Cook the macaroni, drain. Fry sausage, onion and green pepper until lightly browned. Stir in the salt and the flour. Add milk and cook over low heat until thickened, stirring constantly. Place alternate layers of macaroni, cheese and sausage mixture in greased casserole. Top with cheese. Bake in hot oven 400 degrees for 25 minutes.

Mrs. Margaret Hammer, Harcourt

## PORK NOODLES

1 lb. ground lean pork  
 2 c. tomatoes  
 2 T. shortening  
 2 c. grated cheese  
 1 chopped onion  
 2 1/2 c. noodles  
 salt and cayenne to taste

Cook noodles in boiling salted water until tender. Drain. Melt shortening. Add pork and onion, cook until well seared. Add tomatoes, 1 cup cheese, and noodles. Season to taste. Mix thoroughly and pour into well greased casserole. Cover with remaining cheese and bake in moderate oven for 1 hour.

Mrs. Walter Johnson

## NO MIX MEAT LOAF

- 2 lbs. lean ground beef
- 1 pkg. dry onion soup mix
- 1 can condensed mushroom cream

Form meat into loaf 3 inches high on large sheet of aluminum foil. Sprinkle with onion mix and cover with mushroom soup. Seal foil and place in a pan with edges to catch dripping. Bake at 350 degrees for 1 hour and 20 minutes. The liquid from this makes outstanding gravy.

Mrs. Lowell Lueck

## SWEDISH MEAT BALLS

- 1 lb. ground beef
- 1/2 lb. ground pork
- 1 c. milk
- 4 slices dry bread (remove crusts and soak in warm milk)
- 2 well beaten eggs
- pinch of pepper and allspice
- 1 T. onion
- 1 T. shortening
- 1 T. butter

After soaking bread, mix all ingredients in a large bowl and brown in a skillet with butter and shortening for half an hour. Makes 24 meat balls.

Mrs. R. L. Carlon

## PORCUPINE MEAT BALLS

- 1 1/2 lbs. ground beef
- 1/2 c. rice (washed thoroughly)
- 1 t. salt
- 1/2 t. pepper
- 1 T. onion (minced)
- 1 small can tomato soup

1/2 c. water

Combine rice, meat, salt, pepper and onions. Shape into balls. Heat soup and water, then drop meat balls in this mixture. Cook until well done.

Elsie Hoffman

## SWEDISH MEAT BALLS

- 1 lb. round steak
- 1/2 lb. veal
- 1/4 lb. fat fresh pork
- 1 c. milk
- 2 eggs
- 1 c. bread crumbs
- 1 t. salt
- 1 medium onion
- 1/2 t. pepper
- 2 T. butter

Brown onions in butter, mix with meat, form into little balls and brown well. Then add 1/2 cup boiling water and simmer 1 hour.

Mrs. Axel Johnson

## HANNAH'S SWEDISH MEAT BALLS

- 1 lb. ground beef
- 1/4 lb. lean ground pork
- 1/4 t. cinnamon
- 1/4 t. pepper
- 1 rounding t. brown sugar
- 1 t. salt
- 2 t. onion (grated)
- 2 slices dry toast (crumbs)
- 1 egg
- 1 c. milk (scant)

Mix, brown, and cook in gravy made from meat drippings. Seasoned with whole allspice.

Mrs. Frankie Hade

## SALMON LOAF

1/3 c. butter  
 1 c. cracker crumbs or  
 (bread crumbs)  
 1 tall can salmon (save oil)  
 3 beaten eggs  
 1/2 c. milk  
 salt and pepper to taste

Mold into loaf in round pan that has oiled paper in bottom. Fasten securely oiled paper over top of pan. Steam about 40 minutes. When ready to serve turn out on platter over which pour the following white sauce: 1/3 cup butter (melt, add 1 tablespoon flour) 1 egg beaten, 1 c. milk and oil from salmon - season and cook until thick.

May add juice of 1/2 lemon to sauce just before serving.

Mrs. F. T. Isaacson  
 J. E. T. Johnson (d)

## SALMON LOAF OR BALLS

1 can salmon  
 1/4 t. salt  
 1/8 t. pepper  
 1/4 c. milk  
 1 c. mashed potatoes (unseasoned)  
 3 T. soft butter  
 1 beaten egg

Drain liquid from salmon remove all skin and bones. Add salt, pepper, milk and salmon liquid to mashed potatoes and stir thoroughly until mixed. Then add 2 tablespoons of butter and remaining ingredients. Form in loaf or put in baking dish and put 1 tablespoon butter on top. Bake in hot oven 375 degrees about 1 hour.

Mrs. Ed Faehn  
 Amanda Goyman

## SALMON CASSEROLE

1/2 pkg. noodles, cooked  
 1 can red salmon  
 1 onion  
 1 T. butter

Fry onion lightly in butter. Make white sauce of 1 tablespoon butter 2 tablespoons flour, 1 pint milk and pinch of salt and pepper. Combine and bake in moderate oven 45 minutes.

Mrs. Leonard Youngquist

## SALMON AND TUNA LOAF

1 can salmon  
 1 can tuna fish  
 1 c. milk  
 1 egg  
 1 c. corn flakes

Shred salmon and tuna fish fine, beat egg and add milk and corn flakes to fish. Bake in buttered baking dish until firm

Laura Liljegren (d)

## SOUTHERN GRITS

4 c. water  
 1 t. salt  
 1 c. quick grits  
 Boil for 5 minutes Add:  
 1/2 c. oleo  
 1 T. Laury seasoned salt  
 1 T. worcestershire sauce  
 3 beaten eggs

3 c SHARP CHEDDAR CHEESE  
 Bake in greased casserole for 1 hour at 325 degrees. Wonderful served with ham in place of potatoes.

Frankie Hade

## HOT CRAB SOUFFLE

8 slices bread  
 2 c. crabmeat  
 1/2 c. mayonnaise  
 1 onion (ground)  
 1 green pepper (ground)  
 1 c. diced celery  
 3 c. milk  
 4 eggs  
 1 can mushroom soup  
 Grated cheese  
 Paprika

Grease 8 x 12 pyrex pan. Place 4 slices of bread in pan. Mix crab, mayonnaise, onion, pepper and celery spread over bread. Put other 4 slices on top. Beat eggs, add milk and pour over mixture in pan. Refrigerate over night, and when ready, bake in 325 degree oven. Bake for 15 minutes, then take out and pour soup over it. Spread cheese on top, sprinkle with paprika and bake for 45 minutes. This is a wonderful luncheon dish served with a jello salad. Serves 8 to 10 people.

Frankie Hade

## STEAK CASSEROLE

1 lb. steak, cut in serving pieces  
 raw potatoes

Brown steak on both sides. Slice raw potatoes in baking dish, layer of potatoes and layer of steak, then potatoes. Pour water and grease, steak was fried in, over casserole. Salt and pepper to taste. Bake until potatoes are done - about 45 minutes in moderate oven; 30 minutes in casserole if fixed on top of stove.

## SALMON MACARONI CASSEROLE

1 c. macaroni (cook in salted water just till tender) Drain.  
 1/2 c. frozen peas, 1/4 c. minced onion (cooked in small amount of salted water, till tender. Drain.  
 2 c. salmon (broken in pieces)

Place in 2 Qt. casserole, greased. Add peas onions and macaroni. Stir in 1 can cr. celery soup, 1 teaspoon salt and dash of pepper. Mix 1/2 cut bread crumbs with 2 tablespoons butter and place on top of casserole. Place 4 slices cheese on top. Bake 375 degree oven 20 to 25 minutes. Serves 4 to 6 servings.

Mrs. Willard Peterson

## SPANISH RICE

1/2 c. finely chopped bacon  
 1/4 c. finely chopped onion  
 2 c. cooked rice or  
     1/2 c. uncooked rice  
 3 c. tomatoes  
 1 T. sugar  
 1 t. salt  
 1/4 t. pepper

Fry bacon until almost crisp, add onion and cook until tender, then combine remaining ingredients. Bake in casserole in moderate oven until brown. Serves 6.

Mrs. C. N. Johnson

## SPANISH RICE

1 c. uncooked rice  
4 slices bacon (diced)  
1 small onion  
2 c. tomatoes (cooked)  
Salt, pepper, cayenne to taste

Cook rice, fry bacon and onions in grease until brown; add tomatoes, rice and seasoning. Cook all together about 30 minutes.

Mrs. Marcella Valashek, Lehigh

## SPANISH RICE

1 c. uncooked rice  
2 medium sized onions  
3 chopped pimentos  
2 c. water  
2 c. tomato juice  
1 T. butter  
1/4 t. salt or to taste

Mix all together and let come to a boil on top of stove. Pour into a buttered baking dish and bake for 1 hour in a moderate oven.

Mrs. Darrell A Swanson

## SCALLOPED OYSTERS

1 quart oysters  
2 c. rolled crackers  
3 c. milk  
1/4 c. butter (melted)  
salt and pepper to taste

Mix in order given. Bake 1 1/4 hours in moderate oven.

Mrs. J. E. T. Johnson (d)

## ROUND STEAK ROLL-UPS

2 lbs. round steak  
2 c. moist bread crumbs  
1/4 c. chopped celery  
1 egg  
1/4 c. melted margarine  
1 t. salt  
1 c. water  
1 c. cream of mushroom soup

Mix crumbs, celery, egg, margarine and salt to make a dressing. Cut steak into individual servings and place large spoon of dressing on each.

Wrap meat around dressing and fasten with tooth pick or skewer. Roll in flour and brown in hot fat. Transfer to baking dish. Stir water into soup and pour over meat. Cover and bake for 1 1/4 hours at 350 degrees. Serves 6.

Mrs. Donald Schill

## SWISS STEAK

Steak about 2 inches thick  
4 carrots  
2 onions (ground fine)  
1 c. tomatoes

Pound into steak as much flour as it will take up. Place in frying pan; brown on both sides and then put in a baking dish. Salt and pepper to taste. Cover top with carrots, onions and tomatoes. Bake 2 hours in moderate oven.

Mrs. C. A. Werner, Albert City.

## PENNY SAVER STEAK

3 to 4 lbs. round steak  
 (1½ to 2 inches thick)  
 1 T. herb seasoning  
 1 t. Italian seasoning  
 1/2 t. pepper  
 1 T. catsup  
 1 T. oil  
 3 T. soy sauce  
 Instant meat tenderizer  
 (in place of salt)

Slash meat at intervals to prevent curling. Blend remaining ingredients brush on meat. Place in shallow pan and cover; refrigerate over nite. Bring meat to room temperature 30 minutes before grilling. Apply tenderizer then place meat on grill 4 to 5 inches above hot coals. Grill 10 to 15 minutes per side, depending on personal taste. Turn only once. Remove to cutting board and carve. Steak may also be broiled in oven, but is best on grill. Soya sauce darkens meat, but gives it an outstanding flavor.

Mrs. Richard Carlson

## TUNA CASSEROLE

2 c. white thick sauce add:  
 1 t. prepared mustard  
 3 T. grated cheese  
 1 can flaked tuna fish  
 2 beaten eggs  
 Salt and pepper to taste  
 1 can peas  
 2 c. cooked noodles  
 Buttered crumbs on top

Mix well and bake at 375 degrees  
 35 to 40 minutes.

Mrs. Ralph Carlson

## CHOPSTICK TUNA

1 can cream of mushroom soup  
 1/4 c. water  
 1 3-oz. can (2cups ) Chow Mein  
 noodles  
 1 can tuna  
 1 c. celery  
 1/2 c. cashew nuts  
 1/4 c. onion  
 Dash of pepper

Combine soup and water. Add 1 cup noodles, tuna, celery, nuts, onion and pepper -- toss lightly. Place in dish. Sprinkle remaining noodles over top. Bake in 375 degree oven for 15 minutes. Garnish with mandarin oranges.

Mrs. Max Palmer

Mrs. Earl Piri

## POTATO CHIP CASSEROLE

1/2 lb. potato chips  
 1/2 lb. tuna fish (flaked)  
 1 can condensed mushroom soup  
 2 t. onion juice  
 Season to taste; salt, pepper  
 and paprika

Butter casserole and crumble in layer of potato chips, cover with layer of tuna fish, next spread thin layer of soup which has been diluted with a little milk, add little onion juice. Repeat until casserole is filled, then top with buttered bread crumbs or potato chips. Bake 20 minutes in hot oven.

Mrs. Lee Devereaux

## SUPPER DISH (CHEESE)

1 can vegetable soup  
 1/2 c. cooked rice  
 3 or 4 T. grated cheese  
 Buttered crumbs on top

Place in casserole and bake in moderate oven about 25 minutes.

Mrs. Ralph Carlon

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## TUNA PUDDING

2 c. macaroni  
 4 hard boiled eggs  
 1 can tuna fish (flaked)  
 Butter  
 Salt and pepper to taste

Boil macaroni until tender. Drain off water. Make a white sauce of butter, flour and milk; salt and pepper to taste. Mash hard boiled eggs - add these and the tuna fish to the white sauce. Place pudding in pan and bake 3/4 of an hour.

Mrs. C. T. Swenson

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## QUICK POTATO SOUP

2 c. or more left over mashed potatoes  
 2 c. milk  
 2 T. butter  
 Celery or onion salt

Heat potatoes slowly adding milk a little at a time using potato masher to mix and to smooth, texture. Add salt to taste, also butter. Serve fairly thick.

Mrs. Norman W. Runge

## RICE, TUNA FISH, AND CHEESE CASSEROLE

2 T. butter  
 2 T. flour  
 2 c. milk  
 1/2 t. salt  
 1/2 t. paprika  
 1 c. cheese (grated)  
 2 c. rice (cooked)  
 7-oz. can tuna fish  
 1/4 c. buttered bread crumbs

Make white sauce with butter, flour and milk. Add salt, paprika cheese. In buttered casserole arrange layers of rice, tuna fish, and sauce, cover top with crumbs. Bake in moderate oven 30 minutes. Serves 8 to 10.

Mrs. C. J. Johnson

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## TUNA MACARONI LOAF

1 1/8 c. evaporated milk  
 3/4 c. water  
 1 1/2 c. grated Amer., cheese  
 2 1/2 T. butter  
 1 1/4 c. soft bread crumbs  
 1/4 c. finely chopped onion  
 1 can tuna  
 1/4 c. finely cut pimento  
 1 t. salt  
 1/8 t. pepper  
 3 eggs  
 3 c. cooked, drained macaroni

Combine milk, water, cheese and butter, and heat to boiling; simmer and stand until cheese melts. Remove from stove and mix in bread crumbs, onion, pimento and tuna, salt and pepper. Stir macaroni and lightly beaten eggs in tuna mixture. Bake in loaf pan 325 degrees for about 1 1/2 hours or until firm.

Mrs. Axel H. Larson

## TUNA CASSEROLE

1 8-oz. pkg. macaroni or noodles  
 1 can cream of mushroom soup  
 1 c. milk  
 1/4 t. salt  
 3 hard boiled eggs  
 1/2 t. worcestershire sauce  
 Pepper to taste  
 1/4 lb. cheese  
 1 can tuna

Cook macaroni or noodles in salted boiling water until tender and drain. In a sauce pan combine soup, milk, worcestershire sauce, salt and pepper. Heat thoroughly, then add cheese. Cook until cheese is melted. Break tuna in small pieces and add to creamed mixture. Chop the eggs and add to macaroni and place in a 2 quart casserole. Pour heated mixture over this and mix well. Bake in 350 degree oven for 15 minutes or until bubbly.

Mrs. Russell Swanson

## SCALLOPED NOODLES WITH TUNA

1 pkg. medium noodles  
 1 can tuna fish  
 1 can peas  
 1/2 c. grated cheese  
 2 hard boiled eggs  
 White sauce with butter

Cook noodles in boiling salted water until tender. Drain. Then add tuna, (picked apart) drained peas, and the hard boiled eggs chopped fine. Then pour your white sauce over it and mix; sprinkle grated cheese on top. Bake in moderate oven 1 hour. Serves 8 to 10 people.

Mrs. Edwin Carlson

## NOODLE SOUFFLE

1/2 package crinkle noodles - cook as directed, drain.

Pour over this 2 1/2 cups milk mixed with 5 beaten eggs. Pour in 8 x 8 inch greased baking dish (This can be fixed the night before) Bake at 350 degrees 1 hour. Cut in squares (makes 9).

Make a white sauce, add 1 can mushroom soup, 3 hard boiled eggs (chopped) and 1 can flaked tuna. Heat all together and serve over noodle squares.

Mrs Esther Radcliffe, Omaha, Neb.

## TUNA NOODLE DISH

6-oz. pkg. noodles  
 1 c. grated cheese  
 1 large can asparagus  
 2 small cans tuna  
 1 can mushrooms  
 1 c. very thick white sauce  
 1 green pepper  
 1/2 t. salt  
 1/4 t. pepper

Thin out white sauce with liquid from asparagus, mushrooms and tuna. Bake in moderate oven.

Cora Smith, Ft. Dodge

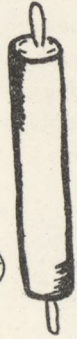
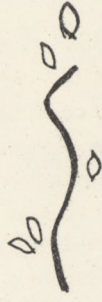
## LUNCHEON DISH

1 can tuna fish  
 1/2 package noodles (cooked)  
 1 can mushroom soup  
 seasoning and butter

Mix in order given cracker or butter bread crumbs on top. Bake in moderate oven about 45 minutes.

Mrs. John Floren

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# PASTRIES

## MOCK APPLE PIE

- 2 C. water  
 1 1/2 c. sugar  
 3 t. cream of tartar — boil these together for 5 minutes.

Drop in 20 ritz crackers and boil 2 minutes. Pour into unbaked pie shell. Dot with butter and cinnamon. Put on the top crust and bake at 450 degrees for 10 minutes, then at 350 degrees for 15 minutes.

This is surely a good substitute for apples and can hardly be identified.

Mrs. Edwin Carlson

## BANANA CREAM PIE

- 2/3 c. sugar  
 3 T. cornstarch  
 3 T. flour  
 1/2 t. salt  
 2 c. milk  
 Bring to a boil. Cook until thick.  
 2 slightly beaten eggs  
 1/2 c. whipped cream  
 1 t. vanilla

Stir a little of hot mixture into egg, return to remaining hot mixture. Bring to boil. Cool, then chill. Beat well. Fold into whipped cream and vanilla. Pour over bananas in baked crust. Top with meringue or whipped cream.

Greta Jansa

## EASY PIE CRUST

- 3 c. flour  
 1 egg, well beaten  
 1 or 2 t. vinegar  
 1 c. lard, or vegetable shortening  
 1 t. salt  
 5 T. water

Cut the flour and salt into shortening until crumbly. Mix egg, water, and vinegar together and add to dry mixture.

Mrs. Martin Telleen, Mrs. Anton Holmer, Mrs. Carl H. Nelson, Mrs. Clemens Hade, and Mrs. Lowell Lueck.

Since vegetable shortening is not as rich as lard up to 1/2 cup more may be used for a rich crust. This keeps well in refrigerator.

## MERINGUE (NO WEEP)

- 1 T. (level) corn starch  
 1 T. cold water. Mix these together, add  
 1/2 c. boiling water cook until thick stirring constantly. Cool  
 3 egg whites (room temperture)  
 1/4 t. salt

Beat stiff, and add 6 tablespoons sugar, then fold in cooled corn starch mixture, adding 1 teaspoon vanilla if desired. Pile on pie and bake 350 degree till golden brown.

Ruby Youngquist

## BLUSHING PEACH PIE

Line a pie pan with regular pie

Mix: crust.

1 c. sugar

1/2 c. flour

1/4 t. nutmeg

1/4 c. butter, crumble with  
fingers

Sprinkle half the mixture over the bottom of the pastry in pan. Arrange 2 cups sliced peaches over the sugar crumble, sprinkle with 1/4 cup water. Sprinkle rest of the sugar crumble over peaches. Bake in 425 degree oven 15 minutes, then reduce heat to 350 degrees bake 30 minutes.

Mrs. Ed. McCarty

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## JELLO PIE

Chill 1 pint gelatine or 1 box jello until ready to congeal. Pour half in pie dish to get firm, put 1 box cooled vanilla pudding on top, then the other gelatine, or jello, whipped. Serve with whipped cream.

Mrs. Ralph L. Carlon

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## KOOL-AID PIE

1 can pet milk, chilled and  
whipped

1 package of Kool-Aid  
(lemon, lime or strawberry)

3/4 c. sugar

Whip milk, fold in Kool-Aid and  
sugar

Put in baked shell, or cookie or  
graham cracker crust.

Mrs. Martin Nelson

## FAMOUS LEMON PIE

3 T. cream corn starch

1 1/2 c. sugar

1/4 c. lemon juice

1 T. grated lemon rind

3 eggs separated

1 1/2 c. boiling water

1 9-inch baked pie shell

6 T. sugar

Combine cornstarch, 1 1/2 cup sugar, lemon juice and lemon rind. Beat egg yolks and add to cornstarch mixture. Gradually add boiling water. Put over heat and cook until thick, about 4 minutes. Put in baked pie shell. Beat egg whites until stiff, not dry gradually beat in the 6 tablespoons of sugar. Spread meringue over top of pie. Bake in hot oven 425 degrees 4 or 5 minutes until brown. Serve cold.

Mrs. Leonard Youngquist

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## MOCK LEMON PIE

1 c. sugar

3 T. flour

1/3 t. salt - mix these together

3 eggs separated

Baked pie shell

2c. boiling water

3 T. vinegar

1 t. lemon extract

6 T. sugar

Beat egg yolks until thick. Add sugar, flour and salt. Mix well add boiling water slowly, stirring constantly. Add vinegar. Cook over hot water until thick and smooth. Add flavoring. Pour into baked pastry shell, cover with meringue made of egg whites and sugar. Bake 350 degrees.

Mrs. Lowell Lueck

## PINEAPPLE SPONGE PIE

3 eggs separated  
 1 t. grated lemon rind  
 3 T. lemon juice  
 1 c. sugar  
 3 T. flour  
 1/2 t. salt  
 1 c. pineapple chunks  
 1 c. hot milk  
 1/8 t. salt

Add lemon juice to egg yolks and beat till light. Add lemon rind. Sift sugar, flour and half teaspoon salt together and stir into egg mixture. Cut pineapple chunks in small pieces and add to egg mixture. Stir in hot milk. Add the 1/8 teaspoon salt to egg whites and beat till stiff. Carefully fold whites into rest of mixture. Pour into unbaked crust. Bake in hot oven 425 degrees for 10 minutes. Lower temperature to 350 degrees and continue baking for 35 minutes longer. Comes out of oven with a sort of sponge like topping.

Mrs. A. Youngquist

## ESKIMO PIE

1 T. Knox gelatine softened in 1/2 cup cold water.  
 Scald 1 1/2 cups milk, add 2 egg yolks, and 1/2 cup sugar. Let come to just a boil, then add softened gelatine and let stand until slightly thickened. Beat egg whites, fold into cooled mixture. Let stand again until thickened. Then add 1 cup cream, whipped, 1/2 teaspoon vanilla. Add fruit cocktail or pineapple well drained and banana. Let stand 4 hours or more.

Mrs. Eric Eckman (d)

## MARSHMALLOW COFFEE PIE

1 c. coffee (cooked)  
 1 pound marshmallows - put marshmallows in top of double boiler and pour coffee over them and heat until marshmallows are melted remove from heat and cool until thickened - then add 1 1/2 pints whipped cream and 1 package of chipped german sweet chocolate. Mix all together. Pour in graham cracker crust, reserving enough cracker crumbs to sprinkle a few on top. May garnish with a little whipped cream and chocolate shavings if desired.

Lucille Lambertsen

## PEACH FLUFF PIE FILLING

2 T. sugar  
 3 T. flour  
 1/4 t. salt  
 2/3 c. peach juice  
 16 diced marshmallows  
 1 egg  
 1 T. gelatine  
 1/4 c. cold water  
 1 1/2 c. sliced peaches (CANNED)  
 1 T. lemon juice  
 1/2 c. heavy cream

Combine sugar, flour, salt and juice in double boiler and heat over hot water. Add marshmallows, cook until thick. Stir in beaten egg and cook 2 or 3 minutes. Add gelatine dissolved in water. Cool slightly, pour over drained peaches. Add lemon juice. Whip cream, fold into cooled mixture. Fill pie shell. Chill, top with peaches and extra whipped cream.

Mrs. Curtis L. Anderson

## CHOCOLATE CHIFFON PIE

1 baked 9 inch pie shell  
 1 envelope Knox gelatine in  
     1/4 c. cold water  
 1 c. milk  
 2 egg yolks  
 1 t. vanilla  
 1/2 c. sugar  
 2 sq. chocolate  
 1/4 c. sugar  
 2 egg whites, beaten  
 1 c. whipping cream

Dissolve gelatine in cold water. Scald milk with chocolate, beat smooth. Beat egg yolks and add 1/4 cup sugar and pinch of salt. Stir into chocolate mixture. Return to heat and cook until mixture coats spoon. Remove from heat stir in gelatine and vanilla. Cool until slightly thickened. Beat 2 egg whites until stiff, slowly add 1/2 cup sugar. Fold into chocolate mixture. Fold in the 1 cup cream, whipped, pour into pie shell. Chill until set. Serve with whipped cream and chocolate curls. Will serve 8. May be made the day before and kept in refrigerator.

Loretta Youngquist

## UNBAKED CHOCOLATE PIE

16 marshmallows  
 1/2 c. milk  
 1 sq. chocolate —Melt these  
     together  
 Stir until melted and let cool.  
 Whip 1 cup cream, add 2 tablespoons sugar. Combine with melted marshmallows mixture. Pour into graham cracker crust and refrigerate until served.

Mrs. Carl Peters

## CUSTARD CHIFFON PIE

3 eggs  
 1 c. milk  
 1 envelope plain gelatin  
 1/4 t. salt  
 1 t. vanilla  
 dash nutmeg

Dissolve gelatin in 1/2 cup cold water. Separate eggs — beat yolks. Add 1/2 cup sugar, milk, and nutmeg. Cook until custard coats spoon. Remove from heat. Add gelatin and vanilla at once — let congeal. Beat 3 egg whites and add the 1/2 cup sugar. Beat until stiff. Beat gelatin mixture, fold together and pour into baked pie shell. Set in refrigerator until ready to serve. Top with whipped cream and shavings of chocolate bar.

Mrs. Marvin Telleen

## CRACKER PIE (DATE)

3 egg whites  
 1/2 c. dates  
 1/2 c. nut meats  
 1 c. sugar  
 16 white soda crackers, rolled

Method: Beat egg whites. Add sugar and other ingredients. Bake 25 minutes in greased pie plate at 325. Serve with whipped cream.

Mrs. Kenneth Fricke

## VARIATION:

1 c. nuts (no dates)  
 1/2 t. Baking Powder  
 1/2 t. cream of tartar

Mrs. C. R. Willaims

## PUMPKIN PIE (basic)

2 eggs (slightly beaten)  
 1 1/2 c. canned (or cooked and  
 mashed ) pumpkin  
 Mix together:  
 3/4 c. sugar  
 1/2 t. salt  
 1 t. cinnamon  
 1/2 t. ginger  
 1/4 t. nutmeg  
 1 2/3 c. evaporated milk or top  
 milk or half and half

Mix altogether, pour into unbaked  
 pastry shell. Bake in hot oven 425  
 degrees for 15 minutes, then at  
 350 degrees for 45 minutes more  
 or until knife inserted comes out  
 clean.

## VARIATIONS:

1 more egg may be used for a  
 slightly firmer texture. Or 1 table-  
 spoon flour added with sugar will  
 prevent moisture forming on top.  
 Part or all brown sugar may be used.  
 Spices may be varied to suit taste.  
 Milk may be heated to shorten  
 baking time.

## ENGLISH APPLE PIE

Mix together:  
 1/2 c. butter  
 1/2 c. brown sugar  
 1/2 c. flour

Slice apples into an unbaked pie  
 shell and pour this butter, flour,  
 sugar mixture over the top and  
 bake in a moderate oven until  
 apples are done. Serve with or  
 without whipped cream.

Ellen Benson

## LEMON CHIFFON PIE

1/3 c. cold water  
 1/2 to 1 T. Knox gelatine -  
 mix together  
 4 eggs  
 3 T. lemon juice and grated rind  
 1 c. sugar  
 pinch of salt

Place egg yolks, lemon and 1/2  
 cup sugar in a double boiler Cook  
 until creamy. Take off fire but  
 leave boiler in hot water. Add  
 gelatine and stir well. Beat egg  
 whites and salt until stiff then  
 add 1/2 cup sugar and beat until it  
 stands in peaks. Fold in the lemon  
 filling and pour into a baked pie shell  
 and let stand 3 hours or until set  
 serve with whipped cream.

Ellen Benson and Mrs. Frank  
 Lindquist (d)

## VARIATIONS

For pineapple chiffon pie:-  
 Same recipe as above, using 1/2  
 cup sugar, 1/2 cup pineapple juice,  
 1/2 cup crushed pineapple, 1 1/2  
 tablespoons lemon juice. For orange  
 chiffon pie, same amount as above  
 using 1/2 cup unstrained orange  
 juice.

PECAN TOPPING FOR  
PUMPKIN PIE

Melt 1 tablespoon brown sugar and  
 2 tablespoons butter. Add 3/4 cup  
 pecan meats. Place on top of pie  
 when partly baked and finish bak-  
 ing.

Marjorie Thompson

## MERINGUES (Decorative)

Sprinkle granulated sugar over meringue before baking for a crusty effect. Sprinkle sifted powdered sugar over meringue after it is browned - very attractive.

Mrs. Lowell Lueck

## DIFFERENT LEMON PIE

Mix together:

1 c. sugar  
2 T. flour  
pinch of salt  
2 T. butter or margarine  
Juice and grated rind of 1 lemon  
2 yolks, beaten  
1 c. milk

Fold in 2 stiffly beaten egg whites, pour into unbaked pie shell. Bake at 400 degrees 10 minutes, then reduce heat and bake 30 minutes in 350 degree oven.

Mrs. Ed Mc Carty

## CHERRY PIE (SOUR CREAM)

2 c. pitted cherries  
1 1/2 c. sugar  
8 T. flour  
1 c. thick sour cream

Put cherries in an unbaked pie shell. Mix together 1 cup sugar 5 tablespoons flour and pour over cherries, then 1/2 cup sugar, 3 tablespoons flour mixed with the cream and pour over the top and bake in a moderate oven.

Mrs. E. E. Freed

## PECAN PIE

3 eggs beaten  
1/2 c. brown sugar  
1/8 t. salt  
1 c. syrup (white or dark)  
1 c. pecans

Put pie crust in oven for a few minutes before pouring in the pecan filling, pie crust will not be soggy then. Mix all the above ingredients together, pour into partially baked shell and bake about 45 minutes in moderate oven or until it does not stick to an inserted knife.

Mrs. Martin Telleen

## PINEAPPLE ANGEL FOOD PIE

1 c. crushed pineapple  
1 c. cold water  
1 c. sugar  
1/8 t. salt  
2 1/2 T. comstarch or  
5 level T. flour  
2 egg whites  
1/2 pint whipping cream  
1/2 c. pecan meats

Method: place pineapple, sugar, water and salt in a sauce pan, bring to a boil and add cornstarch that has been mixed with a little water. Cook this until thick and set aside to cool. When real cold fold in the beaten egg whites. Then place in a baked pie shell and add whipped cream on top. Sprinkle with chopped nuts. This can be made the day before, all but whipping cream. Refrigerate.

Mrs. Wilfred Whitcombe

## PUMPKIN CHIFFON PIE

2 T. unflavored gelatine  
 1/4 c. cold water  
 3 eggs, separated  
 1 c. sugar  
 1 1/2 c. mashed cooked pumpkin  
 1/2 t. salt  
 1/2 t. c. cinnamon  
 1/4 t. nutmeg  
 1/2 t. ginger  
 1/2 c. milk

Soften gelatine in water 5 minutes.  
 Beat egg yolks and add 1/2 cup sugar, pumpkin, salt spices and milk. Cook over low heat, stirring constantly until mixture begins to thicken. Add gelatine to hot pumpkin and stir until dissolved. Cool. When mixture begins to thicken, beat egg whites until almost stiff. Then beat in remaining sugar, 1 tablespoon at a time. Fold into pumpkin mixture, pour into baked pie shell and chill in refrigerator until firm. Cover with topping of whipped cream.

Mrs. Dale Hauser

Above recipe may be used with following changes: 1 tablespoon gelatine, 2/3 cup brown sugar, heated milk, 1 1/2 cup pumpkin and 1 teaspoon vanilla. Pecans may be used in pie or sprinkled over whipped cream.

Mrs. M. S. Swanson

## RAISIN CREAM PIE

1 c. raisins. Stew until done and drain  
 1 c. cream (sweet or sour)  
 1 c. sugar

2 egg yolks  
 1 t. flour  
 1/4 t. salt  
 1/2 t. cinnamon and nutmeg

Mix together and boil until thick. Pour in a baked pie shell, cover with meringue, and brown.

Ellen Benson

## SOUR CREAM PIE

1 c. sour cream  
 1 c. sugar  
 1/2 c. seeded raisins  
 3 eggs  
 1 t. cinnamon  
 1/4 t. cloves

Bake as custard pie. Beat whites and put on top or in filling as desired.

Mrs. C. E. Youngquist (d)

## APPLE CREAM PIE

6 to 8 apples  
 1 c. sugar  
 1/2 to 3/4 c. cream  
 1 unbaked pie shell  
 pinch of salt  
 2 rounding T. flour  
 sprinkle of nutmeg or cinnamon

Peel and slice apples into crust. Sprinkle half the sugar over apples. Mix rest of sugar, flour, spices and salt with cream and pour over apples and bake until apples are tender and browned.

Mrs. Alvin Youngquist

## RHUBARB CREAM PIE

(With Meringue)

1 T. butter  
 4 c. rhubarb, cut fine  
 1<sup>3</sup>/<sub>4</sub> c. sugar  
 1/8 t. salt  
 2 egg yolks, beaten  
 1/4 c. cream or top milk

Melt butter in heavy pan. Add rhubarb and 1 cup sugar and cook until rhubarb is tender. Add remaining 3/4 cup sugar, salt and cornstarch, mixed together. Add cream to egg yolks and add to rhubarb mixture. Cook until thick, stirring constantly. Cool. Pour into 9 inch baked pie shell. Top with meringue made of the egg whites and 1/2 cup sugar. Bake in 350 degree oven until meringue is brown.

Mrs. Carl Swanson

## COCOA PIE

1 1/2 c. milk  
 1/3 c. cocoa  
 1 t. butter  
 1/8 t. salt  
 2 eggs  
 1 c. sugar  
 3 T. cornstarch  
 2 t. vanilla

Heat 1 cup milk with butter, sugar and salt. Mix cocoa with 1/2 cup milk and add to heated milk. Add well beaten egg yolks, cook until thick. Pour this filling into a baked crust and cover with meringue made of stiffly beaten egg whites and sugar. Place in oven and brown slightly.

Mrs. Everett Hade

## PECAN PIE

4 eggs  
 1 c. sugar  
 1 c. dark syrup  
 1/4 t. salt  
 1 t. vanilla

Beat eggs, add sugar, syrup, salt and vanilla. Pour in unbaked pie shell. Place pecan nuts on top. Bake 10 minutes at 400 degrees, 35 minutes at 350 degrees.

Mildred Sellstrom

## COTTAGE CHEESE PIE

1 12-oz. carton cottage cheese  
 1 lemon rind and juice  
 1 T. corn starch  
 1 c. sugar  
 3 eggs  
 3T. cream

Put cheese through sieve, add other ingredients and cook until a little thick. Put in partly baked pie shell and finish baking.

Mrs. Fred Magnusson

## CUSTARD PIE

4 eggs, beaten  
 2/3 c. sugar (or less)  
 2 1/2 c. milk (May be warmed)  
 1 t. vanilla  
 1/2 t. salt

Pour into an unbaked pie shell and and sprinkle with nutmeg and bake in 350 degree oven.

Ellen Benson

## RAISIN BRITTLE PIE

- 1 envelope unflavored gelatin  
 1/4 c. cold water  
 1 3/4 c. milk  
 1/2 c. sugar  
 2 T. cornstarch  
 1/4 t. salt  
 2 egg beaten  
 1 t. vanilla  
 2/3 c. dark raisins  
 1/4 c. whipped cream or *1/2 cup whipping cream*  
 dream whip  
 1 c. crushed peanut brittle  
 1 baked 9 inch pastry shell

Soften gelatin in cold water. Scald milk. blend in sugar, corn starch salt and beaten eggs. Stir in hot milk, cook stirring over low heat until thick and smooth. Blend gelatin and vanilla. Remove from heat cool. Chop raisins and fold into partially set custard along with whipped cream and peanut brittle. Return to refrigerator until thick enough to stand up. Then pile in baked crust; chill till firm. Garnish with additional whipped cream. If using dream whip add 1 cup whipped to filling, using the the rest for garnish.

Rudy Youngquist

## RHUBARB CREAM PIE

- 1 1/2 c. sugar  
 3 T. flour  
 1/2 t. nutmeg  
 1 T. butter  
 2 well beaten eggs  
 3 c. rhubarb  
 1 recipe plain pastry

Mix sugar, flour nutmeg and butter.

Add eggs-beat smooth. Pour over rhubarb in 9 inch pastry lined pie pan. Top with pastry cut in fancy shapes or just a top crust brushed with milk and sugar. Bake 450 degrees 10 minutes. 350 degrees for 30 minutes.

Mrs. Richard Carlson and Elsie Hoffman

## CRUNCHY RHUBARB PIE

- 4 c. rhubarb  
 1 1/2 c. sugar  
 1/3 c. flour  
 1 unbaked pie shell

Topping:-

- 1 c. quick uncooked oatmeal  
 1 t. cinnamon  
 1/2 t. salt  
 1/4 c. melted butter  
 1/3 c. flour

Mix first 3 ingredients and place in pie shell.

Bake 375 degrees until done which takes approximately 40 minutes.

Sadie Mossberg

## CAMEL OR BUTTERSCOTCH PIE

- 1 c. brown sugar  
 1 1/2 c. milk  
 1 T. butter  
 2 egg yolks  
 2 T. flour  
 1 t. vanilla

Place brown sugar in pan, on the other side - put egg yolks, add the flour to the brown sugar and mix. Then add milk. Cook till thick. Add vanilla and butter. Place in baked crust. Cover with meringue and bake till brown.

Mrs. Donald Schill

## FRESH RHUBARB PIE

3 c. unpeeled rhubarb, cut up  
 3 egg yolks  
 1 c. sugar  
 3 T. water  
 3 T. flour  
 Dash of salt

Beat egg yolks slightly, add sugar, water, flour and salt and beat well. Pour over rhubarb, combine thoroughly and pour into unbaked crust. Bake at 400 degrees for 20 minutes. Reduce heat to 350 and continue baking for 20 minutes or until rhubarb is tender and filling is set.

## OLD FASHIONED CREAM PIE

1 c. sugar  
 1 1/2 T. flour  
 1 egg white  
 1 1/2 c. cream and milk (mixed)

Mix sugar and flour, add milk and cream. Beat egg white and stir into above mixture. Pour into unbaked pie crust and sprinkle with nutmeg or cinnamon. Bake until firm, about 1 hour.

Mrs. Everett Danielson

## MERINGUE

3 egg whites  
 dash of salt  
 1/4 t. cream tartar  
 1 t. vanilla  
 6 T. sugar

Beat egg whites until foamy, add cream tartar and salt and beat well. Add sugar a tablespoon at a time continue beating until mixture will stand in soft peaks. Fold in vanilla and spread meringue over warm pie. Bake at 400 degrees for 6 to 8 minutes until golden brown and firm to gentle touch (watch carefully). Meringue baked quickly at higher temperature holds shape nicely and cuts easily.

Hilma Isaacson

## STRAWBERRY CHIFFON PIE

1 level T. gelatine  
 1/4 c. cold water  
 3/4 c. sugar  
 1/2 c. boiling water  
 1 T. lemon juice  
 sprinkle of salt  
 1/2 c. cream (whipped)  
 2 egg whites  
 1 c. strawberries, cut in small pieces

Cover berries with sugar and let stand 1/2 hour. Soak gelatine in cold water about 5 minutes and dissolve in boiling water, add strawberry mixture, lemon juice and salt. Cool and when it begins to thicken fold in whipped cream and the stiffy beaten egg whites. Fill baked pie shell and chill. Gamish with whipped cream and strawberries.

Mollie Rosene

## STRAWBERRY PIE

1 quart berries, to 3 cups of the large berries add 1/2 cup powdered sugar. Let stand 1 hour. Crush remaining cup berries and cook with 1 cup water about 2 minutes. Mix 4 tablespoons cornstarch with 1/2 to 3/4 cup sugar. Stir into the berries and cook until clear, stirring constantly. Fill cooled baked pie shell with the berries which have been added to the cooked cooled portion. Serve with whipped cream.

Mrs. Hilma Isaacson

## RHUBARB PIE

4 c. rhubarb - cut in 1/2 inch cubes and place in 9 inch unbaked pastry shell.

Combine these to:-

1 1/2 c. sugar

1/2 c. flour

2 eggs - beat and mix with sugar and flour mixture. Pour over rhubarb.

2 T. butter - dot over pie

Strip pie with thin strips of pastry or regular top crust. Sprinkle with cinnamon and sugar mixture. Bake 450 degrees for 15 minutes and 350 degrees for 30 minutes.

Mrs. Lowell Lueck

## STRAWBERRY CHIFFON PIE

Blend in sauce pan and cook to a full rolling boil - stirring constantly;

2/3 c. sugar

1 envelope unflavored gelatin

1 c. strawberries - thoroughly crushed

Cool until it begins to thicken. Fold in meringue made from;

3 egg whites

1/4 t. cream tartar

1/3 c. sugar

Blend well and add 1/2 cup whipping cream, whipped. Pile in cooled baked pie shell. Chill several hours until set. Garnish with whole strawberries.

Mrs. Carl Mattes

## STRAWBERRIES AND CREAM PIE

1 pkg. (3-oz.) strawberry gelatine

3/4 c. hot water

1 can strawberry pie filling

1 pt. vanilla ice cream

(cut into 6 chunks)

Strawberries for garnish

CRUST:-

2 c. graham cracker crumbs

1/3 c. sugar

2/3 c. melted butter

Pat mixture into a 10 inch pie plate, evenly on bottom and sides. Chill.

Dissolve gelatine in hot water. Add pie filling and ice cream, stir until ice cream melts. Chill until mixture mounds slightly when dropped from spoon. Pour into crust chill until firm. Garnish with whipped cream and berries. Serves 6.

Mrs. Charles Carlon

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### GRAHAM CRACKER CRUST

1/4 c. sugar  
1/4 to 1/2 c. butter (melted)  
16 to 20 graham crackers (crushed)

Mix together and press into pie pan.  
Chill before filling.

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### VANILLA WAFER CRUST

1 1/4 c. crushed vanilla wafers  
1/3 c. melted butter

Combine and press into 9 inch  
pie pan. Chill before filling.

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### PIE CRUST

Put into a bowl:  
1/2 c. lard  
1 c. plus 2 T. sifted flour  
1/2 t. salt  
1/4 c. milk

Mix into a ball (with a fork) let  
stand while preparing the filling.  
Then roll out, this will make 1  
double crust pie.

Mrs. Rueben Nelson

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# SALADS

## CARROT SALAD

- 1 pkg. orange jello
- 1 c. boiling water
- 12 marshmallows, cut
- 1 small pkg. cream cheese
- 1/2 c. nutmeats
- 1 c. drained crushed pineapple
- 1/2 c. whipped cream
- 1/2 c. mayonnaise
- 1 c. shredded carrots

Combine jello, water, marshmallows and cheese and stir until dissolved. Set aside to cool and thicken slightly. Fold in remaining ingredients and mold in ring or pour in oblong pan.

Edna Nelson

## CRANBERRY SALAD

- 1 pkg. cranberries
- 1 c. sugar
- 1 pkg. marshmallows
- 1 c. whipping cream

Grind the cranberries and marshmallows together, add the sugar, and let the mixture stand over night. Next morning fold in the cream, whipped. Pour into a 9 x 13 pan and freeze in deep freeze. Take out of freezer a few hours before serving.

Mrs. Jim Anderson

## CHEESE AND PINEAPPLE SALAD

- 1 small can crushed pineapple
- 1 c. whipped cream
- 1 c. nuts (pecans or walnuts)
- 1/2 c. sugar
- 1 c. grated cheese (cheddar or American)
- 1 pkg. lemon jello

Dissolve jello in 1 cup cold water. Bring pineapple and juice to boil and add to jello. Let cool, then add cheese and before it sets add whipped cream and nuts.

Mrs. Ellis Harklau

## CRANBERRY RELISH SALAD

- 1 qt. cranberries
- 2 apples
- 2 oranges
- 3 c. sugar
- 2 boxes cherry jello
- 2 c. hot water, to dissolve jello

Grind apples oranges and cranberries, using a little of the orange rind. When jello has partly congealed add the ground mixture. Stir well. Let stand until firm.

Mrs. Ruth Wilson  
Amanda Engstrom (D)

## APRICOT SALAD

- 1 No. 2 1/2 can apricots  
(drained and cut fine)  
1 No.2 1/2 can crushed pineapple  
(grain, save liquid)  
1 1/2 c. juice from fruit  
2 pkg. orange jello  
2 c. hot water  
3/4 c. minature marshmallows

Dissolve jello in hot water, add juice, apricots, pineapple and marshmallows. Chill until set and add topping. 9 x 13 inch pan.

Topping:—

- 1/2 c. sugar  
3 T. flour  
2 T. butter  
1 egg (slightly beaten)  
1 c. juice (drained from fruit)  
1 c. cream, whipped

Mix sugar and flour, blend in the beaten egg and fruit juice. Cook until thick, stirring constantly, add butter. Cool, then fold in the whipped cream. Spread over jello mixture and top with whipped cream.

Mrs. L. T. Muklebust

## CRANBERRY RELISH

Grind:—

- 1 qt. cranberries  
2 apples  
2 oranges

Add:—

- 1 small can crushed pineapple  
1 c. sugar

Let stand over night.

Mrs. V. J. Telleen

## APPLE SAUCE SALAD

- 2 pkg. lemon jello  
1 c. cold water  
3/4 c. cinnamon candies in — Few  
drops red food coloring  
1 c. boiling water  
2 c. seived apple sauce  
1 c. boiling water

Dissolve jello in the 1 cup boiling water then add cold water, and the dissolved red hots. Cool. Add the apple sauce and pour half of mixture into a 9 inch square pan let set. Then spread the cheese mixture over and top with the remaining jello.

Filling:—

- 1 3-oz. pkg. cream cheese  
1/4 c. chopped nutmeats  
1/2 c. salad dressing  
1/4 c. chopped celery

Mix all together to spreading consistency.

Committee

## CRANBERRY FRUIT SALAD

- 2 c. cranberries  
1 large orange  
1 large red apple  
1 c. diced celery  
1 1/2 c. sugar  
1 pkg. lemon jello

Grind first three ingredients, add celery and sugar. Dissolve jello, when partially set combine with fruit. Chill until set. Serve with salad dressing.

Mrs. Darrell Schill

## CRANBERRY SALAD

1 pt. raw cranberries  
 1 c. boiling water  
 1 c. sugar  
 Cook 5 minutes— let cool

1 pkg. jello (lemon preferred)  
 1 1/2 c. hot water  
 3/4 c. diced celery  
 3/4 c. white grapes  
 3/4 c. nutmeats

Dissolve jello in hot water—cool.  
 Add cranberry mixture and other  
 ingredients in order given. Let  
 set over night.

Mrs. Alvin Carlstrom

## CRANBERRY SALAD

1 pkg. cherry jello  
 1 c. hot water  
 1 can whole cranberry sauce  
 1/2 c. diced celery  
 1/4 c. chopped walnuts  
 1 c. sour cream

Dissolve jello in hot water, chill  
 until thickened, break up cranberry  
 sauce in mixture. Fold in other  
 ingredients, adding sour cream  
 last.

Mrs. Roger Larson

## APRICOT SALAD DELIGHT

2 pkg. orange jello  
 1 c. juice (drained from fruit)  
 1 slim can crushed pineapple  
 2 c. boiling water  
 1 no. 2 1/2 can apricots (mashed)  
 1 c. small marshmallows

Dissolve jello in boiling water, add  
 juice and let cool. The add apricots,  
 pineapple and marshmallows. Put  
 in 9 x 13 inch pan and let set.

## FROZEN SALAD

15 marshmallows melted in  
 2 T. strawberry juice and cool Add:  
 1 3-oz. pkg. cream cheese, mashed  
 Add:—  
 1/2 c. salad dressing  
 1 c. frozen or fresh strawberries  
 1 c. cream (whipped)  
 1 c. crushed pineapple

Mix all together and put in freezer  
 tray and freeze. Serves 8.

Mrs. A. Youngquist

Topping:—  
 1/2 c. apricot juice  
 1/2 c. sugar  
 1 egg (beaten)  
 1/2 c. pineapple juice  
 2 T. flour (heaping)  
 2 T. butter

Mix in double boiler and cook  
 until thick. Cool. Add 1 small  
 can Pet milk whipped, and spread  
 over jello.

Mrs. Willard Peterson

## CABBAGE SOUFFLE

- 1 pkg. lemon jello
- 1 c. hot water
- 1/2 c. mayonnaise
- 1/2 c. cold water
- 2 T. vinegar
- 1/4 t. salt

Dissolve the jello in the hot water and add the other four ingredients.

Chill till partially set; then beat till fluffy and add the following vegetables:

- 1 1/2 c. finely shredded cabbage
- 2 to 4 T. grated onion
- 1/2 c. celery

Chill till set.

Mrs. Gerald Youngquist

## EGG SOUFFLE

Follow the above recipe and substitute 5 hard cooked eggs (chopped) for the cabbage. Also add 1 tablespoon finely chopped green pepper and 1/2 teaspoon salt.

Mrs. Gerald Youngquist

## DAIRY ORANGE SALAD

- 1 pkg. orange gelatine
- 1 c. boiling water
- 2 c. miniature marshmallows
- 1 small can frozen orange juice (undiluted)
- 1/2 c. sugar
- 1 small pkg. cream cheese
- 1 small can crushed pineapple
- 1 c. cottage cheese
- 2 bananas (mashed)
- 1/2 pt. cream (whipped)
- 1 c. mandarin oranges (small can)

Pour boiling water over gelatine, add marshmallows and stir until gelatine is dissolved. Thaw the orange juice and stir in sugar—add gelatine mixture. Cream the cheese, add the gelatine mixture. Then add cottage cheese, bananas and orange sections. Stir until well mixed. Fold in the whipped cream. Pour into a large container. Refrigerate for at least 3 hours.

Mrs. Marvin Telleen

## FROZEN SALAD

(with Cottage Cheese)

- 1 c. cottage cheese
- 1 c. crushed pineapple
- 1 c. salad dressing
- 1 c. cream (whipped)
- 12 or 14 marshmallows
- 1 bottle maraschino cherries

Cut marshmallows and maraschino cherries in small pieces. Mix with other ingredients. Pour into trays and freeze.

Mrs. Kenneth Larson

## FRUIT SALAD

- 1 can mandarin oranges
- 1 can chunk pineapple
- 1 can seedless grapes
- 1 pkg. miniature marshmallows
- 1 can cocoanut
- 20 maraschino cherries
- 1 pkg. commercial sour cream

Mix all together and chill several hours.

Mrs. Martin Nelson

## FRUIT SALAD

- 1 large can diced pineapple
- 2 oranges, cut up
- 2 eggs
- 2 T. flour
- 1/2 lb. marshmallows
- 1/2 c. nutmeats
- 1/2 c. sugar
- 1 c. cream, whipped

Bring pineapple juice to a boil, add the beaten eggs, sugar, flour and a pinch of salt. Cook until mixture thickens. Cool, add the cream, whipped and the other ingredients. This custard with pineapple added also makes a good topping to serve on cake.

Mrs. Vincent Strand

## GREEN TOP SALAD

- 2 pkg. lemon jello
- 2 c. boiling water
- 1/2 c. salad dressing
- 1 c. whipped cream
- 15 marshmallows
- 1 3-oz. pkg. cream cheese
- 1 c. drained crushed pineapple
- 1 pkg. lime jello
- 2 c. hot water.

Dissolve jello in water; add marshmallows and cream cheese. When partially set add salad dressing, pineapple and whipped cream. Pour into long dish and let set. When set pour over the lime jello, and allow to set.

Mrs. Fred Telleen

## DESSERT SALAD

- 1 pkg. lemon jello
- 1 c. hot water
- 1 c. heavy cream
- 1 No. 2 can crushed pineapple
- 1/2 c. cottage cheese
- 1/2 c. nutmeats
- 1/2 c. maraschino cherries, cut up

Dissolve gelatine in hot water chill until a thick syrup, whip until frothy. Add the cup of cream, whipped, then fold in the other ingredients. Chill until set. Serve on lettuce leaf.

Mrs. L. G. Schill

## STRAWBERRY SALAD

- 2 pkg. strawberry jello
- 2 small pkgs. frozen strawberries
- 2 large ripe bananas
- 1 can crushed pineapple
- 1/2 carton commercial sour cream
- 2 c. boiling water

Dissolve jello in boiling water. Add strawberries, undrained jello and sliced bananas. Pour half of the mixture in 8 x 12 pan and allow to set. Keep remaining mixture at room temperature. Spread sour cream over set layer. Cover with remaining mixture and chill till set.

Mrs. Arthur Carlson

## SUPREME SALAD

1 pkg. lemon jello  
 1 1/2 c. hot water  
 1 No. 2 can cube pineapple  
 2 large bananas  
 1/4 lb. miniature marshmallows  
 Dissolve jello in water and add other ingredients, let this cool  
 Meanwhile cook the following in a double boiler until thick.

1 c. sugar  
 1 c. pineapple juice  
 2 T. flour  
 Remove from heat and add;  
 1 well beaten egg  
 1/4 t. salt  
 2 T. butter

Add this to the first mixture and put in a loaf pan to set, when firm cover with:

1 c. whpped cream  
 2 T. powdered sugar

May top with grated cheese or coconut.

Mrs. Kenton Wicklander

## LIME JELLO SALAD

1 pkg. lime jello  
 1 c. drained pineapple  
 2 c. boiling water  
 1 box cottage cheese

Dissolve jello in hot water, let cool until slightly thickened, then add pineapple and cottage cheese. Place sliced stuffed olives on top. Chill until firm.

Mrs. C. V. Christianson

## RAINBOW SALAD

2 c. hot water for each pkg. jello  
 1 pkg. lemon jello  
 1 pkg. lime jello  
 1 pkg. cherry jello  
 1/2 lb. marshmallows, quartered  
 1 can crushed pineapple  
 1 pkg. cream cheese

Mix cherry jello and put in long pan and let set. Mix lemon jello, add marshmallows and cream cheese. Stir until dissolved, add pineapple and cool. Pour this mixture over the cherry jello. When this is set pour over it the cooled lime mixture.

Mrs. Leonard Youngquist

## MOLDED SALMON SALAD

1 envelope unflavored gelatine  
 1/4 c. cold water  
 1 c. salmon  
 1/2 c. chopped celery  
 3/4 c. cooked salad dressing  
 1/2 t. salt  
 1/4 t. paprika  
 1/4 t. vinegar  
 few grains cayenne pepper

Put cold water in bowl, sprinkle gelatine on top. Let soak 5 minutes. Place bowl over boiling water and stir until gelatine is dissolved. Cool and add salad dressing, salmon and other ingredients. Put in mold and chill.

Mrs. Arnold Bloomquist

### JOLLY SALAD

- 1 large banana
- 1 unpeeled red apple
- 1 peeled orange
- 1 pkg. raspberry gelatine
- 1 1/3 c. hot water

Grind banana, apple and orange in food chopper. Mix gelatine and hot water. When cool add the other ingredients. Chill, serve on lettuce with dressing.

Mrs. Carl Swanson

### FROZEN FRUIT SALAD

- 1 envelope unflavored gelatine
- 1/4 c. cold water
- 1 No. 1 can fruit cocktail
- 1/2 c. mayonaise
- 1 c. heavy cream (whipped)
- 1 3-oz. bottle maraschino cherries

Soften gelatine in cold water, dissolve over hot water, cool. Add fruit cocktail with juice, and mayonaise. Fold in whipped cream. Pour in tray or pan. Dot with cut cherries. Chill till firm, or freeze.

Mrs. Ruth Wilson

### CHEESE SALAD

(Frozen)

- 1 small glass pimento cream cheese
- 1 small can crushed pineapple, drained (or 1/2 c. pineapple)
- 1 doz. diced marshmallows
- 1 c. cream (whipped)
- 4 T. salad dressing

Mix together well. Allow to stand in freezing unit several hours. Serve on lettuce leaf. Top with salad dressing and cherry.

Mrs. Kenneth Fricke

### SNOWLY CHEESE SALAD MOLD

- 1 pkg. lemon jello
- 1 1/2 c. hot water
- 1/2 c. diced celery
- 1/2 c. whipped cream
- 1/4 c. chopped green pepper
- 1/2 c. finely chopped onion
- 1 1/2 c. large curd, cream style cottage cheese

*1/2 c. Solid Dressing*  
Dissolve jello in hot water, chill until partially set. Stir in celery, pepper onion and cheese. Fold whipped cream into salad dressing and then fold into salad. Pour into a 5 1/2 cups ring mold. Chill until firm, unmold on salad greens.

Mrs. C. H. Blomgren

### PEAR SALAD

- 1 large can pears
- 1 large or 2 small pkgs. cream cheese
- 1 pkg. lime jello
- 1 pkg. Dream Whip

Drain and mash the pears. Save the juice and add water to make 1 cup. Add the lime jello and bring to a boil. Soften the cream cheese and add to the hot jello and beat until smooth. When mixture starts to thicken add pears. Beat the Dream Whip and fold in last. Put in 8 x 8 pan.

## PARTY LIME SUPREME SALAD

- 1 pkg. lime jello
- 12 marshmallows, cut up
- 1 c. cottage cheese
- salt to taste
- 1/2 c. pineapple juice
- 1/2 c. shredded pineapple
- 1 c. cream, whipped

Mix jello and pineapple juice together and boil slowly for 7 minutes. Mix other ingredients together and add to the cooled jello. Chill overnight.

Mrs. Ralph Hanson, Mrs. Anton Holmer and Myrtle Boyle.

## LAYERED SPRING SALAD

- 1 box lime jello
- 1 box lemon jello
- 1 can crushed pineapple
- 1/2 c. nutmeats
- 1 c. whipping cream
- 1/2 c. vanilla wafer crumbs

Dissolve lime jello in 1 1/2 cup hot water. When it begins to thicken combine with pineapple and pour into pan to set. When set top this mixture with the cream, whipped, to which has been added the nuts and vanilla wafer crumbs. Dissolve the lemon jello in 1 1/2 cup of hot water. When this thickens to syrupy consistency beat with mixer until light and fluffy. Pour over the whipped cream mixture. Refrigerate. This is a lovely colorful salad.

Mrs. Duane C. Anderson

## CREAMY LIME SALAD

- 1 pkg. lime jello
- 3/4 c. hot water
- 1 c. evaporated milk
- 1 9-oz can undrained  
crushed pineapple
- 1 T. lemon juice
- 1/2 c. nutmeats
- 1/2 c. finely cut celery
- 1/2 c. salad dressing

Dissolve jello in hot water, cool, stir in evaporated milk. Chill until thick but not set. Stir in rest of ingredients.

Edna Nelson

LIME SALAD  
(Good with Fowl)

- 1 pkg. lime jello
- 1 pkg. cream cheese
- 1 c. boiling water
- 1/4 c. salad dressing
- 1/3 c. finely chopped nutmeats
- 1 c. crushed pineapple

Dissolve jello in boiling water, then add cream cheese and stir until it is melted. Let chill until a thick syrup, then whip. Add salad dressing, crushed pineapple, and nutmeats. Turn into a mold and chill until firm. (1/2 cup chopped celery may be added.)

### TWENTY-FOUR HOUR CABBAGE SALAD

1 T. unflavored gelatine  
 1/4 c. cold water  
 1 c. vinegar  
 1 1/2 c. sugar  
 1 t. celery seed  
 1 t. salt  
 1/4 t. pepper  
 1 c. salad oil  
 6 to 8 c. shredded cabbage  
 2 shredded carrots  
 1 grated onion  
 1 grated green pepper

Combine gelatine and cold water and let stand to soften. Heat vinegar and sugar together until sugar is dissolved. Add seasonings and stir in softened gelatine.

Let cool to thickness of cream; then beat in the salad oil. Combine vegetables and toss with enough of the above dressing to moisten. Refrigerate for 24 hours. Vegetables will stay crisp. 16 servings.

Mrs. Alvin Carlstrom

### PINEAPPLE SALAD

1 medium head of lettuce  
 1 medium size can crushed pineapple  
 2 or 3 bananas  
 1 c. miniature marshmallows

Mix all the ingredients together, using juice of pineapple, instead of salad dressing. Serves 4 or 5.

Mrs. John Askleaf

### TWENTY-FOUR HOUR SALAD

3 eggs  
 3 T. flour  
 juice of 1 lemon  
 1/2 c. sugar  
 1/2 t. salt  
 1/2 c. pineapple juice

Mix and cook until thick. Let cool.

1 pt. cream (whipped)  
 1 No. 2 can white cherries  
 1/2 c. nutmeats  
 1 No. 2 can pineapple tidbits  
 1 large pkg. marshmallows

Combine whipped cream with the cooked mixture, add other ingredients, and mix well. Let refrigerate overnight. Serves 10 or 12.

Mrs. Harry Dixon

### CINNAMON CANDY SALAD

1 pkg. cherry jello  
 1 c. hot water  
 1/4 c. red cinnamon candies  
 1/2 c. boiling water  
 1 c. chopped pared apple  
 1 c. diced celery  
 1/2 c. chopped walnut meats

Dissolve the jello in the 1 cup hot water. Add the cinnamon candies to the 1/2 cup boiling water and stir to dissolve. When candies are dissolved add enough hot water to make 1 cup liquid and add to the dissolved jello. Cool. When partially set add apples, celery and nutmeats. Pour into mold and chill until firm. Makes six generous servings.

Mrs. Carl L. Swanson

## HAM SALAD

- 1 pkg. lime jello
- 1 3/4 c. boiling water
- 1/4 c. vinegar
- 1/2 t. salt
- 1 c. cooked ham
- 1 1/2 c. chopped celery
- 1 T. finely minced onion
- 2 sweet pickles, chopped

Dissolve jello in boiling water, add vinegar and salt. Chill. When slightly thickened fold in ham, celery, onion and pickles. Chill until firm. Serves 10.

Mrs. Harold Lunblad

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## TUNA FISH SALAD

- 1 small can tuna
- 1 small can peas
- 2 sweet pickles (chopped)
- 1/2 c. diced cheese
- 3 hard cooked eggs
- 1/2 c. salad dressing mixed with a little whipped cream

Drain fish and peas. Combine with other ingredients, and serve on lettuce leaf.

Mrs. Luther Liljegren

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## TUNA MACARONI SALAD

- 2 c. macaroni
- 1/2 c. diced Celery
- 2 T. onion, chopped
- 1 small can peas (drained)
- 1 large can tuna
- 1 c. cheese (cubed)

- 1 T. minced green pepper
- 1 c. salad dressing

Cook macaroni in salt water. Rinse in cold water. Combine with other ingredients, let stand in refrigerator an hour or two for flavors to blend.

Mary Leppert

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## CHICKEN SALAD

- 1 c. grated carrots
- 1/2 c. salad dressing
- 1 1/2 T. minced onion
- pinch salt
- 1 can boned chicken, or  
1 cooked chicken, cubed
- 2 T. milk
- 1 t. lemon juice
- 1 can shoestring potatoes

Add milk to salad dressing. Mix with all other ingredients except shoestring potatoes. Let set for three hours. When ready to serve add the shoestring potatoes.

Mrs. Everette Bexell

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## SHRIMP SALAD

- 2 c. macaroni
- 1/2 c. stuffed olives
- 3 hard boiled eggs
- 1 can shrimp

Boil macaroni until tender, blanch. Mix with other ingredients, and mix with mayonaise mixed with with sour cream.

Mrs. L. W. Lundell

## JELLO WITH CUSTARD TOPPING

- 2 boxes lemon jello
- 1 c. crushed pineapple (drained)
- 8 large marshmallows (quartered)
- 3 c. hot water
- 2 bananas

Dissolve jello in the hot water, cool until syrupy, add the pineapple, bananas and marshmallows. Pour into 9 x 13 pan and let set. When set pour over the following— custard

## CUSTARD:—

- 1 c. pineapple juice
- 1 egg beaten
- 2 T. cornstarch
- 1/2 c. sugar
- 2 T. butter
- 1 c. cream (whipped)

Combine sugar and cornstarch, add the pineapple juice and egg and cook until thick, add the butter and stir well. Cool, then add whipped cream, spread over jello.

Mrs. Leonard Youngquist

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## KIDNEY BEAN SALAD

- 1 No. 2 can red kidney beans (drained)
- 1 c. sliced celery
- 1 c. chopped sweet pickle
- 4 or 5 T. salad dressing, enough for desired moisture
- 3/4 c. American cheese (diced)
- 2 T. chopped onion
- 1 1/2 c. chopped hard cooked eggs
- salt

Mix all together and chill.

## BANANA SALAD

- 1 envelope plain gelatine
- 3 T. lemon juice
- 1/4 c. sugar
- 3/4 c. hot water
- 1 8-oz. can crushed pineapple
- 1/2 c. whipped cream
- 2 bananas
- 1/3 c. chopped nuts

Soften gelatine in lemon juice. Dissolve gelatine, juice sugar, and salt in hot water. Blend in the in the pineapple, whipped cream, nuts and bananas.

Mrs. Martin E. Telleen

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## THREE BEAN SALAD

- 1 (303) can cut green beans drained
- 1 (303) can wax beans drained
- 1 (303) can red kidney beans drained
- 1 small onion cut in rings
- little green pepper and pimento (for color)
- 1/4 c. celery
- 3/4 c. sugar
- 1 t. salt
- 1/2 c. salad oil
- 1/2 c. wine vinegar
- dash pepper

Combine sugar, salt, vinegar and oil. Pour over the other ingredients and let stand in refrigerator, over night or longer.

## COTTAGE CHEESE SALAD

- 1 pkg. lemon jello
- 1 pkg. lime jello
- 12 marshmallows
- 3 1/2 c. hot water

Dissolve jello and marshmallows in hot water. Chill until it begins to thicken, then add:

- 1 c. cream, whipped
- 1 small can crushed pineapple
- 1 c. cottage cheese
- a few nuts

Stir to mix well, then pour into a 9 x 13 dish or desired mold. Garnish with salad dressing and whipped cream.

Mrs. Robert Gross

## APRICOT SALAD SUPREME

- 1 pkg. lemon jello
- 1 c. hot water
- 1 c. apricot nectar
- 1/2 c. salad dressing
- 1/2 c. cottage cheese
- 1/2 c. nutmeats

Dissolve jello in hot water. Add nectar. Chill until it starts to set, beat until light, add cottage cheese, salad dressing and nut meats. Chill in large salad or individual molds. Serve on lettuce.

Frankie Hade

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 MOLDED APPLE AND  
PINEAPPLE SALAD

- 1 pkg. lemon or orange jello
- 2 c. boiling water  
(part pineapple juice)
- 2 c. finely cubed apples
- 1 c. crushed pineapple
- 2 c. marshmallows (cut fine)
- 1 c. whipped cream
- 1 c. cubed cheese (optional)

Dissolve jello in hot water. Let cool. When it begins to thicken add apples, cheese, marshmallows and pineapple. Whip the cream and fold in last.

Mrs. Reuben Nelson

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 VIKING SALAD

- 1 pkg. lime jello
- 1 1/2 c. hot water
- 2 T. lemon juice
- 1/4 t. salt
- 2 T. pineapple juice
- 1 c. diced pineapple
- 1 c. shredded ~~pineapple~~ cabbage
- 1/2 c. diced marshmallows
- 2 T. chopped pimento
- 1/3 c. nutmeats (if desired)

Dissolve gelatine in hot water, add juices - cool until slightly thick and blend in remaining ingredients.

Mrs. Roger Lundberg

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**CHICKEN SALAD**

4 c. diced cooked chicken  
2 c. cooked elbow macaroni  
1 c. sliced celery  
1 pimento chopped  
1/2 green pepper, chopped  
6 hard boiled eggs, diced  
1 c. or more salad dressing  
salt

Refrigerate till well chilled. Serve  
on lettuce leaf.

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**CRANBERRY SALAD**

1 lb. cranberries (ground)  
1 small can crushed pineapple  
drained  
24 marshmallows  
1 1/2 c. sugar  
1 c. whipped cream

Whip the cream, add the sugar to  
the cranberries and then mix all  
the ingredients together. Let stand  
over night.

Mrs. Vemon Telleen

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**TUNA SALAD**

1 c. shredded carrots  
1 T. minced onion  
1/2 c. mayonaise  
1 c. diced celery  
1/4 c. sweet pickle relish  
1 can tuna or chicken

Mix together and let stand an  
hour or more. Just before serving  
add: 14-oz. can shoe string potatoes.  
Toss lightly. Serve on lettuce leaf.  
Makes 6 to 8 servings.

Mrs. Marle Anderson

RECIPE

1/2 cup butter  
 1/2 cup sugar  
 1 egg  
 1/2 cup flour  
 1/2 cup milk

Preheat oven to 350 degrees  
 Bake for 20 minutes

INGREDIENTS

1/2 cup butter  
 1/2 cup sugar  
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# *Salad Dressings*



# SALAD DRESSINGS

## HONEY SALAD DRESSING FOR FRUIT

1/3 c. honey  
1/2 t. salt  
1/4 t. paprika  
2/3 c. sugar  
1 t. dry mustard  
5 T. vinegar  
1 T. lemon juice

Boil above ingredients for 1 minutes. Cool and add 1 cup salad oil gradually, beating with a wooden spoon. Add 1 teaspoon onion juice last. Celery seed may be added if desired. Makes about one pint.

Mrs. Kenneth Fricke

## FRENCH DRESSING

2 bottles Heinz catsup  
2 cans tomato soup  
6 c. sugar  
3/4 c. salad oil  
1 1/2 c. vinegar  
1 c. finely grated onion

You can also add if you wish:-

1 t. celery salt  
1 t. paprika  
1 t. dry mustard  
1 t. worcstershire sauce

Mix ingredients and shake vigorously each time before using.

Mrs. Vincent Urelius

## SALAD DRESSING

6 egg yolks,  
or 4 whole eggs  
1/2 c. vinegar  
1/2 c. water  
1 heaping t. flour  
1/2 t. dry mustard  
1/2 t. salt  
1 T. butter  
pinch of paprika

Mix dry ingredients. Add beaten egg yolks, vinegar and water. Cook in double boiler until it coats a spoon.

Mrs. C. Youngquist (d)

## FRENCH DRESSING

1 c. sugar  
1 c. vinegar  
1/2 t. dry mustard  
1/2 c. oil  
2 t. grated onion  
1 t. salt  
2 1/2 t. celery seed

1 BOTTLE CATSUP

Boil the first three ingredients, four minutes. Let cool then add remaining ingredients. Mix and store in refrigerator. Makes about 1 quart.

Mrs. Leonard Jansa

## SWEET FRENCH DRESSING

- 1/2 c. sugar
- 1/2 c. catsup
- 1/4 c. vinegar
- 1/2 c. salad oil
- 1 t. celery seed
- 1 t. lemon juice
- dash salt
- dash onion or garlic (optional)

Combine all ingredients and mix about 5 minutes with electric mixer.

Mrs. Lowell Lueck

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## THOUSAND ISLAND DRESSING

- 1 c. mayonaise
- 3 hard cooked eggs
- 1/3 c. celery (chopped)
- 1 small onion (chopped)
- 1/2 c. chili sauce
- 1 1/2 dill pickles chopper
- 1 green pepper (chopped)

Mix together. Makes 2 cups.

Mrs. Leonard Jansa

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## DRESSING FOR JELLO SALADS

- 1 c. pineapple juice
- 2 T. flour
- 1 c. cream or 1 pkg. Dream Whip
- 1 egg, beaten
- 2 T. butter

Boil the pineapple juice, egg, flour and butter together until thick. Cool and add the whipped cream. Spread on top of chilled salad.

# *Sandwiches*



# SANDWICHES

## GOOEY BURGERS

1 lb. ground beef, browned  
 1 medium onion, chopped  
 1 can chicken gumbo soup  
 1/2 c. catsup  
 1 T. mustard  
 Salt and pepper to taste

Brown meat and onions; add rest of ingredients and simmer. Serve in buns or over rice or chow mein noodles.

Mrs. Bernard Monson

## PIZZA BURGERS

1 6-oz. can tomato paste  
 1/4 c. catsup  
 1 1/2 t. oregano  
 3/4 t. garlic salt  
 Mix together,  
 2 T. flour  
 3/4 C. milk  
 1 c. cut up cheese  
 Cook until thick.

Fry 1 pound hamburger, then spread buns with tomato paste, then cheese mixture then put hamburger on and bake like open face sandwich in 400 degree oven 12 to 15 minutes. One bun makes 2 pizza burgers.

Mrs. Ellis Harklau

## GOOEY BUNS

1 lb. minced ham  
 3/4 lb. sharp American cheese  
 1/4 c. prepared mustard  
 1 c. salad dressing  
 1 T. minced onion  
 2 T. chopped sweet pickle

Grind meat and cheese. Add remaining ingredients and mix well. Cut coney buns in half; spread with butter, then filling. Wrap each bun in aluminum foil or waxed paper. Heat in slow oven 325 degrees for 25 minutes.

Mrs. Clifford Swanson

## BARBECUED BEEF SANDWICHES

Beef Roast baked till tender  
 2 1/4 c. catsup  
 1 1/2 T. worcestershire sauce  
 3/4 t. cayenne pepper  
 1 c. sugar  
 4 drops garlic oil  
 1 T. minced onion  
 3/4 t. chili powder  
 1/2 c. white vinegar  
 1 c. salt pork liquid  
 2 slices bacon  
 1/2 c. water

Mix together and put on toasted buns.

Mrs. Rod (Donajean Wendell

## CORNED BEEF SANDWICHES

- 2 c. corned beef (1 can)
- 1 c. catsup
- 1/2 c. picilli or relish
- 1 t. worchester sauce
- 1/4 t. tabasco sauce
- 1/4 c. chopped onion browned  
in 2 t. butter

Mix altogether and simmer 10 minutes. Serve in hamburger buns.

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 DEVILED HAM CORNUCOPIAS

Comucopias: Cut 20 slices of thin-sliced bread with round cooky cutter. (Will cut nicer if bread is refrigerated or slightly frozen.) Flatten with rolling pin, then spread on both sides with mayonnaise. Roll up to form comucopia and fasten with toothpick. Bake on ungreased cooky sheet in 350 degree (mod.) oven for 12 to 15 minutes or until lightly browned. Remove pick. Fill with ham filling.

## FILLING:—

- 3 T. mayonnaise
- 1 (4½-oz.) can deviled ham or other  
type cold meats (ground)
- 2 hard boiled eggs, finely chopped
- 1 T. prepared mustard

Combine all these ingredients and chill.

Fill each comucopia with 1 generous teaspoon. Sprinkle with chopped parsley or paprika.

## SPAM BOAT

Cut slice off top of a loaf of Italian or French bread and hollow out leaving a 1-inch wall.

- 1 c. bread crumbs (from center)  
combined with
- 1 can spam diced or chopped  
(or meat preferred)
- 4 hard cooked eggs, diced
- 1 c. diced celery
- 2 T. chopped dill pickle
- 1 T. minced green onion
- 2 T. chopped stuffed olives
- 1/2 c. mayonnaise blended with
- 1 t. worcestershire sauce

Spoon mixture lightly into loaf, replace top. Brush entire loaf with butter; wrap in foil. Bake over grill or in oven 30 minutes or until heated through. Slice desired thickness and serve. If you prefer individual sandwiches use weiner buns follow above method, leaving wall enough to hold filling.

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 SPICY STEAK SANDWICHES

Heat together:

- 1/4 c. catsup
- 3 T. oil
- 2 T. water
- 1/2 t. salt
- 2 T. worcestershire sauce

Pour over 4 cube steaks, Let stand 15 minutes. Drain, reserve the sauce. Broil steaks 5 to 7 minutes on each side basting with sauce. Serve on toasted buns with onion rings and remaining sauce.

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PIZZA SANDWICHES

- 1 lb. ground beef
- 1/4 c. chopped onion
- 1 c. tomato paste
- salt and pepper
- 1/4 c. chopped green olives
- 1/4 c. parmesan cheese
- 1/4 t. oregano
- 1 loaf french bread

Mix together. Put on french bread which has been halved or on bun. Top with pizza cheese or other preferred cheese and broil 10 minutes.

Mrs. Kent (Beverly) Moustgard and  
Mrs. Rod Wendell.

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BEEFBURGERS

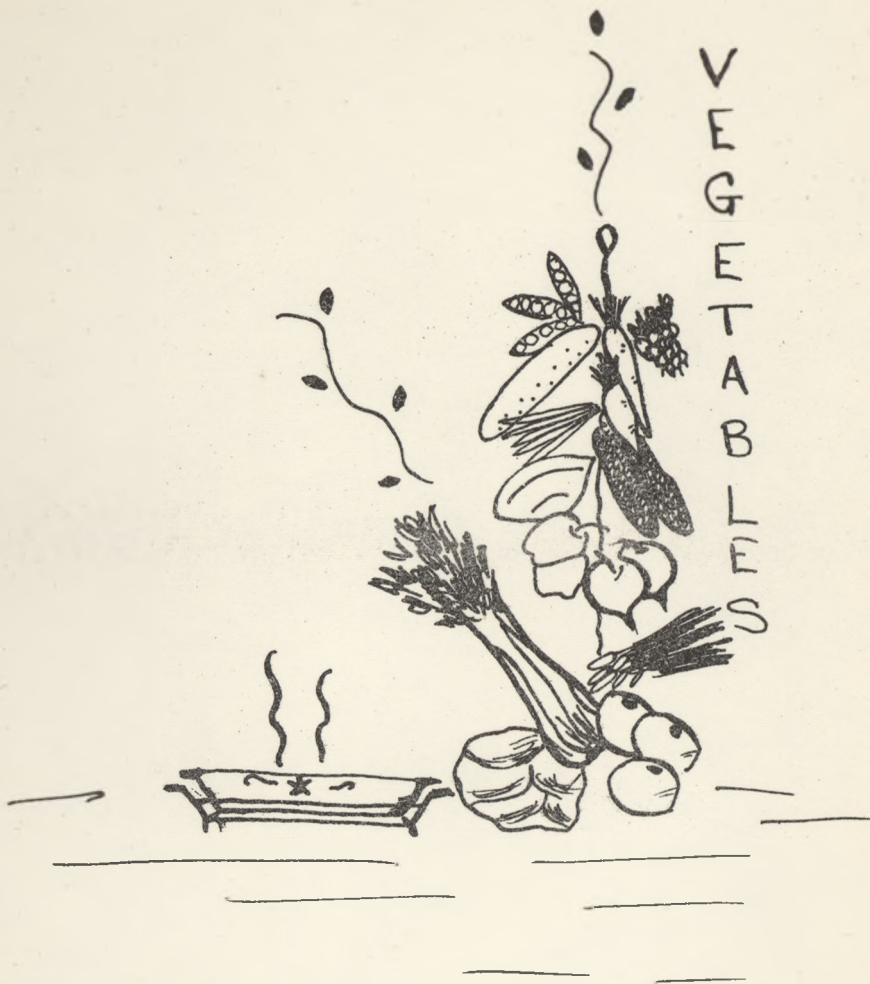
- 1 lb. hamburger (sear and brown)
- 1 medium to small onion
- 1 can tomato soup

Season with salt and chili powder to taste, and simmer all together for 1/2 hour.

Mrs. Harry Dixon



VEGETABLES





# VEGETABLES

## BAKED BEANS (QUICK AND EASY)

- 1 no. 2 can of pork and beans  
or 2 c. cooked navy beans
- 3 T. brown sugar or molasses
- 1/2 c. catsup
- 1 1/2 T. vinegar
- 2 or 3 slices bacon

A little chopped onion and a few drops of liquid smoke, if desired. Mix all together, draining off some of the liquid from the canned beans first. Put slices of bacon across the top and bake in moderate oven 45 minutes to an hour.

Mrs. A. Youngquist

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## BAKED PINEAPPLE

- 1 No. 2 can chunk pineapple drained
  - 1 c. grated cheddar cheese
- Mix with juice from the pineapple:
- 1 c. sugar
  - 2 T. flour
    - 1 c. dried bread crumbs
    - 2 T. butter

Put pineapple and cheese into casserole dish. Cover with the juice mixture and bread crumbs. Dot with butter. Bake at 350 degrees.

Mrs. Lowell Lueck

## CELERY AU GRATIN

- 1 large bunch celery cut into bite sized pieces
- 1/4 c. butter
- 1/4 c. chopped onion
- 1 1/2 celery stock and milk
- 1/8 t. pepper
- 2 T. chopped green pepper
- 2 c. shredded sharp American cheese
- 1 chicken bouillon cube
- 1/3 c. bread or cereal crumbs
- 3 T. flour
- 1/4 t. salt
- 1/8 t. garlic salt
- 2 T. chopped pimento

Cover cleaned celery with boiling water. Add bouillon cube. Cover and simmer until tender. Drain and save stock, adding milk to make 1 1/2 cup. Melt butter, remove 1 tablespoon and mix with the crumbs. Set crumb mixture aside. In remaining butter, saute onion until tender. Add celery stock and milk stirring constantly and cook over low heat until smooth and thick. Add seasonings, green pepper, pimento and cheese. melts. Place celery in buttered shallow 1 1/2 qt. baking dish. Cover with the sauce. Sprinkle with buttered crumbs. Bake at 350 degrees for 20 minutes. Serves 4 -6.

Mrs. Lowell Lueck

## CARMEL SWEET POTATOES

6 large sweet potatoes  
 1 t. salt  
 1 c. brown sugar  
 2 T. butter  
 2 T. flour  
 6 marshmallows, chopped  
 1 c. thin cream  
 chopped nuts, if desired

Boil sweet potatoes in their jackets until tender. Drain and cool. Peel and cut in 1 1/2 inch slices. Place in baking dish. Mix salt, sugar and flour and sprinkle over potatoes. Dot with butter and add marshmallows and cream. Bake in moderate oven 350degrees for 1 hour. Add nuts. Serves 6 or 8.

Mrs. Edwin Carlson

## CARROT CUSTARD

4 eggs  
 1 c. milk  
 1/2 c. fine bread crumbs  
 3/4 t. salt  
 2 T. melted butter  
 2 c. grated raw carrots  
 (may substitute cooked mashed carrots)

Beat eggs slightly and add remaining ingredients. Turn into greased custard cups or a casserole. Set in hot water and bake until firm. An excellent dish for young children. Serve as a meat substitute.

Mrs. F. E. Magnusson

## CREAM BEAN CASSEROLE

1 can green beans  
 1 can cream of mushroom soup

Pour in buttered dish. Top with potato chips, chow mein noodles or onion rings. Bake 30 to 45 minutes.

Mrs. Arthur Carlson

GREEN PEPPERS STUFFED  
WITH MEAT

Raw or cooked meat chopped  
 very fine  
 Seasoned with parsley, salt  
 and pepper

Remove tops from green peppers and take out seeds; wash them and stuff in the meat; stand them in a pan; add a little water and bake slowly, basting frequently for 1 hour.

Mrs. Will Carlson(d)

## HARVARD BEETS

2 c. cooked diced beets  
 2 T. vinegar  
 4 T. sugar  
 4 T. butter  
 dash of salt and pepper

Bring all the ingredients to boiling point. Let bubble along for a few minutes; then taste. You may want more vinegar. These beets should be sweet, yet tart. Serves 6 or 8.

Mrs. Ed. Carlson

### SCALLOPED CABBAGE WITH CHEESE

1/2 head of cabbage (cut as for salad)  
1/2 c. cheese, grated  
1 c. soft bread crumbs, or  
3/4 c. dry crumbs  
2 T. flour  
1 1/2 T. butter  
1/2 t. salt  
1 c. milk

Cook cabbage in boiling salted water for 5 to 7 minutes. Drain water from cabbage. Make white sauce from rest of ingredients. Put layer of cabbage in casserole. Sprinkle with cheese and continue until cabbage and cheese are all in dish. Cover with buttered crumbs and bake in 350 degree oven until nicely browned, 15 or 20 minutes.

Hannah Eckberg (d)

### SCALLOPED ASPARAGUS

2 c. asparagus  
4 T. butter  
4 T. flour  
1/2 c. asparagus liquid  
1 1/2 c. milk  
1/2 t. salt  
dash of pepper  
1 c. bread crumbs mixed with  
1 T. melted butter

Mix in order given. Sprinkle top with grated cheese. Bake about 20 to 30 minutes in moderate oven.

Mrs. Clifford L. Swanson

### SWEET POTATO SURPRISE

3 c. sweet potato  
(cooked and mashed)  
1/4 to 1/2 c. thin cream  
1/2 c. brown or white sugar  
1 egg  
3/4 c. moist coconut  
1/2 t. salt  
marshmallows  
crushed wheaties or  
corn flakes

Cook potatoes until tender in boiling water. Mash, add enough cream or evaporated milk to beat to a fluff. Add the sugar, beaten egg, coconut, salt and mix thoroughly. Let stand until cool. Press a marshmallow into the center of a portion of the potato mixture, and form into a ball. Roll each ball in crushed wheaties. Fry in deep fat (375 to 390 degrees) until browned nicely. Drain on brown paper and serve.

Mrs. C. E. Plotner

### POTATO PUFFS

3 c. mashed potatoes (seasoned)  
2 beaten egg yolks  
1 scant t. baking powder

Mix all together, and scoop with ice cream dipper onto greased baking sheet, brush with melted butter and place a cube of cheese on top of each scoop then refrigerate till just before serving. Broil for 15 minutes. Sprinkle with paprika and serve.

Mrs. Rod Wendell

### SCALLOPED CARROTS AND ONIONS

3 c. coarsely ground carrots  
1/2 c. chopped onion  
1 c. bread crumbs

#### WHITE SAUCE:-

2 T. butter  
2 1/2 T. flour  
1/2 t. salt  
1 c. milk

Put ground carrots in layers in baking dish, sprinkling with crumbs and bake 1/2 hour in 350 degree oven.

Hannah Eckberg (d)

### KING STYLE SCALLOPED CORN

1 No. 2 can cream style corn  
1 c. cracker crumbs  
1/2 c. chopped celery  
1/4 c. chopped onion  
2/3 c. shredded American cheese  
1 t. salt  
2 eggs (beaten)  
2 T. melted butter  
1/4 t. paprika  
1 c. milk

Combine all ingredients, pour into 1 1/2 qt. greased casserole. Bake 350 degrees for 1 hour.

Committee

### SOUR CREAM DRESSING FOR BAKED POTATOES

Mix together with 1 small container sour cream, 1 tablespoon salad dressing, desired amount of garlic salt, celery salt and chives, and 1 sweet onion chopped.

Mrs. Richard Larson

### STUFFED TOMATOES A LA KRAFT

6 medium sized tomatoes  
1 1/2 c. fresh bread crumbs  
1 c. grated cheese or velveta salt, pepper, paprika and celery salt

Cut a small slice off the top of each tomato, scoop out the centers and fill the shell with a mixture of the tomato pulp and remaining ingredients with seasoning to taste; top with a generous sprinkling of grated cheese and bake in a moderate oven until cheese is melted.

Mrs. Turney Valashek

### DRESSING FOR CUCUMBERS AND ONION RINGS

1 c. salad dressing  
1/2 c. evaporated milk  
1/2 c. sugar  
1 t. mustard  
1/2 t. pepper

Put in a quart jar and shake well. Then add 1/3 cup vinegar. Shake well again. Pour over cucumbers and onion rings.

Mrs. Richard Larson

## SCALLOPED POTATOES

1 qt. potatoes (peeled and sliced)  
 2 c. milk  
 2 T. flour  
 1 T. butter  
 salt to taste

Rinse cooking pan in boiling water (to prevent milk from scourching) Heat milk then add potatoes and boil gently over low heat until potatoes are partially done, then add enough of the flour to make thin white sauce, add salt and butter. Pour in buttered baking dish, dot with a little additional butter and bake in medium oven, until done and nicely browned. Ham may be added when ready to go into oven, diced or ground with coarse knife. The ground ham distributes flavor and meat better.

Mrs. Al Youngquist

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KALDOIMAR  
 (Stuffed Cabbage)

1 large cabbage  
 2 lbs. beef and pork  
 1 small onion  
 1 c. cooked rice

Steam cabbage in hot water so leaves will separate nicely. Mix rice with meat and onions; salt and pepper to taste. Form meat into balls and wrap a cabbage leaf around each one. Put in baking dish and baste often.

Mrs. Paul Pearson

## QUICK FROZEN CORN

15 c. sweet com, fresh cut  
 3/4 c. sugar  
 1/4 c. salt  
 5 c. ice water

Mix all together; pack in freezer boxes and freeze at once. Add more water when cooking to prevent sticking.

Mrs. A. E. Lindquist

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CORN CUSTARD

2 c. com  
 1 1/2 c. milk  
 3 T. butter  
 2 t. sugar  
 2 T. cornstarch  
 2 eggs  
 1/2 c. cracker crumbs  
 salt and pepper

Mix ingredients and put in buttered baking dish. Bake 1 hour or until brown.

Mrs. C. E. Youngquist (d)

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SAVORY BAKED LIMAS

2 c. cooked limas  
 2 T. brown sugar  
 1/4 c. catsup  
 1/4 t. dry mustard  
 1/2 c. sweet cream  
 2 slices bacon in 1 inch pieces

Combine and bake in casserole in 350 degree oven for 20 minutes. Uncover and continue baking 20 minutes more.

Joyce Youngquist, Kiron, Iowa

**DELICIOUS SWEET POTATOES**

2 lbs. sweet potatoes  
2 T. butter  
3/4 c. chopped walnuts

Boil potatoes until tender, remove skins and mash; add butter and season. Add nuts and mix. Put in buttered dish and cover with marshmallows. Bake until marshmallows are brown. Serve while hot.

Mrs. Ruth Wilson

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**GREEN BEANS WITH BACON**

1 can green beans (or comparable amount of cooked beans)  
5 slices bacon, chopped fine  
1 small onion, chopped  
1 can cream of mushroom soup  
3 T. cream

Fry bacon until very crisp; chopped onion can be fried until slightly brown at the same time. Drain off all fat. Add cream of mushroom soup, diluted with cream. When hot, add the beans which have been thoroughly drained. Simmer for 10 minutes or 15 minutes. Serve.

Mrs. Reuben Nelson





# PICKLES AND RELISHES

## CRYSTAL PICKLES

Wash 25 dill sized cucumber

Cover with brine

1 qt. salt

1 gallon water

Let stand 2 weeks.

Skim in hot weather and be sure all are under water. Drain and wash. Cut in chunks. Cover with cold water to which 2 tablespoons alum has been added. Soak 24 hours. Drain and wash.

Boil:

1 qt. vinegar

2 qts. sugar

In Bag:

2 sticks cinnamon

1 t. whole cloves

1 t. mace

Pour over pickles. Reheat and do four more days. Pack in jars and cover with hot liquid. These are very crisp.

Mrs. Russell Hunter

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## DILL PICKLES

Soak cucumbers in soft water over night. Then pack in jars with dill on top and bottom. Pour over this, solution: 1 quart vinegar, 2 quarts water and 1 cup salt, which has been heated to a boil. Seal. Ready for use in 3 weeks.

Mrs. L. W. Lundell

## LIME WATER PICKLES

7 lbs. cucumbers, sliced

2 c. dehydrated lime

2 gal. water

Dissolve lime in water, soak cucumbers in this solution for 24 hours. Rinse and let stand in cold water 3 hours. Drain. Make a mixture of:

2 qts. White vinegar

4 lbs. white sugar

1 t. celery seed

1 t. whole cloves

1 t. pickling spice

1 t. salt

Pour over pickles and let stand 24 hours. Boil in syrup for 35 minutes. Seal in sterilized jars. Mrs. Dick Nordstrom and Mrs. Lennard Pearson.

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## DILL PICKLES

3 qts. water

1 qt. vinegar

1 c. coarse salt

Boil and put on hot.

Pack cucumbers in jar, add 1/2 teaspoon alum and 2 dill to 1 quart pickles.

Mrs. George Kullberg

## SWEET CHUNK PICKLES

7 or 10 cucumbers, 4 or 5 inches long. Cut in 1 inch chunks. Soak for 3 days in 1 cup salt to 1 gallon water. Be sure to keep them under water. Fourth day, pour off and put in cold water and leave for 3 days, changing water each day. Seventh day, drain again and pour boiling water over cucumbers and cool 1 day. Eighth day, make syrup of 3 pounds sugar, 2 1/2 pints vinegar, 1 ounce stick cinnamon, 1 ounce allspice. Boil and pour over pickles, leave over night. Repeat this 2 days, using the same syrup and reboiling it. Put in jars and pour boiling syrup over pickles and seal. Will also keep in open jar all winter if pickles are kept under syrup. Makes delicious crisp pickles.

Mrs. Alvin Youngquist

## SWEET PICKLES

Cut cucumbers in half lengthwise or larger ones in 1 inch chunks. Soak in 2 cups salt to 1 gallon water for 3 days. Then in clear water for 3 days, changing each day. Simmer, (do not boil) the cucumbers for 2 hours in 1 part vinegar, 2 parts water, 1 teaspoon alum for each quart. Drain. Cover with boiling syrup:

1 c. vinegar  
 2 c. sugar  
 1 stick cinnamon      -per quart  
 1 T. mixed spices

Seal, or reheat liquid 2 mornings and they will keep without sealing.

Mrs. Harry Lange

## BEST EVER PICKLES

Take three hundred medium sized cucumbers, wash carefully and dry. Sprinkle with 2/3 cup salt, cover with boiling water and let stand over night. Remove from brine and wipe dry. Put the pickles in crock and cover with 1/2 gallon vinegar, 4 tablespoons mustard, 4 tablespoons salt, 4 tablespoons sugar, 1/2 cup mixed spices. Mix the vinegar and other ingredients well and pour over pickles. Cover and set away in a cool place. Weigh out three pounds sugar and each morning stir in 1/2 cup, until all the sugar has been used. These pickles will never wither and become white and pithy.

Mrs. E. D. McCarty

## BEET PICKLES

Cook beets until done, slip off skins, cut in desired shapes and size. (if small may leave whole)

## SYRUP

(enough for 4 pints)

Bring to a boil:-

2 c. vinegar  
 1 c. water  
 2 c. sugar  
 1/4 t. salt

Add beets and bring to boil again.

Put in jars and seal.

Committee

CHILI RELISH

- 12 apples peeled and chopped
- 20 ripe tomatoes peeled chopped  
(drain)
- Then grind:
- 10 onions
- 1 sweet pepper
- 2 hot peppers
- 3 green peppers
- 1 bunch celery

Mix all in a large kettle. Add 1/4 cup salt and 3 cups sugar. Tie in a bag 1 teaspoon whole cloves, 1 tablespoon broken cinnamon stick. Boil rapidly 15 minutes. Remove spice bag. Seal in jars while hot.  
Margaret Robitshek, Brainerd, Minn.  
by Mrs. C. H. Blomgren

COLD RELISH

- Do not heat:
- 1 peck green tomatoes
- 2 medium heads cabbage
- 4 medium onions
- 2 large carrots
- 6 red peppers
- 6 green peppers
- 1/4 c. coarse salt

Put through grinder, add salt and mix well. Then drain for 2 hours.

- Heat:
- 1 1/2 pints vinegar
- 1 1/2 pints sugar
- 1 T. each celery and mustard seeds

Add to first mixture, then pack in sterilized jars and seal.

Mrs. Eunice Dallman

FRESH CHOP CHOP RELISH

(Makes 2 cups)

- 1 c. finely chopped cabbage or lettuce
- 1/2 c. finely chopped tomato
- 1/4 c. finely chopped onion
- 1/4 c. finely chopped green pepper
- 1/4 c. finely chopped celery

Combine ingredients, chill.

Mrs. Richard Larson

TOMATO CATSUP

- 1 gal. tomatoes
- 1 c. vinegar
- 3 c. sugar
- 1 t. black pepper
- 1/2 t. red pepper
- 1/2 t. allspice
- 2 T. salt
- 1 onion

Stir together. Cook 2 or 3 hours until thick.

Mrs. Dick Nordstrom

CORN RELISH

(makes 2 cups)

- 1 12-oz. can (1 1/2 cup) whole kernel corn (drained)
- 2/3 c. chopped celery
- 1/4 c. French dressing
- 1/2 t. salt
- 2 T. chopped onion
- 2 T. chopped green pepper
- 1 T. diced pimento
- 1 T. vinegar

Combine all ingredients and refrigerate several hours.

Mrs. Richard Larson

## CUCUMBER RELISH

Grind large cucumbers (dill size or larger, if too many big seeds take them out.) Soak in salt brine over night, 1 pint salt to one gallon water. Rinse through colander and press dry. To 10 cups of ground pickles, add 3 pints vinegar. 2 tablespoons alum and 6 cups sugar. Simmer 20 minutes and add 1 ounce celery seed, 1/2 ounce mustard seed, and tie in bag 1 ounce stick or broken cinnamon and 1 ounce whole allspice, cook 10 minutes. Leave mixture for 24 hours, stirring occasionally. Remove spices in bag. Heat and seal.

Mrs. Dick Nordstrom

## BREAD AND BUTTER PICKLES

1 gallon small cucumbers  
8 small onions, thinly sliced  
2 green peppers, cut in strips  
1/2 c. pickling salt  
5 c. sugar  
5 c. cider vinegar  
1 1/2 t. tumeric  
1/2 t. ground cloves  
2 T. mustard seed  
1 t. celery seed

Wash cucumbers. Slice thin slices. Combine cucumbers, onions, green peppers and salt. Mix with 1 quart of crushed ice and let stand 3 hours. Drain, combine remaining ingredients. Pour over the vegetables and bring slowly to boiling point. Pack in sterilized jars and seal at once. Let stand at least 30 days before using to get best flavor.

Mrs. Elmer R. Johnson

## GREEN TOMATO RELISH

1 peck green tomatoes  
6 medium onions  
6 green peppers  
1 small head cabbage

Chop and soak in salt water overnight.

1 T. salt for every quart of mixture.

Squeeze out juice and soak into following syrup.

4 c. suagr  
1 qt. vinegar  
1 qt. water  
2 T. celery seed

Boil up real good and seal in pint jars.

Mrs. Wilfred Witcombe

## CORN RELISH

1/4 c. sugar  
1/2 c. vinegar  
1/2 t. salt  
1/4 t. tabasco  
1/2 t. celery seed  
1/4 t. mustard seed  
1 can corn (whole kernel)  
2 T. chopped green pepper  
1 T. chopped pimento  
1 T. minced onion

Combine, sugar, vinegar, salt, tabasco, celery seed and mustard seed in sauce pan. Bring to boil; boil 2 minutes. Remove from heat. Combine with remaining ingredients. Chill. Flavor improves on standing. Yield 1 3/4 cup.

Mrs. George Kullberg

CUCUMBER RELISH

(Makes 2 Cups)

3 med. cucumbers, chopped and  
drained.

1/4 c. grated onion

1/2 t. pepper

1 1/2 t. salt

1/4 c. vinegar

1 t. dill seed

Combine ingredients, mix well.

Chill at least 2 days before serving.

Mrs. Richard Larson



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# PRESERVES

## PLUM JAM

5 c. plum pulp (ground)  
10 c. sugar

Cook 10 minutes.

Mrs. Amanda Anderson (d)

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## RHUBARB CONSERVE

8 c. diced rhubarb  
8 c. sugar  
1 c. orange juice  
rind of 2 oranges  
1 c. almond meats

Mix rhubarb and sugar and let stand over night. Add remaining ingredients except nuts. Cook about 30 minutes, adding nuts at end of cooking period.

Mrs. John Hoff

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## RHUBARB JAM

4 c. rhubarb (small chunks)  
4 c. sugar

Stir well, boil 15 minutes. Remove from heat, stir in 1 pkg. raspberry or strawberry jello. Store in refrigerator or freezer.

Mrs. Harry Lange

## BEST EVER STRAWBERRY PRESERVES

Wash and stem strawberries  
4 rounded c. berries  
5 c. sugar  
1 T. vinegar

Put in preserving kettle and let stand 30 minutes. Place over low heat and let reach boiling point, then time 12 minutes of slow boiling. Pour in large flat container to cool, stirring occasionally. Let stand over night. Can cold in sterilized jars and seal.

Mrs. Martin Telleen

This method and variation may be used for this same recipe: Take same amount sugar and berries, let stand over night, add 1 table-spoon vinegar and boil 10 minutes.

Mrs. Axel H. Larson

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## PEACH MARMALADE

12 large peaches  
6 medium oranges  
Rind of 1 orange  
1 small bottle maraschino cherries

Peel peaches and all but one orange. Put all through food chopper. Cook about 10 to 20 minutes. Stir with wooden spoon occasionally. Seal with para wax in jars.

Mrs. Martin Hade

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**STRAWBERRY JAM**

Hull, wash and crush berries  
 Cook 10 minutes. Measure and mix  
 with equal parts of sugar.  
 Cook 10 minutes.

Mrs. Amanda Anderson (d)

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**DRIED APRICOT JAM**

1/2 lb. apricots soaked in  
 1 1/2 c. water  
 No. 2 can crushed pineapple  
 3 c. sugar

Mix all together and boil 20 minutes.  
 Pour in glasses and jars and seal.  
 Mrs. Alvin Youngquist

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**STRAWBERRY PRESERVES**

1 qt. strawberries  
 4 c. sugar

Boil 15 minutes. Let stand over-  
 night and seal cold.

Mrs. Mel Rosene (d)

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**NO COOK GRAPE JELLY**

1 gallon grapes  
 1 c. water. Cook, strain and  
 measure.

*3 c. sugar.*  
 Bring juice to a rolling boil, add  
 sugar and seal. Do not boil after  
 sugar is added.

Mildred Sellstrom

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**1 - 2 - 3 JAM**

1 c. strawberries ( or raspberries)  
 2 c. rhubarb  
 3 c. sugar

Stir and cook until mixture becomes  
 thick (15 to 20 minutes) Skim and  
 seal while hot.

Mrs. Harry Lange

**PEACH AND ORANGE MARMALADE**

2 qts. peaches (sliced)  
 2 qts. oranges (ground)  
 2 1/2 qts. sugar

Boil until thick.

Mrs. C. V. Christianson

# *Miscellaneous*



# MISCELLANEOUS

## CHILI (For 50)

- 1 lb. margarine
- 4 cups chopped onion
- 8 lbs. ground beef
- 8 t. salt
- 2 Gal. cooked tomato
- 2 Gal. cooked kidney beans
- 4 T. chili powder or to taste

Melt fat, add onions and brown. Add meat and onions stir till delicately browned. Add remaining ingredients. Simmer 1 hour. Use tomatoes as they are or put through strainer.

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## CHILI (For 200)

- 25 lbs. hamburger
- 8-10-onions chopped
- 65 c. kidney or chili beans
- 55 c. tomatoes
- 50 c. tomato juice
- 5 t. salt
- 5 t. onion salt
- 5 t. celery salt
- 10 to 15 t. chili powder
- 3 c. sugar
- pepper (if you wish)

Sear meat and onions together till slightly browned. Add other ingredients and simmer in large container for an hour or longer. The flavor improves by longer cooking.

Frankie Hade

## MEAT LOAF (25 Servings)

- 8 1/2 lbs. hamburger, use some pork
- 6 eggs
- 1 c. chopped onion
- 3 c. cracker or bread crumbs
- 2 1/2 c. milk
- 2 T. salt (more or less as desired)
- pepper if you like
- 9 slices of bacon to lay across while baking

Mix all together, make into (3) loaves and bake 2 hours in slow to medium oven. Some water needed in baking pan while meat is baking or a mixture of water and catsup.

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## HAM LOAF (Serves 200)

- 27 lbs. of ground ham
- 18 lbs. fresh lean pork
- 36 eggs
- 3 qt. milk
- 2 qts. tomato juice

Mix all together and form into loaves. Bake 2 hours covered and 1 hour uncovered. Baste with following syrup while meat is baking. 1 qt. vinegar, 6 lbs. brown sugar, 4 table-spoons dry mustard and 2 qts. water Boiled together till syrupy.

**COFFEE USING CHURCH POTS**

(egg)

- 3 c. coffee (Buttemut)
- 2 eggs

Moisten first two ingredients with cold water. Add to pot 3/4 full of boiling water. Boil 2 to 5 minutes. Fill pot with boiling water. Makes 40 cups.

**CORN CUSTARD**

(Serves 210)

Corn custard to serve 210— Use 24 cans of corn following recipe in vegetable section.

**CHICKEN LUNCHEON**

(Serves 25)

- 10 lbs. chicken (cooked)
- 2 c. almonds
- 2 c. pimentoes
- 2 c. milk
- 8 T. flour
- 3 c. rice (uncooked)
- 2 c. mushrooms or mushroom soup
- 2 c. cream
- 4 T. butter
- salt to taste

Cook rice in the stock from cooked chicken until stock is all taken up. Make white sauce with butter, flour, milk, and cream. Then add the chicken (cut up). Put a layer of this in a greased casserole, then a layer of rice, repeat. Cover the top with buttered crumbs and bake until brown on top.

Mrs. Martin Telleen

**WHITE SAUCE**

(Makes 6 Qts.)

- 2 c. butter or margerine
- 3 c. flour
- 1/4 c. salt or to taste
- 1 qt. water
- 1 t. pepper
- 1 T. paprika (optional)
- 5 qts. milk

Melt shortening add flour, salt, pepper and paprika. Mix well. Scald milk and water. Add a little at a time to the flour mixture, stir constantly to prevent lumping. Cook, stirring until thick and smooth.

**AUXILIARY BAKED BEANS**

(Serves 75)

- 3 No. 10 cans pork and beans
- 2-4-lbs bacon ends or lean bacon
- 2 c. tomato juice
- 2 cans tomato paste
- 1 bottle catsup
- 1/2 c. prepared mustard
- 1 c. molasses
- 2 c. chopped onion  
(cooked slightly in bacon grease)
- 1 c. brown sugar
- salt and pepper if needed

If beans have too much liquid on them, drain some, then add the other ingredients and bake in slow oven (325) for 1 to 2 hours or until most of the liquid has been absorbed.

Frankie Hade

## GOLD SALAD

(For 25)

4 pkgs. orange jello  
 4 c. ground carrots  
 4 cups crushed pineapple  
 1 c. chopped nuts  
 4 T. lemon juice or vinegar  
 dash salt

Dissolve jello according to directions on package. Add juice or vinegar, when slightly thickened add rest of ingredients and chill till set. Serve on lettuce leaf.

PEACH COTTAGE CHEESE  
SALAD

(For 350)

14 large heads lettuce  
 14 gallons peach halves  
 20 lbs. cottage cheese  
 2 Qts. salad dressing

Arrange lettuce leaf or cut up lettuce on individual plates, on this lay a half peach, round side down. In the center of each peach put 2 teaspoon cottage cheese. Top with 1 teaspoon dressing and serve.

## VEGETABLE SALAD

(For 300)

30 Lbs. cabbage  
 2 bunches celery  
 2 bunches radishes  
 2 bunches onions

2 bunches carrots  
 6 cucumbers  
 2 or more peppers  
 3 1/2 qts. dressing

Prepare and chop vegetables, add dressing. Salt to taste. Chill and serve.

## CHICKEN SALAD

(Serves 50)

4 qts. cooked chicken (cut in pieces)  
 4 qts. celery (chopped)  
 2 qts. salad dressing  
 1 t. salt  
 1 t. pepper  
 12 hard cooked eggs

Mix chicken, celery, salt, pepper and eggs. Moisten with dressing chill several hours. Serve on lettuce leaf.

## POTATO SALAD

(Serves about 50)

8 qts. cubed cooked potatoes  
 1 1/2 qts. celery, cut in small pieces  
 18 hard boiled eggs  
 2 T. salt  
 2 qts. salad dressing  
 1 c. chopped onion (optional)

Mix cubed potatoes, celery, chopped eggs; add salt, pepper if desired and dressing. Let stand several hours. Place on lettuce leaf and gamish with parsley and paprika.

## MACARONI AND CHEESE

(For 50)

5 lbs. macaroni  
 2 gal. water  
 1/4 c. salt  
 6 qts. thin white sauce  
 2 lbs. cheese, cut in small pieces  
 1/2 c. butter or shortening  
 1 qt. soft bread crumbs

Cook macaroni in boiling salted water until tender. Drain and rinse. Add white sauce and cheese to macaroni, put in greased shallow baking pans. Cover with buttered crumbs and bake in 350 degree oven till bubbly and browned.

## MASHED POTATOES

(For 50)

15 lbs. potatoes  
 1 1/2 qts. milk (scalded)  
 1/4 c. salt  
 1 c. melted butter  
 (less if desired)

Wash and pare potatoes, boil or steam till tender. Mash until free from lumps and add hot milk, salt and butter. Beat until light. Serve immediatly.

## APPLE SALAD

(For 300)

1/2 bu. apples  
 15 pkgs. marshmallows  
 1 large bunch celery  
 3 qts. dressing  
 nuts may be used if desired

Wash and core apples, dice, leaving pelling on at least half of them for color. Add marshmallows and chopped celery, then dressing using enough to moisten well. If large marshmallows are used they should be quartered.

## AUXILIARY BEEFBURGERS

10 lbs. hamburger  
 2 cups onions  
 1 qt. tomato juice  
 1 can tomato soup  
 3 t. chili powder or to taste  
 1 c. flour  
 1 to 1 1/2 c. prepared mustard

Brown hamburger and onions together. Add other ingredients and simmer or cook in oven for 1 to 2 hours.

Mrs. Al. Youngquist

LARGE QUANTITY COOKING  
AMOUNT FOR 50

- BUTTER FOR TABLE - 1 1/2 Lbs.
- BUTTER FOR VEGETABLES - 1/2 to 3/4 lb.
- CABBAGE FOR SLAW - 10 lbs.
- CANNED VEGETABLES - 2 No. 10 cans  
or 11 No. 2 cans, 10, 12-pkgs Frozen
- CARROTS FOR RELISH - 2 to 3 pieces each  
2 to 2 1/2 bunches
- CELERY - 1 to 21 Stalks depending on size
- CHICKEN 1, 5 to 6 lbs. makes 6 qts. diced chicken
- CHICKEN - Creamed 18 lbs.
- CHICKEN - Fried 30 lbs.
- CHICKEN - Scalloped 20 lbs.
- CHICKEN - Baked 25 to 30 lbs.
- COTTAGE CHEESE - 8 lbs.  
1 lb. makes 32, rounded teaspoons full.
- FRESH TOMATOES - 10 lbs.
- LETTUCE FOR SALAD - About 4 gamish for salad 8 to 10 heads.
- HAM LOAF - 17 to 18 lbs. of prepared mixture
- HAM BAKING - 20 to 25 lbs.
- HAM BONELESS - 17 to 20 lbs.
- MEAT LOAF - 12 to 14 lbs.
- ROAST BEEF - Figure 2 to 3 serving per lb.
- SWISS STEAK - 14 to 17 lbs.
- TURKEY - (Dressed and Drawn) 22 to 25 lbs.
- MAYANNAISE - For Tossed Salad 1 Quart Dressing plus 1 cup cream  
(Whipped)
- PICKLES - 2 to 3 quarts.
- OLIVES - 1 1/2 Quarts
- POTATOES - Mashed 20 to 25 lbs.
- POTATOES - Scalloped 12 1/2 to 14 lbs.
- POTATOES - Buttered Whole 20 lbs.
- POTATOES Creamed 1/ 1/2 to 2 gallons.
- PINEAPPLE - About 50 slices to a gallon.
- RADISHES - 10 Bunches (2 apiece)
- JAM - 2 1/2 to 3 pints.
- JELL - 3 Glasses.
- WHIPPING CREAM - 1 Quart Makes 64 Heaping Teaspoons.
- ICE CREAM - (Bulk) 2 to 2 1/2 gallons.
- COFFEE - 1 lb.

**CALORIE CHART**

**MEAT GROUP**

*2 or more servings daily,  
3-oz. servings, edible portion, unless  
otherwise indicated. Broiled, baked,  
or roasted. Trimmed of visible fat.*

**Calories**

Bacon, Canadian, 1 slice .....	65
Bacon, crisp, drained, 1 slice .....	45
Beef, chipped, 2 oz. ....	115
Beef pot roast (round) .....	200
Beef rib roast, med. fat .....	265
Beef steak, porterhouse .....	290
Beef steak, sirloin .....	260
Bologna, large, 1/8 inch slice .....	65
Corned beef, med. fat .....	180
Corned beef hash .....	120
Country sausage, patty 1/2 in. thick, 2 in. diameter .....	265
Frankfurter , 1 .....	125
Ham boiled, 1/8 in. slice, 1 oz. ....	85
Ham, smoked, very lean .....	280
Hamburger patty, 2 oz. ....	210
Lamb, leg roast .....	230
Lamb, small rib chop, lean only ...	125
Liver, pan-fried, 2oz. ....	120
Liverwurst, 2 oz. ....	150
Luncheon meat, canned spiced, 2 oz. ....	165
Pork chop, fat trimmed, 1/2 in. thick .....	220
Pork loin roast, very lean .....	290
Pork sausage, 1 3-in. link .....	85
Tongue, 1 av. slice .....	60
Veal chop, med. fat .....	180
Veal roast .....	195

**MIXED DISHES**

Beef and vegetable stew, 1 cup .....	250
Spanish rice with meat, 1/2 cup .....	230
Spaghetti with meat balls, grated cheese, 1 cup .....	375

**POULTRY**

Chicken, canned boned, scant 1/2 cup .....	170
Chicken, creamed, 1/2 cup .....	235
Chicken, half broiler (8 oz.) plain roasted .....	330
Chicken, breast of one fryer .....	210
Chicken, leg of one fryer .....	160
Chicken, roast sliced, light or dark meat (Turkey, pheasant, all lean poultry about the same as chicken weight for weight) .....	210

**FISH**

*(3 oz. servings, edible portion)*

Average for 3 oz. servings of moderately lean fish (cod, haddock, flounder, halibut, etc.) steamed or broiled .....	175
<i>Add 75 calories if fried in meal, flour or batter</i>	
Herring, smoked, kippered .....	180
Lobster, boiled .....	100
Oysters, 6 med. ....	75
Sardines, oil drained .....	185
Salmon, canned .....	140
Shrimp, fresh, 12 med. ....	105
Tuna, canned, oil drained .....	170

**EGGS**

One egg, poached, soft or hard cooked .....	75
One egg, fried .....	105
One egg omelet .....	105
Scrambled egg, 1/3 cup .....	125

*Don't forget to count extra calories if  
you add to meat dishes:*

Gravy, milk thickened, 1 tablespoon .....	60
Pan gravy, water-thinned, 1 tablespoon .....	20
Drawn butter, 1 tablespoon .....	100
Mayonnaise, 1 tablespoon .....	90
Poultry dressing, bread, 1/2 cup .....	170

Poultry dressing, sausage and bread, ½ cup .....	300
Tartare sauce, 1 tablespoon .....	100

## DRIED BEANS, PEAS, AND NUTS

Considered as alternates for meat because of their high protein content, but they're sneaky with calories.

Almonds, shelled, 1 oz. ....	165
Baked beans, pork and molasses, ½ cup .....	160
Brazil nut, 1 .....	28
Cashews, roasted, ½ oz. ....	82
Kidney beans, cooked, with liquid, ½ cup .....	115
Lima beans, cooked, ½ cup .....	75
Peas, dry, ½ cup .....	335
Peanuts, 10 kernels, or 1 tablespoon, chopped .....	55
Pecans, 1 tablespoon, chopped .....	52
Walnut half .....	10

## MILK GROUP

Some milk products daily. But note the low calorie kinds for weight control. Cheese, and ice cream (listed under "desserts") can replace part of the milk.

Whole milk, 1 glass (½ pint) .....	166
Skim milk, 1 glass .....	87
Buttermilk, 1 glass .....	87
Cream, light (coffee), 1 tablespoon .....	30
Cream, heavy, 1 tablespoon .....	50
Whipped cream, 1 tablespoon .....	35
Condensed milk (sweetened), 1 cup .....	980
Evaporated milk, 1 cup .....	345

## CHEESE

Cheddar American cheese, 1 in. cube (1 oz.) .....	110
Cheese souffle, 1 cup .....	240
Cottage cheese, 1 oz. half cup, 108 cal. ....	27
Cream cheese, 1 tablespoon .....	56
Swiss cheese, 1 oz. ....	105
Grated cheese, 1 tablespoon .....	25
Macaroni and cheese, baked, ½ cup	232

## VEGETABLE-FRUIT GROUP

Four or more servings daily.

Vegetables—with relatively few calories if prepared by steaming, boiling, baking, without added fat, oil, cream, or sugar. Calories shown are for vegetables cooked in water, unless otherwise noted.

Asparagus, 6 5-inch spears .....	15
Beans, green or wax, 1 cup .....	27
Bean sprouts, 1 cup .....	20
Beets, ½ cup diced .....	35
Beet greens, ½ cup .....	20
Broccoli, ½ cup .....	22
Brussels sprouts, ½ cup .....	
(4 med.) .....	30
Cabbage, raw, finely shredded, 1 cup .....	24
Cabbage, Cooked, ½ cup .....	20
Carrot, raw, 5½ in., or 25 thin strips .....	21
Carrots, cooked, ½ cup diced .....	22
Cauliflower, ½ cup .....	15
Celery, 3 inner stalks, 5 in .....	9
Celery, stewed, ½ cup diced .....	12
Chard, leaves and stalks, ½ cup ... cooked .....	15
Corn, 1 ear, 5 in. ....	85
Corn, ½ cup kernels .....	70
Cucumber, 1 cross-slice 1/8 in. thick .....	1
Eggplant, 1 slice (add 55 calories if breaded, fried) .....	15
Kale, ½ cup .....	22
Lettuce, compact head 4¾ in. diam. (1 pound) .....	68
Lettuce, 2 large leaves .....	7
Onions, green, 3 small .....	11
Onions, whole, cooked, ½ cup .....	40
Parsnips, ½ cup .....	50
Parsley, chopped, 1 tablespoon ...	1
Peas, green, ½ cup .....	55
Pepper, green, 1 med. ....	16
Potato, baked or boiled, 2½ in. diam. ....	100
Potatoes, French fries, 8 pieces ...	150
Potatoes, hash browned, ½ cup .....	230
Potatoes, mashed, milk added ½ cup .....	80
Potatoes, scalloped, ½ cup .....	170

Radish, 1 small .....	1
Rutabagas, ½ cup, cubed .....	25
Sauerkraut, ½ cup drained .....	16
Spinach, ½ cup .....	23
Squash, summer, cooked, diced, ½ cup .....	17
Sweet potato, 5x2 in. baked .....	185
Sweet potato, small, candied .....	315
Tomato, one fresh 2x2½ in. ....	30
Tomatoes, stewed, ½ cup .....	23
Turnips, ½ cup, diced .....	21
Turnip greens, 1/2 cup .....	21
Winter squash, baked, mashed, ½ cup .....	50

## FRUITS AND BERRIES

*Raw, without added sweetening or cream for fewest calories.*

Apple, 1 med. ....	80
Applesauce, unsweetened, ½ cup .....	50
Applesauce, sweetened, ½ cup .....	95
Apricot, 1 fresh .....	18
Avocado, half medium .....	225
Banana, 1 med., 6 in. ....	90
Blueberries, ½ cup .....	42
Cantaloupe, half, 5 in. diam. ....	37
Cherries, ½ cup unpitted .....	65
Cranberries, ½ cup .....	27
Cranberry sauce, sweetened, ¼ cup .....	135
Currants, ½ cup .....	30
Fruit cocktail, ½ cup .....	75
Grapefruit half, 4¼ in. diam. ....	75
Grapefruit sections, unsweetened, ½ cup .....	40
Grapes, bunch to fill 1 cup .....	85
Honeydew melon, wedge 2x7 in. ....	50
Lemon, 1 quarter .....	5
Orange, small, 2½ in. diam. ....	50
Peach, 1 med., 2x2½ in. ....	46
Peaches, canned, 2 med. halves with syrup .....	80
Pears 3 x 2½ in. ....	80
Pineapple, fresh, 1 cup diced .....	75
Pineapple canned, 1 large slice with juice .....	95
Plum, 2 in. diam. ....	30
Prunes, stewed, 3 with juice .....	95
Raisins, 1 tablespoon .....	26
Raspberries, red ½ cup .....	35

Rhubarb, raw, 1 cup diced .....	20
Strawberries, whole, 1 cup .....	55
Tangerine, 2½ in. diam. ....	35
Watermelon, slice, ¾ x 10 in. ....	45

## BREAD-CEREAL GROUP

*Four or more servings daily. Choose whole grain, enriched kinds. Toasting doesn't change calorie values. Watch size of servings. Values below don't include spreads, cream, or sugar.*

Baking powder biscuit, 2½ in. diam. ....	130
Boston brown bread, slice, 1½ oz. ...	105
Bran flakes, 1 cup .....	115
Bread, whole wheat, ½ in. slice ...	55
Bread, white, ½ in. slice .....	64
Bread, rye ½ in. slice .....	57
Bread crumbs, ½ cup .....	170
Corn flakes, 1 cup .....	96
Corn muffin, 2¾ in. diam. ....	105
Comstarch, 1 tablespoon .....	30
Cracker, soda, 2½ in. sq. ....	23
Cracker, graham, 1 med. ....	28
Egg noodles, cooked, ½ cup .....	55
English muffin, large, 2 oz. ....	150
Farina, cooked, ½ cup .....	52
French toast, 1 slice .....	105
Hard roll, large .....	105
Mei ba toast, 4 in. sq. ....	40
Oatmeal, cooked ½ cup .....	75
Pancake, 4 in. diam. ....	60
Pan roll, 1 oz. ....	90
Pretzel stick, 1 .....	4
Puffed wheat, 1 cup .....	43
Rice, cooked, ½ cup .....	100
Rye wafer .....	21
Shredded wheat, lg. biscuit .....	102
Spaghetti, Macaroni, cooked, ½ cup .....	110
Sweet roll, iced, 2 oz. ....	175
Waffle, 2½ oz. ....	215
Wheat flour, sifted, 1 cup .....	400
Zweiback, 1 piece .....	35

## JUICES AND BEVERAGES

(Other than milk)

Coffee .....	0
Tea .....	0
(Add, tablespoon coffee cream, .....	30
Cocoa made with milk, 1 cup .....	240
Soft drinks, carbonated, made with syrup base, 1 glass (8 oz.) (about 13 calories per oz.) .....	105

## JUICE

(4 oz. glass)

Apple juice, cider .....	62
Grapefruit juice, unsweetened .....	46
Grape juice, bottled .....	85
Lemon juice, lime juice, 1 tablespoon .....	4
Orange juice, unsweetened .....	54
Pineapple juice .....	60
Prune juice .....	85
Tangerine juice .....	48
Tomato juice .....	25

## DESSERTS AND SWEETS

Pie (4 in. wedge of 9 in. pie)

Apple .....	330
Blueberry .....	290
Cherry .....	340
Custard .....	265
Lemon meringue .....	300
Mince .....	340
Pumkin .....	260

## CAKES, PASTRY, PUDDINGS

Angel food sponge cake, 2 in wedge of 8 in. cake .....	110
Apple betty, ½ cup .....	170
Assorted cookies, 1 av. ....	50
Baked custard cup, 4 oz. ....	125
Bread pudding, ½ cup .....	200
Brownie, average .....	200
Cooky, plain, 3 in. Diameter .....	110
Cupcake, plain, 2¾ in. diam .....	130
Cupcake, iced, 2¾ in. diam. ....	160
Cornstarch pudding, ½ cup .....	140
Doughnut, one .....	135
Fig bar, small .....	56
Gelatin dessert, ½ cup .....	75
Gingerbread 2 in. cube .....	180
Macaroon, 1 .....	45
Plum pudding, 3 oz. ....	275
Prune whip, ½ cup .....	100
Tapioca, ½ cup .....	130

## FROZEN

Frozen custard, scoop .....	85
Ice cream, ½ cup .....	150
Ice cream soda, average .....	350
Sherbet, ½ cup .....	118
Sundae, average .....	350

## SUGARS, SYRUPS, CANDIES

Caramels, fudge, 1 oz. ....	115
Chocolate, bitter (cooking), 1 oz. ....	142
Chocolate cream, 1 .....	55
Chocolate, milk, 1 oz. ....	143
Chocolate syrup, 1 tablespoon .....	42
Hard candy (lemon drops, etc.), 1 oz. ....	110
Honey, 1 tablespoon .....	62
Jams, marmalades, preserves, 1 tablespoon .....	55
Jellies, 1 tablespoon .....	50
Marshmallows, 1 oz. ....	92
Molasses, 1 tablespoon .....	50
Sugar, granulated, 1 teaspoon .....	16
Sugar lump, 1 .....	27
Table syrups, 1 tablespoon .....	57

## SOUPS

Per cup (8oz.)

(watch'em—great range in calories)	
Bean .....	190
Bouillon, broth, consomme .....	10
Chicken .....	75
Clam chowder, Manhattan .....	90
Cream soups—asparagus, celery, mushroom, etc. ....	200
Noodle, rice, or barley .....	120
Pea .....	140
Tomato .....	90
Vegetable .....	82

## THE "WEIGH" OF TEMPTATIONS

Caviar, 1 teaspoon .....	25
Candied peel (citron, etc.) 1 oz. ....	90
Malted milk, 1 glass .....	280
Onion rings, French fried, av. serving .....	125
Popped corn with butter, 1 cup .....	150
Potato chips, 10, 2 in. diam .....	108
Pretzels, 6 med. ....	95
Olives, green, 5 "mammoth" .....	36
Salted peanuts, roasted in oil, 1 oz. ....	190
Peanut brittle, 1 oz. ....	125

## SALAD DRESSINGS

French, 1 tablespoon .....	60
Home cooked, boiled, 1 tablespoon .....	28
Mayonnaise, 1 tablespoon .....	90
Mayonnaise type, commerical, 1 tablespoon .....	60
Roquefort, 1 tablespoon .....	105
Russian, 1 tablespoon .....	65
Thousand Island, 1 tablespoon.....	50
Salad oils, 1 tablespoon (corn, olive, cottonseed, safflower, peanut, soy).....	125
<i>Low-calorie dressing ingredients:</i>	
Vinegar, 1 tablespoon.....	2
Chili sauce, tomato catsup, 1 tablespoon.....	17
Lemon juice, 1 tablespoon .....	4
Spices, onion and celery salt, paprika, dry mustard, etc., virtually calorie-free.....	0
Tomato juice, vegetable juices, 2 tablespoons.....	12

## FATS, OILS SPREADS

Butter, 1 pat (1½ teaspoon).....	50
<i>(64 to pound)</i>	
Margarine, 1 pat .....	50
Butter 1 tablespoon .....	100
Margarine Butter ½ cup .....	800
Margarine Cooking oils, 1 tablespoon .....	125
Peanut butter, 1 tablespoon .....	92
Lard, shortening, 1 tablespoon .....	125