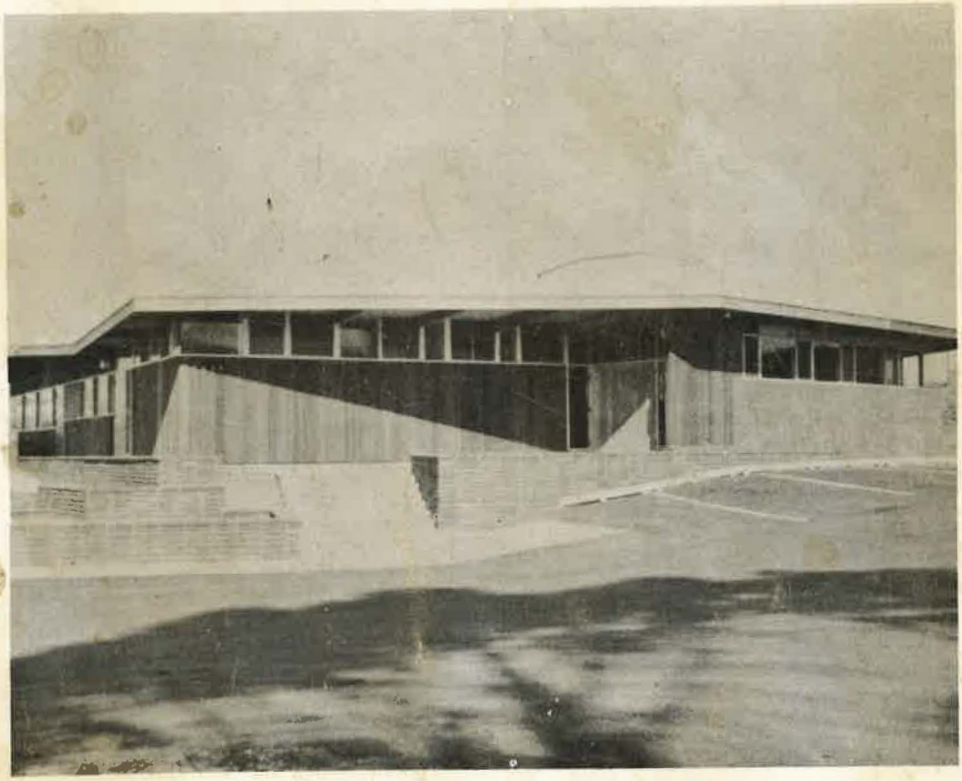
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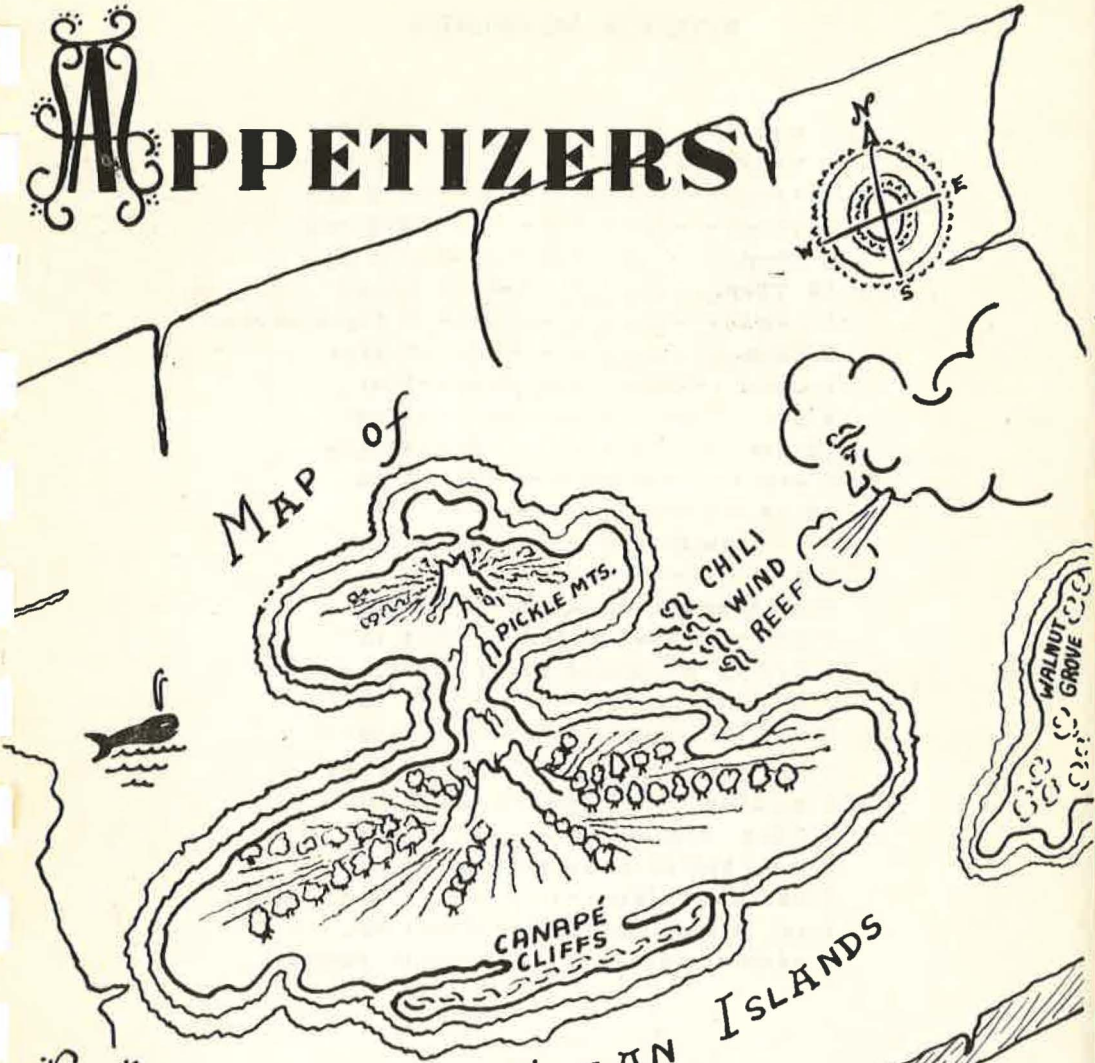
METHUSELAH

Methuselah ate what he found on his plate,
And never as people do now
Did he note the amount of the calorie count--
He ate it just any old how.

He wasn't disturbed, as at dinner he sat,
Destroying a roast or a pie,
To think it was lacking in granular fat
Or a couple of vitamins shy.

He cheerfully chewed every species of food,
Untroubled by worries or fears,
Lest his health might be hurt by some
fancy dessert,
And he lived over nine hundred years.

APPETIZERS



RELISHES

GARNISHES

KITCHEN MEASURES

3 tsp.	1 Tbsp.
2 Tbsp.	1 fluid oz.
4 Tbsp.	1/4 cup
6 Tbsp.	3/8 cup
8 Tbsp.	1/2 cup
16 Tbsp.	1 cup
1 cup	8 fluid ounces
2 cups	1 pint
2 pints	1 qt.
4 qts.	1 gal.
11 qts.	1 peck
4 pks.	1 bu.
16 oz.	1 lb.
2 c. liquid	1 lb.
4 c. flour	1 lb.
2 c. granulated sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
3 1/2 c. powdered sugar	1 lb.
2 c. butter	1 lb.
2 c. solid meat	1 lb.
1 lb. brick butter	2 cups
9 medium sized eggs	1 lb.
4 Tbsp. flour	1 oz.
2 tsp. butter or salt	1 oz.
1 oz. chocolate	1/4 c. cocoa
1 sq. bitter chocolate	1 oz.
1 peck tomatoes	15 pounds

MEASURE ABBREVIATIONS

Teaspoon	tsp.
Tablespoon	Tbsp.
Ounce	oz.
Cup	c.
Pint	pt.
Quart	qt.
Gallon	gal.
Peck	pk.
Bushel	bu.
Pound	lb.
Square	sq.

CHEESE DELIGHTS

Mrs. C. Keach

1 jar Old English cheese spread
1 stick oleo
1 c. flour
Dash salt
Dash red pepper

Soften cheese spread and oleo and mix thoroughly; add flour, salt and red pepper. Roll into small balls (size of walnut); bake on greased cookie sheet at 425 degrees approximately 12 minutes.

Stuffed green olives may be rolled inside cheese ball for variation and baked as above. These may be made up ahead of time and kept in refrigerator for several days. Makes about 3 dozen.

CHEESE SQUARES

Mrs. L. L. Dyer

1 lb. sharp cheese
1/2 lb. margarine
Dash Tabasco
1 egg
2 large loaves bread, cut in 1" cubes with crust removed

Method: Beat egg well and mix with other ingredients, except bread cubes. Ice them with mixture and put on greased cookie sheet. Put in hot oven to toast, and serve at once.

AVOCADO SPREAD OR BILL'S GUACAMOLE

Mrs. Wm. H. Jennings

2 ripe avocados, peeled, seeded and mashed
2 ripe red tomatoes, blanched, peeled and mashed, or chopped fine
2 Tbsp. grated onion and juice
Garlic salt, or mashed clove of garlic, if you like garlic flavor or rub bowl with a cut clove and throw away (whichever you prefer)

Put ingredients in a bowl and mix thoroughly, seasoning to taste with salt and freshly ground black pepper. Delicious as a spread for hamburgers, or serve at the table as a sauce for meat, or what-have-you.

FILLINGS FOR TEA SANDWICHES

Carole Novak

#1 Egg Filling:

FILLINGS FOR TEA SANDWICHES (Continued)

2 hard cooked eggs
6 stuffed olives
1/3 c. minced celery
Mayonnaise to moisten, enough to spread

#2 Egg Filling (Crunchy):
2 hard cooked eggs
1/4 c. roasted unblanched almonds, chopped
1/2 c. celery, minced
1/3 c. mayonnaise

#3 Chicken Salad:
2 c. finely minced chicken
1/2 c. celery, minced
4 Tbsp. chopped olives
1/2 tsp. salt
1/4 c. mayonnaise or sour cream
1 Tbsp. minced onion

#4 Tuna Salad:
1 6-oz. can tuna
1/2 c. minced celery
1 Tbsp. minced onion
2 Tbsp. sweet pickle relish
Mayonnaise or sour cream to moisten

#5 Ham Filling:
1 c. ground ham
2 Tbsp. sweet pickle relish
1/3 c. mayonnaise or sour cream

#6 Meat Filling:
1 c. ground meat (beef, lamb, etc.)
1/2 c. minced celery
2 Tbsp. sweet pickle relish
Mayonnaise to moisten

#7 Deviled Ham:
1 2-oz. can deviled ham
1 hard cooked egg, chopped fine
1 3-oz. pkg. cream cheese
1 Tbsp. sweet relish
1 Tbsp. chopped parsley
Moisten with sour cream or mayonnaise

SESAME SEED NIBBLES — Mrs. Charles R. Tupper

Mix together:
1/2 c. sesame seeds
1/2 tsp. salt
1 c. flour
Dash of cayenne

Cut in 1/3 c. cold butter or margarine. Add 2 Tbsp. ice water to make dough like pie crust. Roll out 1/8" thick and cut into small rounds with 1 1/2 inch

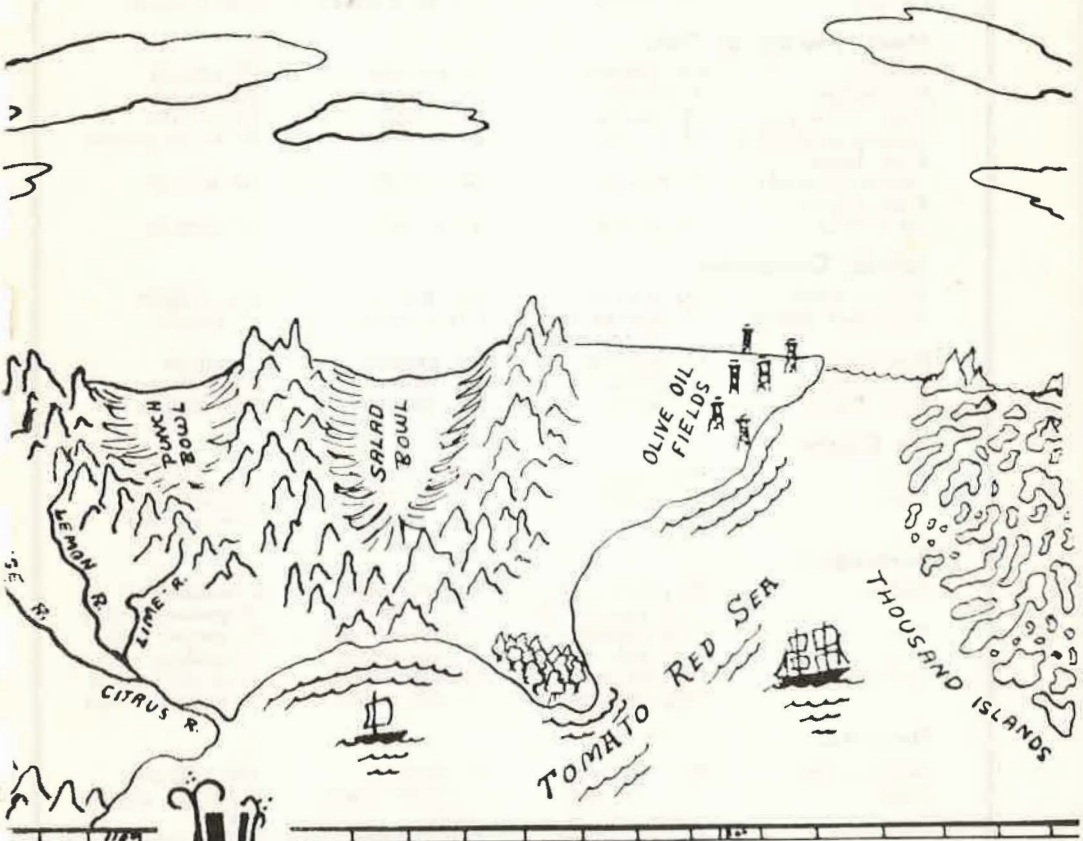
cutter. Place on baking sheet and press more sesame seeds in top of each round. Bake in moderate oven 350 degrees about 20 minutes. Sprinkle with salt while hot.

Cool and pack in covered tin. Reheat to serve. Makes 5 dozen.

Write Extra Recipes Here:

Write Extra Recipes Here:

SOUPS SALADS



VEGETABLES

Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 tc 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped potato	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gallons water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	⅓ pound and 6 gallons water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gallons water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping cream	¾ pint	1½ to 2 pints	3 pints

ROQUEFORT DRESSING — Marilyn Fisher

1 small pkg. Roquefort cheese
4 Tbsp. mayonnaise
2 Tbsp. sour cream (or more)
1/2 tsp. Worcestershire sauce
Garlic salt

Blend ingredients and chill 2 or 3 hours if possible. Spoon on individual bowls of green salad, garnish with tomato wedges. Serves 4 to 6.

JEWEL SALAD DRESSING — Mrs. A. A. Wahrenbrock

1 c. salad oil
1 c. catsup
1/2 c. sugar
3 Tbsp. vinegar
3 Tbsp. chopped green pepper
1 tsp. celery seed
1 tsp. salt
1/2 tsp. pepper
1 Tbsp. minced onion

Combine all ingredients in a quart jar. Shake until sugar is dissolved. Store in refrigerator. Yields one pint.

SOUR CREAM SALAD DRESSING — Dorothy Carmichael

Good on fruit salad or a tossed salad.

1 c. sour cream
2 tsp. paprika
1 tsp. Accent (m. s. g.)
1/2 tsp. celery salt
1/8 tsp. garlic salt
Dash Tabasco sauce
1/2 c. mayonnaise
1 tsp. salt
1/4 tsp. pepper
1 tsp. onion powder
1/2 c. catsup
2 Tbsp. vinegar from sweet pickles

Mix and beat well until blended. Store in refrigerator. Makes 1 pint.

FRENCH DRESSING — Ruth C. Johnson

1 c. oil
1 clove garlic
2 Tbsp. vinegar
3 Tbsp. lemon juice
1 tsp. salt
2 Tbsp. Worcestershire sauce
1/2 tsp. paprika
1 tsp. dry mustard
1 tsp. sugar
5 Tbsp. tomato soup (1/2 can)
1 Tbsp. grated onion - optional

FRENCH DRESSING (Continued)

Combine dry ingredients and mix. Add oil and shake well. Let stand 10 to 15 minutes. Add vinegar and lemon juice and Worcestershire sauce, and shake until dressing mixture is thick and well blended. Makes 2 cups. This is a non-separating French dressing.

DESSERT FRUIT SALAD — Joan Moore

1 c. sour cream
1 c. pineapple chunks
1 c. small marshmallows
1 c. orange sections
1/2 c. shredded coconut
1/4 c. chopped nuts
1/4 c. maraschino cherries, halved

Drain fruits well. Combine and chill in covered refrigerator pan for 24 hours. Cut in squares and serve. Serves 6.

YUMMY LUNCHEON SALAD

3/4 c. sugar
1 pkg. Knox gelatin
1 c. crushed pineapple, drained
1/2 c. pineapple syrup
1/4 c. cold water
1 c. grated American cheese
1 c. whipping cream

Dissolve sugar in syrup over low heat. Add gelatin soaked in cold water. Chill until partially set (this doesn't take long). Stir in pineapple and cheese. Fold in whipped cream. Chill.

FROZEN FRUIT SALAD — Beth Hart

1 1/2 c. small marshmallows
1 small can crushed pineapple
Cherries
1 c. mayonnaise
1/2 pt. whipping cream
Dates
Pecans
Green food coloring

Combine fruits and mayonnaise. Fold in whipped cream to which has been added a few drops of the food coloring. Freeze.

FROZEN FRUIT SALAD — Josephine Modlin

2-3 oz. pkgs. cream cheese
1 c. mayonnaise

FROZEN FRUIT SALAD (Continued)

1 c. cream, whipped
1 #2 can fruit cocktail, drained
2 1/2 c. (about 24) diced marshmallows

Method: Blend cream cheese and mayonnaise in mixer. Add drained fruit cocktail and marshmallows. Fold in whipped cream. If pink color desired, add a few drops of maraschino cherry juice. Freeze overnight before serving.

SALAD - CORNED BEEF LOAF Mrs. Edwin Davis

1 pkg. lemon jello dissolved in 1 c. very hot weakened vinegar

When partly thickened, add:

1 can corned beef, chopped
1 c. Miracle Whip salad dressing
Diced onion and sliced radishes to suit taste
1 c. chopped celery
1 c. nut meats
1 chopped green pepper
1/4 c. sliced stuffed olives

Add hard cooked egg or cooked peas if bulk is needed. Fold together in jello and mold. Make the day before serving. Garnish with deviled eggs, radish roses or tomato wedges.

MOLDED AVOCADO SALAD Ruby Robinson

1 pkg. lemon jello
1 pkg. lime jello
2 c. hot water
3 Tbsp. mayonnaise
1/2 pt. whipping cream
2 avocados
2 c. crushed pineapple
1/2 tsp. salt
Juice of 1 lemon

Dissolve jello in hot water; let cool. Peel and mash or dice avocados, add mayonnaise, juice, salt and pineapple (#2 can). Stir thoroughly and add to jello. Chill until slightly thickened. Whip cream and fold into jello mixture. Pour into greased mold, to set. A ring mold is nice, with cottage cheese in the center when it is unmolded onto lettuce leaf. Serve with a fruit dressing. Serves 8 to 10. This salad freezes well.

PINEAPPLE-CHEESE SALAD — Jessie Webber

1 can sliced pineapple, diced
1/4 lb. soft pimento cream cheese
1/2 pt. cream, whipped
1/4 lb. salted almonds

Drain pineapple, whip cheese into cream. Add nuts just before serving.

KIDNEY BEAN SALAD — Dorothy McCarthy

3 Tbsp. salad oil
1/2 tsp. sugar
1/2 c. garlic wine vinegar
Garlic salt
1 tsp. ground pepper

Mix. Then add:

2 #303 cans kidney beans
2 c. chopped celery
4 Tbsp. chopped red onions

Marinate 1 day.

BEAN SALAD

Mix well:

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

Add:

1 #303 can cut green beans
1 small green pepper, cut in strips
1 #303 can cut yellow beans
1 #303 can red kidney beans
1 small onion, cut in rings

Marinate 1 day.

STRING BEAN SALAD — Elsie Casale

2 c. cooked string beans, cut in short pieces
2 pieces crumbled cooked crisp bacon

Beat all ingredients together until stiff:

1/2 c. sour cream
1/2 tsp. salt
2 Tbsp. vinegar
2 Tbsp. sugar
1/4 tsp. paprika

Mix dressing thoroughly with beans and bacon.

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CHRISTMAS SALAD — Myrtle Deem
(Or any occasion)

2 pkgs. lime gelatin
1 apple, cubed
1 banana, cubed
1/4 c. maraschino cherries
1 c. currants
2 pear halves, drained and cubed

Topping:
2 pkgs. cream cheese
3 Tbsp. mayonnaise

Dissolve lime jello in 2 cups hot water and add 2 7-oz. bottles 7-Up for additional liquid. Pour into large square or round mold. Cool slightly. Toss fruits together gently until well blended. Mix gently with lime gelatin. Chill until firm. Combine cheese and mayonnaise, beat vigorously until fluffy. Unmold lime mixture, spread the cheese topping in rough swirls on top. (Topping can be optional).

SUPPER SALAD — Jessie Jamieson
(Serves 12)

1 pkg. lemon jello
1 c. boiling water
1/2 tsp. grated onion
1/2 c. mayonnaise
1/2 c. heavy cream, whipped
3 hard boiled eggs
1/2 lb. pimento cheese, cut in cubes
1 tsp. green pepper, finely chopped
3 c. celery
1 c. walnuts
1 5-oz. can shrimp

Dissolve gelatine in water, add salt and onion, place in refrigerator until begins to set. Combine mayonnaise and cream, beat into gelatine mixture, add other ingredients which have been tossed together lightly.

Serve with stuffed olives.

FROZEN FRUIT SALAD — Mrs. James R. Dall

1/2 pt. whipping cream whipped to hold shape

Sweeten slightly with powdered sugar. Pour into ice cube tray. Add:

1/2 box frozen peaches
2 slices canned pineapple (cut in small pieces)
1/3 box frozen boysenberries

Carefully push into cream; cover with waxed pa-

FROZEN FRUIT SALAD (Continued)

per and freeze. Serve as salad or dessert.

FAYE SLOAN'S GREEN BEAN CASSEROLE

1 large can small string beans
1 can water chestnuts, sliced
1 medium can bean sprouts

Put in buttered casserole in this order, in two layers. Take 1 can celery soup, dilute with water from beans and 1 Tbsp. Worcestershire sauce. Pour over beans and bake 30 minutes at 350 degrees. Then cover with canned or frozen French fried onions and 1 cup grated Nippy cheese.

Bake 15 minutes. If necessary brown a little under broiler.

CREAMED POTATOES PLUS Mrs. C. A. Gould

5 c. diced cooked potatoes
1 can baby onions, drained
1 pkg. frozen peas, defrosted
3 slices American cheese, cut in 1/4" strips

Combine first 3 items and add half of the cheese. Combine:

1 can cream of celery soup
1 3-oz. pkg. cream cheese
1/3 or 1/2 c. milk

Heat this mixture over low heat, stirring it constantly until well blended. Add soup mixture to the vegetable mixture. Turn into buttered casserole. Cover and refrigerate. Place rest of cheese on top. Bake at 350 degrees for 45 minutes.

This can be prepared hours (or even a day) before, ready for baking.

GLAZED BROCCOLI WITH ALMONDS Grace S. Forbes

2 lb. broccoli or 2 pkgs. (10 oz. each) frozen broccoli
1/2 tsp. salt
4 Tbsp. (1/2 cube) butter or margarine
4 Tbsp. (1/4 c.) flour
3/4 c. hot water
2 Tbsp. sherry
2 Tbsp. lemon juice
Pepper to taste
1/2 tsp. monosodium glutamate
1/4 c. grated Parmesan cheese*

GLAZED BROCCOLI WITH ALMONDS (Continued)

1 c. table cream
1 bouillon cube
*or 1/2 c. grated Cheddar cheese
1/4 c. slivered toasted almonds

Separate broccoli and wash thoroughly. Put the broccoli in a small amount of boiling water seasoned with the 1/2 tsp. salt and cook just until barely tender; drain, then arrange in a shallow 8x12" baking dish or casserole. While broccoli is cooking, melt butter and blend in flour. Pour in cream and the bouillon cube dissolved first in the 3/4 c. hot water; stirring. Cook until smooth and thickened. Add the sherry, lemon juice, pepper and monosodium glutamate. Pour sauce over the broccoli. Sprinkle grated cheese and almonds over the top. Bake in a moderately hot oven, 375 degrees, for 20 minutes, or until hot. Serves 6.

ESCALLOPED CORN AND CARROTS

Mrs. Frank Parsons

1 1/2 c. shredded carrots
1 1/2 c. creamed corn
1/2 green pepper, sliced
2 eggs
2 Tbsp. melted butter
1 Tbsp. sugar
1 tsp. salt
Pepper to taste
2 Tbsp. flour
1 c. milk

Bake at 325 degrees for 1 hour. Serves 8.

CORN SOUFFLE

Lenore Porter

1/4 c. butter
1/4 c. flour
2/3 c. milk
1 c. cooked creamed corn
1/4 c. grated cheese
1 Tbsp. green pepper or parsley (I use a bit of onion, too)
3 eggs
Salt and pepper to taste

Melt butter, add flour then milk gradually. Add corn and well beaten egg yolks, cheese and parsley. Fold in beaten-dry egg whites. Bake in buttered dish 25 minutes in moderate oven.

BAKED CABBAGE AND CELERY

Mrs. Levi Haslett

3 c. cut celery
1/2 tsp. salt
3 c. shredded cabbage
1 can cream of chicken soup

BAKED CABBAGE AND CELERY (Continued)

1/4 lb. (1 c.)
pimento flavored
American cheese

2 Tbsp. butter
Bread crumbs

Cook celery in small amount of salted water for 10 minutes, or until barely tender. Drain. Cook the cabbage in salted water for 5 minutes. Drain.

Mix celery and cabbage and place half of the mixture in casserole. Spoon on half of undiluted chicken soup and half of cheese. Add remainder of celery and cabbage. Add 1/2 tsp. salt and chicken soup and cheese.

Top with buttered bread crumbs.

Bake 25 minutes at 350 degrees.

BAKED ORANGES — Susan Ballard
(For Meat Accompaniment)

6 medium sized
Navel oranges
3/4 c. light corn syrup

2 c. sugar
2 c. water

Boil whole, unpeeled oranges in water to cover, for about 30 minutes, or until tender. Drain and cool. Cut into quarters, or any desired shapes.

*Pour syrup over the cooked oranges which have been placed in a baking dish. Cover closely and boil gently on top of stove, or bake in moderate oven 350 degrees for 1 1/2 hours. If orange pieces are not completely covered with syrup, baste frequently. To keep for future use pour into sterilized jars, fill to the top with syrup and seal.

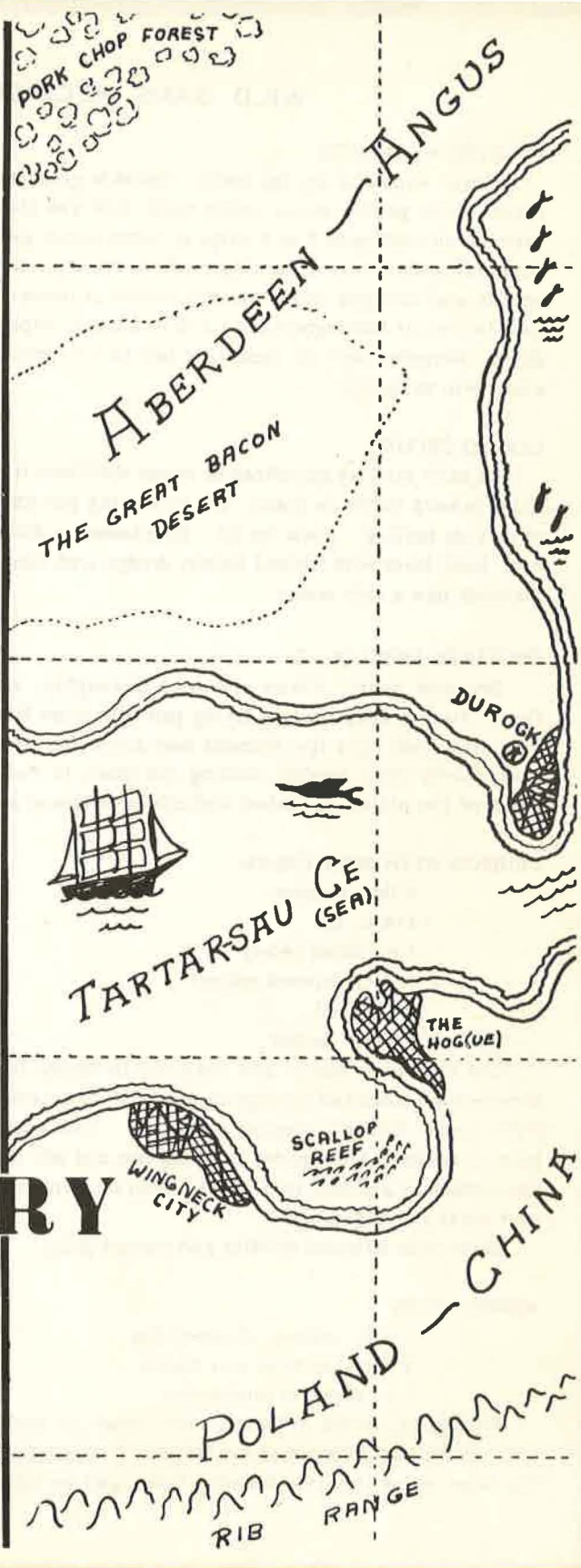
*(For syrup, mix corn syrup, sugar, water and cook 5 min.)

Write Extra Recipes Here:

MEAT

FISH

POULTRY



WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter
1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms
2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes.

HUNGARIAN STEAK — Roberta Magee
(5 or 6 Servings)

1/2 c. fat
2 onions, sliced thin
2 lb. chuck or round steak
1 tsp. salt
1/8 tsp. pepper
1 clove garlic, mashed
1/2 lb. fresh mushrooms, sliced
1 green pepper, sliced thin
1 8-oz. can tomato sauce
1 c. water

Melt fat in heavy skillet. Add onions and cook until golden brown; remove onions. Rub meat with salt, pepper and garlic; place in hot skillet and sear quickly on both sides. Add browned onions, sliced mushrooms, and green pepper, and tomato sauce. Cook 15 minutes, add water. Simmer over low heat about 1 1/2 hours, or until meat is tender and sauce has thickened.

LAMB SHANKS — Millee Armstrong

Dredge shanks in flour with salt and pepper to taste. Brown in hot fat. Put in casserole, add 1 c. water to browned juice. Add 1 clove garlic, minced. Pour over shanks. Add 2 tsp. Kitchen Bouquet. Cover. Bake 1 1/2 hours at 325 degrees.

This recipe will cover 2 to 3 shanks. Allow one shank per person. They are quite rich.

CURRANT LAMB PATTIES — Mrs. Frank Parsons

1 1/2 lb. shoulder lamb ground twice
1 c. soft bread crumbs
2 Tbsp. minced onion
1 1/2 tsp. salt
1/4 tsp. pepper
2 tsp. Worcestershire sauce
2 Tbsp. butter
1/4 c. currant jelly

Combine all except butter and jelly. Mold into patties. Brown patties in butter. Add jelly. Cover and cook over low heat for 15 minutes, turning once. Serves 4 to 6.

BEEF STROGANOFF — Esther B. Davis (Mrs. Edwin)

Cut 1 1/2 lb. round steak into thin strips; dust with 1/4 c. flour and dash of pepper. In large skillet

BEEF STROGANOFF (Continued)

brown meat in 1/4 c. margarine. Add:

1 can (4 oz.) sliced mushrooms, drained
1/2 c. chopped onions
1 small clove garlic, minced

Brown lightly. Stir in 1 can Campbell's beef broth (bouillon). Cover and cook about 1 hour until meat is tender. Stir now and then. Gradually stir in 1 c. sour cream; cook over low heat 5 minutes. Serve over 3 cups cooked noodles.

QUICK LASAGNE — Mrs. Chas. A. Dickenson

1 1/2 lb. ground beef, lean round
1 onion, diced
1 clove garlic, minced
1 pkg. Schilling Italian Style spaghetti sauce mix
1 can (6 oz.) tomato paste and 3 6 oz. cans water
4 cans Golden grain Italian Marinara sauce
1 lb. Ricotta cheese
1 lb. Mozzarella cheese
2 c. grated Romano cheese
1 pkg. (11 oz.) Golden Grain Lasagne egg noodles cooked and drained
1 Tbsp. sugar

Brown beef, add onions, garlic, spaghetti sauce, paste, water and sugar. Simmer 20 minutes. Pour 1 cup sauce into dish, cover with layer of drained noodles, 1/3 of Ricotta and Mozzarella and 2 Tbsp. of Romano cheese - cover with sauce. Repeat. Sprinkle remaining grated cheese on top. Bake at 350 degrees oven for 30 minutes.

MEAT LOAF — Muriel Anders

2 c. dark bread toasted and broken small
1/2 c. warm skim milk
1 beaten egg
1/4 c. chopped onion
1 tsp. salt
Pepper
1/2 c. chilli sauce
1 bouillon cube
1/2 c. hot water
1 lb. lean ground beef

Soften bread in milk, add onion, meat and seasonings. Mix well. Form into loaf smaller than loaf pan being used. Spread chilli sauce on top. Dissolve the bouillon in water and pour over loaf. Bake at 350 degrees for 1 1/2 hours.

HAM BAKE — Mrs. Homer Kinkel

2 c. baked ham, diced
1 c. celery sliced
1/4 c. sliced stuffed olives
4 hard cooked eggs, diced
1 c. crushed potato chips
1/4 c. chopped onion
1 Tbsp. prepared mustard
3/4 c. mayonnaise
1 can water chestnuts, sliced (optional)

Combine all ingredients except potato chips, then place in casserole, sprinkle potato chips on top of ham mixture and bake for 35 minutes at 400 degrees.

TAMALE PIE — Mrs. Norman Austin

1/2 c. yellow corn meal
1 1/2 c. milk or water
1 lb. ground beef
1 can kernel corn
1/2 c. ripe olives
1/2 bell pepper, chopped
1 clove garlic
1 onion, chopped
Salt
2 Tbsp. chili powder
1/4 lb. grated cheese

Mix meal and water and let soak while preparing meat mixture. Lightly fry onions, garlic and pepper in oil. Add meat and brown. Stir in tomato sauce, corn, the olives, soaked meal mixture, and seasonings. Mix and pour into greased dish. Bake about 60 minutes at 350 degrees. Sprinkle grated cheese on top the last few minutes.

BARBECUED BEEF — Beulah Austin

1 large chuck roast
1 onion, chopped
1 tsp. salt
1 tsp. dry mustard
1/4 c. Worcestershire sauce
1 bottle catsup
1 clove garlic, minced
Pepper
3/4 c. vinegar
1/2 c. brown sugar

Brown roast and pressure cook for 45 minutes. Break meat up a little, remove bones and fat. Add the remaining ingredients and pressure cook again for 45 minutes. Cook, uncovered, for about 2 hours, stirring often until thick. Serve in warm sesame seed buns. A four pound roast will make about 20 sandwiches.

GUACAMOLE TACOS — Pat Elliott

Fry corn tortillas in hot oil lightly. Place a

GUACAMOLE TACOS (Continued)

spoonful of shredded beef on edge and start to roll. Add a spoonful of mashed avocado, which has been seasoned to taste with grated onion and salt, then finish rolling.

Shredded Beef:

Cook a chuck roast in pressure cooker for 45 minutes. Remove bones and fat, break up and pressure cook again for 45 minutes. Cook, uncovered, stirring often until all liquid is absorbed.

(If you want a small amount in a hurry use canned roast beef. Cook for about half an hour, stirring often.)

AZTEC PUDDING — Lyn Heerwald

18 tortillas
2 large onions, chopped
2 or 3 c. meat in pieces (chicken, turkey, pork or beef)
3 c. red chili sauce
1/2 pt. sour cream
1 c. shortening

Grease large casserole. In skillet, saute onions in 2 Tbsp. fat; when golden add cooked meat and 1/2 cup sauce. Set aside. Place remainder of sauce in a two quart pan or bowl. With another skillet and remaining shortening fry tortillas lightly (use tongs to protect fingers). Dip tortillas in sauce and line casserole with 6 tortillas, overlapping to fit. Add 1/2 of meat and onion mixture, then 6 more tortillas dipped in sauce as before. Then add another layer of meat and remainder of tortillas. To serve immediately pour remainder of sauce on top, cover casserole and heat through in 350 degree oven - 20 to 25 minutes. Just before serving spread top with sour cream. Casserole may be prepared ahead, but tortillas tend to absorb sauce so reserve 1 cup of the sauce, or add additional cup, to moisten pudding before heating. If pudding has been in refrigerator all day, sprinkle with water before heating. Then heat cup of sauce separately and pour on just before sour cream at serving time.

SAUERKRAUT MEAT BALLS — June Bauer

1 small chopped onion
4 Tbsp. butter
1/2 c. flour
1 chopped clove garlic
1/2 lb. ground beef
1 lb. chopped sauerkraut

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SAUERKRAUT MEAT BALLS (Continued)

1/4 lb. chopped ham
Salt
Pepper
Caraway seeds

Saute onion and garlic in butter until light brown. Add ground beef and let saute a few minutes. Add 1/2 c. of flour to the meat mixture and mix well on the stove. Add sauerkraut and chopped ham. Season to taste with salt, pepper and caraway seeds. Let simmer for 20 minutes and cool. Roll into small balls. Bread them by dipping in beaten egg and flour. Roll in bread crumbs and fry in deep fat until golden brown.

TERRIYAKI STEAK — Joan Herman

Combine:

1/2 c. soy sauce
2 cloves garlic, minced
1/2 tsp. ground ginger
2 Tbsp. sugar
1/4 c. finely chopped onion
1/4 c. water (or Saki wine)

Score and prick thick steak. Marinate overnight if possible. Barbecue.

BARBECUED CHUCK ROAST — Jan Crawford

3 1/2 to 4 lb. chuck roast
1 can tomato sauce
1 tsp. soy sauce
1/4 c. Vermouth or vinegar
1 tsp. garlic salt

Marinate roast in sauce made from remaining ingredients for at least 3 hours. Place on grill 4" above coals. Turn every 10 minutes, basting with marinade until done, about 1 hour. Serves 6.

HAM SOUFFLE — Lorraine Schruth

1 can Spam or 1 lb. ham
1/2 lb. American cheese
8 soda crackers

Grind together. Add 1 pint of milk (a little less if Spam is used). Add 1 egg yolk and fold in the beaten white. Bake in moderate oven 325 degrees until brown and set. Serves 4 or 5.

BAKED LUNCHEON SANDWICH — Elsie Casale

Butter one slice of bread. Spread mayonnaise on one slice of bread.

BAKED LUNCHEON SANDWICH (Continued)

Fill with: Chopped chicken, or ham or tuna, diced celery, chopped onion, salt, and mayonnaise.

Place two slices Cheddar cheese on top of sandwich, and bake for 10 minutes at 400 degree oven until cheese is slightly browned. Serve one baked sandwich per person.

HAMBURGER NOODLE BAKE — Kathy Hack

2 Tbsp. shortening
1 lb. hamburger
1 tsp. sugar
1 c. sour cream
2 cans (8 oz.) tomato sauce
1 clove garlic
1 tsp. salt
Pepper
6 scallions
1 pkg. (3 oz.) cream cheese
1/2 c. grated Cheddar cheese

Melt fat in skillet, add meat and fry until it is brown, breaking into small pieces with a fork. Crush or chop garlic fine and mix into the meat along with the salt, pepper, sugar and tomato sauce. Cover and cook slowly for 15 to 20 minutes.

Cook noodles and drain.

Chop scallions (use some of the green tops, too) and mix with cream cheese and sour cream.

Put about a third of the noodles in the bottom of a large casserole, spread with a third of scallion mixture, cover with a third of the meat sauce. Repeat layers twice. Sprinkle with Cheddar cheese. Bake at 350 degrees for 20 minutes. Serves 6.

CHOPSTICK TUNA, HAM OR CHICKEN

Winnie Olmstead

1 can mushroom soup
1 c. sliced celery
1 3-oz. can (2 c.) Chow Mein noodles
1 can tuna or 1 to 2 c. of ham or chicken
1/4 c. water
1/2 c. broken cashews
1/4 c. chopped onion (sliced almonds with ham)

Reserve 1 cup of noodles. Combine all ingredients and toss lightly. Place in loaf pan or 10x6x1 1/2" baking dish. Sprinkle remaining noodles over top. Bake at 375 degrees for 15 minutes or until thoroughly heated (loaf pan takes about 1/2 hour).

CHICKEN CURRY — Darlene Sever

6 Tbsp. butter
1 clove garlic
1 1/2 tsp. salt
2 tsp. chopped ginger (or 1 tsp. powdered)
1 1/2 c. chicken broth
1 small onion, grated
6 Tbsp. flour
2 c. milk
2 Tbsp curry powder (or less to taste, I use 1 tsp.)
3 c. diced cooked chicken

Saute grated onion and garlic clove about 5 minutes, remove garlic clove. Combine flour, ginger, salt and curry powder. Blend with butter. Add milk and chicken broth. Stir constantly over low heat until thickened. Add chicken and heat thoroughly. Serve over fluffy rice.

SWISS STEAK — Barbara Hutchins

2 1/2 - 3 lb. round steak
1 1/2 Tbsp. dry mustard
1 1/2 tsp. salt
1/4 tsp. pepper
3/4 c. flour
3 c. canned tomatoes
3 Tbsp. shortening
1 1/2 c. sliced onions
2 carrots, diced
2 Tbsp. Worcestershire sauce
2 tsp. brown sugar

Mix dry mustard, salt, pepper and flour and pound into meat. This takes a lot of pounding and patience, but the results are worth it.

Melt shortening in Dutch oven and brown meat well. Sprinkle the onions and carrots over the beef. Add Worcestershire sauce and brown sugar to tomatoes and pour over all.

Cover and bake 1 1/2 to 1 3/4 hours at 325 degrees. When meat is tender, lift it onto a hot platter and garnish with sauteed mushrooms caps if desired. Skim fat from sauce, if need be, and thicken to a smooth consistency. Serve the sauce on and with the meat.

FIESTA CASSEROLE — Marilyn Hinck

1/2 lb. ground beef
1 med. onion, chopped
1 2 1/4 oz. can sliced ripe olives
1/2 of 8 oz. can tomato sauce
1 7-oz. bag Fritos
1 lb. chili con carne
1 1/2 c. grated Cheddar cheese

Saute onions and beef.

In large casserole make layers of all ingredients, ending with Fritos. (There should be about two layers). Bake at 350 degrees for 30 minutes.

CHICKEN AND NOODLES CACCIATORE Gerry Berger

Stew 1 chicken; cool. Remove meat and reserve broth.

Cacciatore Sauce:

1 Tbsp. oil
1/8 c. chopped onion
1/2 clove garlic
2 c. tomatoes (#1 can)
8 stuffed olives, sliced
1/2 can sliced mushrooms
1/4 c. sliced bell pepper
1/2 tsp. salt
Pepper

Saute onions and garlic. Add remaining ingredients and simmer over low heat 20 minutes.

To finish casserole, skim fat from broth. Measure and add water to make 3 cups. Bring to a boil; add 1 1/2 tsp. salt and 8 oz. pkg. of wide noodles. Cook 15 to 20 minutes. Place noodles in large shallow casserole. Arrange chicken on noodles; pour Cacciatore Sauce over all. Bake at 350 degrees for 20 minutes.

Serves 8.

SWEDISH MEAT BALLS Mary Cordle

1 1/2 lb. ground beef
1 large onion, chopped fine
1 egg
Salt and pepper to taste
1/2 lb. sausage
1/2 tsp. sage
1/4 c. milk
1/2 c. cracker crumbs
1/2 carton sour cream

Combine all ingredients and form into small balls. Roll in flour and brown well.

1 can consomme
1/2 carton sour cream
3/4 can water

Simmer meat balls in consomme and water for 1/2 to 3/4 of an hour. Turn fire very low and stir in sour cream. Heat through. Serve over boiled rice.

OVEN GLAZED CHICKEN Audrey Dickinson

Arrange in single layer in shallow pan lined with aluminum foil: 2 frying chickens, cut up.

Combine and brush on chicken:

1/2 c. salad oil
1 tsp. salt
1 tsp. paprika
1 Tbsp. grated orange rind
1/2 c. orange juice
1 tsp. dry mustard
1/8 tsp. pepper

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OVEN GLAZED CHICKEN (Continued)

Bake at 425 degrees, basting often, until chicken is tender and glaze is a rich golden color (about 45 minutes). It isn't necessary to turn chicken. Serves 6 to 8.

WILD RICE CASSEROLE — Merrie Stepak

1 lb. ground round (or leftover beef, turkey or chicken)
2/3 c. raw wild rice, washed to clear
1 can cream of chicken soup
1 can cream of mushroom soup
1 can mushrooms
3 Tbsp. grated onion
3 Tbsp. butter
1/8 tsp. garlic, onion and celery salt - each
Parmesan cheese
1/2 can water

Saute the onion in butter, brown ground round. Add to other ingredients in casserole and mix well. Sprinkle top with Parmesan cheese. Bake 1 hour at 350 degrees and serve with garlic bread and tossed salad.

SHELLFISH SORRENTO — Myrtle Deem
(Serves 6 - 8.)

8 oz. pkg. macaroni or noodles
1 c. milk
1 5-oz. can shrimp
1 3-oz. can sliced mushrooms
1 c. grated Parmesan cheese
2 cans cream of mushroom soup
1 6 1/2 oz. can crab meat
1/4 c. diced pimento
1 tsp. garlic salt
1/8 tsp. pepper
2 Tbsp. butter

Cook and drain macaroni. Heat soup and milk until bubbly. Add rest of ingredients and half of cheese. Pour into casserole, sprinkle with balance of cheese. Dot with butter and place under broiler until golden brown. Or prepare in morning and re-heat when ready to serve.

SEAFOOD TRIO — Jayne Pla

Saute until soft:

1/2 c. butter
3/4 c. chopped green pepper
3/4 c. chopped onion

Add and cook until thick;

2/3 c. flour
1/4 tsp. pepper
2 tsp. salt
4 c. milk

SEA FOOD TRIO (Continued)

1 6-oz. can mushrooms with liquid
1 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce
1 1/2 c. sharp cheese, shredded
1 tsp. powdered dry mustard

Add:

1 lb. cooked lobster meat
1/2 lb. shell macaroni, cooked - place in casserole
1 lb. green shrimp, cooked
12 oz. pkg. fresh or frozen crabmeat

Pour fish mixture over macaroni and sprinkle with chopped parsley. Bake in moderate oven until heated through, about 30 minutes. Serves 10 to 12.

TUNA JACKSTRAW — Ann Camic

1 4-oz. can shoestring potatoes
1 can mushroom soup
1 3-oz. can sliced mushrooms
1 6-oz. can milk
1/4 c. chopped pimento
1 can tuna (use any size desired)

Reserve 1 cup shoestring potatoes. Combine remaining ingredients. Pour into 1 1/2 quart casserole. Arrange reserved shoestring potatoes on top. Bake, uncovered, at 375 degrees for 20 to 25 minutes. 4 to 6 servings.

CHINESE CASSEROLE — Ada Will

2 cans tuna
2 cans cream of mushroom soup
1 4-oz. can mushrooms
1 can water chestnuts
1 39¢ pkg. cashews
1 small onion, chopped
1 c. chopped celery

Mix together and place on 1/2 c. Chinese noodles on bottom of casserole. Top with balance of noodles. Bake 45 minutes at 325 degrees. Serves 6.

PAN FRIED SHRIMP ROYAL — Joan Herman

4 Tbsp. oil
1 can mushrooms (reserve liquid)
1 lb. shrimp, peeled
1/2 tsp. salt
2 tsp. grated lemon rind

PAN FRIED SHRIMP ROYAL (Continued)

1/2 large green pepper, coarsely chopped

Heat oil and add shrimp, mushrooms, salt and green pepper. Cook over medium heat for 10 minutes, stirring occasionally. Spoon shrimp mixture onto toast squares or boiled rice. Add lemon rind and mushroom liquid to pan, blend and heat. Pour over shrimp. Serve with lemon wedges. Serves 4.

BROILED TUNA SANDWICH — Josephine Modlin

8 sandwich buns
1 #1/2 can tuna
1/2 c. diced celery
2 Tbsp. minced onion
2 Tbsp. diced green pepper
2 tsp. Worcestershire sauce
1 c. diced sharp cheese
1/2 c. mayonnaise
1 tsp. salt
2 hard boiled eggs, diced

Split buns and toast lightly. Spread with above mixture. Broil until brown. Serve hot. Chicken or ham may also be used in place of tuna.

EGGS MALAGA STYLE — Kate Kaar

For 4 servings.

1 large c. milk
1 egg yolk
1 Tbsp. flour
3 slices cooked ham
2 Tbsp. grated cheese
Juice of 1 lemon
1 tsp. butter
Salt, pepper, nutmeg and boiled shrimps

Sift flour; add milk gradually. Add one half of the butter and stir continually over until it is well blended. Remove from the flame and add the rest of the butter, the egg yolk, the diced ham, the grated cheese, lemon juice, shrimps, salt, pepper and nutmeg. Mix thoroughly and place in individual baking dishes. On top of each portion carefully place on egg-or eggs. Bake in oven about 350 deg. for 15 minutes. May be served without shrimps.

BAKED CHICKEN HAWAIIAN — Mrs. L. L. Dyer

3 to 4 lb. frying chicken
2 Tbsp. finely diced onion
1/2 tsp. ginger
3/4 c. fat
1/4 c. flour
1 tsp. salt
2 c. well seasoned chicken broth
1/2 c. crushed pineapple
1 tsp. Kitchen Bouquet

BAKED CHICKEN HAWAIIAN (Continued)

Method: Cut chicken in serving-size pieces. Melt fat in large frying pan over moderate heat. Add the chicken and brown lightly on all sides. Remove browned chicken to casserole. Cook onion in frying pan for 1 minute. Stir in flour, salt and ginger. Add chicken broth, pineapple and Kitchen Bouquet. Cook, stirring frequently, until sauce thickens. Pour sauce over chicken and bake, covered, until chicken is tender.

CHEDDAR CHICKEN — Hildagarde Morgan

1 lb. chicken breasts
2 c. water
3 green onions
3 celery tops
1 c. elbow macaroni
1/4 lb. or 1 c. shredded Cheddar cheese
1/2 c. cashew nuts, chopped
2 cans cream of chicken soup
3/4 c. shredded Cheddar cheese

Method: Simmer chicken, onion and celery in water until tender. Strain and reserve broth, cool and cut chicken into chunks. Cook macaroni in salted water until tender. Put into 8" casserole, sprinkle with 1 c. cheese; cover with chicken and nuts and pour soup over after thinning with 2/3 c. chicken broth. Sprinkle crumbs on top. Bake in oven 350 deg. about 30 minutes.

SOUR CREAM CHICKEN ENCHILADAS — Jean Webster "60"

1 small stewing chicken or 2 cans boned chicken
1 large onion
2 lb. American cheese
1 can chopped olives
2 cans enchilada sauce
3 Tbsp. shortening
12 tortillas
Chopped lettuce
1 carton sour cream

Stew chicken and when cool break up into small pieces. If canned chicken is used open can and pour into bowl. Chop onion fine. Grate 1 lb. of the cheese.

Pour enchilada sauce into a large frying pan with the shortening. Place over low heat. Add tortillas, submerge and cook until consistency of a wet chamois, about 1 minute.

Take tortillas from sauce. In center of each

tortilla place small amount of the chicken, onion, olives and cheese. Roll and place on cookie pan. Secure with a toothpick. Pour remaining sauce left in frying pan over rolled tortillas and sprinkle with remaining pound of the cheese, grated.

Place in oven 250 to 300 degrees and leave until cheese is melted. Take from heat and sprinkle with lettuce (chopped). Top each enchilada with sour cream.

CHICKEN TETRAZZINI

Jean Simpson

1 4-lb. stewing chicken
2 qts. water
1 Tbsp. salt
8 oz. spaghetti
1/2 lb. butter or margarine
1 med. green pepper, minced
1 med. onion, chopped
1 4-oz. can sliced mushrooms
2/3 c. flour
1 pt. milk
1/2 lb. American cheese, cubed
1/2 lb. sharp Cheddar cheese, cubed
Salt and pepper

In a kettle combine chicken, water and salt; cover. Place over low heat and cook until chicken is tender. Remove meat from bone while warm; cut into cubes. Remove excess fat from broth. In the kettle, measure 1 qt. chicken broth, bring to rapid boil. Gradually add spaghetti so that broth continues to boil. Cook uncovered, stirring occasionally until tender.

In a large saucepan, melt butter over low heat, add green pepper, onion and mushrooms, cook until tender. Add flour and blend. Add milk and cook until thickened, stirring occasionally. Stir in cheese and continue to cook until cheese is melted.

Combine chicken, spaghetti and cheese sauce; mix well, but lightly. Add salt and pepper, if desired. Pour into 3 quart casserole and bake in moderate oven 350 degrees 40 minutes.

Yield: 10 to 12 servings.

TOP OF THE STOVE SPARERIBS

Jean Miller

3 1/2 lb. spareribs
1/4 c. vinegar
Juice of 1/2 lemon
1 clove garlic, minced
4 Tbsp. brown sugar
1/4 c. soy sauce
Dash of pepper

Brown ribs (cut into serving pieces) in their own

fat. Pour off excess fat.

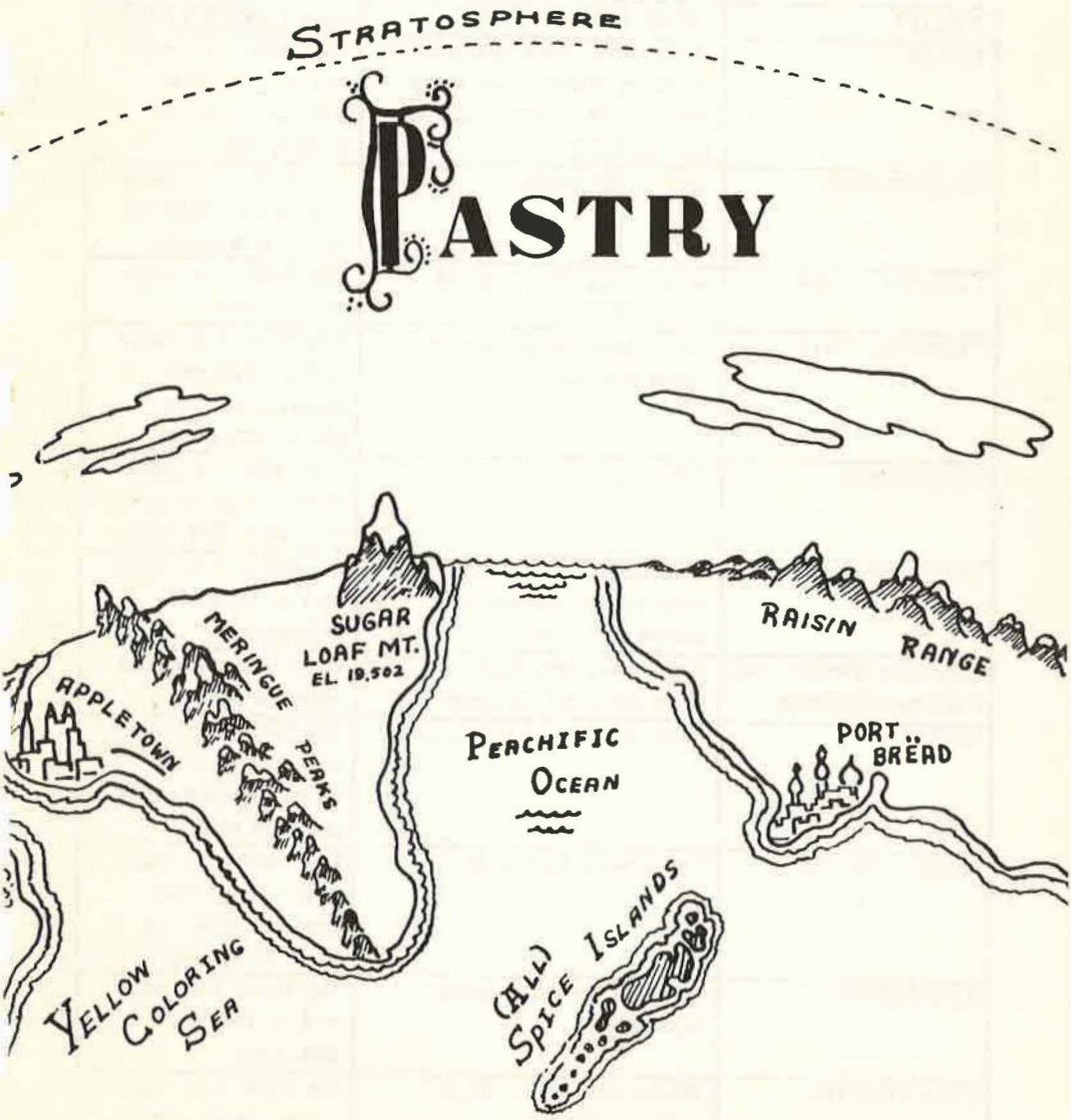
Mix remaining ingredients and pour over the ribs. Simmer over very low heat, stirring often, for about 2 hours.

Meat should begin to part from bones and the sauce should be absorbed.

Serves 4 to 6.

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To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit. Although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
APPLES	Pare, core, slice into uniform sections, scald in hot syrup 180° F. for 3 min. Chill before packing.	Dry pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
BLACKBERRIES	Sort, wash gently.	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
CHERRIES, SOUR	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
CHERRIES, SWEET	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
CRANBERRIES	Sort, wash.	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup
GOOSEBERRIES	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directly into syrup.	50 to 60% syrup plus ascorbic acid
PINEAPPLE	Pare, cut into small sections.	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid
PLUMS, PRUNES	Sort, wash, halve, pit.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60% syrup
RASPBERRIES	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
STRAWBERRIES	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries

HALLAWELL CHEESE BISCUITS

1 lb. grated Tillamook cheese, room temp.
1/2 lb. butter
Cream together.
3 c. flour
4 tsp. baking powder
3 tsp. salt
2 or 3 dashes cayenne pepper

Sift dry ingredients and work in butter mixture until holds together well. Roll 1/2 out till 1/4" thick; use small cutter (inside donut cutter). Bake at 325 degrees for 30 or 40 minutes or until light brown.

HERB BREAD

Martha Larabee

1/2 lb. margarine
1/2 tsp. garlic salt (clove of fresh garlic may be used; add 1/2 tsp. salt)
1/4 c. parsley
1/2 tsp. thyme
1/2 tsp. pepper
1/2 c. Parmesan cheese
1 tsp. paprika
1 loaf French bread, unsliced
1/2 tsp. sweet basil

Mix herbs in softened margarine. Cut bread lengthwise almost through. Spread both sides and put together. Slice loaf in 1 1/2" slices and butter as you cut.

Ice top of loaf with remaining spread. Wrap in foil. Bake 20 to 25 minutes at 300 degrees.

ORANGE BREAD

Dorothy McCarthy

Mix thoroughly:
3/4 c. sugar
2 Tbsp. shortening
1 egg
3/4 c. milk
3/4 c. orange juice
1/4 c. grated orange rind
Sift together and blend in:
3 c. sifted flour
3 1/2 tsp. baking powder
1 tsp. salt
Add:
3/4 c. chopped nuts

Turn into greased 9x5x3" loaf pan and let set 20 minutes before baking until toothpick stuck into center comes out clean, about 70 minutes, at 350 degrees.

CRANBERRY BREAD

Lucille Moore "60"

Sift together:

CRANBERRY BREAD (Continued)

2 c. sifted flour
1 1/2 tsp. baking powder
1/2 tsp. soda
1 c. sugar
1 tsp. salt

In another bowl mix together:

1/2 c. orange juice
2 Tbsp. boiling water
2 Tbsp. melted shortening
1 well beaten egg

Make well of flour. Add liquid and mix until moist. Stir in 1 1/2 cups chopped cranberries until blended. Pour into greased loaf pan. Bake 1 hour at 350 degrees.

SOUTHERN SPOON BREAD

Mrs. (R. T.) Lillian A. Costin

2 c. white corn meal
2 1/2 c. water
2 1/2 Tbsp. shortening
1 1/2 c. buttermilk
1 tsp. salt
1 tsp. soda
2 eggs

Stir corn meal and water and cook until clear. Add shortening, stir well and let cool; add beaten egg yolks, then salt, buttermilk and soda. Add well beaten egg whites, pour in greased dish and bake in 450 degree oven for 40 minutes. Serve from same dish. Serves 6.

BANANA BREAD

Mrs. Homer Kinkel

2 c. white flour
1 c. mashed bananas
1 tsp. lemon juice
1 c. nuts, if desired
1 tsp. soda
Salt

Cream together:

1 c. sugar
1/2 c. shortening

2 beaten eggs

Cream shortening and sugar, add beaten eggs, lemon juice and fold in dry ingredients and mashed bananas. Bake 1 hour at 350 degrees.

DATE NUT BREAD

Mrs. Edwin Davis

1 c. sugar
1/3 c. margarine

Cream together.

1 c. dates, cut fine
1 c. hot water

Pour hot water over dates and let cool. Add to first mixture.

DATE NUT BREAD (Continued)

2 3/4 c. flour
1/2 tsp. soda
1 unbeaten egg
1 Tbsp. baking powder
1/4 tsp. salt
1 c. nuts, chopped

Bake 1 hour at 300 degrees or when done when tested with toothpick. Bake day before it is to be used, as it will slice better. Spread with softened cream cheese or butter for sandwiches.

SOUR CREAM BUNS Ethel Staggs
(Makes 16 buns)

Heat to lukewarm in large saucepan:
1 c. sour cream

Remove from heat and stir until well blended:
2 Tbsp. shortening
3 Tbsp. sugar
1/8 tsp. salt
1 large unbeaten egg
1 cake crumbled or compressed yeast (packaged yeast)

Stir until yeast is dissolved. Mix in:
3 c. sifted flour

Turn out onto lightly floured board. Knead lightly a few seconds to form a smooth ball. Cover with a damp cloth and let stand 5 minutes to tighten up. Roll dough 1/4" thick into rectangle 6x24". Spread with:

2 Tbsp. soft butter
1/3 c. brown sugar) sprinkle
1 tsp. cinnamon) over top

Roll up beginning at wide side. Seal well by pinching edge of dough into roll. Cut into slices about 1 1/2" thick. Place in greased muffin cups. Cover with damp cloth and let rise about 1 hour. Bake 12 to 15 minutes in quick moderate oven 375 degrees. While warm ice with confectioners' sugar icing.

WHITE BATTER BREAD Mrs. Charles W. Weaver (Ann)

1 pkg. active dry yeast
1 1/4 c. warm (not hot) water
2 Tbsp. soft shortening
2 tsp. salt
2 Tbsp. sugar
3 c. sifted all purpose flour

Sprinkle yeast on warm water; stir until dissolved. Add shortening, salt, sugar and 1 1/2 cups flour. Beat 2 minutes, using medium speed on electric mixer, or 300 vigorous strokes by hand. Scrape sides and bottom of bowl frequently. Add remaining flour; blend in

WHITE BATTER BREAD (Continued)

with spoon until smooth. Scrape batter from sides of bowl, cover, let rise in warm place, free from draft, until doubled (about 30 minutes). Stir down batter by beating about 25 strokes.

Spread batter evenly in greased loaf pan 9x5x3". Batter will be sticky. Let rise in warm place until batter reaches to within 1" of top of pan, about 40 minutes. Bake in moderate oven 375 degrees 45 to 50 minutes, or until brown. Test, to see if it's done, by tapping top crust; it should sound hollow. Remove from pan at once. Brush top with melted butter or margarine.

Cool on rack.

DATE LOAF — Anna B. Sweetwood

1 pkg. dates, chopped
1 1/2 c. boiling water
1 tsp. soda

Put soda in water, pour over dates and cool.

1 1/2 c. sugar
1/2 c. shortening
3 eggs
2 1/2 c. flour
1 tsp. baking powder
1/2 c. walnuts

To this mixture add date mixture. Bake in two loaves 1/2 hour in medium oven.

DATE-RAISIN COFFEE CAKE — Dorothy Carmichael

1 c. white raisins, separated, washed and drained

Add:

1 c. date crystals (dehydrated date pieces)
1 1/2 c. hot water

Set aside to absorb liquid.

Cream:

1 c. sugar
1/2 c. shortening

Add 2 eggs, one at a time, and beat well.

Add:

1/2 tsp. salt
1 tsp. vanilla
1/2 tsp. lemon extract

Beat well. Add raisin-date and water mixture and mix well. Sift:

2 c. flour
2 heaping tsp. Calumet baking powder

Add to above.

Beat two minutes in electric mixer, or 300 strokes by hand. (Continued)

DATE-RAISIN COFFEE CAKE (Continued)

Grease and flour 3 cake tins; divide batter, top with nut meats (pecans or walnuts) and bake at 350 degrees for 35 to 40 minutes. Frost when cool with a drizzled simple frosting of powdered sugar and milk. ("Dee-wish-us"!)

DOUGHNUTS — Flora D. Benton

1 c. sugar
1 Tbsp. butter
1 egg
1 c. sweet milk
1 tsp. vanilla
4 c. flour
4 tsp. baking powder

Cream the butter and sugar until very light. Add beaten egg; mix well. Sift flour and baking powder. Add vanilla to the milk. Stir flour and milk alternately into the butter-sugar mixture. Roll dough lightly on floured board. Cut and fry in your favorite shortening.

NEVER-FAIL PIE CRUST — Dorothy Carmichael

1 lb. lard plus
1 heaping Tbsp. Crisco
1 c. boiling water
1 tsp. salt
6 c. flour

Cut shortening into sifted flour and salt until completely blended. Add the boiling water and mix until the ball of dough leaves the sides of the bowl. Do not use hands. Divide dough into 6 parts, wrap in wax paper, and freeze. When a pie crust is needed, remove as many as wanted from freezer 2 or 3 hours ahead of time, roll out on lightly floured board, and proceed. Do not handle the dough any more than necessary, so it will be "short" and tender.

NON-FAT PIE CRUST — Mrs. J. T. McNaney (May)

1 3/4 c. corn flakes rolled coarse
6 Tbsp. honey
3 Tbsp. skim milk

Mix thoroughly, put in pie pan, fill with vanilla pudding or fruit.

LEMON CHIFFON PIE — Anna Sweetwood

1/2 Tbsp. Knox gelatine in 1/2 c. cold water
1 c. sugar
4 eggs

LEMON CHIFFON PIE (Continued)

Juice of 1 lemon
Grated rind of 1/2 lemon
Pinch of salt

Put juice of lemon, grated rind, 1/2 c. sugar, salt, and yolks of 4 eggs in double boiler. Beat with Dover beater while cooking. When this mixture becomes thick like custard, remove from fire and add gelatine. Beat egg whites stiff and add 1/2 c. sugar and fold custard into egg whites and place in baked shell. Place in refrigerator until set. Serve with whipped cream. This makes a very large deep pie.

GLAZED STRAWBERRY PIE — May Tacoma

4 c. strawberries
3/4 c. water
1 baked pie shell
3/4 c. sugar
1/4 tsp. salt
3 Tbsp. cornstarch

Crush 1 cup of the strawberries in small saucepan. Add water and bring to a boil. Simmer 3 minutes. Strain juice from cooked berries. Add water if needed to make 1 cup of liquid.

Combine sugar, salt and cornstarch and slowly add berry juice, stirring until smooth. Cook 3 minutes or until clear. Cool slightly.

Arrange remaining 3 cups of berries in pie shell. Spoon glaze over berries, being careful to coat each one. Chill and serve with whipped cream.

SOUFFLE PIE — Connie Hale

20 soda crackers
1/2 c. chopped nuts
1 tsp. vanilla
1 c. sugar
3 egg whites
12 dates, cut medium fine

Beat egg whites until stiff, add sugar to form meringue. Fold broken crackers, nuts, dates and vanilla into meringue. Pour into well greased pie pan. Bake at 350 degrees for 30 to 35 minutes. Serve with whipped cream.

STRAWBERRY CREAM CHEESE PIE
Gerry Berger "58"

2 small pkgs. cream cheese
2 c. strawberries, halved
1/4 c. whipping cream
1 pkg. Junket Danish dessert

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IN THIS BOOK

STRAWBERRY CREAM CHEESE PIE (Continued)

3 Tbsp. sugar
1/2 tsp. vanilla
9" pie shell, baked

Cook Danish Dessert as directed, and cool. Cream cheese, add salt, sugar and vanilla and cream well. Whip cream and fold in cream cheese mixture. Line pie shell with cream mixture, reserving 1/4 for top. Fold berries into cooled Danish Dessert and put in lined shell.

REAL GEORGE LEMON PIE — Helen George

2 Tbsp. butter
1/2 box coconut
2 eggs, separated
1 box jello lemon pie filling
1/3 c. sugar
2 c. water
1/4 c. sugar
Whipped cream if desired

Butter a 9" pie pan with butter. Press in coconut. Bake 20 minutes at 350 degrees.

Mix pie filling with sugar and 1/4 c. of the water in pan. Add the egg yolks and blend. Add remaining 1 3/4 c. water. Cook over medium heat till it comes to a full boil and thickens. Beat the egg whites until foamy, gradually add the 1/4 c. sugar and beat till peaks form. Fold pudding into meringue. Pour pudding into shell. Chill. Garnish with whipped cream if desired.

CHERRY CREAM PIE — Gloria Olson

3 oz. pkg. cream cheese
1/2 c. powdered sugar
1/2 tsp. vanilla
1/2 pt. whipping cream
1 can cherry pie filling
9" pie shell, baked

Mix cream cheese, powdered sugar and vanilla. Fold in stiffly beaten whipping cream. Spread in pie shell. Pour cherry filling on top of cream mixture and chill for 2 to 3 hours.

GRASSHOPPER PIE — Mrs. Chas. B. Barnes

15 or 16 Oreo cookies
4 Tbsp. melted butter

Grind cookies, add 4 Tbsp. butter, mix well and put in pie pan and freeze.

Melt in double boiler:
24 marshmallows
2/3 c. milk

Cool. Add:

GRASSHOPPER PIE (Continued)

2 jiggers creme-de-menthe
1 jigger creme-de-coco
2 drops green coloring
1 c. whipped cream (1/2 pt.)

Put in crust and freeze.

E-Z LEMON ANGEL PIE — Susan Ballard

4 egg yolks
3/4 c. sugar

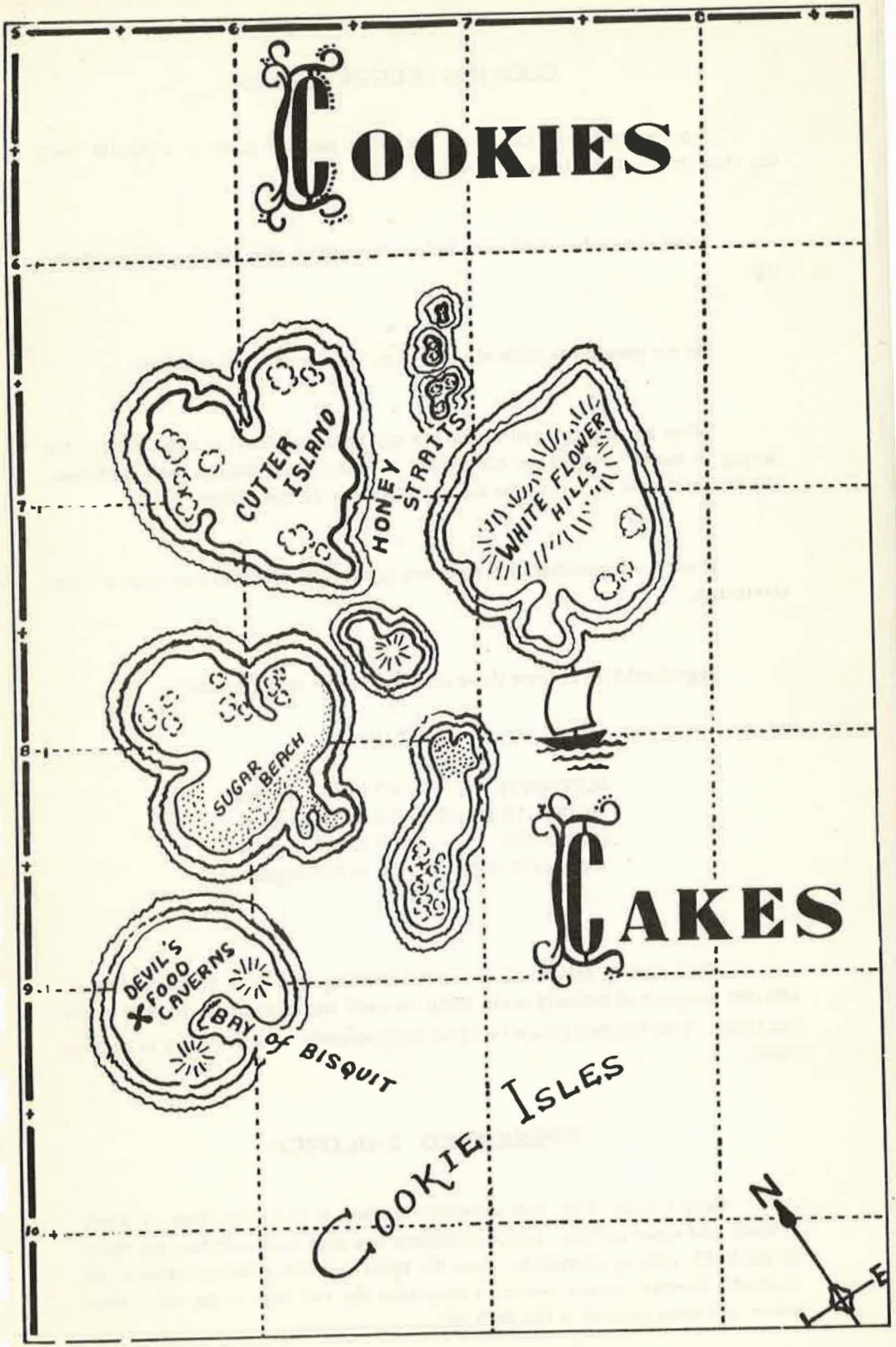
Cream together thoroughly. Add:
1/4 c. lemon juice

Cook in double boiler until thickened (about 10 minutes), stirring often. Add 1 Tbsp. butter.

Remove from heat and fold in:
2 egg whites, stiffly beaten

Pour into an 8" baked pie shell. Top with meringue made with 2 remaining egg whites. Brown in a moderate oven (325 degrees) for 15 minutes.

Write Extra Recipe Here:


COOKIES
CUTTER ISLAND
HONEY STRAITS
WHITE FLOWER HILLS
SUGAR BEACH
CAKES
DEVIL'S FOOD CAVERNS
BAY of BISQUIT
COOKIE ISLES
N
E

COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown evenly.

•

Flour should be sifted once before measuring. Fill the cup without packing.

•

Do not grease the sides of cake pans, grease only the bottoms.

•

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

•

If home churned butter is used, use equal parts of butter and lard or other shortening.

•

Eggs should be at least three days old before using in cakes.

•

SLOW OVEN ------- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN -------- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

•

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bath tub.

MARVELOUS ICE BOX COOKIES — Mrs. Walter Kasitz

1 c. brown sugar
1 c. white sugar
1 tsp. vanilla
5 c. flour
2 c. oleo or butter
2 eggs
1 tsp. soda dissolved in
3 Tbsp. boiling water
1/2 lb. walnuts, chopped

Mix. Form into 2" diameter rolls, wrap in waxpaper and chill in ice box. Slice and bake in hot oven as you want to use. (Will keep 10 days or more in the ice box.)

RANGER COOKIES — Lena Kasitz

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs
1 Tbsp. vanilla
Few nuts
2 c. flour
1 tsp. soda
1 tsp. baking powder
1/4 tsp. salt
1 c. rolled oats
1 c. Rice Krispies
1 c. coconut

Mix. Drop on cookie sheet. Bake at 375 degrees for 8 minutes (not real brown).

ANISE COOKIES — Mrs. Leroy F. Wirth

1 lb. brown sugar
1 c. butter or oleo
3/4 c. honey
1 c. sour cream
1 tsp. soda
2 eggs
5 c. flour (scant)
1 tsp. anise oil
1/2 tsp. cloves
1/2 tsp. allspice
1/2 tsp. ginger
1/2 tsp. nutmeg
1 tsp. cinnamon
1/2 c. nut meats

Mix well and let stand 12 hours before baking. Drop from teaspoon and bake at 350 degrees about 12 minutes.

GINGER CREAM COOKIES — Mrs. C. A. (Betsey) Gould

1/2 c. shortening
1 c. sugar - granulated or brown
1 c. molasses
4 c. sifted flour
1/2 tsp. salt

GINGER CREAM COOKIES (Continued)

2 tsp. ginger
1 tsp. cloves
2 tsp. soda dissolved in 1 c. hot water
1 tsp. nutmeg
1 tsp. cinnamon

Drop by teaspoonfuls on cooky sheet. Bake 8 minutes at 400 degrees. While slightly warm cover with icing.

Icing:

2 c. sifted confectioners' sugar
1 tsp. vanilla
1 Tbsp. melted butter
3 or 4 Tbsp. cream

This is a large recipe - for 8 dozen 2" cookies.

SOUR CREAM COOKIES — Madeline Blair

1/2 c. shortening (part butter if desired)
1 c. firmly packed brown sugar
1 egg, beaten
1/2 c. raisins
2 c. sifted cake flour
1/2 tsp. salt
1/2 tsp. baking soda
2 tsp. baking powder
1/2 tsp. nutmeg
1/2 c. sour cream
1/2 c. broken walnuts

Cream shortening and sugar. Add egg and raisins. Sift dry ingredients and add alternately with sour cream. Stir in walnuts. Drop by teaspoonfuls on greased cookie sheet. Bake at 400 degrees for 12 to 15 minutes. Makes 3 dozen cookies.

ALASKA LOGS — Winnie Olmstead

Sift together:

3/4 c. sifted flour
1 tsp. baking powder
1 c. sugar
1/4 tsp. salt

Stir in:

1 c. chopped dates
3 eggs, beaten
1 c. chopped nuts

Pour into greased 8x8" pan. Bake at 325 degrees for about 40 minutes. Cut into 1/2x2" bars while still warm. Roll in finely granulated sugar to form logs and to coat. Makes 5 dozen.

CONGO SQUARES — Darlene Sever

2/3 c. shortening
2 1/4 c. brown sugar
2/3 c. sugar
1 c. broken nuts
1 pkg. chocolate chips
2 3/4 c. sifted flour
2 1/2 tsp. baking powder
1/2 tsp. salt
3 eggs

Melt shortening, add sugars and mix well. Cool slightly. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients. Then add nuts and chocolate chips. Pour into greased 10 1/2 x 15 1/2 x 3/4" pan. Spread batter evenly with spoon dipped in water. Bake at 350 degrees for 25 to 30 minutes. When cool cut into squares.

APPLESAUCE COOKIES — Newt Turner

Sift together:

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

3/4 c. shortening, butter or substitute
1 c. sugar

Cream well together. Add:

1 egg
1/2 (or more) c. raisins
1/2 c. chopped nuts
1 c. thick sweetened applesauce

Drop by teaspoonfuls onto greased baking sheet 2 inches apart. Bake in moderate oven 375 degrees about 10 minutes. Makes about 5 dozen.

SPRITZ COOKIES — Frances B. Krinke

1 lb. butter or margarine
1 c. sugar
1 egg
4 c. flour
1 tsp. almond flavoring

Cream butter and sugar, add well beaten egg. Add sifted flour and flavoring. Mix well together. Put through cookie press onto cooky sheet. Make wreath shape. Bake at 375 or 400 degrees 7 - 8 minutes.

ROLLED GINGER CREAMS — Eva Goodman

1/2 c. brown sugar
1/2 c. molasses

ROLLED GINGER CREAMS (Continued)

1/2 c. melted shortening
1/2 c. sour milk
1 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. salt
2 1/4 c. flour

Mix well and let stand for 2 hours.

Frosting:
Butter
Cream
Confectioners' sugar
Vanilla

NUT BALLS — Madeline Blair

1 c. butter
1/2 c. powdered sugar
1 tsp. vanilla
2 tsp. cold water
2 1/4 c. sifted cake flour
1 1/2 c. chopped nuts

Cream butter and sugar, add vanilla. Stir in flour, water and nuts. Roll into small balls the size of small walnuts and place on ungreased cookie sheet. Bake at 375 degrees for 15 minutes.

While still warm, roll in powdered sugar (or shake cookies and powdered sugar gently in paper bag). Sliced walnuts may be used instead of chopped.

Makes 4 dozen cookies.

OATMEAL COOKIES — Mrs. Alfred A. Wahrenbrock

2 c. brown sugar
3/4 c. shortening
2 eggs
2 c. flour
1 tsp. baking powder
1 tsp. soda in
2 Tbsp. hot water
3 c. oatmeal
1 tsp. vanilla
1 c. cocoanut, cut up

Drop by teaspoonfuls onto cooky sheet and bake in moderate to hot oven.

APRICOT BARS — Kathryn Allen

1 1/2 c. sifted flour
1 tsp. baking powder
1/4 tsp. salt
1 1/2 c. quick cooking rolled oats
1 c. brown sugar
3/4 c. butter or margarine
3/4 c. commercial apricot preserves or jam

Sift together flour, baking powder and salt; stir in rolled oats and sugar. Cut in butter till crumbly.

APRICOT BARS (Continued)

Pat 2/3 of crumb mixture into 11x7x1 1/2" pan. Spread with preserves. Cover with remaining crumb mixture. Bake in moderate oven 375 degrees about 35 minutes or until browned. Cool. Cut in bars or squares.

THUMB PRINT COOKIES — Mrs. E. C. (Zoe) Upp

1/2 c. shortening
1/4 c. brown sugar
1 egg yolk
1/2 tsp. vanilla

Mix well.

Sift and stir in the above mixture:

1 c. sifted flour
1/4 tsp. salt

Roll in balls, dip in slightly beaten egg white. Roll in finely chopped nuts (3/4 cup). Bake 5 minutes at 375 degrees or on ungreased pan. Remove from oven and press thumb gently on top of each cooky. Return to oven and bake 8 more minutes.

BRACONIES — Betty Skilton

1 can Eagle Brand milk
15 graham crackers, rolled
1 c. cocoanut
3/4 c. chocolate chips
1/2 c. nuts
1/2 tsp. vanilla
Pinch of salt

Bake in 8x8x2" pan about 30 minutes in 350 degree oven. Frost lightly with powdered sugar icing.

OATMEAL COOKIES — Mrs. John F. (Gladys) Speed

Sift:

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

Cream:

1 c. shortening
1 1/2 c. sugar
2 eggs, slightly beaten

Mix:

1 tsp. soda
3/4 c. sour cream

Add sour cream mixture and flour alternately to the sugar, shortening mixture. Add:

2 c. instant oats
1 c. nut meats
2 c. cooked raisins, cooled

Bake at 375 degrees.

CALYPSO BARS — Mrs. Chas. A. Dickenson

2 1/2 sq. unsweetened chocolate
2/3 c. hot water
1 1/3 c. granulated sugar
1 1/3 c. chopped dates
1 c. butter
1 tsp. vanilla
1 1/4 c. light brown sugar
1 1/2 c. sifted flour
1/2 tsp. salt
1/2 tsp. soda
1 1/2 c. quick cooking rolled oats
1 c. chopped nuts

Melt chocolate in hot water over low heat. Add granulated sugar and stir until dissolved. Add dates and cook over low heat until mixture thickens - about 5 minutes. Add 1/4 c. of butter; blend in vanilla. Cool.

Cream 3/4 c. butter and brown sugar until it is fluffy. Sift flour, salt, soda together. Add to creamed mixture, blending well. Add oats and nuts and mix until crumbly. Press half the nut mixture onto bottom of a greased 13x9x2" pan, spread with date-chocolate mixture and top with remaining nut mixture. Bake in moderate oven 350 degrees for 30 minutes. Serve warm with ice cream. Or cool and cut into squares.

UNBAKED CHOCOLATE COOKIES — Mrs. Homer Kinkel

Mix into a large bowl the following ingredients:

3 c. oatmeal (uncooked) Quick Quaker oats
1/2 c. shredded cocoanut
1/2 c. chopped nuts
2 Tbsp. cocoa

In a saucepan bring to a rolling boil:

2 c. sugar
1 cube butter or margarine
1/2 c. milk
1/4 tsp. salt
1 tsp. vanilla

Pour the two mixtures together, drop by teaspoon onto a wax paper to cool. Makes about 4 dozen cookies.

DATE COOKIES — Mrs. Levi Haslett

1 c. sugar
1/2 c. Mazola oil
2 eggs
1 c. cut dates
4 Tbsp. hot water (poured over dates)
1 tsp. soda
1/2 tsp. cloves
1 tsp. cinnamon
1/2 tsp. salt
1/2 c. nuts
2 c. flour

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DATE COOKIES (Continued)

Bake 12 minutes at 375 degrees.

CHOCOLATE TOPPED DATE CAKE
Susan (Mrs. W. R.) Ballard

1 c. finely sliced dates
1 1/4 c. boiling water
1 tsp. soda
3/4 c. shortening
1 c. sugar
1 Tbsp. sugar
2 eggs
1 1/2 c. flour
1/4 tsp. salt
1/3 c. chocolate chips
1/2 c. chopped nuts

Put the dates in a bowl and cover with the boiling water to which you have added the soda; let stand until it is cold.

Cream shortening and sugar together until fluffy; beat in the eggs. Sift the flour, measure, then sift again with the salt into the creamed mixture; mix well. Stir in the cool date mixture. Spread in a greased 8x12" baking dish. Sprinkle the chocolate chips, sugar and nuts over the batter. Bake in a moderate oven 350 degrees for 30 minutes or until cake springs back when touched lightly. Serves 8 to 10.

POTATO CHOCOLATE CAKE Mrs. Chas. A. Dickenson

1 c. hot unseasoned mashed potatoes (can use packaged)
2 c. sugar
2/3 c. shortening
4 eggs, unbeaten
1 tsp. vanilla
2 c. cake flour
1/2 c. cocoa
1 c. chopped walnuts
1 tsp. cinnamon
1 tsp. nutmeg
3 tsp. baking powder
1/2 tsp. salt
1/2 c. milk

Heat oven to 350 degrees. Line two 9" pans with waxed paper. Beat sugar, shortening until fluffy. Add the eggs one at a time, beating well. Add vanilla and potatoes. Add dry ingredients and milk about 1/4 at a time. Bake 45 minutes. Frost with Chocolate Butter Cream Frosting.

Chocolate Butter Cream Frosting:
3 sq. unsweetened chocolate
1/2 c. soft butter
1 1/2 tsp. vanilla
1 lb. powdered sugar

Cream well. Add cream or milk as needed. Cover with walnuts.

MILK CHOCOLATE CAKE

Jessie Webber

Cream:
1/2 c. butter

Add gradually:
1 1/2 c. sugar

Add:
2 unbeaten eggs

Beat well. Add: (alternately)
2 c. pastry flour

1 c. sour milk

Add:
2 sq. bitter chocolate (2 oz.) melted

1 tsp. vanilla
1/2 tsp. salt

Lastly add:
1 tsp. soda dissolved in

1 Tbsp. vinegar

Mix well. Bake in greased layer pans at 375 degrees.

Frosting:

Dissolve 1 sq. chocolate in 3 Tbsp. butter over hot water. Add:

2 c. confectioners' sugar
1/4 tsp. black walnut extract

6 Tbsp. cream
1 tsp. vanilla
1/2 c. chopped nuts

POUND CAKE

Mrs. Leroy F. Wirth

1 lb. Imperial oleomargarine
1 lb. powdered sugar

6 eggs
3 c. cake flour

Mix in order. Makes 2 loaves. Bake at 350 degrees 1 hour. Grease pan, line and grease again.

DATE FRUIT CAKE

Mrs. Howard Folsom

1 1/2 c. dates
1 1/2 c. white sugar
5 Tbsp. butter

1 c. mixed candied fruits
1 1/2 c. boiling water

Cook for 20 minutes. Cool before adding remainder of recipe.

1 1/2 c. flour
1 heaping tsp. cinnamon
1 scant tsp. salt

1 tsp. soda
1/2 tsp. cloves
1 c. nuts

Sift flour before measuring. Sift all together.

DATE FRUIT CAKE (Continued)

Add gradually to cooled first mixture. Bake 1 1/2 hours at 325 degrees in well greased angel cake pan.

TOMATO SOUP CAKE — Dorothy I. Gibson

Makes a nice loaf cake. Cream together:

1 c. sugar
2 Tbsp. Crisco

Add after blending:

1 can tomato soup
1 tsp. soda

Sift together and gradually add to above:

1 1/2 c. flour
1 tsp. baking powder
3/4 tsp. nutmeg
1 tsp. cinnamon
3/4 tsp. cloves

Add:
1 c. raisins

Bake in 350 to 375 degree oven.

Frosting:

1 c. powdered sugar
1 pkg. Philadelphia cream cheese (small)

Blend together.

APPLE SPICE CAKE — Mrs. Ralph Peterson

2 or 3 green apples
1 c. sugar
1/4 c. shortening
1 egg
1 tsp. vanilla
1 c. flour
1 tsp. cinnamon
1 tsp. salt
1 tsp. soda
1/4 tsp. cloves
1/4 tsp. nutmeg

Thoroughly blend all ingredients. Add thin sliced apples. Bake in 9" pan at 350 degrees for 40 to 45 minutes.

Topping:

1 small pkg. cream cheese
1 c. powdered sugar

Mix thoroughly and spread on top of cooled cake. Can be made a day ahead and is much better if it sets in refrigerator overnight.

CRANFORD ENGLISH CAKE — Carole Novak

5 sq. chocolate
1 c. boiling water

CRANFORD ENGLISH CAKE:

1/2 c. shortening
1 1/2 tsp. soda
1 tsp. salt
2 c. sugar
2 c. flour
1/2 c. sour cream
2 eggs

Pour boiling water over chocolate and the shortening and add sugar. Mix well. Dissolve soda in sour cream and add alternately with flour to chocolate mixture. Beat in eggs.

Bake in 9" pans at 350 degrees for 30 minutes. (If using electric mixer, beat just as little as possible.) Frost with Fluffy Boiled Frosting.

SOUR CREAM CAKE Very good. Ruth Johnson

1 c. sugar
1 c. sour cream
1 Tbsp. soft butter (if cream if not heavy)
1 1/2 c. cake flour
2 eggs
1/4 tsp. soda
2 tsp. baking powder
1/2 tsp. salt
Flavor to taste

325° for 40 min

Beat sugar and egg yolks together. If butter seems necessary, combine it before adding cream. Stir soda into cream and add to sugar and yolks.

Sift flour and baking powder; beat flour into other ingredients a little at a time. Add flavoring and last fold in stiffly beaten egg whites. Put butter and sugar on cake while still warm. Small 6x9 pan

ORANGE CAKE DE LUXE Katie Kyllberg

Make 24 hours ahead.

6 eggs

Separate and leave out 2 whites. Add 3 Tbsp. cold water to well beaten egg yolks, then add 1 c. sugar to the yolks. Sift 1 c. flour, add 1 tsp. baking powder. Beat whites very stiff and fold into mixture. Add 1/2 tsp. vanilla.

Bake in two layers and start in cold oven gradually increasing to 300 to 350 degrees. Take juice of 5 oranges, rind of 2 oranges, 3/4 c. sugar. Beat whites of 2 eggs very stiff and mix with orange juice. When layers are cold pour this orange mixture gradually over them and let stand overnight. Put together with whipped cream and a little orange rind, grated.

CARROT CAKE Katie Kyllberg

1 1/3 c. sugar
1 1/2 c. cold water
1 c. seeded raisins
2 good sized grated carrots
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
2 Tbsp. butter

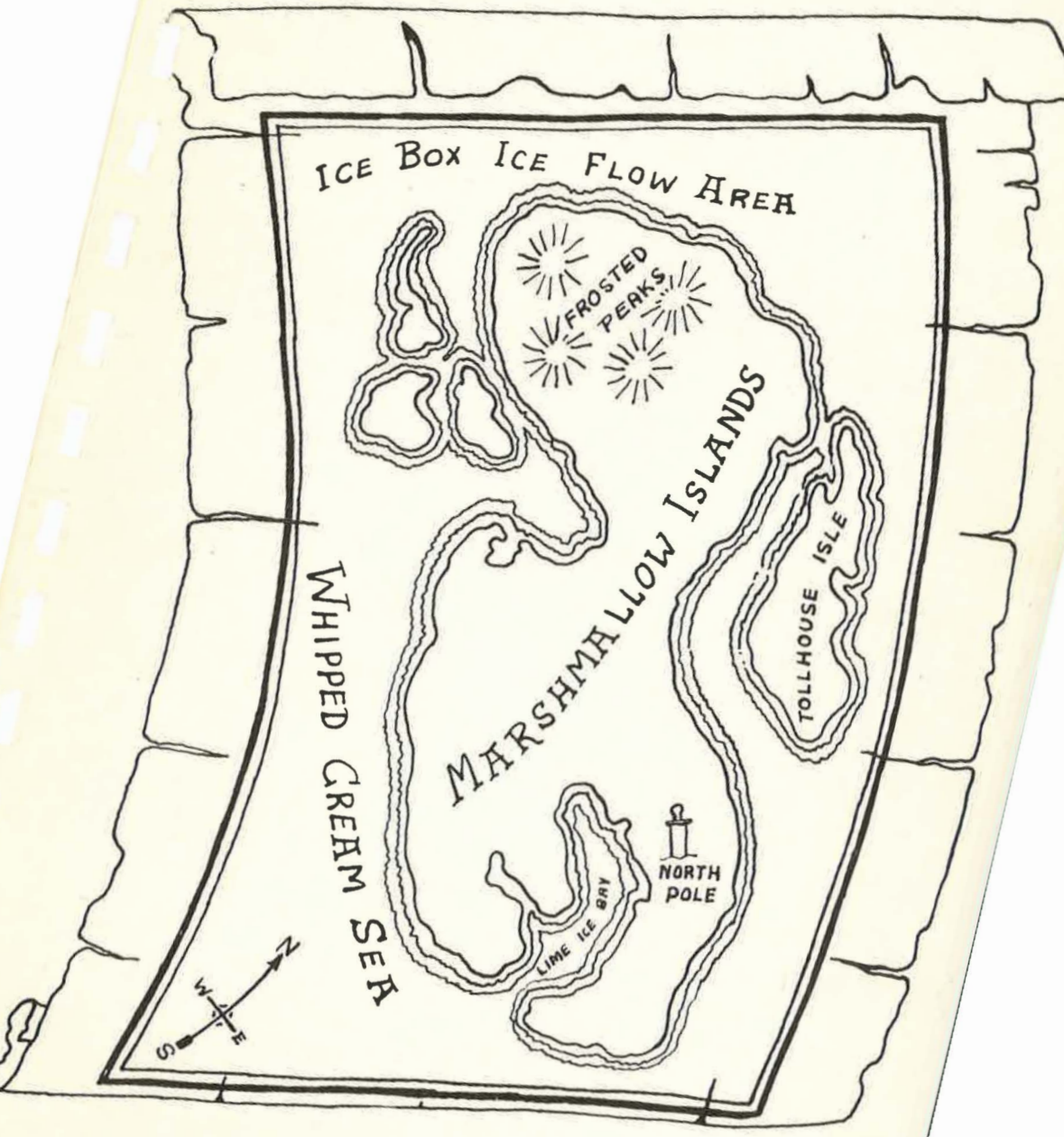
Put all ingredients into saucepan and boil very slowly for about 5 minutes. Remove from fire and allow mixture to become perfectly cold. Never use while warm.

Add 1 cup of walnut meats, 2 c. flour, pinch of salt and 2 tsp. baking soda. Bake very slowly in loaf tin for about 1 hour and a quarter (1 1/4 hours).

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CHERRY FLAMBE SUNDAE — N. Turner

1 1/2 c. (12 oz.) maple-blended syrup
1 Tbsp. butter
1/2 tsp. cinnamon
1 qt. vanilla ice cream
1 can (1 lb. 14 oz.) pitted Bing cherries with juice, about 2 1/2 c.
1/2 tsp. nutmeg
8 sugar cubes
1 tsp. lemon or orange extract

Combine syrup, cherries with juice, butter, nutmeg and cinnamon in a large saucepan. Simmer about 8 minutes. Remove cherries. Continue simmering sauce 5 to 8 minutes until slightly thickened and glossy. Place ice cream in serving dishes. Then add cherry sauce. Just before serving, dip cube sugar in extract. Place one on each dessert. Light cubes and serve at once. Serves 8.

DATE PUDDING — Martha A. Lyall

1 c. dates (soft) seeded
1 c. boiling water
1 tsp. soda

Mix and let stand while mixing other ingredients.

1 1/2 c. flour
1 c. sugar
1 Tbsp. butter
1 egg
1/2 c. chopped nut meats

Serve with whipped cream, sweetened and flavored with vanilla to taste. Bake in moderate oven.

BEST EVER DATE PUDDING — Anna B. Sweetwood
(Serves 20)

4 c. brown sugar
4 c. boiling water

Let stand.

2 c. brown sugar
4 Tbsp. butter
2 c. milk
4 c. flour
8 tsp. baking powder
3 c. dates
3 c. chopped nuts
4 tsp. vanilla

Cream butter and sugar, sift flour and baking powder, add alternately with milk. Add vanilla, nuts and dates. Put batter in pan over sugar and water syrup. Bake at 350 to 375 degrees about one hour.

PARADISE PUDDING — Mrs. Leroy F. Wirth

1 doz. candied cherries
1/4 lb. almonds

PARADISE PUDDING (Continued)

1/2 doz. macaroons
1 pkg. lemon or cherry jello
1/4 c. powdered sugar
1 c. whipping cream
1 doz. marshmallows
1 pt. boiling water

Chop up fine the cherries, almonds, macaroons and marshmallows. Add boiling water to the jello and when cool, beat it until it is a stiff froth. Add the whipped cream, chopped ingredients, and sugar; let set.

Serves 8.

SWEDISH DELIGHT — Ann Weaver

1/2 c. butter
1 c. flour

Mix well and spread in bottom of greased 8x12 pan. Bake 10 minutes.

Mix:

2 beaten eggs
1 c. chopped nuts
2 Tbsp. flour
1/2 tsp. salt
1 1/2 c. brown sugar
1 1/2 c. cocoanut
1/4 tsp. baking powder

Spread on the other mixture and bake 20 minutes more - 325 degree oven. Ice with plain white icing.

FRUIT OR BERRY PUDDING — Mrs. Claude Robinson

1 c. flour
3/4 c. sugar
Pinch of salt
1 stick margarine
2 tsp. baking powder
2/3 c. milk
2 c. hot fruit or berries (sweetened to taste)

Put margarine in oblong pan, melt in oven, mix batter and pour on top of melted margarine. Add hot fruit or berries. Bake in 350 degree oven 25 to 30 minutes. Serve warm with cream or a sauce. Serves 6.

BISQUE TORTONI — Lyn Heerwald

1 c. sugar or 1 c. corn syrup
1/2 c. water
1/4 tsp. salt
6 egg yolks, well beaten
1 tsp. gelatine
3/4 c. macaroons, crushed
1/2 c. chopped walnuts
3/4 c. chopped blanched almonds
1/2 tsp. almond
1 tsp. vanilla
2 c. cream, whipped stiff

BISQUE TORTONI (Continued)

Boil sugar, water and salt to 230 degrees, or until it spins a thread. Pour syrup slowly (stirring constantly) over beaten egg yolks. Mix gelatine with 1 tsp. cold water and add to mixture. Stir until dissolved. Cool. Fold in macaroons, walnuts, almonds, flavoring and whipped cream. Freeze in tray or paper muffin cups (about 16). Serve with crushed strawberries.

CRUMB TORT — Lorraine Schruth

1 c. sugar
1 Tbsp. butter or margarine
1 egg
1 c. dates, chopped (fill cup with hot water)
1 tsp. soda sprinkled over dates
1 1/4 c. flour
1/2 tsp. baking powder in flour
1/2 c. walnuts, chopped

Mix thoroughly - pour in lightly greased pan. Bake 30 to 35 minutes (325 degrees). Cake will be heavy. Crumble with fork and put in dessert dishes - top with whipped cream.

NUT BALLS — Betty Skilton

2/3 c. butter
1 c. nuts
1 c. flour
3 Tbsp. sugar
1 tsp. vanilla

Cream butter, add other ingredients. Work with fingers until blended. Roll in balls and bake at 375 deg. 10 minutes. Roll in powdered sugar.

FROZEN FRUIT DELIGHT — Diane Campbell

2 Tbsp. sugar
1 Tbsp. flour
1/2 c. honey
1/3 c. lemon juice
1 egg
1 lb. can fruit cocktail
1 c. sliced bananas
1/3 c. diced oranges
1/4 c. cherries
1 c. whipping cream

Combine sugar, flour and honey; bring to boiling. Cook 1 minute, stirring constantly. Pour part of this mixture gradually into beaten egg and lemon juice, blending well. Return to remaining honey mixture. Bring just to boiling, stirring constantly; remove from heat. Cool.

Stir in fruit cocktail, bananas, oranges and cherries. Fold in whipped cream. Pour into tray and freeze

FROZEN FRUIT DELIGHT (Continued)

until firm (3 to 4 hours). Makes 6 to 8 servings.

JELLO DELIGHT — Agnes Ward

3 pkgs. jello (assorted flavors)

Prepare in separate dishes the night before. Use 1 1/2 cup of boiling water to each package.

24 graham crackers (crumbs)
1/2 c. sugar
1/2 c. soft butter

Mix and place in bottom of 8x12" pan.

1 pkg. Knox gelatine
1/2 c. cold water
1/2 c. sugar
1 #2 can pineapple chunks (drained)
1/2 c. pineapple juice
1 pt. whipping cream
1 tsp. vanilla

Dissolve gelatine in cold water. Dissolve in pineapple juice, heated to boiling. Chill until slightly thickened (like egg whites). Takes about 15 minutes.

Whip cream, add sugar and vanilla. Fold gelatine into mixture. Add jello which has been cut into 1/2" squares and pineapple chunks. Pour over graham cracker crust. Chill.

FRUIT COCKTAIL PUDDING CAKE

Mrs. Frank R. Parsons

Sift together:

1 1/2 c. flour
1 tsp. soda
1 tsp. baking powder
1 c. sugar
1/2 tsp. salt

Add:

1 beaten egg
1 med. can fruit cocktail and juice

Pour in well greased casserole. Sprinkle following on top:

1 c. brown sugar
1 Tbsp. flour (mixed together)
1 c. chopped nuts

Bake 55 minutes at 325 degrees. Serves 8.

Top with whipped cream.

CHERRY CRISP — Florence Shaw

1/2 c. flour
1/2 c. brown sugar
1/4 c. butter (1/2 cube)
1/2 c. nuts, cut up
1/2 c. rolled oats

Mix together.

CHERRY CRISP (Continued)

1 can Wilderness instant cherry pie filling or Comstock cherry pie filling - add 1/4 tsp. almond extract to can and mix

Take 1/2 of mix and pat in bottom of 8" square pan. Pour on the cherries then put the other 1/2 of mix on top. Bake for 30 minutes at 375 degrees. Serve warm or cold with whipped cream on top.

PEACH CRISP — Kate Kaar

Line a pie dish or shallow casserole with fresh or canned peaches. Sprinkle over the fruit 1/2 c. sugar, and pour over enough liquid to half cover the fruit. If canned peaches are used, use the juice from the can.

Sprinkle over the top of the fruit the following crumbly mixture:

1 c. flour, sifted
1/2 c. butter or other shortening
1/2 tsp. vanilla or almond extract
1/2 c. sugar
1/4 tsp. salt
1 tsp. baking powder

Mix this into a crumbly mixture same as you would for pie crust then spread it evenly and lightly over the top. Bake in a fairly hot oven, 300 to 350 degrees until done. Makes 6 fairly generous servings.

PINEAPPLE DREAMS — Marilyn Vinson

1/2 c. butter
2 Tbsp. powdered sugar
1 c. cake flour

Cream thoroughly and pat firmly into 9" pie pan. Bake.

Filling:

2 eggs, lightly beaten
1 #2 can crushed pineapple, drained
1 tsp. vanilla
1 c. sugar
3/4 c. chopped nuts
1/2 tsp. baking powder
1/4 tsp. salt
1/4 c. flour

Blend all ingredients and spread in baked pastry shell (need not be cooled). Bake at 350 degrees for about 35 minutes. Cool and serve with or without whipped cream. Serves 8.

ANGEL PIE — Hildagarde Morgan

4 eggs
1 1/2 c. sugar
1/4 tsp. cream of tartar
4 Tbsp. lemon juice
Rind of 1 lemon

Beat egg whites until frothy, add cream of tartar and beat until very stiff. Gradually add 1 c. sugar and continue beating until stiff and glossy. Spread in well buttered 9" pie plate (glass). Bake one hour at 275 degrees. Do not open oven, while baking.

Filling:

Beat the 4 yolks until thick and lemon colored, gradually add 1/2 c. sugar, lemon juice and rind. Cook over hot water until thick. Cool. Whip 1 c. whipping cream, spread on half of cream in meringue shell, then cooled lemon custard, then remaining cream on top. Place in refrigerator several hours or overnight.

ANGEL FOOD DELIGHT — Ruby Robinson

1 Tbsp. gelatin
3 egg yolks, well beaten
1 c. sugar
1 1/2 c. milk
1 angel food cake
1/2 pt. whipping cream
3 egg whites
1/2 tsp. vanilla

Mix gelatin in 1/2 c. cold water.

Beat egg yolks well, add sugar and milk. Cook to thin custard, add gelatin. Cool. Line bottom of oblong 9x12" pyrex or pan, with sliced angel food cake. Whip cream and egg whites, folding egg whites into whipped cream. Fold into cooled custard to which 1/2 tsp. vanilla is added. Pour over cake. Let set overnight in refrigerator. Serve with hot caramel sauce. Serves 12.

Caramel Sauce:
5 Tbsp. melted butter
4 Tbsp. cream
1 c. brown sugar
1/4 tsp. vanilla

Bring to a boil and boil just 2 minutes.

NO BAKE CHEESE CAKE — Betty Skilton

2 env. Knox gelatine
1 c. sugar
1/4 tsp. salt
2 eggs (yolks)
1 c. milk
1 tsp. grated lemon rind
1 Tbsp. lemon juice
1 tsp. vanilla
2 Tbsp. melted butter
1 Tbsp. sugar
1/2 c. graham cracker crumbs

NO BAKE CHEESE CAKE (Continued)

3 c. creamed cottage cheese (24 oz.) sieved
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1 c. heavy cream

Mix gelatine, sugar and salt in double boiler. Beat egg yolks, milk, add to gelatine and cook until thick (10 minutes). Remove from heat. Add lemon rind; cool. Stir in cottage cheese, lemon juice, and vanilla. Chill. Stir occasionally until mounds when dropped from spoon. Make crumb topping: Mix butter, sugar, graham crackers, cinnamon and nutmeg.

Fold egg whites, stiffly beaten, and cream, whipped, into gelatine mixture. Turn into pan and sprinkle top with crumb mix. Chill until firm. Add pineapple if desired.

DATE AND NUT ROLL (Cookies) — Mrs. Irvin (Helen) Kriel

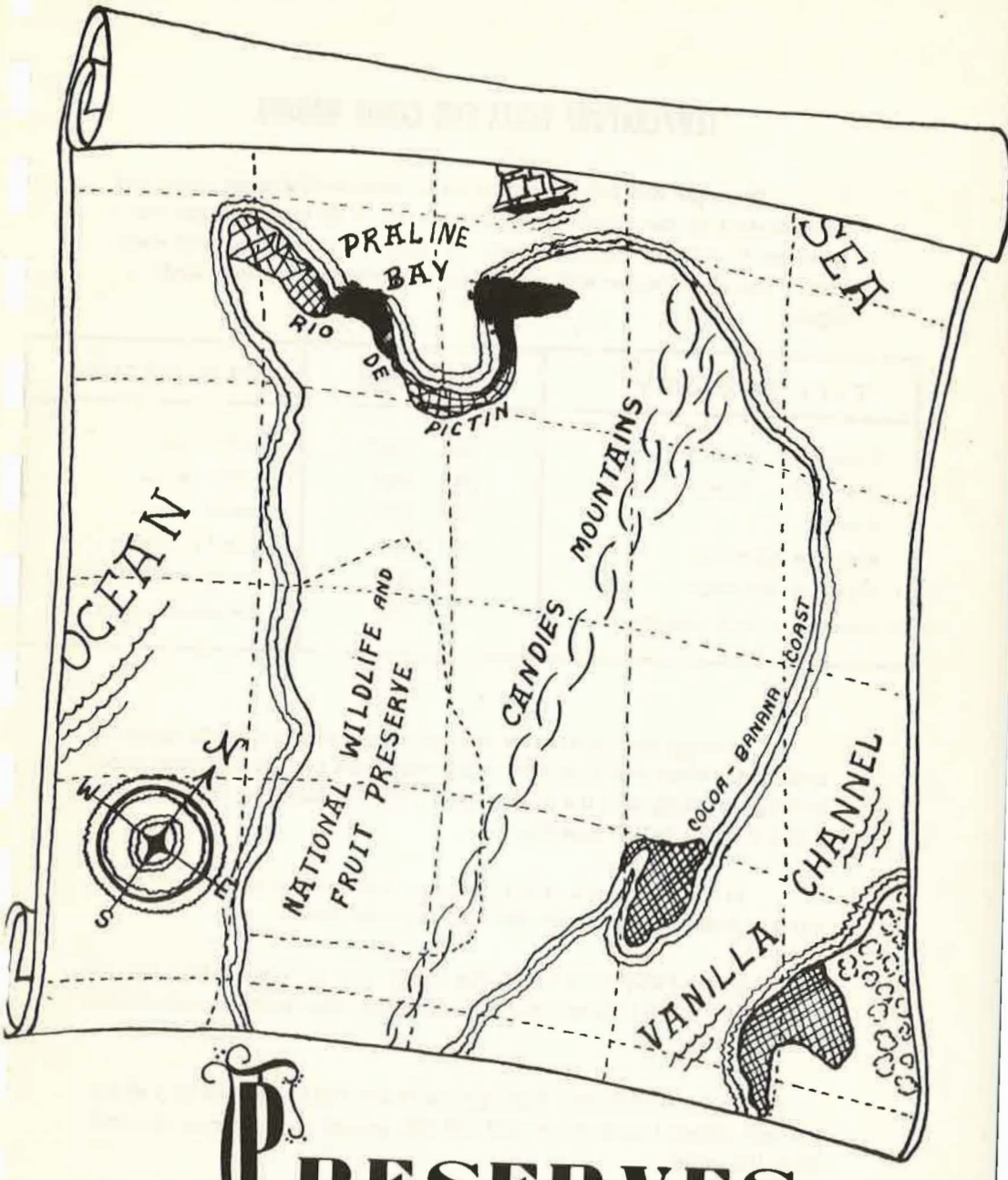
No cooking - chill and serve.

2 c. (1/2 lb.) vanilla wafer or graham cracker crumbs (may use half of each)
1 c. chopped dates
1/2 c. chopped nut meats
1/2 c. Eagle Brand sweetened condensed milk
2 tsp. lemon juice

Combine wafer crumbs, dates and nut meats. Blend together milk and lemon juice. Add to crumb mixture and knead well. Form into rolls. Sprinkle with powdered sugar (optional) and cover with waxed paper. Chill in refrigerator for 12 hours or longer. Cut into slices. Garnish with whipped cream or hard sauce, if desired.

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JELLY CANDY

TEMPERATURE TESTS FOR CANDY MAKING

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

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238°	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

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

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

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

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

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water

GLENDALE MARMALADE

Lenore Porter

Slice one grapefruit, one orange, one lemon, rejecting seeds and core; measure fruit and add two times bulk in water.

Let stand in earthen dish overnight, boil next day until peel is tender. Let stand another night, then add pint for pint of sugar and boil until it jells. It should have a limpid look and to this end stir as little as possible through the hour or more of boiling.

MARTHA WASHINGTON CHOCOLATE CANDY

Lorraine Gordon

2/3 c. Eagle Brand milk
1 cube butter
1 pkg. powdered sugar (more if needed)
1/2 can Angel flake coconut
2 c. chopped pecans or walnuts
1/2 block paraffin
1 pkg. chocolate chips or butterscotch chips

Melt paraffin and chocolate chips. Reserve.

Mix remaining ingredients thoroughly and make very stiff. Form into small balls. Dip in chocolate mixture. Makes about 3 pounds.

BOURBON BALLS

Darlene McCray

1 c. powdered sugar
2 Tbsp. corn syrup
3 c. finely ground sugar wafers
3 Tbsp. cocoa
2 oz. bourbon, or more
1 c. finely chopped walnuts

Mix all ingredients together. Roll small amount into a ball with hands. Roll in powdered sugar. Chill.

NUT CANDY

Darlene McCray

3 c. sugar
1 c. white corn syrup
1 pt. cream (2 c.)
6 c. nuts (walnuts, pecans, Brazil nuts)

Combine all ingredients, cook slowly one hour or more, until soft ball stage. Remove from heat and let cool. Stir until thickened. Pour into buttered angel food cake pan. Chill.

NUT CANDY (Continued)

Be sure to use a pan with a removable center. After candy has been chilled, remove center and cut candy right on pan bottom for easy removal.

ORANGE BLOSSOMS — Judy Sinkow

Melt over hot water:
1 c. chocolate chips (6 oz.)
Remove from water and stir in:
1/2 c. sugar
3 Tbsp. corn syrup
Add and mix well:
1/2 c. orange juice
Combine in bowl:
2 1/2 c. finely crushed vanilla wafers (about 5 dozen)
1 c. finely chopped walnuts or pecans

Add chocolate mixture to wafer mixture and stir until thoroughly blended. Form into 1" balls. Drop into granulated sugar and roll till well coated.

Seal tightly in sheet of aluminum foil. Wrap with extra folds. Let stand at least 5 days. (These keep well.)

Makes 4 1/2 dozen.

SUGARED WALNUTS — Mrs. E. C. Upp

1 c. brown sugar, firmly packed
1/4 tsp. salt
1/4 tsp. cinnamon
1 tsp. grated orange rind
6 Tbsp. milk
1 tsp. vanilla
2 1/2 to 3 c. walnut halves

Combine first 5 ingredients in pan and cook to 236 degrees. Remove from heat and add vanilla and nuts; stir until mixture becomes granular. Turn onto waxed paper and separate nuts.

CHRISTMAS CANDY — Mrs. Irvin Kriel (Helen)

1 c. seedless raisins
1 c. semi-sweet chocolate pieces
16 marshmallows
2 Tbsp. cream
1 c. chopped walnuts
1/2 c. toasted shredded cocoanut

Rinse raisins; drain and dry. Put chocolate, marshmallows and cream in double boiler. Cook, stirring often, until smooth and creamy. Remove and stir in raisins and nuts. Mix well. (Continued)

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CHRISTMAS CANDY (Continued)

Pour onto waxed paper. Make into roll 2" in diameter. Roll in cocoanut. Let stand overnight. Slice.

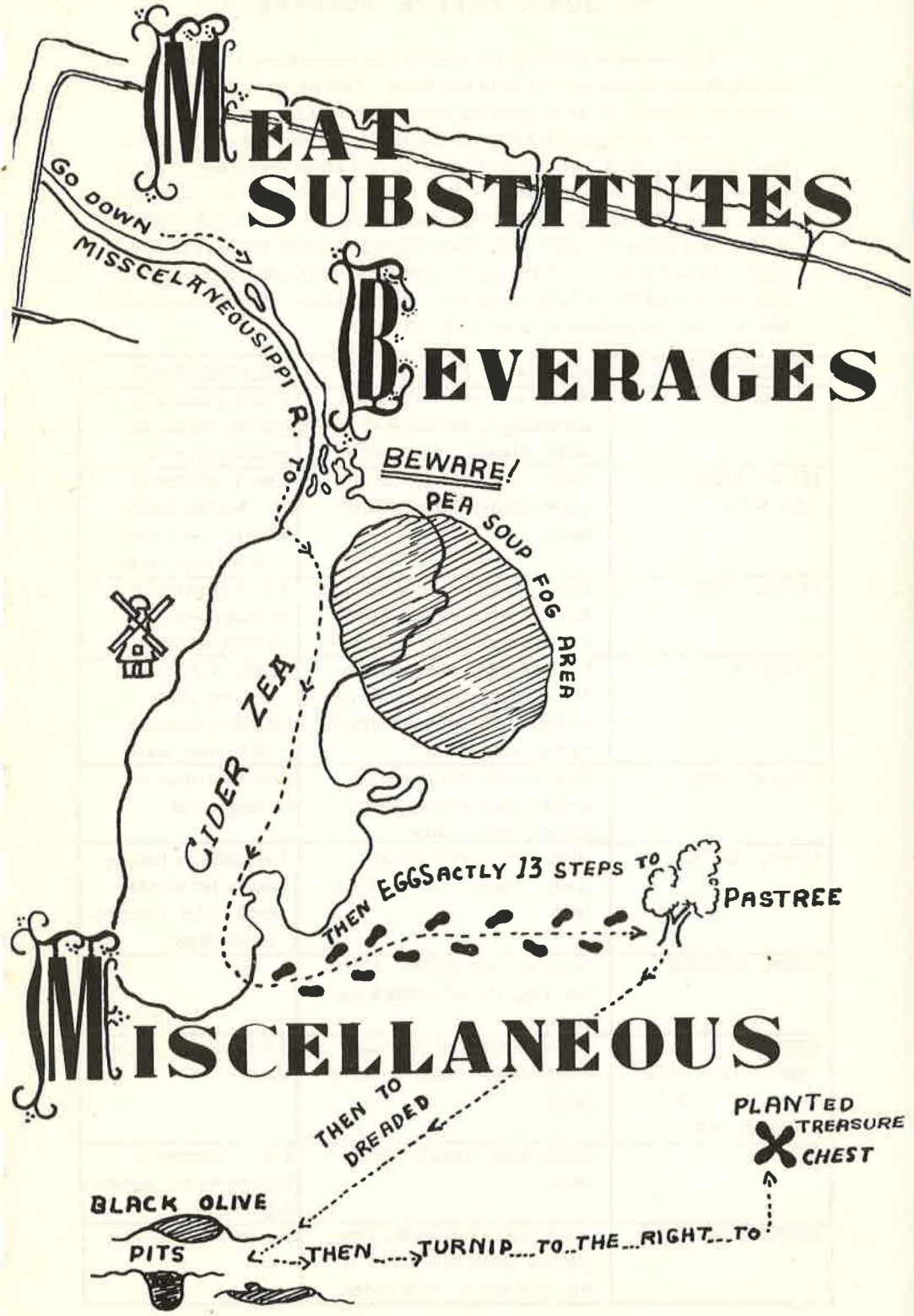
DATE LOAF CANDY — Flora D. Benton

3 c. sugar
1 c. milk
1 c. dates, cut in small pieces
1 c. nuts
Butter size of a walnut

Boil sugar and milk until it threads. Add dates (any quantity you wish) and let boil up (dates will dissolve). Add nuts and beat.

Write Extra Recipes Here:

Write Extra Recipes Here:


MEAT SUBSTITUTES
BEVERAGES
MISCELLANEOUS
GO DOWN
MISSCELANEOUSIPPI R.
TO
BEWARE!
PEA SOUP FOG AREA
CIDER ZEA
THEN EGGSACTLY 13 STEPS TO
PASTREE
THEN TO DREADED
PLANTED TREASURE CHEST
BLACK OLIVE PITS
THEN TURNIP TO THE RIGHT TO

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium. 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water

FIESTA BEANS

Grace S. Forbes
Spring Valley, California

1/3 c. brown sugar, firmly packed
1/2 c. coffee
1 Tbsp. vinegar
1 tsp. dry mustard
1/2 tsp. salt
2 large cans (1 lb. 3 oz. each) oven baked beans
1 onion, thinly sliced
1/4 c. brandy
4 slices bacon, cut in small squares

Mix together in a saucepan the brown sugar, dry mustard, coffee, vinegar and salt and simmer for 5 minutes. Alternate layers of the beans, hot brown sugar syrup, and sliced onion, separated into rings, in a 2 quart casserole. Cover and bake in a moderate oven 350 degrees for 45 minutes. Stir in the brandy and top with bacon squares. Continue baking, uncovered, until bacon is cooked, about 30 minutes longer. (If you wish to keep the beans warm for several hours, turn oven to very slow heat 250 degrees and place cover on beans.) Serves 8.

TERRIYAKI STEAK

Betty Skilton

2 lb. top round steak cut in 1" cubes
1/2 c. soy sauce
3/4 c. shoyu sauce
2 Tbsp. sugar
1 large clove garlic, minced
1 Tbsp. cider vinegar
1/2 tsp. ground ginger
1/2 c. red wine
1 can mushrooms

Combine all ingredients and marinate steak several hours or overnight, turning occasionally. Broil four minutes on first side, seven minutes on second. Baste with sauce. Put in shallow pan, cover with sauce, and simmer for 20 minutes. Add mushrooms and serve over rice. Serves 6.

CINNAMON TEA

Mrs. E. C. Upp

1/2 c. tea
Juice of 3 oranges and 3 lemons
3 c. sugar
1 tsp. cinnamon) put in
1 tsp. whole cloves) thin bag

Boil sugar and spices in 1 quart of water for 5 minutes. Remove from heat and add tea. Cover and let stand 15 minutes, strain and add fruit juice and 3 quarts of boiling water. Makes one gallon.

TEXAS HASH — Ruby Robinson

2 c. sliced onion
3/4 c. chopped green pepper
1/2 c. uncooked rice
2 1/2 c. tomatoes
3 Tbsp. oil
1 lb. ground round
1 tsp. salt
1/2 tsp. chili powder

Cook onion and green pepper slowly in oil until onion is soft and yellow. Add meat and brown, add rice, stirring thoroughly. Add remaining ingredients. Pour into greased casserole. Bake in 325 degree oven about 1 hour. Serves 6.

GARLIC CHEESE GRITS

Marian (Mrs. J. P.) Rasmussen
(From Southern Friend)

1 c. quick grits

Cook according to directions on box. This should be fairly stiff, not soupy.

Add 1 6-oz. pkg. processed garlic cheese cut into small pieces for quick melting. Add 1/4 lb. butter.

Break into a measuring cup 2 eggs, beat with a fork and then add milk to fill cup. Add this to grits; mix well.

Put into a buttered casserole and bake 45 minutes at 400 degrees. Remove and cover top with grated sharp cheese (Cheddar) and generous dashes of paprika. Bake for about 10 minutes longer but leave in the oven until ready to serve so that it will be steaming hot. Serves 6.

This can be mixed ahead, even day before.

OREGANO BEANS — Marian (Mrs. J. P.) Rasmussen

1 lb. red Mexican beans
1/2 lb. salt pork, cut up
2 large onions, sliced

Soak beans in water overnight, then add salt pork and sliced onions. Cover with water and simmer for 4 1/2 hours, or until beans are almost cooked (or cook in pressure cooker 20 minutes).

Make a sauce for the beans in the following manner:

2 onions, chopped
3 cloves garlic, minced
1 carrot, diced
5 stalks celery, minced
3 Tbsp. olive oil or salad oil
1/2 tsp. oregano (wild marjoram)
2 cans consomme
3 c. tomato juice
Salt and pepper to taste

OREGANO BEANS (Continued)

Saute vegetables in olive oil, sprinkle with oregano, and allow to simmer for about 10 minutes. Add remaining ingredients and simmer for about 1/2 hour.

Drain liquor from beans, saving this for soup for the following day. Add sauce to beans and simmer for another hour. Serve with French bread and tossed salad of mixed greens. Recipe will serve from 5 to 8 people, depending upon their appetitites.

These are better each time they are warmed over.

ZELORA'S MACARONI AND CHEESE

Hildagarde Morgan

1 c. soft bread crumbs (remove crust and pack cup well)
2 Tbsp. melted butter
2 c. milk
2 tsp. salt
2 tsp. grated onion
2 tsp. chopped parsley
2 c. grated cheese
6 eggs, well beaten
1 1/2 c. cooked elbow macaroni

Combine ingredients and bake in casserole 9x13x2" for 60 minutes at 350 degrees. Set casserole in pan of water. Serves 8.

GUACAMOLE

Lyn Heerwald

3 med. avocados
1 med. tomato
Salt to taste
1 tsp. lemon juice
2 Tbsp. onion, grated

Chop tomato quite fine. Mash avocado and mix all ingredients. Lemon juice keeps avocado from darkening, but it is still best to make as soon before serving as possible.

FRIJOLES

Lyn Heerwald

1 lb. pink beans
2 onions, quartered
1/2 c. bacon drippings
2 cloves garlic, chopped or crushed
1 1/2 tsp. salt
3 c. water

Soak beans overnight in water. To cook, use the same water and add remaining ingredients. Cook in large pan 3 to 4 hours; pressure cooker about 45 minutes or until thoroughly cooked. When done, mash with potato masher to mix well. Taste for salt and, if dry, add a little water; continue cooking uncovered until beans have consistency of

applesauce.

HONEY-BUTTER — Dorothy Carmichael

1 lb. butter or Imperial margarine
1 1-lb. 6 oz. jar clover honey

Have butter at room temperature. Put in large bowl and break up with a fork until smooth. Add honey and continue mixing with a fork until blended. Divide in jars, cover well and store in refrigerator until needed.

Excellent on toast, hot biscuits, muffins, etc. Keeps well.

KENNEBUNK PICKLE — Bessie Donahue

2 lb. ripe tomatoes
2 lb. green tomatoes
1 small head cabbage
2 sweet red peppers
2 green peppers
3/4 qt. onions
1 bunch celery
6 Tbsp. salt
1 qt. white vinegar
3 c. brown sugar
1 3" stick cinnamon
1 tsp. whole cloves
1 tsp. dry mustard

Chop vegetables very fine. Add the salt and let stand overnight. Drain. Add the vinegar and brown sugar, combine cinnamon, cloves and mustard in small cheesecloth sack. Put in with vegetables. Boil everything together about 30 minutes. Remove cheesecloth bag and pour the pickles into sterilized jars and seal hot.

PINEAPPLE MINT COOLER

6 sprigs fresh mint
3/4 c. sugar
3/4 c. lemon juice
4 c. unsweetened pineapple juice
3 c. gingerale

Crush mint with a spoon, cover with sugar. Add lemon juice and allow to stand about 15 minutes. Strain. Add pineapple juice, gingerale and pour over ice in punch bowl. Makes 10 to 12 servings.

NEW ENGLAND PICCALILLI — Bessie Donahue

1/2 bushel green tomatoes
1/2 pk. green peppers
6 red hot peppers
1/2 pk. onions
2 small sized cabbages (may omit)

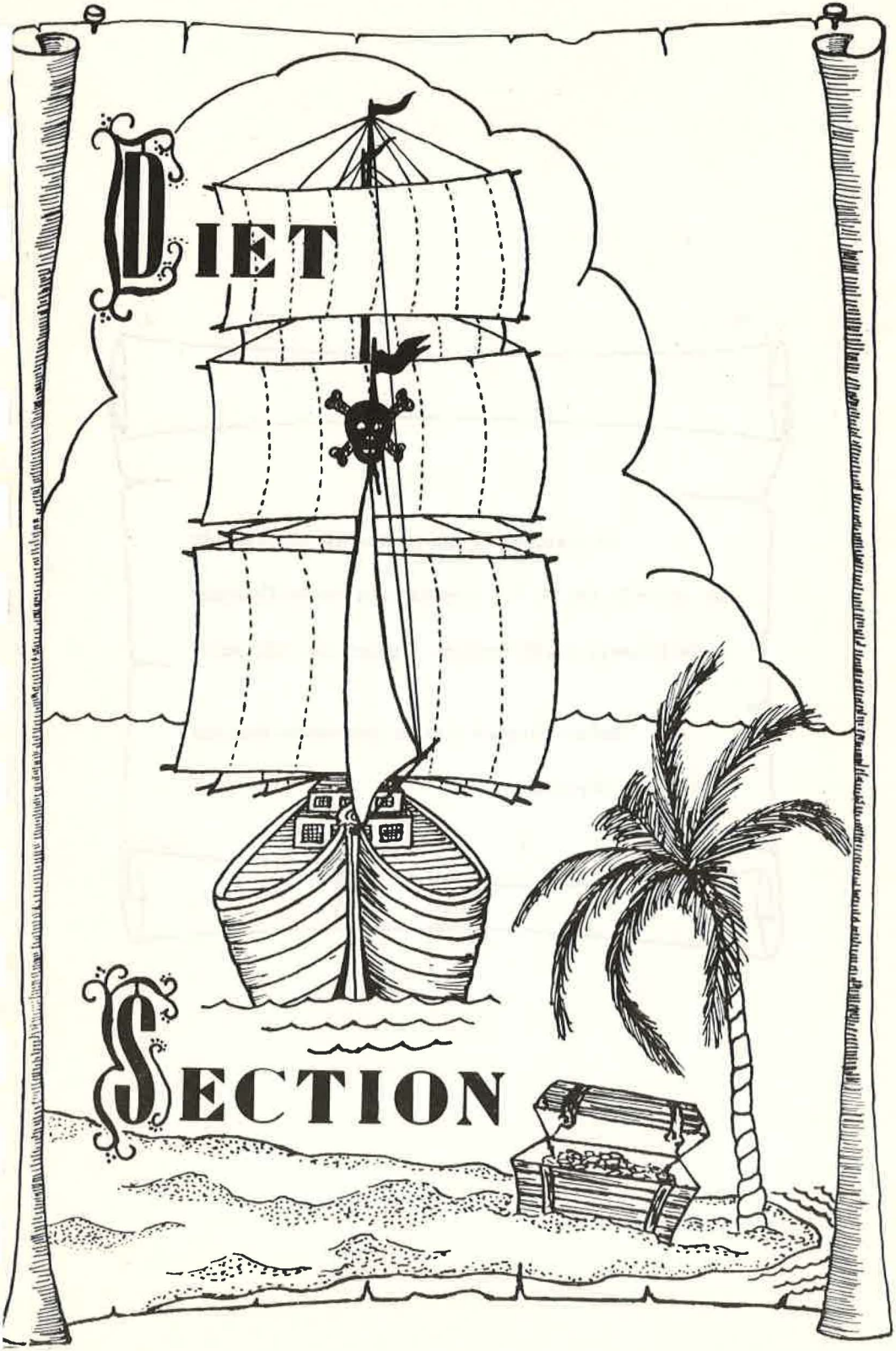
NEW ENGLAND PICCALILLI (Continued)

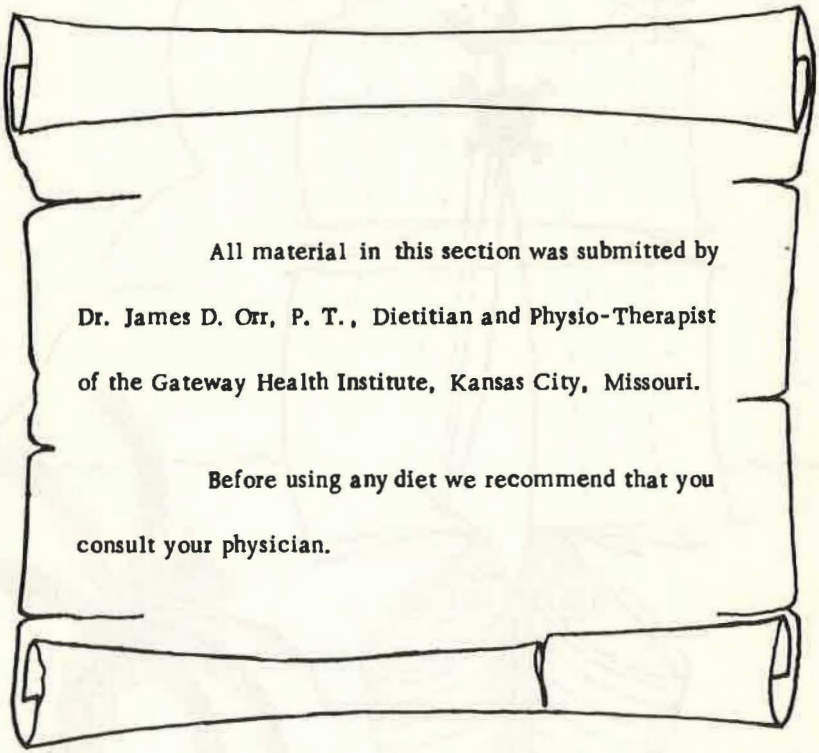
1 1/2 c. salt
2 oz. mustard seed
6 oz. stick cinnamon
2 oz. allspice berries
3 lb. brown sugar
2 oz. celery seed
3 oz. whole cloves
Vinegar

Wash tomatoes, peppers, peel onions; cut cabbages in quarters. Slice thin or put through food chopper, using large knife. Sprinkle alternate layers with the salt, cover, let stand overnight. Drain. Add sugar, mustard seed and rest of spices tied in a cloth bag. Pour on vinegar just to cover the vegetables. Bring to boiling point, boil half an hour. Remove spice bag. Fill glass jars with mixture and seal while hot.

Write Extra Recipes Here:

Write Extra Recipes Here:


DIET
SECTION



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

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

EIGHTEEN DAY REDUCING DIET

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

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee
SECOND DAY:	
1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee
THIRD DAY:	
1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee
FOURTH DAY:	
1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	Coffee
Tea	
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg, 1 serving Spinach, PLAIN
1/2 Head Lettuce	1/2 Grapefruit
1/2 Grapefruit - Coffee	1 Slice Melba Toast - Tea

EIGHTEEN DAY REDUCING DIET

LUNCH	NINTH DAY:	DINNER
1 Egg		Any Meat Salad
1 Tomato		
1/2 Grapefruit		
Tea		
	TENTH DAY:	
1/2 Grapefruit		1/2 Grapefruit
1 Lamb Chop, PLAIN		1 Lamb Chop, PLAIN
1/2 Head Lettuce		1/2 Head Lettuce
Tea		Tea
	ELEVENTH DAY:	
1 Slice Cinnamon Toast		1 Small Broiled Steak, PLAIN
Tea		1 Stalk Celery
		1 Tomato
		2 Olives
		Tea
	TWELFTH DAY:	
1/2 Lobster		1 Broiled Steak, PLAIN
2 Crackers		Cole Slaw
1/2 Grapefruit		1 Tomato
Tea		1 Orange
	THIRTEENTH DAY:	
1 Egg		1/2 Grapefruit
1 Slice Melba Toast		1 Small Broiled Steak
1/2 Grapefruit		1/2 Head Lettuce
		1 Stalk Celery
		Coffee
	FOURTEENTH DAY:	
1 Egg		1 Lamb Chop, PLAIN
1 Tomato		1/2 Tablespoonful Catsup
1/2 Grapefruit		1 Slice Melba Toast
1 Slice Melba Toast		1/2 Grapefruit
	FIFTEENTH DAY:	
1 Egg		1 Small Broiled Steak, PLAIN
1 Slice Melba Toast		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
	SIXTEENTH DAY:	
1 Egg		1 Small White Fish, BROILED
1 Tomato		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
	SEVENTEENTH DAY:	
1 Lamb Chop, PLAIN		1 Small Broiled Steak, PLAIN
1/2 Head Lettuce		1 Tomato
1/2 Grapefruit		1 Stalk Celery
Tea		Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
EIGHTEENTH DAY:	
1 Chicken Leg, BROILED	1/2 can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade - NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

BREAKFAST	
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	0
Total	1,025

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY

	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,035

SATURDAY

	Calories
BREAKFAST	
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Bacon & Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,155

SUNDAY

	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	0
Total	1,160

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

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

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

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

Fruit: Two servings of fresh fruit per day.

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

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

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

HIGH CALORIE DIET

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

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A. M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P. M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

HIGH CALORIE DIET

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

WEIGHT CHART

WOMEN				MEN			
Weight in Pounds (with reg. clothes)				Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	....	....	....	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	....	....	6' 1"	168	175	180	6' 1"

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

CALORIC CHART

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

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

FOODS	MISCELLANEOUS	CALORIES
Butter, 1 pat		110
Jelly, 1 tablespoon		107
Jam, 1 tablespoon		132
Macaroni and cheese		160
Omelet, 1 egg		130
Spaghetti and meat sauce		290
Spanish rice		155
Sugar, 1 teaspoon		20
Whipped cream, 1 level tablespoon		35

VEGETABLES

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

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

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