

PYROHY LADIES
FAVORITE
RECIPES
IES





A BOOK OF

FAVORITE

Recipes

Compiled by

PYROHY LADIES

of

ST. VLADIMIR'S UKRAINIAN CATHOLIC CHURCH

Hempstead, New York

Fourth Printing

1977



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INTRODUCTION

There comes a time in the history of every Parish when someone thinks it is time to publish a cookbook.

This thought occurred to the writer for several reasons. It is for these reasons that the Pyrohy Ladies of St. Vladimir's Ukrainian Catholic Church agreed that 1976 was the year for them to do so, and to these reasons we dedicate our efforts.

As a result, we proudly present our collection of special recipes. We hope you find them interesting and enjoyable.

This cookbook was put together, with love and care, on behalf of our organization and our parish.

Mrs. Taras Wakulinski,
Cookbook Chairman and
Pyrohy Ladies Treasurer

About our organization . . .

"PYROHY LADIES" of St. Vladimir's Ukrainian Catholic Church
Hempstead, L. I., N. Y.

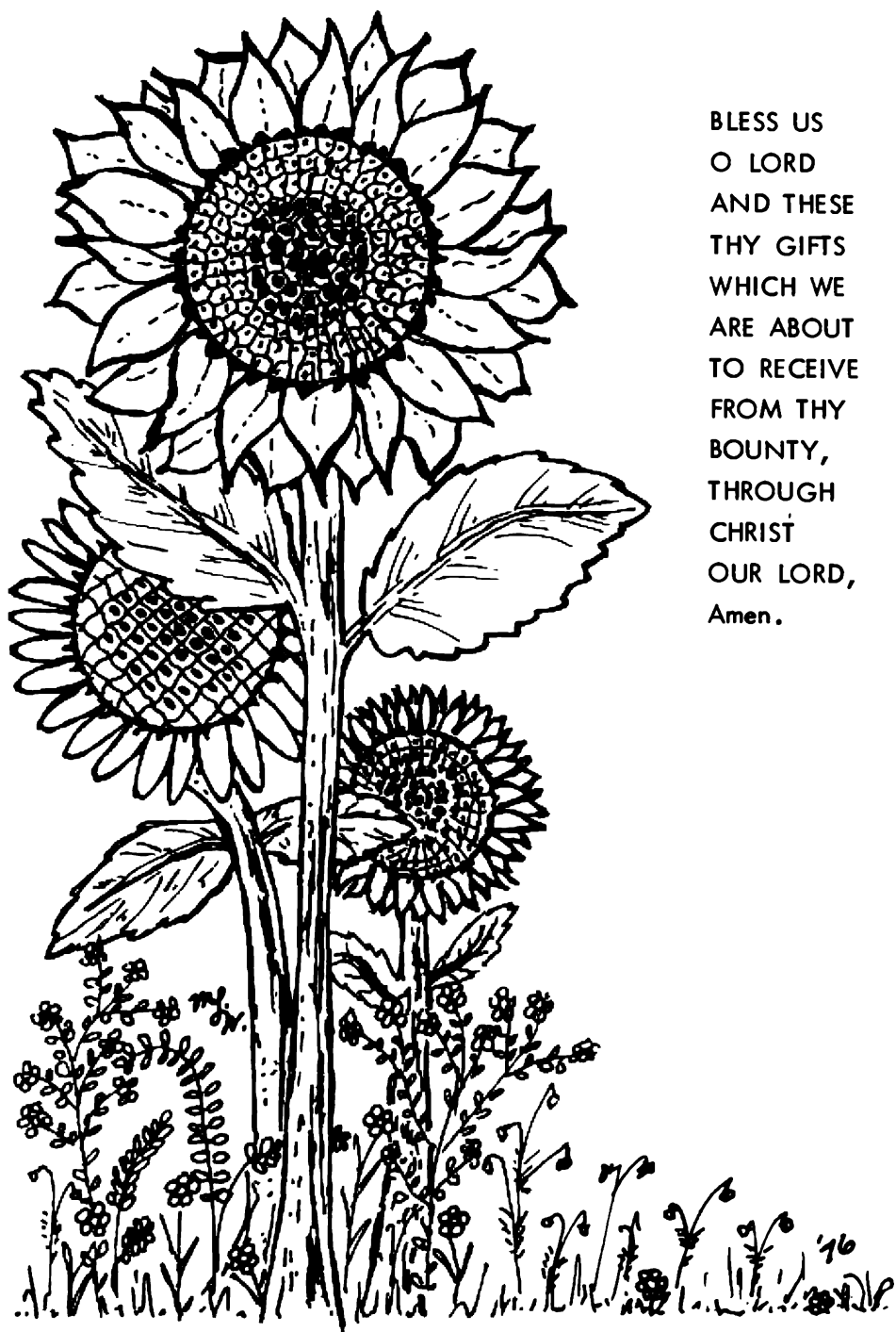
Our organization consists of women of all ages who get together to make pyrohy (varenyky) and baked goods. They give of their time and energy freely, as a labor of love, and without any compensation - each one sharing the talent which best serves the organization. The monies realized from their efforts are accumulated until a project comes along which they deem worthy of their support.

In the past, the Pyrohy Ladies have contributed large sums of money to their Church, to their Parish Center, and at the same time have provided the good foods which are a tradition among Ukrainians everywhere. Those who patronize our Pyrohy & Bake Sales come from far and wide, from every ethnic background, and every walk of life.

Now we have undertaken to publish this cookbook. It is our hope that it will find its way into as many homes as have our delicious pyrohy and baked goods. Then we will have succeeded in not only sharing our culinary talents, but also in preserving them in a written form.

As Chairman of the cookbook project, it is my sincere personal hope that we shall never lose our culinary arts; rather that we shall preserve them to pass along to future generations.

Mrs. Taras Wakulinski



BLESS US
O LORD
AND THESE
THY GIFTS
WHICH WE
ARE ABOUT
TO RECEIVE
FROM THY
BOUNTY,
THROUGH
CHRIST
OUR LORD,
Amen.

DEDICATION

We dedicate our cookbook to:

The AMERICAN BICENTENNIAL (200 yrs.) 1776 - 1976

The UKRAINIAN CENTENNIAL (100 yrs.) 1876 - 1976

The SILVER JUBILEE of our (25 yrs.) 1951 - 1976
parish:

St. Vladimir's Ukrainian Catholic Church
Hempstead, L.I., N.Y.

Pastor: Rev. Emil Sharanevych

* * * *

God Bless America

God Bless the Ukrainians and their Heritage

God Bless our Church and Pastor

God Bless all the Pyrohy Ladies, their families and friends

and,

God Bless You!

Favorite Family Recipes



Expression of Appreciation

This is to acknowledge and express appreciation to all who so generously shared their special recipes with us so that we might pass them along to you. Without their cooperation this cookbook would not be a reality.

I wish to publicly express my appreciation to my family and my friends who got personally involved in the making up of our book. Now the mounds of material can be put away.

Last, but not least, thank you for supporting our goals by purchasing one or more of our cookbooks. If you are truly pleased with its contents, we would appreciate your telling your friends how they can obtain a copy.

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS



ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



UKRAINIAN
CUISINE

UKRAINIAN CUISINE

"UKRAINIAN CUISINE: Following is a potpourri of recipes featuring the traditional and/or typical foods served in the homes of Ukrainians and Americans of Ukrainian descent. You will note that although titles appear to be the same, the ingredients or methods are different. Try them all and select your favorite.

Although some recipes are suggested for use at Christmas and others at Easter, they may be prepared often during the year as well. We hope you will learn to enjoy them in your home."

UKRAINIAN CHRISTMAS EVE SUPPER

Many dishes are prepared for the Christmas Eve table. Traditionally, each person present will partake of at least 12 different foods - in honor of the Twelve Apostles. Since this meal is served during a period of strict fast, you will note there are no meat dishes prepared.

Among the foods likely to appear on the table are:

KUTIA
BORSCH
USHKA
PICKLED FISH
BAKED FISH
PYROHY (Varenyky) - filled with potatoes
PYROHY (Varenyky) - filled with kapusta
PYROHY (Varenyky) - filled with prunes
HOLUBCHI - filled with buckwheat kasha
HOLUBCHI - filled with rice
MUSHROOM SAUCE
FRUIT COMPOTE
KOLACH, PAMPUSHKY, CHRUSTY, MEDIVNYK
MAKIVNYK, & OTHER BAKED GOODS

"NOTE: In the Ukraine, as well as here in America, those who follow a strict fast would not serve dishes featuring meat, eggs or dairy products. This was and still is a real challenge for the Ukrainian cook. Since the rules for fasting were relaxed in recent years, it is a matter of personal choice and conviction. You will find, however, that most Ukrainians still prefer to observe the strict fast as has been practiced for generations."

After the meal, the family sits around the table singing carols before the arrival of the Christ Child. Then they proceed to church for the midnight mass to honor His arrival.

KUTIA

Mrs. S. Malanczuk

1 lb. whole wheat kernels
cold water
pinch of salt
sugar
1 c. honey

2 c. boiling water
1/2 lb. sweetened ground poppy
seeds
1/4 to 1/2 c. chopped walnuts,
to your taste

Wash wheat thoroughly in cold water. Rinse several times. Cover with fresh cold water, add salt, sugar and bring to boil, then simmer until very tender (if it looks overcooked, it is the right consistency). Should liquid evaporate before wheat is done, add more water.

Pour boiling water over honey (this is only to dissolve it); cool to lukewarm. Add to cooked wheat. Next add ground poppy seeds. Adjust sweetness to your taste by adding more honey or sugar. Place in serving dish and sprinkle nuts on top. The Christmas Eve supper traditionally begins with Kutia. However, it is sometimes served as a dessert, in larger quantity.

KUTIA (Dessert)

Millie Smejka

1 lb. wheat
1/2 lb. ground poppy seeds

12 oz. honey
1 1/2 c. chopped walnuts

In a large pot and 3 quarts water, bring wheat to boil; reduce heat and simmer 4 hours. Add more water if gets too thick before wheat is tender. Remove from heat to cool.

Add honey, nuts, and poppy seeds to cooled wheat; blend well. Keep refrigerated. Serve in a parfait glass filled to 3/4, and top off with a jigger of Cherry Heering! Delicious with kruschicki.

CHRISTMAS WHEAT, HONEY & POPPY SEEDS (Kutia)

Katherine Diaczun

1/2 lb. whole wheat grains
1/2 lb. ground poppy seeds

8 Tbsp. honey
1/2 tsp. salt

Soak wheat in water overnight; drain. Add fresh water and cook over low heat at least 3 hours, until wheat is tender. Cool. Mix ground poppy seeds and honey to cooled wheat and blend thoroughly. Ready to serve.

BORSCH

Pat Szpaczynsky

6 fresh beets, peeled & sliced	bunch fresh parsley & root
2 celery ribs, sliced	fresh dill
1 garlic clove, whole	3 or 4 peppercorns
1 onion, chopped	1 can tomato sauce or tomato soup
1/2 head fresh cabbage, shredded	1 - 2 Tbsp. lemon juice (optional)
1 dry mushroom (hryb)	1 tsp. sugar (optional)

Slice cleaned beets and fry in a little margarine. You can also fry up the celery, garlic, onion and carrot - only slightly; this improves the flavor of your soup which contains no meat flavor. (Don't be concerned with the appearance of these ingredients after frying as they will be discarded.)

Add 6 cups water, 1 can tomato sauce (or tomato soup), dry mushroom, parsley and root, dill, cabbage and peppercorns. Cook until the vegetables are tender and the flavor of the soup is to your taste. Season with salt and pepper. Add lemon juice if you want it more tart, or sugar if a little sweeter - these are optional. Then strain off the borsch into a clean saucepan; discard the vegetables.

Sprinkle some fresh dill on top or serve with Ushka (see recipe elsewhere in this section).

USHKA

Mrs. S. Malanczuk

1 lb. fresh mushrooms	2 Tbsp. butter
water	1 Tbsp. bread crumbs
1 large onion, chopped	salt and pepper

Clean mushrooms thoroughly, rinse in cold water. Place in saucepan with a little water to parboil until tender. Remove mushrooms and heat through. Then add in bread crumbs and season with salt and pepper.

Prepare a dough, as for pyrohy, see recipe elsewhere in this section.

Roll out dough and cut 1 1/2 inch squares. Place 1/2 teaspoon filling on each, fold over into a triangle and pinch the edges to seal. Then take 2 opposite corners and pinch them together - forms a ring. Drop in boiling water and cook 5 minutes. Serve with strained Borsch. (If you use 4 ounces dry mushrooms, cook slowly over low heat until tender, approximately 1 hour.)

JELLIED FISH

Orysia Dackiw

6 lb. fish (carp, white or pike), or any combination (ask market to fillet the fish, but save heads and bones) (Cont.)

salt
 onions (equal to amount of fish-
 meat)
 1 egg yolk
 salt & pepper
 1 Tbsp. bread crumbs
 2 celery ribs
 6 peppercorns

6 large onions, sliced
 1 bay leaf
 1 whole carrot, sliced
 3 c. water
 1 pkg. unflavored gelatin
 flour
 parsley

Salt fish fillets and refrigerate overnight. Next day, rinse off salt. Grind equal amounts of onion and fish together until all fish has been used. Add egg yolk (save the white), salt and pepper, and bread crumbs. Mix together. Beat egg white until stiff and fold into fish mixture. Form croquettes. If mixture is too thin, add more bread crumbs.

In the meantime, take bones, celery, peppercorns, onions, bay leaf, carrot and salt; place in a large roasting pan. Lay the bones, head, etc. on bottom. Cover with sliced onions and other ingredients. Add approximately 3 cups water to cover and bring to boil, then simmer 25 minutes. Next, place fish croquettes, one by one, in an even layer. Cook and simmer 10 minutes. Turn croquettes to other side, simmer 10 minutes more.

Dilute unflavored gelatin in some cold water. Pour over and cook 5 minutes longer. For extra flavor, add some parsley tied with string, and simmer 5 minutes more, then remove the parsley. Cool.

Remove fish, put into glass serving dish, pour strained liquid over the top. Garnish with slices of carrots and fresh parsley. Let stand until set.

BAKED FLOUNDER FILLETS

Orysia Dackiw

4 large flounder fillets
 bread crumbs
 1 egg, beaten

2 onions sliced
 2 Tbsp. butter or margarine

Rinse fillets and pat dry. Dip in egg and then coat with bread crumbs. Brown lightly on both sides. Place into a glass Pyrex baking dish. Set aside.

Fry onions until light brown. Then add:

1 small jar Marinara sauce
 1 can tomato sauce
 1 tsp. sugar

1/4 tsp. garlic powder (optional)
 1 bay leaf

Blend all ingredients in saucepan and simmer 5 minutes. Pour over the fish and bake in 350 degree oven 15 minutes. Serve hot. Also delicious cold.

QUICK & EASY MARINATED HERRING

Orysia Dackiw

Buy ready marinated Schmaltz herrings or herring fillets (from the Deli Department). Rinse, pat dry with paper towel. Cut in 2-inch pieces. Cut up some Bermuda onion in slices. Place a layer of fish in jar or bowl, next onions; repeat until all ingredients are used up. Pour in 1 bottle of Wishbone Italian dressing. Let stand 2 or 3 days in the refrigerator to marinate. Serve cold.

BAKED FRESH HERRING

Orysia Dackiw

6 herrings*	bay leaf
salt	pepper
flour	1/2 c. catsup
2 Tbsp. oil	1/2 tsp. sugar
3 Bermuda onions, sliced	1 Tbsp. vinegar

* (ask to have them filleted; halved and boned - but leave skin on one side) this equals 12 pieces.

Wash fish, drain and pat dry. Salt. Dip in flour and fry in some Mazola oil until light brown on both sides. Slice up the Bermudas and fry in same oil until tender. Add remaining ingredients; more catsup, if necessary, to make a red sauce and for desired tartness.

Place in a casserole or baking dish - some sauce, fish (skin side up), top with onions; repeat in layers. Then pour in any remaining sauce and add 1/4 cup water. Cover and bake in 350 degree oven 20 minutes. Cool, then refrigerate for a couple of days (the longer, the better it tastes). Serve on a bed of lettuce and garnish.

HOLUBCHI w/ KASHA

Buckwheat Kasha*	salt and pepper
1 medium onion, chopped	4 Tbsp. oil
	1 head of cabbage

Core cabbage, pour boiling water over it and let steam until cabbage softens. Remove as many leaves as you can. Return cabbage to hot water and repeat until you get as many leaves as possible. If leaves are too large, split in 2.

Fry chopped onion in some oil and add to prepared buckwheat kasha *(see elsewhere in this section for recipe), season to taste. Place a spoonful of mixture on a cabbage leaf, roll leaves over, tuck in sides and place in large casserole or pan in neat layers. Pour some warm water over them, add remaining oil. Cover and

bake in a 350 degree oven for about 2 hours.

BUCKWHEAT KASHA

Orysia Dackiw

3 c. kasha
water

1 stick margarine
1 egg, beaten

Rinse kasha thoroughly under cold running water. Strain well. Melt margarine in fry pan, add kasha and dry in large skillet, stirring constantly, to dry. Beat up egg and pour over kasha, mix together. Then place in casserole dish. Pour boiling water over it to cover. Cover dish and place in 350 degree (preheated) oven and bake 1/2 hour. Serve with pot roast, kielbasi, mushroom sauce, etc.

MUSHROOM SAUCE

Orysia Dackiw

1 lb. fresh mushrooms
3 onions, minced fine
1 Tbsp. butter
1 clove garlic, minced fine
salt & pepper, to taste

1 Tbsp. flour
a little milk
3 Tbsp. sour cream
chopped dill (optional)

Wash mushrooms thoroughly. Mince the onions fine and saute in butter until golden. Grate the mushrooms, mince the garlic, add to onions and saute until mushrooms are tender, about 10 minutes. Add salt, pepper, flour, a little milk to dilute the flour. Add sour cream, mix. Add this mixture to the mushroom mixture. It will be creamy. Add some chopped dill to the sauce, it will give a slightly sour taste. Simmer so flavors mingle. Add more milk if sauce is too thick. Serve warm; delicious with pyrohy or cabbage stuffed with kasha or rice.

HOLUBCHI

Mrs. Mary Marusevich

2 c. long grain rice
1 c. kasha
2 onions, chopped

2 Tbsp. butter
salt and pepper, to taste
2 large heads cabbage

Rinse rice thoroughly; boil until it is half cooked, rinse and cool. Saute chopped onions in butter to light brown, set aside. Boil cabbage until leaves separate. Pull off, leaf by leaf, and place in a pan. Trim away thick rib on the back of cabbage leaves.

To 1 cup of kasha, add boiling water and drain right away. Add rice and sauteed onion/butter mixture. Season to taste with salt and pepper. Add a solution of ketchup diluted in water, not to exceed 1 cup. Mix all together.

Holding each cabbage leaf in your hand, spoon the rice/kasha mixture into the leaf; roll it up and place into a large pot. Continue filling leaves until mixture is gone. Add 2 tablespoons ketchup to 3/4 cup water and pour over the cabbage rolls. Cover with the large leaves which you did not use. Bake in a 350 degree oven for 1 1/2 to 2 hours.

MUSHROOM GRAVY

1 lb. sliced mushrooms
water

2 onions, chopped
1/4 c. flour
butter

Clean mushrooms well; slice. Saute mushrooms and onions in a little butter. Place in a pot and cover with water to simmer. Add 1/4 cup flour and water to boiling mushrooms; stir until there are no lumps. Add a dash of salt, 2 handfuls of Accent, a couple drops of Worcestershire sauce and food coloring for a rich, brown gravy.

PYROHY (Varenyky)

Pat Barniak

2 eggs
1/3 stick margarine
1/2 c. milk

1 c. cold water
6 c. flour

Mix above ingredients with a wooden spoon. Gradually add in the flour, a little at a time, until dough is formed. Place on a floured board and knead well (use more flour if it sticks). Cut dough in 3 parts. Roll out one at a time until semi-thin. With top of a glass or biscuit cutter, cut out rounds of dough. Keep the other dough covered so it won't dry out.

5 lb. potatoes, boiled &
drained
6 oz. cream cheese

1/2 lb. American cheese
1 stick margarine
salt, to taste

Mash all ingredients while potatoes are still hot, then let stand to cool.

Take 1 round of dough, place 1/2 teaspoon filling in center. Fold in half and pinch edges together. Place on a towel and keep covered until ready to cook.

Fill large pot 3/4 full of water, add 2 tablespoons oil, 1 tablespoon salt. Bring to boil. Drop pyrohy in, one by one, and stir. Boil about 3 minutes until they rise to the top. Cook another 2 - 3 minutes, then remove from water with a slotted spoon, one at a time, so they don't stick together. When they are dry, melt 1/2 stick

(Cont.)

margarine in saucepan and pour over cooked pyrohy and toss to coat them.

If you want more flavor in your pyrohy, add 1 diced and fried onion to the filling, OR serve with a side dish of onions in butter to pour over like a gravy.

FRUIT PYROHY

Virginia Wovk

2 Tbsp. sugar
2 Tbsp. butter
1 egg
1 egg yolk
1/2 c. milk

2 c. flour
fresh or canned fruit: plums,
peaches, apricots, cherries
or stewed prunes

Cream sugar and butter, add eggs, milk and flour. Mix well. Roll out on floured board. Cut 3 inch squares. Place a spoon of fruit in center and wrap dough around it. Seal the edges. Drop into boiling water and boil 5 - 10 minutes until they rise to surface. Remove and drain. Serve with melted butter and sprinkle with sugar.

VARENYKY (Potato Pyrohy)

Virginia Wovk

4 large potatoes
2 small onions, chopped
1/2 c. butter
4 1/2 c. flour
3 tsp. salt

1 egg
1/2 c. lukewarm water
2 slices pimiento cheese,
crumbled

Boil potatoes, add 1 teaspoon salt. Fry onions with 1/2 cup butter and brown lightly; remove from flame. Sift flour with 2 teaspoons salt. Beat egg with lukewarm water, add slowly to flour, just so they stick together. Knead on board 10 minutes. Replace to bowl and cover with a cloth to rest approximately 20 minutes.

When potatoes are done - mash and salt to taste. Add cheese and 2 tablespoons of the onion/butter mixture. Roll dough out to thickness of pie crust; cut 3 inch squares. Fill with 1 tablespoon to square. Press ends together to seal. Place on cloth until ready to cook.

Drop into boiling water, stir with wooden spoon so you don't break into the dough. When water begins to boil and pyrohy come to the surface, boil 5 - 10 minutes more. Drain in a colander. Garnish with remaining onions and melted butter.

CHRUSTY 1

Pat Szpaczynsky

12 egg yolks

12 tsp. sugar

1 shot Canadian Club whiskey
8 Tbsp. heavy cream

4 c. flour, approx.
1 tsp. vanilla

Whip egg yolks and sugar together until fluffy. Add heavy cream and beat a few minutes more. Add whiskey and vanilla. Using a large spoon, stir flour in, a little at a time (go easy on the flour) until dough is workable. Divide dough in 3 parts, and refrigerate several hours.

Roll dough out thinly. Form chrusty by cutting 3 inch long strips. Cut a slit in center of each and pull one end through the slit to form a chrust.

Deep fry in Crisco oil, about 1 minute, until golden brown on each side.

CHRUSTY I I

Aniela Gerula

10 egg yolks
10 tsp. powdered sugar
5 Tbsp. heavy cream

1 jigger rum
3 c. flour, exactly

In a large bowl, mix all ingredients together, except the flour. Add flour by hand and mix well. Knead on floured board. Place in a bowl, cover to keep in refrigerator 3 hours. Remove. Cut a section off and roll out on floured board, very thinly. Cut into diamond shapes, with a small slit in center. Pull the top corner through the slit carefully, without tearing. Fry in hot Crisco shortening until golden brown, on both sides. Place on paper towel to drain. Transfer to tray and sprinkle with confectioner's sugar.

KRUSCHICKI I I I

Pat Barniak

5 egg yolks
1 Tbsp. sour cream
1 Tbsp. rum
1 tsp. vanilla

1 tsp. sugar
2 1/2 c. flour
3 1/2 c. Crisco oil for frying

Mix all ingredients except flour and oil. Then add in flour and blend well. Knead dough on board. Cut batter in half and roll out very thin. Cut into diagonal strips 4 inches long and 1/2 inch wide. Make a slit in center, invert one end and pull through.

Put oil in heavy aluminum pot and heat to boiling. Drop in one by one until surface of oil is covered with kruschicki. Cook to golden brown, approximately 2 minutes. Remove from oil and drain on paper towel. Sprinkle with powdered sugar.

CHRISTMAS ROSE DAINITIES

Marian Klymyshyn

4 egg yolks, beat well
1 Tbsp. sweet cream
1 Tbsp. sugar

1 Tbsp. whiskey
1 tsp. vanilla
flour

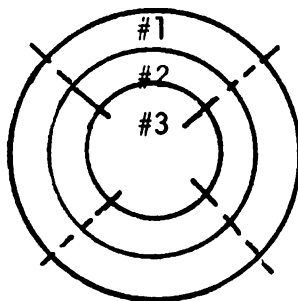
Whip cream and sugar together, add yolks. Next add whiskey, vanilla, and just enough flour to make dough workable. (Do not roll out too thin - make dough slightly heavier than for Chrusty.) Select 3 different size glasses to cut out dough circles with - i.e. drinking glass, juice glass and whiskey glass - you need 3 graduating sizes.

Roll out dough, cut equal numbers of all 3 sizes. To assemble, place largest circle on bottom, top with next largest and top off with smallest. With your thumb, make a depression in center (this to make them adhere). Then make 4 slashes (DO NOT GO ALL the way down) at equal distances around the cooky just within inside edge of the smallest circle. See sketch:

Assembled cooky -
1 of each size, with
smallest on top. Make
a depression in very
center.

Note location of
4 slits.

Slit 1



Slit 2

#1 - drinking glass
#2 - juice glass
#3 - whiskey glass

Slit 3

Slit 4

When you have assembled several of these, fry in hot, deep fat until golden brown on both sides. Remove carefully with slotted spoon; drain on paper towels and dust with confectioner's sugar. (Don't overcrowd them when cooking or they'll break.)

MEDIVNYK (Honey Cake)

Pat Szpaczynsky

6 eggs, separated
1 c. sugar
1 c. coffee
1/2 c. oil

1 c. honey
1 tsp. baking soda
2 tsp. baking powder
3 c. flour
dash of cinnamon

Beat egg whites until form stiff peaks. Set aside. Combine yolks with sugar, beat until light and fluffy. Combine oil, honey

and gradually add to dry ingredients. Fold in the beaten egg whites with a rubber spatula.

Grease a 14 inch long baking pan, scatter with bread crumbs. Pour cake mixture in and bake in preheated 325 degree oven for 1 hour or until cake tests done. Cool in pan on rack for 10 minutes, then transfer to rack to cool completely. (You can line bottom of pan with greased paper and then peel away when cake is cool.)

HONEY CAKE

Orysia Dackiw

8 extra large eggs, separated	2 tsp. baking soda
1 1/2 c. sugar	1 tsp. baking powder
1 c. beer	3 c. sifted flour
2/3 c. oil	dash of cinnamon
1 c. honey	1/4 tsp. ground cloves
	grated lemon rind

Combine egg yolks, sugar and honey. Add oil and blend thoroughly. Add sifted dry ingredients. Last, fold in beaten egg whites. Pour into large baking pan lined with waxed paper. Bake in 350 degree oven for 15 minutes, reduce heat to 300 and bake 45 minutes more. DO NOT OPEN oven door for 1/2 hour. Remove cake to cool; invert and remove waxed paper and turn cake right side up.

HONEY CAKE

Mary Atton

1 3/4 c. honey	1/2 c. chopped almonds
1 c. strong coffee	1/2 c. chopped raisins
2 Tbsp. brandy	1 Tbsp. grated lemon rind
3 1/2 c. unsifted flour	4 eggs
3 tsp. baking powder	1 c. firmly packed light brown sugar
1 tsp. baking soda	1 Tbsp. vegetable oil
1 1/4 tsp. cinnamon	
1/4 tsp. ground cloves, ground ginger, and ground nutmeg	

Grease a 10-inch tube pan. Heat honey and coffee to boiling and then cool completely; stir in brandy. Sift flour, baking powder, baking soda, cinnamon, cloves, ginger and nutmeg onto waxed paper. Add almonds, raisins and lemon rind. Beat eggs slightly in a large bowl. Add honey mixture, sugar and oil. Beat until smooth and thoroughly blended. Add flour mixture and beat until batter is smooth. Pour into prepared pan and bake in preheated oven at 300 degrees for 1 hour and 15 minutes or until springs back when lightly pressed. Cool in pan on rack for 10 minutes. Loosen around edges

and turn out on rack to cool completely.

HONEY CAKE (Butterless)

Irene Bendersky

1 c. honey	1/4 tsp. salt
8 egg yolks	6 egg whites
2 c. brown sugar	2 egg whites
1 tsp. baking soda	1 c. brown sugar
	2/3 c. chopped walnuts

Bring honey to a boil and then cool. Beat egg yolks until light. Add the sugar gradually and continue beating. Sift the flour, baking soda and salt together, twice. Add to mixture and blend well. Beat the 6 egg whites until stiff and fold gently into the mixture. Spoon into 2 ungreased, but floured tube pans. Prepare topping:

Beat the 2 egg whites until stiff, add sugar gradually, and beat until thick. Spread over the top of batter and sprinkle with nuts. Bake at 325 degrees for 45 minutes. Cool a short time before removing from pans.

HONEY CAKE

Ksenia Babiak

1/4 lb. butter	2 c. flour
6 Tbsp. sugar	1 tsp. baking powder
1 c. honey	3/4 c. boiled coffee
4 eggs	1/4 tsp. baking soda

Mix butter and sugar until light and creamy. Add honey and beaten eggs. Mix baking powder with flour and add to mixture, slowly, until well blended. Mix baking soda with coffee, add in add in slowly. Pour into an 8 x 12 1/2 inch baking pan. Bake in 300 degree oven for 1 hour.

CHRISTMAS CROSTATA COOKIES

Mrs. Mollick

3 c. flour	2 eggs, slightly beaten
1/2 c. sugar	1/4 c. milk
3 tsp. baking powder	1 tsp. vanilla
dash of salt	1/2 c. grape jam
1 c. butter or margarine (or 1/2 of each)	1/2 c. apricot jam
	1/2 c. strawberry jam

In a large bowl, stir together the flour, sugar, baking powder and salt. Cut in the butter or margarine until mixture resembles coarse crumbs. Combine eggs, milk and vanilla, and add to flour mixture, mixing well. Knead gently on floured board until smooth.

Set aside 1/3rd of the dough. On floured surface, roll out remaining dough to 10 x 15 inch rectangle. Place in ungreased 15 1/2 x 10 1/2 x 1 inch baking pan. Spread each jam crosswise over 1/3rd of the dough in the pan (use the apricot in the center strip). Roll out remaining dough to a 12 x 10 inch rectangle. Cut into strips 1/2 inch wide and carefully form a lattice top diagonally over the jam topped dough.

Bake in 400 degree oven for 20 - 25 minutes. Makes 40 bars.

CHRISTMAS CRESCENTS

Irene Mamus

1/2 lb. butter	2 tsp. vanilla
2 c. sifted flour	1 Tbsp. water
2 c. chopped pecans*	1/2 tsp. salt
5 Tbsp. sugar	

Cream butter and add sugar, vanilla and water. Sift flour and salt together, stir into butter mixture. Add pecans and mix thoroughly. Using portions size of a small walnut, roll or form dough into crescent shaped cookies. Bake in slow oven 325 degrees about 20 minutes. Check before time is up - they are ready when slightly browned. While still warm, roll in powdered sugar. Handle carefully while warm as they break easily.

* You can use walnuts instead of pecans - 1 1/2 cups finely chopped.

PASKA

Grandma Kozulak

2 oz. yeast	1/4 lb. butter, melted
1 c. milk	4 eggs, beaten
2 c. water	1 c. sugar
3 c. flour,	1 c. sour cream
+ 3 c. flour,	1/2 tsp. salt
+ 3 c. flour	raisins (to taste)
	lemon rind

Mix yeast, milk and water, heat to lukewarm. Add 3 cups flour to yeast mixture and let rise (about 1/2 hour).

Mix melted butter, eggs, sugar, sour cream and salt, raisins (optional) and lemon rind and blend thoroughly. Add the yeast mixture to these ingredients. Add 3 more cups flour, blending well with wooden spoon. Add another 3 cups flour (this will make 9 cups altogether) and mix with wooden spoon until you cannot, then work by hand on a wooden board. Knead sufficiently (so you see small bubbles in the dough). Place in a large bowl which has been greased with Crisco, turn over to grease other side, cover with a

(Cont.)

towel and let rise until double in bulk, and reaches top of your bowl.

Divide into 3 loaves. Shape and place in greased pans, 1/3 full and let rise to top of rim.

Coat the top with this mixture: 1 egg, drop of sugar, little water, blended thoroughly. Glaze tops of breads with pastry brush or feather. Very important - start in preheated oven at 400 degrees for 15 minutes, then lower heat to 350 and bake additional 40 minutes.

Remove from pan and cool on racks. (If browning too quickly, take brown paper, cut to shape of top, dampen with water and place on top - this will prevent further burning.)

POMPUSHKY

Grandma Kozulak

Use above bread recipe - but, with 1 cup less flour, so dough will be lighter. Roll out to about 1/2 inch thickness on a floured board. Cut rounds with a glass and let rise. When sufficiently risen, fry in hot Crisco oil.

If you wish a filling, you can buy a tool for inserting jelly inside after the dough has risen and before you fry the pompushky.

PAMPUSHKY

Anna Popu & Tessie Pawluk

1/2 lb. butter or margarine,
melted
4 c. milk
1/4 lb. yeast (from the bakery)
11 c. flour
1 tsp. salt

2 c. sugar
4 egg yolks
3 lbs. pitted prunes
2 tsp. sugar
lemon or orange rind (optional)

Combine butter (melted and cooled) with milk (boiled and cooled to lukewarm). Dissolve yeast in this liquid. Combine flour, salt and 2 cups sugar. Beat the egg yolks and pour into flour mixture and blend thoroughly. Pour yeast mixture into the dry ingredients and mix together well. Dough will be light and on the sticky side. Place in a pan and let rise. Meanwhile, cook the prunes, remove pits, sprinkle with 2 teaspoons sugar, if desired add orange or lemon rind. When dough has doubled in bulk, punch down and roll out to 1/8 inch thickness. Cut out rounds 1 1/2 inches in diameter (or whatever size you prefer). Place filling on each circle (as for pyrohy), pinch the edges to seal. Fry in hot oil at 425 degrees. Place the pinched side up in the oil, then turn over to fry the other side. Makes 50 - 60, depending on size.

PAMPUSHKY

2 pkg. dry yeast
1/2 c. lukewarm water
1 Tbsp. sugar
2/3 c. milk
1/4 c. sweet butter
1 tsp. salt
1/3 c. sugar
2 whole eggs, beaten
3 egg yolks

1 tsp. vanilla
grated rind of 1 lemon
4 - 5 c. flour
Fillings: prune jam or
apricot jam
fat, for deep frying
granulated sugar, fine
cinnamon

Sprinkle yeast onto warm water, add 1 tablespoon sugar, cover lightly and let stand in warm place 5 - 10 minutes until mixture foams. Scald milk, stir in butter, salt and sugar. When butter melts, cool to lukewarm. Combine with beaten eggs and yolks and yeast mixture, vanilla and lemon rind. Beat in flour, a little at a time, until you get a medium firm dough. Knead until smooth and elastic, approximately 10 minutes. Dust with flour and let rise again until double in bulk (1 1/2 hours). Punch down dough and let rise again until doubled.

Turn dough onto floured board, roll out to 1/2 inch thick. Cut out 3 inch circles. Place teaspoonful of filling on 1/2 of the circles. Top with the remaining unfilled circles. Pinch edges closed, using a little cold water to seal them. Let rise, uncovered, on board, until double in bulk. Fry a few at a time in hot fat 375 degrees. Turn once to brown both sides. Allow 6 minutes for each batch. Drain on paper towel and sprinkle with sugar and cinnamon.

UKRAINIAN EASTER FOODS:

In the Ukraine,* as here in America today, baskets of food are taken to the Church to be blessed. After the family attends Easter sunrise services, they sit down together to share the traditional foods and especially those which have been blessed. The head of the family or eldest will distribute slices of the Blessed Easter Egg to everyone present at his table.

Unlike the Christmas Eve supper (which contains no meat products), the Easter Menu will contain just about everything you can think of as the period of fasting is over after the sunrise services.

Some of the foods you will likely see at the Easter table are:

BLESSED HARDBOILED EGGS
HARDBOILED EGGS (not blessed)
HAM
KOVASA (Ukrainian Sausage)
FARMER'S CHEESE
STUDENINA (Drahli)

(Cont.)

BAKED LIVER or a **LIVER PATE**
BOCHOK (a slab of smoked bacon)
HORSERADISH ROOT
HRIN (a horseradish/beet relish)
KEYIVSKA SYRNA BABKA
PASKA, BABKA, TORTES & OTHER PASTRIES

The Paska is a substitute for bread - with decorations created from dough baked into the bread. It is not a rich dough and contains little or no fruit.

The Babka is a substitute for cake - sweet, although not fancy. It will contain lots of eggs, raisins and other fruits. Often decorated with a white icing, colored sprinkles and slivered blanched almonds.

Of course the beautiful hand decorated Ukrainian Pysanky (Easter Eggs) are to be seen everywhere. They are found in the basket which is taken to Church for blessing; they are exchanged with friends and loved ones - given as gifts; or saved from year to year and proudly displayed in the Ukrainian home.

* We are speaking of the Ukraine of old in the above paragraph. Unfortunately, they no longer enjoy the freedom of religion as we do in America. However, we do not lose hope that one day this freedom will be restored to them.

UKRAINIAN EASTER BREAD

Mrs. Mary Marusevich

1 1/2 qt. milk (lukewarm)	2 grated lemon rinds
5 lbs. warm flour, sifted	10 egg yolks
2 pkg. Fleischmann's yeast	1 Tbsp. salt
1 1/2 lb. sugar (3 c.)	1 Tbsp. vanilla
1 lb. melted butter	1/2 lb. raisins, white

In a very large basin, take half of the flour. Mix the yeast with the lukewarm milk. Slowly pour the yeast mixture into the flour. Stir around until well mixed. Cover with a cloth, place in a warm place (not hot or on a heated surface) and let rise 1 hour.

Take egg yolks and beat until light colored; add sugar and salt. Then add the egg mixture to the dough which has risen and start to knead for 1/2 hour or until dough holds together and does not stick to your hands. Add the melted butter and remaining flour - cup by cup, while kneading for another 1/2 hour, or until dough becomes smooth and no longer sticks to pan or your hands. Add raisins, vanilla, lemon rind and mix well until raisins are distributed evenly through the dough. Cover and place in warm place to rise until double in bulk.

Grease the pans you wish to use. Fill 1/2 full with dough and let rise again until dough reaches the top of the pot. Place in 375

degree preheated oven and bake for 1 hour. (This depends, of course, on the size of the bread and the pot.) You can tell if the bread is done when it is medium brown in color, and the top is semi-hard. You can also use a metal tester - when it comes out clean, insides are baked.

Hints: Rising is the most important factor in making bread; the more it rises, the lighter the bread will be.

Save the egg whites - can be used later in an Angel Food Cake.

Coffee cans or large casserole pots are ideal to bake bread in, so long as it has smooth sides and flat bottoms.

The color of the bread can range from medium brown to dark brown(it doesn't matter), so long as the insides are baked.

When kneading, don't be afraid to use your hands and arms - not only your fingers. It takes a lot of muscle to be sure that the flour and other ingredients are well mixed.

EASTER PASKA

8-9 c. flour

1/2 c. lukewarm water

1 pkg. yeast

1 tsp. sugar

1/4 c. sugar

1 Tbsp. salt

3 c. lukewarm water

6 eggs, beaten

1/4 c. butter, melted

Dissolve sugar in lukewarm 1/2 cup water, sprinkle yeast into it and let stand 10 minutes. Combine this mixture with the beaten eggs, sugar, butter, salt and 3 cups water. Mix together thoroughly and then knead on lightly floured board until smooth and elastic. Place in greased bowl, cover with clean cloth and let rise in warm place until double in bulk. Punch down with your fist and let rise again. Prepare baking pan or pans which have a flat bottom and tall sides. Grease and scatter bread crumbs all around.

Divide dough into 3 parts. Shape 2 of them into round loaves, place in prepared pan one on top of the other. Take remaining piece and make 2 long pieces of dough by rolling between the palms of your hands. They should be twice thickness of a pencil. Braid them together, or twist them. Place from one side over to the other, let ends hang off the sides; repeat from the opposite side to the other side. With sharp scissors, cut ends evenly. Then make several slashes or cuts. Twist half of them in one direction, the other in the opposite. Make swirls or rosettes. Cut petals into the dough. Use your own ideas. But traditionally, you have decorated the top of the paska with the symbolic Cross. Let rise again, but not too long, or the fancy bread decoration will start to lose its shape. Preheat oven to 400 degrees. Carefully brush the top with beaten egg mixed with 2 tablespoons water. Bake 15 minutes in hot oven, reduce heat

(Cont.)

oven, reduce heat to 350 degrees and bake 40 minutes more, or until done. Do not brown too much. Once desired color is reached, cover top with foil or greased brown paper. Remove from oven carefully, let sit 5 minutes, then remove to rack. Handle very gently.

If you have any dough leftover, you can create some charming dough birds. Make long pieces of dough, twice the thickness of a pencil, then cut off lengths 4 or 5 inches long. Tie a knot into the center of the little piece of dough. Shape one end to resemble the head of the bird. The other one will be flattened to resemble the tail. With a dull knife (do not cut all the way through) make several indentations. Let rise about 1 hour. Then insert 2 whole cloves, for eyes, brush with beaten egg mixture and bake approximately 25 minutes or until light golden in color. Remove from oven carefully and cool thoroughly. Use them to decorate top of bread by inserting a toothpick into the bottom to support the bird. You will also find them used on breads at wedding feasts, anniversary celebrations. Once you have mastered the technique, try making them smaller with fancier detail.

NO KNEAD BABKA

Katherine Supko

4 c. flour	1 tsp. salt
1/4 c. warm water	1/2 c. butter or margarine
1 cake yeast	1 1/4 c. milk
5 eggs (save 2 Tbsp. for later)	1 c. raisins
1/2 c. sugar	

Cook raisins in a little water to make them plump. Drain. Dissolve yeast in 1/4 cup warm water. Scald milk, add butter or margarine, sugar and salt. Stir and pour into large bowl. Cool until lukewarm. Add beaten eggs, flour and raisins. Beat well with wooden spoon. Batter will be loose. Cover and let rise for 1 hour. Beat down with wooden spoon and pour into well greased 10-inch tube pan. Cover and let rise again until double in bulk, or almost to the top of the pan. Brush with the eggs you set aside. Bake in 350 degree oven for 30 - 40 minutes.

UKRAINIAN EASTER BABKA

1/2 c. lukewarm water	1 c. sugar
2 pkg. dry yeast	5 whole eggs
1 tsp. sugar	10 yolks
2 c. scalded milk	1 orange - rind & juice of
1/2 lb. butter, sweet	1 tsp. vanilla
1 Tbsp. salt	1 c. golden raisins, seedless
7 c. flour, approx. (to make soft dough)	(optional)

Dissolve sugar in lukewarm water; sprinkle yeast over it, let stand 10 minutes until frothy. Beat eggs and egg yolks for 10 minutes adding sugar a little at a time. Add salt, orange juice, milk, rind of orange and yeast mix to the beaten eggs, mixing thoroughly. Gradually mix in flour, adding melted butter a little at a time. Knead for 20 minutes or until dough no longer clings to hands. Let rise in a warm place until double in bulk (covered with a towel, or clean cloth). Punch down and let rise again, as before. Grease tall tins and coat with bread crumbs. (Crisco tins make good containers for Babka.) Form dough into a ball small enough to fill 1/3 of each container. Let rise in warm place until dough barely reaches top of can. Bake in preheated 350 degree oven for 30 minutes.

Handle babka very carefully when removing from containers. Turn out onto rack to cool.

EASY HOLIDAY BREAD

Mary L. Wakulinski

1 pkg. hot roll mix
 1/4 c. very warm water
 3 eggs at room temp.
 1/4 c. sugar
 3 Tbsp. butter, softened

1/3 c. light raisins
 1/3 c. candied cherries, halved
 (red)
 1/3 c. candied cherries, halved
 (green)
 2 Tbsp. rum
 1/3 c. toasted, slivered almonds

Sprinkle yeast onto warm water and stir to dissolve. Add eggs, sugar and beat until well blended. Mix in half of the roll mix and beat until smooth. Beat in the butter, then add remaining roll mix to make a soft dough. Cover with a towel and let rise in warm place until double in bulk (approximately 1 hour).

Meanwhile, pour the rum over the fruits in a small bowl to soak, stir frequently. Stir dough down, add fruits and almonds until distributed evenly. Turn dough into well greased 3-pound shortening can (or two 1-pound coffee cans). Cover with towel and let rise again until double about 1 to 1 1/2 hours. Bake in 350 degree oven for 40 minutes until a rich brown on top. When you tap it, bread should have a hollow sound. Carefully remove to a rack and cool thoroughly. Pour a lemon glaze over the top and let drizzle down sides. Decorate with fruits and slivered almonds, if desired.

Lemon glaze: combine 1/2 cup confectioners sugar, 1 tablespoon lemon juice in a cup and stir smooth.

To serve: cut top of bread off, set aside. Cut as many round slices as you need, then replace the top (this prevents it from drying out). Cut the slices you have out in half, arrange around the base of the bread and it looks very pretty.

STUDENINA

4 pigs' feet, halved
1 lb. pork or veal
10 c. water

1 Tbsp. salt
1/2 tsp. black pepper
2 or 3 cloves garlic

Cook pigs' feet and meat (pork or veal) for 3 - 4 hours in salted water; remove meat when it is tender - set aside. Add pepper and garlic cloves, cook pigs' feet until meat loosens from the bones. Set aside to cool.

Remove meat from bones and cut into small pieces; cut pork or veal in small pieces. Mix them together and place in an oblong glass dish 2 inches deep. Strain the cooled liquid over the meat through a fine strainer. Place in refrigerator to jell overnight. When ready to serve, scrape off fat from the top and cut in squares. Serve with vinegar and/or a red horseradish mix (Hrin).

PICKLED PIGS' FEET

Mrs. S. Galan

4 pigs' feet
3 c. vinegar
1 onion
12 whole peppercorns

6 whole cloves
1 bay leaf
1 tsp. salt

Split pigs' feet, scrub thoroughly and cover with cold water. Add vinegar, bring to boiling point. Skim off top. Add seasonings and boil slowly for 2 hours. Cool in liquid and serve cold.

HORSERADISH SAUCE

Orysia Dackiw

2 jars prepared white horseradish, or grate fresh root
1/2 pt. sour cream
freshly squeezed lemon juice

salt, to taste
1 tsp. sugar
3 or 4 beaten egg yolks
2 Tbsp. flour
1/2 pt. heavy cream

Mix all ingredients in a saucepan EXCEPT flour and cream. Bring to boil. Remove from heat. Add in a mixture of flour and heavy cream. Mix together and then bring to boil. Remove from heat and serve warm. Pour over ham at Eastertime.

HRIN (Horseradish & Beet Relish)

Mary L. Wakulinski

10 medium beets
1/2 c. horseradish, prepared*
1/2 c. sugar
2 tsp. salt

1 Tbsp. mixed pickling spices
in a cloth bag
2 c. vinegar

* (I prefer to grate my own fresh horseradish for maximum "bite". You may use the prepared, if you wish. For fresh horseradish, purchase 1 large root to grate.)

Cut off stems to 1 inch above top of beets, leave root intact. Wash beets thoroughly. Cook in boiling water until tender. Drain and cool in cold water. Then remove the skin from the beets (they will slip off), cut off stems and roots. Grate beets into a bowl.

Add grated horseradish, blending thoroughly. Add a little at a time so you can get the right color and "bite" to your Hrin.

Combine salt, vinegar, sugar, spice bag and bring to a boil in small saucepan; strain the syrup over the mixture (so you catch any loose spices), and blend thoroughly. Pack into hot, sterilized jars, seal. Store in refrigerator 24 hours, before using. (Adjust for sweetness with more sugar, more "bite" with additional horseradish, or vinegar for more sour.)

HRIN II

6 medium size beets	1/4 c. vinegar (or sour salt)
1 c. grated fresh horseradish (1 medium size root)	1/3 to 1/2 c. sugar, to taste
	2 Tbsp. salt

Cook beets until done. Test with fork to see if tender. Cool and peel, then grate. Mix grated beets with grated horseradish. Add sugar, salt and vinegar, to taste.

(If you like it more sour, add sour salt instead of vinegar so it will not be too liquidy.)

KEYIVSKA SYRNA BABKA

Oksana Dackiw

2 to 2 1/2 lb. farmer's cheeše, at room temperature	1 vanilla bean
10 hardboiled eggs	1/2 c. very finely chopped citrus fruits (lemon & orange - homemade preferred)
2 1/2 to 3 c. confectioners sugar	1/2 c. finely slivered blanched almonds
3/4 lb. sweet butter at room temperature	
1/2 pt. heavy cream	

Squeeze farmer's cheese in cheesecloth, wrap in towel and weight down with a heavy object (to remove any moisture in cheese). Feed cheese through a meat grinder (of course, after you remove the cheesecloth). Take the egg yolks only and sieve them through a strainer.

In your mixing bowl: place the yolks, sugar, butter, and blend together. Add in cheese, a little at a time, until all is used. Towards the end, add in the heavy cream, just to blend (do not

(Cont.)

overbeat). Add vanilla bean to mixture (slit bean in half, scrape insides out, and then chop the outside of the bean as fine as you can, by hand, using a very sharp knife).

Next, add citrus fruit, cut in very fine pieces. Then the finely slivered almonds. Add to mixture. Then:

Take a cheesecloth, soak in water and then squeeze out moisture. Line a plastic colander with a double layer of cheesecloth. Pour mixture in, pull cloth ends up and tighten to squeeze. Twist top and fold over so mixture is completely covered. Place colander over a drip pan. Find a plate to fit over cheese in colander, then place a heavy weight on top (i.e. a gallon of milk) so you have equal distribution of weight. Take a large plastic bag and place around the whole thing and refrigerate a couple of days. May be prepared 2 days ahead of time.

When ready to use, open, unwrap, turn over onto serving plate, remove the cheesecloth and decorate with candied fruit slices, slivered almonds, cherries, etc.

(If you don't have homemade citrus fruits, use the prepared fruits available in the shops used in fruitcakes.)

POPPY SEED TORTE

Ann Kapczak/Olga Samilo

A very old recipe; popular in Grandma Samilo's time as it is today. Bake in a tube pan or layer can pans. Serve with or without a filling.

1 c. dry poppy seeds
8 eggs, separated
1 c. sugar

4 Tbsp. flour
1 tsp. almond extract
1/2 c. walnuts, finely chopped

Grind poppy seeds, using finest blade. DO NOT SOAK poppy seeds before grinding. Beat egg whites until foamy. Add in 1/2 of the sugar, gradually and beat until stiff. Beat yolks until light, and then beat in remaining sugar. Fold yolk mixture into whites. Lightly stir in flour, extract, nuts and poppy seeds. Spoon into an ungreased pan. Bake in 350 degree oven for approximately 45 minutes or until tests done. Invert on rack to cool.

You can ice with a mocha type frosting and split the cake into 2 layers and fill with a walnut filling, if you wish.

TORTE

3 eggs
1/2 c. butter
1 1/2 c. sugar
1/2 c. milk

1 tsp. vanilla
1 tsp. baking powder
4 c. sifted flour
1/2 tsp. salt

Mix above ingredients together to form layer dough; knead. Divide dough into 10 equal pieces. Roll each piece out 1/8 inch thick and to oblong shape approximately 12 x 15 inches. Place each piece on a baking sheet and bake in 375 degree oven 5 - 7 minutes.

Prepare a vanilla filling (see ICINGS).

Spread filling on first crust. Place second layer on top. Repeat until all layers have been used up. Let stand 1 hour to set. Then cut into diamond shapes 1 1/2 inch by 3 inches long.

You can fill with lemon filling, if you wish (see ICINGS).

NUT TORTE

9 eggs, separated	1/2 c. water
1 c. sugar	*****
3 c. ground walnuts or filberts	1/2 c. butter
1/2 c. bread crumbs	2 tsp. salt
1 Tbsp. grated orange rind	1 lb. pkg. confectioners sugar
2 tsp. grated lemon rind	2 Tbsp. brandy
1 tsp. ground cinnamon	1 tsp. vanilla
1/2 tsp. ground cloves	1 egg, beaten
1/2 tsp. salt	1/2 c. walnuts, coarsely
1 tsp. vanilla	chopped

Preheat oven to 350 degrees. Line three 8-inch layer cake pans with waxed paper and grease sides. Set aside.

Beat yolks with sugar until thick and lemon colored. In a large bowl, combine walnuts, bread crumbs, orange and lemon rinds, cinnamon, cloves, salt and baking powder. Mix together and add in vanilla, water and egg yolks, stirring into walnut mixture.

In another bowl, beat egg whites at high speed until forms stiff peaks. Fold them into the walnut batter and blend thoroughly. Pour into prepared cake pans. Bake 30 minutes. Test if done with a toothpick, if comes out clean, cake is baked.

Remove from oven and place inverted pans on cake rack to cool thoroughly. Then go around edge with knife and loosen layers and remove the waxed paper. Set aside.

In a small bowl, cream butter. Add salt. Gradually add in the package of confectioners sugar. Add beaten egg, vanilla and brandy. Fill with this cream mixture between the layers, save a little to ice the top as well, sprinkle top with coarsely chopped walnuts.

BLINTZES

Mary Atton

Batter:

4 eggs	1 c. water
2 c. sifted flour	4 Tbsp. (1/2 stick) melted butter or margarine
1 c. milk	

Filling:

2 pkg. (7 1/2 oz. ea.) farmers cheese	4 eggs
2 pkg. (8 oz.) cream cheese	1 tsp. salt
	6 Tbsp. (3/4 stick) butter

Beat eggs until blended in a large bowl. Sift flour over eggs and beat until smooth. Stir in milk, water and melted butter. Chill and let stand 1 hour. Prepare your filling:

Combine cheeses, eggs and salt in a large bowl with an electric mixer. Beat at medium speed until smooth (approximately 3 minutes). Heat 7 inch skillet over medium heat, or use one of those non-stick pans.

Measure a scant 1/4 cup of batter into the skillet - tilting so it coats the bottom completely. Cook 1 - 2 minutes until top is set and underside is golden. Turn over and cook lightly on the other side. Remove to a clean bowl. Continue until all batter is used up. Makes 24 blintzes.

Place 3 tablespoons cheese filling in center and roll up jelly roll style. Melt remaining butter in large skillet. Brown the blintzes on all sides. Keep warm and serve with sour cream, apple sauce or strawberries.

BLINTZES

Helen Savitsky

2 eggs	1 1/2 c. milk
2 egg whites	2 Tbsp. sugar
1 c. flour	1/4 tsp. salt

Beat eggs; add other ingredients. Beat to make a smooth batter. Rub butter around a 7-inch skillet. Pour in just enough batter to cover the bottom of the skillet when it is tipped so the batter rolls around. Recipe will make approximately 15 thin blintzes. Fill with 1 tablespoon filling, roll up and place in a buttered baking dish. Bake until golden brown.

Filling: Combine 3 small packages of Farmer's cheese (15 ounce size), 2 egg yolks, 2 or 3 tablespoons sugar, to taste, and a dash of cinnamon.

TWICE FOLDED & BREADED BLINTZES (with Kapusta filling) - Nalysnyky z Kapusty

Pat Szpaczynsky

2 eggs	1 1/2 c. milk
2 egg whites	1/4 tsp. salt
1 c. flour	

Beat eggs together well; add remaining ingredients to make a smooth batter. Rub some butter in a 7 inch skillet to coat bottom and up the sides. Pour in just enough batter to cover bottom of pan, roll around and let cook until lightly browned. Turn over and cook other side just until done, but not brown. Place cooked blintz pancake on a towel or in a roasting pan until ready to fill.

Filling:

1/2 large head cabbage (or 1 small)	2 onions, minced
1 can sauerkraut	salt & pepper, to taste
2 Tbsp. butter	fresh dill, if available

Chop cabbage up and boil in water until tender. In another pot, place the sauerkraut, drain juice off first and set aside. Add fresh water and cook until tender. Let cool. Squeeze both the fresh and sauerkraut by hand to remove all liquid. In a small frypan, brown onions, add salt and pepper, and fresh dill. Chop the two cabbages together and mix in the onions and dill.

Place 1 tablespoon of filling in center of pancake. Fold over one side, then the other. ALSO, tuck in the opposite ends, one into the other. Dip the twice folded blintzes into some beaten egg; then dip into bread crumbs to coat. Brown lightly in a skillet. Transfer to a baking dish. Bake in 350 degree oven for just 20 minutes. Serve with mushroom sauce.

Note: Taste your cabbage mixture. If it is sweet and you desire more sourness, then add back a bit of the sauerkraut juice. Otherwise you can discard or save for another purpose.

FRUIT SOUP

Orysia Dackiw

apples, peaches, plums (all combined, or one of these)	sugar, to taste
water to cover	1 pkg. frozen raspberries
	sour cream (1/2 pt.)

Pare fruits, pit, then cut up. Cover with water in a saucepan, add sugar (to desired sweetness) and let boil. Cool. Strain the soup. Add in frozen raspberries and blend together. Combine
(Cont.)

the soup with sour cream, a little at a time in a separate cup, then pour back into soup. Simmer gently 5 minutes. Cool. Serve cold.

FRUIT SOUP (Quick Method)

1 jar apple sauce
1 bottle apple juice

1 pkg. frozen raspberries
sour cream

Combine sauce and juice, heat to boiling. Add frozen raspberries, and sugar (if needed to your taste). Next add sour cream (as per above). Cool and serve cold.

HOLUBCHI (Stuffed Cabbage)

Aniela Gerula

4 medium size cabbages (fresh)
2 lb. rice
3 lb. chopped meat
3 large onions

1/2 lb. margarine
Hunt's tomato sauce
salt & pepper

Remove core from cabbages and save for later. Place 1 head of cabbage at a time into a pot of hot water (not boiling) for approximately 10 minutes. Remove from water and peel off outer leaves which have become soft; set aside. Return cabbage to water and continue until all leaves have been removed.

Boil rice. Fry diced onions in margarine until slightly golden. Cool the rice. In a large bowl, mix the rice, raw chopped meat, onions and margarine, salt and pepper (to your taste) together until well blended.

Place about 1 tablespoon of rice/meat mixture (depending on size of leaf) onto each leaf; fold ends over, and then tuck in sides. Repeat until all rice/meat mixture is used up.

Place sliced cabbage cores in bottom of large pan to cover and protect the cabbage rolls. Place the holubchi (stuffed cabbage rolls) in neat rows. After first layer is complete, salt lightly and pour about 4 ounces tomato sauce over them. Repeat in layers following same procedure. When you have reached the final layer, slice about 4 ounces of margarine and scatter over the top. Then cover with leftover cabbage leaves.

Cover pot, or roasting pan, place in 350 degree oven for 2 hours, then lower to 300 degrees and roast 1 hour longer.

KAPUSCHNAK (Sauerkraut Soup)

Virginia Wowk

1 1/2 lb. neckbones or meat*
2 medium potatoes, diced
1 medium onion, chopped

1 lb. sauerkraut
salt and pepper
1/2 lb. dried lima beans
(optional)

* substitute ribs or shoulder, or lamb.

Place bones or meat in 4 quart saucepot, add 3 quarts water, and boil. Remove scum from surface. Turn heat down to simmer. If you add beans, cook them together with the meat. Add remaining ingredients and simmer until done. Season to your taste. DO NOT ADD any more water.

HALUSHKY (Potato Dumplings)

Ann Kapczak

2 c. cold mashed potatoes
3/4 to 1 c. flour

1 egg, beaten
1/2 tsp. salt

Combine ingredients, blending thoroughly. Shape into finger length croquettes or balls. Drop into rapidly boiling water and stir gently while cooking, approximately 4 - 5 minutes. Remove to a colander and drain well. Place in serving dish and sprinkle generously with melted butter and serve hot, with meat.

KAPUSTA (Cabbage w/Tomatoes)

Ann Kapczak

1 small head cabbage, shredded
1 small onion, chopped
3 Tbsp. butter
2 Tbsp. water
1 Tbsp. butter

1 Tbsp. flour
1 c. cooked strained tomatoes
2 Tbsp. sour cream
salt and pepper

Prepare cabbage. Cook onion in butter until tender. Add cabbage and water, cook uncovered about 10 minutes, or until cabbage is tender, yet crisp. Melt butter and blend in flour, stir in tomatoes. Cook and stir until sauce thickens. Add sour cream and season with salt and pepper, to taste. Combine sauce with cabbage, bring to boil and simmer a few minutes to let flavors mingle. Serve as vegetable with meat dish.

KAPUSTA

Virginia Wowk

2 lb. sauerkraut
1 Tbsp. bacon drippings
1 small onion, chopped
1 Tbsp. flour

1 small raw potato, grated
salt and pepper

Place kraut in pan, add water to cover and simmer 1 hour. Drain, and reserve liquid. Melt drippings in pan, add onion and cook until tender. Blend in flour, add sauerkraut, potato and return kraut liquid. Season with salt and pepper, to taste. Simmer 10 - 12 minutes. Serve hot.

PAT'S PRUNE PLIATSOK

Pat Szpaczynsky

1/2 lb. sweet butter, softened
1 c. sugar
bread crumbs
Crisco or margarine
8 egg yolks
3 Tbsp. heavy cream
3 Tbsp. sour cream
pinch of salt
1 vial rum flavoring
(1/16 fl. oz.) *

4 - 4 1/2 c. flour
1 1/2 pkg. Oetker baking
powder *
3 heaping Tbsp. Quik chocolate
drink
1 c. prune butter
1 c. cherry preserves
sugar
lemon juice, to taste

* (available at Ukrainian, German or gourmet shops)

In large bowl, blend butter and sugar with electric mixer until creamy, approximately 5 minutes. Keep mixer going all the while when adding ingredients.

Grease a 9 x 14 x 2 inch glass pan with Crisco or margarine and dust with bread crumbs; set aside.

To butter, sugar mixture, add egg yolks, heavy cream, sour cream, salt, rum flavoring and baking powder, and mix thoroughly. Add in 1 cup flour until mixed together. Remove dough to lightly floured board or pastry sheet; work in remaining flour, one cup at a time. Use 4 or 4 1/2 cups depending on consistency. Work by hand gently until dough is light and smooth.

Divide dough into 2 parts - 1 slightly larger than the other. Taking the larger piece, press it into the bottom of your prepared pan, spreading evenly with fingers. Sprinkle more bread crumbs over it; set aside.

Take the remaining dough; divide into 2 equal parts. Take 1 of these parts, divide into 3 balls; set on a dinner plate and place in the freezer section. Take the other 1 part of dough, blend in the Quik until chocolate is evenly distributed. Divide this dough into 3 balls. Place on the same plate in freezer and let them stay there approximately 10 minutes until hardened. Meanwhile prepare filling:

Blend together the prune butter and cherry preserves. Add sugar and lemon juice, to taste. Spread this evenly over the bottom layer of dough. Preheat oven to 350 degrees.

Next, remove dough balls from freezer. Using the coarsest blade of your hand grater, grate the white dough balls all over the top, in a random pattern (any which way); then do the same with the chocolate dough balls. Bake in 350 degree oven for 40 minutes, reduce heat to 300 degrees and bake 10 minutes longer. Turn heat off but DO NOT REMOVE the cake for 5 minutes. Then remove to a rack and cool thoroughly. Cut in desired shapes and serve.
Delicious.

potato and sauerkraut filling onto circle. Fold in half and pinch around edges. Place on a greased cookie sheet. Spread with beaten egg over the top of each and bake in 350 degree oven for 25 minutes, until golden brown.

(Filling: mashed potatoes mixed with kraut and seasoned to your taste.)

UKRAINIAN HORNS

Virginia Wowk

5 c. flour	1 cake yeast, crumbled
1/2 c. sugar	3 eggs, beaten
1/4 tsp. salt	1 lemon, rind and juice of
1 c. sour cream	1 c. sweet butter
1/2 c. milk, lukewarm	1/2 c. shortening

Beat eggs, set aside. Mix sour cream and milk together, add in crumbled yeast, 1 tablespoon lemon juice and grated rind. Cut the butter or shortening into dry ingredients and mix lightly. Combine all ingredients until you have a dough that is workable. Chill 1 hour in refrigerator.

Roll dough out 1/4 inch thick. Cut in rectangles and spread with a poppyseed, nut or cheese filling. Close and shape into horns. Brush with cream. Bake in greased tins in a 450 degree oven for 20 minutes. (see Fillings in index)

Write extra recipes here:

*Appetizers
Pickles
Relishes*



Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your “drippings” in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES AND RELISHES

CRABMEAT CANAPES

Nancy Marko

3 oz. cream cheese
4 Tbsp. mayonnaise
1 egg yolk

1 onion, chopped fine
1 tsp. dry mustard
1 can crabmeat

Combine above ingredients; blend well. Spread on white toast and heat in 350 degree oven 15 minutes. Serve warm.

CHEESE & BROCCOLI APPETIZER

Anne Choma

1 baked pie shell
3 eggs, beaten
1 1/2 to 2 lb. Ricotta cheese
1/4 c. Parmesan cheese

1 pkg. frozen, chopped broccoli,
cook & drain
salt & pepper, to taste

Mix cheeses, eggs, cooked broccoli together and blend well. Season with salt and pepper. Pour into baked pie shell and bake in 350 degree oven 30 minutes. Cool; refrigerate.

CHEESE CUBES FONDUE

Mary L. Wakulinski

cheese, cut in 3/4 in. cubes
(Edam, Gouda, Cheddar or
brick)
1 egg, beaten with a tsp. milk

fine bread crumbs
1 tsp. salt
salad oil

Prepare cheese. Dip into beaten egg (one cube at a time) and then coat with bread crumbs; repeat again so you have a thick coating. Heat the salad oil with salt in a saucepan. Spear a cheese cube with a fondue fork, fry in hot oil 1/2 minute. Cool cube slightly before biting into it, when you do the cheese will be soft in the center. Prepare a batch and serve on a platter with toothpicks for spearing, OR pour heated oil into your fondue cooker and let your guests fry their own cheese cubes.

CRAB QUICHE

Tessie Sawka

Preheat oven to 400 degrees. Bake 1 puff pastry shell 15 minutes. Set aside.

1 pkg. 7 oz. frozen crabmeat,
thawed

1/2 c. celery, chopped
1/4 c. chopped onion

(Cont.)

2 Tbsp. butter or margarine	1/4 tsp. nutmeg
4 eggs	1/4 tsp. pepper
1 egg white	1 1/2 tsp. dry mustard
1/2 tsp. salt	1 1/2 c. milk

Drain crabmeat; flake and remove any cartilage. Saute the celery and onions in butter until golden. In another bowl, beat the eggs. Next beat in salt, pepper, nutmeg, dry mustard and milk until well blended. Stir in flaked crabmeat and browned onions mixture. Reduce heat in oven to 375 degrees. Brush pie shell with beaten egg white; pour filling in. Bake 35 - 40 minutes until filling puffs up and turns a golden color. Test with knife inserted in center, if it comes out clean, filling is done. Cool in pan on rack 15 minutes; serve in wedges.

CHEESE BALL OR LOG

1 (8 oz.) pkg. cream cheese	1 small onion, chopped fine
1 c. grated Cheddar cheese	1/2 c. chopped pecans (or walnuts)
1/4 lb. Blue cheese	
1 Tbsp. Worcestershire sauce	

Let cheese soften at room temperature then blend together. Add the Worcestershire sauce, onions, and chopped pecans. Shape into a ball or log, wrap in waxed paper and refrigerate several hours. Remove from refrigerator, let stand a few minutes, then roll in chopped nuts. Set on platter and serve with crackers.

CHOPPED HERRING APPETIZER

Orysia Dackiw

2 marinated whole Schmaltz herrings (from deli dept.)	5 hardboiled eggs, chopped fine
chopped onions (equal to amount of herring)	1/2 pt. sour cream
	1 Tbsp. mayonnaise

Carefully remove bones from herrings. Chop together equal amounts of fish and onions. Add chopped eggs, sour cream and mayonnaise. (Add more sour cream if you wish.) Cool in refrigerator several hours before serving. Place in a glass bowl to serve.

LITTLE HOT DOGGIES

Mary L. Wakulinski

1 pkg. hot dogs (regular or cocktail size)	1 pkg. refrigerated biscuit dough
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Rinse franks (cut in 2 inch pieces if using regular size) and pat

dry with paper towel. Remove biscuit dough from carton, cut in strips. Wrap strips around dogs, spiraling from one end to the other. Place on ungreased cookie sheet and bake in 375 degree oven approximately 12 minutes or until golden brown. Supply mustard as a dip, and toothpicks for ease of handling.

DEVILED SHRIMP

Orysia Dackiw

2 lb. cooked shrimp
1 lemon, sliced
1 onion, sliced

1 c. pitted & sliced black olives
2 Tbsp. pimientos, chopped

Toss above ingredients together in a bowl. In another bowl, combine:

1/2 c. fresh lemon juice
1/4 c. oil
1 garlic clove, pressed
1/2 bay leaf (broken up)

1 Tbsp. dry mustard
1/4 tsp. cayenne pepper
freshly ground black pepper
1 tsp. salt

Mix together. Stir the marinade into shrimp mixture. Cover dish and refrigerate at least 2 hours before serving. Stir occasionally while chilling.

GREEK SPINACH PIE (low cholestrol)

Anne Choma

3 pkg. frozen spinach
1 lb. onions, chop coarsely
3/4 c. polyunsaturated oil
1/2 c. chopped parsley
1 Tbsp. dillweed
1/2 tsp. nutmeg
1/3 c. grated Parmesan cheese

salt and pepper, to taste
1/2 lb. dry skimmed milk cottage
cheese
2 egg whites, beaten until foamy
pastry for 2 double-crust pies,
OR frozen pie shells
1/4 c. polyunsaturated oil

Place frozen spinach in colander to drain (overnight would be a preferred method). Fry onions in 3/4 cup oil. Then simmer in covered pan until they become translucent. Then squeeze the spinach by hand to remove any moisture. Chop coarsely. Place in a large bowl. To this add the parsley, dill, nutmeg, Parmesan cheese, salt and pepper, and blend well.

Place 1/2 of the cooked onions and oil, and 1/2 of the cottage cheese together in a blender and puree. Pour over spinach mixture. Repeat with remaining onions and cheese. Again, add to spinach mixture. Mix well. Fold in foamy egg whites into spinach mixture gently. Sufficient for 2 pies. Fill both pie crusts, top with
(Cont.)

top crust; make several slashes in crust. Brush top of crusts with oil. Bake in 350 degree oven for 50 - 60 minutes, or until golden brown. Serve in narrow wedges.

MOCK GEFILTE FISH (Ruth's)

Millie Osenenko

1 can white tuna fish
2 eggs, beaten
1 onion, minced

2 Tbsp. matzoh meal
1 - 2 celery stalks, sliced thin
2 carrots, sliced

Chop the tuna fish fine and add beaten eggs. Blend in matzoh meal and salt and pepper, to taste. Roll this mixture into croquettes. Cut up remaining vegetables and boil in salted water.

Drop the croquettes into the boiling stock, cook for 45 minutes. Add more water if needed. Can be served warm. Ruth prefers to serve it cold. She places it in a jar and stores in the refrigerator until ready to serve.

LIVER PATE

Sylvia Klymyshyn

1/2 lb. fresh chicken livers
1/4 lb. butter or margarine
salt & pepper, to taste

1 jigger Vermouth
1 tsp. dry mustard
1 small onion, minced

Cook the chicken livers in boiling water for 15 minutes. Drain. Place all ingredients in a blender. At high speed, blend smooth, then pour into a suitable mold and chill. Unmold pate, and garnish. Serve with thinly sliced French bread or crackers.

STUFFED MUSHROOMS I

Mrs. S. Malanczuk

8 - 12 large, fresh mushrooms
1 slice white bread
2 cloves garlic, minced
1 Tbsp. parsley, chopped
salt and pepper to taste

2 eggs, beaten
1/2 c. Ricotta cheese
Parmesan or Romano cheese,
grated
olive oil

Rinse the mushrooms well. Remove stems and chop up fine. Set aside. Soak bread with a bit of milk or water and squeeze dry. Mix chopped stems, garlic, parsley, eggs, Ricotta cheese, salt and pepper together, blend well. Fill each mushroom cap. Place into a greased baking dish. Drizzle some oil over them and sprinkle with grated cheese. Bake in 400 degree oven for 20 minutes. Serve warm.

PEANUTINI (Appetizer)

Joyce MacLeod

1 c. canned chick peas, drain	dash of cayenne pepper
3 lemons, juice of	1/2 tsp. paprika
3 cloves garlic, finely chopped	1/2 c. creamy peanut butter
salt, to taste	

Place all ingredients in the blender at high speed. Add a little water if you wish a creamier consistency. Scrape down sides of blender jar with a spatula so all ingredients are creamed. Spoon into a serving bowl, sprinkle with paprika. Arrange a few whole peanuts on top in a design. Serve with crackers, as a dip - with drinks.

QUICHE LORRAINE

Denise Marusevich

6 thick bacon slices	1 Tbsp. flour
12 thin slices Swiss cheese	ground nutmeg
4 eggs, beaten lightly	ground cayenne pepper
1 c. heavy cream	freshly ground black pepper
1 c. light cream	1 (9-in.) pie shell (unbaked)

Prepare a pie shell. Mix 1 1/2 cups sifted flour, 1/2 teaspoon salt and 1/2 cup shortening together. Cut shortening in with 2 knives to resemble coarse meal. Sprinkle with 4 tablespoons ice water (1 tablespoon at a time) and blend with a fork. Wrap dough in waxed paper and chill approximately 15 - 20 minutes. Dough will keep in refrigerator 2 days if kept covered. Sufficient for a 2 crust pie, or 2 pie shells.

Cut bacon slices in half. Cut cheese slices in half. Fry bacon until crisp; drain on paper towel. Line pie plate with unbaked pie shell. Overlap bacon and cheese slices to cover bottom of pie crust. Mix eggs, cream, flour, nutmeg, cayenne pepper and black pepper together, beating well. Strain and pour over the bacon and cheese slices. Bake in 400 degree oven for 15 minutes. Reduce 325 degrees and bake 1/2 hour longer.

If you wish to prepare ahead of time; line pie plate with shell, cover with bacon and cheese slices. But, mix the custard ingredients and store in a separate bowl in the refrigerator until ready to use. Remove from refrigerator approximately 30 minutes before baking; combine and proceed as directed above.

PICKLED HERRING

Orysia Dackiw

2 Schmaltz herrings (with milt)	cold water
cleaned & salted	2 Bermuda onions, sliced

(Cont.)

1 c. vinegar
2 bay leaves

1/2 tsp. sugar
1/8 tsp. peppercorns

Soak herring in cold water a couple of hours. Changing water twice. Cut herring in serving pieces, remove milt, discard the heads and tails. Slice onions into rings. Combine remaining ingredients and bring to boil, then cool. Take the milt and mash with a spoon to a fine paste, add to cooled solution and blend thoroughly.

In a clean jar, place a layer of herring, onions, repeating until all in jar. Pour cooled solution over and refrigerate 3 or 4 days. Store in refrigerator until ready to serve.

QUICK QUICHE

Anne Choma

1 unbaked pie shell
1 can French fried onions
3 eggs, beaten slightly
1 c. milk

1/2 tsp. salt
1/2 tsp. pepper
1 c. sharp Cheddar cheese,
grated

Empty onions into pie shell. Beat eggs; add milk gradually and mix together. Season with salt and pepper. Pour mixture over onions. Sprinkle cheese on top. Bake in 425 degree oven for 15 minutes; reduce heat to 350 and bake 15 minutes more. (To change flavor of quiche, add some leftover meat, or bacon bits, or chopped and drained vegetable, etc.)

SHRIMP RELISH (Auntie's)

Daria Marusevich

1 c. minced onion
1 1/2 lb. fresh shrimp, cleaned
and cooked
1 c. chopped parsley
2/3 c. salad oil

1/3 c. vinegar
1 1/2 tsp. salt
1 clove garlic, minced
pepper, to taste

Combine onion, shrimp and parsley. In another bowl, mix oil, vinegar, salt, garlic and pepper together. Add the two mixtures together. Refrigerate at least 1 hour before serving.

SHRIMP TOAST

Tessie Pawluk

1 (8 oz.) can water chestnuts
12 slices bread, thin
1 lb. raw shrimp, chopped fine
1/4 c. onions, chopped fine
1 tsp. salt

1 tsp. sugar
1 Tbsp. cornstarch
1 egg, beaten
bread crumbs
cooking oil

Drain liquid from chestnuts and chop up fine. Clean shrimp and chop fine. Combine all ingredients except bread, egg and oil. Mix well. Beat the egg and add to mixture.

Remove crusts from bread and cut in quarters (triangles). Spread each piece with shrimp mixture, on one side of bread only, sprinkle bread crumbs on top. Heat oil in pan (1 inch deep). Place each piece of bread in the pan, mixture side down. Fry until golden brown; turn and brown other side. Remove and drain on paper towel.

May be frozen. Defrost to use and heat up in 350 degree oven for 10 - 15 minutes until hot. A delicious appetizer.

SARDINE SPREAD

Ann Kapczak

1 can sardines	2 hardcooked eggs, sieved
2 Tbsp. olive oil	2 green onions, chopped fine
1/4 lb. soft butter	juice of 1/2 lemon
1/2 lb. cream cheese	salt and pepper and paprika

Mash sardines to smooth paste. Add remaining ingredients in order given, creaming well after each addition. Season to taste. Blend to a very smooth mixture. Chill. Spread on rye bread; garnish with a contrasting color.

STUFFED CELERY RIBS

1 can sardines, skinless*	1 small onion, chopped very fine
1 Tbsp. mayonnaise	cleaned celery ribs, cut into
paprika	serving portions
1 hardboiled egg, chopped fine (optional)	

Prepare celery ribs. Set aside. Mash sardines and combine with onions and mayonnaise. Stuff celery ribs with sardine mixture. Sprinkle with a dash of paprika. Serve cold.

You can also fill celery ribs with a cheese spread, and place some of each on serving dish. * (or try a tuna mixture)

SMOKED FISH APPETIZER

Oksana Dackiw

1 small (whole) smoked white fish	1 tsp. mayonnaise
5 hardboiled eggs, chopped fine	1 small onion, grated
4 oz. whipped cream cheese	1 Tbsp. lemon juice
	freshly chopped dill

Remove fish meat and bones from the whole smoked fish, BUT leave head, tail and outer skin intact. Set aside. (Cont.)

Make sure there are no bones in fish meat, place in a bowl. Add eggs, cream cheese, mayonnaise and grated onion. Squeeze lemon juice over mixture. Add freshly chopped dill and blend together.

Spoon this mixture back into the fish shell (skin). Arrange lettuce leaves on serving platter and set stuffed fish on top; garnish with sprigs of fresh parsley. Serve with crackers.

RUMAKI

Mary L. Wakulinski

6 chicken livers, cut in half	2 Tbsp. ketchup
1 can (5 oz.) water chestnuts	1 Tbsp. vinegar
6 bacon slices, cut in half	pepper, to taste
1/4 c. soy sauce	2 garlic cloves, minced
1/4 c. salad oil	1/2 c. brown sugar, 1 tsp.

Make a slit in liver, insert a slice of chestnut. Wrap with bacon and secure with toothpick. Mix remaining ingredients (except brown sugar). Pour over rumaki and let marinate for several hours. Remove rumaki from marinade, coat with the brown sugar and broil until bacon is crisp (approximately 10 minutes). Serve hot.

SWEET & SOUR APPETIZERS

2 Tbsp. cornstarch	tiny prepared meatballs, cooked
2 Tbsp. sugar	min. or med. size shrimps,
1 pkg. chicken bouillon	peeled & cleaned & cooked
1 c. pineapple juice	1/2 lb. chicken livers, cooked
1/3 c. vinegar	& halved
2 Tbsp. soy sauce	
1 Tbsp. butter	

Combine cornstarch, sugar and bouillon and mix thoroughly. Add juice, 1/2 cup water, vinegar, soy sauce and butter. Cook and stir over medium heat until boils. Cover and simmer 5 minutes. Add meatballs, shrimps and chicken livers, heat through until all ingredients are warmed through. Keep warm and serve with cocktail picks for spearing. Yield approximately 60 appetizers.

TUNA PATE

1 (8 oz.) pkg. cream cheese, softened	1 tsp. minced onion
2 Tbsp. chili sauce	1/2 tsp. hot pepper sauce
2 Tbsp. snipped parsley, fresh	2 (7 oz.) cans tuna fish, drained

Blend cheese, chili sauce, parsley, onion and hot pepper

sauce. Stir in drained, flaked tuna fish. Beat together until well blended. Place in a greased, small bowl or mold. Chill several hours. Unmold and turn onto serving plate. Garnish with sliced stuffed olives and crackers.

BREAD & BUTTER PICKLES I

Mary L. Wakulinski

12 medium cucumbers	7 c. sugar
8 medium onions, peeled	6 c. vinegar
4 green peppers	3 Tbsp. celery seed
3/4 c. canning salt	1/4 c. white mustard seed
6 1/2 qt. water	1 tsp. turmeric

Wash cucumbers, onions and green peppers. Slice all very thin. Place in a large enamel pot and soak several hours or overnight in a solution of 6 quarts water and salt. Drain. Combine sugar, vinegar, remaining water, spices in a large kettle and bring to boil for 3 minutes. Carefully add vegetables. Boil 20 minutes in the solution until the vegetables become clear. Pack into hot, sterilized jars. Seal at once. Let cool and check seal.

BREAD & BUTTER PICKLES II

Tessie Pawluk

4 qt. sliced cukes	4 1/2 c. sugar
1 1/2 c. white onions, sliced	1 1/2 tsp. turmeric
2 cloves garlic, large	1 1/2 tsp. celery seed
1/3 c. salt	2 Tbsp. mustard seed
2 qt. crushed ice (or two ice cube trays)	3 c. white vinegar

Wash cukes well. Drain on rack. Slice unpeeled cukes into 1/8 inch slices. Discard ends. Add onions and garlic. Mix salt in thoroughly. Cover with crushed ice and let stand 3 hours. Drain thoroughly and remove garlic cloves. Combine sugar, spices and vinegar. Heat to boiling. Add drained cukes and onion slices, heat 5 minutes more. No longer. Pack hot pickles loosely into hot clean pint size jars to 1/2 inch from the top. Adjust jar lids. Process in boiling water 5 minutes. Remove jars, complete seal. Set upright to cool. Makes 7 pints.

HINTS: Do not use brass, copper, galvanized or iron utensils. Use enamel ware, stainless steel, aluminum or glass pots. Best to use canning salt (iodized salt darkens the pickles). Use a 4% or 6% acid vinegar.

40 small Kirby cukes
 6 qt. water
 1/2 c. vinegar
 1/2 c. salt

2 tsp. mustard seeds
 1/2 large bunch dill
 6 garlic cloves (cut in half)

Wash cukes in cold water and let soak 1 hour in clean cold water. Combine water, vinegar and salt in pot, bring to boil. Cool to warm. Clean 2 gallon size jar with wide tops, place 2 sprigs dill and 2 garlic cloves in the bottom of each. Add cukes (approximately 20) to gallon; add mustard seed, more garlic, and dill on top of cukes. Pour in warm brine, leave about 1 inch space from the top. Place a sheet of waxed paper on top, screw cap on tight. Will be ready to eat in 2 weeks.

PICKLED CAULIFLOWERETTES

1 large (or 2 medium) heads
 cauliflower
 water
 salt

1 c. white vinegar
 3 c. water
 1 tsp. canning salt
 1 tsp. pickling spices, mixed

Break cauliflower into florets, and rinse thoroughly. Cook in a little water with salt until almost tender. Combine remaining ingredients and boil 5 minutes. Place florets into sterilized jars, fill to within 1/2 inch from top with brine, seal while hot.

CHOW CHOW

18 green tomatoes, diced
 1 bunch celery, chopped
 8 cucumbers, diced
 5 doz. small green onions, skin
 1 lb. green string beans, chop
 fine
 1 head cauliflower, small florets

3 red peppers, chopped
 1 1/2 c. salt, canning
 2 qt. vinegar 5%
 1 c. brown sugar
 2 Tbsp. turmeric
 4 Tbsp. mustard seed
 1 Tbsp. cloves, ground
 1 Tbsp. pepper

Prepare tomatoes, celery, cucumbers, onions (remove skins and cut off tops), beans, cauliflower and peppers. Arrange in layers, sprinkling each layer with some salt. Let stand 24 hours. Drain. Combine the vinegar, sugar and spices, bring to boiling, and mixing well. Combine with vegetables and cook so they are tender, and clear. Pack into hot sterilized jars and seal immediately. Pint jars are a convenient size. Store in cool place. Yield: 6 quarts or a dozen pints.

DILLED GREEN TOMATOES

Mary L. Wakulinski

small green tomatoes, firm
green bell peppers
8 c. water
1 c. canning salt

celery ribs
garlic cloves
4 c. white vinegar, 5%
fresh dill, to taste

Use small, firm green tomatoes. (Cherry tomato is ideal.) Wash and pack into hot, sterilized canning jars. To each quart add a clove of garlic, 1 rib of celery, a green pepper cut in quarters and seeds removed. Heat water, vinegar, salt and dill in a saucepan. Bring to boil, for 5 minutes. Pour hot brine over tomatoes in jar. Seal at once. Ready in 4 - 5 weeks. Sufficient for 5 to 6 quarts.

Hint: How many tomatoes depends upon their size. If you are in doubt, place clean tomatoes into clean jars. Then you will know how many jars to sterilize. Empty the jars, rinse again and proceed to sterilize. Then proceed, as instructed above, with solution and packing.

SWEET DILL PICKLES

Kay Durowsky

3 pt. water
1 pt. vinegar
1/2 c. salt, canning
1 c. sugar

1 hot pepper (optional)
dill
garlic
cucumbers

Wash cucumbers. Pack into hot, sterilized jars. Add garlic, dill, pepper (if desired) and pour in a hot solution of water, vinegar, salt and sugar, heated to boiling. Fill to 1/2 inch from top and seal. Process in hot water bath just enough to discolor the cucumbers.

TWICE OVER DILLS

Mary L. Wakulinski

small cucumbers (prepared)
3 qt. water
1 qt. vinegar 5%
1/2 c. canning salt

pickling spices
sprigs of fresh dill
garlic cloves
hot long pepper (optional)

Clean quart size jars in hot, soapy water, rinse well. Place jars in a 150 degree oven to sterilize; do not remove until you are ready to use them. Boil jar lids 5 minutes and keep in hot water until you need them.

Pickles have been prepared ahead of time. Scrub with a brush to clean thoroughly, rinse several times until water is clear. Then they are ready - pack into heated jars (either whole, halved or
(Cont.)

sliced lengthwise). Boil your solution (vinegar, water and salt) in a stainless pot (not aluminum) 5 minutes.

Pack pickles into the heated jars. Pour the pickling solution over them and let stand 5 minutes. (You will notice the pickles discolor.) Now, pour off the solution, back into your pot, and boil up a second time. Before adding re-boiled solution, add 1 or 2 cloves of garlic, 1/2 teaspoon of pickling spices, if desired the hot pepper. (Do not remove seeds.) Pour solution in for the second time, fill to 1/2 inch from the top. Seal. Cool and store in cool place. Ready in 2 weeks.

CANNED PIMIENTOS

Rose Moskalik

1/2 peck pimientos

Boil together:

1 c. sugar
1 c. water

3 c. vinegar

Wash pimientos, cut in quarters, seed. Add to boiling solution and continue to boil until tender. Pack into hot, sterilized jars; add 1 teaspoon oil; seal immediately.

OLD FASHIONED CROCK PICKLES

20 cucumbers (depending on size) 1 c. canning salt
2 gallons boiling water 1 c. vinegar
6 cloves garlic 4 slices dark rye bread (makes pickles sour)

Wash cukes thoroughly; scrub, remove stems, cut tips off, and rinse several times. Place dill and garlic in bottom of crock, add cucumbers (cut a slit through center of each one, without cutting them in half) and submerge in solution. Place a plate on top, weight down with a container of water to keep it from floating up. Next day, place rye bread on top of cukes, and cover with plate again. Place a cloth on top and let set for 10 days or so, depending on sourness desired.

MARINATED KAPUSTA (Cabbage)

Mrs. S. Malanczuk

2 medium heads cabbage,
shredded
10 large onions, sliced

10 green (or red) peppers,
sliced
salt

3 c. white vinegar	1/2 c. sugar
2 c. water	1 tsp. pickling spices
2 c. Wesson oil (or corn oil)	1 bunch carrots, shredded

Prepare vegetables; salt and let stand overnight to marinate. Next day, boil solution combining the vinegar, water, oil, sugar, pickling spices (tied in a piece of cloth), and shredded carrots. Boil mixture 5 minutes, then pour over cabbage mixture. Boil an additional 30 minutes. Pack into clean jars and store in refrigerator. Makes approximately 4 quarts.

PICKLED BEETS

Orysia Dackiw

6 bunches beets, cooked with skins	1 Tbsp. pickling spices (in a cloth bag)
1 1/2 c. vinegar	1 bay leaf
2 1/2 c. water	12 onions, sliced, salted & set aside to marinate
1 c. sugar	
salt, to taste	

Cook beets with skins on until tender. Peel and slice. Combine vinegar, water, sugar, salt, pickling spices, bay leaf and bring to boil. Add sliced onions to liquid and boil again.

In quart jar, place sliced beets in a layer, next a layer of the sliced onions; repeat. Then pour liquid over beets, cover and seal. Place jars in warm water and process 15 minutes. Invert to cool.

GREEN PEPPER JELLY

Mary L. Wakulinski

6 large green peppers	1/2 tsp. salt
1 1/2 c. cider vinegar 5%	1 tsp. crushed red pepper
green food coloring	1 bottle pectin
6 c. sugar	

Cut peppers in pieces (remove seeds and insides). Place 1/2 of the peppers and half of the vinegar into the blender and cover, then liquefy. Pour into a saucepan. Repeat with remaining pepper and vinegar. Add red pepper, sugar and salt. Bring to boil; add pectin. Boil until thickens and coats spoon, approximately 20 minutes. Add a few drops green food coloring.

Pour into hot, sterilized jars, leaving 1/4 inch of space, seal. Makes about 4 half-pints. Delicious with meats and chicken.

Write extra recipes here:

*Soups, Salads,
Sauces & Dressings*



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

SOUPS AND SALADS

EASY BORSCH

Grandma Kozulak

2 cans beets
4 cans water
salt to taste
1 Tbsp. sugar

lemon juice
sour cream
egg (s)

Drain liquid from 2 cans of beets into a saucepan; dice the beets and set aside. Add water (2 water for 1 beet liquid). Boil the liquids only. Season with salt, sugar, fresh lemon juice, to taste. Add the diced beets and simmer 15 minutes to let flavors mingle. Set hot borsch aside while you blend: 1 cup sour cream with 1 egg, mixing well. Now, add 1 ladle of borsch to the cream mixture and blend well. Repeat again, a little at a time, until all borsch and sour cream mixture have been combined. (This method prevents curdling of the sour cream.) Take an egg beater to refine the pot of soup. If you want a sour taste, add more lemon juice; if too sour, add a little granulated sugar. Refrigerate; will keep.

BEET SOUP (Borsch)

Grandma Moskalik

4 medium beets (cooked & peeled) vinegar
2 qt. soup stock * sour cream
1 bay leaf (optional) 2 Tbsp. flour
1 Tbsp. flour water or milk
1/2 head cabbage, shredded (optional)

* Make your own stock from beef and bones. Strain stock from meat and measure.

Cook beets until tender; let cool and then peel. Slice beets and add to stock to cook a little while, add 1 bay leaf (optional). Add 1/2 small head cabbage, shredded to soup. Make a little vinegar to your taste. Take 2 tablespoons flour, a little water or milk to thin the sour cream, add to soup while it simmers. **DO NOT BOIL.** Refrigerate. Tastes better the next day.

Note: As a lenten dish, omit meat, use butter or oleo cooked with some onion, celery, parsley and dill to replace the stock. Cook the vegetable stock, strain and proceed with the rest of the ingredients.

BORSHT

Rose Moskalik

5 - 6 large beets, tops removed
 1 large onion, shredded
 10 c. water
 6 bouillon cubes

1 large potato
 8 Tbsp. lemon juice
 1 1/2 tsp. sugar
 salt & pepper, to taste
 sour cream

Wash beets and leaves. Chop leaves, shred beets, add onion and boil 20 minutes. Peel potato; cube and add to soup, boil 20 minutes longer. Add sugar and lemon juice. Chill. Adjust by adding more lemon juice for more sour, and sugar to make it sweeter, according to your taste. Store in refrigerator; will last a week. Serve with 1 tablespoon sour cream on top. Makes 3 quarts.

CORN SOUP

Mrs. S. Galan

1 doz. ears corn
 4 eggs, hardcooked
 1/2 c. butter

1 Tbsp. flour
 1 tsp. minced parsley

Grate corn off 6 ears of corn. Cover the 6 cobs with cold water and bring to boil, approximately 45 minutes. Cut corn from the remaining 6 ears and combine with grated corn. Mash the yolks and mix with flour and butter. Slowly add the water in which the cobs have been cooking until well blended. Add corn and parsley. If too thick, add a little milk to correct consistency. Bring to boiling and cook 5 minutes.

CLAM CHOWDER

Mrs. Mary Marusevich

1 doz. clams
 2 c. diced celery
 1 c. diced carrots
 1 green pepper, diced
 2 onions, chopped

1 1/2 c. diced potatoes
 1 large can tomatoes
 salt & pepper, to taste
 2 qt. water

Steam clams, and chop them medium fine; save the broth. Saute celery, carrots, green pepper and onions in butter until golden. Add tomatoes and seasoning, to taste. Add water and reserved clam broth; cook 1 hour. Last, add the diced clams and potatoes; cook another 20 minutes. Enjoy.

GERMAN VEGETABLE SOUP

Mrs. S. Galan

1 large soup bone

1 pt. tomatoes

1 pt. lima beans
1 pt. grated corn
2 c. chopped cabbage
1 large turnip, diced
1 carrot, diced

1 onion, sliced
1 tsp. flour
1/2 c. milk
salt and pepper
cold water

Wash bone thoroughly, cover with cold water and boil several hours. Skim off fat, and remove bone. Add vegetables and season to taste. Mix flour with milk and stir into soup. Cook 1 hour. Serve hot.

ITALIAN WEDDING SOUP

Mary L. Wakulinski

Prepare a pot of chicken soup or use canned chicken broth. To the soup or broth, add:

1 lb. ground round
1 egg, beaten
1/2 c. milk
1 c. fine bread crumbs

1 Tbsp. grated Romano cheese
2 Tbsp. chopped parsley
salt and pepper, to taste

Mix above ingredients into mini-meatballs. Bake in 350 degree oven 20 minutes or until browned. Set aside.

1 c. fine bread crumbs
1/2 c. grated Romano cheese
1/2 c. chopped parsley

6 - 7 medium eggs, beaten
salt and pepper
1/2 tsp. baking powder

Mix bread crumbs, parsley and baking powder together. Beat the eggs and add to cheese mixture. Season with salt and pepper. Spread mixture on a greased cookie sheet. Bake in 300 degree oven for 30 minutes. Let cool. Cut into tiny square croutons. (May be frozen.)

To your soup, add meatballs and simmer so flavors mingle. If you prepared soup from chicken, you can use cooked pieces of chicken in the broth too. When ready to serve, toss in some croutons, or serve in a small dish.

(P.S. Add some shredded escarole leaves to chicken soup.)

GARDEN FRESH POTATO SOUP

Millie Osenenko

2 c. cubed raw potatoes
1 c. chopped onions
1 c. sliced carrots
1/2 c. diced celery

1 lb. fresh peas or 1 pkg.
(10 oz.) frozen
2 qt. seasoned chicken broth, or
8 Tbsp. chicken stock base re-
constituted (Cont.)

1 tsp. salt
1/4 tsp. pepper
1/8 tsp. garlic salt

1/2 tsp. dried basil
1/8 tsp. oregano
2 Tbsp. snipped parsley

Prepare vegetables, heat broth to boiling. Add vegetables to broth, except the parsley. Season to taste. Simmer until vegetables are tender, 20 - 30 minutes. Sprinkle with parsley and serve.

SPINACH SOUP a la Betsy

Mary L. Wakulinski

1 pkg. chopped frozen spinach
1 onion
1/3 stick butter
2 Tbsp. flour

1 qt. milk
1 pkg. chicken broth or bouillon
2 tsp. grated or prepared horseradish

Cook spinach as directed on package. Saute onion in butter until golden. Add flour; then milk. Add broth and horseradish. Last add the cooked spinach. Top with a pinch of nutmeg.

BEAN SALAD SUPREME

Sophie Chmil

1 lb. can each of green beans,
kidney beans, wax beans &
chick peas (Mexican), drained
1 (10 oz.) pkg. frozen lima beans
(cooked, drained & chilled)
1 medium onion, thinly sliced
1 medium green pepper, cut
in thin strips
2 stalks celery, sliced in thin crescents

1/2 c. vinegar
1/2 c. salad oil
1/2 c. sugar
2 Tbsp. parsley
1/2 tsp. dry mustard
1 tsp. salt
1/2 tsp. basil
1/4 tsp. celery seed

Toss together all the varieties of beans together with the onions, green pepper and celery. Combine the remaining ingredients and pour over bean mixture. Chill 3 - 4 hours or overnight in the refrigerator. Pour off the marinade before serving.

CARROT SALAD

Sophie Chmil

1 bunch carrots, sliced &
cooked until tender
3 large green peppers, cooked whole

1 large onion
oil

Slice carrots and cook until soft. Cook peppers whole in boiling water 5 - 8 minutes. Remove and cut into bite size pieces, add to carrots. Take onion and fry in oil 5 minutes until soft, but not brown (must be white). Add to carrot/pepper mixture. Over the vegetables, pour 1 bottle of French Miracle dressing. Add salt and pepper, to taste; and chill.

CAESAR SALAD

Sophie Chmil

1 clove garlic	salt
1 head Romaine lettuce	coarse black pepper
1 head Iceberg lettuce	1/2 c. grated Parmesan cheese
1/2 c. Wesson oil	1 c. croutons
1 raw egg	fresh juice of 1 lemon

Mix above ingredients together; serve.

GYPSY SALAD

Mary Atton

salad greens	Swiss cheese, cut in julienne strips
cooked shrimp (bite size pieces)	
Russian dressing, very thick	

In large individual salad bowls, divide the greens, shrimp and Swiss cheese. Cover with thick dressing and toss.

GRANDMA'S COLE SLAW

1 medium head green loose head cabbage	1 Tbsp. chopped onion (optional)
1 carrot	dash pepper
1 green pepper	1 tsp. salt
	1/3 c. salad dressing (Miracle Whip)

Shred the cabbage finely. Scrape outside of carrot, then finely shred into slaw. Chop green pepper (optional), add a little onion. Season with a dash of pepper, and approximately 1 teaspoon salt. (You can always add more, but you can't remove it.) Let stand in refrigerator, then squeeze out moisture before adding the dressing. When all liquid has been removed from slaw, add in dressing, a little at a time. (Again, you can always add more if you wish.) Taste a little after each addition. When right seasoning has been reached, place in a covered dish or jar, and refrigerate. Serve cold. You might try adding 2 tablespoons sour cream, too.

SHAMROCK SALAD

2 green Bell peppers	French dressing
1 (8 oz.) pkg. cream cheese	lettuce
carrots, cleaned & cut in thin sticks	

Clean peppers, remove seeds and cut away stem. Soften cream cheese. Fill green peppers and chill several hours until

cheese is firm again. When ready to serve, arrange lettuce on serving dishes, cut slices of stuffed green pepper about 1/4 inch thick, 3 on one plate (to look like a Shamrock). Insert a couple of carrot sticks in center of each slice. Serve with dressing.

OLD FASHIONED POTATO SALAD

Rose Moskalik

3 c. sliced, cooked potatoes	2 hardboiled eggs, chopped
1 onion, chopped	cooked peas
1 tsp. salt	cooked carrot slices
dash of black pepper	3/4 c. Miracle Whip salad
1 c. finely chopped celery (opt.)	dressing

Mix potatoes, onions, salt, pepper and celery together. Blend in salad dressing. Add cooked peas and carrot slices. Chop eggs and fold in carefully. Sprinkle a bit of sugar into dressing, before adding, if desired. Add more Miracle Whip if required. Refrigerate. (Cook up fresh peas and carrot slices, or use 1 package frozen peas and carrot slices cooked.)

ZESTY POTATO SALAD

Mary Atton

5 c. cooked, sliced or diced potatoes	2 tsp. salt
1/2 c. sliced cucumbers	pepper, to taste
1 small onion, chopped	3/4 c. sour cream
1/4 c. chopped green pepper	6 hardcooked eggs
1 tsp. celery seed	1/4 c. salad dressing
	2 Tbsp. vinegar
	2 Tbsp. prepared mustard

Toss together the potatoes, onions, cukes, green pepper and seasonings. Remove yolks from eggs, chop whites and add to potatoes. Press yolks through sieve and combine with sour cream, salad dressing, vinegar and mustard. Fold dressing into potato mixture. Chill before serving.

SAUERKRAUT SALAD (Aunt Kay's)

Mary L. Wakulinski

1 pkg. sauerkraut (drained)	1 green pepper, chopped
2 celery stalks, chopped	1 medium onion, chopped

Drain juice from kraut. Chop vegetables and set aside. Boil the following together for 5 minutes.

1 c. sugar	1/2 c. salad oil
1 c. vinegar	

Cool. Pour over vegetables and let marinate.

CALIFORNIA SPINACH SALAD

Millie Osenenko

1 lb. young spinach	salt
3 Tbsp. lemon juice	1 large ripe tomato
6 Tbsp. olive oil	1 red onion
clove garlic	1 hardboiled egg, sliced
pepper	

Wash spinach leaves thoroughly in cold water. Cut off tough stems with scissors and discard. Drain spinach and tear into bite-size pieces; chill.

Mix lemon juice with olive oil; add garlic clove pressed, and freshly ground black pepper; salt to taste. Set aside.

At serving time, gently toss spinach leaves with dressing. Add 1 large ripe tomato, cut in wedges, and 1 red onion, thinly sliced. Garnish with hardboiled egg slices.

WALDORF SALAD

Millie Osenenko

1 ripe eating apple	1/4 c. mayonnaise
juice of 1 lemon	salt & pepper
1 stalk celery, chopped fine	crisp outer leaves

Wash, core and pare the apple. Cut in halves and slice the halves again. Reserve 4 slices. Cut remainder in narrow strips. All should be generously sprinkled with lemon juice to keep from darkening. Mix celery, mayonnaise and apple strips. Season with a little salt, white pepper, to taste. Arrange on lettuce and top with apple slices. (Serves 1)

FRENCH SALAD

Orysia Dackiw

2 apples (MacIntosh peeled, cored and cubed)	2 hardboiled eggs
2 small dill pickles, cubed	1 (#2) can peas & carrots, (drained)
2 celery stalks, diced fine	1/2 pt. sour cream
4 scallions, sliced thin	1 tsp. mayonnaise
1 Tbsp. sugar	1 tsp. lemon juice

Prepare apples, pickles, celery and scallions; sprinkle sugar over them and toss. Let stand while preparing dressing: Remove yolks from hardboiled eggs. Cut whites in cubes. Drain liquid from peas and carrots. Crumble the egg yolks and blend with sour cream. Add mayonnaise and lemon juice. Mix all together. Serve on a bed of lettuce.

TOMATOES VINAIGRETTE

Betsy Moskalik

4 large tomatoes, sliced	1/2 tsp. sugar
1 large onion, sliced very thin	salt and pepper, to taste
1 garlic clove, minced fine	1/2 tsp. parsley, fine
6 Tbsp. olive oil	1/2 tsp. basil
3 Tbsp. red wine vinegar	1/8 tsp. oregano

In a shallow glass dish, arrange cut tomatoes, onion slices. Mix oil, vinegar, sugar and spices together and sprinkle over the top. Place in refrigerator to marinate at least 1 hour. Serve cold.

CREAMY FRENCH DRESSING

Martha Szpaczynsky

1 tsp. salt	3 Tbsp. ketchup
2 cloves garlic	1/4 c. undiluted evaporated milk
1/2 tsp. dry mustard	1 c. Mazola oil
1 1/2 to 2 Tbsp. sugar	3 Tbsp. wine vinegar

Measure all ingredients, except vinegar, into mixing bowl. Beat with rotary beater until smooth. Add vinegar all at once and mix thoroughly. Dressing will be thick and creamy. Refrigerate at least 1 hour before using.

CUCUMBER DRESSING

Millie Osenenko

1 c. mayonnaise	1 tsp. lemon juice
1/2 c. cucumbers, cut fine	1 Tbsp. chives, cut fine

Blend ingredients together. Makes approximately 1 1/2 cups dressing. Serve with seafood cocktail, such as shrimp, crabmeat and on seafood salads.

Write extra recipe here:

Main Dishes
Meat, Fish, Poultry



Tips TO THE CARVER



- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS



- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.



MAIN DISHES--
MEAT, FISH, POULTRY

BURGUNDY BEEF

Mary L. Wakulinski

1/4 lb. salt pork, diced	1 sprig of parsley
2 lb. round, cut in 2 in. cubes	1 bay leaf
1 1/2 tsp. salt	1/2 tsp. thyme
freshly ground pepper	1 clove garlic, minced
2 Tbsp. flour	1 lb. small white onions, peeled
1 1/2 c. Burgundy wine	1/2 lb. fresh mushrooms or
1 1/2 c. water	2 small cans
1 carrot, thick slices	minced parsley

Fry salt pork until crisp; drain and save drippings. In a skillet, place cubes of round and brown on all sides. Cool slightly. Place salt, pepper and flour in a plastic bag and toss browned cubes to coat them.

Place fried pork pieces in a 2 quart casserole. Set aside. In a saucepan, combine the wine, water, carrot slices, herbs and minced garlic; bring to boil. Pour over meat. Cover and bake in 350 oven for approximately 2 hours, or until tender. Skim off any fat from the top. Peel onions and saute in a little fat. Add to meat and cook for another 1/2 hour. (If gravy is too thin, take a small amount into a cup, add a little flour and blend, then return to casserole and stir around.) Then saute mushrooms (whole or sliced) in a little butter and add to meat, cook another 10 minutes. Add the minced parsley; adjust seasonings to your taste, and serve hot.

SWEET & SOUR BRISKET

Tessie Sawka

6 lb. beef brisket, single	1 c. ketchup
2 onions, sliced	1 c. water
1 clove garlic, minced	1 Tbsp. salt
3/4 c. brown sugar	pepper, freshly ground
1/2 c. vinegar	

Place brisket in skillet and brown all sides. Add onions and garlic; brown. Then add in remaining ingredients. Simmer meat covered until tender, approximately 3 hours.

HAMBURGER UPSIDE DOWN PIE

Catherine Coronetz

2 Tbsp. butter	1 green pepper, chopped
1 lb. chopped meat	1 onion, chopped

(Cont.)

1/2 tsp. salt
1/4 tsp. pepper
1 can tomato sauce

1 Tbsp. ketchup
1/2 Tbsp. Worcestershire sauce

Saute green pepper and onion; brown meat until no longer red. Stir in the tomato sauce, ketchup, Worcestershire sauce, salt and pepper; set aside.

Prepare a cornbread or Bisquick topping, according to directions on package. Place meat in an 8-inch pan, covered with the topping. Bake in 375 degree oven for 25 minutes. Let stand 10 minutes before turning out onto serving dish.

BUSY DAY BEEFY/KRAUT DINNER

Mary L. Wakulinski

2 green peppers, chopped
1 red pepper, chopped
2 large onions, chopped
2 Tbsp. butter or sunflower oil
1 1/2 lb. ground round

1 Tbsp. sunflower oil
salt & pepper, to taste
1 lb. pkg. sauerkraut, drained
1 Tbsp. sugar
1 (15 oz.) can tomato sauce

Chop peppers and onions coarsely and brown to golden brown in butter or oil. Meanwhile in a large skillet, brown ground round, breaking up clumps, until meat is browned. When pepper/onion mixture is done, add in drained sauerkraut and continue to cook mixture until cabbage softens and browns a little. Add meat mixture and vegetables together. Add the sugar and tomato sauce. Simmer 20 minutes to let flavors mingle.

Serve with bread, on bread, over some noodles, rice, or just plain.

CHILI CON CARNE

Mary L. Wakulinski

2 Tbsp. butter or oil
4 medium onions, cut in chunks
2 large green peppers, cut in chunks
2 lb. ground round
2 cans tomato sauce
2 cans dark kidney beans, drained

2 tsp. chili powder (optional)
2 tsp. garlic salt
salt & pepper, to taste
1/2 tsp. paprika
1 can Contadina tomatoes, sliced
1 Tbsp. sugar

Melt butter, saute onions and peppers; add salt, pepper, garlic salt to taste. Set aside. Brown meat (breaking up) and cook until brown. Add onions to meat; then chili powder, and all other ingredients. Stir gently to mix; heat to bubbling and then reduce to simmer. Cover and cook 1/2 hour. Serve with saltine crackers, or on a bed of elbow macaroni.

STUFFED OVEN ROAST

3 lb. round steak, thick slice
1/2 c. boiling water
seasoned flour
1/4 c. butter

1 medium onion, chopped
1/2 c. soup stock or water
1 c. bread stuffing
1 Tbsp. flour
salt & pepper

Pound the meat with a mallet, or bottom of a heavy fry pan. Boil the vinegar and pour over the meat. Let stand a few minutes to marinate. Drain and sprinkle with flour. In a heavy pan, melt the butter and brown the meat on all sides. Add onion, stock or water. Cover and simmer approximately 2 hours. About 1/2 hour before it is time to serve, remove the roast and cut thin slices crosswise, DO NOT CUT THROUGH. Prepare your favorite bread stuffing and spread a small quantity between the partially cut through slices. Tie together and return meat to pan. Sprinkle with 1 tablespoon flour, add more stock if necessary and season to taste. Cook covered another 1/2 hour. Ready to serve.

ROULADEN

Fred Knieps

4 lb. round steak, sliced
(to serve 6 people)
salt & pepper
Accent
1/2 slice bacon for each steak

dill pickle slices (optional)
Crisco or oil
1/2 c. chopped onion
1 c. beef bouillon

Trim fat from steaks. Pound them thin. Sprinkle with salt, pepper and Accent. Place 1/2 slice of bacon lengthwise on each piece of meat. Roll up and tie with thread. (Add a slice of dill pickle to a few of the rolls, if you wish before rolling.)

Heat Crisco or oil in fry pan. Roll the roulades in flour, brown. Add 1/2 cup chopped onion to pan and brown. Put meat and onions in heavy Dutch oven, add beef bouillon and simmer 2 hours. Add more water if needed. Remove meat rolls. Make a gravy from juice in pan. Serve with noodles and red cabbage.

LONDON BROIL W/WINE SAUCE

Mary Atton

1 flank steak, large
melted butter

seasonings, to taste

Broil steak 5 minutes on each side, brush with melted butter and season to taste.

Prepare sauce:

(Cont.)

2 c. sliced mushrooms	4 whole cloves
1/4 c. butter or margarine	4 1/2 Tbsp. flour
2 Tbsp. grated onion	2 c. stock or consomme
2 Tbsp. grated carrots	3 Tbsp. red wine
1 bay leaf	

Brown the mushrooms in butter or meat drippings. Add onions, carrots, bay leaf and whole cloves. Simmer until browned. Add flour, stirring until well blended. Continue to cook over low heat and stir until the flour browns. Gradually add the stock; season to taste. Remove bay leaf and cloves; add red wine last. Serve with broiler steak.

KOREAN MEATBALLS (STEFFIE'S)

Mary L. Wakulinski

3 lb. ground round	1/2 clove garlic, minced
1/4 c. soy sauce	1/2 tsp. Accent
1 Tbsp. vegetable oil	15 whole water chestnuts, sliced
4 Tbsp. sugar	3 eggs, beaten well
2 Tbsp. chopped scallions	flour

Combine meat, soy sauce, oil, sugar, scallions, garlic and Accent; mix until well combined. Roll meat mixture into meatballs 3/4 inch in size. Place a meatball on a slice of water chestnut, dip in beaten egg and coat with flour. Fry in hot, well greased fry pan. Turn and cook until done. Drain on paper towels; serve hot.

MINI-MEATBALLS IN TOMATO GINGERSNAP SAUCE

Kaye Sereduke

2 (8 oz.) cans tomato sauce	salt, pepper & oregano to taste
2 cans water	1/4 c. brown sugar
1 onion, diced	1/2 lemon - juice of
4 - 5 garlic cloves, crushed	prepared meatballs (1 in. dia.)

Combine above ingredients. Bring to boil and then simmer. Place meatballs in the sauce and let cook 1 hour. Add juice of 1/2 a lemon and 8 or 9 gingersnaps. Stir and simmer 15 minutes more.

PARTY MEATBALLS

Marie Fedynak

1 can whole cranberry sauce (1 lb.)	1 c. bread crumbs
2 cans (8 oz.) tomato sauce	1 onion, grated
1 1/2 lb. ground beef	1/2 tsp. salt
1 egg, slightly beaten	1/8 tsp. pepper
	1/8 tsp. Accent

Empty cranberry sauce into saucepan. Add tomato sauce and

simmer until heated through. Combine meat, egg, bread crumbs, onion and seasonings and shape into small meatballs. Drop one by one into sauce. Cover and simmer until cooked. Serve with sauce in a chafing dish. Cooking time approximately 1 hour.

SWEDISH MEATBALLS

Sophie Chmil

2 lb. ground chuck	2 eggs, slightly beaten
1 c. fine bread crumbs	1 1/2 tsp. salt
1 c. milk	1/4 tsp. pepper
1 c. onions, finely chopped & sauteed	1 tsp. nutmeg
	1 can consomme
	1 can mushroom soup

Combine all of the above (except the soups) and form into meatballs. Brown on all sides. Prepare a gravy from the canned soups. Place meatballs into gravy to serve.

SWEET & SAVORY MEATBALLS

Lesia Shmorhun

1 lb. ground beef	1/2 c. canned tomatoes, drained & chopped
1/4 c. fine bread crumbs	2 Tbsp. vinegar
1/4 c. finely chopped onion	2 tsp. soy sauce
1 egg, slightly beaten	2 Tbsp. brown sugar
1 small clove garlic, minced	dash of pepper
1 Tbsp. shortening	cooked rice
1 can Golden Mushroom soup	

Mix beef, bread crumbs, onion, egg and garlic; shape into meatballs (about 16). Brown in skillet in shortening; pour off fat. Add remaining ingredients, except rice. Cover and cook over low heat 20 minutes, or until done. Stir occasionally. Serve with rice.

MEAT LOAF SURPRISE

Mary L. Wakulinski

3 lb. ground round	1 c. bread crumbs
2 chopped onions	water
salt, pepper & garlic salt to taste	2 Tbsp. parsley
1 or 2 eggs beaten with a little water	2 or 3 hard cooked eggs
	1 can tomato sauce
	6 green stuffed olives, sliced

Place ground meat in a large bowl and mix with a wire potato masher. (That way, if the phone rings or someone comes to the door, you have clean hands). Add onions, salt, pepper and garlic salt to taste. Take eggs and beat with some water to dilute; add to meat

(Cont.)

mixture. Continuing with potato masher, add bread crumbs, and more water if necessary for right consistency. Add parsley last.

With your hand and fist, knead meat down in bowl to compact into a smooth round. Split down to 2 parts. Place 1/2 of the meat into bottom of roasting pan, and work into an oval or rectangular shape. Peel shells from hard boiled eggs, then place onto meat, spacing evenly, down the center (do not slice). Then take remaining meat and place on top, patting down to seal edges and conceal the eggs inside.

Take a knife and crisscross the top. Place slices of green stuffed olives in a pattern and press in place. Spread tomato sauce over the top.

Bake uncovered in a 375 degree oven for 1 to 1 1/2 hours, longer for well done and less for medium rare inside. When you slice the meatloaf, the hard boiled egg slices are your surprise.

PEPPER STEAK

Taras Wakulinski

3 Tbsp. peanut or sunflower oil
2 1/2 to 3 lb. round steak,
cut in 3/8 in. thick slivers
2 tsp. salt
dash of pepper
3 Tbsp. garlic salt (more, if
desired)
6 medium onions, thinly
sliced
6 large green peppers, cut in
chunks

1 pkg. beef bouillon
1 pkg. chicken bouillon
1 c. water
3 heaping Tbsp. cornstarch
2 Tbsp. soy sauce
1/2 c. water
4 small tomatoes, quartered
(optional - add at the end,
if desired)
boiled rice
Chinese noodles (optional)

Heat oil in heavy skillet. Brown steak pieces and season with salt, pepper and garlic salt. Place meat in a 6 quart pressure cooker and cook only 10 minutes. Meanwhile, cook onions and green peppers, in separate pots; cook covered, until limp. Add the onions and green peppers (including the liquids they create) into the meat mixture. Dissolve the beef and chicken bouillons in a cup of water and add to meat. Keep steak and vegetable mixture on a low heat, stirring occasionally. Mix the cornstarch, soy sauce and 1/2 cup water, add to meat mixture, continue cooking and stirring until sauce thickens. (If necessary, add more cornstarch to reach desired thickness.) At this point, add the quartered tomatoes, if desired. Serve with hot boiled rice; also Chinese noodles (optional).

BARBECUED SHORT RIBS

Tessie Pawluk
Lydia Petrowsky

1 clove garlic

3 Tbsp. fat

3 lb. short ribs or beef, cut in chunks
 3 medium onions
 1 c. ketchup
 1/2 c. vinegar
 1 tsp. curry

1 tsp. chili powder
 1 Tbsp. brown sugar
 1 c. beef stock *
 1 tsp. salt
 1/8 tsp. pepper
 1/2 tsp. dry mustard

Chop garlic up finely. Heat fat in heavy skillet. Add the garlic and beef, brown well on all sides. Transfer meat and drippings to large casserole or Dutch oven. Slice up the onions and add to meat. Mix up remaining ingredients and pour over the beef. Cover tightly and bake in the oven 1 1/2 hours until meat is very tender when pierced with a fork.

* If you don't have any stock on hand, dissolve a cube of beef bouillon in a cup of boiling water. Also, you can put a cup of water into the skillet after browning the meat and use this as your stock.

SOUR CREAM SAUERBRATEN

Carol Ann Pawluk

4 - 5 lb. pot roast of beef
 1 Tbsp. salt
 1 onion, sliced
 10 peppercorns
 3 bay leaves
 3 whole cloves
 1 c. vinegar
 water

2 oz. salt pork
 2 Tbsp. cooking oil
 2 Tbsp. flour
 2 Tbsp. sugar
 6 gingersnaps, broken
 salt & pepper, to taste
 2 Tbsp. monosodium glutamate
 1/2 c. red wine
 dairy sour cream

Rub meat with salt. Put in large bowl. Combine onion, peppercorns, bay leaves, cloves, vinegar and 2 cups water, bring to boil. Cool. Pour over meat and add enough additional water to cover meat. Cover and refrigerate for 36 to 48 hours. Turn meat each morning and night.

Remove meat from marinade, setting marinade aside. Pierce meat and insert strips of salt pork. Heat oil and brown meat on all sides. Place on rack in roasting pan. Brown flour in remaining oil and add sugar, gingersnaps, salt, pepper, monosodium glutamate, and approximately 4 cups strained marinade.

Cook until smooth and creamy. Pour over meat in roasting pan. Cover and simmer 2 1/2 to 3 hours until tender. Baste frequently. Add wine 30 minutes before meat is done. Remove meat from pan. Add sour cream to gravy just before serving. Serves 6 to 8.

SLOPPY JOES

Mary L. Wakulinski

2 lb. ground round
2 large onions, chopped
1/2 jar hamburger relish
salt & pepper, to taste
garlic salt, to taste

1 green pepper, chopped coarse
1 can sliced Contadina tomatoes,
chopped up
2 cans tomato sauce
1/2 jar Marinara sauce

First, brown chopped onions and green pepper in some butter or margarine; set aside. In same pot (after removing onions and peppers), fry up the ground round until it is crumbly and cooked through. Season with salt and pepper and garlic salt, to taste. Next, add the hamburger relish and blend. Put in the chopped tomatoes, tomato sauce and marinara sauce, and let simmer until all flavors mingle.

At the end I usually put in a tablespoon of sugar to play down the tartness. Serve on hamburger buns.

You can use the above recipe, OMITTING the relish, and adding 1 can of rinsed kidney beans and chili powder, and you will have Chili Con Carne. Serve with cooked elbow macaroni, or any pasta of your choice.

EASY DOES IT OVEN STEW

Ellen Robilliard

2 lb. beef stew (cut in
1 1/2 in. cubes)
2 medium onions
3 ribs celery
4 medium carrots
1 c. tomato juice

1 Tbsp. sugar
1 Tbsp. salt
1/4 tsp. pepper
1/2 tsp. basil
1/3 c. quick-cooked tapioca
5 medium potatoes

Place cubed beef for stew in large casserole (2 1/2 quart) and add peeled onions which are cut into eighths, coarsely cut celery, and quartered carrots. In a small bowl, combine tomato juice, sugar, salt, pepper, basil and tapioca; pour over the meat and vegetables. Place cover on casserole in a moderately slow 300 degree oven for 2 - 2 1/2 hours. Peel potatoes, cut in 1/4 inch slices and stir into the stew. Continue to bake 1 hour, uncovered, or until all is tender.

BEEF STROGANOFF

Carol Ann Pawluk

2 lb. fillet of beef
6 Tbsp. butter or margarine
1 c. chopped onions
1 clove garlic, finely chopped
1/2 lb. fresh mushrooms, sliced
1/4 in. thick

3 Tbsp. flour
2 tsp. meat extract paste
1 Tbsp. catsup
1/2 tsp. salt
1/8 tsp. pepper

1 can (10 1/2 oz.) beef bouillon	1 1/2 c. sour cream
1/4 c. dry white wine	fresh dill or parsley, snipped
1 Tbsp. snipped fresh dill, or	
1/4 tsp. dried dill weed	

Trim fat from beef. Cut fillet crosswise into 1/2 inch thick slices. Cut each slice again, across grain, into 1/2 inch wide strips. Slowly heat large heavy skillet. Melt 2 tablespoons butter. Add just enough beef to cover bottom of pan. On high heat, sear on all sides. (Meat should be brown on outside and rare inside.) As beef browns, remove with tongs and set aside. In remaining butter, saute your onions, garlic and mushrooms about 5 minutes. Remove from heat. Add flour, meat extract, paste, catsup, salt and pepper, stir until smooth. Gradually add bouillon. Bring to a boil, stirring. Reduce heat and simmer 5 minutes. Then, over low heat, add wine, snipped dill and sour cream, stirring until completely blended together. Add the browned beef. Simmer until sauce and beef are hot. Serve with rice. Garnish with 2 tablespoons dill or parsley.

BEEF STROGANOFF

Jean Kluba

1 lb. round steak or chuck beef, cut in cubes	1 c. sour cream
flour	1 can tomato soup
2 Tbsp. fat	1 Tbsp. Worcestershire sauce
1/2 c. onions	6 - 8 drops Tabasco sauce
1 clove garlic, minced	1/2 tsp. salt
1 (6 oz.) can broiled mushrooms, quartered, B & B (3/4 c.)	dash pepper
	spaghetti, rice or noodles sprinkled with Parmesan cheese

Coat meat with flour, brown in hot fat. Add onions, garlic and mushrooms. Combine sour cream, tomato soup and seasonings and pour over meat. Simmer until tender, approximately 1 hour.

BARBECUED SPARE RIBS

Millie Osenenko

3 - 4 lb. pork spare ribs	1 tsp. chili powder
1 lemon, sliced	1 tsp. salt
1 large onion, sliced	3 drops Tabasco
1 c. catsup	1 1/2 c. water
1/3 c. Worcestershire sauce	

Have spare ribs cut into 3 rib sections. Place meaty side up in shallow roasting pan. Top each section with an onion slice and a

lemon slice. Bake in a hot 450 degree oven for approximately 30 minutes. Combine remaining ingredients in a saucepan and heat to boiling point. Reduce heat in oven to 350 degrees and continue baking until ribs are tender, approximately 1 hour. Baste ribs with sauce every 15 minutes, adding more water if sauce becomes too thick. Serves 4 - 6.

SPARERIBS W/KRAUT

3 lb. spare ribs, country style	1 Tbsp. garlic salt
1 tsp. salt	(optional) 1/2 tsp. caraway seed
1 medium onion, chopped	2 tsp. sugar
1 c. boiling water	salt & pepper
1 qt. sauerkraut	paprika

Cut ribs in serving pieces. Brown in pan or under broiler. Place in large pan, add salt and pepper, onion and water; cover and simmer 1 1/2 hours until tender. Rinse kraut to remove some saltiness. Add to meat after draining away juices. Mix in spices and cook uncovered for 30 minutes or until tender.

BAKED HAM

1/2 smoked, semi-boned ham	juice of 3 lemons *
1/2 c. dark brown sugar	whole cloves

Score the fat side of ham diagonally. Place a whole clove in each or several of the squares. Bake fat side up 1 hour at 325 degrees. Remove from oven, squeeze juice over top, sprinkle with brown sugar. Return to oven and bake 20 - 30 minutes more.

* substitute orange juice or pineapple juice instead of lemon for a different flavor.

HOT DOG ON A STICK

1 c. flour	2 Tbsp. cornmeal
1 1/2 tsp. baking powder	1 egg, beaten
1/2 tsp. salt	3 - 4 c. milk

Mix above ingredients until you get a thick batter. Dip hot dogs in batter, fry in deep fat until brown. Serve on a stick.

SAUERKRAUT BEGOS

Anna Szczerba

4 lb. sauerkraut	1/2 lb. ham
1/2 lb. kovbasa (Ukrainian sausage)	2 basil leaves

dash of pepper	4 large onions, chopped
1/2 lb. roast beef	1 tsp. salt
1/2 lb. margarine	4 cubes beef broth bouillon

Wash sauerkraut; drain. Brown onion in margarine. Add onions and remaining ingredients to sauerkraut together with 1/2 cup water. Bake in 350 degree oven 1 to 1 1/2 hours. You can also cook on top of stove, mixing occasionally, and cool until done.

PORK CHOPS CACCIATORE Lydia Petrowsky

6 loin pork chops	1 envelope spaghetti sauce mix
1 large onion, sliced	2 cans tomatoes 1 lb. ea.
2 Tbsp. brown sugar	

Brown chops in large skillet. Arrange in a shallow baking dish. Top with onions and brown sugar. Add sauce mix and tomatoes into pan drippings, bring to boil; spoon around chops. Cover and bake in 350 degree oven 1 hour. Uncover and bake 15 minutes more, or until chops are tender.

HAM & CORN CASSEROLE Mary L. Wakulinski

1 can whole kernel corn, drain	2 c. cooked ham, cubed
1/2 c. celery, diced fine	1 c. crushed potato chips
2 Tbsp. chopped onion	White Sauce

Prepare a white sauce (see index for recipe). Grease a 1 1/2 quart casserole. Arrange ingredients in layers - ham and corn, then the vegetables. Cover with sauce. Sprinkle with crushed potato chips. Bake in preheated 350 oven for 1/2 hour.

STUFFED PORK CHOPS - Plain & Fancy Mary L. Wakulinski

6 double rib pork chops, with a pocket	1 c. bread stuffing mix
2 Tbsp. butter or margarine	1/2 tsp. oregano (optional)
1/2 c. chopped onion	2 cans (8 oz.) tomato sauce (optional)
1/2 c. water	slices Mozzarella cheese (optional)
2 Tbsp. butter or margarine	

Preheat oven to 350 degrees. Trim fat from chops, wash, pat dry; brown lightly in some butter. Set aside. Sauté onions until light brown. Add water and stir in stuffing mix. If desired, sprinkle with oregano. Take browned chops and
(Cont.)

stuff pockets, fasten with toothpicks and place in a shallow roasting pan. If desired, add tomato sauce and top with slices of Mozzarella cheese.

Bake stuffed chops whichever style you choose, plain or fancy, until pork chops are tender and cheese melts, approximately 25 - 30 minutes.

STUFFED PORK LOIN A LA FRED

1 boned pork loin roast	salt, pepper and garlic salt,
1 1/2 lb. fresh kovbasa (Ukr. sausage). approx.	to taste paprika

Place boned roast on a board. Lay the fresh kovbasa in the center of roast, the long way. Roll the pork around it and tie the roast up with heavy string. Sprinkle with seasonings and roast in oven (see roasting chart for length of time). Bake in slow oven so pork and kovbasa will be well done.

STUFFED PORK TENDERLOIN

2 pork tenderloins (equal sizes)	bread stuffing mix
melted butter	salt and pepper, to taste

Trim fat from tenderloins; split lengthwise, without cutting through. Open each and flatten. Brush with melted butter, season with salt and pepper. Spread one of the tenderloins with your favorite bread stuffing. Top with the remaining flattened tenderloin; tie together with string in a couple of places. Place in roasting pan, brush rolled tenderloin with some melted butter, cook in 350 degree oven until tender (allow 30 minutes per pound). Remove from oven and keep warm while you prepare a gravy from drippings in roasting pan.

SAUSAGE & PEPPERS

2 1/2 to 3 lb. sweet sausage	2 Tbsp. olive oil
10 green bell or Italian sweet peppers, chopped	1 can sliced tomatoes
5 large onions, sliced	salt & pepper

Cook sausage in skillet with a little water, covered, until no longer pink, remove from pan and slice, set aside.

Fry peppers and onions in oil until golden brown. Add sausage to brown. Last add tomatoes and season. Cook another 10 minutes. Serve hot.

VEAL PARMIGIANA

Anne Marusevich

3 cloves garlic, minced fine	1 (8 oz.) can tomato sauce
1 large onion, minced	1 small can tomato paste
3 Tbsp. olive or salad oil	1/4 tsp. dried basil
1 1/2 tsp. salt	1/4 tsp. dried oregano

In a large saucepan, saute garlic and onion until tender. Add the tomatoes, salt and pepper, breaking tomatoes up with your spoon. Simmer uncovered 10 - 15 minutes. Then add sauce, paste and spices. Simmer 20 minutes.

While sauce is cooking, work with the following:

1 to 1 1/2 lb. veal cutlet (cut very thin)(8-12 slices)	1/4 tsp. thyme
1 egg	1/4 c. Parmesan cheese, grated
1 c. soft bread crumbs	3 Tbsp. oil or salad oil

Combine crumbs with thyme and Parmesan cheese. Dip veal in beaten egg, then in crumbs. Saute 3 or 4 pieces at a time until light brown on both sides. Place in a 12 x 8 x 2 inch pan side by side. Add tomato sauce (make sure it gets between slices).

1/2 lb. Mozzarella cheese	1/4 c. grated Parmesan cheese
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Slice cheese and place several slices over the top and also between the cutlets, add Parmesan. Bake in 350 degree oven for 30 - 45 minutes.

Note: If sauce is too thick when you are ready to use it, add 1/2 to 1 cup water to get proper consistency.

VEAL & PORK KABOBS (City Chicken)

Irene Mamus

1 1/2 lb. trimmed pork butt	salt & pepper to taste
1 1/2 lb. veal round or shoulder steak	1 egg, beaten & diluted with 1 tsp. water
12 wooden skewers	1 c. fine bread crumbs garlic powder (optional)

Cut the pork and veal separately, in 1 inch cubes, and then slice cubes in half. Season to taste. Arrange on wooden skewers, alternating pork and veal. Coat in flour, egg and bread crumbs. Fry in oil, on all sides. Place in shallow baking pan. Bake in 350 degree oven for 1/2 hour covered with foil. Uncover and bake 10 minutes longer.

Note: Wooden skewers with sharp points can be purchased in any hobby shop. DO NOT reuse skewers.

VEAL OR PORK CHOPS IN TOMATO/ORANGE SAUCE

Mary Atton

1 Tbsp. fat) combine	salt
8 pork or veal chops		pepper
1/2 c. bread crumbs)		paprika
1/4 c. flour		sage
		pinch of thyme

Heat a heavy skillet. Add 1 tablespoon fat. Dredge chops seasoned with pepper, salt and paprika in the crumb and flour mixture. Brown chops quickly on both sides and remove to a shallow baking dish. Prepare sauce:

2 c. tomato sauce	1 Tbsp. brown sugar
1 c. orange juice	2 Tbsp. honey

Combine above ingredients. Bring to a simmering point. Spoon 1 1/2 cups sauce over chops and bake for 1 1/2 hours at 350 degrees. Serve baked chops in an oval dish, surrounded by a ring of rice. Spoon remainder of the sauce over the chops; or serve separately in a sauce boat.

SHISH KABOB

Irma Artim

1 boned spring lamb, cut in cubes	3 tsp. wine
1/2 can tomato paste	3 sliced onions
3 tsp. olive oil	salt, pepper and oregano, to taste

Mix all ingredients and marinate the lamb at least 2 hours, or overnight. Thread skewers with cubes of lamb and barbecue until done. You may also cook this indoors under the broiler.

BAKED STRIPED BASS W/TOMATO SAUCE

Martha Szpaczynsky

Sauce:

1/2 c. onions	pinch of: thyme, salt &
3 cloves garlic	pepper
4 c. peeled tomatoes	

Cook uncovered until thick and soft. Add:

1 c. anchovies

Fish: Take a striped bass approximately 2 1/2 pounds cleaned, but with head and tail left on. Sprinkle both sides and inside of fish with olive oil. Sprinkle salt, pepper, thyme and 2 crushed bay leaves inside the fish. Wrap in freezer wrap, make certain there is enough oil on the fish so it won't stick when cooked.

Sprinkle oil on baking pan and place wrapped fish on it. Bake in 450 degree oven for 20 - 25 minutes. Serve with rice and tomato sauce.

FISH FILLETS

Kaye Sereduke

1 lb. haddock fillets
1 lemon

3/4 c. flour (3 oz.)
3 Tbsp. shredded coconut (opt.)

Prepare batter:

3/8 c. chicken bouillon
1/4 oz. yeast
1 egg white

1 Tbsp. olive oil
3/8 c. beer
1 c. flour

Place flour in a bowl; sprinkle in the yeast. Moisten with beer. Stir in the oil and chicken bouillon and let mixture stand for 4 hours. Then add beaten egg white to the risen batter. If too stiff, add a little extra flat beer.

Squeeze the juice of a lemon and pour over fish fillets; let soak 1/2 hour. Dry the fish with a paper towel. Coat fish fillets with flour seasoned with salt and pepper (add coconut to your batter, if desired). Dip the fish into the batter. Place in hot oil for approximately 5 minutes, or until golden brown. Drain on paper towels.

Note: Use fingers when dipping fish into batter.

FISH CASSEROLE

Anne Marusevich

2 egg yolks, beaten
1 1/2 c. hot, thick white sauce
4 tsp. Worcestershire sauce
1/2 tsp. dry mustard

2 tsp. minced parsley (fresh preferred)
1 1/2 to 2 c. cooked, flaked fish fillets
bread crumbs, buttered

Beat the yolks, gradually add in the white sauce. Blend in the Worcestershire sauce, mustard and parsley, mix thoroughly. Add in flaked fish. Pour into a buttered casserole and top with buttered bread crumbs. Sprinkle some grated Parmesan cheese over the top.

Bake in a preheated 400 degree oven about 15 - 20 minutes until bubbly and a crust forms on the top. Serve with rice.

FISH 'N CHIPS

Daria Marusevich

1 c. flour
1 egg yolk
2 Tbsp. beer
1/4 tsp. salt

3 Tbsp. milk, combined with
3 Tbsp. cold water
1 egg white, beaten stiff

Pour flour into a bowl, make a well in the center, add in beaten egg yolk, beer and salt. Stir together until blended, gradually add the milk/water mixture. Fold in beaten whites, let stand at room temperature at least 1/2 hour.

2 lb. fish fillets (cut into 3 x 5 in. pieces)

Dip fish into batter and deep fry until golden brown, on both sides. Serve with homemade French fries.

CRISPY FISH FILLETS

Orysia Dackiw.

1/4 c. margarine, melted
1/4 tsp. paprika
1/4 tsp. salt

1/2 c. saltine crackers, crushed
1/2 c. crushed potato chips
4 fish fillets (approx. 1 lb.)

Combine margarine, paprika and salt in a bowl. Place cracker and potato chip crumbs onto waxed paper. Dip fillets in margarine mixture and then in crumbs; coat well. Bake in 350 degree oven for 10 minutes. Then broil, 5 inches from broiler, 6 - 8 minutes on each side, until fish flakes with a fork. Serve with lemon wedges.

TUNA CASSEROLE

Betsy Moskalik

1/2 lb. cooked broad noodles
1 pkg. frozen peas
1 can (small) tuna fish
1/2 tsp. salt

1 can cream of mushroom soup
1/2 c. milk
2 Tbsp. melted margarine
1 c. crushed potato chips
(optional)

Mix all ingredients, except potato chips. Pour into greased 2 quart casserole. Sprinkle top with crushed potato chips; bake in 375 degree oven for 40 - 45 minutes.

GREEN PEPPER/CRABMEAT SURPRISE

Helen Savitsky

4 green peppers, halved
water

salt
1/2 c. chopped celery

1 large onion, minced
1 c. stuffing mix
1/2 c. water

1 c. crabmeat
butter or margarine
1 (6 oz.) can tomato sauce

Cut peppers in half, remove stems and seeds. Cook 5 minutes in boiling salted water; drain. Saute celery and onions in butter until golden. Add stuffing mix, water and crabmeat, mix together.

Fill pepper halves with mixture. Place in greased shallow baking dish and bake in 350 degree oven for 30 minutes approximately. Heat sauce just to boiling point. Serve separately to pour over peppers.

BAKED FLOUNDER FILLETS

Orysia Dackiw

4 large flounder fillets
bread crumbs
1 egg, beaten

2 sliced onions
2 Tbsp. butter or margarine

Rinse fish and pat dry. Dip in beaten egg, then bread crumbs. Fry very lightly, just so coating sticks to fish fillets. Transfer fillets to baking dish. Combine:

1 small jar Marinara sauce
1 can tomato sauce
1 tsp. sugar

1/4 tsp. garlic powder (optional)
1 bay leaf

Fry onions in butter until lightly browned. Add sauces, sugar, garlic powder and bay leaf to onions. Simmer 5 minutes. Pour sauce over the fish fillets; bake in 350 degree oven 15 minutes. Serve warm. (Also delicious cold snack.)

LEMON SOLE

Martha Szpaczynsky

2 lb. filets of lemon sole
1 egg, beaten with a little milk

salt & pepper

Dip fish in beaten egg, and then coat both sides with flour. Fry in a pan with a little Crisco oil, approximately 4 minutes on each side. Place fish in a baking pan, dot with butter, and bake at 400 degrees for 10 minutes.

Serve with lemon juice sprinkled on top.

BUTTERFLY SHRIMP A LA GRAHAM

24 raw jumbo shrimps
6 strips bacon

4 tsp. canned tomato sauce
5 tsp. wine vinegar

(Cont.)

2 Tbsp. sugar
salt
2 drops red food coloring
2 drops yellow food coloring

1 Tbsp. cornstarch
salad oil for deep frying
2 eggs
1/2 c. flour

Shell shrimp, leaving tail and last segment intact; cut along back and devein.

Cut bacon strips into quarters and place on shrimp. Dredge in slightly beaten eggs to which some salt has been added and then into flour. Fry until done. Serve with sweet and sour sauce.

Combine 3/4 cup cold water, tomato sauce, wine vinegar, sugar, 1/2 teaspoon salt and bring to boil. Stir in 1/4 cup cold water into cornstarch and slowly stir into sauce mixture until it thickens. Add food coloring.

TUNA A LA KING

3 Tbsp. butter
3 Tbsp. flour
2 c. milk
1 can tuna fish
1/2 c. cooked peas, or a small
can peas & carrots

3 Tbsp. sliced, stuffed olives
1 Tbsp. chopped green peppers
(optional)
1 tsp. Worcestershire sauce
(optional)
paprika, salt to taste

Melt butter; stir in flour and blend until smooth. Add milk gradually and stir until it thickens. Boil 1 minute. Reduce heat. Add remaining ingredients, season and serve on either toast, noodles or rice.

SHRIMP TARRAGON W/PIMIENTO RICE Julie Bilenky (Florida)

2 Tbsp. butter or margarine,
melted
3 Tbsp. flour
1 can cream of shrimp soup OR
cream of celery condensed
1/2 c. chicken broth
1/4 c. sauterne

4 tsp. lemon juice
1/2 tsp. seasoned pepper
1/2 tsp. salt
1/2 tsp. onion powder
1/4 tsp. tarragon
*1 lb. shrimp, peeled & de-
veined, raw
Pimiento Rice

Blend butter and flour into smooth paste. Slowly add soup, broth, sauterne, lemon juice and seasonings. Cook, stirring constantly until thickens. Add shrimp and cook 5 - 10 minutes more. Serve over pimiento rice. Sprinkle with fresh parsley.

* (or substitute 2 to 3 cups cooked crabmeat or lobster)

Combine:

1 c. chopped onions
2 Tbsp. butter or margarine

3 c. cooked rice
1/4 c. diced pimientos

Saute onions in butter until tender. Add rice and pimientos and cook until mixture is thoroughly heated together.

SHRIMP CASSEROLE

Mary L. Wakulinski

1 c. canned shrimp, drained
(4 1/2 oz. can)
1 pkg. frozen green beans,
French style (10 oz.)
1 can cream of mushroom soup

2 Tbsp. parsley flakes
1 tsp. lemon juice
1/2 c. shredded cheese
(American)
paprika

Cook beans; drain. Place in 1 quart baking dish. Drain canned shrimp and rinse well. Add to beans. Place soup, parsley, juice in a small bowl, blend then pour over shrimp. Bake covered in 350 degree oven 15 minutes. Remove cover, sprinkle with cheese and a bit of paprika, bake 10 minutes more, or until cheese melts. Serve hot.

CHICKEN BREASTS IN WINE

Sophie Chmil

8 whole chicken breasts
(boned & skinned)
1 c. butter or margarine
1/4 c. cognac
1 1/4 lb. small fresh mushrooms
1 1/4 lb. small white onions
(or use jars of onions)
3/4 tsp. salt

1/2 tsp. pepper
2 bay leaves
1/8 tsp. dried thyme leaves
1 1/4 c. sauterne (dry)
1 1/2 c. (12 1/2 oz. size)
chicken broth, undiluted
1/4 c. cornstarch
1 c. heavy cream

Cut chicken breasts in half. Heat 3/4 cup butter in a large skillet. Fry chicken, a few pieces at a time, 5 minutes on each side. Remove and set aside until all chicken is browned. Return to skillet. Warm cognac in a small saucepan. Sprinkle over the chicken and ignite.

Heat remaining butter in 5 quart Dutch oven. Saute the mushrooms and onions about 10 minutes, stirring several times. Add chicken, salt, pepper, bay leaves, thyme, 3/4 cup sauterne and chicken broth. Cover and let simmer over low heat 20 minutes until the chicken is tender. (This can be done a day ahead and refrigerated. The next day, reheat before proceeding.)

In a small bowl, make smooth paste of cornstarch and remaining sauterne. Gradually add to chicken; simmer while stirring 5 minutes. Stir in heavy cream, simmer covered 10 minutes. Remove

(Cont.)

bay leaves. Serve in chafing dish. Accompany with rice.

CHICKEN CASSEROLE

Irma Artim

2 chicken breasts, deboned, cut in thin slices	6 strips Muenster cheese
1/4 c. butter or margarine	1/4 c. chicken broth (Herbox bouillon cube)
1 c. fine bread crumbs	1/4 c. white wine
4 beaten eggs	1 lemon (optional)
1 c. sliced mushrooms	

Season chicken with salt, pepper and garlic powder or garlic salt.

Marinate sliced chicken in beaten eggs, lemon juice for 1 hour. Roll in bread crumbs. Brown in butter or margarine. Place browned chicken in casserole. Saute mushrooms in pan drippings. Mix chicken broth, white wine and drippings in skillet. Pour mix over chicken. Top with slices of Muenster cheese. Bake in 350 degree oven for 30 minutes. Serves 4.

EASY ROAST CHICKEN

Mary L. Wakulinski

1 roasting chicken, cleaned & salted	1 whole onion, skinned
lemon juice	paprika
salt & pepper	1/4 c. melted butter or oil
garlic salt	

Wash chicken thoroughly inside and out, pat dry. Salt inside and let sit 15 minutes, then drain. Peel a large onion and place inside chicken cavity. Baste outside of chicken with melted butter or oil. Sprinkle inside and out with salt, pepper and garlic salt, to taste. Squeeze and drizzle lemon juice all over chicken. Sprinkle lightly with paprika and roast in 350 degree oven for 1 to 1 1/2 hours, depending on size. Test drumstick, if moves easily it is done.

Chicken will be moist, tender and not require basting. If you like, try lime juice instead of lemon for a different flavor.

OUR FAVORITE CHICKEN (Canada)

Connie Ritchuk

1 (3 - 4 lb.) broiler, cut into serving pieces. Season with salt and pepper, and set aside while you prepare sauce.

3 cloves garlic	1 c. ketchup
1 large onion, minced	2 Tbsp. Worcestershire sauce

1 tsp. Accent
1/4 c. vinegar
1/4 c. sugar

1/3 c. water
1/2 tsp. savory, tarragon or
basil

Blend sauce ingredients to a smooth sauce in a blender. Brown chicken pieces in butter, oil or shortening. Place skin side up in baking dish.

Drain fry pan, leaving a little fat on bottom. Add sauce and bring to boil. (It should be liquidy, but not watery.) Pour sauce over chicken pieces. Bake in foil covered pan for 45 minutes in a 350 degree oven. Then uncover and bake 15 minutes longer. Finger lickin' good.

CHICKEN FLORENTINE

Helen Savitsky

2 (10 oz.) pkg. chopped spinach
2 large onions, chopped
1 c. Parmesan cheese, freshly
grated
1 1/2 c. Ricotta cheese

4 eggs, beaten with salt, pepper
& 1/2 tsp. nutmeg
3 c. cooked chicken (cut into
small pieces)
bread crumbs

Preheat oven to 400 degrees. Cook spinach, drain in colander or sieve. Saute onions in butter until light brown. Squeeze spinach and mix with onions, cheeses and egg mixture. Butter a casserole dish. Place 1/2 spinach mixture in casserole, add chicken pieces, sprinkle with salt and pepper, add remaining spinach mixture. Cover casserole with bread crumb topping, dot with butter and bake 25 - 30 minutes until eggs have set and top is browned.

Prepare a day in advance and reheat in oven to serve hot or serve at room temperature.

CHICKEN MARSALA

Phyllis Barnych

2 lb. chicken cutlets
1/2 c. beef bouillon
1/2 c. Marsala wine

1/2 lb. fresh mushrooms or
canned
1/2 c. margarine
salt & pepper, to taste

Lightly flour cutlets. Salt and pepper each piece. Quickly brown in large skillet with some margarine. Add mushrooms and saute until lightly browned. Add bouillon and wine. Cover and let simmer 15 minutes.

GLAZED ROAST CHICKEN

1 roasting chicken, cleaned thoroughly & salted

(Cont.)

melted butter or margarine
1/2 c. sherry
1/2 c. dark corn syrup
1/2 tsp. salt
1/4 tsp. garlic salt

2 Tbsp. butter or margarine,
melted
2 Tbsp. minced onion
1 1/2 Tbsp. cornstarch or
arrowroot powder
3/4 c. water

Clean chicken well and salt inside, set aside. Prepare glaze: Mix sherry, corn syrup, butter or margarine, onion, salt, pepper and garlic salt together.

Tie chicken together; brush skin with melted butter or margarine. Place in shallow roasting pan, breast side up. Roast in 325 degree oven for approximately 1 1/2 hours (depending on size), until chicken tests done at the leg. During last 30 minutes of roasting time, start to baste your chicken with the prepared glaze. Blend cornstarch with water. Remove any chicken drippings from pan and add to cornstarch mixture. Cook in a saucepan over medium heat until it thickens, then boil 2 minutes. Serve gravy with chicken.

CHICKEN KIEV

Carol Ann Pawluk

4 chicken breasts
1/2 lb. butter
2 Tbsp. chopped chives
2 Tbsp. chopped parsley
1 clove garlic, minced

1/2 tsp. salt
1/4 tsp. white pepper
flour
beaten egg
bread crumbs

Preheat deep fat fryer to 325 degrees. Chicken breasts should be boned and skinned. Cut each breast in half and pound to a 1/4 inch thickness. Form the butter into 8 balls. Roll the butter balls in a mixture of chives, parsley, garlic, salt and pepper. Place 1 seasoned butter ball in the center of each breast half and roll so that the butter is completely enclosed. Secure with toothpicks, if necessary. Dust with flour. Brush with beaten egg. Roll in bread crumbs. Fry in deep fat until golden brown, about 5 - 7 minutes.

CHICKEN PARMIGIANA

Anna Lipinski

chicken cutlets
salt, pepper, onion powder,
garlic
Marinara sauce

Mozzarella cheese
1 egg
bread crumbs

Sprinkle seasonings over cutlets, refrigerate 2 - 3 hours. Beat the egg; dip cutlets into the beaten egg, and then dip into bread crumbs. Brown cutlets on either side. Place in a 13 x 9 x 2 inch

pan. Pour Ragu marinara sauce over them; place shredded or sliced Mozzarella on each cutlet. Sprinkle with oregano (optional). Cover with aluminum foil and bake 1 to 1 1/2 hours at 350 degrees. Serve with spaghetti and a salad.

CHICKEN PARMESAN

Phyllis Barnych

chicken cutlets	bread crumbs (seasoned)
oil	salt & pepper
1 large can tomatoes	oregano
Parmesan cheese	water
Mozzarella (large) frozen	

Dip cutlets in oil, then bread crumbs. Arrange in flat pan coated with some oil. Pour canned tomatoes on top of cutlets. Sprinkle with Parmesan cheese, salt and pepper, and oregano (optional). Grate Mozzarella cheese with a grater and sprinkle over cutlets. Bake in 350 degree oven 40 - 45 minutes. Add water as needed to keep it moist and juicy.

SMOTHERED CHICKEN

Tessie Sawka

3 broiler-fryers, 2 lb. each, split	1/4 tsp. pepper
2/3 c. flour	6 Tbsp. butter or margarine
2 tsp. salt	1 medium onion, chopped
	2 1/2 c. water

Wash chicken halves, pat dry. Shake with mixture of 1/3 cup flour, 1 1/2 teaspoons salt and the pepper in a paper bag to coat evenly. Brown pieces, a few at a time, in butter or margarine, in a large fry pan. Transfer to roasting pan. Place in a single layer. Saute onion until soft in drippings in fry pan; stir in 1 1/2 cups water and remaining 1/2 teaspoon salt. Stir constantly while heating to boiling point. Pour over chicken, cover. Bake in 350 degree oven 1 hour, or until chicken is tender. Remove to heated serving platter and keep warm while making gravy.

Blend remaining 1/3 cup flour and 1 cup water until smooth in a 2 cup measure. Heat liquid in roasting pan to boiling, slowly stir in flour mixture. Stir constantly as it cooks until gravy thickens and boils, approximately 1 minute. Serve gravy separately. Serves 6.

CHICKEN & SOUR CREAM

Mary Atton

1 cut-up fryer	salt, pepper, paprika, garlic powder
1 medium onion, chopped	
1 pt. sour cream	

(Cont.)

Brown chicken pieces quickly in Dutch oven. Brown chopped onion lightly in the same pot. Cover and let simmer in own juices over low flame. Add enough water after onions brown lightly so they won't burn, and simmer approximately 30 minutes. After chicken is tender, remove pot from the stove and beat in the sour cream slowly so it won't curdle. Replace on stove and reheat slowly and let simmer for a few minutes more so chicken can absorb the delicious sour cream gravy. (Try dipping your rye bread in it.)

BARBARA'S CHICKEN

Patty Affrunti

8 chicken cutlets	bread crumbs
8 slices Swiss cheese	salt & pepper, to taste
8 slices Deli ham	1 tsp. chopped parsley
1 beaten egg	oil
	toothpicks

Rinse cutlets and pat dry. Dip in egg, then crumbs. Place breaded chicken on a board. Top with a slice of cheese and a slice of ham. Add salt and pepper, parsley. Then roll up tight and fasten with toothpicks. Fry in deep oil approximately 20 minutes. Remove to serving platter and pour some White Sauce over them. Serve remaining sauce in a gravy boat to accompany chicken. Place a sprig of parsley on top to garnish. Serve hot.

STUFFED CHICKEN BREASTS

Mary L. Wakulinski

2 chicken breasts, split & boned	1/4 tsp. pepper
2 c. bread stuffing	1/4 tsp. garlic powder
2 Tbsp. butter or margarine, melted	1/4 tsp. paprika
1/2 tsp. salt	1 can cream of mushroom soup
	1/2 c. sauterne (optional)

Prepare stuffing. Generously butter an 8 x 8 x 2 baking dish. Divide stuffing into 4 equal mounds in the dish. Top each mound with a half chicken breast, tucking neatly around stuffing to cover completely. Brush with butter or margarine, sprinkle with seasonings. Bake in 350 degree oven 1 hour or until golden brown. Combine soup and wine in small saucepan, heat slowly and stirring constantly until bubbly, pour over chicken and serve.

POLLO CON ARROZ (Chicken with Rice)

Mary Atton

1 young chicken, cut in 1/8ths	1 c. rice
2 Tbsp. fat	1 tsp. salt

1/2 tsp. pepper
1 onion, chopped
1 green chili pepper, chopped

1 large tomato, cut up OR
1/2 c. canned tomatoes
1 clove garlic, minced
3 c. boiling water

Fry chicken in hot fat until golden brown on all sides. Add rice and stir with a fork until fat is absorbed. Add seasonings, onion, pepper, tomato and garlic. Cook for 5 minutes, stirring frequently. Add water, cover tightly and cook at low heat for 1 hour. Yield: 4 portions.

STUFFED CHICKEN ROLLS

Mrs. S. Malanczuk

2/3 c. bread crumbs, fine
1 Tbsp. finely chopped parsley
1/2 tsp. salt
1/4 tsp. pepper
1/4 lb. boiled ham, diced
(or prosciutto)
3/4 c. (3 oz.) shredded Swiss
or Gruyere cheese
8 chicken cutlets

1/2 c. flour
2 eggs, slightly beaten
Sauce:
1/4 c. butter
1/4 c. flour
1 1/2 c. milk
3/4 c. shredded cheese
salt & pepper, to taste
dash of nutmeg

Mix bread crumbs, parsley, salt and pepper together. Set aside. In a small bowl, mix ham and cheese together. Set aside. Place the cutlets on a sturdy surface and pound thin. Lay chicken out and divide ham and cheese mixture among them; place mixture in center of each cutlet. Roll up jellyroll fashion, and tuck in sides. Securing with toothpicks if necessary. Dredge rolls in flour, then coat with beaten egg and roll in the crumb mixture.

In large deep skillet, heat an inch of oil or shortening to 375 degrees. Brown rolls on all sides, do not crowd. When done, place on paper towel and then in warm oven while finishing up remaining chicken rolls.

Prepare sauce: in saucepan, heat butter and blend in flour. Cook over low heat, stirring frequently, approximately 3 minutes. Remove saucepan from heat, beat in milk, all at once. Place over medium heat and stir until thickens and is smooth. Simmer 1 or 2 minutes. Just before serving, stir cheese and seasonings into hot, but not simmering, sauce. Spoon sauce over fried rolls before serving, or arrange on special dish, pour sauce over them and brown briefly under broiler.

BBQ'D CHICKEN WINGS

1/3 c. butter

1/2 c. chili sauce

(Cont.)

3 Tbsp. lemon juice
1 tsp. mustard

1 tsp. salt
1 tsp. Worcestershire sauce
1/4 tsp. curry powder (optional)

Place cleaned chicken wings in shallow baking dish. Pour sauce over them and bake in 350 oven for 50 minutes.

TURKEY CASSEROLE

1 pkg. wide, wide noodles
water
salt
1 pkg. frozen mixed vegetables,
partially cooked
leftover, cut-up turkey
(or chicken or ham)

salt & pepper
cream of mushroom soup
water
bread crumbs
butter

Cook noodles as directed, drain. Cook vegetables until half done, drain. Grease a casserole dish. Place a layer of noodles, vegetables, then turkey. Repeat in layers until these ingredients are used up. Season with salt and pepper, to taste. Blend 1 can of soup with 1/2 can of water and pour over mixture in casserole. Melt a little butter and moisten bread crumbs, place on top. Bake in a 350 degree oven for 1/2 hour. Serve hot.

STUFFED TURKEY BREAST

1 turkey breast with bone,
4 - 5 lb.

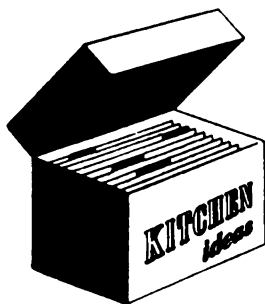
4 c. stuffing
melted butter or margarine

Clean turkey breast, salt and pat dry. Prepare a stuffing. Take a roasting pan, place a rack in it. Cut a piece of foil to fit under breast of turkey. Spoon the stuffing mixture onto the foil and then top with the turkey breast. Roast in a 325 degree oven for 3 to 4 hours, depending on weight. Baste with melted butter during roasting. If starts to brown too quickly, cover with another piece of foil until turkey is done.

Write extra recipe here:

*Main Dishes
Eggs, Cheese, Casseroles*





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

MAIN DISHES--
EGGS, CHEESE, CASSEROLE

BABI'S BEANS

Rose Wakulinski (Canada)

2 lb. yellow or green beans	1 tsp. Accent
1 medium onion, chopped	1/2 tsp. salt
1 c. boiling water	few dashes of pepper
1 cube chicken stock (Knorr)*	1 Tbsp. soy sauce

Fry onions in margarine until light brown. Add washed beans, seasoning and water. Mix together. Cook only in enough liquid so beans stew, rather than boil. Add more water, if necessary; should be ready in 15 - 20 minutes.

* dilute stock cube in boiling water before adding to beans.

EASY BBQ BEANS

Katherine Drab

1 can Campbell's or Heinz beans (jumbo size)	1/2 c. water
1 large onion, cut in rings	1 Tbsp. vinegar
1/2 c. catsup	1 Tbsp. Worcestershire sauce

Mix together above ingredients and beans. Then sprinkle on top:

3 Tbsp. brown sugar	4 cloves (or 1 tsp. ground cloves)
2 Tbsp. dry mustard	1 tsp. pepper

After cooking in oven 1 hour covered at 375 degrees, uncover and bake 15 minutes longer. Stir around during last 15 minutes.

If you like, double recipe for larger quantity.

DUMPLINGS

3 c. flour	2 Tbsp. melted butter
4 tsp. baking powder	1 1/2 c. milk
1/2 tsp. salt	

Mix above ingredients. Drop by teaspoonful into soup, or broth, or stew, which is boiling. Let steam - they will be nice and light.

SCRAMBLED EGGS

6 eggs
1/3 c. milk
3/4 tsp. salt

dash of pepper
2 Tbsp. butter

Beat eggs with milk. Season with salt and pepper. Melt butter in skillet, just so it begins to sizzle. Pour in egg mixture, then lower heat to medium. As mixture starts to set, lift cooked portions with fork so the uncooked beaten eggs can flow to bottom. Keep on doing this until all eggs are cooked throughout. This takes 5 - 8 minutes. Serve immediately. (Use butter - other fats tend to stick.)

OMELET

Mary L. Wakulinski

4 egg yolks
3 Tbsp. milk
3/4 tsp. salt

4 egg whites, beaten stiff
1/2 tsp. baking powder
2 tsp. butter

Melt butter in skillet. Beat egg yolks with milk, powder and salt. Then combine yolk mixture with egg white mixture, folding together carefully. Pour into heated fry pan. Cover and cook over medium to low heat 5 minutes. Remove cover, cook 5 - 7 minutes more. Make a cut down center of omelet, fold over and turn onto a warmed plate. Serve with a jelly, or fruit sauce, parsley; depending on your tastes.

Variations: You can change flavor of omelet by adding one of the following ingredients:

Pour a sauce from tomatoes, fried onions and green peppers, salt and pepper over the omelet - Spanish omelet.

Saute 1 cup mushrooms in butter and pour over omelet - Mushroom.

Before omelet is completely set and cooked, add in some minced ham pieces, or bacon pieces, and continue cooking - Ham or Bacon.

Just before you fold ' the omelet over, sprinkle some grated cheese on it, fold over and serve. The heat will melt the cheese.

As for myself, I recommend using some homemade Pekusche (see vegetable section) over the top.

DEVILED EGGS (Julie's Favorite)

6 hard boiled eggs
2 Tbsp. salad dressing
1 tsp. vinegar
1/2 tsp. mustard

1 Tbsp. pickle relish (optional)
salt, pepper
dash of paprika

Cut the hard boiled eggs in half, the long way. Remove egg yolks and mash. Add vinegar, salad dressing and other ingredients, except paprika and blend well. Fill egg white shells with yolk mixture. Sprinkle with paprika for color contrast. Chill before serving.

BAKED MACARONI & CHEESE

Mary Atton

1 (8 oz.) pkg. macaroni	1/2 tsp. dry mustard
4 Tbsp. butter	1/2 tsp. paprika
4 Tbsp. flour	2 1/2 c. milk
1 1/2 tsp. salt	1/2 lb. or so, sharp cheese, grated
1/4 tsp. pepper	1 tsp. Worcestershire sauce

Cook macaroni according to package directions. Rinse and drain. Melt butter, stir in flour, salt, pepper, mustard and paprika. When well blended, add milk slowly, stirring constantly over low heat, until mixture thickens and boils. Add the cheese and Worcestershire sauce, and stir until cheese has melted. Grease a two-quart baking dish, and stir in the macaroni/cheese mixture. Sprinkle with bread crumbs, if desired. Bake in 400 degree oven for approximately 20 minutes, until brown.

BAKED NOODLES FLORENTINE

Anne Choma

16 oz. pkg. noodles (medium to broad)	1 (10 oz.) frozen spinach, cooked & drained
1 medium onion, chopped fine	3 eggs, slightly beaten
1 Tbsp. butter or margarine	1/2 tsp. salt
2 c. sour cream	pepper, if desired
1/4 c. butter or margarine, melted	

Cook noodles approximately 7 minutes in salty water. Blanch and drain. Saute the onion in 1 tablespoon margarine. Combine sour cream, melted butter; add noodles, spinach, eggs, onion and salt. Mixture should be quite loose. Add additional sour cream if necessary. Pour into well greased 2 quart casserole. Bake at 375 degrees for 45 minutes or until lightly browned.

(May also be served cold; cut into squares.)

SOUP NOODLES

Mrs. S. Galan

2 eggs	1/2 tsp. salt
1 c. flour, approximately	

Beat eggs, add salt and as much flour as can be worked into the eggs. Knead well and let stand 30 minutes. Roll out thin and

spread on a cloth to dry. When dried, cut in narrow strips.

NOODLE PUDDING

Lydia Petrowsky

8 oz. medium wide noodles
2 large eggs
1/2 lb. cottage cheese
1/2 pt. sour cream
salt, to taste
1/2 c. sugar

juice of 1/2 lemon
1/2 c. white raisins
6 Tbsp. butter
1/4 c. cornflake crumbs
1/4 c. ground, toasted almonds

Cook noodles according to directions on package and drain. Beat eggs well, combine with cottage cheese, sour cream, salt, sugar, lemon juice and raisins. Fold in noodles. Place half the butter in a heatproof baking dish, 7 1/2 x 12 inches, approximately. Heat butter in oven until very hot and pour in noodle mixture. Blend cornflake crumbs, almonds and remaining butter and sprinkle over the noodles. Bake in a 350 oven for 1 hour.

CHEESE/NOODLE PUDDING

Tessie Sawka

8 oz. pkg. wide noodles
1 Tbsp. butter or margarine
1/2 c. sugar
1 tsp. salt
1/4 c. dairy sour cream

1/4 c. golden raisins
1 pkg. (7 1/2 oz.) farmers cheese
juice & grated rind of 1/2 lemon
4 eggs, separated

Cook and drain noodles. Cream butter, sugar and salt. Add remaining ingredients, EXCEPT eggs, and mix thoroughly with noodles. Beat egg whites until stiff; then beat egg yolks until thick and lemon colored. Fold yolks and then the whites in with the noodle mixture. Pour into well greased shallow 1 1/2 quart baking dish. Set dish in a pan of hot water and bake in preheated oven at 350 degrees for 45 minutes or until set. Serve warm.

ARMENIAN RICE & NOODLES

Irma Artim

1/4 lb. butter
handful fine noodles

2 c. Uncle Ben's brown rice, raw
4 c. water

Melt butter, add handful of uncooked, fine noodles, brown. Add 2 cups brown rice. Pour mixture into 4 cups boiling water. Cover and simmer until all the water has been absorbed.

BACON CHIVE RICE

Millie Osenenko

3 slices bacon, diced	1/2 tsp. salt
3 c. cooked rice	1/8 tsp. pepper
1/4 c. chopped chives	1 Tbsp. Worcestershire sauce

Cook bacon until crisp. Add rice, chives and seasonings. Blend well and heat thoroughly. Serves 6.

ONION RICE

Marie Fedynak

1 stick margarine	1 pkg. onion soup mix
1 c. rice	2 c. water

Preheat oven to 350 degrees. On top of stove, in a Corning Ware bowl, melt margarine; add rice and allow to bubble approximately a minute. Add soup mix and water. Stir. Cover and place in oven. Bake 1 1/4 hours. Use with chicken.

OVEN BAKED RICE

Sophie Chmil

1 1/2 c. raw converted rice (Uncle Ben's)	dash pepper
1 1/4 tsp. salt	2 Tbsp. butter or margarine
	3 1/2 c. boiling water

Preheat oven to 350 degrees. In 2 quart casserole (or larger) with a tight fitting lid, mix rice, salt and pepper. Dot with butter. Pour in boiling water over rice, stir with fork to melt butter. Bake covered approximately 40 - 45 minutes. To serve, fluff rice with a fork.

Butter or margarine your baking dish before you add in any of the ingredients - helps to release every kernel of rice from the bottom.

Variations: I use 2 bouillon cubes to add flavor, and a 3rd for more definite flavoring - but reduce the salt in half.

Or, use 1 box of the combined wild and white rice combining it with 1/2 cup regular rice.

If your oven dish cover does not seal tight, cover with foil first 20 minutes, then cover.

From here on you can add: onions, peppers, mushrooms - anything goes.

ROYAL RICE

Millie Osenenko

1/2 c. finely chopped green onions, with tops	2 Tbsp. butter or margarine
	3 c. cooked rice (cooked in beef broth)
	(Cont.)

1 tsp. salt

1 can (4 oz.) sliced mushrooms,
drained

Saute onions in butter until tender. Add rice, mushrooms, and salt. Heat thoroughly. Fluff lightly with a fork. Makes 6 servings.

LASAGNA

Sonia Mamus

1 lb. chopped meat
1 lb. Italian sausage
(remove casings)
1 large jar tomato sauce
1 lb. Mozzarella cheese

1 lb. Ricotta cheese
1 clove garlic, chopped fine
1 lb. lasagna noodles
1 egg, beaten (optional)

In a large saucepan, brown the chopped meat and sausage meat together with the garlic; simmer until almost done. Drain off fat. Add tomato sauce and simmer. Meanwhile, prepare the noodles.

In a large pot, cook your lasagna noodles with 1 tablespoon oil, as directed on package. Drain noodles and immerse in cold water. If they stick together, drain again.

Pour in some sauce just to cover the bottom of a 13 x 9 x 2 inch baking pan. Then place a layer of noodles on top of the sauce overlapping edges slightly. With spatula or back of spoon, spread a layer of Ricotta. Next spread on a layer of sauce and meat. Then sprinkle with Mozzarella. Repeat this sequence, ending with noodles, sauce and a thick layer of Mozzarella. Cover with foil. Bake in 375 degree oven 30 minutes.

Optional: when pan is full, before adding final layer of sauce and cheese - pierce the lasagna slightly with a fork and pour beaten egg all over the top.

UKRAINIAN LASAGNA I

Pat Motuz, Sr.

Cook wide goulash-type noodles until almost tender, but not quite. Drain. Add butter or margarine.

Take 1 part sauerkraut to 1 part sweet shredded cabbage and fry (as you would for pyrohy). Mix the cabbage/kapusta with the noodles. Place in baking dish and bake in a 350 degree oven for 20 minutes. Enjoy!

UKRAINIAN LASAGNE II

Katherine Supko

1 pkg. lasagne noodles
2 lb. potatoes
1 1/2 c. coarsely grated sharp
cheese

1/4 c. melted butter
1 c. chopped onions
1/4 c. melted butter

Cook noodles according to directions on package. Set aside. Cook potatoes in salted boiling water. Drain and mash smooth. Combine potatoes with cheese, 1/4 cup butter and beat until fluffy. In greased 8 x 12 baking pan, arrange lasagne noodles in layers (3 or 4 strips to a layer). Spread each layer with potato mixture, ending with a layer of noodles. Cover with foil and bake in preheated 350 degree oven for 1 hour. A few minutes before serving, saute onions in remaining 1/4 cup butter until soft and golden colored. Remove foil and spread with warm, sauteed onions. Ready to serve.

LASAGNA

Denise Marusevich

1/4 c. olive oil	1 tsp. dried basil leaves
1/2 c. finely chopped onions	2 tsp. dried oregano leaves
1 clove garlic, crushed	1 Tbsp. salt
2 Tbsp. finely chopped parsley	1/4 tsp. pepper
1 can Italian tomatoes, undrained (2 lb. 3 oz.)	2 Tbsp. sugar
2 (6 oz.) cans tomato paste	Vermouth, to taste

Slowly heat oil in large deep skillet. Saute onion, garlic and parsley until onion is tender, about 5 minutes. Add remaining ingredients, stir well. Bring to boiling and then reduce heat and simmer 3 hours. Stir occasionally during cooking.

1/2 pkg. lasagna noodles	tomato sauce
1 Tbsp. salt	1 lb. Ricotta cheese
1 Tbsp. olive oil	1 lb. Mozzarella cheese, sliced thin
1/2 lb. sweet Italian sausage	1 jar (3 oz.) grated Parmesan

Cook sausage in skillet, add 1 cup of water, cover and cook over medium heat until liquid evaporates. Pierce sausage with fork to release fats. Fry until completely cooked; cool and slice. Set aside.

In large kettle, bring 3 quarts water and salt to boiling. Add olive oil. Place noodles into boiling water, uncovered 15 minutes, stir occasionally. Add egg to Ricotta and blend well. Drain noodles and rinse under hot water.

Preheat oven to 350. Assemble lasagna. Spoon 1/3 of the sauce evenly on bottom of 12 x 9 x 2 inch pan. Top with 1/3 of the noodles, ricotta, and all sausage slices, 1/3 of the Mozzarella and Parmesan. Repeat layering, ending with Parmesan (sausage was used up in first layer). Bake uncovered in 350 oven for 45 - 50 minutes until cheese melts and top is brown. Let stand 10 - 15 minutes before cutting to make serving easier.

PIZZA SPAGHETTI

Orysia Dackiw

3 large onions
1 1/2 lb. sweet sausage, broken
into small pieces
1 1/2 lb. chopped meat
salt, pepper & garlic powder,
to taste
bay leaf
1/2 tsp. sugar

homemade wide noodles (or store
bought #112)
1 lb. Mozzarella cheese, grated
grated Romano cheese (optional)
1 jar Marinara sauce *
oregano (optional)

Saute onions to light brown. Add broken up sausage and cook until redness is gone; add chopped meat and continue to cook until meats are browned. Add seasonings, to taste. Add Marinara sauce, bay leaf and sugar. Simmer 1 hour until sauce thickens.

Prepare noodles until almost done. Drain and arrange over bottom of a deep baking dish. Pour sauce over the top of noodles - DO NOT MIX. Grate Mozzarella cheese over top (the more the better). Then sprinkle with Romano cheese, if desired and sprinkle on some oregano (optional). Bake in 350 degree oven for 1/2 hour.

* (or make your own sauce)

PIZZA

Chris Gerula

1/4 oz. dry or fresh yeast
(1 pkg.)
7/8 c. warm water
1 1/2 Tbsp. oil

2 tsp. sugar
1/4 tsp. salt
2 - 2 1/2 c. flour (approx.)

Measure warm water into bowl and sprinkle yeast into it. Stir until dissolved. Add oil, sugar, salt and approximately 1 1/2 cups flour. Mix well. Work in more flour until dough can easily be handled. Turn out onto floured wooden board and knead. Butter a large bowl and place dough in it. Turn once and cover with a damp cloth. Let rise until doubled in bulk (1 hour). Turn dough onto your choice of a greased round or rectangular pan. Carefully spread dough to the edge of the pan; do not tear dough.

Topping:

12 oz. your favorite tomato
sauce (approx.)
8 oz. shredded Mozzarella cheese

salt & pepper, oregano - to taste
1 1/2 tsp. olive oil

Pour sauce onto dough, sprinkle cheese on top, also salt, pepper and oregano. Sprinkle lightly with oil over the top. Bake

until cheese is bubbly and dough is golden (approximately 20 minutes) at 400 degrees.

Optional: You can add also mushrooms, peppers, onions, sausages, etc.

HERO SANDWICHES

Mrs. Mollick

1 onion, chopped	1/2 tsp. oregano
1 Tbsp. olive oil	1/4 tsp. basil
1 lb. chopped meat	Muenster or Mozzarella cheese, shredded
2 small (8 oz.) cans tomato sauce	Parmesan cheese, grated

Saute onion in olive oil until golden. Add chopped meat and brown. Add tomato sauce, season with oregano and basil. Simmer until flavors blend (10 minutes).

Cut French or Italian bread in half, lengthwise, scoop out the soft inside. Fill each half of the hero with chopped meat and sauce. Add Muenster or Mozzarella cheese over the top of filling; sprinkle with Parmesan cheese. Place under the broiler for a few minutes until cheese melts. Enjoy!

You can also add some Italian sausage in with the chopped meat if you desired.

SPAGHETTI & MEATBALLS

Betsy Moskalik

2 cans tomato puree (large) salt & pepper, to taste	1 Tbsp. garlic salt
1 tsp. parsley flakes	1 tsp. sugar
2 Tbsp. freshly grated Romano cheese	1 onion, grated into sauce
1 c. water	1 can tomato sauce
	1 can water
	meatballs

Combine puree, salt, pepper, parsley flakes, cheese (freshly grated), garlic salt, sugar; let simmer together. While sauce is simmering, prepare meatballs.

2 lb. ground beef	1 Tbsp. garlic salt
2 Tbsp. grated Romano cheese	1 egg, beaten
salt and pepper	bread crumbs
parsley flakes	

Mix ingredients until well blended. Form meatballs. Place on a cookie sheet under broiler, or in a very hot oven, and brown on the outside. Remove and add to simmering sauce. Let simmer 3 hours until sauce thickens, and meatballs are cooked inside (test one
(Cont.)

to see).

About 1 hour before cooking time is up, add in 1 can tomato paste, and 1 can of water.

Serve with a bowl of cooked spaghetti, a dish of freshly grated Romano cheese. A nice salad; some black and green olives. And lots of garlic bread. Add a glass of your favorite chilled wine - ENJOY.

Whatever sauce is left can be frozen for another time.

STUFFING BALLS

1 pkg. stuffing mix, cubed	2 Tbsp. butter
1/4 c. bread crumbs	1 pkg. chicken bouillon (granular)
1 large onion, chopped	water
1/2 c. celery, diced very fine	1 egg, beaten
1 garlic clove, minced fine	
salt & pepper	

Saute onions, celery and garlic until light brown. Season. Add to stuffing mix and bread crumbs. Dissolve bouillon in water, as directed, blend together with beaten egg. Add to stuffing mix to moisten. If needs more moisture, add more water.

Shape into stuffing balls and place in greased muffin pan cups. Bake in 350 oven approximately 1/2 hour. When done, cover with foil to keep from burning and to keep warm until ready to serve.

Write extra recipes here:

Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

GREEN BEANS & ONION BAKE

2 cans French style green beans,
drained
1 can cream of mushroom soup,
diluted with 1 can milk

1 can onion rings
1 tsp. salt
1/2 tsp. pepper

Mix beans, onion rings and mushroom soup together; season with salt and pepper. Place in casserole to bake in 350 oven for 1/2 hour just to heat through and form a crust on top.

HARVARD BEETS

Carol Ann Pawluk

1/2 c. sugar
1 tsp. salt
1 Tbsp. cornstarch
1/4 c. vinegar

1/4 c. water
3 c. red beets, canned or
cooked
2 Tbsp. butter

Mix together dry ingredients. Add vinegar and water; stir until smooth. Cook 5 minutes. Add beets and let stand 1/2 hour. Before serving, heat to boiling and add butter.

BROCCOLI AU GRATIN

1/4 c. chopped onion
4 tsp. butter
2 tsp. flour
1/2 c. water
1 (8 oz.) jar Cheez Whiz

2 pkg. frozen broccoli spears,
cooked & cut in 1 in. pieces
1/2 c. cracker crumbs
1/2 c. water
3 eggs, well beaten
2 tsp. butter

Saute onions in butter until golden. Stir in flour, add water. Cook and stir until thickens. Add cheese and broccoli, stir carefully. Add eggs. Pour into greased baking dish. Top with crumbs and remaining butter. Bake in 325 oven uncovered for 1/2 hour.

GLAZED BABY CARROTS

2 c. fresh or frozen baby carrots
1/2 c. water
1/2 tsp. salt
dash of pepper
2 Tbsp. melted butter

1 Tbsp. light brown sugar
1 Tbsp. cornstarch or
arrowroot powder
1 Tbsp. lemon juice

(Cont.)

Cook carrots until tender, but not overdone. Place in shallow baking dish. Mix butter, salt and pepper, brown sugar, cornstarch and juice and pour over carrots. Bake in 350 degree oven approximately 15 - 20 minutes, until carrots are nicely glazed.

CAULIFLOWER

1 head cauliflower, break into florets	salt
1/2 tsp. sugar	2 Tbsp. butter, melted
	2 Tbsp. bread crumbs

Soak cauliflower in cold water 1/2 hour or so. Drain. Then pour boiling water over cauliflower florets, add salt, and sugar. Bring to boil for 3 minutes, uncovered, then cover and cook 20 - 25 minutes more, until florets are tender, but not overdone. Drain.

Melt butter, brown bread crumbs in it, and pour over cauliflower. Toss gently to distribute crumbs, and place in serving dish. (You can serve cooked Brussels sprouts or broccoli in this way also.)

CAULIFLOWER WITH SWISS CHEESE

Irene Mamus

2 heads cauliflower (broken into pieces)	1 c. milk
2 egg yolks	2 Tbsp. grated Swiss cheese
4 Tbsp. butter	1 tsp. salt
1/4 c. flour	1/2 tsp. sugar
	juice of 1/2 lemon

Heat water in saucepan, add salt, sugar, juice and boil the cauliflower in it until tender enough to pierce with a fork. Drain and place in baking dish.

In another saucepan, melt butter, add flour and stir until bubbly. Remove from heat, gradually add milk stirring until smooth. Add beaten egg yolks, stir well. Add salt and pepper, to taste. Pour over cooked cauliflower, sprinkle with grated cheese mixed with bread crumbs. Place in 350 degree oven a few minutes, just until cheese melts and browns slightly. Serve in same baking dish.

CORN FRITTERS

Mary L. Wakulinski

1/3 c. flour	1 tsp. baking powder
1/4 tsp. salt	2 eggs, beaten
1/8 tsp. pepper	1 (8 oz.) can cream style corn

Mix dry ingredients together. Beat eggs. Combine all ingredients until well blended. Drop mixture from a spoon onto hot

greased skillet. Fry golden brown on one side, turn over and brown other. Serve warm.

EGGPLANT FRITTERS

Joyce MacLeod

3 eggs	1/4 tsp. paprika
1 1/2 c. water	1 c. matzoh meal
2 Tbsp. peanut or corn oil	1 medium eggplant
2 tsp. coarse salt	potato starch

Peel eggplant, clean out seeds, slice. Salt on both sides and allow to drain approximately 20 minutes. Place on piece of paper towel, cover with another paper towel in a baking pan; weight down with plate. Then rinse slices and pat dry before breading.

In a mixing bowl, combine eggs, water, oil, salt, paprika and pepper. Beat with hand beater until frothy. Add in matzoh meal until thoroughly blended.

Coat eggplant slices lightly on both sides with some potato starch. Dip into matzoh meal batter. (If batter gets too thick, add more water to desired consistency.) Heat enough oil in heavy skillet to cover slices. Fry until lightly browned, on both sides. Drain on paper towels. Garnish with fresh parsley and lemon wedges.

UKRAINIAN CABBAGE (Kapusta)

Aniela Gerula

4 large cans sauerkraut, drained	1 bay leaf
1 large head fresh green cabbage, shredded	1 carrot, chopped
4 large onions, diced	salt & pepper, to taste
	1/2 lb. lard, approx.

Slice fresh cabbage, place in water and boil once. Strain off liquid and set aside. Rinse canned sauerkraut 3 or 4 times, drain.

Melt lard in a large pot. Place fresh and canned kraut into pot. Add diced onions, bay leaf, chopped carrots, salt and pepper. Bake in oven in 350 degree oven for 2 1/2 to 3 hours until tender and browned. Stir frequently.

ZUCCHINI & CARROTS IN HERB BUTTER

Carol Ann Pawluk

1 1/2 lb. small zucchini	1 tsp. salt
1 1/2 lb. small carrots	1 tsp. dried thyme leaves
1/2 c. boiling water	2 Tbsp. butter or margarine

Scrub carrots and zucchini with vegetable brush. Peel carrots and slice. Cut zucchini diagonally, 1/8 inch thick. Add
(Cont.)

carrots to boiling water with some salt (2 1/2 quart saucepan). Add zucchini and bring to boil, cover tightly. Reduce heat and simmer 5 minutes until vegetables are tender. Let cook, uncovered, a few minutes more to let liquid evaporate. Add butter to coat vegetables.

EGGPLANT PARMIGIANO

Sonia Mamus

2 - 2 1/2 lb. eggplant	bread crumbs
8 oz. Mozzarella cheese	salt, pepper
1 (28 oz.) can tomatoes	parsley
1/2 can water	1 Tbsp. basil (optional)
2 eggs, beaten	

Slice peeled eggplant 1/4 inch thick. Stack in layers on a flat dish, salting each layer. Cover with another flat dish (dinner plate) to weight down. Place something heavy on top (like books wrapped in plastic) and drain 3 hours. When ready, prepare:

Blend tomatoes in saucepan with 1/2 can water, basil, salt and pepper (to taste). Bring to boil and then simmer while you fry the eggplant. To fry eggplant: bread, add salt and pepper to the beaten eggs and parsley to the bread crumbs. Coat eggplant and fry until reaches a golden color. Set aside. Grate or slice your Mozzarella cheese.

In a shallow baking dish, pour a little of the sauce, place a layer of eggplant, salt, pepper, sliced or grated cheese, cover with sauce. Repeat until all eggplant has been placed into pan. End by topping with layer of cheese. Bake in 350 degree oven for 25 minutes or until cheese melts.

LIMA BAKE

Katherine Supko

3 slices bacon	1 tsp. prepared mustard
1/4 c. minced onion	1 tsp. salt
1/2 c. chopped celery	dash of pepper
2/3 c. light molasses	3 c. cooked dried limas OR
or pancake syrup	limas in can
1/3 c. catsup	3/4 c. liquid saved from cooking
	limas

Cut bacon slices, fry until crisp, set aside. Cook onion and celery in bacon fat until golden. Add remaining ingredients and cooked bacon. Pour into greased 1 1/2 quart casserole. Bake in 350 degree oven for 1 hour. Serves 6 to 8.

MUSHROOMS & KASHA

Sophie Chmil

1 lb. kasha
1 lb. mushrooms
2 - 3 onions
salt, pepper & paprika, to taste

1 egg
2 c. water
1/2 c. butter or chicken fat

Prepare kasha by adding egg, salt and paprika to it; place in baking dish in 310 degree oven for 15 - 20 minutes to brown, stir occasionally. Pour and stir in as much water as kasha will absorb (approximately 2 cups). Saute the onions and mushrooms in the fat. When done, add to kasha mixture and return to oven to heat thoroughly before serving.

MUSHROOM CUTLETS W/MUSHROOM SAUCE Joyce MacLeod

2 Tbsp. butter or margarine
(divided)
1 large onion, chopped
1 lb. mushrooms, cleaned &
chopped
1 c. cooked, diced potato
(medium)

2 eggs
1 c. whole wheat bread crumbs
1/4 c. wheat germ
1 tsp. salt
1/4 tsp. hot pepper sauce (opt.)
2 Tbsp. chopped parsley
1/2 tsp. dried thyme leaves

Sauce:

1 c. sour cream
1/2 c. onion/mushroom
mixture (reserved)

1 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. hot pepper sauce (opt.)

Clean mushrooms thoroughly; chop. Melt 1 tablespoon butter in large skillet. Add onions and cook, but do not brown. Add chopped mushrooms and remaining butter. Cover and cook until mushrooms are tender, over a low heat, approximately 10 - 15 minutes. Drain off; save 1 cup mushroom/onion mixture; set aside.

Place remaining mixture, all liquid (not sauce ingredients), diced potatoes, eggs, into blender and process at high speed until smooth. (If blender not available, puree through food mill.) Turn into large bowl; add bread crumbs, wheat germ, salt, pepper sauce, parsley, thyme, and the reserved onion/mushroom mixture, mix well. Spoon mixture in mounds (1/3 cup each) onto well greased baking sheet. Bake in 350 degree oven for 20 minutes. Serve with mushroom sauce:

Combine: sauce ingredients above, in small saucepan. Heat gently to serving temperature. DO NOT BOIL. Garnish cutlets with black olives and mushroom sauce in gravy bowl.

STUFFED MUSHROOMS

Carol Ann Pawluk

- | | |
|--------------------------------------|---|
| 12 - 16 fresh medium sized mushrooms | 1 1/2 c. fresh bread cubes
(1/4 in. cubes) |
| 1/2 c. butter or margarine | 1/2 tsp. salt |
| 3 Tbsp. finely chopped green pepper | 1/8 tsp. pepper
cayenne pepper |
| 3 Tbsp. onion, finely chopped | |

Preheat oven to 350 degrees. Wipe mushrooms with damp cloth. Remove stems, chop fine; set aside. Heat butter in large skillet, 3 tablespoons. Saute mushroom caps only on bottom side for 2 - 3 minutes. Remove and arrange in shallow baking pan, with rounded side of mushroom down. Heat remaining butter in same skillet. Saute chopped stems, green peppers and onions approximately 5 minutes. Remove from heat. Stir in bread cubes and seasoning. Fill mushroom caps with this mixture, mound high in the center. Bake 15 minutes.

PEKUSCHE (Hot Sauce)

Mary L. Wakulinski

- | | |
|---------------------------------|--|
| 3 medium onions, chopped | 2 cans undiluted tomato soup |
| 2 Tbsp. sunflower oil or butter | 1 can water |
| 2 Tbsp. flour | 1 Tbsp. arrowroot powder, or
flour |
| salt and pepper | 1 hot chili pepper, or
1 tsp. crushed red peppers |
| 1 c. cooked fresh peas | 1 tsp. sugar |
| 1 c. cooked sliced carrots | |

Cook fresh peas and carrot slices in lightly salted water until tender, but not overdone. Drain away most of the liquid, leave just enough so vegetables are still moist. (If pressed for time, use canned peas and carrots, but fold in gently.)

Place oil or butter in saucepan. Brown onions until golden. Add the flour and stir to coat onions. Next, add your moist vegetables and mix together. Add tomato soup, water and heat through. Take out 1/2 cup of liquid, blend in arrowroot powder (or flour) to a smooth paste, return to vegetable mixture in saucepan, cook over medium heat until sauce thickens. Add either the hot chili pepper or crushed red peppers, to taste.

If you use the chili pepper, let simmer a couple of minutes, sample sauce, and then remove pepper. The longer it stays, the hotter your sauce will be. Add in sugar, and serve sauce hot. Great as a side dish for meats, poultry; terrific topping for an omelet or scrambled eggs. A favorite in our family, for many years.

PENNSYLVANIA DUTCH POTATO FILLING

Carol Pawluk

6 potatoes	1 onion, cut fine
2 eggs	1 Tbsp. parsley, cut fine
1/2 c. bread crumbs	1 Tbsp. salt
3 c. milk	1/4 tsp. pepper
2 Tbsp. butter	

Boil potatoes and mash. Brown onions in butter. Add bread crumbs. Mix together with eggs, parsley, salt, pepper and mashed potatoes. Heat milk, gradually add to potato mixture. Pour into casserole and bake 30 minutes at 400 degrees. Serve hot.

SOUR CREAM POTATOES

Carol Pawluk

4 medium potatoes	1/2 c. boiling water
1 small onion, minced	1/4 c. sour cream
1 tsp. salt	paprika
dash of pepper	chopped parsley

Peel potatoes, cut in 3/4 inch cubes. Place in skillet with onion, salt and pepper and boiling water. Bring to boil, cover and simmer 15 minutes until tender. DO NOT DRAIN. Add sour cream and toss lightly with fork. Put in serving dish, sprinkle with paprika and parsley.

POTATO PLIATSKI (Pancakes) #1

Chris Gerula

5 large potatoes	salt & pepper
1 large onion	oil
3 Tbsp. flour, heaping	

Grate potatoes and then onions into grated potatoes. Add flour, salt and pepper. Drop about 2 tablespoons of mixture into hot oil. Fry until golden brown, on both sides.

POTATO KUGEL

Tessie Sawka

6 medium potatoes	1 tsp. salt
2 eggs	1/4 tsp. pepper
1/2 c. flour	1 medium onion, minced
1/2 tsp. baking powder	1/4 c. melted margarine

Grate potatoes. Saute onions in margarine until golden. Add to potatoes and blend well. Add egg, flour, baking powder, salt and pepper; mix thoroughly. Pour into greased 2-quart casserole

(Cont.)

dish. Bake in 400 degree oven for 1 hour, until deep brown.

POTATO PANCAKES #2

Irene Mamus

3 c. coarsely grated raw
potatoes
1 large onion, grated
1 egg, slightly beaten
1 tsp. salt

3 Tbsp. bread crumbs,
crushed
1 Tbsp. flour
pinch of pepper
pinch of nutmeg

Grate potatoes in largest section of grater (coarse) into ice cold water, to keep potatoes from discoloring. Drain. Put all ingredients into a large bowl and blend well. Fry pancakes in cooking oil, enough to grease pan. Place 2 or 3 tablespoons of mixture into skillet for each pancake, press down to level, and fry until browned on one side, turn over and brown other. Keep warm in a 200 degree oven. Serve warm, with sour cream, apple sauce or mushroom sauce. (Stir pancake mixture periodically to keep all ingredients blended.)

Sauce:

1 can condensed mushroom soup
1/2 c. hot milk

1/4 c. boiling water
1 beef bouillon cube

Mix soup with hot milk, place over low heat to keep warm. Crumble bouillon cube into hot boiling water; blend with soup mixture. Heat, but DO NOT BOIL.

STUFFED POTATO CAKES

3 eggs, separated
1 c. matzoh meal
2 c. mashed potatoes
salt & pepper to taste

1 c. cooked chopped meat
1 egg, slightly beaten
1 Tbsp. water

Beat egg whites until stiff. In another bowl, mix yolks, matzoh meal, potatoes, salt and pepper, mix well. Work in beaten egg whites and shape into balls the size of an egg. Fill with some cooked chopped meat in the center, and fold the potato mixture around the meat. (You may also add a little minced onion or green pepper in the center.) Coat with slightly beaten egg that has been thinned with a little water. Fry until golden brown.

BAKED MASHED POTATOES

5 lb. potatoes	2 Tbsp. butter
3 oz. cream cheese	1 c. sour cream
2 tsp. onion salt	salt & pepper

Peel, cook and drain - then mash the potatoes, add other ingredients and mix well. Butter casserole dish. Place mixture into dish and bake in 350 degree oven 40 - 50 minutes.

BRANDIED SWEET POTATOES

3 tsp. cornstarch	3 tsp. lemon juice
1 c. sugar	2 cans (1 lb. 2 oz.) sweet potatoes, sliced OR cook fresh sweets until tender
2 c. boiling water	1/2 c. brandy
1 tsp. nutmeg	
1/2 tsp. salt	

Mix cornstarch and sugar, add boiling water, boil 3 minutes, stirring all the while. Add nutmeg, salt and juice, and blend together. Then, just before serving, place cooked or canned sweets into sauce and heat through. Add brandy, and serve.

SCALLOPED POTATOES

4 c. raw potatoes, pared & sliced	1 tsp. pepper
1 onion, chopped	1/4 c. flour
2 tsp. salt	1 stick butter
	2 c. milk

Peel potatoes, rinse well, then slice. Season with salt and pepper, to taste. Place a layer of sliced raw potatoes, onions, sprinkle with some flour, dot with butter; repeat layers until all casserole is filled. Pour milk over mixture. Bake in 375 degree oven for 45 minutes or until potatoes are tender and top crust forms.

(For variation: substitute 1 cup sour cream and mix with 1 cup milk, blend together and pour into casserole. Or, you can add some grated cheese over the top.)

POTATOES W/ONIONS & GARLIC

Tessie Sawka

8 medium potatoes	margarine
salt & pepper	paprika
2 cloves garlic, minced	1 large onion, minced

Boil potatoes in jackets until soft. Drain and cool. Peel off (Cont.)

skins (or leave on), as desired. Cut potatoes into slices or cubes. Season with salt and pepper. Saute onion and garlic in margarine. (about 1/2 stick) Pour over potatoes and blend well. Place in a greased pie dish or casserole, sprinkle with paprika. Bake in 350 degree oven 30 minutes, or until golden brown on top.

POPPYSEED POTATOES

Christine Bendersky

1 can small whole white potatoes (1 lb. 1 oz.)	2 tsp. poppy seeds
2 Tbsp. butter or margarine	1/4 tsp. salt
	1/8 tsp. ground black pepper

Melt butter or margarine in 9 inch skillet. Add seasonings and poppy seeds. Drain water from potatoes; slice into skillet and add in seasonings. Saute until heated through, stirring frequently.

GOURMET SPINACH

Carol Ann Pawluk

1 pkg. (10 oz.) frozen spinach, or 1 lb. fresh	1 Tbsp. butter or margarine
1 can (3 oz.) sliced mushrooms	1 Tbsp. onion, chopped
1/8 tsp. pepper	1 clove garlic, minced
	1/2 c. dairy sour cream

Cook spinach which has been washed thoroughly, and stems removed, in a large saucepan, covered, over medium heat. Stir frequently and cook 5 minutes or until tender. (DO NOT ADD WATER.) Drain, if necessary. Keep warm.

Drain mushrooms, save the liquid. Heat mushroom liquid in a small skillet until it measures 1/4 cup approximately 5 minutes. Remove from heat. Add pepper, butter, onion, garlic and mushrooms. Cook over low heat 2 minutes. Stir in some of the hot liquid into the sour cream. Then add to skillet and reheat gently. Pour sauce over cooked spinach; toss gently to combine.

SPINACH PARMESAN

2 pkg. frozen chopped spinach	2/3 c. milk
2 chopped onions *	1/4 c. grated Parmesan cheese
2 eggs, beaten	1/2 pkg. stuffing mix

Precook spinach according to directions; drain. Mix remaining ingredients, EXCEPT stuffing mix. Pour into greased casserole, top with stuffing mix. Bake in 350 degree oven for 25 minutes.

* If you wish, brown onions first in 1 tablespoon butter and then add to other ingredients.

CRISS-CROSS BAKED POTATOES

Mary L. Wakulinski

3 or 4 large baking potatoes, peeled & washed	salt & pepper
Crisco or oil	garlic salt
	paprika

Peel baking potatoes, slice a little less than 1/2 inch thick, the long way. Take a sharp knife, score the top only (do not cut through) in a criss-cross pattern. Brush each slice (or toss in some oil). Sprinkle with salt, pepper and garlic salt, then paprika. Grease a shallow baking dish. Place slices, cut side up. Bake in 375 degree oven until potatoes are done and tops are crisp and browned.

TWICE BAKED POTATOES

Scrub large Idaho potatoes clean with vegetable brush. Bake in 350 degree oven 1 hour. Remove, cut in half and scoop out insides; save shell.

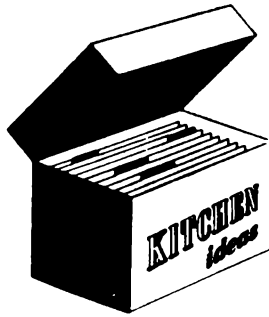
Mix potato insides with salt and pepper. Add 1 tablespoon of butter to each potato. Spoon back into potato skins. Sprinkle top with onion powder and paprika. Bake an additional 10 - 15 minutes. Serve with a bowl of sour cream and chives.

Write extra recipe here:

Write extra recipes here:

*Breads, Rolls,
Pies, Pastries*





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES, PASTRY

BANANA BREAD

Helen Savitsky

1/4 lb. margarine, melted & cooled	2 Tbsp. cinnamon
1 c. sugar	1/2 tsp. ground cloves
2 eggs	1/4 tsp. nutmeg
1 3/4 c. flour	1/2 tsp. allspice
1 tsp. baking soda	3 very ripe bananas
2 tsp. salt	2 Tbsp. brandy, or port wine

In a large bowl, blend sugar and eggs. Add melted margarine and blend well. Combine dry ingredients and add to egg mixture. Add brandy or wine to mashed bananas, combine with batter. Stir only to blend in. Spoon mixture into a 9 x 5 x 3 inch pan, well greased. Bake at 350 degrees for 1 hour. Cool completely, then remove from pan. Let stay 24 hours before cutting.

BANANA NUT BREAD

Rose Moskalik

1/2 c. butter	1 tsp. baking soda
2 eggs	1/2 tsp. salt
1 1/2 c. mashed bananas	3/4 c. walnuts, chopped
2 1/2 c. flour	1 c. sugar

Cream sugar, butter and eggs together. Add mashed bananas. Sift the flour, baking soda and salt together; add to banana mixture. Fold in walnuts. Pour into greased 10 x 5 x 3 1/2 inch pan and bake in 375 degree oven for 1 hour.

CRANBERRY FRUIT & NUT BREAD

Sophie Chmil
Helen Savitsky

2 c. sifted flour	3/4 c. orange juice
1 c. sugar	1 Tbsp. grated orange rind
1 1/2 tsp. baking powder	1 egg, beaten
1/2 tsp. baking soda	1/2 c. chopped nuts
1 tsp. salt	1 to 2 c. cranberries *
1/4 c. shortening	

Sift together, flour, sugar, baking powder, baking soda and salt. Cut in shortening until resembles coarse cornmeal. Combine orange juice and rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in the nuts and cranberries.* Spoon into greased 9 x 5 x 3 loaf pan

or ring mold). Spread to corners and have sides slightly higher than center. Bake in 350 degree oven approximately 1 hour.

* (Use cranberries, either whole or chopped.)

COFFEE CAKE W/STREUSEL FILLING

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

Streusel:

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

Mix sugar, shortening and egg until well blended. Then mix the flour, baking powder, salt and milk together. Combine with first mixture.

Prepare streusel filling by combining remaining ingredients.

Spread half of the batter into a greased 9-inch square pan. Fill with 1/2 of your streusel, top with remaining batter, and then top off with the rest of the streusel. Bake in preheated 375 degree oven for 30 minutes. Test with toothpick, if comes out clean, cake is done.

DATE NUT BREAD

Anna Szczerba

1 lb. raisins	7 c. flour
1 lb. dates, pitted & cut into pieces	7 tsp. baking soda
12 oz. walnuts, chopped	3 c. boiling water
1 oz. jar of cherries, cut in half	3 c. sugar
	5 eggs

Add raisins and dates to boiling water. Beat together the eggs, sugar, and cherry juice. When cool enough, add the juice from date mixture. Gradually combine flour and baking soda. Last, add the date mixture. Bake at 350 degrees for 45 min.

DATE & NUT BREAD

Nadia Dumenko

1 c. dates, pitted & cut	1 egg
1 tsp. baking soda	3/4 c. sugar
3/4 c. boiling water	1 tsp. salt

1 tsp. vanilla
1 1/2 c. flour

1 tsp. baking powder
1/2 c. chopped nuts

Sprinkle baking soda over the dates, add boiling water and mix, then set aside to cool.

Beat the egg, add sugar and vanilla. Combine with flour, baking powder and salt. Next add chopped nuts and mix in with date mixture. Put into a greased loaf pan and bake in a 350 degree oven for 45 minutes. Serve with cream cheese. Delicious.

GARLIC BREAD

1 long loaf French or Italian
bread
garlic salt or powder

1/2 c. olive oil, or melted
butter or margarine

Make cuts into loaf of bread (without going all the way down); spread oil or melted margarine on bread, between each slice, and sprinkle with garlic salt. With leftover oil or margarine, rub all over the top and again sprinkle with garlic salt. Put in a hot oven 400 degrees for a few minutes until turns brown (or place under broiler and watch until begins to turn golden brown. Remove and serve hot. Cover with foil to keep warm in serving dish.

GUMDROP BREAD

3 c. sifted flour
3/4 c. sugar
3 1/2 tsp. baking powder
1 tsp. salt
1/2 c. chopped nuts
1/2 c. raisins

1 c. gumdrops, cut into small
pieces
1 egg, beaten
2 Tbsp. shortening, melted
1 1/2 c. milk
1 tsp. vanilla

Sift flour, sugar, baking powder and salt together. Stir in nuts, raisins and gum drops. Blend egg, shortening, milk and vanilla. Add to dry ingredients and stir just to moisten. Pour into greased and floured 9-inch loaf pan. Bake in a 350 degree oven for 1 hour. Cool thoroughly before slicing.

IRISH SODA BREAD

Carol Supko

4 c. flour
3 Tbsp. sugar
1 Tbsp. baking powder
1 tsp. salt
1 Tbsp. caraway seeds
2 eggs

3/4 tsp. baking soda
6 Tbsp. butter or margarine
1 1/2 c. dark raisins
1 1/2 c. buttermilk

(Cont.)

Preheat oven to 350 degrees. Grease a 2 quart round casserole. In a large bowl, with a fork, mix the flour, sugar, baking powder, 1 teaspoon salt and baking soda. With pastry blender or 2 knives, cut butter in to resemble coarse crumbs. Stir in raisins and caraway seeds.

In a medium bowl, beat eggs slightly with fork; remove 1 tablespoon and set aside. Stir buttermilk into remaining eggs; stir this into flour mixture until flour is moistened. (Dough will be sticky.) Turn onto well floured surface and with floured hands knead the dough to mix thoroughly. Shape into a ball and place in casserole. In center of dough ball, with sharp knife, cut a 4 inch cross, about 1/4 inch deep. Brush dough lightly with the reserved egg.

Bake 1 hour and 20 minutes or until a toothpick comes out clean when inserted into bread. Cool in casserole (or round pan) on rack 10 minutes. Remove and cool completely on rack.

PUMPKIN BREAD

Sophie Chmil

2 c. sugar	1 tsp. ground nutmeg
1 c. oil	2 tsp. baking soda
4 eggs	1 Tbsp. baking powder
3 c. sifted flour	2/3 c. water
1 tsp. cinnamon	2 c. cooked, mashed pumpkin
1 1/2 tsp. salt	1 c. chopped pecans or walnuts

In mixing bowl, mix sugar and oil together. Beat in the eggs, one at a time. Sift the flour, cinnamon, salt, nutmeg, baking soda and baking powder onto a piece of waxed paper. Add to first mixture alternately with water; mix well between additions. Add pumpkin; stir well. Last add the nuts; blend well. Pour into 2 greased 5 x 9 inch loaf pans. Bake in preheated oven 350 degrees for 50 minutes or until done.

QUICK RAISIN BREAD

John Pawluk

2 c. unsifted flour	1/2 c. sugar
1 Tbsp. baking powder	2 eggs
1/2 tsp. salt	1/3 c. water
1 tsp. cinnamon	3/4 c. milk
1/3 c. oleo	1 c. raisins

Mix flour, baking powder, salt and cinnamon together; set aside. Mix shortening with sugar until smooth; stir in eggs and half of the water, mix until smooth; add remainder of water. Beat well. Mix half of the flour and milk into the eggs. Stir in the rest of the

flour and milk just until smooth. Stir in the raisins. Pour into a greased loaf pan. Bake in 350 degree oven for 40 minutes until browned. Cool bread in pan for 10 minutes before removing.

WHITE BREAD

Julia Matusewicz

- | | |
|------------------------------|-------------------|
| 1/2 c. scalded milk | 1 cake yeast |
| 1 1/2 Tbsp. granulated sugar | 1/2 c. warm water |
| 1 1/4 tsp. salt | 3 c. sifted flour |
| 3 Tbsp. shortening | |

Stir sugar, salt, shortening into scalded milk. Cool until lukewarm. Crumble yeast onto warm water in a large bowl; stir until dissolved. Stir in the lukewarm milk mixture. Add 1 1/2 cups flour, beat smooth with a spoon. Stir in the remaining 1 1/2 cup of flour. Turn onto lightly floured surface. Knead until smooth and elastic. Place in greased bowl, brush top with salad oil. Cover with a clean towel and let rise in warm place until double in size. Punch down, place onto lightly floured surface. Let dough rest 15 - 20 minutes. Shape into loaf and place into greased loaf pan. Cover with a clean towel and let rise again in warm place until center is a little higher than the edge of the pan.

Bake in 400 degree oven for 50 minutes or until done. Happy baking!

ZUCCHINI BREAD

Julie Bilenky

- | | |
|-----------------------------------|--------------------------------------|
| | Tessie Pawluk, Helen Savitsky |
| 3 eggs | 3 c. flour |
| 2 c. sugar | 1 tsp. salt |
| 1 c. vegetable oil | 1 tsp. baking soda |
| 2 c. grated, peeled, raw zucchini | 1/4 tsp. baking powder |
| 3 tsp. vanilla extract | 3 tsp. cinnamon |
| | 1 c. chopped nuts |

Beat eggs until light and foamy. Add sugar, oil, zucchini and vanilla. Mix lightly, but well. Combine all dry ingredients except nuts. Add the egg mixture. Stir until well blended. Add the chopped nuts. Pour into two 9 x 5 x 3 loaf pans. Bake in 350 degree oven for 1 hour.

NUT POTICA

Virginia Wowk

- | | |
|--------------------------|-----------------|
| 2 cakes yeast | 1 c. sugar |
| 1 - 1/2 c. lukewarm milk | 3 Tbsp. sugar |
| 1 Tbsp. salt | 1 egg yolk |
| 3 whole eggs | 1 c. sour cream |
| 1/2 c. melted butter | 8 c. flour |

(Cont.)

Crumble yeast into milk, add 3 tablespoons sugar. Let stand. Mix melted butter, sour cream, sugar, salt, eggs and egg yolk in large mixing bowl. Add yeast mixture. Mix in flour, a little at a time, to make a soft dough. Turn onto floured board and knead until soft and pliable. Grease a large bowl, place dough in it to rise until double in bulk. Meanwhile prepare filling:

1 c. milk
1/2 c. honey
1 c. butter
6 egg yolks

1/2 c. sugar
1 1/2 lb. ground nuts
grated rind of 1 lemon
6 egg whites, beaten stiff

Boil milk, add honey, nuts, melted butter, sugar and lemon rind. Cool slightly, add yolks, blend well. Last fold in egg whites. Roll dough to 1/4 inch thick; spread with filling. Roll up jellyroll style. Cut dough in half and place in a greased and floured baking pan, cover with a cloth in warm place to rise another 1 hour. (Makes 2) Brush top with beaten egg; bake in moderate 325 degree oven for 1 hour. You can also place one of these into a tube pan to rise and bake, instead of the long roll style.

NUT KOLACHI

Rose Moskalik

5 c. flour
3 eggs
1 c. butter, melted
1/2 cake yeast (large)
1 c. lukewarm milk
1/2 c. sugar
1/2 tsp. salt

Filling:

1 lb. walnuts, ground
1/2 c. sugar
1/2 c. milk
vanilla
2 Tbsp. butter

Prepare nut filling, set aside. Mix 2 cups flour with yeast, salt, sugar and butter. Add 1 egg and 1 cup flour. Repeat until all eggs and flour are used up. Mix together thoroughly and refrigerate overnight. Next day, remove 1 hour before rolling. (Recipe will make 4 rolls.)

Divide dough into 4 pieces. Take one at a time, roll into rectangular shape. Spread with 1/4th of the filling and roll up like a jelly roll. Place on greased pan with seam side down. When you have completed 4 rolls and they are on the pan (either all 4 will fit or 2 in one,*and 2 in another). Let rise in pan 1 hour. Bake in 350 degree oven for 45 minutes. Let cool in pan before removing. Slice diagonally.

* this depends on the size of your baking pan.

PINCH-OFF COFFEE CAKE

Rose Moskalik

1 pkg. dry yeast	1/2 tsp. salt
1/4 c. warm water	4 c. flour
1 c. scalded milk	1 c. sugar
3 eggs, beaten	1/2 c. chopped nuts
1/3 c. sugar	3 Tbsp. cinnamon
1/3 c. melted butter	

Dissolve yeast in warm water, set aside until bubbly. Beat 1/3 cup sugar and butter together until creamy. Add to yeast mixture. Add flour, 1 cup at a time, until well mixed. Let rise until double in bulk. Punch down and let rise again.

Mix the remaining 1 cup sugar, nuts, cinnamon with melted butter. Pinch off piece of dough and roll in butter, then in sugar mixture; place into a greased tube pan. Continue this procedure until all dough is used up and pan is full.

Bake in 400 degree oven 10 minutes, then reduce heat to 350 degrees and bake 30 minutes more.

APPLE FRITTERS

Mrs. S. Galan

1 c. flour	1 1/2 tsp. baking powder
3 Tbsp. powdered sugar	1/4 tsp. salt
1/3 c. milk	1 egg, well beaten
2 medium apples (sour), sliced thin	

Sift dry ingredients into a bowl. Beat egg and add milk, stir into dry ingredients. Mix well. Add sliced apples. Drop batter by spoonfuls into hot fat and fry.

SOUR CREAM WAFFLES

Carol Ann Pawluk

3 Tbsp. soft butter	1 tsp. baking soda
1 c. sour cream	2 tsp. baking powder
2 eggs	1 Tbsp. sugar
1 c. sour milk	1/2 tsp. salt
2 c. sifted flour	

Put all liquid ingredients and butter into blender. Cover and run at high speed until thoroughly blended. Add dry ingredients and mix at high speed until smooth. Bake in a hot waffle iron. Serve with butter and syrup.

CREPES

Carol Ann Pawlak

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

2 eggs, beaten
2 c. milk
2 Tbsp. butter or margarine

Sift flour with sugar, baking powder and salt into medium bowl. Combine eggs and milk. Beat with rotary beater until well blended. Pour into dry ingredients and beat until smooth. Preheat oven to 300 degrees. For each pancake, melt a 1/2 teaspoon butter in 8 inch skillet. Pour in 1/4 cup batter, rotate pan to spread batter quickly and cover bottom of pan. Cook over high heat 1 minute, turn. Cook 1 minute longer. Fold into quarters. Keep hot in oven while cooking up remaining crepes.

PIECRUST

4 c. flour
1 Tbsp. sugar
2 tsp. salt
1 3/4 c. vegetable shortening -
(not lard, butter, margarine or oil)

1/2 c. water
1 Tbsp. white or cider vinegar
1 large egg

In a large bowl, mix flour, sugar and salt with a fork until well blended. Add shortening and mix with fork until crumbly.

In a small bowl, beat water, vinegar and egg together. Add to flour mixture and stir until moistened. Divide dough into 5 portions and shape each in a flat circle. Wrap each piece in plastic or waxed paper and chill at least 1/2 hour.

Lightly flour both sides of the patty and roll out on a lightly floured surface.

For a baked pie shell, place in a pie pan; prick bottom and sides with a fork and bake in preheated 450 degree oven 12 to 15 minutes until golden brown.

For 1 and 2 crust pies, follow pie recipes. Dough can be stored in the refrigerator for 3 days. Recipe yields five 9 inch crusts.

APPLE PIE (Two)

Ksenia Babiak

1/2 lb. butter
1 1/2 c. flour
1 egg
1/2 c. milk

6 lb. apples (peeled)
6 Tbsp. sugar
1/2 c. raisins, if desired

Mix butter and flour together thoroughly. Add egg yolk and milk; finish mixing together. Wrap in napkin and store in refrigerator overnight.

Next day, divide dough into 4 equal parts. Make each into a circular shape approximately 6 inch in diameter. Put two of them in bottom of pie pans. Add peeled and sliced apples in each. Add sugar (and if desired, raisins). Take remaining two pieces of dough and cover apples with them. Press top and bottom pieces of dough firmly together along edges. Cut holes in the center of the top with tines of fork to release heat. Bake in 400 degree oven for 1 hour. Makes 2 pies.

APPLE PIE & CRUST

Grandma Kozulak

1/4 lb. margarine
1 Tbsp. sugar

a little milk
1 egg
1 1/2 -2 c. flour (depending if
you want a light or heavy crust)

Mix above ingredients together thoroughly. Add flour, 1 teaspoon baking powder and mix all together. Roll out between waxed paper to size of pie pan.

*Filling: Sprinkle your filling with lemon juice, 2 pats of butter and cover with top crust. Flute edge to seal. Make a small hole in the center to let heat escape and prick all around with a fork.

Take sugar and water, and sprinkle a mixture of these on top of pie. (In baking, the sugar browns and adds interest to your crust.)

If you use salty margarine, you will not need to add salt. If you use a sweet margarine, add a pinch of salt to your dry ingredients.

*You can either use a prepared pie filling, or make up your own from fresh apples, and spices.

BLACK BOTTOM PIE

Julie Bilenky

1 1/4 c. crushed chocolate
cookie crumbs
1/4 c. sugar
1/3 c. margarine
4 eggs, separated
1/4 tsp. salt
2/3 c. sugar

1/2 c. lime juice
1 envelope Knox gelatine
1/4 c. cold water
1 tsp. lime rind
green food coloring
1/2 c. heavy cream, whipped
Baker's chocolate, shaved

Blend cookie crumbs, sugar and margarine to form crust.
Chill.

Beat egg yolks until light and pale yellow. Add salt and beat in 1/3 cup sugar, stir in lime juice gradually. Cook over hot water until custard-like, stirring constantly. Soften gelatine in cold water.

(Cont.)

Add to hot mixture; stir until dissolves. Remove from heat and chill until thickened. Whip egg whites until stiff. Beat in remaining $\frac{1}{3}$ cup sugar and rind into the whites. Fold in lime mixture and add the green color. Pour into shell and chill 3 - 4 hours. Garnish with ring of whipped cream and shavings of chocolate.

IMPOSSIBLE PIE

Virginia Wowk

4 eggs	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. coconut
2 c. milk	1 tsp. vanilla
$\frac{1}{2}$ c. Bisquick	

Put all ingredients into the blender for 2 minutes until smooth. Pour into buttered and floured 9-inch pie plate. Bake in a 350 degree oven for 45 minutes or until knife comes out clean. Chill for 3 hours.

(Crust forms by itself; Bisquick drops down to the bottom.)

CHEESE PIE ROYALE

Nadia Dumenko

Prepare graham cracker pie crust using directions on package. Prepare a filling and topping, using the following ingredients:

2 eggs	1 $\frac{1}{2}$ c. sour cream
$\frac{1}{2}$ c. sugar	2 Tbsp. sugar
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ tsp. vanilla
12 oz. cream cheese	
cinnamon	

Beat eggs well at high speed. Gradually add in the $\frac{1}{2}$ cup sugar until well blended. Add in vanilla. Next add the cream cheese and blend together thoroughly. Place this mixture into prepared pie shell. Sprinkle cinnamon on top and bake in 375 degree oven for 20 minutes. Allow to cool before adding the topping.

Mix the sour cream, 2 tablespoons sugar and $\frac{1}{2}$ teaspoon vanilla together, blending well at medium speed. Spread evenly over top of filling. Bake in a 400 degree oven for 5 minutes or just refrigerate.

GRASSHOPPER PIE

Betsy Moskalik

1 $\frac{1}{2}$ c. chocolate wafer crumbs	$\frac{1}{2}$ c. milk
$\frac{1}{4}$ c. butter or margarine, melted	$\frac{1}{4}$ c. Creme de Menthe
3 c. mini marshmallows, or 32 large	3 Tbsp. white Creme de Cacao
	1 $\frac{1}{2}$ c. heavy cream, whipped

a few drops green food coloring

Heat oven to 350 degrees. Mix wafer crumbs with butter and press evenly into a 9 inch pie pan for pie shell. Bake 10 minutes. Cool.

Combine marshmallows and milk in saucepan, cook over low heat, until mallows melt, stir constantly. Cool. Add liqueurs. Then fold the marshmallow mixture into the whipped cream. Add a few drops of food coloring and fold gently to distribute color throughout. Pour into prepared crust. Sprinkle with grated chocolate on top. Chill well in refrigerator, approximately 3 to 4 hours.

Variation: Alexander Pie - substitute 1/4 cup dark Creme de Cacao and 3 tablespoons brandy for the liqueurs given above.

PINEAPPLE BAVARIAN CREAM PIE

Steve Marusevich

1 pkg. lady fingers (line a pie plate with them)
or bake a 9-in. pie shell
1 pkt. unflavored gelatin
1/4 c. cold water (or a fruit juice)
5 large eggs, separated
1/2 c. sugar (divided)
1/8 tsp. salt

1 can crushed pineapple *
(6 or 8 oz.)
1 1/2 tsp. vanilla
2 c. heavy cream
grated chocolate OR
toasted coconut

*(or substitute any other type of fruit if you wish)

Place water and gelatin in a cup and let it dissolve by setting the cup in hot water. Strain. Cool.

Beat egg yolks until light, add 1/4 cup sugar, pineapple and blend together. Then add in the dissolved gelatin and vanilla.

In a separate bowl, beat egg whites until form stiff peaks. Add 1/8 teaspoon salt and whip in slowly. Beat in remaining 1/4 cup sugar.

In another bowl, whip heavy cream. Combine cream, egg whites and yolk mixture by folding together lightly. Pour mixture in prepared pie crust. Chill thoroughly before serving.

When ready to serve, grate some chocolate over the top, or sprinkle toasted coconut on top.

PUMPKIN PIE SQUARES

double crust pastry dough
1 can (29 oz.) pumpkin
3 (6 oz.) cans evaporated milk
1 c. sugar, half white, half brown
4 tsp. ground cinnamon

1 tsp. ground nutmeg
1 tsp. ground ginger
1/4 tsp. ground cloves
1/4 tsp. salt
3 eggs, beaten

(Cont.)

3 eggs, separated
1/4 tsp. cream of tartar

1 tsp. vanilla

Line a 13 x 9 inch glass baking dish with pastry dough, covering the bottom, and up the sides; set aside.

In a large bowl, combine pumpkin, milk, sugars, spices, beaten eggs, and 3 yolks (save 3 egg whites for later). With a hand mixer blend together thoroughly. Pour into pastry lined pan. Bake in an oven preheated to 400 degrees and bake for 30 minutes. Reduce heat to 350 degrees and bake another 15 - 20 minutes, or until pumpkin custard tests done. (Insert a toothpick or clean knife blade, if it comes out clean, the filling is done.) If needs additional baking, leave in oven and check every 5 minutes. When pie is finished, remove to a rack to cool.

Meanwhile, prepare topping: take 3 egg whites, beat together with cream of tartar and vanilla, until forms stiff peaks. Take cooled pie, spread egg whites all over, make sure to bring right up to edging. Set into a preheated 350 degree oven and bake for 15 minutes, or until peaks start to brown lightly. Remove to rack and cool until ready to serve. Cut in squares.

REAL LEMON PIE

3 large eggs
1 1/2 c. sugar
7 Tbsp. cornstarch
1/4 tsp. salt
1 1/2 c. hot water

2 Tbsp. butter or margarine
1 tsp. grated lemon peel
1/2 c. lemon juice
1 baked 9-in. pie shell
meringue

Separate eggs, putting whites into a large bowl to reserve for meringue, at room temperature.

Place yolks in a small bowl and beat slightly, set aside.

In saucepan, stir together the sugar, cornstarch and salt. Stir in water until smooth. Bring to boil, stirring constantly. Reduce heat and let bubble 8 minutes and continue stirring. Remove from heat. Stir several spoonfuls of this hot mixture into the yolks, blending thoroughly, and then stir this into the cornstarch mixture in saucepan. Stir over medium heat 5 minutes; remove from heat. Stir in butter and lemon peel. Stir in lemon juice, a little at a time, mix until smooth. Cool at room temperature. Spread filling in baked pie shell. Then prepare the meringue as follows:

1 Tbsp. cornstarch
2 Tbsp. cold water
1/2 c. boiling water

1 tsp. lemon juice
3 egg whites (reserved from filling)
5 Tbsp. sugar

In small saucepan, blend cornstarch with cold water. Stir in the boiling water and bring to boil over medium heat, stirring constantly. Cook and stir 2 minutes or until thickens. Set aside and cool to room temperature. Add lemon juice to egg whites and beat until soft peaks form. Then gradually add sugar a little at time, beating well after each addition. Continue until stiff peaks form. Beat in the cooled cornstarch mixture and blend well.

Spread the meringue on top of the filling so it touches the crust all around. Bake in a preheated 350 degree oven for 12 minutes or until top is lightly browned. Cool 2 or 3 hours before serving.

GLAZED STRAWBERRY PIE

Mrs. Mollick

1 baked 9-in. pie shell
1 c. water
1 c. sugar
3 Tbsp. strawberry jello

1 qt. fresh strawberries
3 Tbsp. cornstarch
pinch of salt
1 Tbsp. light Karo syrup

Boil water, sugar, cornstarch and Karo syrup until clear. Stir in 3 tablespoons strawberry jello powder. Cool and pour over the strawberries placed neatly in the pie shell. Serve with whipped cream.

CHRISTMAS RUM PIE

Mary Atton

Prepare a thin, Flako piecrust. Bake in 350 degree oven for 5 minutes. DO NOT BROWN. Sprinkle 3 ounces ground walnuts on top of crust. Bake 5 minutes more. Remove from oven. Prepare filling:

1 envelope plain gelatin
1/4 c. cold water
1 1/2 c. milk

3 eggs, separated
1/2 c. sugar
2 Tbsp. rum
maraschino cherries, slivered

Add gelatin to water, set aside. Scald milk. Beat egg yolks, 1/4 cup sugar and add to scalded milk. Cook over double boiler until a custard forms to coat your spoon. Remove from heat. Add gelatin and rum; stir. Chill; stir again, until custard thickens enough to form mounds. Beat egg whites stiff, add 1/4 cup sugar in gradually. Add thinly slivered cherries and fold into custard. Pour into cooled, baked shell. Chill thoroughly in the refrigerator; decorate with chocolate shavings and whipped cream. Serve.

SWEET POTATO PIE

Mac Smith

1 1/2 c. cooked, mashed
sweet potatoes (yams)
3/4 c. sugar (half brown -
half white)
1 c. evaporated milk
3 eggs, well beaten

1/4 c. softened butter
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. ginger
1/2 tsp. nutmeg
1 unbaked pie crust

Preheat oven to 450 degrees. Mix ingredients thoroughly; pour into unbaked pie shell and bake 10 minutes. Reduce heat to 325 degrees and bake 30 minutes longer. Serve cold.

Write extra recipes here:

Cakes, Cookies, Icings



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES, ICINGS

APPLE CAKE

Anna Szczerba

5 eggs	2 Tbsp. baking powder
1 c. sugar	2 c. flour
1 c. butter or margarine	6 apples, sliced
1 Tbsp. sour cream	2 tsp. cinnamon
1 tsp. vanilla	

In a large bowl, place eggs, sugar, butter, sour cream, vanilla, and blend together thoroughly. Sift flour and baking powder; add to mixture and beat well.

Grease a 10-inch tube pan, and flour sides and bottom. Pour a layer of batter in pan, add some of the apples. Add another layer of batter, place apples over it, and sprinkle with cinnamon. End with remaining batter on top.

Bake in 400 degree preheated oven for 15 minutes. Reduce heat to 350 degrees and bake 1 hour longer.

APPLE CHIFFON CAKE

Chris Gerula

5 egg whites	*1 pkg. Oetker baking powder (1/2 oz.)
5 egg yolks	*1 pkg. Oetker vanilla sugar
3/4 c. sugar	1 tsp. rum
6 oz. butter	1 c. flour

Place yolks in large bowl. Using electric mixer, add sugar. Slowly add butter until well blended. Then add in baking powder, slowly, vanilla sugar and rum. Last, add in the flour.

Beat egg whites until light and fluffy, and form stiff peaks. Add whites to the other batter, folding in with rubber spatula. Pour evenly into a greased 13 x 9 x 2 inch baking pan. Prepare apple topping:

4 to 5 apples	sugar
cinnamon	

Pare apples, slice thinly; sprinkle with sugar and cinnamon, to taste.

Place apple mix on top of cake batter, in rows. Bake in 350 degree oven for 30 - 40 minutes.

* these products available in Ukrainian, German and gourmet shops.

APPLE SQUARES

Mrs. Mary Marusevich

3 c. sifted cake flour
1/2 c. sugar
1 tsp. baking powder
1 c. butter

1/2 tsp. lemon rind
1/2 tsp. salt
1 egg, slightly beaten
2 Tbsp. lemon juice
2 Tbsp. bread crumbs

Filling:

4 c. diced apples
1 Tbsp. lemon juice
1 Tbsp. lemon rind

3/4 c. sugar
1/2 tsp. cinnamon

Work butter into dry ingredients. Add egg and juice. Knead on lightly floured pastry board until well blended. Place in refrigerator for 1/2 hour. Remove from refrigerator, divide dough in half. Roll 1/2 to fit your pan. Line pan with the dough and sprinkle with some bread crumbs. Mix the diced apples, lemon juice, rind, sugar and cinnamon and spread filling over bottom crust. Roll out other 1/2 of dough and fit to pan for topping. Prick crust with fork and brush with beaten egg yolk. Bake in 350 oven for approximately 1 hour, until golden brown.

APPLE CRISP

Tessie Pawluk

6 tart apples, sliced
1/2 c. sugar
2 tsp. lemon juice
1/2 tsp. cinnamon
1/4 tsp. ground cloves

3/4 c. sifted flour
1/2 c. sugar
1/8 tsp. salt
3/4 stick butter
1/4 c. chopped nuts

Mix apples with sugar, lemon juice, cinnamon and ground cloves. Place in bottom of buttered baking dish 2 1/2 or 3 quart size. In a separate bowl, mix flour, 1/2 cup sugar and salt. With a pastry blender, cut in the butter until crumbly. Stir in nuts. Sprinkle over apples. Bake in 350 degree oven for 45 minutes until topping is brown. Serve warm with whipped cream or vanilla ice cream.

TWO-EGG CHIFFON

Denise Robilliard

2 eggs, separated
1 1/2 c. sugar
2 1/4 c. sifted cake flour
3 tsp. baking powder

1 tsp. salt
1/3 c. salad oil
1 c. milk
1 1/2 tsp. vanilla

Preheat oven to 350 degrees. Beat egg whites until frothy. Gradually beat in 1/2 cup of sugar; continue to beat until stiff and glossy. Set aside. Mix and sift remaining sugar, flour, baking powder and salt. Add oil, 1/2 cup milk, vanilla to dry ingredients, beat 1 minute. Add remaining milk and egg yolks; beat another minute. Fold in the egg white mixture. Spoon into two greased and floured layer cake pans. Bake 30 minutes. If you wish to use a tube pan, bake 35 minutes. Put together with a vanilla filling.

BANANA-PINEAPPLE BUNDT CAKE

Helen Savitsky

3 1/3 c. flour	1 1/4 c. salad oil
1 1/2 c. sugar	1 can (8 oz.) crushed pineapple
1 tsp. baking soda	2 c. mashed bananas
1 tsp. salt	3 eggs
1 tsp. ground cinnamon	1 1/2 tsp. vanilla

Preheat oven to 350 degrees. Grease Bundt pan and set aside. Sift flour and sugar, baking soda, salt and cinnamon. Add oil, undrained crushed pineapple, bananas, eggs and vanilla. Mix until well blended, but do not beat. Pour batter into pan and bake 1 hour 20 minutes until a toothpick inserted into cake comes out clean. Cake will crack slightly on top. Cool in pan inverted onto a wire cake rack. Cake will remain moist for some time.

BLUEBERRY BUCKLE (McAdoo, Pa.)

Irma Artim

2 c. flour	1 egg
2 tsp. baking powder	1/2 c. milk
1/2 tsp. salt	2 c. blueberries (preferably from Pa.)
1/4 c. butter or margarine	crumb topping
3/4 c. sugar	

Mix dry ingredients together; flour, baking powder and salt; set aside. Cream butter and sugar until light. Add egg and beat well. Alternately, add flour mixture and milk, beating smooth. Fold in blueberries. Spread in a greased 9 x 9 x 2 inch pan and sprinkle with crumb topping. Bake in preheated 375 degree oven for 35 minutes or until cake tests done. Cut in squares and serve warm. (For crumb topping - see ICINGS section.)

BLUEBERRY CAKE (East Meadow)

Anne Lipinski

2 c. sifted flour	1 c. sugar	
2 tsp. baking powder	3 eggs	
dash of salt	1 tsp. vanilla	
1/2 c. butter (4 oz.)	1 pt. blueberries	(Cont.)

Sift flour, baking powder and salt together; set aside. In mixing bowl, cream butter and sugar together; add eggs, one at a time, beating well after adding each. Add vanilla and mix again. Add sifted dry ingredients, till thoroughly blended. Batter will be very thick. Fold in blueberries. Pour into greased and floured 8 inch square cake pan. Bake in preheated 350 degree oven for about 30 minutes.

BANANA SOUR CREAM CAKE

Helen Savitsky

1/2 c. butter	1 tsp. baking powder
1 c. sugar	1 tsp. baking soda
2 eggs	1/4 tsp. salt
1 c. mashed bananas	1/2 c. chopped nuts
1/2 tsp. vanilla	1/4 c. sugar
1/2 c. sour cream	1/2 tsp. cinnamon
2 c. sifted flour	

Preheat oven to 350 degrees. Cream butter in a bowl until light; add sugar. Beat in eggs, one at a time; add mashed bananas, vanilla and sour cream. Sift flour, baking powder, baking soda and salt together. Fold into creamed mixture, stirring just to blend.

In a bowl, combine finely chopped nuts, 1/4 cup sugar and cinnamon. Sprinkle 1/2 of this mixture over bottom of well greased Bundt pan. Spoon in 1/2 of the batter. Sprinkle remaining nut mixture and cover with rest of cake batter. Bake 45 minutes.

When baked, remove cake and cool in pan on rack for 10 minutes. Then shake loose and turn onto rack to cool thoroughly.

CARROT CAKE #1

Terry Sawina

2 jars Junior baby food carrots	4 eggs
2 c. sugar	1 tsp. salt
1 1/2 c. Wesson oil or margarine	3 c. flour
2 Tbsp. cinnamon	1/2 c. floured walnuts
	2 tsp. baking soda
	3 tsp. baking powder

Cream sugar and oil; add eggs, one at a time. Add in baking soda, baking powder, salt and grated carrots. Then add in cinnamon and floured walnuts. Bake in preheated 350 degree oven for 1 hour.

CARROT CAKE #2

Julie Bilenky

2 1/2 c. unsifted whole wheat flour	1 tsp. baking powder
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1 tsp. baking soda	2 c. sugar
1 tsp. salt	1 c. vegetable oil
1 1/2 tsp. ground cinnamon	2 1/2 c. coarsely shredded carrots
1 1/2 tsp. ground nutmeg	1 c. raisins
4 eggs	1 c. coarsely chopped walnuts

Preheat oven to 375 degrees. Combine flour, baking powder, baking soda, salt, cinnamon and nutmeg in a medium size bowl. Mix thoroughly with a fork. Beat eggs with sugar in large bowl until light and fluffy. Gradually beat in oil and blend well. Add dry ingredients, until well blended. Stir in carrots, raisins and nuts. Pour into well greased 9 inch tube pan. Bake 1 hour and 10 minutes or until top springs back when lightly pressed. Remove to wire rack and cool 10 minutes. Loosen sides with spatula and remove; cool. Can also be baked in a 13 x 9 x 2 inch pan for 50 minutes.

CARROT CAKE #3

Mary Sydor

2 c. sifted flour	1 1/2 c. salad oil
2 c. sugar	2 c. grated carrots
2 tsp. salt	4 eggs
2 tsp. cinnamon	1 c. chopped nuts
2 tsp. baking soda	

Sift dry ingredients together. Add oil and beat well. Add eggs, one at a time. Stir in carrots and nuts. Bake in greased and floured 10 inch tube pan 40 - 45 minutes at 350 degrees. When cake is cooled, frost with a Cream Cheese Frosting (see under Icings). Cake can be frozen. Alternate: bake in 12 x 9 x 2 inch pan.

CHEESE CUPCAKES

Sophie Chmil

2 (8 oz.) pkg. cream cheese	2 tsp. lemon juice
3/4 c. sugar	1 tsp. vanilla
2 eggs	
1 can Comstock pie filling	Nabisco vanilla wafers or
walnuts (optional)	Graham cracker crumbs

Cream the cream cheese, sugar, eggs, lemon juice and vanilla until smooth. Place vanilla wafers (or graham cracker crumbs) in the cupcake tin lined with paper cup. Fill 3/4 way up with cheese mixture. Bake in 350 degree oven 15 - 20 minutes. Top with pie filling and nuts, if desired.

(Miniature sized cupcakes are nice and attractive.)

CREAM CHEESE CAKE

Ellen Robilliard

3 (8 oz.) pkg. cream cheese sugar, flour, salt & vanilla
6 eggs
1 pt. sour cream use loose bottom pan

Beat whites of eggs, gradually adding 3 tablespoons sugar - set aside. Sift together: 1/4 cup (or 3 tablespoons) flour, pinch of salt, 1 1/4 cup sugar.

Beat egg yolks until creamy. Add sifted ingredients to yolks and mix in cream cheese, adding a little at a time. Add 1 pint sour cream and 1 teaspoon vanilla to egg yolk mixture. After well blended, fold in egg whites.

Prepare crust:

1/2 pkg. Zwieback (12 crackers) 1/4 c. sugar
4 Tbsp. butter 1/2 tsp. cinnamon (to taste)

Line pan with this mixture. Pour batter in. Bake 1 hour at 325 degrees. Let stand in closed oven 1 hour with heat off. Refrigerate when cool.

CHERRY CHEESE SQUARES

Betsy Moskalik

1 1/4 c. crushed graham crackers 4 eggs
1/4 c. sugar 1 pt. sour cream
1/4 c. margarine, melted 1/3 c. sugar
2 (8 oz.) pkg. cream cheese 1 tsp. vanilla
1 c. sugar
1 tsp. vanilla 1 can cherry pie filling

Preheat oven to 400 degrees.

Combine crushed crackers, 1/4 cup sugar and melted margarine; press into a 9 x 13 x 2 inch glass pan. Cream the cream cheese, 1 cup sugar, 1 teaspoon vanilla and 4 eggs thoroughly, add eggs one at a time. Spread the mixture over graham cracker mix. Bake in preheated 400 degree oven 15 minutes. Next prepare the topping. Blend together the sour cream, 1/3 cup sugar and 1 teaspoon vanilla. Spread over cake, bake 15 minutes more. Let cool thoroughly for 1 hour. Then spread with the pie filling. Refrigerate 2 hours. Serve in squares, garnished with whipped cream or a whipped topping.

CHEESE CAKE

Sophie Chmil

1 c. sifted flour 1/4 c. sugar

1 tsp. grated lemon
 1 egg yolk
 1/2 c. butter
 1 lb. creamed cottage cheese,
 small curds
 2 (8 oz.) pkg. cream cheese

1 1/2 c. sugar
 4 eggs, beaten slightly
 1/3 c. cornstarch
 1 tsp. vanilla
 2 Tbsp. lemon juice
 1/2 c. margarine, melted
 1 pt. sour cream

Mix flour, sugar, grated lemon, egg yolk and 1/2 cup butter together, blending thoroughly. Pat or spread on bottom of 10 inch springform pan which has been greased, a part way up the sides. Bake in 400 degree oven for 10 - 12 minutes or until lightly browned.

Put the cottage cheese into the blender; add softened cream cheese to the whipped cottage cheese mixture and beat with an electric mixer at high speed until creamy. Blend in 1 1/2 cup sugar, eggs (one at a time), reducing to a low speed. Next add in the cornstarch, lemon and 1 teaspoon vanilla, until well mixed. Add the 1/2 cup melted margarine and sour cream and continue to blend at a low speed.

Pour into baked crust. Bake in 325 degree oven for 1 hour. Turn off heat. Leave cake in oven at least 2 hours before removing. Remove sides of springform pan; serve.

CHEESE CAKE

Sylvia Klymyshyn

1 c. sugar
 2 (8 oz.) pkg. cream cheese,
 softened

4 eggs
 1/2 tsp. vanilla
 1 pt. sour cream

Preheat oven to 350 degrees.

Beat sugar and cream cheese with electric mixer or by hand, until light and fluffy. Add eggs and vanilla, mixing thoroughly. Add sour cream last and beat until smooth. Pour into a springform pan (do not grease) and bake 30 - 40 minutes. Remove from oven and cool on rack. Cheese cake will be pale in color.

The cake is delicious as is. However, you can spoon canned pie filling over the top before serving, if desired. (Cherry or Strawberry)

P.S. No crust is necessary - in case you were wondering.

CHEESECAKE

Helen Savitsky

1 1/2 c. graham cracker crumbs
 3 Tbsp. sugar
 1/2 tsp. cinnamon
 1/4 c. sweet butter, melted

3 pkg. 8 oz. cream cheese at
 room temp.
 1 1/4 c. sugar
 6 eggs, separated

(Cont.)

1 pt. sour cream
1/3 c. flour
2 tsp. vanilla

grated rind of 1 lemon
juice of 1 lemon

Grease a 9 x 3 springform pan with butter. (Place pan in a 12 inch square of aluminum foil, press up the sides of pan.) Combine cracker crumbs, sugar, cinnamon and melted butter in a small bowl, blend well. Press 3/4 cup of crumb mix into bottom of pan and up the sides. Chill.

With electric mixer, on low speed, beat cream cheese in a large bowl until softened. Gradually add in sugar until mixture is fluffy. Beat in egg yolks, one at a time; blend well. Stir in sour cream, flour, vanilla, lemon rind and juice, until smooth. Beat whites until hold stiff peaks. Fold into cheese mixture (souffle fashion) until well blended. Pour into pan and bake in preheated 350 degree oven for 1 hour 15 minutes or until top is golden. Turn off heat, allow cake to cool in oven 1 hour.

Remove cake from oven, allow to cool on wire rack at room temperature. Sprinkle with crumbs over top (optional). Chill overnight. Before serving, dust with 10x sugar.

FLUFFY CHEESECAKE

Tessie Sawka

1 1/2 c. crushed zwieback
or graham cracker crumbs
2 Tbsp. sugar
2 Tbsp. melted butter or
margarine
2 (8 oz.) pkg. cream cheese
1/2 c. sugar
1 tsp. grated lemon peel

1 Tbsp. lemon juice
1 tsp. vanilla
dash of salt
5 egg yolks
2 c. sour cream
5 egg whites
1/2 c. sugar

Combine crumbs, 2 tablespoons sugar and melted butter. Press on bottom of ungreased 9 inch springform pan. Stir cream cheese to soften. Beat in sugar, lemon peel and juice, vanilla and salt. Blend in egg yolks, then sour cream. Do not beat.

Beat egg whites until soft peaks form. Gradually add remaining 1/2 cup sugar, beating to stiff peaks. Fold into cream cheese mixture. Carefully pour into pan. Bake in slow 325 degree oven for 1 hour 20 minutes or until done. Cool in pan 10 minutes, then take a small spatula to loosen cake from edge of pan, down about 1/2 inch of the way. Cool in pan; chill.

CHOCOLATE CHIP CAKE

Aniela Gerula

4 egg yolks

4 egg whites

1 3/4 c. sugar	1 c. warm milk
1/2 lb. sweet butter	3 c. flour
1 pkg. baking powder (Oetker)	1 oz. unsweetened baking chocolate
1 tsp. imitation rum flavor	

Whip egg whites until stiff and form peaks. Set aside. In large bowl, add egg yolks, sugar and butter, mix slowly. Add in baking powder and rum flavor. Add milk and flour alternately and blend well. Grate baking chocolate into small (fine) pieces. Using a rubber spatula, blend in chocolate and egg whites. Pour into greased 13 x 9 x 2 inch baking pan. Bake in preheated 350 degree oven 1 hour.

CINNAMON CAKE

Mrs. S. Galan

1/2 c. butter	1 1/2 c. cake flour
1 c. granulated sugar	1 1/2 tsp. baking powder
2 eggs, separated	1/4 tsp. salt
1/2 c. milk	2 tsp. cinnamon

Cream butter with sugar. Add in beaten egg yolks, blend well. Add milk next. Sift dry ingredients together and add to mixture. Fold in stiffly beaten egg whites. Pour into well greased layer cake pans. Bake in preheated 375 degree oven for 20 minutes. When cake is cool, ice with your favorite frosting.

DATE CAKE

Christine Pawluk Jones

1 c. cut up dates	2 eggs, beaten
1 tsp. baking soda	1 1/4 c. flour + 3 Tbsp.
1 1/2 c. boiling water	1/4 tsp. salt
1/2 c. shortening	3/4 tsp. baking soda
1 c. sugar	

Combine dates, baking soda and water; let stand. Add shortening, then sugar and eggs. Sift flour, salt and baking soda together and add to mixture. Prepare topping:

Combine 1 small package chocolate chips, 1/4 cup chopped nuts and 1/2 cup sugar. Spread on cake and bake at 400 degrees for 30 minutes. Use an 8 inch square greased pan.

EUROPEAN SPONGE CAKE

Rose Moskalik

7 egg yolks	1 1/2 c. flour
1 1/2 c. sugar	2 tsp. baking powder
6 Tbsp. water	1 tsp. vanilla

(Cont.)

1/2 lb. ground walnuts or
peanuts

7 egg whites, beaten stiff

Frosting:

1/2 c. milk
2 1/2 Tbsp. flour
1/2 c. butter
cup confectioners sugar

1 tsp. vanilla
1/2 tsp. rum extract
walnut halves
maraschino cherries

Beat yolks until light. Slowly beat in sugar, then add water and beat well. Sift flour 3x before measuring. Combine flour, baking powder and add to the first mixture, beat well. Add vanilla, fold in the nuts and then the egg whites. Turn into ungreased 10 inch tube pan. Bake on lowest rack in oven in 350 degree oven, 45 minutes. Turn out of pan to cool.

Combine flour, milk in small saucepan and cook over low heat until thickens. Chill thoroughly. Beat butter until fluffy. Gradually beat in the chilled paste. Beat in 1/2 cup of confectioners sugar or more if needed. Add flavoring. Frost your cooled cake. Decorate with walnut halves and cherries.

FRUIT CAKE

Julia Matusewicz

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

1/2 to 3/4 c. water
2 eggs
1 tsp. rum
1/2 c. oil
2 medium apples, diced
1/4 c. chopped nuts
1 c. candied fruit

In large mixing bowl, mix flour, sugar, baking powder, baking soda, salt and cinnamon. Add water, eggs, rum and oil to dry ingredients. Mix to make heavy batter. Add apples, nuts and fruits. Mix with spoon until well blended. Pour into a 13 x 9 x 2 inch greased pan, sprinkled with flour. Bake at 350 degrees for 45 minutes. When done, sprinkle with some powdered sugar.

WHITE FRUIT CAKE

Marie Pawluk

1 stick butter
1 stick margarine
2 c. sugar
4 eggs, separated
1 c. white raisins
1/2 c. citron

1/2 c. cherries
1 c. nuts (walnuts, pecans)
1 c. milk
3 c. flour
1/2 tsp. salt
2 tsp. baking powder

Mix butter, margarine, sugar and 4 egg yolks. Add fruits, nuts and mix well. Add milk. Mix the flour, baking powder, salt together and blend with the above mixture. Fold in beaten egg whites. Bake in a 325 degree oven for 1 3/4 hours.

FRUITCAKE MINIATURES

Rose Moskalik

1/2 c. light molasses
1/4 c. water
2 tsp. brandy
1 pkg. (15 oz.) raisins,
light or dark
1 lb. mixed candied fruits
1/2 c. butter
2/3 c. sugar
3 eggs

1 c. flour + 2 Tbsp.
1/4 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
1/4 tsp. allspice
1/4 tsp. ground cloves
1/4 c. milk
1 c. chopped walnuts

Blend molasses, water and brandy in saucepan. Stir over medium heat, bring to boil. Add raisins, bring to boil again. Reduce heat and simmer 5 minutes. Remove from heat; stir in candied fruits. Cool.

Cream butter and sugar, blend in eggs (one at a time). Then mix dry ingredients together (flour, baking soda and spices). Add dry ingredients to butter mixture. Alternate with milk. Add fruit mixture in last with chopped nuts. Fill 2/3rds full, paper-cup lined small tart cupcake pan. Place a cherry on top. (You can increase brandy to 3 teaspoons, if desired). Will make about 60 tiny fruitcake miniatures. Bake at 325 degrees for 25 minutes.

HONEY CAKE

Helen Savitsky

5 eggs, separated
1 c. sugar
1 c. tea
1 c. oil
1 c. honey

1 tsp. baking soda
2 tsp. baking powder
3 c. flour
dash of cinnamon

Combine egg yolks and sugar and beat until fluffy. Add oil, tea, honey; gradually add dry ingredients. Fold in beaten egg whites.

Pour into large loaf pan or large tube pan and bake at 325 degrees for 1 hour or until tested with a toothpick. Cool 10 minutes, then remove to rack.

HUNGARIAN PLUM OR APPLE CAKE

Mrs. S. Galan

1/4 lb. butter	1 tsp. baking powder
2 eggs	1/2 tsp. vanilla
1/2 c. sugar	10 or so purple plum (OR
1 c. flour	2 lb. tart apples)
1/4 tsp. salt	1/2 c. sugar
	1 tsp. cinnamon

Place butter in a warm bowl and cream. Add 1/2 cup sugar, eggs, baking powder, flour and salt. Mix well. Add vanilla. Spread in deep, greased pan, about 10 plums (cut in half), washed and pitted. Press slightly into batter, skin side down. Sprinkle with cinnamon and 1/2 cup sugar, and bake in hot oven 350 degrees, about 30 minutes. If you use apples, cut into small pieces and arrange in circles. Sprinkle with cinnamon and 1 cup sugar. Bake 50 minutes at 350 degrees.

INSTANT COFFEE CHOCOLATE CAKE

Terry Sawina

2 c. flour	1 c. milk
1 3/4 c. sugar	1 tsp. vanilla
pinch of salt	2 eggs
2 tsp. baking soda	1/2 c. oil
1 tsp. baking powder	1 c. coffee (1 heaping tsp.
3/4 c. cocoa	coffee in c. water, hot - let cool)

Mix sugar, eggs and oil together. Add dry ingredients, add milk, vanilla and coffee. Bake at 350 degrees for 30 minutes or until done.

SUPER EASY JELLY ROLL

Mary L. Wakulinski

1 c. sifted cake flour	1 c. sugar
1 tsp. baking powder	1 tsp. vanilla
dash of salt	1 c. tart red jelly
4 eggs, at room temperature	

Combine baking powder, salt and eggs in large bowl. Beat together until well blended. Gradually adding sugar, until mixture becomes thick and lemon colored. Sift flour once and measure. Fold into egg mixture. Add vanilla. Turn into a pan that has been lined with waxed paper, then greased.

Bake in 400 degree oven for 13 minutes. Take cake out and turn onto a towel that has been dusted with powdered sugar (sifted).

Remove the paper. Spread jelly on cake and start turning up edge of cake. Let the cloth help you by lifting. When cake is rolled up, place the end of the cake on the underside. Wrap cloth around the cake and leave it on until cake has cooled. When cooled, remove towel and place on plate or special wooden board.

MERINGUE SHORTCAKE

Irene Wacik

2 c. flour	2 tsp. sour cream
1/4 lb. sweet butter	2 oz. confectioners sugar
1/4 lb. Crisco (1/2 c.)	1 lemon rind
3 egg yolks	

Mix all ingredients together until well blended. Take a flat cookie sheet, 16 x 11 x 1/2 inch and press the dough in by hand. Prick the dough with a fork. Bake in 350 degree oven for 30 - 35 minutes, or until golden brown.

When crust is baked, spread with either 1 jar of apricot or raspberry preserves.

5 egg whites	1/2 c. chopped walnuts
1 c. granulated sugar	

Beat the whites until stiff. Add sugar, fold in the chopped walnuts. Spread this mixture over the top evenly. Bake again at 350 degrees for 20 minutes.

OLD FASHIONED NUT CAKE

Helen Savitsky

5 eggs	1 (1 lb.) box confectioners sugar
2 1/2c. flour	1 c. butter
2 1/2 tsp. baking powder	1 tsp. vanilla
1/2 c. cold water	1 c. chopped walnuts

Into a large mixing bowl, place all ingredients at once, except the walnuts. Mix together approximately 4 - 5 minutes, the longer the better. Then add walnuts, stirring in with a wooden spoon.

Pour mixture into a greased Bundt pan. Bake in 350 degree oven for 1 hour or until tests done. Cool and dust with confectioners sugar.

PINEAPPLE HALF-POUND CAKE

Tessie Sawka

1/2 lb. margarine	1 (9 oz.) can crushed pineapple, drained (1 1/2 c.)
1 1/2 c. sugar	1 tsp. vanilla
1 3/4 c. sifted flour	4 eggs

(Cont.)

Preheat oven to 350 degrees. Cream margarine well. Add sugar gradually and beat together about 7 - 10 minutes. The texture depends on thorough creaming! Add eggs, one at a time, beat well after each addition. Slowly add flour and vanilla, at low speed. Fold in drained pineapple. Pour batter into an 8-inch tube pan, greased on bottom and lined with waxed paper. To level batter, bang bottom of pan on level area about 15 times and turning, this will remove large air bubbles. Bake at 350 degrees 45 to 60 minutes, until done. Cool in pan 5 - 10 minutes, then turn out onto wire rack.

PISTACHIO NUT SWIRL CAKE

Terry Sawina

1 pkg. white cake mix (Duncan Hines)	4 eggs
1 pkg. pistachio instant pudding	1 c. sour cream
	1/2 c. oil
	1/2 tsp. almond extract

Mix above ingredients in bowl. Combine:

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

Put 1/2 of batter into cake pan. Next, place above ingredients in center, continue with a layer of each. Bake at 350 degrees for 1 hour.

POPPY SEED COFFEE CAKE

Anne Danyluk

1/2 c. poppy seeds	2 1/2 c. sifted flour
1 c. buttermilk or sour milk	2 tsp. baking powder
1 c. margarine	1 tsp. baking soda
1 1/2 c. sugar	1/2 tsp. salt
4 eggs	1 Tbsp. vanilla extract

Combine poppy seeds, buttermilk (or sour milk) and let soak overnight. Cream margarine and sugar until light and fluffy. Add eggs, one at a time, and blend thoroughly. Sift the flour, baking powder, baking soda and salt together. Add vanilla to poppy seed/buttermilk mixture. Add sifted dry ingredients to creamed mixture, beginning and ending with dry ingredients.

Turn half of the batter into a well greased Bundt pan (or a 10 inch tube pan).

1/3 c. sugar	1 tsp. cinnamon
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Combine sugar and cinnamon and sprinkle over batter. Top with remaining batter and bake in 350 degree oven for 1 hour or until done and browned. Cool; dust with powdered sugar.

BLUE RIBBON POUND CAKE

Helen Savitsky

4 c. sifted flour	3 c. sugar
1 tsp. baking powder	6 large eggs, at room temp.
1/2 tsp. salt (optional)	1 c. milk, at room temp.
pinch nutmeg	2 tsp. lemon extract or
2 c. sweet butter, at room temp.	vanilla (OR 1 of each)

Sift flour, baking powder, salt and nutmeg together and set aside. Cream butter until light and fluffy, then add sugar gradually, beating all the while. (You must add sugar slowly and beat vigorously.) Add the eggs, one at a time. Combine milk with flavoring. Add sifted dry ingredients alternately with the milk, beginning and ending with the dry ingredients. Pour into a well buttered and floured 10 inch tube pan. Bake in 300 degree oven for 1 hour and 20 minutes.

Cool cake upright in its pan on wire rack for 10 minutes. Then turn out onto cake rack to cool thoroughly. Dust with 10x sugar if you wish.

RAISIN POUND CAKE

Ksenia Babiak

1 1/3 c. margarine or butter	1 tsp. baking powder
2 c. sugar	1 c. raisins (optional)
2 2/3 c. flour	2 Tbsp. milk
1/8 tsp. salt	1 tsp. lemon extract
8 eggs	

Cream butter or margarine with sugar. While beating, add 8 eggs (one at a time). Sift together the flour, salt and baking powder; add to butter mixture. Add raisins, milk and lemon extract. Pour in greased pan and bake in 325 degree oven for 1 1/4 hours.

PRUNE & WALNUT TORTE (Ruth's Recipe)

Millie Osenenko

2 eggs	1 tsp. baking soda
1 c. sugar	1/2 tsp. salt
1/3 c. prune juice	1 c. chopped pitted prunes
1 1/2 tsp. lemon extract	1 c. chopped walnuts
1 1/2 c. flour	3/4 c. salad oil
	confectioners sugar

(Cont.)

Beat eggs until light and fluffy. Gradually add sugar, beating constantly. Add prune juice and lemon extract. Sift together flour, baking soda, salt. Add to egg mixture. Add prunes and walnuts and mix well. Stir in oil. Pour into greased and floured 9 inch square pan. Bake in 350 degree oven about 1 hour until cake tests done. Cool 5 minutes. Remove from pan and allow to cool on rack. Sprinkle with confectioners sugar, and serve.

ST. PATTY'S DAY CAKE

Lydia Petrowsky

1 pkg. white cake mix, Duncan Hines	1/2 c. oil
2 pkg. pistachio jello pudding	4 eggs
1 c. club soda	2/3 c. walnuts, chopped
	1 Tbsp. vanilla or almond extract

Put all ingredients in a bowl, mix about 3 minutes. Add chopped walnuts. Grease a tube pan and then bake at 350 degrees for 65 minutes.

SOUR CREAM COUNTRY COFFEE CAKE

Olga Galbraith

2 c. sifted flour	2 eggs
1 c. sugar	1 tsp. vanilla
1 tsp. baking soda	1/2 c. Grapenut nuggets cereal
1/2 tsp. baking powder	1/2 c. sugar
1/2 tsp. salt	2 tsp. cinnamon
1 c. sour cream	
1/2 c. butter or margarine, softened	

Preheat oven to 350 degrees. In large bowl, combine flour, sugar, baking soda, baking powder and salt. Add sour cream and softened butter, eggs and vanilla - blend at low speed at first, increase to blend thoroughly until smooth. In small bowl, stir cereal nuggets with sugar, cinnamon. Pour 1/3 of batter into greased 9-inch square pan. Sprinkle with 1/3 of cereal mixture. Repeat twice with remaining batter and cereal mixture. Bake 45 minutes or until cake is done. Cut in squares.

CHOCOLATE SOUR CREAM CAKE

Helen Savitsky

4 eggs	1 pkg. instant chocolate pudding
1/2 c. warm water	1 pkg. chocolate cake mix
1/2 c. vegetable oil	(sour cream type, preferred)
1/2 pt. sour cream	

Mix eggs, water, oil and sour cream together. Beat well.

Add chocolate pudding and blend well. Next add cake mix until well blended. Pour into butter, floured Bundt cake pan. Bake in 350 degree oven 1 hour. Cool before turning out of pan.

IRENE'S TORTE

Irene Bendersky

1 c. butter
1 1/4 c. confectioners sugar
1 egg
1 lemon, grated rind & juice of
2 c. sifted flour
1 c. walnuts, chopped

Cream butter and sugar until light and fluffy. Add egg; beat well. Stir in remaining ingredients and chill. Divide dough into 4 equal parts. Put each part into a lightly greased layer pan. Bake in 350 oven for 15 - 20 minutes until lightly browned. Remove from pans and cool on rack.

Prepare filling: 6 apples, diced, juice of 1 lemon and sugar to taste. Cook apples, juice and sugar until thick (DO NOT ADD WATER); cool. Prepare a chocolate filling (see under Icings).

Spread layers with prepared fillings in this order:

#1 - apple filling; #2 chocolate filling; #3 apple filling. Cover with 4th layer. Ice top with a coffee icing (see under Icings)- or any desired flavor, or leave plain. DO NOT CUT for 24 hours.

SOUR CREAM POUND CAKE

Orysia Dackiw

6 eggs
3 c. flour
3 c. sugar
1/2 tsp. baking soda
1/2 lb. butter
1/2 pt. (1 c.) sour cream
1 tsp. vanilla

Separate eggs. Beat whites until form soft peaks; set aside. Cream sugar, butter and egg yolks (add one at a time). Add vanilla and blend well. Add flour and sour cream alternately. Fold in beaten egg whites. Bake in greased and lightly floured tube pan in 300 degree oven for 1 1/2 hours. Remove from oven if cake tests done. Invert on plate when done to cool. If cake sweats on the plate, return to pan and bake a few minutes more.

TUNNEL OF FUDGE

1 1/2 c. butter (3 sticks),
softened
6 eggs
1 1/2 c. sugar
2 c. flour, sifted
1 pkg. Pillsbury Cream Fudge
Frosting, sifted
2 c. chopped walnuts

Cream butter in a large mixing bowl. Add eggs, one at a
(Cont.)

time, beating well after each addition. Add sugar and beat until fluffy. Next mix in sifted flour, sifted frosting, a little at a time, folding in carefully. Add the chopped walnuts to distribute evenly. Preheat oven to 350 degrees. Pour batter into a 10 inch greased tube pan. Bake 1 hour. (You will notice a dry, shiny crust on top, as in brownies.) Cool 2 hours before removing from pan. Loosen sides by slipping a flat knife around outside edge. Place a plate over top of pan, turn over to loosen cake. Then place another plate over it, and invert rightside up. Cool before serving.

WALNUT PLIATSOK (Mother's)

Orysia Dackiw

Cake:

Filling:

3 c. flour
 2 1/2 c. ground walnuts
 1 tsp. baking soda
 1 c. sugar
 rind of 1 lemon
 1 vial rum flavor (or 1 tsp.)
 2 vials vanilla (or 1 Tbsp.)
 3 whole eggs + 2 yolks
 1 c. honey

2 1/2 c. chopped walnuts
 1/4 c. heavy cream
 1/2 c. confectioners sugar
 1 tsp. vanilla
 1 tsp. lemon juice
 3 Tbsp. apricot preserves
 1 stick sweet butter, soft
 1 can frozen pineapple juice
 DO NOT DILUTE
 1/2 c. grated ladyfingers

Mix above ingredients for cake; blend together in order given, beating well after each addition. Dough will be loose. Divide into 3 parts. Grease or line with greased brown paper, 2 or 3 jelly-roll pans, whatever you have on hand. Just so you end up with 3 individual layers of cake. Dip your hand in oil and spread dough evenly in pan. Bake in 350 degree oven for 15 - 20 minutes. Remove and cool. Peel paper off bottom if you line pan. Set the 3 layers aside.

Heat heavy cream to boiling and pour over walnuts; add sugar. Add more sugar if you desire a sweeter filling. Add vanilla, lemon juice and apricot preserves. Blend in softened butter. Last, add undiluted can of pineapple juice, just as it is. Now grate ladyfingers for crumbs and add to mixture (this will absorb the moisture). (Filling will be tart.) Fill between cake layers. Wrap cake in foil and store in refrigerator, or may be frozen. Keeps well.

WALNUT CAKE

Pat Barniak

1/2 c. margarine
 1 c. sugar
 2 eggs

1 c. sour cream
 1 tsp. vanilla
 1 1/3 c. flour

1 tsp. baking powder
1 tsp. baking soda
1/3 c. chopped walnuts

1/2 c. brown sugar
1 Tbsp. cinnamon

Prepare filling before batter. Combine the walnuts, brown sugar and cinnamon together and set aside.

Mix melted margarine, sugar and eggs thoroughly with a spoon. Add in the sour cream, vanilla, flour, baking powder and baking soda and mix with an electric mixer at low speed until well mixed. Grease a 10 x 8 x 2 inch pan and pour 1/3 of the batter in prepared pan. Cover with 1/2 of the filling. Pour in another 1/3 of batter, top with remaining filling. Top with remaining batter. Bake in 375 degree oven for 35 - 40 minutes. Cool; cut in squares.

WALNUT TORTE

Mary L. Wakulinski

6 eggs, separated
1/4 c. sugar
1/2 c. sugar
1/3 c. bread crumbs

2/3 c. ground nuts
1 tsp. white vanilla
1/4 c. flour

Preheat oven to 325 degrees. Beat egg whites to soft peaks; add 1/4 cup sugar gradually, until form stiff peaks; set aside. In another bowl, beat yolks until thick and lemon colored. Gradually blend in 1/2 cup sugar. Stir in bread crumbs, flour, chopped nuts and then fold into beaten egg whites. Pour into a greased springform pan, spread evenly. Bake 40 minutes or until cake springs back when touched with finger. Turn cake in pan over onto wire rack to cool completely.

Remove cake from pan. When completely cool, spread some rum or mocha, or a chocolate icing over top only.

Or whip up some butter cream, or whipped cream, and with a star pastry tube, pipe a fancy pattern on the top of the cake. Sprinkle a few nuts over top.

APRICOT TURNOVERS

Irene Mamus

2 whole eggs
1 c. cold water
1 jar apricot preserves (12 oz.)

3 c. flour
1 lb. Fluffo (divide into 3 parts)

With egg beater, beat eggs and cold water thoroughly, until slightly foamy. Add flour and mix, then knead well. If necessary, add a little more flour. On a lightly floured board, roll out to 1/4 inch thickness. Spread with 1 part of Fluffo, fold over 1/3 x 1/3 (like an envelope). Then fold in 3 again. Wrap in waxed paper
(Cont.)

or Saran Wrap and store in refrigerator 1 hour. Remove and roll out to 1/4 inch thickness again. Spread with 2nd portion of Fluff; fold, wrap and refrigerate 1 hour more. Repeat process one more time, then refrigerate overnight.

Divide dough into 4 equal parts. Roll out one piece at a time (keeping others refrigerated), quite thin and cut into squares about 3 x 3 inches. Fill each one with 1/2 teaspoon apricot preserves, fold to form a triangle. Seal only the point of the triangle by applying pressure with finger.

Bake in 425 oven 8 - 10 minutes. When cold, sprinkle with confectioners sugar.

BROWNIES

Chris Gerula

4 eggs	12 oz. pkg. semi-sweet chocolate chips
1 c. sugar	1 c. cake flour
1/2 lb. butter, melted	6 oz. chopped walnuts
2 tsp. rum	

With electric mixer, blend eggs and sugar. Melt butter; add chocolate chips (over double boiler) and stir until melted completely. Add to egg/sugar mixture. Slowly stir in rum and flour with rubber spatula. Add walnuts last. Pour into greased 13 x 9 x 2 inch baking pan. Bake in preheated 350 degree oven 20 minutes. Shut off and let brownies remain in oven 10 minutes. Remove and cut immediately. Makes 2 - 3 dozen.

CINNAMON COOKIES

Aniela Gerula

3 c. flour	2 Tbsp. sour cream
1/2 lb. sweet butter	1 pkg. Oetker baking powder
3 egg yolks	1 pkg. Oetker vanilla sugar
1/2 c. sugar	1 tsp. vanilla
6 Tbsp. heavy cream	

Place flour and butter on board. Cut butter into flour and mix by hand. Place remaining ingredients in a large bowl and beat with electric mixer. Slowly add egg/sugar mixture to flour and butter mixture. Blending well, by hand. Place dough in a bowl, cover with plastic wrap and refrigerate overnight. Next morning, remove dough and let soften 4 hours. Cut into 4 pieces. Roll each piece out on a dry wooden board, on top of waxed paper, but not too thin. Cut with a cookie cutter. Place on buttered sheet and brush cookies with this topping:

sugar	cinnamon
finely chopped walnuts	1 egg

Mix together, in quantity and sweetness, to taste. Place 1/2 teaspoon of cinnamon mixture on each cookie. Bake in 350 oven for 10 - 15 minutes until golden brown.

COSSACK'S KISSES

Irene Bendersky

4 egg whites
1 1/2 c. sugar
1 Tbsp. lemon juice

1 1/2 to 2 c. chopped walnuts
candied cherries

Put egg whites, sugar and lemon juice into top of double boiler. Beat over boiling water 8 - 10 minutes by hand. Remove from stove and add nuts. Drop from spoon onto a greased baking sheet. Press cherry into center of each. Bake in slow 300 degree oven until set and lightly browned. (Time varies with each oven.)

CREAM CHEESE REFRIGERATOR COOKIES

Irene Mamus

1 lb. sweet butter
1 lb. cream cheese

5 c. flour

Put flour in a large bowl. Cut up the butter and cream cheese and work into flour with a pastry blender. Then knead well to form a pliable dough. Refrigerate, wrapped overnight. Next day, cut off a piece of dough and roll out quite thin. Cut in 3 x 3 inch squares. Fill each square with selected filling, about a level teaspoonful in the center of each. Fold over 2 corners to meet in the middle and secure with a toothpick. Place on baking pan and bake in a 375 degree oven 10 - 15 minutes until golden. When cool, sprinkle with confectioners sugar (recommended only if you use the nut filling).

Suggested preserves: Lakva, apricot, pineapple.

Nut filling: Mix together - 2 cups ground walnuts, 1/2 cup sugar, a little cinnamon, and milk to moisten.

DATE NUT BALLS

Sophie Chmil

2 eggs, beaten
1 c. sugar

1 c. dates (8 oz. pkg.)
2 Tbsp. butter

Mix above ingredients in a skillet and cook 10 - 15 minutes. Remove from stove. Add:

2 c. Rice Krispies
1 tsp. vanilla

1 c. nuts, ground

(Cont.)

Cool the mixture. Roll into small balls and then roll in shredded coconut while the mixture is still warm.

CHOCOLATE CHIP COOKIES

Virginia Wowk

1 egg	1/2 lb. unbleached flour
1/2 tsp. vanilla	1 small pkg. chocolate chips
1/2 tsp. water	1/2 can flaked coconut
1/2 lb. sugar (half brown, half white)	
1/4 tsp. salt	1/4 lb. pecans, chopped
1 tsp. baking soda	
1/3 c. butter	

Place first seven ingredients in a bowl and blend together with mixer, at medium speed. Add sifted flour gradually and blend. Last add the chocolate chips, coconut and coarsely chopped pecans; blend well. Drop by spoonful onto a baking sheet that has been greased and bake in 375 degree oven for approximately 12 minutes or until cookies are light brown. Cool on rack to set.

CREAM CHEESE COOKIES I

Aniela Gerula

4 c. flour	1 lb. butter
2 large pkg. cream cheese	

Mix ingredients by hand on a wooden board. Place in a bowl and refrigerate overnight. Next day allow to stand out a few hours. Take a section of dough and roll out on floured board. Cut in diamond shapes. Place either apricot butter, prune butter, or a preserve (about 1/2 teaspoon) and overlap side corners, over each other. Brush with beaten egg. Bake in 350 degree oven until golden brown, on a greased cookie sheet, approximately 10 minutes. Check color for doneness. Remove from oven, sprinkle with confectioners sugar.

CREME CHEESE COOKIES II

Ksenia Babiak

1/2 lb. butter	3 1/2 oz. milk
1/2 lb. creme cheese	1 jar (12 oz.) orange marmalade
2 c. flour	1 lb. chopped walnuts
1 egg yolk	

Mix butter, cheese and flour, blend well. Add egg yolk and milk to mixture. Keep on mixing until well mixed. Refrigerate overnight. Next day, take dough out and divide into 6 equal pieces. Roll and flatten each one out, the long way, into a rec-

tangular shape. The longer it is, the more cookies you will get. Cover each with a layer of marmalade and nuts. Roll up into a log. Cut the log diagonally into 8 or 9 pieces with a sharp knife. Put into an 8 x 12 $1\frac{1}{2}$ inch buttered and sugared pan. Bake in 350 degree oven for 1 hour.

LILY FAN COOKIES

Rose Moskalik

3 eggs
1 c. flour
1 c. sugar

1 tsp. baking powder
1 tsp. vanilla

Cream eggs, add to dry ingredients and blend well. Drop by teaspoonful and bake on greased sheet, in a 350 degree oven, for 7 or 8 minutes. Remove while still warm, shape into a lily (closed coil at bottom, and open at top); let cool. They can be frozen and filled later on.

When cookies are cooled, prepare a filling of your choice (see under ICINGS) and fill center with a pastry tube. Arrange on platter.

Cream may be tinted, i.e. yellow, and it will really look like a lily.

FILLED COOKIES

Mrs. Mollick

1 lb. butter, softened
 $1\frac{1}{2}$ pt. heavy cream
4 c. flour

4 egg yolks
4 egg whites (use in filling)

Combine butter, cream, flour and yolks; blend well. Take $1\frac{1}{2}$ teaspoon of dough (walnut size) and roll into a ball. Continue until all dough is used up. Store in refrigerator overnight. (Place waxed paper between layers of cookies to prevent sticking.)

Prepare filling:

4 egg whites
1 c. raisins, ground

1 c. ground walnuts
1 c. sugar

Grind the raisins and walnuts together. Beat egg whites until stiff and mix with fruit mixture, and sugar. Next day, take a few cookie balls out, roll each ball into a circle. Place some filling on each and shape into crescent. Place on cookie sheet. Bake in pre-heated 400 degree oven for 10 minutes. Makes about 80 - 90 crescents.

FRENCH COOKIES

Irene Wacik

1 lb. butter, salty
3 egg yolks
1 rind of lemon
4 c. flour

6 Tbsp. sour cream
3 egg whites
sugar
chopped nuts (optional)

Cut butter into flour. Add yolks, lemon rind and sour cream. Divide dough in 3 parts. Wrap each in waxed paper and refrigerate overnight. Roll out to 1/8 inch thickness, cut out 2 inch circles or diamond shapes.

Take the 3 unbeaten egg whites. Dip each pre-cut cookie into the whites, then in some sugar. Sprinkle with chopped nuts (optional). Bake on lightly floured cookie sheet at 350 degrees, 10 - 15 minutes.

FUDGE SCOTCH SQUARES

Lesia Shmorhun

1 1/2 c. graham cracker crumbs
1 can Borden Eagle Brand
sweetened condensed milk
(NOT plain evaporated milk)

1 pkg. (1 c.) Nestle's semi-
sweet chocolate morsels
1 pkg. (1 c.) butterscotch
morsels
1 c. coarsely chopped walnuts

Mix ingredients together well; press mixture into a well greased 9-inch square pan. Bake in 350 degree oven 30 - 35 minutes. Cool for 45 minutes, then cut into 1 1/2 inch squares. Makes approximately 36.

DAINTY SPIRAL CREMES

Mary L. Wakulinski

3 c. flour
2 Tbsp. sugar
2 egg yolks

1 lb. shortening (can be part
Crisco, part butter)
1 1/4 c. water

Mix flour, sugar, egg yolks and water; blend thoroughly. Knead until smooth (as for pie dough). Wrap in Saran Wrap, or place in a bowl and cover; refrigerate 1 hour.

Remove dough. Roll out to approximately 10 x 12 inches. Take 1/4 of shortening and spread all over dough. Fold 1/3 from one side, 1/3 from other side (like an envelope) and refrigerate again. Repeat this step 3 more times until all shortening is used up. (That is to say, roll, spread 1/4 shortening, fold in thirds, and refrigerate.)

Keep dough cool while working with it. Pull off a small piece of dough at a time. Roll it thinly to a 1 x 4 inch piece.

Then wrap each piece around clothes pins* overlapping slightly as you go around. Wrap as many pins as you have, and bake on an ungreased cookie sheet in a preheated 350 degree oven, about 10 - 12 minutes just until lightly browned.

Remove from oven, gently slip spiral off clothes pin, place on a towel or in a pan, until ready to fill. (Up to now you only have spiral, hollow cookies.) Repeat until all dough is used up.

Prepare a filling (see under ICINGS section). You can tint the filling in a pastel shade; you can fill with whipped cream. Fill your pastry tube and gently pick up a spiral. Start at one end and squeeze in some filling, then go to the other end, so cream meets in the center. Arrange filled cookies on a platter, dust with sifted confectioners sugar.

* (Take ordinary push-on type clothes pins and sand them very smooth. As you use them, they become greased from the baking. Store in a covered tin for the next time.)

You can freeze the hollow cookies, so make up a batch and try to put some away for another time (if you can).

QUICK COCONUT MACAROONS

Millie Osenenko

1 (8 oz.) pkg. shredded coconut (3 c.)	1 tsp. vanilla or lemon flavoring
1/2 (15 oz.) can sweetened condensed milk (2/3 c.)	

Preheat oven to 350 degrees. Grease cookie sheet lightly. Combine coconut and condensed milk, blend well. Add flavoring. Drop from teaspoon 1 inch apart on cookie sheet. Bake 8 - 10 minutes until delicately browned. Remove immediately; cool on rack. Makes about 2 1/2 dozen macaroons.

MARSHMALLOW ICEBOX COOKIES

Tessie Pawluk

2 squares chocolate	1 bag miniature marshmallows
2 Tbsp. butter	3/4 c. sugar
2 eggs	1/2 lb. chopped walnuts

Combine nuts and marshmallows in a large bowl. Melt chocolate in the butter. Cool slightly and add to marshmallows. Then add sugar and beaten eggs. Mix thoroughly. Make into a roll about 8 inches long, approximately 1 to 1 1/2 inches in diameter.

You can roll in coconut, chopped nuts or cornflakes, finely chopped. Wrap in waxed paper and store in refrigerator to set. Just before serving, cut into pieces.

MOTHER'S COOKIES

E. Barnych

1 3/4 c. sugar
1 Tbsp. vanilla
1 lb. margarine

2 tsp. baking powder
5 eggs + 1 yolk
7 c. flour

Cream butter and sugar. Add eggs and vanilla. Gradually add in flour and baking powder. If batter becomes too stiff, mix by hand. Bake in 300 degree oven 15 minutes. Dough can be rolled out; cut in pieces with a cutter; or used in a cookie press; or shaped by hand.

PECAN TASSIES

Mary Atton

3 oz. cream cheese
1/4 lb. butter, soft
1 c. flour
3/4 c. brown sugar

1 Tbsp. butter
1/4 tsp. salt
1/2 tsp. vanilla
1 egg
chopped pecans

Prepare pastry by blending cheese, butter and 1 cup flour. Chill 1/2 hour. Make 24 balls; press each into tiny cupcake tins. Mix brown sugar, melted butter, salt, vanilla, egg and blend thoroughly. Spoon into pastry shells. Sprinkle with chopped pecans and bake in 350 degree oven 25 minutes.

PINEAPPLE SQUARES

Katherine Supko

4 c. flour
1 lb. butter or margarine
1 c. sour cream
1 tsp. vanilla

3 c. crushed pineapple, drained
1 c. sugar
3 Tbsp. cornstarch

Cut butter into flour with pastry blender or 2 knives. Add sour cream and vanilla, mix well. Refrigerate 2 hours. Meanwhile, cook filling: pineapple, sugar and cornstarch, over medium heat. Stir constantly and cook until thick and clear.

Preheat oven to 325 degrees. Roll out 1/2 of the dough and place in bottom of an ungreased jelly roll pan. Add the cooled filling, spreading evenly over dough. Cover with remaining dough.

Bake 55 minutes until golden brown. Sprinkle with sifted confectioners sugar and cut into squares or triangles.

LITTLE CAKES (Petit Fours)

Mary L. Wakulinski

3 pkg. yellow cake mix (for pound cake), baked according to directions

2 jars apricot preserves
(12 oz. size)

1 c. water
1/2 c. sugar

Bake 3 pound cakes using yellow cake mix, in a greased and floured 10 x 15 inch pan, in a preheated 350 degree oven, for 35 minutes. Cut into small cakes.

Heat apricot preserves together with water and sugar, boil, then cook 5 minutes. Press through sieve to refine. Dip little cakes (tops and sides only) into this mixture to glaze. Let dry on a rack set over a pan about 1 hour. Next prepare a frosting of your choice (see ICINGS section). A fondant frosting is appropriate to use. Tint small portions of icings in different pastel colors. Use a pastry tube to decorate with small flowers. Again, frost top and sides, place on rack to let excess drip off. Prepare in advance so the decorations have time to set.

PUFF PASTRY

Betsy Moskalik

1 c. butter
1 1/2 c. flour

1/2 c. sour cream

Cut butter into flour until well mixed. Stir in sour cream and blend thoroughly. Divide dough in half. Wrap each in waxed paper and chill 8 hours.

Remove from refrigerator. Preheat oven to 350 degrees. Roll pastry out on floured, cloth covered board to 1/16 inch thickness. Cut out 3 inch circles with a cutter. Brush them with a mixture of: 3 tablespoons sugar mixed with 1 tablespoon water.

Bake on ungreased cookie sheet 15 - 20 minutes. Place filling on one circle and cover with another.

Filling: beat until stiff, in a chilled bowl -

1 c. chilled heavy cream
1/4 c. powdered sugar, sifted

1/2 tsp. rum flavor

POPPY SEED COOKIES

Irene Bendersky

1 c. butter
1 c. sugar
2 eggs, well beaten
2 Tbsp. sour cream

2 3/4 c. softened flour
1/4 tsp. baking soda
1/2 c. poppy seeds

Cream butter; add sugar and beat until light and fluffy. Blend in eggs and sour cream; add flour, baking soda and poppy seeds. Mix thoroughly. Chill. Roll dough out thin and cut with cookie cutter. Place on greased cookie sheet and bake in 375 de-

(Cont.)

gree oven until lightly browned.

POTATO CHIP COOKIES

Betsy Moskalik

1 c. margarine	1 tsp. soda
1 c. sugar	1/2 tsp. salt
1 c. brown sugar	1 tsp. vanilla
2 eggs	2 c. crushed potato chips
2 c. flour, sifted	

Cream margarine, sugar and brown sugar together. Add eggs until well blended. Then add flour and chips last. Bake on greased cookie sheet at 350 degrees for approximately 6 minutes (check so they don't get too brown).

RASPBERRY COOKIES

Rose Moskalik

3 c. flour	1/4 c. sugar
1 c. margarine	3 egg yolks
1 tsp. salt	1 tsp. vanilla
1/2 c. milk	1 can raspberry filling

Mix flour, margarine and salt together. Mix the milk, sugar, egg yolks and vanilla until well blended and add to the flour mixture. Roll out part of the dough to fill a 10 x 15 inch baking pan, which has been greased up the sides and on the bottom. Put the raspberry filling on top of the dough. Use remaining dough on top in a criss-cross fashion. Bake in 350 degree oven for 30 minutes. Cool and prepare this filling to be placed on top of the baked filled dough:

1/2 c. Crisco	1 c. marshmallows
1 (8 oz.) pkg. cream cheese	1 box powdered sugar

Mix the above ingredients and top cooled cake with it. Sprinkle 1 can of coconut on top of this. Cut into desired shapes. These cookies can be frozen.

ROHLICHKY

Mary L. Wakulinski

1 c. butter or margarine	2 c. flour
1/2 c. sugar	2 c. chopped walnuts
1 egg, separated	1 c. confectioners sugar
1 tsp. vanilla	

Cream butter together until soft and fluffy. Add sugar, gradu-

ally, and blend thoroughly. Add unbeaten egg white only into mixture, mixing well. Add vanilla flavoring. Sift the flour and add gradually into mixture. Add nuts last, a little at a time. Take a spoonful of mixture and roll by hand into a small ball. Place about 1 inch apart on greased baking sheet. Bake in preheated oven 375 degrees for approximately 12 minutes. Remove and cool on rack. Roll cookies in powdered sugar, and set on paper towels. At first they are very fragile, so let them stay several hours or overnight before serving.

ROSETTES #1

Anne Danyluk

1 c. flour	1/2 tsp. salt
1/2 c. milk	1 Tbsp. sugar
1/2 c. water	1 egg

Sift flour, sugar and salt together, put into blender. Add milk, water and egg. Blend smooth; pour into a bowl.

Heat oil in a 3 quart saucepan to 375 degrees. Heat rosette iron several minutes in the oil. Shake off excess oil, dip into batter just to top of iron (be careful not to go over the top) immerse quickly into hot oil. Hold iron in until rosette comes off. Turn and brown other side. Drain on paper towel. When cool, dust lightly with confectioners sugar. Makes about 5 dozen.

SWEDISH ROSETTES

Virginia Wowk

2 eggs, beaten slightly	1/2 tsp. salt
2 tsp. sugar	1 Tbsp. lemon extract
1 c. milk	oil
1 c. flour	

Place beaten eggs in a bowl, add sugar; then milk. Blending well. Sift flour and salt together; stir into egg mixture and beat smooth (consistency of heavy cream). Add lemon flavoring. Place enough oil in a deep fryer to fill 2/3 full, heat to 400 degrees. Dip rosette into oil to heat, drain off excess. Dip into batter, coat iron to 3/4 of its depth. Plunge into hot oil and cook until bubbling stops. Ease rosette off with fork onto paper towel to drain. While warm, dip in confectioners sugar, or sift sugar over them. Makes 6 dozen.

SUGAR WAFERS

Irene Bendersky

3 eggs	1 tsp. vanilla
1 c. sugar	1 1/2 c. sifted flour

(Cont.)

Beat eggs until light; add sugar gradually, continue beating. Add flour and vanilla, until well blended. Drop from a spoon onto greased baking sheet, well apart. Bake in 350 oven for 15 minutes until lightly browned.

RUGLACH

Mary Atron

2 c. flour	1 Tbsp. cinnamon
1 c. butter, softened	1/2 c. chopped walnuts and raisins
8 oz. cream cheese	1 grated orange rind
1/3 c. sugar	

Place flour, butter and cream cheese in mixing bowl and mix well. Divide dough into 4 quarters and wrap in plastic wrap and refrigerate 2 hours or longer.

On floured board or pastry cloth, roll out dough to 1/4 inch thick, about 10 - 12 inches in diameter. In a small bowl, mix sugar, cinnamon, walnuts and raisins, and orange rind. Sprinkle this filling on each pastry round. Cut each round into 12 wedges. Start at the wide end and roll up each wedge to form a crescent. Place on greased cookie sheet and bake in 375 degree oven about 15 - 20 minutes until brown. Yield 4 dozen.

SHORTBREAD COOKIES

Katherine Coronetz

2 1/2 c. flour	1/2 c. sugar
2 sticks butter or margarine, softened	

Mix together until dough leaves the fingers. If too stiff, add a little milk. Spread batter evenly on cookie sheet 10 1/2 x 15 1/2 inches, with a lip all around. Cut with a knife across and lengthwise to make squares. Prick with a fork all over. Bake in 350 degree oven 1/2 hour or until lightly browned. Cool. Makes about 45 shortbreads.

STAR COOKIES

Rose Moskalik

6 c. flour	2 tsp. sugar
2 c. Crisco (can be part butter)	2 tsp. baking powder
1 cake yeast (large)	1/2 pt. sour cream
1/2 c. warm milk	6 egg yolks

(Remove 1/3rd from the cake of yeast). Mix remaining yeast, sugar and warm milk; let rise. Add to this the flour, Crisco and baking powder, blend well. Add sour cream and egg yolks, mix well and then knead until dough is smooth; store in refrigerator 1

hour. (Optional - you can add 1/2 cup sugar to the dough before kneading, if desired.) Roll dough out to 1/4 inch thickness, cut into 2 inch squares. Slash the four corners, place some apricot filling in the center and fold corners to center - to form a star. Let rise 1/2 hour or more. Bake in 350 degree oven for 15 minutes.

If preferred, you can fill with a nut mixture:

1/2 c. milk
1 lb. ground walnuts

1/2 c. sugar
vanilla
2 Tbsp. butter

TRI-COLOR COOKIES

Mary L. Wakulinski

1 can almond paste, small
4 egg yolks
1 c. sugar
1 c. butter or margarine,
softened
2 c. sifted flour

4 beaten egg whites
food coloring - red, green
1/4 c. raspberry jam (seedless)
1/4 c. apricot preserves
1 pkg. (6 oz.) semi-sweet
chocolate chips

Grease the bottom of three 13 x 9 x 2 inch pans. Line with waxed paper and set aside.

Break up the almond paste into small pieces. Place in a large bowl. Add egg yolks, sugar and softened butter or margarine. Beat until light and fluffy. Add flour and mix well. If dough too thick for beaters, use a spoon to continue mixing.

Beat egg whites, in a small bowl, until form soft peaks. Fold in with butter mixture, and blend together. Take out 1 1/2 cups of batter and place in another bowl. Add 20 drops of red food coloring to this mixing until color is evenly distributed. Pour into one of the pans, spreading evenly. Take another 1 1/2 cup of batter, this time add 10 or so drops of green coloring. The remaining batter is not tinted. Bake in preheated 350 degree oven 10 - 12 minutes, until light brown. Remove cakes by turning onto wire rack, then right side up until cooled.

Start with green layer, spread with raspberry jam; top with yellow layer; spread apricot preserves over it; then top with pink layer. Place on a flat board or large pan, cover with plastic. Place another board or pan over paper to weight cake down - helps to press layers together evenly. Refrigerate overnight or several hours.

Melt chocolate pieces over hot water in top of double boiler. Spread all over top of cake. Let frosting set, then trim edges neatly, and cut 24 narrow strips (1/2 inch wide) all across the cake. Then cut each strip in 4 places. Try to keep lines straight and even. Prepare ahead of time, allow a day before serving. Flavors improve

(Cont.)

as cake is allowed to stand. Try other colors; other flavors; perhaps a different frosting.

GLAZED MINI TARTS

Mary L. Wakulinski

1 pkg. piecrust mix
(or prepare your own)
3 1/2 Tbsp. cornstarch

1/2 c. water
red food coloring
filling

Preheat oven to 400 degrees. Prepare dough. With a scalloped cookie cutter, cut out scalloped circles. Place one scalloped circle in each section of mini tart pan. Prick with fork in bottom and around sides. (This prevents puffing.) Bake 12 minutes or until golden brown. Remove from oven, cool on rack.

The rest is fun. Prepare any filling you desire. Chocolate pudding; lemon or custard filling; top with whipped cream or meringue. Fill with fresh fruit or pie fillings. Decorate with chopped nuts, or sprinkles. Combine custard filling with a topping of fresh fruit. Just let your imagination run wild. How about a preserve filling?

If you want a lovely glaze over your filling, mix remaining ingredients: blend sugar and cornstarch in a saucepan, stir in water and cook over medium heat, stir all the while until it boils. Takes around 2 minutes. Remove from heat and stir in a few drops of coloring. COOL. Spoon a little of this glaze over your filling. Refrigerate. And then the fun begins - enjoy.

TEA COOKIES

Nancy Marko

2 sticks butter
2 c. flour

8 oz. pkg. cream cheese
pinch of salt

Soften butter and cream cheese, until creamy. Add flour gradually until dough is smooth. Refrigerate at least 1 hour. Press dough to line miniature muffin pans. Add 1 teaspoon of filling in each section. Combine:

1 box light brown sugar
4 eggs
2 tsp. melted butter

1 c. chopped nuts
2 tsp. vanilla

Mix together well. Fill cookies and bake in 350 oven for 25 - 30 minutes.

CREAM CHEESE FROSTING I

Mary Sydor

2 (3 oz.) pkg. cream cheese
1 stick butter

1 lb. confectioners sugar
2 tsp. vanilla

Beat above ingredients together thoroughly. You can add chopped nuts, if you desire.

COFFEE ICING

Irene Bendersky

1/4 c. soft butter
1 3/4 c. confectioners sugar

4 Tbsp. strong, hot coffee
1 1/2 Tbsp. cocoa
1/2 tsp. vanilla

Cream butter; add sugar gradually until creamy. Blend cocoa and coffee together; add to butter mixture. Add vanilla. Beat and cool. Just before spreading over cake, beat again.

CREAMY BUTTER FROSTING

1/4 c. butter or margarine
2 c. confectioners sugar
1 tsp. vanilla

pinch of salt
2 Tbsp. milk (more if necessary)

In a bowl, cream butter until light and fluffy. Gradually blend in sifted sugar, vanilla, salt, and enough milk to make a smooth frosting. Use in cake decorator tube. (Good for petit fours.)

FONDANT FROSTING

2 3/4 c. sugar
1/8 tsp. salt
1/4 tsp. cream of tartar

1 1/2 c. water
3 to 3 1/2 c. confectioners
sugar, sifted
1/2 tsp. almond flavoring

Cook over low heat, stirring constantly, while preparing frosting. Combine sugar, salt, cream of tartar and water, until sugar dissolves. Cook over medium heat without stirring. Place in double boiler, cool to lukewarm. With a spoon, add confectioners sugar until thick enough to coat a spoon, and yet pourable. Add flavoring. Keep over hot water, in top of double boiler, to keep right consistency. Dip or pour this frosting over cakes. (In petit fours recipe, pour over apricot glazed cakes.)

CREAM FILLING #1

1/4 c. soft butter	1 tsp. vanilla
3/4 c. confectioners sugar	few drops food coloring -
1 egg yolk, beaten	(optional)

Blend butter and sugar together; add the egg yolk and vanilla. Mix well and use as a sandwich cookie filling.

CREAM FILLING #2

1 c. milk	4 Tbsp. flour
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Mix together, cook until thickens, cool. Cream together:

1 c. sugar	2 sticks margarine
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Blend thoroughly, add: 1 teaspoon vanilla, 1/2 jar marshmallow cream. Mix both together, blending well.

CREAM FILLING #3 (Good for Dainty Spiral Cremes)

1/2 c. Crisco	1/4 c. margarine
3/4 c. sugar	dash vanilla
small can evaporated milk	

Cream Crisco, margarine and sugar together. Add canned milk; beat until smooth and creamy.

BOILED FROSTING

1 1/2 c. sugar	2/3 c. boiling water
dash of salt	2 egg whites
1/2 tsp. light corn syrup	1 tsp. vanilla

Combine sugar, salt, syrup and boiling water, bring to boil, stir to dissolve sugar. Then boil rapidly without boiling until a syrup forms. Beat egg whites until stiff enough to stand in peaks. Pour syrup gently over egg whites, beating constantly. Add vanilla. Continue to beat 10 - 15 minutes until frosting cools and is of spreading consistency.

MARSHMALLOW FROSTING

3/4 c. corn syrup	dash of salt
1 egg white	6 marshmallows

Mix corn syrup, egg whites and salt together; cook over double boiler until starts to thicken. Add marshmallows and beat until stands in peaks. Add flavoring and spread on cake.

CREAM CHEESE FROSTING #2

4 Tbsp. cream	1 Tbsp. soft butter
1 tsp. vanilla	3 c. confectioners sugar
6 oz. cream cheese, soft	

Blend cream, vanilla, cream cheese and butter until well mixed. You can do this in a blender quickly. Add sugar and mix thoroughly until smooth and all sugar has been used.

CHOCOLATE FROSTING

1/3 c. butter	1 egg
1 1/2 c. confectioners sugar	1 tsp. vanilla
2 squares chocolate, melted	

Mix all ingredients together until well mixed. Beat with an electric mixer to right consistency.

BANANA BUTTER FROSTING

1/2 c. mashed ripe bananas	1/4 c. butter
1/2 tsp. lemon juice	3 1/2 c. confectioners sugar, sifted

Mix bananas and lemon juice. Beat butter until creamy. Add confectioners sugar and bananas alternately; beat until light and fluffy.

MOCHA ICING

1 lb. confectioners sugar, sifted	1 tsp. vanilla
1 Tbsp. instant coffee	3 Tbsp. cream
1/2 c. vegetable shortening	2 egg yolks
1/2 tsp. salt	

Blend sugar and coffee together with shortening, add in the salt. Stir vanilla in last and cream until well blended. Add egg yolks and continue to mix until creamy.

FRUIT ICING

1 lb. confectioners sugar, sifted
1/2 c. vegetable shortening
1/2 tsp. salt

6 Tbsp. jam or preserves (rasp-
berry, gooseberry, apricot, etc.)
2 Tbsp. light cream
1 egg white, beaten stiff

Blend sugar with shortening and salt. Blend in jam or pre-
serves. Add cream and beat until creamy smooth. Stir in egg
whites and blend together thoroughly.

CONFECTIONERS SUGAR ICING

1/2 c. sifted confectioners sugar
1 1/2 tsp. warm water

1/2 tsp. lemon juice
1/8 tsp. grated lemon rind

Mix above ingredients together until smooth; spread.

CHOCOLATE FILLING #2

3 egg yolks
3 Tbsp. sugar
4 oz. sweet chocolate, grated

1/2 c. sweet butter
2 Tbsp. sugar

Beat egg yolks and sugar in double boiler until mixture forms
a ribbon when lifted with a spoon. Add grated chocolate and beat
until melted. Cool. Cream remaining butter and sugar, stir in
gradually to cooled chocolate mixture. Chill until set.

CHOCOLATE-RUM FILLING

1/2 lb. sweet butter
2 c. confectioners sugar, sifted
3 squares unsweetened chocolate

2 egg yolks
3 Tbsp. good rum or extract

Melt chocolate in saucepan, over boiling water. Cream
butter, adding sugar gradually until smooth; add to melted choco-
late. Beat egg yolks until creamy and stir into chocolate mixture,
blend well. If filling is too thin, add more confectioners sugar to
desired consistency.

VANILLA GLAZE

5 Tbsp. medium cream
1 Tbsp. butter, softened
pinch of salt

2 c. confectioners sugar
1/2 tsp. vanilla

Mix all ingredients together thoroughly (use blender for a smooth texture). If you need a pure white glaze, substitute vegetable shortening for the butter. You can add a few drops of food coloring, if desired.

MOCHA FUDGE TOPPING

1 (6 oz.) pkg. chocolate pieces	1 egg
8 Tbsp. hot, strong coffee	1 tsp. vanilla
2 Tbsp. softened butter	1/2 c. confectioners sugar

Blend all ingredients, EXCEPT hot coffee. Pour in the hot coffee and blend until creamy. If you want thicker frosting, add more confectioners sugar, a little at a time, blend well after each addition.

PECAN TOPPING

1 c. pecans, chopped	5 Tbsp. butter, melted
1/2 c. brown sugar	2 Tbsp. light cream

Mix all ingredients together well; spread on warm cake, and brown under broiler, 1 or 2 minutes.

WALNUT BUTTER FROSTING

2 c. chopped walnuts	4 Tbsp. confectioners sugar
6 Tbsp. milk	2 Tbsp. rum
1/2 c. butter, softened	

Place nuts and milk in saucepan and heat to scalding; cool. Blend butter, sugar and rum together. Add nuts and milk; stir together until well blended.

POPPYSEED FILLING #1

1/2 lb. poppyseeds, ground	2 Tbsp. sweet cream
sugar, to taste	1 egg, beaten
	grated lemon rind

Mix above ingredients thoroughly, sweeten to taste.

PRUNE FILLING

1/4 tsp. ground cloves	sugar, to taste
2 c. cooked & mashed pitted prunes	pinch nutmeg
	1/2 c. cream

(Cont.)

Cover prunes with water, cook. (Also see directions below.)

NUT FILLING

1 lb. ground walnuts
3/4 c. sugar

3/4 to 1 c. warm milk

To prepare the above fillings, place all ingredients in a saucepan, adding the milk or cream, cooked prunes, warm. This will dissolve the sugar in each recipe. If mixture is too stiff, add more milk or cream to thin your filling. Cool before using. May be made ahead of time and stored to use in your kolachy, pastries, or wherever you need it.

APRICOT PUREE

1 box dry apricots

sugar to taste

Soak apricots and simmer until soft, drain; puree in blender or push through a sieve. Add sugar, if desired.

APRICOT FILLING

1 1/2 c. cooked, drained
apricots

2 slices, chopped, canned
pineapple

1/2 c. sugar
1/4 c. hot water

Simmer together until thick. Cool. Stir in 1/2 cup chopped nuts (optional).

CRUMB TOPPING

Irma Artim

1/4 c. softened butter or
margarine

1/2 c. sugar

1/3 c. flour
1/2 tsp. cinnamon

Blend butter, sugar, flour and cinnamon until mixture is crumbly. Sprinkle over top of cake before placing in oven to bake. (Use on any coffee cake; see also Blueberry Buckle.)

CHOCOLATE FILLING

Irene Bendersky

3 Tbsp. butter or margarine
5 Tbsp. confectioners sugar

1 egg yolk
1 Tbsp. cocoa

Cream all ingredients together to make a smooth paste. Spread. (Used in my Irene's Torte.)

VANILLA FILLING

1 qt. milk	3 Tbsp. cornstarch
1 1/2 c. sugar	2 Tbsp. butter
1 tsp. vanilla	dash salt
3 eggs	

Boil milk in saucepan. Mix all other ingredients; add small amount of hot mixture, stirring rapidly. Return to saucepan and boil 5 minutes, stirring constantly. (Used in a torte.)

LEMON FILLING

3 Tbsp. cornstarch	2 egg yolks
1 c. sugar, divided	2 Tbsp. butter
3/4 c. water	grated rind of 1 lemon
1/4 c. lemon juice	1/2 tsp. lemon extract

Mix cornstarch, sugar (save 2 tablespoons of sugar for later on) in saucepan. Add water slowly. Cook in double boiler over hot water until thick, stir constantly to prevent lumping. Add lemon juice. Add egg yolks mixed with the 2 tablespoons sugar saved earlier. Cook 3 minutes. Beat until smooth. Add butter, grated lemon and lemon extract. (Filling used in a torte recipe.)

CARROT CAKE (No Flour)

Anne Marusevich

1 dz. eggs, separated	1 c. finely grated carrots
2 c. sugar	2 c. fine breadcrumbs
2 c. finely chopped walnuts	

Beat egg yolks until light & fluffy. Add sugar slowly and blend well. Then add nuts, breadcrumbs, and grated carrots. Beat egg whites until stiff, fold into other batter mix.

Pour cake into lightly greased and floured cake pan. Place in preheated 350 degree oven and bake one hour. When done, keep out of draft. Cool cake completely. Cut in half; fill and top with freshly whipped cream. Serve.

Write extra recipes here:



A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

BANANA SPLIT SURPRISE

Sophie Chmil

12 graham crackers (crumbs)	2 sticks butter or oleo
1 stick butter or oleo	4 bananas
2 eggs	3 boxes frozen strawberries
2 c. powdered sugar	2 c. crushed pineapple
	Cool Whip

Mix graham cracker crumbs and butter together and press into a 9 x 13 pan. Beat eggs, powdered sugar and 1 stick of oleo together for at least 20 minutes and spread over crust.

Slice bananas lengthwise and layer over creamed mixture. Spread drained strawberries over the bananas. Then spread the drained pineapple over the berries. Spread a large carton of Cool Whip over the pineapple. Sprinkle with chopped nuts on top and then top with maraschino cherries, cut in half. Chill at least 4 hours or overnight.

BREAD PUDDING

Mrs. S. Galan

1 qt. cake or stale bread	2 eggs, well beaten
2 c. milk	1/4 c. seedless raisins
1/2 c. sugar	1/4 tsp. nutmeg

Beat eggs and add sugar, milk and nutmeg. Butter a baking dish. Arrange bread or cake in dish and pour liquid over it. Let stand until it absorbs the liquid and is thoroughly soaked. Add raisins and bake in 350 degree oven for 25 minutes.

CHEESE A LA JELLO

Irene Mamus

1/2 pkg. graham wafers, ground	1/2 tsp. cinnamon
1/2 c. melted butter	

Mix together and use 3/4ths for bottom of a 13 x 9 x 1 inch pan. Save 1/4th to sprinkle on top of Jello.

1 small pkg. lemon Jello	1 (8 oz.) pkg. cream cheese
1 small pkg. pineapple Jello	1 c. cottage or Farmer's cheese
1 large can Carnation evaporated milk	1/2 c. sugar

Mix both Jellos in 1 cup boiling water. Set aside to cool.

(Cont.)

Beat evaporated milk until whipped. Add sugar and beat well. Add chopped up cream cheese and cottage cheese. Beat thoroughly. Gradually add cooled Jello; blend well. Pour over graham cracker crust. Sprinkle with reserved crumbs. Cool until firm. Cut in squares and serve.

CHERRY CRACKER DESSERT

Rose Moskalik

6 egg whites	1 c. sugar
2 1/2 c. soda crackers	1/2 c. chopped nuts
3/4 tsp. cream of tartar	

Break up enough soda crackers to yield 2 1/2 cups when measured. Pieces should not be too small. Beat egg whites with cream of tartar; slowly add sugar until stiff mixture. Add soda crackers and chopped nuts. Bake in greased 9 x 13 x 3 inch pan at 350 degrees for 25 minutes. After cooling thoroughly, put on a topping of cherry filling (or any other flavor you wish) and top with whipped cream or Dream Whip topping.

CHERRY SALAD

Olga Galbraith

Crust:

1 c. flour	1/2 c. chopped walnuts or pecans
1 stick margarine	

Filling:

1 pkg. Dream Whip	1 (8 oz.) pkg. cream cheese
-------------------	-----------------------------

Topping:

1 can Comstock pie filling - a cherry, a blueberry and a strawberry filling (in that order)

Mix flour, margarine and chopped nuts together. Spread evenly in baking dish 8 x 8 x 2. Bake 20 minutes (no longer) at 375 degrees, and then prepare Dream Whip (according to directions on box). Mix together with cream cheese. Set aside to chill thoroughly. Spread filling over baked crust and chill again. Then, spread the pie filling over the chilled filling. Keep cool until served.

CRANBERRY JELLO

Chris Gerula

1 large can whole cranberries (16 oz. size)	1 c. sour cream
2 pkg. orange Jello	1 small can crushed pineapple
2 c. water	1 pkg. lemon Jello
	1 c. water

Dissolve orange Jello in 2 cups boiling water. Add can of cranberries. Put into your favorite Jello mold and let set about 2 hours.

Dissolve lemon Jello in cup of boiling water. Add crushed pineapple (along with juice) and pour cream into lemon jello mix. Spoon lemon mixture onto the orange mixture. Refrigerate overnight or several hours.

To unmold, dip the mold, up to the rim, in a bowl of warm water for 10 to 15 seconds only. Lift out of water and cover with a dinner plate. Quickly turn over and lift the mold away carefully. Decorate with cherry or orange slices, or any fruit you wish.

SHIMMERING CHERRY SALAD

Christine Bendersky

1 can (1 lb.) red sour pitted cherries, drained	1 fresh orange
1 can (1 lb. 4 1/2 oz.) size crushed pineapple, drained	1 fresh lemon
1/2 c. sugar	1 pkg. 3 oz. cherry flavor Jello
	1 env. unflavored gelatine
	1/2 c. cold water

Drain cherries and pineapple - reserve syrup.

Pour sugar over cherries and stir gently. Grate orange and lemon rinds. Squeeze to get juices. Combine all juices and add water to make 2 1/2 cups liquid.

Soften unflavored gelatine in 1/2 cup cold water. Heat a cup of the juices to boiling and combine with cherry Jello. Add the softened gelatine; stir until dissolved. Add remainder of juices; stir. Add fruit and grated rind.

Pour into 6 cup mold (or 8 individual dishes) and chill. Unmold onto lettuce-covered serving plate. Top with mounds of dairy sour cream. Serves 8.

FIVE FRUITS AMBROSIA

Orysia Dackiw

1 c. mandarin oranges (drained)

Select 4 fruits (fresh or canned) and add 1 cup of each (apples, bananas, peaches, grapes, dark Bing cherries, pineapple, etc.)

To this 5 cups of fruit, add 1 cup flaked coconut and 1 cup mini marshmallows. Fold in 1 cup sour cream and chill several hours before serving.

FRUITY WINE-O SALAD

Mary L. Wakulinski

1 pkg. strawberry Jello

1 pkg. cherry Jello

2 c. Brotherhood's "Rosario"
wine

1 large can crushed pineapple
(drained)
2 qt. mold

Dissolve Jellos in 2 cups boiling water, cool. Add wine and then refrigerate until partially set. Fold in the drained pineapple, pour into a lightly oiled 2 quart mold. Chill approximately 2 hours or until firm. Unmold onto serving dish and garnish to serve.

CRANBERRY MOLD

Katherine Coronetz

1 lb. whole cranberries
2 c. sour cream (16 oz.)

3 pkg. raspberry Jello (9 oz.)
3 c. boiling water

Combine Jello and water. Stir to dissolve. Set until slightly thickened. Combine remaining ingredients, whip together. Pour into mold, let set until firm. (Pour cold water in and out of mold and then pour gelatin in. This will help to unmold more easily.) Excellent with chicken, turkey or as a dessert.

DATE PUDDING

Mrs. S. Galan

2 eggs, well beaten
1 c. brown sugar
1 c. dates, chopped

1 tsp. baking powder
2 Tbsp. flour
1 c. chopped nuts

Mix eggs, brown sugar together; then add dates, baking powder, flour and chopped nuts, in order given. Bake in 325 degree oven for 30 minutes.

LEMON ANGEL FROST

Denise Robilliard

2 egg whites
1/2 c. sugar
1/2 tsp. grated lemon rind

1/4 c. lemon juice
1/2 c. whipped cream
semi-sweet chocolate curls
2 egg yolks

Beat the egg whites until they form soft peaks. Gradually add sugar and continue beating to stiff peaks. Beat egg yolks until thick and lemon colored. Fold egg yolks, lemon rind and lemon juice into egg whites. Fold in whipped cream and pour into refrigerator tray to freeze firm. Serve in sherbet glasses. Top with some shaved semi-sweet chocolate. Serves 6 to 8.

MOUSSE AU CHOCOLAT

Dennis Savitsky

1 pkg. (8 oz.) semi-sweet
chocolate bits
6 eggs, separated

2 c. heavy cream
2 Tbsp. granulated sugar
1 tsp. vanilla extract

In the top of a double boiler, over hot water, melt chocolate pieces, stirring to make smooth. In a clean mixing bowl, beat egg whites until stiff. Fold sugar in carefully.

In a cold container, using cold beaters, whip the heavy cream into soft peaks; add vanilla. Add egg yolks to the chocolate mixture, beating to blend. Add beaten whites to chocolate mixture, folding in thoroughly; then add the whipped cream, also blending in well.

Pour into individual dishes, or into a 1 1/2 quart dessert dish. Refrigerate until firm. Serves 8. May be frozen and used later.

ALMOND MOUSSE

Mary L. Wakulinski

2/3 c. sugar
1 pkg. unflavored gelatin
1 1/2 c. water
1 c. sour cream

3/4 tsp. almond extract
1 c. frozen whipped topping
fruits

In a saucepan, blend sugar, gelatin and water; stir over low heat until ingredients dissolve. Pour over sour cream and blend. Add almond extract. Chill until slightly jelled. Then blend in the whipped topping. Chill in a 1 quart size fancy mold until firm (approximately 3 hours). When ready to serve, place on a fancy plate and garnish with colorful fruits.

PEACHY BANANA BAVARIAN

Orysia Dackiw

1 (1 lb. 13 oz.) can sliced
cling peaches
1 (6 oz.) pkg. strawberry-
banana Jello

2 c. boiling water
1 c. heavy cream, whipped
6 bananas, sliced

Drain peaches, save liquid. Add boiling water to Jello and stir to dissolve; add 1 cup peach syrup. Pour 1 1/4 cups Jello mixture into 1 1/2 quart mold or bowl. In order to make a deep depression to form a shell, float a smaller bowl on top of Jello. Pour enough water in this smaller bowl to weight it down. Place a few banana slices in Jello at the sides, between the mold and bowl. Chill 1 hour until firm. Pour cold water out of small bowl and

(Cont.)

carefully pour in hot water to aid in removing the bowl. Store gelatin mixture in mold (after small bowl is removed) in refrigerator until cream mixture is made. Chill remaining gelatin mixture until consistency of egg whites. Fold in cream, peaches, bananas. Pour into gelatin shell and chill until firm.

GUAVA & MARSHMALLOW PUDDING (South Africa)

Irma Artim

1 tin guavas
15 marshmallows

1 c. cream

Drain guavas and cut up small. Cut up marshmallows and melt over boiling water. Beat up cream. Add guavas to melted marshmallows and beat until frothy. Fold in beaten cream, reserving a little for decoration.

CHOCOLATE MOUSSE

Orysia Dackiw

1/2 c. sugar

1/2 c. water

Boil together and cool.

1/2 c. cocoa
1 tsp. orange extract OR 1 Tbsp.
Grand Marnier

1 pt. carton Dessert Whip

Fold above ingredients together gently, combine with cooled mixture. Pour into dessert dish and chill 2 hours before serving or longer.

RICE PUDDING

Orysia Dackiw

1 c. Carolina rice

Cook on top of stove in 1 cup water. Set aside.

1 1/2 qt. milk, cold

1 c. sugar

Turn heat on low, add milk and sugar to cooked rice; cook 1/2 hour and turn heat off again.

1/2 pt. heavy cream

Add in the heavy cream; cook another 1/2 hour and set aside.

1 egg, at room temperature, beaten

1 1/2 tsp. vanilla
raisins (optional)

Take some of the rice, add a little to the beaten egg and blend together. Fold this into the cooked rice. Sprinkle with cinnamon and garnish with some whipped cream.

*STRAWBERRY JELLO DELIGHT

Mary L. Wakulinski

2 small boxes strawberry Jello
1 small Sara Lee pound cake
or angel food loaf
1 pt. heavy cream

confectioners sugar, to taste
1/2 c. chopped walnuts
1/2 c. sliced strawberries *

Dissolve 1st package of Jello as directed on package, pour into a small mixing bowl and put into refrigerator to chill until semi-hard.

Take second package and prepare as directed, but pour it into a shallow, rectangular dish. Chill this Jello until it is fully gelled. Then cut in 1 inch cubes and set aside.

Take your pound cake (or angel food loaf) and cut into 1 inch cubes. Set aside.

Whip the heavy cream with as much confectioners sugar as you like to sweeten slightly.

Take the semi-gelled Jello and blend in the heavy whipped cream with a spatula until you have a pink concoction. To this pink mixture add: the chopped walnuts, the sliced strawberries, the cubed Jello and the cubed cake. Carefully blend together with a spatula. Place in a loaf type container to chill thoroughly.

When ready to serve, slide knife all around to loosen edges. Cut in slices. You will have a lovely pink dessert with random cubes of above ingredients throughout. There are never any leftovers!

* If you prefer, you can use any combination of flavors, alone or mixed, as well as changing the fruits to match. You can mix colors too.

FRUIT SALAD SUPREME

Betsy Moskalik

2 cans fruit salad, large
2 bananas, sliced
lemon juice (sprinkle with
bananas)
1/2 c. walnuts

2 apples, peeled, cored &
diced or cubed
1/2 c. mini marshmallows
1 pt. heavy cream, whipped
sugar (optional)

Drain juice from salad. In large bowl, combine sliced

(Cont.)

bananas, sprinkled with lemon juice (this prevents darkening). Add prepared apples and marshmallows. Whip cream, with a little sugar (to taste). Fold cream gently in with mixed fruits. Add chopped nuts. Cool and serve in a champagne cup topped with a glob of cream, if desired.

RIBBON MOLD

Millie Osenenko

1 pkg. (3 oz.) raspberry Jello	1 c. boiling water
1 c. boiling water	1 pkg. lime Jello
1 pkg. frozen raspberries (optional)	1 c. boiling water
1 pkg. (3 oz.) orange Jello	1 can (8 1/2 oz.) crushed pine- apple
1 pkg. (8 oz.) cream cheese, softened	

Pour boiling water over raspberry gelatin in a large bowl; stir until dissolved. If you wish, add raspberries now. Chill until thickened, but not set. Pour into a 9 x 9 x 2 inch pan, or an 8 cup mold. Chill until almost firm.

Pour boiling water over orange gelatin; stir until dissolved. Gradually, stir in softened cream cheese until well blended. Pour evenly over the firm raspberry layer. Chill until almost firm.

Pour boiling water over lime gelatin and stir until dissolved. Add the pineapple together with syrup. Chill until thickened slightly, but not set. Pour evenly over orange layer. Chill until firm.

If you use a mold, at serving time, place mold just up to rim in warm water for 10 - 15 seconds, and remove. Place serving plate on top, and turn over. Remove mold carefully, so as not to break any of it.

If you use the 9 x 9 x 2 pan, cut in squares and serve.

FROZEN TORTONI

Mary Atton

Katherine Coronetz

1 c. dry milk	6 Tbsp. sugar
1 c. ice water	1 tsp. almond extract

Use a chilled bowl and spoon. Mix above ingredients. Pour into small paper cups or cupcake tins. Put in freezer. You may sprinkle with nuts or coconut before freezing (optional). DO NOT use a sugar substitute, it will taste very badly.

*Candy, Jelly
Jam, Preserves*



WEIGHTS AND MEASURES

AVOIRDUPOIS

- 1 pound = 16 ounces
- 1 hundredweight = 100 pounds
- 1 ton = 20 hundredweight = 2000 pounds
- 1 long ton = 2240 pounds

EQUIVALENT VALUES

- 1 square mile = 640 acres = 102,400 square rods = 3,097,800 square yards
- 1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36	= 3	= 1			
198	= 18.5	= 5.5	= 1		
7,920	= 660	= 220	= 40	= 1	
63,360	= 5280	= 1760	= 320	= 8	= 1

APOTHECARIES

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

METRIC

- 1 centigram = 10 milligrams
- 1 decigram = 10 centigrams
- 1 gram = 10 decigrams
- 1 dekagram = 10 grams
- 1 hektogram = 10 dekagrams
- 1 kilogram = 10 hektograms
- 1 metric ton = 1000 kilograms
- 1 kilogram = 2.20 pounds
- 1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/4 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 1/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

CUBIC MEASURE

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cu. feet
- 1 U.S. shipping ton = 40 cubic feet
- 1 cord = 128 cubic feet
- 1 perch = 24 3/4 cubic feet
- 1 cubic yard = 27 cu. feet = 46656 cu. inches
- 1 U.S. liquid gallon = 4 quarts = 231 cu. inches
- 1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
- 1 board foot = 144 cubic inches

DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2,150.42 cubic inches
- British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

- 1 centimeter = 10 millimeters
- 1 decimeter = 10 centimeters
- 1 meter = 10 decimeters
- 1 dekameter = 10 meters
- 1 hektometer = 10 dekameters
- 1 kilometer = 10 hektometers
- 1 inch = 2.54 centimeters
- 1 meter = 39.37 inches
- 1 yard = 0.914 meter
- 1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

- 1 square centimeter = 100 square millimeters
- 1 square decimeter = 100 square centimeters
- 1 sq. meter = 100 sq. decimeters = 1 centar
- 1 ar = 100 centars
- 1 hektar = 100 ars
- 1 square kilometer = 100 hektars
- 1 square centimeter = 0.15 square inch
- 1 square meter = 1.20 square yards
- 1 square kilometer = 0.39 square mile
- 1 hektar = 2.47 acres
- 1 square inch = 6.45 square centimeters
- 1 square yard = 0.84 square millimeter
- 1 square mile = 2.59 square kilometers
- 1 acre = 0.40 hektar

CUBIC MEASURE

- 1 cubic centimeter = 1000 cubic millimeters
- 1 cubic decimeter = 1000 cubic centimeters
- 1 cubic meter = 100 cubic decimeters
- 1 cubic yard = 0.76 cubic meter
- 1 cubic meter = 1.31 cubic yards
- 1 liter = 1.06 U.S. liquid quarts
- 1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
- 1 U.S. liquid quart = 0.94 liter
- 1 U.S. liquid gallon = 3.76 liters

CANDY, JELLY, JAM, PRESERVES

CARAMELS

3 c. sugar	1 c. cream (or evaporated milk)
3 Tbsp. flour	1 c. corn syrup
1 Tbsp. salt	butter (size of a walnut)
1 c. milk	

Mix all ingredients thoroughly. Cool gently until it starts to harden. Pour into a well greased pan. Let it cool to set, then cut into bite size pieces (squares). Wrap in little squares of plastic wrap or waxed paper.

CLUSTERS

Virginia Wowk

1 pkg. (6 oz.) chocolate chips	1/2 c. salty cocktail peanuts
1 pkg. (6 oz.) butterscotch chips	4 c. Rice Krispies cereal
2 Tbsp. peanut butter	

Melt chocolate and butterscotch and butter in saucepan, over low heat, stir constantly, until very smooth. Remove from heat, add in the nuts and cereal and blend together. Drop by spoonful onto a buttered baking sheet (or waxed paper). Refrigerate until set.

SAUERKRAUT CANDY

2 c. brownsugar	2 Tbsp. butter
1 c. white sugar	1 tsp. vanilla
3/4 c. milk	2 1/4 c. shredded coconut

Combine sugars and milk and cook until soft ball stage. Add butter, but do not stir. Cool to lukewarm and add vanilla. Beat until mixture begins to harden. Add in the coconut and continue beating until it holds together. Drop onto waxed paper and cool. (If mixture is too stiff, set pan in hot water to soften.) (You can also add salted peanuts to mixture, if you like.)

PEANUT BUTTER CANDY

Liz Moskalik

1/4 c. confectioners sugar	1/2 c. sweetened condensed milk
1 c. chocolate chips	1 c. peanut butter

(Cont.)

Place sugar and chips in a bowl; add milk and peanut butter. Stir together with a wooden spoon. Drop onto waxed paper with a teaspoon. Place in the refrigerator to cool about 1/2 hour. Remove; peel off paper and place into a serving dish or container.

If you wish, line a square pan with the mixture on top of waxed paper. Cool, then cut into squares and peel away paper from the bottom of each piece. Ready to eat.

POPCORN BALLS

1/2 c. popcorn	1/2 c. Karo syrup
1/4 c. vegetable oil	1/2 tsp. salt
1/2 c. sugar	

Heat oil in saucepan over medium heat for 3 minutes. Add popcorn and cover, leaving just a little space at edge of cover. Shake while heating until starts to pop. Meanwhile, mix syrup, sugar and salt together. Add to the corn when it has popped, stir constantly, over a medium heat, to coat thoroughly. Remove from heat and form into balls, pressing slightly so they stick. You can grease your hands with a little butter to facilitate handling.

POTATO CANDY

Mary L. Wakulinski

1 to 1 1/2 boxed confectioners sugar	1 small potato 1/2 c. peanut butter, smooth
---	--

Boil potato with jacket on, until done. Mash very fine, so there are absolutely no lumps. Start to add confectioners sugar, a little at a time, until the mixture is like a dough. Place in refrigerator for 15 minutes to chill.

Roll out thin, on a powdered sugared board to 1/8 inch thickness. Spread a very thin layer of very smooth peanut butter. Then start to roll up in a very tight circle as in a jelly roll. Store in the refrigerator for at least 3 hours, or overnight. Slice very thin to serve.

EASTER BIRD'S NEST

6 oz. pkg. chocolate chips	1 can coconut
----------------------------	---------------

Melt chips over double boiler, then stir in coconut. Drop onto waxed paper with a tablespoon the size of nest you desire, then make a dent in each with the back of the spoon. Fill each dent with 3 or more jelly beans, cool.

COCONUT ICE (South Africa)

Irma Artim

1 1/4 c. milk
1 1/2 lb. sugar

1/2 lb. coconut (fine)
1/2 tsp. bicarbonate of soda

Put milk and sugar in a pot, bring to boil, and let boil 5 minutes. Stir constantly. Remove from fire. Add bicarbonate of soda, little by little, then the coconut. Stir until it thickens. Pour half of the mixture into a paperlined pan, color the rest a delicate pink, and pour it over the top.

MARSHMALLOWS (South Africa)

Irma Artim

2 c. (8 oz. cup) castor sugar *
1/2 c. warm water
1/2 c. cold water

2 envelopes gelatin, unflavored
vanilla or strawberry flavoring

* very finely granulated sugar

Put castor sugar and warm water into mixing bowl, beat well for about 10 minutes. Soak gelatin in cold water (very stiff), dissolve over boiling water until liquified. Add gelatin mixture, teaspoon by teaspoon very slowly. Once thickened, add remaining gelatin from a height. Before starting to set, add flavoring.

Whisk until frothy and mixture leaves a trail. Pour into greased baking tray and place in refrigerator until set. Roll in toasted coconut or icing sugar.

BRITTLE (South Africa)

Irma Artim

1 box castor sugar *
1 medium size packet peanuts

1 c. cherries

* very finely granulated sugar

Place castor sugar in pan which has been preheated to approximately 350 degrees. Stir well until sugar is all melted, then pour over nuts and cherries in greased and lined pan. Leave to set and cool.

NUT ROLL CANDY

1 c. evaporated milk
2 c. white sugar
1/2 c. light Karo syrup

1 c. brown sugar
1 1/2 c. chopped pecan nuts

Combine milk, sugar, syrup and brown sugar, blend thoroughly. Cook in a saucepan until sugars dissolve and mixture thickens. Remove from heat and cool to lukewarm, then beat until mixture begins to hold its shape. Place in a large bowl and with hands but-

(Cont.)

tered, knead the cooled mixture until firm. Shape into candy rolls approximately 1 1/2 inch diameter. Roll in chopped pecans. Wrap in waxed paper and chill in refrigerator. When set, cut into slices to serve.

CHINESE NOODLE DANDIES

2 (3 oz.) cans chow mein noodles	1 (6 oz.) pkg. butterscotch pieces
1 (6 oz.) pkg. chocolate pieces	1/2 c. chopped cashews

Melt chocolate and butterscotch pieces in top of double boiler until they melt. Remove from heat. Stir in the noodles and chopped cashews quickly and coat evenly. Drop by spoonful on some waxed paper. Chill. Remove and store in a container in the refrigerator until ready to use.

BRANDY PEACH JAM

3 lb. ripe peaches	3 c. sugar
1/2 c. water	1/2 c. brandy

Wash peaches, peel and remove pits. Chop and measure out to 4 1/2 cups. In a large saucepot, combine peaches and water, bring to boil, cover and then simmer until tender, approximately 10 minutes. Stir frequently. Add sugar and brandy, mix well. Cook until sugar dissolves, bring to boiling and boil 6 - 8 minutes until it becomes syrupy. Remove from heat, skim foam off the top. Pour into hot, sterilized 1/2 pint jars, seal immediately. If you use straight sided jelly jars, you can seal with melted paraffin.

PEAR BUTTER

Mary L. Wakulinski

pears (wash, core & slice; do not peel)	2 Tbsp. lemon juice (or orange)
water	1/4 tsp. nutmeg

Place pears in large pot, add just enough water to keep them from sticking to bottom, cook until very soft. Press through food mill or sieve. Add juice and nutmeg.

Measure the resulting pulp. To 1 cup of pulp, add 1/2 cup sugar. Mix together and boil until it thickens, stirring all the while. Pour into hot, sterilized jars (1/2 pint size is good) and seal while hot. Keep lids hot in boiling water. Process 10 minutes in hot water bath. Remove and cool.

PLUM CONSERVE

Sophie Chiff

5 lb. plums, blue
4 c. sugar
1 box raisins

2 large oranges, chopped up,
seeds and all

Mix above ingredients and cook together in large saucepan very slowly, for 1 hour. Place into hot, sterilized jars; cover with seal or melted paraffin.

SPICED APPLE RINGS

6 c. sugar
4 lb. apples, firm and ripe
(like Golden Delicious)
1 2/3 c. cider vinegar

4 sticks cinnamon
2 tsp. whole cloves
1 tsp. red food color
8 (1/2 pt.) jars

(Sterilize jars, lids, funnel, tongs, whatever you will use to handle fruit.) Keep lids in hot boiling water until you use them. After boiling jars, drain them on clean paper towel, over a terry towel, to absorb moisture and keep them ready.

Peel and core apples (use a coring tool, if available) and maintain a ring shape to apples. In a saucepan, mix the sugar, vinegar, cinnamon, cloves and food coloring together; bring to boiling point, then cook 10 minutes uncovered. (Remove the cloves.)

Cut the apples crosswise, so you end up with nice thick rings. Place some rings into syrup (do not put too many in) and cook them in the simmering syrup until almost tender, turn from time to time, takes approximately 7 minutes. Place enough slices in jar to come within 1/2 inch from the top. Add syrup to cover. Seal and cool. Cook more apples in the syrup, and pack as the others. Let jars stand 5 days or more before using.

WINE JELLY

Mary L. Wakulinski

2 c. wine (Brotherhood's
ROSARIO, or a good
CREAM SHERRY)

3 c. sugar
1/2 bottle of liquid pectin

(NOTE: The Rosario will give you a beautiful red jelly, while the cream sherry will give you a lovely amber colored jelly.)

In the top of a double boiler, place your sugar and wine in top pan, mixing thoroughly until blended. Cook mixture over boiling water until the wine mixture is very hot.

While heating wine mixture, sterilize four 1/2 pint jars with
(Cont.)

2-piece sealing lids, a funnel, tongs, whatever you will use to process jelly. Then just before you need them, drain these items onto clean towels.

When wine is hot, add in all at once 1/2 bottle of liquid pectin; stir well. Remove from heat, skim off any foam; pour into hot, sterilized jars. Seal with sterilized lids. Cool, label and enjoy.

(I guarantee you will not be able to store them for long. The colors are so inviting you will find it difficult to resist sampling or giving away as gifts.)

Write extra recipes here:

*Beverages and
Miscellaneous*



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD

Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints

DISTANCE

1 centimeter	0.4 inches
1 meter	3.3 feet
1 meter	1.1 yards
1 kilometer	0.6 mile

AREA

1 sq. centimeter	0.16 sq. inch
1 sq. meter	1.2 sq. yards
1 sq. kilometer	0.4 sq. mile
1 hectare	2.5 acres

TEMPERATURE

0 degree Celsius	32 degrees Fahrenheit
37 degrees Celsius	98.6 degrees Fahrenheit
100 degrees Celsius	212 degrees Fahrenheit

CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 quart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

BEVERAGES, MISCELLANEOUS

WHISKEY SOUR PUNCH

Betsy Moskalik

3 (12 oz.) cans frozen pink
lemonade
1 (12 oz.) can frozen orange
juice

3 cans liquor (use 12 oz. can)
4 large bottles ginger ale, chilled
1 small jar maraschino cherries
and juice of

Defrost lemonades and juice; prepare as directed. Add contents to large punch bowl. Take one of the 12 ounce cans and fill it 3 times with a liquor (I prefer bourbon). Add to mixture. Pour in ginger ale. Add the cherries and juice. Stir around to blend thoroughly. Serve in a punch glass over ice cubes.

IRISH COFFEE

1 jigger Irish whiskey
2 spoons sugar

hot, black coffee
heavy cream

Warm the glass. Pour in whiskey, add sugar. Then fill to 1/2 inch from the top of glass with strong, hot black coffee, stir to dissolve sugar. Then slowly trickle the heavy cream (do not whip it) over the back of a spoon to get it to float on top. If you just pour it in, it'll mix in with the rest of the drink. You must trickle it in. Fill with cream to rim of glass. Enjoy.

Variation: Substitute Scotch for Irish whiskey - you have a Scotch coffee. Brandy, and you have a Napoleon coffee.

BLACKBERRY BRANDY

1 qt. fresh blackberries
3/4 c. sugar
3/4 tsp. whole allspice

12 whole cloves
2 c. brandy

Combine in a gallon jar the blackberries (rinse first), sugar and spices. Pour brandy in; cover jar. Turn the jar each day so the sugar dissolves, takes around a week. Store in a cool, dark place for at least 2 months. Then strain through double thickness of cheesecloth to remove spices and sediment, and pour into a clean container. (Save old wine bottle or a decanter with tight stopper.) Serve in cordial glass.

CHAMPAGNE PUNCH

Chris Gerula

- | | |
|-----------------------------------|--|
| 1 1/2 to 2 bottles pink champagne | 1 pkg. frozen strawberries (or more, if desired) |
| 2 large bottles ginger ale | 1 gal. carton sherbet - orange, rainbow, or raspberry (choose one) |
| 1 large can Red Hawaiian Punch | ice cubes |

Chill all ingredients thoroughly. In a large punch bowl, place champagne, slowly pour in ginger ale, add Hawaiian punch, strawberries, and place scoops of sherbet to float over the top. Last add in the ice cubes carefully. Watch it disappear.

ICED TEA

- | | |
|------------|---------------------|
| 7 teabags | 2 qt. boiling water |
| 2 c. sugar | 1 lemon |

Boil water, add teabags and set aside. After 2 hours, remove teabags. Squeeze juice of lemon into tea, cut a few slices of lemon into it, stir in sugar until dissolves. Serve over ice cubes.

PINK TEA

- | | |
|----------------|------------------|
| 1 pt. red wine | 1 stick cinnamon |
| 1/2 pt. water | 1 whole clove |
| | sugar, to taste |

Boil wine, water and spices; remove clove and cinnamon. Serve hot.

EGG NOG

- | | |
|----------------------------------|------------------|
| 9 eggs, separated | 1/2 c. cognac |
| 1 c. extra fine granulated sugar | 2 c. light cream |
| 2 c. Bourbon | 3 c. heavy cream |
| | nutmeg |

Mix sugar with egg yolks, beat until fluffy. Add the Bourbon, cognac, and light cream. Place in refrigerator and chill several hours - must be very cold.

Beat whites until form stiff peaks. Beat heavy cream in a large bowl until stiff. Remove mixture from refrigerator. Fold beaten whites into it, then the whipped cream. Pour into large glass punch bowl and sprinkle with nutmeg. Serve small portions (for obvious reasons).

PATIO PUNCH

1 pt. vodka	1 qt. cranberry juice cocktail
3 bottles ginger ale (28 oz.)	1 large can pineapple juice
1/2 c. lemon juice	orange slices

Chill all ingredients. Add one at a time over ice cubes in a punch bowl. Place slices of orange to float on top.

APRICOT SAUCE

1 c. dried apricots (1/2 lb.)	2 Tbsp. honey
1 1/4 c. water	1 1/2 tsp. paprika
1/4 c. cider vinegar	1 tsp. lemon juice
1/4 c. sugar	1/4 tsp. salt

Cook apricots, bring to boil, reduce heat and simmer uncovered 1/2 hour. Place in blender and puree (or use a food mill or sieve). Add remaining ingredients and blend well. Keep in refrigerator in a jar with a lid. Use a dip for appetizers or to baste roasts, spareribs, etc.

BBQ SAUCE

Orysia Dackiw

1 pkg. Lipton onion soup	3 Tbsp. apricot preserves
1/2 c. water	1/2 bottle 1880 French dressing

Combine ingredients in saucepan, bring to boil. Dip chicken in sauce to coat. Bake covered for 1 hour, then uncover to brown in oven 10 - 15 minutes more.

BUTTER SAUCE

1/2 c. butter	1/2 c. light cream
1 c. sugar	1 tsp. vanilla

Combine above (except vanilla) in saucepan and cook over a medium heat. Add vanilla. Serve hot on puddings, cakes, etc.

Variation: Substitute 1/4 teaspoon almond extract and 1/2 cup chopped almonds; or 1 teaspoon grated orange rind and 1 tablespoon orange extract (omitting vanilla from above ingredients).

BUTTERSCOTCH SAUCE

1/2 c. brown sugar	1/2 c. evaporated milk
3/4 c. light corn syrup	1/2 tsp. vanilla
3 Tbsp. butter	

(Cont.)

Combine sugar, syrup and butter, boil 2 - 3 minutes while stirring. Add milk, bring to boil. Serve hot.

CHOCOLATE SAUCE

1/2 lb. semi-sweet chocolate	1 Tbsp. instant coffee
1 oz. (1 sq.) unsweetened cooking chocolate	1 Tbsp. salad oil
6 Tbsp. hot water	2 Tbsp. rum or brandy

Break up chocolate, mix with water and coffee to melt over low heat. Add oil, rum or brandy and blend. Serve hot over cake, ice cream, etc. If you want a minty flavor substitute Creme de Menthe for the rum.

CHEESE SAUCE

Use White Sauce as a base. Add 1/2 cup shredded Cheddar cheese and simmer together until cheese melts. Serve hot. Great over cauliflower or other vegetables.

HOMEMADE CRANBERRY SAUCE

Mrs. S. Malanczuk

1 pkg. fresh cranberries	1 3/4 c. sugar
2 c. water	1 lemon, rind and juice of

Wash berries. Boil sugar and water to a syrup, add clean berries, grated lemon rind and juice, cook together and then boil 5 minutes. Put through food mill or sieve. Pack into clean jars and store in refrigerator.

CUSTARD SAUCE

1 1/2 c. milk	pinch of salt
3 egg yolks	1/2 tsp. vanilla
1/3 c. sugar	

Heat milk in top of double boiler on medium heat. Beat yolks, sugar and salt together; slowly pour hot milk into egg mixture, beating constantly. Put mixture into top of double boiler and cook and stir approximately 10 minutes more until it coats your spoon. Add vanilla. Serve warm, over fruit, cake, etc.

FUDGE SAUCE

2 sq. unsweetened chocolate	1/4 c. water
-----------------------------	--------------

1/4 c. evaporated milk
1 1/2 c. corn syrup

pinch of salt
1 tsp. vanilla

Mix chocolate, water and milk, over a low heat stir until chocolate melts and mixture thickens. Add syrup and salt. Cook and stir 10 minutes longer, add vanilla and serve hot.

MARINARA SAUCE

4 c. tomatoes (peel & cut in
small pieces)
1/3 c. olive oil
2 cloves garlic, minced
1 Tbsp. parsley, chopped

1/2 tsp. basil
1/8 tsp. oregano
salt and pepper to taste
3 Tbsp. tomato paste

Brown garlic in oil, add tomatoes, parsley, basil, salt and pepper. Cook 1/2 hour over low heat. Add oregano and tomato paste, cook 15 minutes more or until sauce thickens. Serve hot over spaghetti together with your favorite grated cheese.

MUSTARD SAUCE

1/2 c. mustard (like Dijon)
1/2 pt. heavy cream, whipped

1 c. mayonnaise or salad dressing

In small bowl, combine ingredients and blend well. Store in the refrigerator overnight. Use as a dip for vegetables.

RASPBERRY SAUCE

1 (10 oz.) pkg. frozen rasp-
berries

1 tsp. cornstarch
1/4 c. sugar

Thaw and mash berries, stir in other ingredients. Cook over medium heat until sauce thickens. Serve hot.

WHITE SAUCE

2 Tbsp. butter or margarine
salt and pepper, to taste

1 Tbsp. cornstarch, arrowroot
powder, or flour
1 c. milk

In small saucepan, melt butter. Stir in cornstarch (or arrowroot powder, or flour), salt and pepper, blend until smooth. Gradually add in the milk. Bring to boil over a medium heat, continue to stir until sauce thickens. Serve with meat, fish, chicken or vegetables.

HORSERADISH SAUCE

For a Horseradish Sauce, look in the Ukrainian Easter section.

MUSHROOM SAUCE

For a Mushroom Sauce, look in the Ukrainian Christmas section.

HOMEMADE MUSTARD

1/4 c. dry mustard	2/3 c. water
2 Tbsp. water	3 Tbsp. flour
1/3 c. cider vinegar	1/2 tsp. salt
1/4 c. sugar	

Mix 2 tablespoons water with dry mustard to smooth paste, set aside. Blend remaining ingredients in a saucepan, cook over a low heat until thickens, stir continually. Remove from heat; stir in mustard paste and blend until smooth. Cover in a jar and refrigerate and let marinate 4 or 5 days before using.

GRAVY FOR STEAK

Anne Marusevich

3 Tbsp. ketchup	1 1/2 Tbsp. butter
3 Tbsp. coffee	add steak drippings
3 tsp. Worcestershire sauce	

Mix above ingredients together and serve with steak.

OLD FASHIONED BROWN GRAVY

3 Tbsp. flour	2 c. stock *
2 Tbsp. butter or margarine	salt & pepper

Heat a deep skillet (dry), place the flour in it and over medium high heat brown flour, stirring constantly and shake the skillet. When it is pale tan in color, remove from heat. (Do not be fooled by color; when you add liquid to it, it turns a rich brown.)

Next add the butter, stir as it melts to make a smooth paste. Add salt and pepper.

Add stock* (or use drippings from your roast) to skillet and stir to blend. (If you don't have as much drippings as necessary add 1 to 1 1/2 cups water to make up 2 cups.) Cook this mixture until it begins to thicken.

(If you don't remove all the lumps, pour through a strainer

GRANDMA'S DELICIOUS POPSICLES

Mary, Billy, Carol,
Liz & Sean

1 small pkg. Jello (any flavor)	2 c. hot water
1 pkg. Kool-Aid (matching flavor)	2 c. cold water

Dissolve Jello and Kool-Aid in hot water; add cold water and mix well. Pour into mold for popsicles, place in freezer.

Warning: They don't last very long - so make a big batch.
(P. S. they don't drip like the store bought kind.)

Write extra recipes here:

Basic Kitchen Information



THUMB INDEX



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

EQUIVALENTS,
WEIGHTS and MEASURES,
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EVERYDAY HERB GUIDE

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INFORMATION

STAIN CHART, FIRST AID and
MISCELLANEOUS INFORMATION

EQUIVALENTS

3 tps.		1 tbsp.
4 tps.		$\frac{1}{4}$ cup
$5\frac{1}{3}$ tps.		$\frac{1}{3}$ cup
8 tps.		$\frac{1}{2}$ cup
$10\frac{2}{3}$ tps.		$\frac{2}{3}$ cup
12 tps.		$\frac{3}{4}$ cup
16 tps.		1 cup
$\frac{1}{2}$ cup		1 gill
2 cups		1 pt.
4 cups		1 qt.
4 qts.		1 gal.
8 qts.		1 peck
4 pecks		1 bu.
16 oza.		1 lb.
32 oza.		1 qt.
8 oza. liquid		1 cup
1 oz. liquid		2 tpsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ oza.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Corstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs

1 egg = 4 tpsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups
1 lb. cake = $4\frac{1}{2}$ cups
1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tpsps.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tpsps.
3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tpsps. grated

Gelatin

$3\frac{3}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup
 $\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{1}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water.
Or 4 tablespoons dry whole milk plus 1 cup water.
Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{7}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.

FOUND IN Turkey, Yugoslavia, Portugal, Greece.



IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.



FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.



FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.



FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piney taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.



FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Battered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rock 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb.	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder		
Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder		
Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lb.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN, MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

Meat and vegetable pie
Soup
Stew
Stuffed peppers
Stuffed tomatoes
Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

Creamed vegetables
Soup
Meat loaf
Meat patties
Omelet
Souffle

Cooked or canned fruits, in

Fruit cup
Fruit sauces
Jellied fruit
Quick breads
Shortcake
Upside-down cake
Yeast breads

Cooked meats, poultry, fish, in

Casserole dishes
Hash
Meat patties
Meat pies
Salads
Sandwiches
Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

Fried cereal
Meat loaf or patties
Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

Casseroles
Meat or cheese loaf
Timbales

Bread

Slices, for
French toast
Dry crumbs, in
Brown betty
Croquettes
Fried chops
Soft crumbs, in
Meat loaf
Stuffings

Cake or cookies, in

Brown betty
Ice-box cake
Toasted, with sweet topping,
for dessert

Egg yolks, in

Cakes
Cornstarch pudding
Custard or sauce
Pie filling
Salad dressing
Scrambled eggs

Egg whites, in

Custard
Fruit whip
Meringue
Souffles

Hard-cooked egg or yolk, in

Casserole dishes
Garnish
Salads
Sandwiches

Sour cream, in

Cakes, cookies
Dessert sauce
Meat stews
Pie filling
Salad dressing
Sauce for vegetables

Sour milk, in

Cakes, cookies
Quick breads

Cooked potatoes, in

Croquettes
Fried or creamed potatoes
Meat-pie crust
Potatoes in cheese sauce
Stew or clowder





Quantities to Serve 100 People



COFFEE	- 3 LBS.	
LOAF SUGAR	- 3 LBS.	
CREAM	- 3 QUARTS	
WHIPPING CREAM	- 4 PTS.	
MILK	- 6 GALLONS	
FRUIT COCKTAIL	- 2 1/2 GALLONS	
FRUIT JUICE	- 4 NO. 10 CANS	(26LBS.)
TOMATO JUICE	- 4 NO. 10 CANS	(26LBS.)
SOUP	- 5 GALLONS	
OYSTERS	- 18 QUARTS	
WEINERS	- 25 LBS.	
MEAT LOAF	- 24 LBS.	
HAM	- 40 LBS.	
BEEF	- 40 LBS.	
ROAST PORK	- 40 LBS.	
HAMBURGER	- 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	- 40 LBS.	
POTATOES	- 35 LBS.	
SCALLOPED POTATOES	- 5 GALLON	
VEGETABLES	- 4 NO. 10 CANS	(26LBS.)
VEGETABLES	- 4 NO. 10 CANS	(26LBS.)
BAKED BEANS	- 5 GALLON	
BEETS	- 30 LBS.	
CAULIFLOWER	- 18 LBS.	
CABBAGE FOR SLAW	- 20 LBS.	
CARROTS	- 33 LBS.	
BREAD	- 10 LOAVES	
ROLLS	- 200	
BUTTER	- 3 LBS.	
POTATO SALAD	- 12 QUARTS	
FRUIT SALAD	- 20 QUARTS	
VEGETABLE SALAD	- 20 QUARTS	
LETTUCE	- 20 HEADS	
SALAD DRESSING	- 3 QUARTS	
PIES	- 18	
CAKES	- 8	
ICE CREAM	- 4 GALLONS	
CHEESE	- 3 LBS.	
OLIVES	- 1 3/4 LBS.	
PICKLES	- 2 QUARTS	
NUTS	- 3 LBS. SORTED	

To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

Fillings

make the sandwich



for lunch boxes

for outdoor eating



		6 SERVINGS	24 SERVINGS
Mix Well	HAWAIIAN HAM SANDWICH		
	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

Mix Well	O'HARA'S SANDWICH		
	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

Mix Well	TANGY TONGUE SANDWICH		
	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

Mix Well	CHEESE PIMIENTO SANDWICH		
	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

		6 SERVINGS	24 SERVINGS
Mix Well	EAST COAST SANDWICH		
	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE			
	Sliced roast beef	3/4 pound	3 pounds
	Sliced sweet onion	1 onion	4 onions

STUDDIED PEANUT BUTTER SANDWICH			
Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for hearty lunching

OPEN FACE

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME	6 SERVINGS	24 SERVINGS
Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES	4 Servings	24 Servings
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HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread



is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

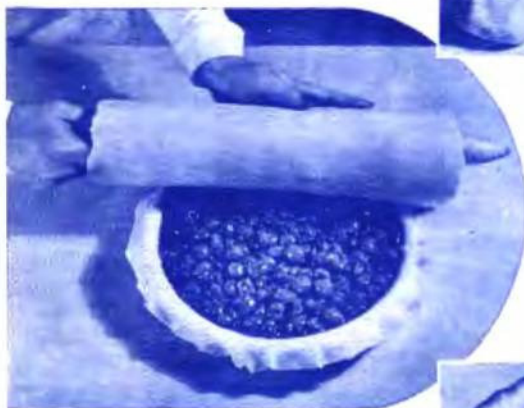
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce — with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—
CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

HELPFUL INFORMATION

WWW

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

Age _____

Height _____

Weight _____

Desired Weight _____

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.



Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter

Coffee

Lunch

Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner

Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner

Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch

Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee



THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner

Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee



Lunch

Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner

Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner

Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



SUNDAY

Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast

Orange juice
Poached egg
Toast
Frizzled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Butter
Milk
Grapes
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Butter
Broiled grapefruit
Milk
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Butter
Milk
Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread
Butter
Blueberries
Milk
Coffee



Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast
Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Bread
Butter
Carrot sticks
Steamed apple
Milk
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Butter
Sliced peaches
Milk
Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Butter
Pineapple
Milk
Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Butter
Raspberries
Milk
Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread
Butter
Plums
Milk
Tea



FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style
Toast
bacon cup
Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Butter
Milk
Grapes
Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Butter
Watermelon
Milk
Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Butter
Cherries
Milk
Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Butter
grapefruit
Milk
Coffee



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Radish roses
Bread
Butter
Strawberries
Milk
Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 3/4"	19.0	346
Pot. Roasts	4	Pc. 2 3/4" x 2" x 1 3/4"	22.3	262
Chuck	4	Pc. 3 3/4" x 2 1/2" x 1 1/2"	23.2	233
Round	4	Pc. 3 3/4" x 2 1/2" x 1 1/2"	24.4	194
Shank	4	Pc. 3 3/4" x 2 1/2" x 1 1/2"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 3 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 3 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 3 1/2"	20.9	352
Round	4	Sl. 5" x 3 1/2" x 3 1/2"	23.2	233
Steaks				
Club, T-bone, porterhouse,				
sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 1/4" x 3 1/2"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 3 1/2"	20.9	352
Round	4	Pc. 3" x 3" x 3 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/4" x 1 1/2"	22.3	262
Shank	4	3 pc. 1 3/4" x 1 1/4" x 1 1/2"	24.4	194
Stew meat (av.)	4	3 pc. 1 3/4" x 1 1/4" x 1 1/2"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 3/4"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 3 1/2"	21.6	276
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3 1/4" x 3" x 3/4"	18.2	408
Loin	4	Chop 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3/4"	16.1	464
Roasts				
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/4"	19.9	327
Loin	4	Sl. 3 1/2" x 3" x 3 1/2"	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 3/4"	10.6	147
Veal				
Chops				
Loin	4	Chop 3/4" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/2" x 3 1/2"	22.9	223
Loin	4	Sl. 4" x 2 1/2" x 3 1/2"	23.0	211
Rib	4	Sl. 4" x 2 1/2" x 3 1/2"	22.6	241
Shoulder	4	Sl. 5" x 3" x 3 1/2"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2 1/2" x 3 1/2"	23.4	191
Shoulder	4	Pc. 4" x 3" x 3 1/2"	23.3	202
Sirloin	4	Pc. 4" x 2 1/2" x 3 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 1/2" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2 1/4" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	1/4 bt. 3" dia. x 3 1/4" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/4" x 3/4"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2 1/2" x 3 1/2"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 3 1/2"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 3 1/2"	17.7	116
Veal	3	2 sl. 3" x 2 1/2" x 3 1/2"	17.1	122
Sweetbread				
Toogoe	4	Pc. 4" x 3" x 3 1/2"	18.2	216
	3	3 sl. 3" x 2" x 3 1/2"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/4" dia. x 3/4" th.	4.4	65
Frankfurter	2	2 3 1/2" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 3/4" th.	4.0	77
Luncheon meat	1	Sl. 4" x 3 1/2" x 3 1/2"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	3/4 breast	21.0	110
Leg	2 1/4	1 av.	14.7	88
Thigh	2 1/4	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3 1/2	3/4 c. (diced)	23.1	139
Light meat	3	3/4 c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3 1/2	Sl. 4" x 3" x 3 1/2"	23.2	177
Light meat	3 1/2	Sl. 4" x 3" x 3 1/2"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	3 med.	12.3	77
Cod	3 1/2	Pc. 4" x 2 1/2" x 3 1/4"	15.5	79
Crab, canned	3	3/4 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	98
Flounder	3 1/2	Pc. 4" x 3" x 3 1/2"	19.9	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3 1/2"	17.2	72
Halibut	4	Pc. 4" x 3" x 3 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	103
Lobster				
Canned	3	3/4 c.	15.6	74
Fresh	2 1/4	1 av.	12.2	63
Mackerel	2 1/2	3/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	3/4 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 3 1/2"	15.7	196
Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3 1/2" x 3" x 3 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	3/4		.1	73
Cheese, cottage	2	3/4 c.	9.6	51
Cream, coffee	3/4	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178
Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	¾ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	½ lgc.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	¾ c.	2.4	42
Beet greens	3½	¾ c.	2.0	33
Beets	3½	¾ c. or 2 1¼" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	¾ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	¾ c.	2.4	31
Celery	3½	¼ pc. 3½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	¾ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¼" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ¾" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	¾	¾ c. or pc. 4" x 1½"	.2	4
Kohlrabi	3½	¾ c. (diced)	2.1	36

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	1	1 leaf	.2	3
Mushrooms	3½	2 leaves	.1	2
Okra	5	5 caps 2½" dia.	2.6	15
Onions	2	5 pods	1.0	21
Dried				
Green	3	1 onion 2" dia.	1.2	42
Parsley	¾	3 med.	.2	7
Pumpkin	3½	2 sprigs	.1	1
Radishes	3½	¾ c.	1.2	36
Rutabagas	3½	3 radishes 1" dia.	.4	7
Sauerkraut	3½	¼ c.	1.1	41
Spinach	3½	¾ c.	1.1	18
Squash	3½	¾ c.	2.3	25
Summer	3½	¾ c.	.6	19
Winter	3½	¾ c.	1.5	44
Tomatoes	3½	¾ c.	1.2	25
Canned	3½	1 tomato 2" dia.	1.0	23
Fresh	3½	¾ c.	1.2	28
Juice, canned	4	¼ c.	2.9	37
Turnip greens	3½	¾ c.	1.1	35
Turnips				
White	3½	¾ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	¾	1 lgc.	.2	23
Pickles				
Dill	2	½ pkte. 5" lg. x 1½" dia.	.3	7
Sweet	¾	1 pkte. 2½" lg. x ¾" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	¾	¼ c.	2.5	67
Cornflakes	¾	¾ c.	1.3	56
Farina, enriched	¾	¼ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	¼ c. (¼ c. dry)	3.1	77
Rice				
Puffed	½	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	¾	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	¾	1 sl. (com'l) thin	1.6	50
Whole-wheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	¾	1 cracker 3" sq.	1.0	54
Saltine	¾	1 cracker 2" sq.	.4	17
Soda	1/3	1 cracker 2½" x 2½"	.6	25
Zwieback	¾	1 pc. 3½" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle	82	
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3½	1 apple 2½" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	¾ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ¾" dia.	1.2	87
Grapefruit	3½	½ med. 3½" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green n'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	¾ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	¾ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	¼ c.	.6	49
Orange	4	¼ c.	.7	66
Pineapple, can'd	4	¼ c.	.4	65
Tomato (see vegetables)				

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices	2 3/4	4 to 6
No. 2 1/2	Fruits, vegetables	3 3/4	6 to 8
46 oz.	Juices	5 3/4	6 to 8
No. 10	Fruits, vegetables, juices	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima	1 lb.	3 cups	7 cups
Navy	1 lb.	2 cups	6 cups
Red kidney	1 lb.	2 3/4 cups	6 1/2 cups
Fruit, dried			
Apricots	1 lb.	3 cups	4 1/2 to 5 cups
Figs	1 lb.	50 to 60	2 3/4 to 3 cups
Prunes	1 lb.	40 to 50	3 to 4 cups
Raisins or currants	1 lb.	3 cups	4 cups
Macaroni products			
Macaroni	1 lb.	3 to 4 cups	8 to 10 cups
Noodles	8 ozs.	2 1/2 cups	5 cups
Spaghetti	8 ozs.	2 1/2 cups	5 cups
Cereals			
Rice	1 lb.	2 cups	6 cups
Rollled oats	8 ozs.	5 1/2 cups	2 3/4 qts.
Rollled oats (quick)	1 lb.	4 cups	8 cups
Nuts			
Peanuts	1 lb.	2 cups meats	
Pecans	1 lb.	2 1/4 cups meats	
Walnuts	1 lb.	2 cups meats	

TO FIGURE YIELD

CANNED FRUIT FROM FRESH CANNED VEGETABLES FROM FRESH
LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTs.

Food	Fresh	Canned	Vegetable	Fresh	Canned
Apples	1 bu. (48 lb.)	16 to 20 qt.	Asparagus	1 bu. (45 lb.)	11 qt.
	2½ to 3 lb.	1 qt.		4 lb.	1 qt.
Berries, except strawberries	24-qt. crate	12 to 18 qt.	Beans, lima in pods	1 bu. (32 lb.)	6-8 qt.
	5 to 8 cups	1 qt.		4-5 lb.	1 qt.
Cherries, as picked	1 bu. (56 lb.)	22 to 32 qt.	Beans, snap	1 bu. (30 lb.)	15-20 qt.
	6 to 8 cups	1 qt.		1½ 2 lb.	1 qt.
Peaches	1 bu. (48 lb.)	18 to 24 qt.	Beets, without tops	1 bu. (52 lb.)	17-20 qt.
	2 to 2½ lb.	1 qt.		2½ 3 lb.	1 qt.
Pears	1 bu. (50 lb.)	20 to 25 qt.	Carrots, without tops	1 bu. (50 lb.)	16-20 qt.
	2 to 2½ lb.	1 qt.		2½ 3 lb.	1 qt.
Plums	1 bu. (56 lb.)	24 to 30 qt.	Corn, sweet, in husks	1 bu. (35 lb.)	8-9 qt.
	2 to 2½ lb.	1 qt.		6-16 ears	1 qt.
Strawberries	24-qt. crate	12 to 16 qt.	Okra	1 bu. (26 lb.)	17 qt.
	6 to 8 cups	1 qt.		1½ lb.	1 qt.
Tomatoes	1 bu. (53 lb.)	15 to 20 qt.	Peas, green, in pods	1 bu. (30 lb.)	12-15 pt.
	2½ to 3 lb.	1 qt.		2-2½ lb.	1 pt.
			Pumpkin	50 lb.	15 qt.
				3 lb.	1 qt.
			Spinach	1 bu. (18 lb.)	6-9 qt.
				2-3 lb.	1 qt.
			Squash, summer	1 bu. (40 lb.)	16-20 qt.
				2-2½ lb.	1 qt.
			Sweetpotatoes	1 bu. (55 lb.)	18-22 qt.
				2½-3 lb.	1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.)	25 to 40 pt.
	1 box (44 lb.)	20 to 35 pt.
	1½ to 1¾ lb.	1 pt.
Apricots	1 bu. (48 lb.)	60 to 72 pt.
	1 crate (52 lb.)	28 to 32 pt.
Bananas ¹	1 crate (54 qt.)	25 to 36 pt.
	1½ to 1¾ pt.	1 pt.
Cantaloups	1 dozen (28 lb.)	22 pt.
	1 to 1¼ lb.	1 pt.
Cherries, sweet or sour	1 bu. (56 lb.)	26 to 44 pt.
	1¾ to 1¾ lb.	1 pt.
Cranberries	1 box (25 lb.)	50 pt.
	1 pack (8 lb.)	16 pt.
	¾ lb.	1 pt.
Currants	2 qt. (3 lb.)	4 pt.
	¾ lb.	1 pt.
Peaches	1 bu. (48 lb.)	22 to 48 pt.
	1 lug box (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Pears	1 bu. (50 lb.)	40 to 50 pt.
	1 western box (46 lb.)	37 to 46 pt.
	1 to 1¼ lb.	1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.)	28 to 56 pt.
	1 crate (20 lb.)	13 to 20 pt.
	1 to 1¼ lb.	1 pt.
Raspberries	1 crate (24 pt.)	24 pt.
Rhubarb	15 lb.	15 to 22 pt.
	¾ to 1 lb.	1 pt.
Strawberries	1 crate (24 qt.)	28 pt.
	¾ qt.	1 pt.

¹ Includes blackberries, blueberries, boysenberries, dorbanies, albanies, gooseberries, huckleberries, loganberries, and youngberries.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches)	15 to 22 pt.
	1 to 1½ lb.	1 pt.
Beans, lima (in pods)	1 bu. (32 lb.)	12 to 16 pt.
	2 to 2½ lb.	1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.)	30 to 45 pt.
	¾ to 1 lb.	1 pt.
Beet greens	15 lb.	10 to 15 pt.
Beets (without tops)	1 bu. (52 lb.)	35 to 42 pt.
	1¾ to 1¾ lb.	1 pt.
Broccoli	1 crate (25 lb.)	24 pt.
	1 lb.	1 pt.
Brussels sprouts	4 quart boxes	6 pt.
Carrots (without tops)	1 bu. (50 lb.)	32 to 40 pt.
	1¾ to 1¾ lb.	1 pt.
Cauliflower	2 medium heads	3 pt.
	1½ lb.	1 pt.
Chard	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Collards	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.)	14 to 17 pt.
	2 to 2½ lb.	1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Mentzel green	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Peas	1 bu. (30 lb.)	12 to 15 pt.
	2 to 2½ lb.	1 pt.
Peppercorn, green	¾ lb. (3 peppercorn)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Squash, summer	1 bu. (40 lb.)	22 to 40 pt.
	1 to 1¼ lb.	1 pt.
Squash, winter	3 lb.	2 pt.
	¾ lb.	1 pt.
Sweetpotatoes	¾ lb.	1 pt.

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are re-usable, or not. If they are re-usable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space of the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

**Suggested Maximum Home-Storage Periods To Maintain Good Quality in
Purchased Frozen Foods**

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		<u>Poultry</u>	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners	
<u>Baked goods</u>		(sliced meat and gravy).....	6
Bread and yeast rolls:		Chicken or turkey pies... ..	6
White bread.....	3	Fried chicken.....	4
Cinnamon rolls.....	2	Fried chicken dinners... ..	4
Plain rolls.....	3		
Cakes:		<u>Fish and shellfish</u>	
Angel.....	2	Fish:	
Chiffon.....	2	Filletts:	
Chocolate layer.....	4	Cod, flounder, had-	
Fruit.....	12	dock, halibut,	
Pound.....	6	pollack.....	6
Yellow.....	6	Mullet, ocean perch,	
Danish pastry.....	3	sea trout, striped	
Doughnuts:		bass.....	3
Cake type.....	3	Pacific Ocean perch.....	2
Yeast raised.....	3	Salmon steaks.....	2
Pies (unbaked):		Sea trout, dressed.....	3
Apple.....	8	Striped bass, dressed.....	3
Boysenberry.....	8	Whiting, drawn.....	4
Cherry.....	8	Shellfish:	
Peach.....	8	Clams, shucked.....	3
		Crabmeat:	
<u>Meat</u>		Dungeness.....	3
Beef:		King.....	10
Hamburger or chipped		Oysters, shucked.....	4
(thin) steaks.....	4	Shrimp.....	12
Roasts.....	12	Cooked fish and shellfish:	
Steaks.....	12	Fish with cheese sauce... ..	3
Lamb:		Fish with lemon butter	
Patties (ground meat)....	4	sauce.....	3
Roasts.....	9	Fried fish dinner.....	3
Pork, cured.....	2	Fried fish sticks, scallops,	
Pork, fresh:		or shrimp.....	3
Chops.....	4	Shrimp creole.....	3
Roasts.....	8	Tuna pie.....	3
Sausage.....	2		
Veal:		<u>Frozen desserts</u>	
Cutlets, chops.....	9	Ice cream.....	1
Roasts.....	9	Sherbet.....	1

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches feet yards miles	millimeters centimeters meters kilometers	25 30 0.9 1.6
AREA	square inches square feet square yards square miles	square centimeters square meters square meters square kilometers	6.5 0.09 0.8 2.6
MASS	ounces pounds	grams kilograms	28 0.45
LIQUID VOLUME	ounces pints quarts gallons	milliliters liters liters liters	30 0.47 0.95 3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.

Example : a kilometre is a thousand metres.

centi means a hundredth.

Example : a centimetre is a hundredth of a metre.

milli means a thousandth.

Example : a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5-1/3 tablespoons	79 ml	= 1/3 cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE Mildew is very hard to remove; treat promptly.

CHART OF SELECTED COMMUNICABLE DISEASES

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Disease	How Spread	Prevention	How Long From Exposure to Onset	Common Symptoms	How Long Communicable	Some Possible Complications
Influenza	By direct contact, through droplet spread, or by articles freshly soiled with nose and throat discharges of infected persons.	Immunity to a specific influenza virus may last for several years after attack, but because there are many strains of influenza viruses, there may be frequent attacks of the disease. Vaccines are effective when they closely match the prevailing strain of virus. Inoculation after exposure is useless.	24 to 72 hours.	Sudden onset; fever for 1 to 6 days; chills; discomfort; aches or pains in back, legs, or shoulders; sore throat; runny nose; cough.	Probably limited to a brief period before onset and 1 week after.	Pneumonia. Deaths concentrated among the old, especially those with long-term illness, among women in late pregnancy, among infants, and among those whose acute illness is neglected.
Meningitis, Meningococcal (Cerebrospinal Fever)	By direct contact with infected persons; droplet spread; human carriers.	No immunisation. Avoid contact with infected persons and droplet spread. Prevent overcrowded living conditions; stress personal cleanliness.	Varies from 2 to 10 days, commonly 3 to 4 days.	An acute bacterial infection with sudden onset, fever, intense headache, nausea and vomiting; frequently a rash of small, round, purplish-red spots; dizziness, stiff neck, delirium, and coma.	Until germs are no longer present in discharges from nose and throat of infected persons. Usually disappears in 24 hours after appropriate treatment.	Spread of the infection to the brain tissue; pneumonia; middle ear infection; mastoiditis; chronic heart damage.
Mumps	By droplet spread or direct contact with infected persons; indirectly through articles freshly soiled with the saliva of such persons.	Effective vaccines available but of limited value because immunity probably does not exceed 2 years. Vaccine has value in selected groups of susceptibles, for example, the military.	From 12 to 26 days, commonly 18 days.	An acute viral infection with sudden onset, fever, swelling, and tenderness of the salivary glands.	From about 7 days before distinctive symptoms and persisting as much as 9 days thereafter, or until swelling of the glands has disappeared.	Inflammation of the ovaries or testicles in adults; middle ear infection and sometimes permanent deafness. Meningitis or encephalitis is common. Children under 12 usually free from complications.
Typhoid Fever	Direct or indirect contact with infected persons or carriers. Principal vehicles of spread are water and food contaminated with feces or urine of infected persons. 'amination is usually a carrier of an undigested case. Flies may also play a part in spread.	Immunisation with typhoid vaccine; periodic reinforcing injections desirable, commonly once in 5 years. A high degree of immunity usually follows recovery from the disease.	Variable; average 8 weeks; usual range 1 to 3 weeks.	Fever, headache; constipation more commonly than diarrhea, abdominal tenderness and distention; rose spots on the trunk.	As long as typhoid bacilli appear in excreta; usually from second week through out convalescence, thereafter variable. From 2 to 5 percent of patients become permanent carriers.	Hemorrhage or perforation of the intestine; paratyphoid; blood clot in a vein; early heart failure; bedsores; bronchitis and pneumonia.

FIRST AID IN HOUSEHOLD EMERGENCIES



POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- Dilute poison with large amounts of liquids—milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an anti-septic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts: apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds:** Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an anti-septic approved by your doctor and cover with sterile gauze completely. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) $\frac{1}{2}$ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

Quick-Blooming Color With ANNUALS

(One-season flowers)



Planting Chart for Annuals

Name	Height (feet)	Born: any month	Plants start in inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	6-24	6-12	6-10	3	4	5
Allysum, Sweet	4-8	12	12	4	5	5
Aster, China	12-36	9-10	12-18	4	5	5-6
Calif. Poppy	12	5-10	6-8	3	3-11	5
Callendula	12-18	10-12	12	3	3-4	4-5
Celiosia	6-38	10-12	6-12	3	3-4-11	5
Candytuft	6-12	5-8	4-8	3	3-4-11	5
Canterbury Bell (An.)	24-30	15-15	18	2-3	3	5
Celosia (Cozomb)	8-24	20-25	12-24	4	5	5
Centaura (Flagged Robin)	24	5-70	6-10	3	3-4-11	5
Chrysanthemum (An.)	24	6-8	12	3-4	5	5
Clematis	24	6-10	10	3-4	4	5
Cornus	36-60	5-15	24-30	3-4	5	5
Fox (Annual)	24	15	6-10	3-4	4	5
Four O'Clock	24	12-15	18-24	3	3	5
Gallardia	12-18	12-15	12-12	3	3	5
Larkspur	24-30	15-20	12-12	3	3-4-11	5
Madia	24-34	15-20	12	3	3	5
Mirabilis	10-40	20-25	15-30	3-4	5	5
Nicotiana	24-36	20-25	15-30	3-4	5	5
Petunia	6-12	15-20	10-18	3	3-4-5	5
Phlox Drummond	10-15	20-25	6-18	3	3-4-5	5
Pinks (Annual)	12	5-8	12	2-3	4-5	5
Portulaca	2-3	15-20	6	4-5	5	5
Salpiglossis	24-30	15-20	12	3	3	5
Scabiosa	10-36	18-20	10	3	3-4-5	5
Suaedragon	10-36	20-25	12-18	3-4	3-4-11	4-5
Sweet Pea	36-72	15-20	6-10	3	3-4-11	5
Verbena	6-12	6-10	12-15	3	4	5
Zinnia	12-36	5-8	12-24	3-4	5	5



courtesy Ortho Products

Name	PLANTING DISTANCES			Seeds or plants per 100-sq. ft. row	Seeds for 100-sq. ft. row	Ready for planting (days)	Yield per 100-sq. ft. row
	Row to row in inches	Plants apart in inches	Spots of seed in inches				
Beans, Bush	18-24	4-6	1/4-2	45-65	50 lbs.		
Beans, Lima	24	6-10	1/4-2	60-75	60-75 lbs.		
Beans, Pole Snap	36-48	36-48	1/4-2	45-75 lbs.	50-75 lbs.		
Beets	12-18	3	1/4-1	50-80	100 lbs.		
Broccoli	24-30	18-24	1/4-1/2	80-120	50 lbs.		
Brussels Sprouts	24-30	18-24	1/4-1/2	95-120	30 qts.		
Cabbage, Early	24-30	15-18	1/4	50-65	100 lbs.		
Carrots	12-18	3	1/4-1/2	55-100	100 lbs.		
Caulliflower	24-30	18-24	1/4	55-70	45 heads		
Chard, Swiss	18-24	8-12	1/4-1	50-90	100 lbs.		
Corn, Sweet	24-36	12-18	1/4	60-90	100 ears		
Egg Plant	24-30	24-30	1/4-1/2	80-90	125 fruit		
Endive	18-24	12-18	1/4-1	90-120	50 lbs.		
Lettuce, Leaf	12-18	6-12	1/4	40-60	50 lbs.		
Onion Plants	15-18	3-4	2-3	75-100	100 lbs.		
Peas	18-36	1-3	2-3	50-125	40 lbs.		
Peppers	18-24	15-24	1	70-140	120 pap.		
Radishes	12-18	1	1/4-1	25-50	1200 rad.		
Spinach	15-24	2-6	1/4-1	40-70	50 lbs.		
Tomatoes	24-48	24-48	1/4	50-100	200 lbs.		

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Weeding — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.



Planting Chart For Bulbs and Bulbous Plants

Name	Height Inches	Color	Flowering Time, Days (months)	Soils	Time to Divide
Amaryllis	36	Various	6-7 Spring, 4 deep 12 apart	Sun, Tender, Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-18	Various	Mar. Showers 12 apart	Tender, Shade- loving, moist soil	Dig and store over winter
Canna	36-60	Various	May, 4-8 deep 18-24 apart	Tender Sunny, moist soil	Dig, store over winter, Divide spring
Crocus	6-18	Various	Fall, 3 deep 3-4 apart	Hardy, in grass or along edges	Seison
Delila	48-60	Various	Spring, 6-8 deep 12-24 apart	Tender, Sun, Rich soil	Divide after fruit, Divide in spring
Madonna	36-48	Various	Spring, 6-8 deep 3-4 apart	Sun, Make successive plantings	Dig and store after fruit
Hypocistis	18	Various	Fall, 6-8 deep 6-8 apart	Sun, in beds, Rich soil	Leaves undisturbed
Lily, Canada	36-48	Yel-Orange	Fall, 3 deep 18-18 apart	Sun, Damp, Feet or leaf mold	Leaves undisturbed
Lily, Japan	36-60	White	Fall, 3 deep 12 apart	Sun, Lime Soil, Plant in sand	Leaves undisturbed
Lily, Oregon	18-36	Various	Fall, 6-8 deep 6-12 apart	Sun, Shelter, Lime, Light soil	Leaves undisturbed
Lily, Henry	48-66	Orange-Yel	Fall, 10 deep 12-24 apart	Sun, Shade, Any soil, Lime, Heavy,	Leaves undisturbed
Lily, Royal	36-72	White	Fall, 6-8 deep 16-18 apart	Sun, Rich loam	Leaves undisturbed
Lily, Napoleon	36-120	Various	Fall, 6-8 deep 12-24 apart	Sun, L. shade, moist sandy, acid soil	Leaves undisturbed
Lily, Tiger	36-72	Orange-red	Fall, 6-8 deep 18-24 apart	Sun, L. shade, Green saprophyte	Leaves undisturbed
Lily, Columbus	36-30	Orange-red	Fall, 6-8 deep 12 apart	Sun, Lime, Lay to Green	Leaves undisturbed
Hardy Anemone	24-30	Lilac-pink	Fall, 4 deep 18-18 apart	Sun, L. shade, any good soil	Leaves undisturbed
Monarda	36-66	Various	Spring, 3-4 deep 3-4 apart	Shade or Sun, Rich soil	Store in North, undisturbed buried in South
Rockrose	18-18	Various	Fall, 8 deep 6-12 apart	Sun, Semi-shade, Any soil	Leaves undisturbed
Yucca	18-36	Various	Fall, 4 deep 6-8 apart	Sun, Moist, Rich soil	Annually or 2-3 years

Perennial Planting Chart

Name	Height Inches	Color	Blossom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-2 yrs.
Bell Flower	35	Various	6	Division	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-48	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Coneopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded, Easier from seed
Digitalis, Giant Shirley	60	Various	6-7	Seed		Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds set out divide
Foxtail	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Ice-land Poppy	8-12	Various	4-9	Seed	Spring	Does not divide
Iris, Tall Bearded	24-40	Many	5-9	Division	Midsummer	3-5 yrs., when crowded
Lavender	12-18	Blue	6-8	Seed, Divis.	Spring	Seison or newer crowded
Oriental Poppy	24-36	Various	5-8	Seed, Divis.	Late Summer	Seison, unless crowded
Pinks	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seison, unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division	Spr., Fall	When crowded
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seison, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

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Where to look in the Bible

when

- Anxious for dear ones—*Psalms 121; Luke 17.*
Business is poor—*Psalms 37, 92; Ecclesiastes 5.*
Discouraged—*Psalms 23, 42, 43.*
Everything seems going from bad to worse—*II Timothy 3; Hebrews 13.*
Friends seem to go back on you—*Matthew 5; I Corinthians 13.*
Sorrow overtakes you—*Psalms 46; Matthew 28.*
Tempted to do wrong—*Psalms 15, 19, 139; Matthew 4; James 1.*
Things look "blue"—*Psalms 34, 71; Isaiah 40.*
You seem too busy—*Ecclesiastes 3:1-15.*
You can't go to sleep—*Psalms 4, 56, 130.*
You have quarreled—*Matthew 18; Ephesians 4; James 4.*
You are weary—*Psalms 95:1-7; Matthew 11.*
Worries oppress you—*Psalms 46; Matthew 6.*

if you

- Are challenged by opposing forces—*Ephesians 6; Philippians 4.*
Are facing a crisis—*Job 28:12-28; Proverbs 8; Isaiah 55.*
Are jealous—*Psalms 49; James 3.*
Are impatient—*Psalms 40, 90; Hebrews 12.*
Are bereaved—*I Corinthians 15; I Thessalonians 4:13-5:28; Revelation 21, 22.*
Are bored—*II Kings 5; Job 38; Psalms 103, 104; Ephesians 3.*

when

- Desiring inward peace—*John 14; Romans 8.*
Everything is going well—*Psalms 33:12-22; 100; I Timothy 6; James 2:1-17.*
Satisfied with yourself—*Proverbs 11; Luke 16.*
Seeking the best investment—*Matthew 7.*
Starting a new job—*Psalms 1; Proverbs 16; Philippians 3:7-21.*
You have been placed in a position of responsibility—*Job 1:1-9; Proverbs 2; II Corinthians 8:1-15.*
Making a new home—*Psalms 127; Proverbs 17; Ephesians 5; Colossians 3; I Peter 3:1-17; I John 4.*
You are out for a good time—*Matthew 15:1-20; II Corinthians 3; Galatians 5.*
Wanting to live successfully with your fellowmen—*Romans 12.*

to find

- The Ten Commandments—*Exodus 20; Deuteronomy 5.*
The Shepherd Psalm—*Psalms 23.*
The Birth of Jesus—*Matthew 1, 2; Luke 2.*
The Beatitudes—*Matthew 5:1-12.*
The Lord's Prayer—*Matthew 6:5-13; Luke 11:1-13.*
The Sermon on the Mount—*Matthew 5, 6, 7.*
The Great Commandments—*Matthew 22:34-40.*
The Great Commission—*Matthew 28:16-20.*
The Parable of the Good Samaritan—*Luke 10.*
The Parable of the Prodigal Son—*Luke 15.*
The Parable of the Sower—*Matthew 13; Mark 4; Luke 8.*
The Last Judgment—*Matthew 25.*
The Crucifixion, Death and Resurrection of Jesus—*Matthew 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*
The Outpouring of the Holy Spirit—*Acts 2.*

if you

- Bear a grudge—*Luke 6; II Corinthians 4; Ephesians 4.*
Have experienced severe losses—*Colossians 1; I Peter 1.*
Have been disobedient—*Isaiah 6; Mark 12; Luke 5.*
Need forgiveness—*Matthew 23; Luke 15; Philemon.*
Are sick or in pain—*Psalms 6, 39, 41, 67; Isaiah 26.*

when you

- Feel your faith is weak—*Psalms 126, 146; Hebrews 11.*
Think God seems far away—*Psalms 25, 125, 138; Luke 10.*
Are leaving home—*Psalms 119; Proverbs 3, 4.*
Are planning your budget—*Mark 4; Luke 19.*
Are becoming lax and indifferent—*Matthew 25; Revelation 3.*
Are lonely or fearful—*Psalms 27, 91; Luke 8; I Peter 4.*
Fear death—*John 11, 17, 20; II Corinthians 5; I John 3; Revelation 14.*
Have sinned—*Psalms 51; Isaiah 53; John 3; I John 1.*
Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*
Want a worshipful mood—*Psalms 24, 84, 116; Isaiah 1:10-20; John 4:1-45.*
Are concerned with God in national life—*Deuteronomy 8; Psalms 85, 118, 124; Isaiah 41:8-20; Micah 4, 6:6-16.*

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