

Favorite Recipe
COOK BOOK

Favorite Recipe Cook Book

Edition

1962

(Revised)

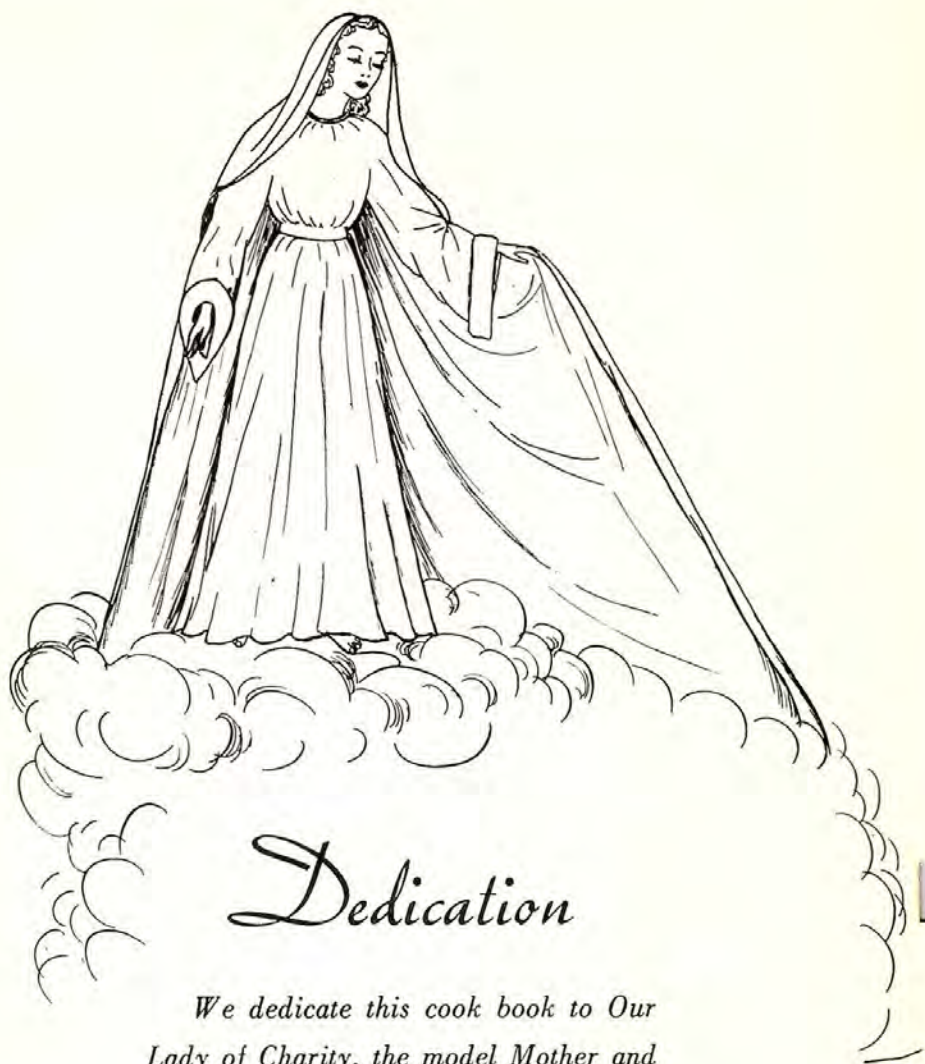


Compiled and Edited
by

Our Lady of Charity Guild

at the

**SS. Peter & Paul's Ukrainian Catholic Church
CHISHOLM, MINNESOTA**



Dedication

*We dedicate this cook book to Our
Lady of Charity, the model Mother and
Homemaker.*

Appreciation

Our grateful and sincere thanks for the charitable cooperation of all our friends and neighbors (both near and far) who offered their cherished and favorite recipes, that others may share and enjoy them. Many of these are handed down, rare and unusual recipes that had often been asked for but were hard to find. Now they are gathered together for your convenience. We hope you like them.

Our Lady of Charity Guild

*"Families Who Pray Together,
Stay Together"*

BLESSING BEFORE MEALS

"Bless us, O Lord, and these Thy Gifts, which we are about to receive from Thy bounty, through Christ Our Lord. Amen."

GRACE AFTER MEALS

"We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest forever; And may the souls of the faithful departed, Through the Mercy of God, rest in peace. Amen."

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In Thanksgiving

On the

50th

Anniversary

of Saints Peter and Paul Ukrainian Catholic Church

Chisholm, Minnesota

*To the glory of the Most Holy Trinity —
God the Father Almighty, God the Son
Redeemer, God the Holy Ghost, and to
the Holy Family — Jesus, Mary and Joseph,
and to the patrons of our church, Ss. Peter
and Paul, in thanksgiving for all the
graces bestowed during the 50 years.*

Mr. and Mrs. John Soroko

Foreign Dishes

BORSCH (Meatless)

Boil in 4 quarts of water $\frac{1}{2}$ lb. lima beans and one medium beet. Cook for $1\frac{1}{2}$ hours. Salt. Add 2 potatoes (medium), 1 cup tomato juice. Put in a cup of ground mushrooms (hryby) if you like. This, of course, is optional. Add $\frac{1}{2}$ medium head cabbage (2 cups). Add a few sprigs of dill and parsley, bayleaf, 1 onion (small fried in shortening).

BET BORSCHT CONSOMME

- | | |
|--|---|
| 1 lb. small beets | $\frac{1}{4}$ cup dark brown sugar, or to taste |
| cold water to cover | additional water to make 1 quart |
| $\frac{1}{2}$ teaspoon salt | liquid |
| 1 small onion | 1 pkg. lemon flavored gelatin |
| $\frac{1}{4}$ cup lemon juice (or sour salt- | 1 cup beet liquid, heated |
| crystals to taste) | a pinch of ground ginger |
| | (optional) |

Scrub beets, cover in cold water in deep pot and cook till tender. Drain well and save the liquid. Slip off skins, shred or grate beets. Add salt, onion, and flavoring, adding enough water to make 1 quart or 5 cups. Bring to a boil and cook only till onion is tender. Remove onion if desired. Dissolve the gelatin in hot beet liquid, add ginger, if used, and stir into cooled Borscht. Chill in refrigerator till thickened. Beat with a rotary beater or fork and serve in small soup bowls. Garnish with diced hard-cooked egg, diced cucumber, minced parsley or any combination desired. Float a spoonful of sour cream on top of each serving for milchig or pareve meals. For fleishig menu serve plain, with or without garnish. Serves 8 to 10.

KUCHEN DOUGH (DRY YEAST)

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|---------------------------------|-------------------------|
| 2 cakes yeast | 1 teaspoon salt |
| 2 cups scalded milk, cooled | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup butter | 2 eggs, slightly beaten |
| Grated rind $\frac{1}{2}$ lemon | 8 cups flour |

Soak yeast cake in lukewarm water for 20 minutes in the evening. Cream butter, sugar and salt; stir in eggs, lemon rind, 2 or more cups of flour, milk and the soaked yeast. Work in enough flour to make a dough somewhat softer than for bread. Knead until smooth. Cover closely, let rise overnight or until fully doubled in size. If possible, keep at 70° F. In warm weather use only $\frac{1}{2}$ amount of yeast. Next morning, shape at once as desired, let rise and bake as usual or knead down and let rise again. Use larger amounts of sugar and butter for richer dough.

BANDURKOVO HALUSHKI (Potato Dumplings)

- | | |
|--|--------------------------|
| 3 cups flour | 3 tablespoons shortening |
| 2 large potatoes, grated | 2 small onions, chopped |
| 1 egg | 1 tablespoon salt |
| 1 teaspoon salt | 2 tablespoons shortening |
| 2 lbs. cabbage, finely chopped
(about 1 head) | |

Add salt, egg and flour to potatoes and mix well. More or less flour may be used, so the dough will not be thin. Use a knife to break off small piece of dough at a time into boiling water. Boil about 10-15 minutes. Stir to prevent scorching. Drain and rinse once with water. Serve hot.

Prepare cabbage before halushki are cooked. Brown onion in 3 tablespoons melted shortening. Add cabbage and fry slowly till slightly browned, about 20 minutes. Set aside. Place remaining shortening in skillet, add onion and salt, and brown. Add halushki and mix well, then serve.

CASTAGNOLE

- | | |
|----------------------------|--------------------------|
| 6 eggs (take out 2 whites) | Pinch of salt |
| 2 cups flour | ¼ oz. whiskey if desired |
| 2 teaspoons baking powder | Rind of one lemon |
| 1 tablespoon sugar | |

Beat eggs and add sifted flour, baking powder, sugar, salt, lemon rind and whiskey. Mix well by hand and work with oil until elastic and allow to stand for 2 hours. Take a small piece of dough. Stretch and drop into hot fat. When slightly cool, dip each cookie into melted honey.

PALACHINKA (Croatian Dish)

- | | |
|------------------------------|-----------------------|
| 1 ¼ cups milk | 1 box cottage cheese |
| ½ cup sugar | 2 cups ground walnuts |
| 1 egg | 1 cup sour cream |
| 1 teaspoon baking powder | Sugar, cinnamon |
| 1 ¼ cups flour (all purpose) | |

Cream egg and sugar. Sift flour and baking powder in bowl, and add alternately with the milk.

Now spread the batter in an 8" skillet very lightly. When brown on both sides invert on a dish and spread cheese and walnut mixture with some sugar and cinnamon. Then roll (as a jelly roll) and put in a baking dish. Then pour the sour cream on top. Bake until cream is slightly brown. Makes 9 pancakes.

LEFSA

3 cups potatoes
(boiled in salt water and mashed)
3 tablespoons sour cream

3 tablespoons flour
Salt to taste (a dash)

Mash and cool potatoes, add cream, flour, salt and mix. Sprinkle bread board well with flour. Take a heaping tablespoon of dough at a time and roll thin. Bake on very hot stove or griddle. First bake on one side until evenly brown, and then turn over and brown evenly on other side. Take a towel and brush off excess flour, so it will not scorch or burn. When done wrap in damp towel and store in bread box or bread container. Will keep several weeks. Makes about 10 Lefsas.

SLOVENIAN POHINA

1 egg plus 2 yolks (beat well)

Add: 2 tablespoons cream (sweet)
1 teaspoon brandy

1 teaspoon salt
1 cup flour

Knead dough. Allow to rest 1 hour. Roll very thin. Cut into strips and twist. Fry in hot fat (oil). Roll in powdered sugar.

APFELSTRUDEL

Sift $2\frac{1}{2}$ cups flour with 1 teaspoon salt. Cut in 2 tablespoons shortening. Add 2 slightly beaten eggs and $\frac{1}{2}$ cup warm water. Knead well, then throw or beat dough against board until it blisters. Stand it under warm cloth for 20 minutes. Cover kitchen table with small cloth and flour it. Put dough on it. Pull out with hands very carefully to thickness of tissue paper. Spread with mixture of melted butter, 5 cups sliced apples, 1 cup brown sugar, $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ cup chopped nuts, cinnamon and grated rind of lemon. Fold in outer edges and roll about 4" wide. Bake 10 minutes at 450° F., continue at 400° F., until brown (20 to 30 min.) Let cool.

FATTIGMAN CHEREGY HEROVCJ

3 cups flour
4 tablespoons sugar
 $\frac{1}{4}$ lb. butter or shortening
 $\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ cup milk or sour cream
3 eggs
1 teaspoon vanilla

Combine flour and shortening, and mix as for pie crust. Add eggs, sugar and salt. Blend well. Add vanilla. Turn out on floured board, roll very thin. Cut into 5 inch diamond shaped pieces. Fry in deep fat until golden.

FATTIGMAN CHEREGIES LAHKO POCHANJA

2 cups flour	¼ cup port wine or beer
2 tablespoons sugar	5 egg yolks
½ teaspoon salt	2 tablespoons sour cream
1 tablespoon butter or margarine	Powdered sugar

Sift flour, sugar and salt in bowl. Work butter or margarine into flour. Beat egg yolks well. Pour into mixture. Add sour cream and wine or beer. Mix until well blended. Turn out on floured board and knead until smooth. Divide into 2 or 3 pieces. Roll very thin. Cut into about 5 inch diamond shaped pieces. Fry in very hot deep fat (about one or two min.) or until golden brown. When cool, dust with powdered sugar.

FATTIGMAN

6 egg yolks	6 teaspoons sugar
6 teaspoons cream	1/3 teaspoon salt
1/3 teaspoon cardamon seed, ground or vanilla	2 cups flour

Beat eggs, gradually add sugar, add cream and ground seed or vanilla and cake flour. Roll thin and cut; fry in deep fat until brown. Makes 4 dozen cookies 3 inches long.

DANISH HOLIDAY PASTRY

6½ cups flour	2 cups lukewarm water
1/3 cup sugar	2 cakes compressed yeast
1 teaspoon salt	2 eggs
1/3 cup melted shortening	

First place water, sugar and yeast in bowl. Add salt and 2 cups flour. Beat 3 minutes, then add eggs and cooled shortening. Beat one minute, then add the remaining 4½ cups flour. Stir till dough is formed. Let stand 20 minutes.

Roll dough to 15x18 inch rectangle. Cut ½ cup butter in thin strips and place on center of rectangle. Fold the right side of the unbuttered portion. Seal edges. Slice another ½ cup butter and place on the doubled portion of dough. Fold the left unbuttered portion onto the buttered portion and seal tight. Place dough with long side toward you. Fold again (the more you fold the dough the flakier and better it is). Place in refrigerator 2½ hours. Roll like cinnamon rolls. (Do not use cinnamon.) Cut into rolls and bake. Frost and add a dab of jelly on top.

HOLUPCHI (STUFFED CABBAGE)

- | | |
|-----------------------------------|---|
| 1 head cabbage | 1 1/2 cups long grain rice |
| 1 onion (chopped) | 4 tablespoons sauerkraut for each layer |
| 3 tablespoons butter or salt pork | 1 can tomatoes |
| 1 lb. pork and chuck beef | |

Steam cabbage leaves. Fry one medium sized onion in butter or salt pork (3 tablespoons). Add garlic to frying mixture if desired.

Add 1 pound chopped pork and chuck beef to onions and brown for 2 minutes. Steam 1 1/2 cups of long grain rice and mix to meat-onion mixture and season with salt and pepper to taste. Roll filling in cabbage leaf and place sauerkraut between layers and whole canned tomatoes on top. Bake for 1 1/2 hours in covered casserole at 400 degrees. Note: Sauerkraut may be omitted.

DJUVECE

- | | |
|----------------------------|--------------------------------|
| 1 lb. veal in small pieces | 3 lbs. fresh tomatoes (sliced) |
| 1 lb. pork in small pieces | 6 green peppers (sliced) |
| 1 lb. lamb in small pieces | 1 cup rice (washed) |
| 6 large onions (chopped) | |

Fry all meat in large, heavy pot until nicely braised in hot fat. Remove meat and set aside. Put onions and rice in pan and fry until onions are soft, watch so rice doesn't burn. Add tomatoes, pepper rings, 1 tablespoon salt, and 1 teaspoon black pepper. Replace meat and stir to blend thoroughly. Add 1 1/2 cups water. Pour mixture in a deep roasting pan and place a few tomatoes on top of mixture. Bake in 350° oven for 1 1/2 hours until rice is fluffy and meat is tender. Makes 8 servings.

**PORK CHOP DJUVECE
(Pronounced Juvech)**

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|------------------------------------|---------------------------|
| 6 medium onions (sliced) | 1 1/2 cups rice (washed) |
| 6 green peppers (sliced) | 6 large tomatoes (sliced) |
| 8 pork chops | 1 tablespoon salt |
| 1 teaspoon black pepper | 2 tablespoons shortening |
| 1 small can of V-8 vegetable juice | |

Melt shortening in roaster. Cover the bottom of roaster with sliced onions. Lay pork chops on top of onions. Slice green peppers on top of pork chops. Pour rice over peppers. Add sliced tomatoes. Put in salt and pepper. Pour V-8 juice over top. Do not cover. Bake in 350° oven for 1 1/2 hours.

KIFLI (CRESCENTS)

- | | |
|---------------------------------------|--------------------------------------|
| 3 cups flour | $\frac{1}{2}$ cup warm cream or milk |
| 3 egg yolks, beaten | 1 tablespoon sugar |
| 1 yeast cake or 1 package yeast | vanilla |
| $\frac{1}{2}$ lb. butter or margarine | |

Blend flour and butter thoroughly, using a pastry blender if desired. Add egg yolks and yeast cake which has been dissolved in cream (follow directions on package for granular yeast). Add sugar and vanilla. Knead thoroughly on well-floured board. Chill dough if it is too soft to roll easily. Divide into 2 parts and roll each in a 12 inch circle. Cut into 16 pie-shaped pieces. Place a small amount of nut filling or lekvar on each wedge and, beginning at the rounded edge, roll up. Place on greased baking sheet, point underneath. Let stand for 20 minutes. Brush top of crescents with beaten egg. Bake for 15-18 minutes or until light brown. Yield: 32 crescents.

NUT FILLING

Combine 1 lb. ground walnuts, 6 tablespoons sugar and grated rind of half lemon. Stir in $\frac{1}{2}$ cup hot milk.

KAPUSNJAK (Sauerkraut Soup)

Cook 2 lbs. of beef (rib boiling or shank or 1 lb. of each) and a large soup bone (cracked) in 5 quarts of cold water. When it begins to boil put into it 2 tablespoons of salt and about a dozen corns of pepper and 1 medium sized onion. Let this all simmer for 3 hours or until the meat is tender.

- | | |
|---------------------|---|
| Then add: | $\frac{1}{2}$ teaspoon of caraway seed (optional) |
| 4 sprigs of dill | $\frac{1}{2}$ qt. sauerkraut (rinse if you |
| 4 sprigs of parsley | think it is too sour) |

Cook for $\frac{1}{2}$ hour more or until the sauerkraut is done. The sauerkraut soup is eaten best with Jewish rye bread. Meat is served separately or in the sauerkraut soup.

ROUMANIAN MAMALIGA

- | | |
|-------------------------|--------------------------|
| 2 cups yellow corn meal | 1 teaspoon salt |
| 1 cup cold water | $\frac{1}{3}$ cup butter |
| 4 cups boiling water | 1 cup grated cheese, |
| | or 1 lb. pot cheese |

Mix the cornmeal with cold water and stir the paste into the boiling water; using a large heavy pot. Cook, stirring constantly over low heat for 30 minutes. Add butter and cheese and serve at once. Serves about 6.

DANISH PASTRY

1-1/3 cup shortening
 2 cakes yeast
 1 cup milk
 4 1/2 cups sifted flour

1/3 cup sugar
 2 teaspoons salt
 3 eggs

Dissolve yeast in milk. Beat eggs; melt shortening (1/3 cup) and add to yeast. Add sugar and salt. Stir in flour and mix well. Place in pan. Chill in refrigerator 1 - 2 hours. Roll chilled dough on a floured board. Spread 1/3 cup shortening on 2/3 of dough surface. Fold portion of dough that does not have shortening over the first two. Roll dough to the original size. Repeat this process twice using remaining 2/3 cup shortening. Return to refrigerator and chill over night. Then roll dough to about 11" or 15", cut into strips and form into spiral rolls. Cover and allow to double in bulk. Bake 10-12 minutes at 375° F. This dough may be used for Potica.

BORSCH

3 1/2 lbs. beef bones
 2 lbs. beef
 2 medium beets sliced thin
 2 tablespoons salt
 1/4 lb. salt pork

1 small onion
 8 medium potatoes (diced)
 1/2 medium cabbage sliced as
 for cole slaw
 2 cups tomato juice

Simmer bones and meat in about 5 quarts of water for 2 hours. Also boil the beets and salt. Fry the onions in the salt pork till golden. Add the potatoes to the broth and onions. When the potatoes are half through cooking add the cabbage and the tomato juice and cook for 20 minutes.

GERMAN CRESCENT

Mix following ingredients in their order as for a pie crust:

4 cups sifted flour
 4 tablespoons sugar

1/2 teaspoon salt
 1 cup melted butter (cooled)

1 cup lukewarm milk into which a 2 oz. cake of yeast has been crumbled and allowed to ferment until a foam forms on top of milk. Add 4 beaten egg yolks and mix together until sides of bowl are clean. Grease bowl lightly, let batter set until raised double in size. Flatten out in greased cookie sheet and spread nut filling over top, fold over 1/3 of the dough from left side and 1/3 from right side. Let raise 15 minutes and bake at 350°.

FILLING

Beat 4 egg whites, fold in 1 cup sugar and 2 cups ground walnuts.

PITZELLS

7 eggs
1 teaspoon salt
7 tablespoons oil
1 teaspoon anise seeds

1 teaspoon vanilla
1 teaspoon pure lemon extract
Flour

Add enough flour to make a firm dough but not hard. Roll out, cut strips about 2 or 2½ inches long. Bake in iron for Pitzell.

UKRAINIAN EASTER CHEESE (Home Made)

Sour 5 quarts of raw milk. When it coagulates (after it has been souring for about two days) put it into the oven to heat so as to separate the whey from the curds. Do not have too strong a heat as the curds will tend to be too rubbery in high heat. Then cool, pour the contents of the pan into a thin cloth and let it drain until the whey stops dripping or is sufficiently dry. Then mix into the cheese, 1½ teaspoons salt and 2 tablespoons of caraway seed. Roll the cheese out on a dish towel (ripped flour bag) and form it in a rectangular shape, making it about ¾ inch thick. Fold the dish toweling neatly from all sides and put a bread board over it with a 10 lb. weight on it. This will press out the excess whey. When sufficiently dry, cut up into 1 inch squares and serve.

Suggestions:

1. Cover the container with the milk while it's souring. This prevents a crust forming on the cream.

2. Skim off the cream after it has soured just before heating it. Then put it back into the cheese when mixing it with the salt and caraway seed. In this way no cream is lost, otherwise it will go into the whey.

3. Put several dry dish towels under the cheese to form a padding, this will drink in the excess whey without having it run all over while it is pressed.

SWEET COTTAGE CHEESE WITH RAISINS**Variation:**

If you prefer a sweet cheese you may substitute 5 hard boiled egg yolks, ½ cup sugar, ¾ cup white raisins (washed), ½ teaspoon vanilla and mix this well in a pot instead of the 1½ teaspoons salt and 2 tablespoons of caraway in the above recipe. The rest of the procedure is the same as the cheese recipe above.

Suggestions:

1. This cheese mixture is very good to use as a filling in a cheese strudel. Use as is before pressing. For strudel use twice this amount.

2. The secret of this home made cheese is that the cheese is not overly dried, and it contains the cream originally found in the milk.

KOLBASY

5 lbs. pork butts
 2 pieces of garlic, crushed
 2 tablespoons salt

1 teaspoon pepper
 Casings

Grind meat coarsely or dice in small cubes and mix well with other ingredients. Stuff meat into clean casings. Place in smoke house and smoke daily for about 1 week, using hickory wood. (A smoke house can be made from a large tin drum.)

BLINTZES (Blinchiki or Blini)

2 eggs
 $\frac{1}{2}$ cup sifted enriched flour
 $\frac{3}{4}$ cup water or milk and water

1 tablespoon melted butter
 pinch of salt
 butter for greasing pan

Make thin batter of beaten eggs and flour, adding liquid gradually and beating till smooth. Add melted butter and salt, mix well. Pour a thin stream of batter into center of heated, greased, 10-inch frying pan; tilting pan to distribute batter evenly across the bottom. Fry over low heat when starting, then increase heat. As soon as pancake is smooth and firm on top, and the bottom lightly browned, turn out on kitchen towel, bottom side up, and spread with filling. Tuck sides in and fold or roll in the shape of an envelope. When all Blintzes are filled, add butter to frying pan and brown both sides of the Blintzes till firm, or place Blintzes on a buttered cookie sheet and top with a bit of sour cream and bake in moderately hot oven, top shelf. Oven method is preferred if double or triple recipe is used.

Cheese Filling

1 lb. dry cottage cheese or mixed
 cream and farmer cheese, in desired
 proportions
 1 or 2 egg yolks

2 tablespoons sugar
 a dash of salt
 a dash of cinnamon or a few
 drops of vanilla flavoring

Combine ingredients with cheese and work to a smooth and spreadable consistency, thick enough to hold its shape when placed on Blintzes for rolling up. Beaten egg whites or sour cream may be added if cheese mixture is too thick. If too thin, thicken by adding more cheese or a tablespoon of cracker meal or dry bread crumbs, or rounded spoonful of mashed potato. Yields 12 Blintzes.

LOKSHA

3 cups mashed potatoes
salted and cooled

½ cup flour
3 tablespoons butter

Blend flour into mashed potatoes, some potatoes may require more flour. Dough should not be sticky or crumbly. Divide dough into 4 parts. Roll on floured board to ⅛" thickness or 8" circle. Prick with fork to prevent puffing up. Bake two at a time in preheated oven at 400°. Bake on bottom surface of oven about 7 minutes on each side or until light brown. When done, brush with butter on each side. Stack on platter and cut into wedges.

BAKLAVA

Strudel dough:

1 cup slivered almonds
1 cup coconut
½ cup brown sugar, firmly packed
½ cup vegetable oil

1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup syrup or honey

Baklava is made of 4 or 5 layers of strudel dough with filling between layers. Roll and stretch the dough as for strudel. Cut the dough to fit the pan in which it is to be baked. Fit one layer into pan and sprinkle with nuts, coconut, sugar, oil and spices. Cover with second layer and add filling. Continue with other layers ending with dough on top. Cut through layers with a sharp knife to mark diamonds or squares. Pour syrup or honey over the top slowly so that it may be absorbed. Bake in moderately slow oven 325° for 50 to 60 minutes. Makes about 2 dozen pieces.

SYRUP

Simmer together to rich syrup:

1 cup sugar
1 cup water

Grated rind of 1 lemon and 1 orange

STUDENINA (Jellied Pigs' Feet)

3 lbs. pigs' feet
chopped in half lengthwise
1 tablespoon salt

¼ teaspoon pepper
1 piece garlic

Singe pigs' feet if necessary. Wash and boil. Drain, add fresh water enough to cover. Bring to boil and skim off top if needed. Simmer, add garlic, salt and pepper. Cook until bones fall apart, about 4 hours—remove bones. Pour into dishes and let stand until jelled. Left over cold pork, beef, or veal, may be added to this Studenina. You cut the meat as you would for head cheese.

MEAT FILLED PYROHY

2 cups sifted flour
2 eggs

2 - 3 tablespoons cold water

Filling:

1½ cups chopped, cooked soup meat or
chicken (veal, beef, pork)

1 egg
¼ teaspoon onion salt

Make a well in the flour and add eggs. Combine with a fork, adding a little water at a time until mixture forms a ball of dough which can be kneaded until smooth and elastic. Roll with a rolling pin until dough is as thin as possible. Roll the dough from the edge toward center being careful it is evenly thin.

Cut the dough into 2" squares and place a small ball of the meat filling in the center of each. Pinch two opposite points, then the two sides to form triangles. Drop into rapidly boiling salted water and reduce heat as soon as the last one is dropped in. Boil gently 15-20 minutes. They rise to the top when done. Yield: 24-36, depending on thickness.

NAPOLION
(Ukrainian Torte)

Layer crusts:

3 eggs
½ cup butter
1½ cups sugar
½ cup milk

1 teaspoon vanilla
1 teaspoon baking powder
4 cups flour
½ teaspoon salt

Mix above ingredients together. Knead dough and divide into 10 equal pieces. Roll out each piece separately (⅛ inch thickness) to a 12x15 inch oblong shape. Place each rolled out piece on a cookie sheet. Bake in 375° oven 5 to 7 minutes or until a light golden brown.

Vanilla Filling

1 quart milk
1½ cups sugar
1 teaspoon vanilla
3 eggs

3 tablespoons cornstarch
2 tablespoons butter
Dash of salt

Boil milk. Add all other ingredients and allow to boil five minutes longer. Spread filling over 1st crust then place 2nd piece over the filling and alternate the filling and crust till all are used up. Allow to stand for an hour. Sprinkle coconut or crumbs from the crust over the top. This makes a 12x15½ inch Napolion. Cut up into diamond shape 1½" wide 3" long.

Lemon Filling can also be used. See page 122.

PIZZA BREAD DOUGH

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|-------------------------------|--------------------------|
| 1 package fresh yeast (2 oz.) | 3 tablespoons sugar |
| 2 cups boiling water | 2 tablespoons shortening |
| 1 tablespoon salt | 6 cups sifted flour |

Pour the 2 cups boiling water into mixing bowl; add sugar, stir and let cool until lukewarm. Then add crumbled yeast, let stand for 5 minutes. Add half the flour and 1 tablespoon salt to mixture; stir until smooth. Add remaining flour and stir. Turn out on floured pastry cloth and knead lightly. Put back into greased bowl and let raise until double in size. Turn out on greased cookie sheet 9"x18" with raised edge. Pat out gently until the whole sheet is covered with dough. Arrange or cover with favorite filling or topping and bake in oven at 375° for 15 to 20 minutes. Take out and serve.

PIZZA TOPPING

- | | |
|------------------------|--------------------------------|
| 1 lb. pork sausage | 1 6-ounce can tomato paste |
| ¼ teaspoon sweet basil | 1 3-ounce can sliced mushrooms |
| ¼ teaspoon oregano | 1½ cups grated American cheese |
| ¼ teaspoon salt | ½ cup grated Parmesan cheese |

Brown sausage and pour off drippings. Add seasonings. Spread dough with half of tomato paste, cover with sausage and mushrooms. Sprinkle with American cheese, spread with remaining tomato paste and sprinkle with Parmesan cheese.

ANCHOVY PIZZA

Make Pizza, dot with 2 oz. can of filet anchovies. Garnish with a few slivers of green pepper. Bake as directed above (pizza bread dough).

SAUSAGE PIZZA

Make Pizza, dot with ½ lb. ground sausage (Pepperoni). Bake as directed. (One-half pound of ground beef may be used in place of sausage).

HORSE-RADISH AND BEETS (Chrin)

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|---|------------------------------|
| 6 medium size beets (about 2 lbs.) | ¼ cup vinegar (or sour salt) |
| 1 cup grated horse-radish
(1 medium size root) | 1/3 - ½ cup sugar |
| | 2 tablespoons salt |

Cook beets till done. Test with a fork to see if they are tender. Cool and grate fine. Mix grated beets with grated horseradish. Add sugar, salt and vinegar. If you like it a little more sour add some sour salt. Then the horseradish won't be too liquidy.

SWEDISH CURRIED SHRIMP

1 lb. cooked shrimp	1/2 teaspoon curry
1 onion, chopped	2 cups fish stock
1 tablespoon butter	salt and pepper
1 teaspoon thyme	2 tablespoons cream
1 bay leaf	1 egg yolk
1/2 teaspoon grated nutmeg	1/2 tablespoon flour

Clean shrimp. Cook onion in butter until tender, but not brown. Add seasonings and simmer five minutes. Add stock gradually and simmer ten minutes. Strain, reheat and thicken with flour. Add shrimp, remove saucepan from stove and stir in egg yolk and cream.

SWEDISH FISH RAGOUT

2 small fish fillets	1 can mussels
salt	1/2 tablespoon flour
1 cup bouillon	1/2 cup cooked shrimp
1/2 cup white wine	salt and pepper
1 tablespoon butter	1 egg yolk mixed with
1/2 cup sliced mushrooms	2 tablespoons cream

Wipe and salt the fish. Poach fillets in bouillon and white wine, until tender. Drain. Saute mushrooms and mussels in butter, blend in flour and add fish stock gradually. Allow to simmer ten minutes. Add shrimps, flaked cooked fish and season. Remove from heat and stir in egg and cream mixture.

OLD FASHIONED SWEDISH OMELET

4 eggs	1/2 cup water
1/2 teaspoon salt	1 teaspoon butter
1 cup heavy cream	

Beat egg yolk with salt, cream and water. Fold in stiffly beaten egg whites. Pour egg mixture into well buttered omelet pan, place in modern oven (350 degrees) and bake for eighteen minutes.

STRUDEL DOUGH

1½ cups flour (sifted)

¼ teaspoon salt

1 tablespoon butter, shortening
or oil

Lukewarm water

Mix flour, butter (shortening or oil) and salt. Add enough lukewarm water (about 5 or 6 tablespoons) to make dough, mixing it quickly with a knife. Then place dough on floured board and knead by hand, stretching it up and down to make it elastic and until it leaves the board clean. Work on dough for at least 30 minutes. Don't be afraid to treat it rough. Toss dough on a well floured board. Moisten top with a little water to prevent crust from forming, cover with a warm bowl and allow to rest for about a half hour. While dough is resting, prepare filling.

APPLE STRUDEL FILLING

8 sour apples

½ cup sugar

5 tablespoons bread crumbs

½ teaspoon cinnamon

4 tablespoons butter

5 tablespoons melted butter

Peel, core and slice sour apples. Brown 5 tablespoons bread crumbs in 4 tablespoons butter. Mix sugar with cinnamon.

Roll and stretch dough: Roll out strudel dough with rolling pin on cloth-covered table sprinkled with flour until dough is about ¼ inch thick. Spread 1 tablespoon melted butter over it and then stretch dough by hand until paper thin. Cut off any thick edges. Spread filling over half of it, using ingredients in the following order: sliced apples, then sprinkle on browned bread crumbs, then sugar and cinnamon. (If desired, a handful of raisins and chopped walnuts or almonds may be added. Crumbs may be omitted and only melted butter used.)

Roll up the filled half like potica. Spread about 4 tablespoons of melted butter over balance of dough and continue to roll. Place strudel in a well greased long pan and bake in hot oven 400° until slightly brown. Reduce heat 350° and bake for an additional 40 to 45 minutes. It may be served hot or cold and sprinkled with powdered sugar.

STRUDLICHKY

2 cups flour

Filling:

6 egg yolks

½ lb. ground pecans

1 cup butter

1 cup sugar

Juice and grated rind of 1 lemon

10 egg whites

Combine ingredients, divide dough into pieces the size of a marble and place on floured pan. Chill over-night. Roll each piece into a rectangle, making it very thin. Place a heaping teaspoon of filling on each round and fold over to form pillow. Bake at 350° until lightly browned. When baked, sprinkle with powdered sugar.

PIROHI

3 cups flour

2 eggs

1 teaspoon salt

1 tablespoon butter (soft)

Warm milk to make soft dough

Fillings:

Potato

Cottage cheese

Prune

Sauerkraut

Sift flour, combine with salt, butter, and slightly beaten eggs; using enough warm milk to make a soft dough. Roll out thin on floured board, and cut in 2" squares. Place on each $\frac{1}{2}$ - 1 teaspoon of desired filling. Fold in half to make a triangle. Pinch edges securely to keep filling from escaping while cooking. Drop in boiling water until pirohi come to the top, about 10 minutes. Good with hot melted butter, or 1 onion sauteed in butter.

Prune filling: $\frac{1}{2}$ lb. prunes, cooked and mashed.

Cheese filling: $\frac{1}{2}$ lb. dry cottage cheese; 1 egg, beaten; dill (optional); $\frac{1}{8}$ teaspoon salt. Combine ingredients.

Or $\frac{1}{2}$ lb. dry cottage cheese; 1 egg, beaten, 2 tablespoons sugar; vanilla. Combine ingredients.

Potato filling: 3 potatoes, cooked and mashed; 2 tablespoons butter; salt to season; 1 or 2 slices cheddar cheese, cut in small pieces, and added to hot mashed potatoes.

Sauerkraut filling: Drain sauerkraut (about 2 cups), season to taste, and brown slowly in oil.

RAISIN STRUDEL $\frac{3}{4}$ cake yeast (2 oz.)

2 tablespoons warm milk

1 teaspoon sugar

2 tablespoons flour

1 teaspoon salt

2 egg yolks

2 tablespoons butter

1 cup milk

3 cups flour

Prepare a yeast sponge of the 2 tablespoons flour, teaspoon sugar, warm milk, and yeast. Let rise about 10 or 15 minutes. Sift flour; add salt, egg yolks, butter, and milk to sponge. Beat and add flour and knead till dough is elastic like. Cover and let rise about 2 hours or more in warm place.

Filling:

 $\frac{3}{4}$ cup butter

4 tablespoons sugar

3 egg yolks

2 cups raisins

1 teaspoon lemon rind

2 tablespoons cream

2 egg whites

 $\frac{1}{2}$ cup bread crumbs

(lightly browned in butter)

Combine ingredients and mix lightly. Beat 2 egg whites till stiff. FOLD in filling. Stretch and pull thin the dough on floured cloth. Spread with filling and sprinkle with raisins and buttered bread crumbs. Roll and put in greased pan and let rise one hour. Bake 50 to 60 minutes at 350°. Cool and sprinkle with powdered sugar.

STRUDEL DOUGH

1 ½ cups flour
¼ teaspoon salt

1/3 cup warm water
1 egg, slightly beaten

To mix and knead: Into a large bowl place, salt, flour and egg. Add the warm water, mix dough quickly with a knife, then knead on board, stretching it up and down to make it elastic until it leaves the board clean. Toss on a small well floured board. Cover with a hot bowl and keep it warm ½ hour or longer.

To stretch dough: See that the room is free from drafts. Have materials for filling all ready before stretching dough. Work quickly. Lay dough in center of a well floured tablecloth on a table about 30x48 inches. Flour dough. Roll a little longer with rolling pin. Brush top of dough with ¼ cup of melted butter. With hands under dough, palms down, pull and stretch the dough gradually all around the table toward the edges until it hangs over the table and is as thin as paper. Cut off dough that hangs over edge and spread filling over quickly. Drip ¼ cup more butter over surface of dough.

To fill, roll and shape: Strew the fillings as required over ¾ of the greased, stretched dough and fold a little of the dough at one end over the filling. Hold the cloth high with both hands and the strudel will roll itself over and over like a jelly roll. Trim edges again. Twist roll into greased pan (11x16 inches) or cut to fit into 3 strands.

Bake Strudel: Brush top with melted butter. Bake in hot oven 400° F. ½ hour, reduce heat to 350° F. and bake ½ hour longer or until brown and crisp, brushing well with the remaining butter, from time to time during baking, using altogether about ½ pound melted butter for the strudel with its fillings.

APPLE STRUDEL

2 qts. cooking apples, cut fine
1 cup seedless raisins
½ cup currants

½ cup melted butter
¼ lb. almonds, chopped and blanched
1 cup sugar, mixed with cinnamon

CHEESE STRUDEL

2 lbs. cottage cheese
4 egg yolks
2 egg whites

Salt
2 tablespoons sour cream
sugar
¼ lb. butter, melted

Rice the cheese, add eggs, cream, salt and sugar to taste. Spread mixture over ¾ of dough. Over this drip butter. Bake.

ALMOND STRUDEL

½ lb. almonds, blanched,
dried and ground
4 egg yolks
½ cup melted butter

Rind 1 lemon
½ cup sugar mixed with
¼ teaspoon cinnamon

Beat eggs light with the sugar; add lemon rind and juice, then mix with almonds.

This strudel filling is used with strudel dough on previous page.

LIVER AND POTATO KNISHES

(Potato Cakes Stuffed with Liver)

2 cups mashed potatoes
2 eggs, beaten
2 tablespoons chicken fat or
vegetable fat
1 teaspoon salt
dash of pepper

2 tablespoons minced onion
flour
1 cup chopped cooked liver or
other cooked meat
1 egg yolk

Mix potatoes with eggs, fat, salt, pepper and onion. When smooth add flour to make stiff dough. Shape into oblong cakes about 1½ inches thick. In center of each cake, make a depression and fill with the chopped cooked meat. Brush with the egg yolk, diluted with a tablespoon of water. Bake on a well greased baking sheet in a moderate oven at 350° about 20 minutes, until well cooked and brown over top. Makes 10 to 12.

CHEESE KREPLECH (Made at Shavouth)

½ pint heavy sour cream
2 eggs
¼ lb. melted butter
1 heaping teaspoon salt
3 cups flour
2 teaspoons baking powder

½ lb. cream cheese
½ lb. cottage cheese
1 egg
⅛ lb. melted butter

Mix ingredients of first column and knead well. In another bowl mix ingredients of second column blending the materials carefully. Roll out the dough in a sheet ¼" thick. With a knife mark off 4" squares. On each square place a tablespoon of cheese mixture. Fold the dough over cheese in triangles, pinching edges firmly. Place in buttered pan and bake in moderate oven 375° until brown, about ¾ hour. Makes 2 dozen.

PETA — CROATION SPECIAL

4 eggs	4 teaspoons baking powder
1 cup butter	1 teaspoon salt
1 1/4 cups sugar	7 or 8 large apples
4 cups flour	

Mix the dry ingredients as for pie crust. Then cut in butter, adding the well beaten eggs. Roll 1/2 of dough 1/4" thick. Line cake pan with this dough. Cut apples very thin and place them all over this dough. Sprinkle apples with 1/2 cup sugar and cinnamon mixed. Roll out the rest of the dough and place on top and bake for about 1 hour. (This can also be baked on a cookie sheet). After it is cool, cut in pieces and sprinkle with powdered sugar.

**SHISH KEBAB
(Broiled Lamb on Skewers)**

2 to 3 lbs. of lamb suitable for broiling	1 to 2 cloves of garlic, crushed
Salt and pepper	1 medium-sized onion, chopped
Juice of 1 lemon	Tomato wedges
1/2 cup wine	Small onions, parboiled
1/2 cup water	Green peppers, in squares

Cut meat into 1 1/2 inch cubes. Place in a bowl and sprinkle with salt and pepper, lemon juice, wine, water, garlic and onion. Mix well through the meat. Let stand over night or at least 4 hours and drain well. Thread on skewers, alternating the meat with all (or your choice of) vegetables. Brush with oil and broil as you would other meats. Serve hot.

BORSCH

1 lb. lean beef and bone	Pepper
1/2 pint sour cream	1 clove garlic
1 quart milk	1 bayleaf
2 tablespoons flour	2 lbs. beets
Salt	

Wash meat and bone in lukewarm water. Put enough water to cover meat and add salt to taste. Add string cut beets and cook 1 1/2 hours or until meat is tender. Then add bayleaf and pepper, cook 1/2 hour longer. Then in separate bowl mix sour cream, milk, flour and add to Borsch. Beat with egg beater until all lumps are out. Keep mixing until smooth and comes to a boil. Do not overcook.

APPLE STRUDEL (Gorka Potica) Slovenian

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|------------------------------------|-----------------------|
| 4 cups sifted flour (more or less) | 1 1/4 cups warm water |
| 1 egg yolk | 1 teaspoon salt |
| 2 tablespoons salad oil | |

Make well in bowl of flour and stir in all the rest of the ingredients. It may not take all of the flour or a bit more may be added. The dough should be soft and then kneaded for 15 or 20 minutes until it is smooth and needs no more flour. Flatten out into a semi-round ball and grease well with salad oil. Place in well greased bowl. Cover and allow to rest for one hour in a warm place.

Filling

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|---|-----------------------|
| 10 large apples (Jonathans or
Winesaps). Peel and slice. | 1 cup bread crumbs |
| 1/2 lb. butter | 1 1/2 cups sugar |
| | 1 tablespoon cinnamon |

Melt butter. Add bread crumbs, sugar and cinnamon and mix well. Let stand until cool. Take dough and turn on well floured tablecloth spread over oblong or round table. Pull dough until it is paper thin. Cut off the edges which are bound to be thick. Spread apples and remaining filling mixture. Start at one end and roll. Place in oblong pan, bake one hour and 10 minutes at 350° oven. A cottage cheese filling may be substituted for the apple filling. Take a carton of cottage cheese and mix one egg and half pint of thick cream, one teaspoon of cinnamon and a pinch of sugar. Spread on dough and sprinkle with buttered bread crumbs. Bake the same way.

CHEESE STRUDEL

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|----------------------|---------------------------|
| 3 cups flour | 1 large egg |
| 1 cup lukewarm water | 4 tablespoons melted lard |
| 1 teaspoon salt | |

Sift flour and salt in a bowl. Make a well in center and add rest of ingredients. Mix till it forms a ball; then knead on lightly floured board 20 to 25 minutes. Let rest in warm room 30 to 45 minutes.

Filling:

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|---------------------------|--|
| 3 lbs. dry cottage cheese | 1/2 pint cream (sweet or sour) |
| 3 large eggs | 1 cup sugar (more or less
according to taste) |

Beat 3 eggs till lemon colored. Add sugar and beat. Add cheese and cream and beat with beater about 1 minute. Place dough on floured cloth. (Stretch dough as usual for strudel.)

Spread stretched dough with 1/2 lb. butter. Dab filling over 3/4 of dough. Start rolling from filled end. The unfilled dough keeps the filling and juices from seeping out. Bake in oven at 350° about 45 to 50 minutes.

APPLE STRUDEL FILLING

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|--|---------------------|
| 6 lbs. apples | ½ lb. butter |
| 1½ cups sugar (to taste) | cinnamon if desired |
| ¾ cup bread crumbs that
have been fried in butter | |

Spread stretched dough with melted butter. Add sliced apples and sprinkle sugar and cinnamon over them; and the bread crumbs last. Roll and bake in oven at 350° about one hour. When done, brush the top with butter. This apple strudel filling may be used instead of the cheese filling just before it.

STRUDEL

- | | |
|----------------------------|--------------------------------------|
| 4 cups flour | Filling: |
| 1 egg | 1 lb. walnuts |
| 1 teaspoon vinegar | 1 lb. butter, melted |
| ¾ cup warm water | 1 lb. white raisins |
| 1 tablespoon melted butter | 3 lbs. apples, pared and sliced thin |
| | 4 cups sugar |
| | 1 lb. bread crumbs |
| | cinnamon |

Sift flour, add vinegar and butter to warm water. Add egg and beat quickly so the egg won't harden. Add to flour, gradually. Knead dough until glossy, keeping it warm; it should be very soft. Separate into 4 parts. Place on floured board. Brush with butter. Cover and let stand in warm place for 1 hour.

Pull part of dough, by hand on floured cloth until it is tissue thin. This is done by placing the hands underneath the dough and stretching. Sprinkle this with ¼ butter, crumbs, walnuts, apples, raisins and sugar. Add cinnamon if desired.

Remove rough edges and roll with tablecloth and place on greased baking pan, buttering top of dough immediately. Bake 40 minutes at 375°.

COTTAGE CHEESE — APPLE POTICA

Make dough of:

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|----------------------|---------------------------------|
| 3 cups flour | 1 cup water (lukewarm) |
| pinch of salt | 1 cup flour (used for kneading) |
| 1 tablespoon of lard | |

Dough must rest 1 hour. Stretch out paper thin on floured cloth.

Filling: Spread ½ cup melted lard over paper thin dough. Add the 4 beaten eggs and 2 cups cottage cheese, 1 cup sugar and cover with peeled sliced apples. Add a dash of cinnamon. Roll and bake at 350° for 40 minutes or until done.

TAYGLACH

8 eggs
 4½ cups flour
 2 teaspoons baking powder
 1 lb. honey

¾ cup sugar
 1 teaspoon ginger
 ½ cup walnut meats

Mix eggs, flour and baking powder thoroughly and knead well. The dough should be soft, but just stiff enough to roll. Roll by bits into long rope formation, each rope to be between ¾ and 1½" in diameter. Use very little flour in rolling. Then slice rope to make ½" cubes. Light oven. While oven is heating bring to a boil one pound of honey, one teaspoon ginger, and one cup of sugar in a shallow, broad bottom bowl. Put into this mixture the particles of dough. Then place in medium oven. **Do not** open oven for first fifteen or twenty minutes. By this time, the honey will have coated each bit of dough. Now stir every ten minutes to separate particles which must not cling to each other. Allow one hour in all for baking. Particles should be brown and when one is put into cold water, it should remain firm and crisp. Wet a board with cold water and pour contents of pan onto it. With wet hands mold in form of a cake 2" high. Sprinkle with ½ cup of walnut meats and let cool. Then cut in 2" strips. Cut each strip diagonally at 2" intervals. Make 40 diamond shaped pieces that will keep indefinitely.

KASHA AND MUSHROOMS

(Buckwheat Groats and Mushrooms)

1 cup buckwheat groats
 1 egg
 ½ teaspoon salt
 2 tablespoons chicken fat
 (or vegetable fat)

2 cups boiling water
 6 to 8 dried mushrooms,
 soaked and washed thoroughly

Place buckwheat in a frying pan and add egg and mix well. Place over low heat and stir until each grain is coated. Place in 3 quart casserole and add salt and fat. Over this pour boiling water. Stir in the cut up mushrooms and cover and bake 1 to 2 hours in a 350° oven. If desired this dish may be cooked on top of the stove 30 to 45 minutes. Add water or meat stock as necessary.

CHICKEN PAPRIKASH

First make chicken soup or broth. When chicken is tender take out of broth.

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|--------------------|--------------------------------|
| 1 chicken (cut up) | 2 tablespoons flour |
| ¼ pound butter | 1 can tomatoes |
| 1 onion | 1 tablespoon sweet red paprika |
| 1 pint sour cream | 3 drops vinegar |
| 1 quart milk | pepper and salt to taste |
| 1 bayleaf | |

Fry onion in butter until brown. Add tomatoes and cook ½ hour. Add 1 soup spoon of chicken soup to tomatoes. In a bowl mix cream, milk, flour and beat with egg beater till free of lumps. Add to tomatoes. Keep mixing till smooth and all lumps are out. Cook 5 minutes. Keep mixing. Do not overcook.

KREPLACH**(Noodle Turnovers Filled With Meat)**

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|----------------------------|-----------------------------|
| 1 egg, slightly beaten | 2 tablespoons onion, minced |
| ¼ teaspoon salt | 2 tablespoons chicken fat |
| 1 cup sifted flour (about) | (or vegetable fat) |
| 1 cup cooked beef, chopped | 1 egg, if desired |
| | ½ teaspoon salt |

Make a noodle dough of the egg, salt and flour, mixing together in the order named, to make a stiff dough that can be handled with fair ease. Knead on a lightly floured board until smooth and elastic. Roll out to paper thinness; cut into 2 to 3-inch squares.

Mix together the remaining ingredients and use as filling. Place a spoonful of filling on half of each square of dough, folding remaining half over top, point to point, to make triangles. Press edges together neatly and securely with a fork dipped in flour. Drop into boiling salted water, cover tightly and cook for 20 minutes.

BORSCH

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|----------------------------------|------------------------------------|
| ½ cup beans (soaked) | 1 small onion, diced, fried in oil |
| 1 small beet (sliced) | 1 inch cube butter |
| 6 qts. water | 1 bayleaf |
| 5 potatoes | 1 teaspoon salt |
| 1 cabbage (small) | sauerkraut juice for seasoning |
| 1 small can tomato juice (1 cup) | |

Cook beans and beet in 6 quarts of water 45 minutes to 1 hour. Then add the diced potatoes and cabbage. Add the onion fried in a little oil, then the remaining ingredients. Cook until all vegetables are well done.

BAKED PYRIZKY

Crust:

- 2 eggs, beaten light
- 1 cup sour cream
- 2 tablespoons melted shortening
- 3 cups pastry flour
- 1 teaspoon salt

Filling:

- ½ cup washed rice
- 3 eggs, hard-boiled, chopped
- 1 lb. mushrooms, chopped
- 1 teaspoon minced onion

To make the crust, beat the eggs light and add the other ingredients one at a time. Roll thin on a floured board and cut into rounds 5 inches in diameter. For the stuffing: Parboil the rice only until the grains separate. Drain and cool. Saute the mushrooms and onions in a little butter. Mix chopped eggs and rice with mushrooms, and season to taste. Place filling on one side of each of 16 rounds of dough. Moisten edges, fold over, and pinch edges together tightly to form crescent-shaped turnovers. Bake in a moderate oven (350° to 375°) 30 to 35 minutes or until a golden brown.

ITALIAN SLICED COOKIES

- 3 eggs, beaten
- 1 cup sugar
- ½ cup oil

Sift together:

- 1 cup walnuts
- 1 cup white raisins

½ teaspoon soda

½ teaspoon cinnamon

3 cups flour

Mix in the order given, dough will be rather sticky. When well mixed make into 2 rolls on cookie sheet, pat down a little to shape. Bake at 375°. When slightly cool, slice into ½ inch slices and finish cooling before storing.

BOBALKY

- 2 cups bread dough
(before rising)
- 1 lb. sauerkraut, drained
- 2 tablespoons shortening

- 1 small onion, chopped
- 1 cup poppy seed, ground
- 2 tablespoons honey
- 4 tablespoons water

Roll out portion of risen dough on floured board to make roll about 1" in diameter. Cut in 1" pieces, and form into ball. Place on greased cookie sheet. Let rise about 20 minutes. Bake at 350° about 5 minutes or until lightly browned. Place in colander. Pour boiling water over bobalky. Drain quickly. Fry onion in shortening until lightly browned. Add onion and sauerkraut to one-half of the bobalky. Mix well and serve warm.

Combine poppy seed, honey and hot water. Add to remaining one-half bobalky. Mix well.

BORSCH

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|------------------------------------|--|
| 2 large raw beets, pared and diced | ½ lb. salted pork, blanched in boiling water |
| 1 raw beet, ground | 3 lbs. boiling beef, suitable for slicing |
| 2 diced onions | 1 can tomatoes |
| ½ head white cabbage, diced | sour cream to taste |
| 3 tablespoons bacon fat | salt (if salt pork is not used) |
| 1 tablespoon flour | pepper and bayleaf for seasoning |
| 1 qt. chicken broth (if desired) | |

Using deep-well cooker or deep pot, bring the boiling beef and 2 qts. water to a boil on high heat, and reduce to between medium or low, and cook for 2 hours. In a heavy covered saucepan on one of the surface units, cook the diced beets, cabbage, and onions very slowly in the bacon fat until they are almost a pulp. Mix in the flour, add the chicken broth, salt pork, and seasoning. Add this mixture to the boiling beef in the deep-well cooker or pot. Add tomatoes, bring to a boil, then cook for another half hour. Skim off excess fat and pour in the juice from the ground beet. Slice the meat and serve in a large tureen. Put a serving of meat, then of borsch, then of sour cream into each soup plate.

BAGEL

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|----------------------|---------------------|
| 1 cup scalded milk | 1 egg white, beaten |
| ¼ cup butter | 3¾ cups flour |
| 1½ tablespoons sugar | ½ teaspoon salt |
| 1 yeast cake | |

Add butter, sugar and salt to milk; when lukewarm, add yeast cake, white of egg, well beaten, and flour. Knead, let rise. Roll in small pieces, width of finger and twice the length, tapering at ends. Shape into rings, pinch ends well together. Let stand on floured board, only until they begin to rise.

Fill large, shallow pan half full of water; when very hot but not boiling, drop rings in carefully one at a time. Let cook under the boiling point on one side, then turn with skimmer on the other and let cook. They must be light, keep their shape and not break apart when handled. Place in hot oven (400° F.) on thin baking sheet. If desired, sprinkle with salt and caraway seed, and let bake until crisp and golden brown.

QUICK-EASY BEET BORSCHT (Basic Recipe)

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|------------------------------|------------------------------------|
| 1 cup small whole beets | 3 tablespoons dark brown sugar |
| Cold water as directed below | Sour cream for thickening |
| 1 medium-size onion | Hard-cooked egg slices for garnish |
| ¼ cup lemon juice or vinegar | Minced parsley, diced cucumber |
| (or citric acid to taste) | (optional) |
| | Salt to taste |

Pour liquid from can of beets into a saucepan. Grate beets and add enough cold water to make one quart. Combine with beet liquid. Grate peeled onion and add, or add the whole onion cut to permit juice to flow, then lift out onion after cooking. Bring to a boil, skim and add lemon juice or vinegar, brown sugar and salt to taste. Cook 5 minutes over moderate heat or till onion is tender. Let cool, then chill in the refrigerator about 2 hours before serving. Thicken with sour cream, stirring in about one tablespoon per serving. Add slices of hard-cooked egg, minced parsley or diced cucumber. Serve with plain boiled potato, steamed rice or crackers.

Serves 4 to 6.

Variation: Add 1 cup diced rhubarb, fresh, canned or frozen. Use only enough sweetening and sour agent to suit the taste. Cook, chill and serve as in basic recipe.

BORSCH

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|----------------------------------|------------------------------|
| 2 pounds meat—beef (cubed) | ¼ head of cabbage |
| 2 qts. water | Salt to taste |
| (more may be added if necessary) | (about 1 tablespoon) |
| 5 beets (medium) | 2 tablespoons vinegar |
| 5 potatoes (medium) | 1 teaspoon cornstarch |
| 2 carrots (medium) | (for thickening if you like) |
| 1 onion (medium) | 1 pint whipping cream |

Cube beef and parboil (½ hour) in 2 qts. of water. Add beets, (cut up fine) potatoes (cubed), carrots (diced), cabbage (cut up fine) and onion (chopped). Salt to taste (1 tablespoon). When finished cooking add cream and vinegar.

ZELENI BORSCH or Sorrel Soup

Boil 2 pounds meat and large soupbone and salt in 4 quarts of water. Cook for 1½ hours. Add 4 potatoes, few sprigs of dill and parsley and cook 20 minutes. Add 2 hard boiled eggs (chopped) and 3 tablespoons sour cream and one cup or one handful of sour grass. Boil 5 minutes longer, then serve.

KOLACHKY

1 cake yeast	5 cups flour
½ cup shortening	¼ cup sugar
2 eggs, separated	1 teaspoon salt
2 cups evaporated milk	Grated rind of 1 lemon
¼ cup lukewarm water	

Crumble yeast in water. Cream shortening, add egg yolks, milk and yeast. Stir in stiffly beaten egg whites, flour, sugar, salt and lemon rind. Let rise until doubled in bulk. Cut into small pieces, roll into small balls, flatten. Place on greased baking pan. Make a hollow in center of each cake and fill. Marmalade, poppyseed or cheese filling may be used. Bake at 425° about 35 minutes.

HAMANTASCHEN (for Purim)

1 egg	2 heaping teaspoons baking powder
¼ lb. melted butter	¼ lb. poppy seed
1 teaspoon salt	1 egg
2 ¼ cups flour	¾ cups sugar

Scald the poppy seeds and let stand until the seeds sink to the bottom of the bowl. Pour off the water and let poppy seeds drain in a fine strainer until all the water has dripped off. Then grind with the finest knife of food chopper. Fold in an egg, and work in the sugar until mixture is well blended. Mix the first five ingredients thoroughly, and knead well. Roll out dough in pieces, so that each piece makes a circle about 6" in diameter. Then put a tablespoonful of the poppy seed mixture in the center of each circle, draw up three sides, and pinch in form of triangle. Place on buttered pan and bake in medium oven 375° until brown, about an hour. Makes 8 good sized Hamantaschen.

BORSCH (with meat)

Boil for 1½ hours 2 pounds meat (rib boiling) and a large soup bone in 4 quarts of water with 1 tablespoon of salt. Put a medium size beet into the pot just as soon the meat begins to boil. After cooking for an hour and a half put in 2 medium size potatoes and 1 cup tomato juice and a half medium head of cabbage (about 2 cups of shredded cabbage). Add a few sprigs of dill and parsley. Boil for another 20 minutes (or until potatoes are cooked). Then fry 1 small onion (size of golf ball) in 2 tablespoons shortening in a separate frying pan and then put this into the pot with the borsch. Put in one bayleaf. Add 2 tablespoons butter.

STRUDEL

2 eggs	1 cup ground nut meats
$\frac{1}{4}$ lb. melted shortening	1 cup raisins
$1\frac{1}{4}$ cups flour	1 cup jam
2 heaping teaspoons baking powder	1 teaspoon cinnamon
1 teaspoon salt	1 heaping teaspoon sugar

Mix the eggs with 3 tablespoons of the melted butter, flour and baking powder. Knead well and roll out a fairly thin sheet (as thin as it will roll out without breaking). Spread the dough with a little of the remaining melted butter. Then sprinkle the ingredients of column 2 over the entire surface, covering it well. Then roll the dough over and over as for a jelly roll. Place the roll in a long buttered tin. Pour the remaining melted butter over it. Place in a medium oven (375°) and bake one hour, or until thoroughly done. When cool slice in one inch slices.

PASKA (Easter Bread)

2 cakes yeast	6 cups flour, sifted
4 tablespoons lukewarm water	1 cup seedless raisins
$1\frac{1}{2}$ cups milk, scalded	$\frac{1}{2}$ cup sugar
1 tablespoon salt	3 eggs, beaten
4 tablespoons shortening	

Crumble yeast in water and set aside. Pour scalded milk over shortening, sugar and salt. Cool to lukewarm. Add yeast mixture, and eggs. Add half the flour and beat until smooth. Add remaining flour and raisins and knead until smooth. Let rise until double in bulk. Punch down and let rise again. When doubled in bulk again, form into round loaves. Brush top with beaten egg yolk before placing in oven. Bake about 45 minutes in 350° oven.

POTATO KUGEL

4 medium size potatoes	1 heaping teaspoon baking powder
2 eggs	1 heaping teaspoon salt
$\frac{3}{4}$ cup flour	$\frac{1}{4}$ lb. melted butter or shortening

Grate the potatoes and drain off the water. Add the other ingredients, mixing well. Grease a pudding dish and heat it. Then pour in mixture and bake until brown with firm crust (about $\frac{3}{4}$ hour) in medium oven (375°). Makes 4 generous servings, and should be served hot.

CHRISTMAS EVE BORSCH

6 cups water	1 tablespoon flour
1 can sliced beets	1 tablespoon sugar
1 can tomato soup	$\frac{1}{4}$ of small cabbage
2 onions	1-2 carrots
3 sprigs parsley	$\frac{1}{2}$ oz. dry mushrooms
4 celery leaves	Few peppercorns
1-2 tablespoons lemon juice	1 bayleaf
2 tablespoons catsup	1-2 cloves
2 tablespoons shortening	

Cut into quarters, carrots, cabbage, mushrooms, and add the water. Tie onion, parsley, bayleaf, celery, peppercorns, cloves and one clove of garlic (optional) in cheesecloth. Let this simmer for about 1 hour. Add tomato soup. Make a roux of shortening and flour, fry until it is brown. Combine it with cold water, stirring constantly. Add this to the soup. Add beets, lemon juice, catsup, salt and sugar. Bring to a boil for 5 minutes. Remove cheesecloth. Strain and serve with "Ushka".

USHKA

4 oz. dry mushrooms	2 tablespoons of crumbs
1 onion	1 cup cold water
2 tablespoons shortening	Salt and pepper

Put mushrooms into water and bring slowly to boiling point. Cook for about 1 hour on low heat. Remove mushrooms from heat, drain (reserving liquid) and let them cool. Chop onion fine and fry in shortening until browned. Add drained mushrooms, crumbs and salt and pepper. Stir over heat for 5 minutes. Add 4-5 tablespoons of drained liquid. Make a dough as for "pyrohy". Roll out and cut into $1\frac{1}{2}$ " squares. Place $\frac{1}{2}$ teaspoon mushroom filling on each square. Fold over into triangular shape and pinch edges together. Take 2 opposite corners, pinch together to form a ring. Drop into boiling water and cook for 5 minutes. May be served immediately in strained borsch.

Breads and Sweet Breads

CHALLAH (Jewish Bread)

- | | |
|-----------------------------|----------------------------------|
| 1 teaspoon salt | 1 cake yeast |
| 5 tablespoons sugar | $\frac{1}{4}$ cup lukewarm water |
| 2 tablespoons vegetable oil | 4 egg yolks |
| 2 cups hot water | 8 cups flour |

Pour hot water over sugar, salt and fat in bowl. When lukewarm add yeast dissolved in water, add eggs slightly beaten and flour gradually. Mix and stir, then knead until smooth and elastic. Cover, set aside in warm place until double its bulk. Turn one-half of dough on board cut into four equal parts, roll each piece into $1\frac{1}{2}$ " thick twisting 3 into braids. Place into well buttered bread pan. Cut remaining one quarter into 3 parts $\frac{1}{2}$ " thick, braid and lay on top of braid in pan. Brush with beaten egg and sprinkle with poppy seeds. Bake in hot oven 400° F. for 45 minutes, then lower to 350° F. for last 15 minutes.

HOME MADE BREAD

- | | |
|-------------------------|-----------------------------------|
| 1 cake yeast | $6\frac{1}{2}$ cups flour |
| 2 cups liquid | (ceresota, not bleached flour) |
| 4 teaspoons vinegar | 1 tablespoon salt |
| $\frac{1}{2}$ cup sugar | 1-2 tablespoons melted shortening |

Soften yeast in liquid which may be potato water or half milk and half water. Add vinegar, sugar and 3 cups flour. Place bowl in another bowl of warm water and let stand with cover till light. Add salt, shortening and rest of flour. Put in warm place, cover and let rise for 1 hour. Punch down in the bowl. Let rise again for 45 minutes. Place on floured board and knead well. Form into loaves. Place in oiled bread pans. Let rise until double in size. Bake in oven at 375° F. for about 1 hour. Remove to rack. Brush over with melted butter. Makes 2 loaves.

VARIATIONS

Tomato Bread—Use 2 cups tomato juice for liquid.

Nut Bread—Add 1 cup chopped nuts with the last amount of flour.

Cheese Bread—Add 1 cup grated cheese with last of flour.

Date Bread—Add $\frac{1}{2}$ cup of dates to $\frac{1}{2}$ the amount and add $\frac{1}{4}$ cup sugar.

WINE BREAD

4 cups sifted flour
1 teaspoon salt
3 tablespoons sugar
1 cup butter

4 egg yolks
1 cup milk (scalded)
 $\frac{1}{2}$ cake of yeast

Sift flour, salt, sugar, add butter. Add yeast to milk which has been cooled. Add eggs to milk and yeast, stir lightly. Add milk mixture to flour and make a soft dough. Chill for 2 hours in refrigerator. When chilled, divide dough into 4 parts. This makes 4 loaves. Roll out each part and spread with filling.

Pineapple filling: Cook 1 large can pineapple, 1 cup sugar, $\frac{1}{4}$ cup cornstarch. Cool before spreading on dough.

Walnut filling: 1 pound walnuts, $\frac{1}{4}$ pound soft butter, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup honey, 1 teaspoon vanilla, 3 eggs, $\frac{1}{4}$ cup cream. Mix well and spread on dough.

DATE OATMEAL BREAD

2 cups rolled oats
2 cups boiling water
1 cake yeast
 $\frac{1}{2}$ cup lukewarm water
1 teaspoon sugar
 $\frac{1}{4}$ cup molasses
 $\frac{1}{4}$ cup boiling water

3 level teaspoons salt
1 tablespoon sugar
5 cups flour
2 cups chopped dates or raisins
 $\frac{1}{2}$ cup nuts
 $\frac{1}{4}$ cup melted shortening

Pour boiling water over oats and set aside to cool. Soften yeast in sugar and water. Add salt, sugar and molasses which has been mixed with the $\frac{1}{4}$ cup of boiling water and cooled. Mix well. Add flour, dates and nuts and knead as for white bread but do not add any more flour. If dough should stick to bowl, grease with melted shortening. Work dough only until it leaves sides of bowl clean. Cover and let rise until double in bulk. Shape lightly into loaves. Let rise in greased pans until doubled. Bake 1 hour at 350°.

OATMEAL BREAD

1 yeast cake, crumbled
2 cups warm water

2 cups enriched white flour
2 cups oatmeal

Dissolve yeast in warm water. Add sifted flour and oatmeal. Let it rise until bubbly. Add 2 cup warm water again.

$\frac{1}{2}$ cup brown sugar
2 tablespoon molasses

1 $\frac{1}{2}$ teaspoons salt
2 tablespoons lard or
shortening (melted)

Mix well together. Add more flour if needed to make stiff dough. Knead and let rise until double in bulk. Shape in loaves. Bake 45 minutes 350° F. Makes 2 loaves.

RYE BREAD

- | | |
|---|----------------------------|
| 4 cups rye flour | 1 1/2 cakes yeast |
| 2 cups wheat flour | 1 tablespoon salt |
| 1 cup riced potatoes,
solidly packed | 1 pint hot potato water |
| | 1 tablespoon caraway seeds |

Pour potato water in mixing bowl. When lukewarm add yeast dissolved in 1/4 cup of lukewarm liquid. Stir in rest of ingredients. Knead until smooth and elastic. Let rise in warm place until double. Form into loaves, place in pans. Let rise. When doubled, bake in moderate hot oven 375° F. 1 hour or longer. Brush top with water.

MILWAUKEE RYE BREAD

- | | |
|--------------------------|---------------------------|
| 3/4 cup cornmeal | 1 tablespoon caraway seed |
| 1 1/2 cups cold water | 2 cups mashed potato |
| 1 1/2 cups boiling water | 1/4 cup lukewarm water |
| 1 1/2 tablespoons salt | 1 cake yeast |
| 1 tablespoon sugar | 6 cups rye flour |
| 2 tablespoons fat | 6 cups wheat flour |

Stir cold water into cornmeal until smooth; place over fire. Add boiling water and let cook, stirring constantly about 2 minutes to a mush. Add salt, sugar and fat. Let stand until lukewarm. Add potatoes and yeast dissolved in lukewarm water and then rye and wheat flour. Mix and knead to a stiff, smooth dough using wheat flour or corn flour on board to mold. Cover. Set aside in warm place until double. Shape into 3 or 4 loaves, place in greased pans. Let rise to top of pans. Bake 1 hour or longer in 375° F.

PUMPERNICKEL BREAD

Follow Milwaukee Rye Bread using graham meal in place of rye flour. Make smaller loaves and bake thoroughly.

SWEDISH RYE BREAD (Limpa)

- | | |
|---|--------------------|
| 1 quart buttermilk | 1 teaspoon soda |
| Mix the above and let stand a few minutes. Combine: | |
| 1 package yeast (2 ounces) | 1/4 cup warm water |
| 1 teaspoon sugar | |
| Mix and bring to a strong boil: | |
| 2 cups water | 1/2 cup molasses |
| 2/3 cup sugar | 2 tablespoons salt |
| 3 tablespoons shortening | |

Add hot mixture to buttermilk and soda. Add 6 cups rye flour. Knead about 2 to 3 cups more of white flour. Then add yeast. Add 9 cups white flour. Let rise until double in bulk. Bake ten minutes at 400° then at 350° for 1 full hour or more. Makes about 5 or 6 loaves. Sometime the dough is a little sticky, but keep plenty of flour on your hands.

WHOLE WHEAT BREAD

2 cups hot water or milk

Add:

1/3 cup molasses

3 level tablespoons shortening

1 teaspoon salt

Set aside to cool to lukewarm. Crumble 2 cakes yeast into this liquid. Mix and add:

2 cups whole wheat flour

2 3/4 cups sifted white flour

Mix well kneading until smooth; grease bowl, place dough in bowl and let rise double in bulk. Knead and cut into 2 pieces. Shape into loaves. Place in greased bread pans. Let rise 1/2 hour. Bake 45 minutes at 375° F.

WHOLE WHEAT BREAD

2 cups milk

1 yeast cake

3 tablespoons honey

1/4 cup lukewarm water

2 teaspoons salt

5 1/2 cups (more or less) wheat flour
(Stone ground)

3 tablespoons butter or shortening

Place butter, honey and salt in bowl. Pour over scalded milk. Soften yeast mixture; to the above add flour, and continue adding flour until dough is too thick to beat with a spoon. Let rise in bulk, punch down; repeat this 3 times; make loaves, let rise, bake at 425° for 15 minutes then at 375° for 30 minutes.

CRACKED WHEAT BREAD

Combine:

3 cups scalded milk

14 cups sifted white flour

3 cups cold water

3 cups cracked wheat

2 cakes yeast softened in

3 tablespoons salt

3/4 cup lukewarm water

6 tablespoons shortening

Knead to obtain a fine grain. Let rise 1 1/2 hours. Punch down; turn over. Let rise about 1/2 hour. Shape into loaves. Let rise in warm place about 1 hour. Bake in moderate oven 375° about 45 minutes. Makes 6 loaves.

CHOCOLATE BREAD

3 1/2 cups flour

1/4 cup butter

4 1/2 teaspoons baking powder

1/2 cup sugar

1/2 teaspoon salt

1 egg

3 squares chocolate

2 cups milk

Mix and sift together flour, baking powder, and salt. Melt chocolate and butter and add sugar. Beat egg and add milk. Combine the liquid and the dry ingredients and add the chocolate mix which has been slightly cooled. Beat thoroughly. Place in greased baking pans in 350° oven about 15 minutes. This will make 2 loaves.

DOUGH FOR PARKER HOUSE ROLLS AND OTHER ROLLS

2 cups scalded milk	1 teaspoon salt
4 tablespoons butter	1 cake yeast
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
1 egg	$5\frac{1}{2}$ cups flour

Add butter, sugar and salt to milk. When melted and lukewarm, add yeast dissolved in lukewarm water. Add egg, slightly beaten. Stir in the flour gradually and form into a soft dough, adding if desired, 2 large freshly cooked potatoes, riced and only enough flour to knead. Cover and let rise in a warm place until double its bulk. Toss gently on floured board, handle as little as possible. Bake 450° F. 15 to 20 minutes.

REFRIGERATOR ROLLS

3 eggs, beaten light	1 cake yeast dissolved in a little lukewarm water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup shortening
1 pint warm milk	$7\frac{1}{2}$ cups flour
2 teaspoons salt	1 cup mashed potatoes, or a little more

Mix in the usual way and knead. Then put in greased floured bowl. Set in refrigerator for 2 days. When ready to use, make cloverleaf rolls. Let rise 2 to $2\frac{1}{2}$ hours. Bake 20 minutes at 375°.

POPPY SEED ROLLS

6 cups flour	3 egg yolks
1 cup shortening	1 tablespoon vanilla
1 teaspoon salt	1 cake yeast
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
1 large can evaporated milk	

Combine flour, shortening, sugar and salt. Beat egg yolks, add milk and vanilla, then add to first mixture with the yeast which has been dissolved in warm water. Work together a few minutes until dough forms into a ball. Set aside for $2\frac{1}{2}$ hours to rise. Divide dough into four pieces and roll out on slightly floured board, about $\frac{1}{4}$ " thick. Spread with filling and roll. Bake immediately at 350° for 50 minutes.

FILLING

1 pound poppy seed, ground	3 tablespoons shortening
1 cup sugar	1 cup milk
Juice of $\frac{1}{4}$ lemon or	
1 tablespoon lemon extract	

Combine all ingredients and cook for 5 minutes.

CINNAMON ROLL RECIPE

- | | |
|---------------------------|-------------------------------------|
| 1 $\frac{1}{4}$ cups milk | 1/3 cup sugar |
| 2 cakes yeast | 4 $\frac{1}{4}$ cups flour |
| 3 eggs | $\frac{1}{4}$ cup melted shortening |
| 3 teaspoons salt | |

Heat milk to lukewarm. Put in mixing bowl, break up yeast into milk, add eggs, salt and sugar. Beat with egg beater until smooth; then add all of the flour at one time. When flour is partly mixed, add shortening and mix until smooth. (Raisins may be added). Knead for 5 minutes and put in greased mixing bowl; cover the top with shortening. Let raise about 2 hours until double in bulk; beat down and let raise again (about 45 minutes). Roll out, put melted shortening and cinnamon on dough, then roll it up and cut in 1" slices. Arrange in pan, let raise, and then bake in 400° oven for about 15 minutes (until brown). Brush with melted shortening when baked, or frost them. Easy to make yet very tasty.

BEST POTATO ROLLS

- | | |
|------------------------------|-------------------------|
| 1 cup hot mashed potatoes | 1 cup milk |
| 1 cup sugar | $\frac{1}{2}$ cup water |
| $\frac{3}{4}$ cup shortening | 2 yeast cakes |
| 2 eggs | 7 cups sifted flour |
| 1 teaspoon salt | |

Mix potatoes, sugar, salt, add milk, shortening, eggs and yeast dissolved in the $\frac{1}{2}$ cup warm water. Add flour. Blend in and beat the batter or knead until well mixed. Cover and let rise until double in bulk. Punch down. Put in ice box, cover with plate. Use when desired. Makes any kind of rolls. Bake 350° F. 30 minutes.

COFFEE CAKE

- | | |
|---------------------------------------|----------------------------|
| 1 cup scalded milk (cool to lukewarm) | 3 egg yolks |
| 1 cake yeast | |
| Work as for pie crust: | |
| 3 tablespoons sugar | 1 teaspoon salt |
| 4 cups flour | 1 cup butter or shortening |

Add milk, yeast, egg yolks to dry mixture and mix well. Cover, place in cold place overnight. Roll out so dough laps over sides of pan. Beat 3 egg whites stiff and spread on dough in pan. Sprinkle 1 cup brown sugar and $\frac{1}{2}$ cup walnuts on egg whites. Fold dough over, first from sides then ends, pinch together. Let rise for 2 hours. Frost with powdered sugar frosting and nuts. Bake 30 to 40 minutes. Frost while still quite warm.

RAISIN NUT POTICA

- | | |
|--------------------------------|---------------------------|
| 1 cup milk, scalded and cooled | $\frac{1}{2}$ cup sugar |
| 1 ounce yeast | 1 teaspoon salt |
| $\frac{1}{4}$ cup butter | 2 eggs, well beaten |
| | $4\frac{1}{2}$ cups flour |

Dissolve yeast in milk. Cream butter and sugar until light and fluffy. Add salt, eggs, yeast and milk. Stir in flour, beating until smooth. Turn out on well floured board and knead until elastic. Place in a greased bowl, cover, and let rise until double in bulk. Mix ingredients together for the filling:

- | | |
|--------------------------------|--|
| $\frac{1}{2}$ cup honey | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup scalded milk | 2 eggs, slightly beaten |
| 2 tablespoons butter, melted | $\frac{3}{4}$ pound shelled walnuts, ground fine |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup raisins |

Roll dough very thin, into about a 36 inch square. Spread dough with filling. Roll up, by holding one side of cloth permitting potica to fall into a roll. Place on a greased jelly roll pan, 10 to 15 inches and join ends to form a ring. Let rise again until light. Bake in a moderate oven 350° for 1 hour.

DOUGH FOR RAISIN POTICA

Ingredients for yeast sponge:

- | | |
|----------------------------|---------------------|
| $1\frac{1}{2}$ cakes yeast | 1 teaspoon sugar |
| 4 tablespoons milk | 3 tablespoons flour |

Dissolve $1\frac{1}{2}$ cakes of yeast in 4 tablespoons of lukewarm milk. Add teaspoon of sugar and 3 tablespoons of flour. Stir well and let stand to rise.

Ingredients for potica dough:

- | | |
|-----------------|---------------------|
| 4 cups flour | 1 cup milk or cream |
| 1 teaspoon salt | 3 to 5 egg yolks |
| 1 cup butter | 3 tablespoons sugar |

Heat 1 cup of milk in which dissolve 3 tablespoons sugar. Do not allow to boil. Cool. When milk is lukewarm, pour into large mixing bowl and add 3 to 5 egg yolks. Also add the prepared risen yeast. Mix well. In another bowl sift together, 3 times, 4 cups flour and 1 teaspoon salt. Cut into flour 1 cup of butter until butter is the size of large peas. Gradually add dry mixture to the liquid mixture, beating well with wooden spoon until smooth and dough doesn't stick to spoon or bowl. It is advisable to knead dough by hand, adding a little more flour if necessary.

Place dough on floured board and roll out with rolling pin about $\frac{1}{2}$ " thick. Fold dough in thirds and roll out with rolling pin again. Perform this rolling and folding process 3 times. Then place dough back in bowl, sprinkle with flour, cover with waxed paper and a clean cloth to keep warm and let stand for 3 hours to rise. It should rise to approximately again its size. Filling on next page.

RAISIN POTICA FILLING

1½ to 2 pounds of raisins	Grated rind of ½ lemon
2 tablespoons rum or brandy	2 tablespoons of sweet cream
3 to 5 egg yolks	2 tablespoons bread crumbs
1 cup sugar	2 tablespoons chopped citron
1 teaspoon vanilla	(optional)

Wash, strain and dry 1½ to 2 pounds of raisins and sprinkle them with rum or brandy. (This may be done the night before). Place in bowl 3 to 5 egg yolks, 1 cup sugar, teaspoon vanilla, grated lemon rind, and 2 tablespoons sweet cream. Mix well. This forms the base of your filling. Place potica dough on a cloth-covered table sprinkled with flour. Do not knead dough, but roll out with rolling pin about ⅛" thick. Spread on prepared filling, and sprinkle over it raisins, citron and bread crumbs.

Instructions for rolling: Now you are ready to roll your potica like a jelly roll. First start the rolling off by hand. Then by picking up the nearest end of the cloth on which your dough is spread, and raising the cloth gently your dough will roll itself over and over easily.

If you find that your potica is too long for your pan, cut off a number of 1-inch slices at each end. Bake separately for about 20 minutes and serve as buns. If you use the edge of a plate for cutting instead of a knife, you will have the ends of your buns sealed automatically. However, if you use a knife, be sure to seal the ends so that filling will not escape.

Place rolled up potica in a well greased round pan. Your pan should be again as high as the potica to allow for rising. Cover with waxed paper and clean cloth, and let stand in a warm place for 1 hour until it has risen to approximately again its size. Then brush top with 1 beaten egg and place in moderate oven and bake for 1 hour.

WALNUT OREHOVA POTICA

- | | |
|------------------------|----------------------------|
| 1 cake yeast | 1 cup sugar |
| 2/3 cup lukewarm water | 1/4 pound butter |
| 6 cups flour | 3/4 tablespoon salt |
| 3 eggs | 1 tablespoon lemon extract |
| 1 cup milk | |

Dissolve the yeast in the lukewarm water. When yeast begins to float on top and is thoroughly dissolved mix in 1 cup of flour. Set aside to raise for at least 1 hour. Beat eggs well, scald the milk and melt the butter. Add these with the salt, sugar and lemon extract to the yeast mixture, mixing well. Add remaining flour and knead lightly. Brush top with melted butter, cover and set aside in a warm place until double in bulk.

FILLING

- | | |
|---------------------------------|---------------------|
| 1 pound shelled English walnuts | 2 teaspoons vanilla |
| 1 cup honey | 1 cup cream |
| 2 egg whites | 1 teaspoon cinnamon |
| 2 egg yolks | 1/2 teaspoon cloves |

Grind nuts through a food chopper using finest knife. Heat the honey and warm the cream. Whip egg whites stiff. Mix nuts with the honey, cream and vanilla and fold in the egg whites. Beat egg yolks, add cinnamon and cloves. Keep this mixture separate.

Roll dough on floured cloth as thin as possible without breaking it. Spread egg yolk mixture over the entire surface of dough, then repeat with the nut mixture. Roll as for jelly roll into one long roll. Put into a well greased tube pan, and set aside in warm place to raise until it is double in bulk. Bake in a hot oven for 1 hour and 15 minutes.

POTICA DOUGH

- | | |
|-----------------------------|------------------------------|
| 2 cakes compressed yeast or | 1/4 cup sugar |
| 2 packages active dry yeast | 1/4 cup butter |
| 1/4 cup lukewarm water | 2 eggs, well beaten |
| 2 cups milk, scalded | 8 cups sifted enriched flour |
| 2 teaspoons salt | |

Soften yeast in water. (In the meantime scald the milk.) Combine hot milk, salt, sugar, and butter. Blend thoroughly. Cool to lukewarm. Add eggs and softened yeast. Blend thoroughly. Sift 6 cups of the flour into a large bowl. Gradually add milk mixture, beating vigorously. (This makes a sticky dough.) Gradually add remaining 2 cups of flour or enough of it to make a medium soft dough. Place on well-floured board. Knead 15 to 20 minutes. Place in a large greased bowl. Cover with a damp cloth. Let rise in a warm place until double in bulk — about 2 hours.

Use any of the fillings given for other Walnut Poticas.

WALNUT POTICA

2 ounce cake yeast	6 to 7 cups flour
3 large eggs	1 tablespoon salt
$\frac{1}{4}$ pound butter	2 cups milk
$\frac{3}{4}$ cup sugar	1 tablespoon sugar

Scald milk, add sugar and shortening. When cool add yeast dissolved in $\frac{1}{4}$ cup water and 1 tablespoon sugar. Add beaten eggs. Add flour, stirring with a spoon till too stiff. Knead on floured board till smooth and elastic, about 20 to 25 minutes. Grease bowl, cover with cloth and let rise in a warm place $1\frac{1}{2}$ hours.

Filling

$1\frac{1}{2}$ pounds walnuts, ground	$1\frac{1}{2}$ cups milk
$\frac{1}{2}$ pint honey	$\frac{1}{4}$ pound butter
3 large eggs	1 teaspoon vanilla
cinnamon (optional)	1 cup sugar

Scald milk, remove from stove, add sugar, walnuts, butter and eggs. Beat well. Spread filling on dough which has been stretched on a floured cloth. If filling is too thick add a little cream. Roll. Bake at 350° — 15 minutes, reduce heat to 325° . Bake 1 hour.

REFRIGERATOR POTICA DOUGH

2 tablespoons sugar	$\frac{1}{2}$ pint milk and $\frac{1}{2}$ pint cream
1 teaspoon salt	$\frac{1}{2}$ of 2 oz. yeast in cold water
$\frac{1}{2}$ cup butter, melted	6 cups flour
6 egg yolks	

Mix dough in usual way for Potica.

Filling

1 pound nuts	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cup dates	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ cup raisins	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ cups milk	3 eggs, well beaten

Cook this mixture altogether and stir often while cooking 5 minutes.

Put the dough in refrigerator overnight and cover with a damp cloth.

In the morning take the dough out and put on a floured cloth on the table. Roll out from the middle part and roll thin. Then put the nut filling on and roll up. Put in baking pan and bake right away at 350° for 1 hour, 10 minutes.

POTECA

1 cake compressed yeast or	1 teaspoon salt
1 package active dry yeast	1 egg
$\frac{1}{4}$ cup warm water	$\frac{1}{4}$ cup soft shortening
* $\frac{3}{4}$ cup lukewarm milk	$3\frac{1}{2}$ to $3\frac{3}{4}$ cups sifted flour
$\frac{1}{4}$ cup sugar	

*If raw milk is used scald and cool to lukewarm.

Filling

$\frac{1}{4}$ cup soft butter	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon lemon extract
1 egg	2 cups walnuts, finely ground
$\frac{1}{4}$ cup milk	(not chopped)

Dissolve yeast in water. Stir in milk, sugar, salt, egg, shortening. Mix in flour until dough is easy to handle. Turn out on lightly floured board; let stand 10 minutes; knead until smooth and elastic. Round up in greased bowl; bring greased side up. Cover with damp cloth, let rise at 85° until hole remains when finger is pressed deeply into dough (double in bulk) about 2 hours. Punch down; round up on board; cover; let rest 15 minutes. While dough is resting prepare the filling. Mix thoroughly the butter, brown sugar, egg. Stir in milk, vanilla, lemon extract. Blend in walnuts.

Place dough on large floured cloth and roll out almost paper thin into a rectangle 20x30". Spread filling over dough, bringing it to the edges. Starting at the west side of the rectangle, lift cloth and let dough roll up like a jelly roll. Seal well by pinching edges into dough. Place in greased oblong pan 13x9 $\frac{1}{2}$ x2" or on greased cookie sheet in snail shape. Let rise until impression remains when dough is touched gently . . . about 1 hour. Heat oven to 325°. (slow and moderate) Bake 40 to 50 minutes. If top browns too fast, cover with brown paper. Let cool before slicing.

RICH POTICA DOUGH

Ingredients for yeast sponge:

1½ cakes yeast	1 teaspoon sugar
4 tablespoons milk	3 tablespoons flour

Dissolve 1½ cakes of yeast in 4 tablespoons of lukewarm milk. Add teaspoon of sugar and 3 tablespoons of flour. Stir well and let stand to rise.

Ingredients for potica dough:

1 cup butter	2/3 pint of sweet cream
4 tablespoons sugar	2/3 pint milk
6 egg yolks	1 teaspoon salt
5 cups flour	

Cream 1 cup butter with 4 tablespoons sugar in large mixing bowl. Add 6 egg yolks gradually (one at a time) and mix. Add prepared risen yeast and mix well. Sift together 3 times, 5 cups flour and 1 teaspoon salt. Add to mixture in large bowl, alternately with 2/3 cup sweet cream and 2/3 cup milk, beating well after each addition. This dough should be beaten at least 20 minutes with wooden spoon until air bubbles appear under the surface. Then sprinkle with flour, cover and let rest for 2 hours to rise. It should rise to approximately again its size.

Filling—Use any Walnut Potica filling already given.

YEAST ROLLS

Rolls are a tasty food. Through the various forms — crusty or soft, hot or cold, sweet or spiced or plain, with bland or sharp aromas — every taste and appetite can be satisfied. Rolls are low in cost per unit of nutritive value. In meal planning rolls can be used effectively as a divergence from sliced bread. The serving of a fruit or nut roll is often adequate as a dessert. Rolls can be refreshed by reheating or toasting. Rolls contain the same essential ingredients as breads — flour, liquid, salt, yeast, shortening, and sugar as well as eggs, spices, fruits, and nuts sometimes. The methods for making rolls are similar to those of making bread.

BASIC ROLL DOUGH

1 cup lukewarm milk
 ¼ cup sugar
 1 teaspoon salt
 1 cake compressed yeast

1 egg
 ¼ cup soft shortening
 3½ to 4 cups sifted flour

Combine milk, sugar, and salt. Crumble in the yeast and stir until yeast dissolves. Stir in egg and shortening. Add flour in two additions, using the amount necessary to make it easy to handle. Mix flour in first with spoon, then with the hands. Turn out onto floured board and knead until smooth and elastic. Place in a greased bowl and let rise until double in bulk. Punch down and let rise again until almost double in bulk. Shape into rolls or coffee cake or doughnuts. Let rise until double in bulk and bake as rolls require.

CLOVERLEAF ROLLS

Form bits of dough into 1" balls. Place 3 balls in each greased muffin cup. Brush with butter for flavor. Let rise until double in bulk. Bake in hot oven (425° F.) for 12-15 minutes.

CRESCENTS

Roll dough scarcely ¼" thick into a 12" circle. Spread with soft butter. Cut into 16 pie-shaped pieces. Beginning at rounded edge, roll up. Place on pan, point underneath. Let rise until double in bulk. Bake in hot oven (425° F.) for 12 minutes. Makes 16 rolls.

CINNAMON ROLLS

Roll dough into oblong 9"x18". Spread with 2 tablespoons soft butter and sprinkle with ½ cup sugar and 2 teaspoons cinnamon mixed together. Roll up tightly, beginning at wide side. Seal well by pinching edges of roll together. Cut roll into 1" slices. Place a little apart in greased 9x13" pan or 18 muffin cups. Cover and let rise until double in bulk. Bake in a moderate oven (375° F.) for 25-30 minutes or until golden brown and completely baked through. Makes 1½ dozen rolls.

BUTTERSCOTCH ROLLS

Make as cinnamon rolls except place cut slices in baking pan or muffin cups coated with a mixture of $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ cup brown sugar, and $\frac{1}{2}$ cup nut meats. Let rise until double in bulk. Bake in a moderate oven (375° F.) for 25-30 minutes. Immediately turn pan upside down on a large tray. Let pan stay over rolls a minute so butterscotch runs down over them. Makes $1\frac{1}{2}$ dozen rolls.

DOUGHNUTS

Roll out dough $\frac{1}{3}$ " thick. Cut with floured 3" cutter. Let rise on board until very light (30-45 minutes). Leave uncovered so a crust will form on the dough. Drop into deep hot fat (375° F.) and fry until golden brown. Turn and fry on other side. Drain on absorbent paper. For sugared doughnuts, place in bag with granulated sugar and shake. Makes $1\frac{1}{2}$ to 2 dozen doughnuts.

GERMAN STOLLEN

(makes 1 loaf)

Use basic roll dough. After second rising, turn dough onto lightly floured board and flatten. Knead into the dough — $\frac{1}{2}$ cup cut-up blanched almonds, $\frac{1}{4}$ cup cut-up citron, $\frac{1}{4}$ cup candied cherries, and 1 teaspoon grated lemon rind. Pat out dough to an oval 8x12". Spread with soft butter. Fold in two the long way and form into a crescent. Press folded edge firmly so it won't spring open. Place on lightly greased baking sheet. Brush top with butter. Let rise until double. Bake in moderate oven (375° F.) 30-35 minutes. Frost while warm with Confectioners' Sugar Icing. Decorate with a few shaved almonds and bits of citron and cherries.

KULICH

(makes 2 loaves)

Use half of basic dough. After second rising, knead in $\frac{1}{4}$ cup raisins, $\frac{1}{4}$ cup chopped blanched almonds, and $\frac{1}{2}$ teaspoon vanilla. Divide dough into two parts and round up into two buns. Place in 2 well-greased 1 pound tin cans. Pat tops of dough even (cans will be $\frac{1}{2}$ full.) Cover and let rise until double (30-40 minutes.) Place on baking sheet and bake in moderate oven (375° F.) 30-40 minutes or until well browned. Remove from cans and cool slightly. Decorate by drizzling Confectioners' Sugar Icing over the tops and allowing it to drip over the sides. Sprinkle tiny colored candies over the top.

HUNGARIAN COFFEE CAKE

Use basic roll dough. After second rising, cut dough into pieces the size of walnuts. Form into balls and roll each in $\frac{1}{2}$ cup melted butter. Then roll in mixture of $\frac{3}{4}$ cup sugar, 1 teaspoon cinnamon, and $\frac{1}{2}$ cup finely chopped nuts. Place one layer of balls so they barely touch in a well-greased 10" tube pan. Sprinkle with a few raisins. Add another layer, sprinkle with more raisins, pressing in lightly. Let rise 45 minutes. Bake in 375° F. for 35-40 minutes. Loose from pan. Invert pan so butter-sugar mixture runs down over cake. To serve, break apart with 2 forks.

HOT CROSS BUNS

(For the Easter season)

Use basic roll dough. After second rising, knead in — $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ cup currants, 1 teaspoon cinnamon, and $\frac{1}{4}$ teaspoon nutmeg. Divide dough into 24 pieces and form into balls. Place 2" apart on greased baking sheet. Cover and let rise until double (30-35 minutes.) Just before baking, cut a cross in the top of each bun. Bake in hot oven (400° F.) for 15-20 minutes or until brown. Let cool slightly, make cross on each bun with Confectioners' Sugar Icing.

CONFECTIONERS' SUGAR ICING

$\frac{1}{2}$ cup sifted confectioners' sugar	$\frac{1}{2}$ teaspoon lemon juice
$1\frac{1}{2}$ teaspoons warm water	$\frac{1}{8}$ teaspoon grated lemon rind

Mix together the ingredients until smooth.

Muffins and Quick Breads

NUT BROWN BREAD

4 cups graham flour	1 quart sour milk or buttermilk
3 cups white flour	2 teaspoons soda
2 teaspoons salt	1 cup molasses
1 cup sugar	Few raisins, nutmeats

Sift white flour, salt and sugar. Dissolve soda in milk. Mix all the ingredients together. Bake 1 hour. Makes 2 loaves. Bake in slow oven 350° F.

WHITE NUT LOAF

2½ cups flour	1 egg, beaten
1 cup sugar	1 cup milk
3 teaspoons baking powder	1 cup chopped nuts
½ teaspoon salt	

Sift flour, add dry ingredients, and mix well. Add liquid, then stir in chopped nuts. Grease bread pan 5x10x3". Pour in batter and bake in moderate oven about 350°. In order to obtain even slices this nut loaf should be wrapped and stored for 24 hours before serving.

BAKED BOSTON BROWN BREAD

2 cups water	2 tablespoons molasses
2 cups raisins	

Cook 15 minutes, the first 3 ingredients, after it starts to boil. Then let cool. Add the following ingredients in order given:

2 teaspoons soda	2¼ tablespoons shortening
1 cup sugar	1 egg
2¾ cups flour	1½ teaspoons vanilla

Nutmeats may be added, if desired. Bake in oven at 350° one hour. May be baked in 2 regulation bread pans.

BUTTERMILK BISCUITS

2 cups all purpose flour	¼ teaspoon soda
2 teaspoon baking powder	2 to 3 tablespoons shortening
1 teaspoon salt	2/3 cup buttermilk (more or less)

Sift dry ingredients then cut or rub in shortening. Add milk to make soft dough, stirring only enough to moisten flour. Knead gently a few times on lightly floured board, then roll out ¼ to ½ inch thick. Cut with floured biscuit cutter. Bake on ungreased baking sheet 450° F. 10 to 12 minutes. Serve hot. Yield: about 18 2-inch biscuits.

APPLE FRITTERS

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| 1-1/3 cups sifted enriched flour | 2/3 cup milk |
| 1 tablespoon sugar | 1 tablespoon salad oil |
| 2 teaspoons baking powder | 3 to 4 medium apples, pared, cored,
and cut in small strips (3 cups) |
| 1/2 teaspoon salt | confectioners' sugar |
| 2 beaten eggs | |

Sift together flour, sugar, baking powder, and salt. Blend eggs, milk, and salad oil; gradually stir into dry ingredients; mix till smooth. Stir in apple strips. Drop from tablespoon into deep hot fat (375°) and fry till golden, about 4 minutes. Drain on paper towels. While warm, sprinkle with confectioners' sugar. Makes about 3 dozen.

BUTTER 'N CHEESE BISCUITS

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|-------------------------------|---|
| 2 cups sifted flour | 3/4 cup milk |
| 1 teaspoon salt | 1/2 cup butter, melted |
| 2 1/2 teaspoons baking powder | 1 cup (1/4 pound) grated, sharp
Cheddar cheese |
| 1/4 cup shortening | |

Sift flour, salt, and baking powder into mixing bowl. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk. Stir just until blended. (Dough will be quite soft). Turn onto lightly floured surface. Sprinkle with flour. Knead lightly for about 30 seconds. Roll out 1/2 inch thick. Cut sixteen 1 1/2 biscuits. Place in greased muffin tins. Combine butter and cheese. Spoon cheese mixture evenly over top of each biscuit. Bake in hot oven (425°) for 12 to 15 minutes or until golden brown. Serve hot. Makes 16 biscuits.

POTATO LATKES

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| 4 potatoes | 1/2 cup flour |
| 2 eggs | 1 teaspoon baking powder |
| 1 teaspoon salt | |

Grate and drain potatoes. Add other ingredients. Batter should pour easily.

DATE BREAD

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|-----------------------|---------------------------|
| 1 tablespoon butter | 1 3/4 cups flour (sifted) |
| 1/2 cup boiling water | 1 teaspoon soda |
| 1 cup dates, cut fine | 1 teaspoon baking powder |
| 1/2 cup sugar | 1 cup chopped nutmeats |

Mix together butter, water and dates and let cool. Add sugar, flour, soda, baking powder and chopped nutmeats. Bake 1 hour in 350° oven in bread pan.

HOT CAKES

2 cups self rising flour	1 1/2 cups milk
1 tablespoon sugar	2 tablespoons shortening, melted
1 or 2 eggs, well beaten	

Sift dry ingredients. Combine eggs and milk; add flour mixture and beat until smooth; add shortening. Bake on ungreased hot griddle. For thicker cakes use less milk, 1 to 1-1/3 cups. Yield: 18 hot cakes.

FRENCH PANCAKES

1 cup flour	2 eggs
1 cup milk	1/2 teaspoon salt

This recipe can make generous servings for two people add the following for each person.

1/2 cup flour	1 egg
1/2 cup milk	1/4 teaspoon salt

Fry in a generous amount of bacon fat or other shortening. May be served with bacon, salt pork or pork sausages.

POTATO PANCAKES

1 pound potatoes	1 teaspoon baking powder
3/4 cup flour	1 teaspoon salt
1 egg, beaten	2 tablespoons shortening

Grate potatoes, add egg, then dry ingredients gradually. Mix well. Drop one tablespoon of batter at a time into hot, greased skillet and brown on both sides. Serve hot.

WAFFLES

2 cups sifted flour	4 eggs, separated
2 teaspoons baking powder	1 1/2 to 1 3/4 cups milk
1/2 teaspoon salt	1/2 cup butter, melted

Mix and sift dry ingredients. Combine with beaten egg yolks and milk; add to flour mixture and beat until smooth. Add butter and fold in stiffly beaten egg whites. Bake in hot waffle iron. Serve with butter and hot maple syrup, or heated butter and honey. Makes 6.

Cheese Waffles—Add 3/4 cup grated cheese to batter.

Cheese-Bacon Waffles—Place a piece of bacon in each section of hot waffle iron; pour cheese-waffle batter over bacon; bake.

PALACSINTA**(Pancakes with cottage cheese)**

1 pound cottage cheese (dry)

 $\frac{1}{4}$ to $\frac{1}{2}$ cups sugar

1 egg beaten

Few drops vanilla

Mix all ingredients well for the filling.

2 cups flour

4 eggs, well beaten

2 teaspoons sugar

2 cups milk

1 teaspoon salt

butter

Mix flour, sugar and salt. Combine eggs and milk. Add gradually to flour mixture, beating to a thin smooth batter. Spoon 3 tablespoons onto hot greased 6-7 inch skillet, tilting pan so batter is distributed to edges (cakes will be very thin). Brown lightly on both sides. Continue making cakes until batter is used up. Stack on warm plate. Spread with cottage cheese filling. Roll up. Place in buttered baking dish, sprinkle with confectioners' sugar and heat thoroughly in a 300° oven. Serve topped with sour cream and preserves. Yield about 24 pancakes.

JELLY PANCAKES1 $\frac{1}{4}$ cups sifted cake flour1 $\frac{1}{4}$ teaspoons baking powder

1 teaspoon sugar

1 cup milk

2 egg yolks, slightly beaten

2 tablespoons melted shortening

salt

2 egg whites, stiffly beaten

Sift flour once, measure. Add baking powder, sugar and salt, and sift again. Combine milk and yolks, and add to flour gradually, mixing to a smooth batter. Add shortening. Fold in egg whites. Bake in hot greased griddle. Spread with jelly and roll, or serve rolled around broiled sausages or bacon.

CRANBERRY MUFFINS

1 cup chopped raw cranberries

 $\frac{3}{4}$ teaspoon soda $\frac{1}{2}$ cup sugar

1 egg

2 cups sifted flour

 $\frac{3}{4}$ cup sour milk $\frac{1}{4}$ teaspoon salt $\frac{1}{4}$ cup melted shortening

Combine cranberries and $\frac{1}{4}$ cup sugar. Sift flour, soda, salt, and $\frac{1}{2}$ cup sugar. Mix eggs, milk and shortening. Make well in dry ingredients; add liquid all at once. Add cranberries, mixing slightly. Bake at 400° for 20 minutes. Makes 1 dozen.

DATE BRAN MUFFINS

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|---------------------------|--------------|
| 1 cup flour | 2 cups bran |
| 3 teaspoons baking powder | 1 egg |
| 1 teaspoon salt | 1½ cups milk |
| 1 tablespoon sugar | ½ cup dates |

Sift flour, baking powder, salt, and sugar. Mix with bran into which the beaten egg has been stirred. Add the milk and beat thoroughly, then add dates cut into small pieces. Bake in moderate oven 25 minutes at 350°.

DATE OATMEAL MUFFINS

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| 1 cup rolled oats | 2 teaspoons baking powder |
| 1 cup buttermilk | ½ teaspoon salt |
| 1 cup sifted flour | ½ cup chopped dates |
| ¼ cup sugar | 1 beaten egg |
| ½ teaspoon soda | 3 tablespoons melted fat |

Pour buttermilk over oats and let stand few minutes. Sift together dry ingredients. Add oats mixture to dates (chopped), fold in beaten eggs and melted fat. Add dry ingredients. Bake in greased muffin tins in hot oven 425° F. 15-25 minutes.

BUTTERSCOTCH ROLLS

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| 2 cups flour | 2/3 cup milk |
| 4 teaspoons baking powder | 3 tablespoons butter |
| 2/3 teaspoon salt | 1 cup brown sugar |
| 4 tablespoons shortening | |

Sift dry ingredients, add shortening and mix. Add milk to make fairly soft dough. Roll out about 1 inch thick. Spread butter and brown sugar or jam. Roll up as jelly roll. Cut in desired lengths and bake at 375° about 30-40 minutes.

This is a wonderful Friday supper or Lenten dish served with honey and fruit salad.

CHERRY NUT BREAD

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| ½ cup shortening | ¼ cup cherry juice |
| 1½ cups sugar | ½ cup milk |
| 3 eggs beaten | ½ cup maraschino cherries |
| 2½ cups flour | ½ cup chopped nuts |
| 2 teaspoons baking powder | 1 teaspoon vanilla |
| | salt |

Cream shortening and sugar. Add beaten eggs. Add liquids, salt and vanilla. Beat lightly. Add sifted flour, baking powder, nuts and cherries. Bake in 2 small loaf pans lined with wax paper.

60-MINUTE ROLLS

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| 2 packages yeast, compressed
or dry granular | 5 cups all purpose flour (about) |
| ½ cup lukewarm water | ¼ cup sugar |
| ½ cup milk | 2 teaspoons salt |
| | 5 tablespoons shortening |

Soften yeast in lukewarm water. Scald milk, then cool to lukewarm. Sift together flour, sugar and salt. Cut or rub in shortening. Add softened yeast to milk, then combine with flour-shortening mixture. Mix well. Place dough on lightly floured board, knead gently, and roll out ¼" thick. Cut with floured biscuit cutter. Shape into rolls. Place on greased baking sheets. Brush lightly with melted butter or margarine. Cover and let rise in warm place until doubled (about 1 hour). Bake in hot oven (425° F.) about 15 minutes. Makes 1½ dozen rolls.

BANANA BREAD

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|--------------------------|------------------------|
| 2 cups bread flour | ¼ cup shortening |
| ½ teaspoon baking powder | 1 egg |
| ½ teaspoon soda | 2/3 cup mashed bananas |
| ¼ teaspoon salt | 3 tablespoons milk |
| ¾ cup sugar | ½ cup nuts |

Sift flour before measuring and resift with baking powder, soda and salt. Cream shortening and sugar thoroughly. Beat egg and add to creamed mixture. Beat in bananas, stir into flour mixture in about 3 parts alternately with thirds of milk. Add nuts. Stir just enough to blend, but do not beat after bananas have been added. Place batter in greased loaf pan. Bake 1 hour in a moderate oven 350°.

GRAHAM BREAD

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| 3 heaping teaspoons baking powder | 1 cup white flour |
| 3 cups graham flour (or 2 of graham
and 1 of bran) | 1 teaspoon salt |
| | ¼ cup sugar |

Mix dry. Add milk or water with a little shortening in it to make a stiff batter. Bake in a moderate oven.

OATMEAL BREAD

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|--------------------------|--------------------------------------|
| 2 cups ground oatmeal | 2 cups sour milk |
| 1 teaspoon salt | 2 cups white flour |
| 2 teaspoon baking powder | ½ cup cut nuts or raisins if desired |
| ½ cup molasses | |

Sift flour, salt and baking powder twice. Add oatmeal, molasses, milk and nuts. Pour into well greased pan and bake in a moderate oven about 45 minutes.

DATE BANANA NUT BREAD

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|----------------------------|--------------------------|
| 1 cup sugar | 1 teaspoon baking powder |
| ½ cup shortening or butter | ½ teaspoon baking soda |
| 2 eggs | ½ cup nuts |
| 2 cups sifted flour | ½ cup dates |
| ¼ cup milk or cream | 2 bananas, mashed |

Cream shortening, add sugar, eggs, mix in bananas, add milk or cream, flour with baking powder and soda, nuts and dates. Mix well and pour into 2 bread pans. Bake 1 hour at 325° F.

For any fruit bread, use ½ cup orange rind and juice of orange, pineapple or prunes, same measure.

DATE BREAD

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|-----------------------------|-------------------------|
| ¾ cup sugar | ½ cup nuts |
| 1 egg | 1 small bottle cherries |
| 2 tablespoons melted butter | 1 ¾ cups sifted flour |
| 1 cup dates | ¾ cup boiling water |

Put dates in water and 1 teaspoon soda and set aside to cool. Beat egg and blend sugar and melted shortening. Add half flour and salt. Add dates and nuts and cherries and remainder of flour and beat. Bake in slow oven for 1 hour.

GRAPE NUT BREAD

Soak for ½ hour.

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| 1 cup grape nuts | |
| 2 cups sour milk | |
| 4 tablespoons melted shortening | 2 teaspoons baking powder |
| ½ cup brown sugar | 3 ½ cups flour |
| ½ cup white sugar | 1 teaspoon salt |
| 2 eggs | 1 cup ground or chopped nuts |
| 1 teaspoon soda | |

Add sugars to shortening and eggs then alternate dry ingredients with liquid. Bake in 350° oven for 1-1 ¼ hours.

BANANA BREAD

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| ½ cup shortening | 2 cups flour |
| 1 cup sugar | 3 teaspoons sour milk |
| 2 eggs | 1 teaspoon soda |
| 2 large bananas | ½ teaspoon salt |

Cream shortening and sugar. Add 2 beaten eggs, mashed bananas. Put soda into the milk and add with flour to the creamed ingredients. Few nuts may be added. Bake 1 hour 350° F. Makes 1 loaf.

Cakes

PEANUT BUTTER CAKE

$\frac{1}{2}$ cup shortening
 $\frac{1}{3}$ cup peanut butter
 $1\frac{1}{2}$ cups brown sugar
1 teaspoon vanilla
2 well beaten eggs

$1\frac{3}{4}$ cups sifted flour
 $\frac{3}{4}$ teaspoons baking powder
1 teaspoon salt
 $1\frac{1}{4}$ cups milk

ICING

$\frac{1}{4}$ cup brown sugar
 $\frac{3}{4}$ cup white sugar

$1\frac{1}{2}$ cups coffee cream or
evaporated milk
1 teaspoon vanilla

Cream the shortening, peanut butter and brown sugar. Add the eggs (well beaten) and vanilla. Sift together the flour, baking powder and salt. Mix in the milk and sifted dry ingredients alternately a little at a time with the creamed shortening and sugar until everything is mixed thoroughly. Bake in two 8" layer pans; bake at 350° for 30 minutes. If you use the loaf pan bake at 350° for 35 minutes.

ICING—Mix together the brown and white sugar and the cream. Boil it for 3 minutes and stir in the vanilla.

CHOCOLATE CAKE

1 cup shortening
3 cups sugar
4 eggs
 $\frac{1}{2}$ cup cocoa
 $1\frac{1}{2}$ teaspoons salt

$2\frac{1}{2}$ cups buttermilk
4 cups flour
2 teaspoons soda
1 teaspoon vanilla

Sift together dry ingredients except soda. Cream shortening and sugar; add eggs one at a time; add soda to buttermilk; add flour alternately with buttermilk. Add vanilla; bake at 350° for 1 hour.

ICING

1 cup sugar

$\frac{1}{2}$ cup water

Boil until it spins a thread. Have 2 egg whites beaten stiff and cut up 6 marshmallows in them. Pour the syrup over this, beating all the while. Add vanilla or any desired flavor; spread on cake.

CHOCOLATE CAKE

Melt two squares chocolate and butter size of small egg, in cooking dish. Take from heat and add 1 cup sugar (no lumps). Add $1\frac{3}{4}$ cups flour, (no lumps). 1 cup milk with 1 teaspoon soda added next. Add $\frac{1}{4}$ teaspoon salt and 1 teaspoon vanilla. Lastly add a beaten egg. Bake at 350°. (Buttermilk makes this cake redder than sweet milk.)

RED DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup shortening	1 teaspoon vanilla
2 cups sugar	2 squares chocolate
2 eggs	1 cup sour milk
1 teaspoon salt	2- $\frac{1}{3}$ cups flour
2 teaspoons soda	$\frac{1}{4}$ cup boiling water

Cream shortening, add sugar, beat well. Add well beaten eggs and melted chocolate. Add dry ingredients alternately with milk. Add flavoring; lastly add boiling water. Bake 25-30 minutes at 350°. To substitute chocolate use 2 heaping tablespoons cocoa added to flour and soda.

DEMON CAKE (very good)

1 cup butter	1 teaspoon soda
2 $\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon baking powder
1 $\frac{1}{2}$ cups buttermilk	4 ounces chocolate
3 cups pastry flour	5 eggs
	1 teaspoon vanilla

Melt chocolate over boiling water and add to shortening and sugar creamed well. Add milk and flour which has been sifted with the soda and baking powder alternately. Add the well beaten egg yolks and lastly add the whites stiffly whipped, and vanilla. Bake in moderate oven $\frac{1}{2}$ hour. Use 1 teaspoon salt if butter is not used.

MARBLE CAKE

$\frac{1}{2}$ cup shortening	$\frac{2}{3}$ cup milk
2 cups flour	2 eggs
1 cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	
3 teaspoons baking powder	

Cream the shortening and sugar in a bowl and beat until light and fluffy. Now sift together the flour, salt and baking powder and let stand in a separate bowl. Add eggs to the creamed shortening and beat until light and fluffy. Add vanilla extract to batter. Measure $\frac{2}{3}$ cup of milk. Add a little milk to the batter then some of the dry ingredients. Add alternately dry ingredients and milk till you use all. Mix well. Then pour $\frac{2}{3}$ of this batter into a greased and floured loaf pan. To the batter left in the bowl melt 1 $\frac{1}{2}$ squares of unsweetened chocolate and mix. Drop the chocolate batter into the batter in the loaf pan. Mix just a trifle to make a streaky effect in cake. Bake 35 to 45 minutes at 375°.

FEATHER-Y FUDGE CAKE

$\frac{1}{2}$ cup butter or margarine	1 teaspoon vanilla
$1\frac{1}{2}$ cups sugar	2 cups sifted cake flour
2 eggs	1 teaspoon soda
2 1-ounce squares unsweetened chocolate, melted	$\frac{1}{2}$ teaspoon salt
	1 cup ice water

Stir butter to soften; gradually add sugar, creaming until light and fluffy. Add eggs one at a time, beating well after each. Blend in cooled chocolate and vanilla. Sift together flour, soda, and salt; add to creamed mixture alternately with water, beating after each addition. Bake in 2 paper-lined $8\times 11\frac{1}{2}$ " round pans in moderate oven (350°) 30 to 35 minutes. Frost with chocolate frosting; trim with California walnut halves.

CHOCOLATE CAKE

$\frac{1}{2}$ cup shortening	2 squares chocolate—Cook these 3 ingredients for 10 minutes, then cool.
1 cup sugar	$\frac{1}{2}$ cup sugar
2 eggs	$\frac{1}{2}$ cup water
2 cups flour	
1 teaspoon soda	
1 teaspoon salt	
$\frac{3}{4}$ cup cold water	

Cream shortening, sugar, then add eggs. Add chocolate mixture and beat well. Add remaining dry ingredients and cold water. Pour batter in greased cake pan and bake in moderate oven.

FRUIT CAKE

$1\frac{1}{2}$ cups butter	1 teaspoon soda
2 cups brown sugar	1 teaspoon salt
9 eggs	1 teaspoon nutmeg
1 cup fruit juice	2 teaspoons cinnamon
4 cups flour	
Soak fruits with wine for 24 hours.	
1 pound candied cherries	2 packages dates
1 pound mixed fruits	2 pounds white raisins
1 pound colored pineapple	Flour with $\frac{1}{2}$ cup flour
1 pound nuts	$\frac{1}{2}$ pint wine

Cream butter, sugar. Add eggs mixing well. Stir in fruit juice. Add sifted flour, soda, salt and spices. Blend well. Mix in floured fruits and nuts and add wine. Bake fruit cake in a cookie sheet containing water, bake 3-4 hours in a slow oven.

BANANA CAKE

2 cups flour
 1/2 teaspoon baking powder
 3/4 teaspoon soda
 1/2 teaspoon salt

1 teaspoon vanilla
 Mix together 1 cup sour milk to
 which soda has been added.
 1 cup bananas

Cream 1 1/2 cups brown sugar, 1/2 cup butter or shortening, 2 beaten eggs, bananas, flour, milk and vanilla. Bake in 2 pans 30 minutes 375° heat. Makes 2 loaves.

MARYLAND BLACK WALNUT CAKE

2 cups sifted flour
 2 3/4 teaspoons baking powder
 1/4 teaspoon salt
 2/3 cup shortening
 1 1/2 cups sugar

1 teaspoon vanilla
 3 eggs, separated
 3/4 cup milk
 1 1/2 cups ground black walnuts

Sift flour, baking powder and salt together. Cream shortening with sugar, vanilla, until fluffy. Add beaten egg yolks and beat thoroughly. Add sifted dry ingredients and milk alternately in small amounts, beating after each addition. Add nuts and fold in stiffly beaten egg whites. Pour into greased pans and bake in moderate oven (350° F.) 30 minutes. Makes 2 (9") layers.

BANANA LAYER CAKE

1 1/2 cups sugar
 2 eggs
 1 teaspoon soda
 1 1/4 cups bananas (3 or 3 1/2 bananas
 forced through ricer before measuring)

3/4 cup butter
 2 1/2 cups flour (sifted before
 measuring)
 1/4 cup sour milk
 1/2 teaspoon baking powder

Cream butter well with sugar. Add eggs one at a time. Add sour milk to bananas and vanilla and beat well. Sift flour, soda, and baking powder and add alternately with banana batter. Bake in well greased 9" layer pans in 350° oven about 30 minutes.

DATE CAKE

1 package dates cut up, 1 cup boiling water, add 1 teaspoon soda, pour over dates and cool. 1 cup sugar, 2 tablespoons shortening. Cream well. Add egg, beat and add dates. Sift 2 cups flour, blend in above mixture. Add 1 cup nuts cut up. Bake at 350° 35-40 minutes.

MARBLE CAKE

2 cups sugar
 1 cup butter
 4 egg yolks and whites
 1 cup milk
 3 cups flour

3 teaspoon baking powder
 1 square chocolate (melted)
 1 teaspoon lemon flavoring
 1 teaspoon vanilla flavoring

Cream sugar and butter and add egg yolks. Stir in milk, flour, baking powder and beaten egg whites. Add lemon flavoring to half of this batter. To remaining half of white batter mix in the melted bitter chocolate and vanilla flavoring. Prepare cake pan. Drop batter, alternating one tablespoon of white batter, then one tablespoon of brown batter. Bake for 35 minutes in quick oven.

ORANGE CAKE

$\frac{1}{2}$ cup shortening
 1 cup brown sugar
 2 eggs

Grind:

1 orange rind
 1 cup raisins

1 cup sour milk or buttermilk
 1 teaspoon soda
 2 cups flour
 pinch of salt
 $\frac{1}{2}$ cup nuts

Cream shortening, add sugar and eggs and beat well. Add $\frac{3}{4}$ of ground orange rind and raisin mixture. Add milk with soda in it, and then dry ingredients. Bake in 350° heat for 30 minutes. Take $\frac{1}{4}$ orange rind and raisin mixture, add powdered sugar and butter and milk to make a thin paste. Put on top of cake when you take it out of the oven.

WACKY CAKE

1 $\frac{1}{2}$ cups flour
 1 cup sugar
 3 tablespoons cocoa
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon soda

6 tablespoons melted fat
 1 tablespoon vinegar
 1 teaspoon vanilla
 1 cup water (boiling)

Sift together the above dry ingredients. Add melted fat, vinegar and vanilla. Pour hot water over all this and beat well. Bake at 360° for 30 to 40 minutes.

ICING

1 square melted chocolate
 3 tablespoons cream
 1 teaspoon vanilla

3 tablespoons melted butter
 $\frac{1}{2}$ pound powdered sugar

ORANGE CAKE

1 cup sugar	1/2 cup shortening
2 cups flour	2 eggs, well beaten
1/2 teaspoon soda	1/2 teaspoon baking powder
1 cup sour milk	1 cup raisins or dates
1 orange	1/2 teaspoon salt

Cream shortening, add sugar and then eggs. Sift flour with baking powder, soda, and salt. Add ground orange rind, raisins or dates. Add milk, dry ingredients alternately. Mix until well blended. Pour into well greased pan and bake in moderate oven (325°) for 45 minutes.

For Topping — Combine 1/4 cup sugar with orange juice until it is dissolved and set aside. Pour this syrup over the cake before removing from pan, or substitute with any other desirable frosting.

Or — Powdered sugar frosting made with raisins, nuts, orange rind (grated) and moistened with orange juice is very good. Flavor with a little vanilla.

CHOCOLATE POTATO CAKE

1/2 cup shortening	1 teaspoon baking powder
1 cup sugar	salt
2 eggs slightly beaten	3/8 cup milk
3/4 cup mashed potato	1/2 cup grated chocolate (melted)
1 cup flour	

Cream shortening and sugar. Add eggs and potato. Add the flour, mixed with baking powder and salt, alternately with the milk. Add the chocolate last. Bake in layers or muffin-tins for 20 minutes at 350°.

PUMPKIN CAKE

2 1/4 cups cake flour	1/2 cup shortening
2 teaspoons baking powder	1 1/2 cups sugar
1/4 teaspoon soda	1/4 teaspoon vanilla
1 teaspoon salt	2 eggs
1 teaspoon cinnamon	3/4 cup pumpkin
1/2 teaspoon allspice	1/2 cup sour milk
1/2 teaspoon cloves	

Cream shortening and sugar and add vanilla. Add eggs one at a time beating one minute after each addition. Add pumpkin. Blend in dry ingredients alternately with sour milk, beating well after each addition. Bake 40-45 minutes at 350°. Frost with the following:

Blend together 2 cups sifted powdered sugar, 1/4 cup shortening. Stir in 2 tablespoons orange juice and 1 tablespoon rind. Add milk if too thick.

CHOCOLATE ROLL

5 egg yolks
 ½ cup sugar

2 tablespoons cocoa
 2 tablespoons cornstarch

Beat yolks, add cornstarch mixture; fold in whites. Bake in slow oven ½ hour.

SAUCE

5 tablespoons butter
 1 cup sugar

2 squares chocolate
 1 pint cold water

Add 1 tablespoon cornstarch after it has come to the boiling point. Put out on wet towel sprinkled with powdered sugar. When quite cool, spread ½ pint of whipped cream over it. Keep rolled in towel.

SOURD CREAM KOLATCHEN

Cream

½ cup butter

Stir into it:

5 egg yolks, beaten or 3 eggs
 2 tablespoons sugar
 grated rind of one lemon
 1 cup thick sour cream

½ teaspoon salt
 2 cakes yeast dissolved with
 1 teaspoon soda in 2 table-
 spoons lukewarm milk

Mix in:

3 cups flour

Drop from spoon onto greased pan or into greased muffin pans. Let rise until light, in warm place. Put a raisin or cherry on each cake, spread with beaten egg whites, sprinkle with sugar and bake in oven 400°. Makes 18 large muffins.

APPLESAUCE CAKE

½ cup shortening
 1 cup granulated sugar
 1 egg
 1 cup strained unsweetened applesauce
 2 cups sifted flour
 1 teaspoon salt
 1 teaspoon soda

1 teaspoon baking powder
 1 teaspoon cinnamon
 ½ teaspoon allspice
 ½ teaspoon nutmeg
 ½ teaspoon cloves
 1 cup seedless raisins
 ¾ cup chopped nuts

Cream shortening and sugar together. Add egg and beat well. Add applesauce, sift all the other ingredients together, add to the applesauce mixture. Stir in the raisins and walnuts. Bake in a greased 8" square pan. Bake at 350° F. 50 minutes.

MAPLE NUT CAKE

$\frac{1}{2}$ cup shortening	Dash of salt
$1\frac{1}{2}$ cups brown sugar, packed	1 teaspoon Mapleine
1 whole egg	$\frac{1}{2}$ cup walnuts
3 egg yolks	2 teaspoons baking powder
$1\frac{3}{4}$ cups cake flour	1 cup milk

Cream shortening, sugar and eggs. Then add alternately the sifted dry ingredients and milk. Stir in nuts and mapleine. Bake layer cake in 350° oven from 35 to 45 minutes.

EGGLESS, MILKLESS AND BUTTERLESS CAKE

2 cups sugar	2 teaspoons cinnamon
2 cups water	2 teaspoons cloves
1 cup lard (shortening)	1 teaspoon salt
1 cup raisins	

Combine together and boil the above ingredients for 2 minutes. Remove from heat. Cool. Add 4 cups of flour and 2 teaspoons soda. Beat well. Bake in moderate oven (350° F.) for 35 minutes.

PINK CAKE

$\frac{1}{2}$ cup shortening	4 egg whites, beaten
$1\frac{1}{2}$ cups sugar	Cherry liquid and water
$2\frac{2}{3}$ cups flour	to make 1 cup
2 teaspoons baking powder	Cherries and nuts as you like

Cream shortening and sugar. Then add the dry ingredients alternately with liquid. Stir in cherries or nuts and lastly fold in egg whites beaten stiff. Bake at 350° for 30 to 35 minutes.

CARAMEL CAKE

$\frac{1}{2}$ cup burned sugar syrup

Brown sugar ($\frac{1}{2}$ cup) in sauce pan, add $\frac{1}{2}$ cup water, cook down until it thickens like syrup.

CAKE MIXTURE

Cream:

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups cake flour
1 cup sugar	$\frac{1}{2}$ cup burned syrup
2 eggs	1 teaspoon vanilla
1 cup milk	2 teaspoons baking powder
	$\frac{1}{4}$ teaspoon salt

Pour into layer pans. Bake 35 minutes 350° F. Frost with Caramel frosting.

PRUNE-PINEAPPLE UPSIDE-DOWN CAKE

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|------------------------------------|--------------------------------|
| 1/3 cup melted butter | 2/3 cup sugar |
| 1/2 cup brown sugar, firmly packed | 1/3 cup pineapple juice |
| 4 slices pineapple | 2 teaspoons orange juice |
| Large, cooked prunes, halved | 1 cup sifted all-purpose flour |
| Maraschino cherries, halved | 1/2 teaspoon baking powder |
| 2 eggs | 1/4 teaspoon salt |

Pour butter in greased 9x11½-inch round cake pan. Cover evenly with brown sugar. Arrange fruit in desired design on brown sugar. Beat eggs until thick and lemon colored (about 5 minutes). Gradually add sugar, beating constantly. Blend in fruit juices. Sift flour, baking powder, and salt together. Add all at once, stirring just until well blended. Pour evenly over fruit. Bake in moderate oven (350°) for 45 to 50 minutes or until cake tests done. Let stand in pan on cake rack about 5 minutes. Invert cake plate on top of pan and turn upside down. Remove pan. Serves 6 to 8.

BOILED RAISIN CUPCAKES

Boil 1 cup raisins in 1 cup water. Set aside to cool.

- | | |
|----------------------|--------------------|
| 1/2 cup butter | 1 teaspoon vanilla |
| 3/4 cup sugar | 1 1/2 cups flour |
| 1/2 cup raisin water | 1 teaspoon soda |
| 1 egg, beaten | 1 pinch salt |
| | 3/4 cup nuts |

Sift dry ingredients in bowl. Make a well in dry ingredients. Add butter, raisin water, egg, vanilla. Mix well. Add nuts and raisins. Bake at 350° for 25 minutes. Do not frost.

FRUIT UPSIDE-DOWN CAKE

- | | |
|---|--|
| 1 1/2 cups plus 2 tablespoons sifted cake flour | 1 teaspoon flavoring |
| 1 cup sugar | 1/4 to 1/3 cup unbeaten egg (1 large) |
| 2 teaspoons baking powder | 1/4 cup butter |
| 1/2 teaspoon salt | 1/2 cup brown sugar (packed) |
| 1/3 cup soft shortening | 1 1/2 to 2 cups fresh or well drained canned fruit (sliced peaches, apricot halves, pineapple—sliced or crushed, cherries) |
| 2/3 cup milk | |

Heat oven to 350° (moderate). Sift flour, sugar, baking powder, salt into bowl. Add shortening, milk, flavoring. Beat 2 minutes, add egg. Beat 2 more minutes. Melt butter in square pan, 8x8x2" or 9x9x1¾". Mix in brown sugar. Arrange fruit on top. Pour cake batter over fruit.

Bake 40 to 45 minutes. Invert at once on serving plate. Leave pan over cake for a minute. Serve warm with plain or whipped cream.

PRUNE CAKE

$\frac{1}{2}$ cup shortening	1 teaspoon baking powder
1 cup sugar	1 teaspoon cinnamon
2 eggs, well beaten	$\frac{3}{4}$ teaspoon cloves
$1\frac{1}{4}$ cups cooked prunes	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups cake flour	$\frac{1}{2}$ cup sour milk
$1\frac{1}{2}$ teaspoons soda	$\frac{1}{2}$ cup prune juice

Cream shortening, add sugar and cream well. Add beaten eggs, and prunes. Mix well. Sift dry ingredients and add alternately with the liquid. Bake in oven at 350° 35 to 40 minutes.

GINGERBREAD

$1\frac{1}{2}$ cups sifted cake flour	$\frac{1}{2}$ teaspoon ginger
$\frac{3}{4}$ teaspoon baking powder	$\frac{1}{2}$ cup molasses
$\frac{1}{4}$ teaspoon soda	$\frac{1}{2}$ cup water
$\frac{1}{2}$ teaspoon salt	4 tablespoons shortening
$\frac{1}{2}$ teaspoon cinnamon	4 tablespoons sugar
$\frac{1}{4}$ teaspoon cloves	1 egg, unbeaten

Sift flour once, measure, add baking powder, soda, salt, and spices and sift again. (To use all-purpose flour, decrease amount to $1\frac{1}{4}$ cups). Combine molasses and water.

Cream shortening, add sugar gradually, and cream together thoroughly. Add egg and beat well.

Add dry ingredients alternately with liquid, a small amount at a time, beating after each addition until smooth. Bake in greased 8x8x2-inch pan in moderate oven (350° F.) 35 minutes, or until done. Cut in squares. Serve warm or cold with butter or cottage cheese.

1, 2, 3, 4, CAKE

1 cup shortening	4 teaspoons baking powder
2 cups granulated sugar	1 teaspoon salt
3 cups flour (sifted) all purpose	2 teaspoons flavoring (1 teaspoon vanilla, 1 teaspoon lemon extract)
4 eggs (separated)	1 cup milk

Cream shortening, add sugar gradually, beat until fluffy. Add 4 egg yolks one at a time, add flavoring. Then add milk little at a time alternately with sifted ingredients—flour, 1 teaspoon salt and baking powder, and then beat well. Fold in egg whites which have been stiffly beaten, put in greased 3-8" pans or 9x13" pan. Bake 350° about 45 to 55 minutes.

EASY AND QUICK JELLY ROLL

- | | |
|----------------------------|----------------------|
| 1 cup sifted cake flour | 1 cup sugar |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| dash of salt | 1 cup tart red jelly |
| 4 eggs at room temperature | |

Combine baking powder, salt, and eggs, in a large bowl. Beat with a rotary beater, adding sugar gradually until mixture becomes thick and lemon-colored. Sift flour once and measure. Fold into the egg mixture. Add vanilla. Turn into a pan which has been lined with waxed paper, then greased. Bake in a hot oven (400° F.) about 13 minutes. Turn cake out onto a towel which has been dusted with powdered sugar (sifted). Remove paper. Spread jelly on cake. Turn up edge of cake about 1 inch; lift up cloth high enough to raise turned edge of cake off table. This starts cake rolling and continues as cloth is lifted higher. Keep straight; stop when cake is entirely rolled and end of cake is underneath. Wrap cloth about cake tightly enough to keep rolled; cool on rack. Serve when cooled. Use pan approximately 10½ inches by 15½ inches.

WHITE FRUIT CAKE

- | | |
|--------------------|------------------------------------|
| 1 cup shortening | 1 teaspoon vanilla |
| 2 cups sugar | 1 teaspoon lemon or almond extract |
| 1 cup coconut | 5 egg whites, beaten separately |
| 1 cup walnuts | 3½ cups flour(sifted 3 times) |
| 1 cup mixed fruit | 2 teaspoons baking powder |
| ½ cup red cherries | 1 cup milk |
| ¼ teaspoon salt | |

Combine ingredients. Pour batter in well greased cake pan. Bake in slow oven about 300° for 1 hour or longer until done.

FRUIT CAKE

- | | |
|------------------------------|----------------------------|
| 1 cup butter | 1 teaspoon each of cloves, |
| 2 cups sugar | cinnamon and nutmeg |
| 1 cup sour milk or | 1 cup wine |
| milk with 1 teaspoon vinegar | 1 box raisins |
| 1 teaspoon soda | 1 box currants |
| 4 eggs | 1 package figs and dates |
| 3½ cups flour | ½ pound citron |

Mix well. Bake in loaf pan about 4 hours. Place a cup of water in the oven to keep enough moisture in air and prevent cake from drying out while baking.

HONEY FRUIT CAKE

- | | |
|------------------|---------------------------|
| 1 1/2 cups honey | 2 cups raisins |
| 2/3 cup butter | 1 teaspoon cinnamon |
| 3 cups flour | 1 teaspoon cloves |
| 3 eggs | 1/2 teaspoon salt |
| 1/2 cup milk | 3 teaspoons baking powder |

Mix honey and butter thoroughly, adding the well beaten eggs. Sift dry ingredients and add them alternately with milk. Bake for 2 hours in slow oven.

ANGEL FOOD CAKE

- | | |
|--------------------------|-----------------------------|
| 1 1/2 cups flour | 2 teaspoons cream of tartar |
| 1 1/2 cups sugar | 1 teaspoon vanilla |
| 1 1/2 cups egg whites | 1/2 teaspoon salt |
| 2 tablespoons cold water | |

Beat egg whites, cream of tartar, vanilla, salt and water till stiff or stands in peaks. Add cup of sugar gradually, and last of all flour sifted with the remaining sugar. Bake 1/2 hour at 400°.

WHITE LOAF CAKE

- | | |
|---------------------------|--------------------|
| 3 cups cake flour | 3/4 teaspoon salt |
| 3 teaspoons baking powder | 1 1/2 cups sugar |
| 1/2 cup shortening | 1 1/4 cups milk |
| 4 egg whites | 1 teaspoon vanilla |

Cream sugar and shortening, add sifted dry ingredients and milk alternately. Add vanilla and fold in beaten egg whites. Bake at 375°.

HOT MILK CAKE

- | | |
|--------------------------|-------------------------|
| 2 eggs | 1/2 cup hot milk |
| 1 cup sugar | 1 tablespoon butter |
| 1 cup flour | salt |
| 1 teaspoon baking powder | lemon or almond extract |

Add sugar gradually to beaten eggs (thick and lemon colored). Add flour which has been sifted 3 times with baking powder and salt. Add hot milk with melted butter. Add flavoring. Bake in 8"x8" pan in 250° oven. Frost while warm with:

- | | |
|---------------------------|---------------------|
| 5 tablespoons brown sugar | 2 tablespoons cream |
| 2 tablespoons butter | 1/2 cup coconut |

Blend. Mix coconut together with above ingredients. Spread on top of cake and brown under low broiler flame.

CREAM SPONGE CAKE

4 egg yolks	Flour
1 cup sugar	1 1/2 teaspoons salt
3 tablespoons cold water	1 teaspoon flavoring
1 1/2 tablespoons cornstarch	

Beat egg yolks until thick and lemon colored, add sugar gradually. Beat 2 minutes, add water. Put cornstarch in cup and fill cup with flour; sift flour, cornstarch and salt, and add to the first mixture. Add flavoring and well beaten egg whites last. Bake 30 minutes in 350° oven. Use recipe 1 1/2 times for an angel tube pan.

DADDY'S CAKE

4 eggs	1 cup milk
2 cups sugar	2 tablespoons butter
2 cups cake flour	2 teaspoons vanilla
2 teaspoons baking powder	

Beat eggs until very light. Add sugar and continue to beat. Add flour and baking powder which was sifted together. Boil milk and butter, then add to batter while milk is still hot. Then add vanilla. Bake at 300°—25 to 30 minutes. Just before cake is done have ready:

7 tablespoons brown sugar	} melted
4 1/2 tablespoons butter	

Then add 3 tablespoons cream or top milk. Spread on cake while still hot. Sprinkle with coconut and put under broiler and brown lightly. (Watch carefully while browning.)

SPICE CUP CAKES

Boil ten minutes:

1 cup raisins
2 cups water
Add:
1/2 cup shortening and cool

Sift into mixture:

1 cup sugar
1 teaspoon nutmeg
1 teaspoon cloves

1 teaspoon allspice
salt

1 3/4 cups cake flour
1 teaspoon soda

Beat well

Add egg and walnuts

Beat and bake

Frost with caramel frosting

SPONGE CAKE

- | | |
|------------------------|----------------------------|
| 6 eggs | 1½ cups flour |
| 1½ cups sugar | ½ teaspoon salt |
| 1 teaspoon lemon juice | 1½ teaspoons baking powder |
| 6 tablespoons water | |

Separate eggs. Beat egg yolks until lemon color, gradually beat in sugar, and lemon flavor, then add water alternately with flour. Beat egg whites until frothy, then add baking powder and salt and beat whites until it stands in a peak, then fold this into the batter. (Rinse pan in cold water and do not wipe it out.) Bake in slow oven for one hour.

SPICE CAKE

- | | |
|---------------------|---------------------|
| 1 cup molasses | 1 cup sugar |
| 2 eggs | ½ cup shortening |
| 2 teaspoons soda | 2 teaspoons vinegar |
| ½ cup strong coffee | |

Spices—½ teaspoon each—cloves, allspice and cinnamon

Flour to make a stiff dough. (About 2 cups or more if needed). Bake in slow oven. Raisins may be added.

HONEY CAKE

- | | |
|---------------------------|--------------------------|
| 3 eggs | 3 cups flour |
| 1 cup honey | 1 cup nut meats |
| ½ cup sugar | 2 or 3 tablespoons rum |
| 2 tablespoons cooking oil | flavoring |
| ½ cup hot coffee | Spices—½ teaspoon nutmeg |
| ½ teaspoon soda | ½ teaspoon allspice |
| ½ teaspoon baking powder | ¼ teaspoon salt |
| | 1 teaspoon cinnamon |

Bake in a loaf pan at 350° for 45 to 60 minutes.

CHOCOLATE-RUM FILLING

- | | |
|-------------------------------------|------------------------|
| ½ pound unsalted butter | 2 egg yolks |
| 2 cups confectioners' sugar, sifted | 3 tablespoons good rum |
| 3 squares of unsweetened chocolate | |

Melt chocolate in sauce pan over boiling water. Cream butter, adding sugar gradually till smooth and add to melted chocolate. Beat egg yolks till creamy and stir into chocolate mixture with rum until well blended. Beat till of desired consistency for spreading. A thin spreading is best between the layers and beat remainder till thicker for the topping in any desired pattern.

TOMATO SOUP CAKE

- | | |
|--------------------------|-----------------------------|
| 2 cups sugar | 2 teaspoons cinnamon |
| 8 tablespoons shortening | 2 teaspoons ground cloves |
| 1 can tomato soup | 4 cups flour |
| 1 can water | $\frac{1}{2}$ teaspoon salt |
| 2 teaspoons soda | 2 cups raisins |

Dissolve soda in soup. Bake 1 hour in a slow oven.

DOBOS TORTE (Multiple-layer Cake)

- | | |
|---|--|
| $\frac{3}{4}$ cup flour, sifted 3 times | 1 tablespoon lemon juice |
| 10 egg yolks | 6 egg whites |
| 1 pound powdered sugar | $\frac{1}{4}$ teaspoon cream of tartar |

Beat egg yolks till creamy and lemon colored, adding sugar gradually. If electric mixer is used beat 5 minutes, and 15 minutes if by hand. Add sifted flour into beaten egg mixture gradually, and beat 5 minutes or till well blended. Add lemon juice and blend well. Beat egg whites and cream of tartar till stiff, and fold into mixture with an over and under motion of mixing spoon. Turn batter into well greased and waxpaper-lined 8-inch cake pans, filling 3 pans at a time. Be sure to spread the batter thin enough to cover the bottom of pans evenly. Bake each set of 3 layers 5 minutes, at 450° or till lightly browned at edges. Remove from pans carefully, turning them out on paper towels or a double fold of cloth lightly dusted with confectioners' sugar. This amount of batter yields 12 thin layers. When layers are cool, put together with a thin filling of Rum-flavored Chocolate Frosting.

CARAMEL GLAZE FOR DOBOS TORTE

- | | |
|----------------------------------|---|
| $\frac{2}{3}$ cup powdered sugar | 1 tablespoon butter or vegetable shortening |
|----------------------------------|---|

Combine ingredients in sauce pan and melt over low heat, stirring constantly till mixture takes on a caramel color and is of a pourable consistency. Pour this over top of Dobos Torte and let run down sides. With knife dipped in hot water, score the glazed top cross stitch fashion. In cutting the torte dip knife into boiling water to prevent ragged edges.

STRAWBERRY SHORTCAKE

- | | |
|-----------------------------|------------------------------------|
| 2 cups flour | $\frac{1}{2}$ cup butter |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk |
| 1 tablespoon sugar | $1\frac{1}{2}$ quarts strawberries |
| 4 teaspoons baking powder | Whipped cream |

Mix flour, salt, sugar and baking powder. Work in butter with fingers and add milk slowly. Divide dough into 2 parts and place on floured board. Shape each by patting and rolling to fit layer cake tins and bake 12 minutes in hot oven. Crush sweetened strawberries and place between layers. On top layer spread whipped cream and dot with whole strawberries.

ALMOND TORTE

1 cup sifted cake flour	2 eggs separated
2 teaspoons baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
6 tablespoons butter or margarine	4 tablespoons sugar
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped almonds

Set oven at 325°. Grease 7x11x1" pan and cover the bottom with waxed paper. Sift flour with baking powder and salt. Cream butter or margarine by mixing it with your hand. Add sugar, (a small amount at a time) mix until fluffy and grains of sugar have almost disappeared. Beat in egg yolks thoroughly. Add flour gradually and alternately with milk; then add vanilla extract. Pour batter into pan. Beat egg whites until they hold their shape but do not cling to bowl when it is tipped. Gradually beat in 4 tablespoons of sugar. Spread meringue over batter, sprinkle with almonds, bake 1 hour. Serves 12.

ASSORTED CUP CAKES

$\frac{1}{2}$ cup soft butter	2 cups flour
1 cup sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	$\frac{3}{4}$ cup milk

Cream butter and sugar, add eggs and beat until fluffy. Sift flour, add baking powder and salt. Add dry ingredients to first mixture alternately with the milk. Add vanilla. Divide batter into 3 parts. Leave $\frac{1}{3}$ of the batter plain and fill muffin tins $\frac{2}{3}$ full and bake 375° 20 to 30 minutes. Frost with chocolate frosting.

FRUIT CUP CAKES—To $\frac{1}{3}$ of the batter add $\frac{1}{3}$ cup raisins, $\frac{1}{3}$ cup citron and $\frac{1}{3}$ cup coconut. Bake. Frost with icing and garnish with fruits.

SPICE NUT CAKES—To $\frac{1}{3}$ of the batter add $\frac{1}{3}$ cup grated nuts, $\frac{1}{4}$ teaspoon each of cinnamon and cloves. Serve plain or frosted.

PEANUT BUTTER CRUMB CAKE

Mix like piecrust:

2½ cups flour	2 cups brown sugar
½ teaspoon salt	6 tablespoons shortening
½ cup peanut butter	

(Save 2/3 cup of this mixture for topping.)

2 well-beaten eggs	1 teaspoon soda
1 cup sour milk	1 teaspoon vanilla

Sift flour, measure and sift with salt. Cream sugar with shortening and peanut butter; add flour and mix until crumbly. Reserve 2/3 cup of this mixture for topping. Combine remaining crumb mixture with beaten eggs, milk and flavoring. Beat thoroughly; add soda last and mix well. Pour into large well-greased and floured loaf pan; sprinkle 2/3 cup reserved mixture over top. Bake in 350° oven about 30 minutes. Needs no icing.

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Cookies

APPLE OATMEAL BARS

- | | |
|---------------------|--------------------------|
| 1 cup flour | 1/2 cup butter |
| 1/2 teaspoon salt | 2 1/2 cups sliced apples |
| 1/2 teaspoon soda | 2 tablespoons butter |
| 1/2 cup sugar | 1/2 cup brown sugar |
| 1 cup quick oatmeal | |

Spread half the mixture in a greased 7x11" baking pan. Arrange apples over mixture, dot with butter and sprinkle with sugar. Cover with rest of crumbs and bake 40-50 minutes at 350°.

FUDGE COOKIE BARS

- | | |
|----------------------------|------------------------|
| 6 ounce can Carnation milk | 2 tablespoons butter |
| 2 cups sugar | 30 graham crackers |
| 2 squares chocolate | 1/2 pound marshmallows |
| 1 teaspoon vanilla | 1/2 cup nuts |

Bring to a boil milk, sugar and chocolate until chocolate melts. Add butter, then cool. Add vanilla, graham crackers, marshmallow and nuts. Place in a greased cake pan and cut in squares.

DREAM BARS

Step 1.

- 1 cup bread flour
- 1/2 cup brown sugar

1/2 cup butter

Rub to crumb with fingers and spread on ungreased pan and bake 10 minutes in a moderate oven.

Step 2.

- 1 1/2 cups brown sugar
- 2 well beaten eggs
- 1/2 teaspoon baking powder

- 4 heaping teaspoons flour
- 1 cup nuts
- 1 cup coconut
- vanilla

Beat eggs until thick. Add sugar, flour, baking powder, nuts, etc. Remove pan from oven, spread batter over top and put back in oven. Bake 30 minutes in a moderate oven.

DATE BARS

- | | |
|-------------------|--------------------------|
| 3 eggs | 1 teaspoon baking powder |
| 1 cup sugar | 1 3/4 cups chopped dates |
| 1 cup flour | 1 cup nuts |
| 1/2 teaspoon salt | |

Beat eggs until light; add sugar and beat until thick. Add sifted dry ingredients; beat smooth. Stir in dates and nuts; bake in greased 9x13" pan in moderate oven 350° about 30 minutes. Cut in bars and roll in powdered sugar. 2 dozen.

DATE BARS

2 cups dates, cut fine
 1 teaspoon soda
 1 cup boiling water
 1 cup sugar
 3 tablespoons butter
 2 eggs

1-1/3 cup flour
 1 teaspoon baking powder
 1 teaspoon vanilla
 1 cup nuts
 1/2 teaspoon salt

Cook dates with the water for about one minute. Remove and stir in soda. Cool. Cream butter with sugar and add eggs, date mixture and flour, salt, baking powder, and nuts. Beat well and add vanilla. Bake in slow oven 45 minutes (350°). Cut in squares and sprinkle with powdered sugar.

FILLED BAR COOKIES

3/4 cup shortening (part butter)
 1 cup brown sugar
 1 3/4 cups sifted flour

1/2 teaspoon soda
 1 teaspoon salt
 1 1/2 cups rolled oats

Mix thoroughly the butter, brown sugar, flour, soda and salt. Add the rolled oats. Place 1/2 of this crumb mixture in greased and floured 13x9" oblong pan. Press and flatten with hands to cover bottom of pan. Spread with cooled filling (below). Cover with remaining crumb mixture patting lightly. Bake until lightly browned. While warm, cut into bars and remove from pan. Bake at 400° for 25-30 minutes.

DATE FILLING

3 cups cut-up dates
 1/4 cup sugar

1 1/2 cups water

Cook over low heat, stirring constantly until thickened (about 10 minutes). Cool.

FRUIT BARS

1 cup shortening
 2 cups dark brown sugar
 2 well beaten eggs
 3 3/4 cups flour
 1/2 teaspoon salt
 1 teaspoon baking powder
 1 teaspoon soda

2 teaspoons cinnamon
 1 teaspoon nutmeg
 1/2 cup buttermilk
 1 cup seedless raisins
 1 cup chopped dates
 1 cup chopped nuts
 1 cup mixed candied fruit (chopped)

Cream shortening and sugar. Add eggs and beat well. Add sifted dry ingredients, alternately with milk. Add fruits and nuts. Spread on greased cookie sheet about 1/4" thick. Bake at 375° about 15 minutes. Cut into bars. (It can be made without the mixed fruit.)

GINGER BARS

3 cups flour
 1 1/2 teaspoons baking powder
 1 teaspoon ginger
 1 teaspoon cinnamon
 1/2 teaspoon salt

1/2 cup butter
 1 cup sugar
 1/2 cup molasses
 2 eggs
 1 cup sour cream or milk

Sift, measured flour with baking soda, spices and salt. Cream butter till light, gradually add sugar, add molasses, slowly add beaten eggs, and dry ingredients, sour cream. Bake 15-20 minutes at 350°. Frost.

GOLDEN FRUIT BARS

1/2 cup butter
 1 cup honey
 1 teaspoon vanilla
 3 eggs
 1 1/4 cups flour

1 teaspoon baking powder
 1/2 teaspoon salt
 1 cup candied fruit
 1 cup walnuts, chopped

Cream butter and honey. Beat in vanilla and eggs one at a time. Add sifted ingredients, mixing well. Fold in fruit, nuts. Spread batter in greased 12x7 1/2x2" pan. Sprinkle with powdered sugar. Cut into bars. Bake 40-45 minutes at 350°.

HEAVENLY BANANA NUT BARS

2/3 cup shortening
 1 1/2 cups sugar
 2 egg yolks
 1 cup mashed bananas
 1 1/2 cups flour (cake)
 3/4 teaspoon soda

1/4 teaspoon salt
 4 tablespoons sour cream
 1/2 teaspoon vanilla
 2 egg whites
 1/2 cup chopped walnuts

Cream sugar and shortening. Add egg yolks and mix well. Add bananas. Sift dry ingredients and mix with sour cream and mix with above. Put in vanilla and nuts. Mix well. Add well beaten egg whites. Bake in slow oven 1 hour. When cool cut in strips and roll in powdered sugar. These are really delicious.

ICE BOX COOKIES

1 cup brown sugar
 1 cup white sugar
 1 cup shortening—part butter
 3 eggs, well beaten
 4 cups flour

1 teaspoon cinnamon
 1 cup nuts
 1 teaspoon soda
 1 teaspoon vanilla
 1/2 teaspoon salt

Mix usual method. Make in rolls and freeze or chill. Slice thin and bake in hot oven.

LADY'S CHOICE BUTTERSCOTCH GOODY BAR

- | | |
|---------------------------|--|
| 1 1/2 cups sifted flour | 1 1/4 cups brown sugar (firmly packed) |
| 2 teaspoons baking powder | 2 eggs |
| 1/2 teaspoon salt | 1/2 teaspoon vanilla |
| 1/2 cup shortening | 1/2 cup chopped nuts |
| | 1/2 cup coconut |

Cream shortening and sugar (adding sugar gradually), then add eggs and vanilla. Beat well. Sift together all dry ingredients and blend gradually into creamed mixture. Mix thoroughly. Add the nuts and coconut. Spread in well greased 12x8x2" pan. Bake at 350°—35 to 40 minutes. Sprinkle with powdered sugar. Cut into bars or squares while still warm.

PINEAPPLE BARS

- | | |
|----------------------------------|--------------------|
| 1 (No. 2) can pineapple crushed | 1 cup brown sugar |
| 1 1/4 cup white sugar | 1 1/2 cups flour |
| 3 heaping tablespoons cornstarch | 1 teaspoon soda |
| 1 cup shortening | 1 3/4 cups oatmeal |

Cook pineapple, sugar, and cornstarch till thick. Mix the other ingredients as for pie crust. Put half of this mixture on bottom of pan and spread on the filling. Put remainder of the mixture on top. Bake in 350° oven 20 minutes. You may use the following date filling also.

- | | |
|--------------------|---------------------|
| 1 1/2 cups dates | 1/4 cup brown sugar |
| 1/2 cup nuts | 1/2 cup water |
| 1 teaspoon vanilla | |

Cook dates with sugar and water for 10 minutes. Add vanilla and nuts.

RAISIN DATE BARS

- | | |
|--------------------------------|----------------------------|
| 1/2 cup light or dark raisins | 1 teaspoon vanilla |
| 1/2 cup fresh dates | 1/4 cup sifted cake flour |
| 2 eggs | 1/2 teaspoon baking powder |
| 1 cup sifted powdered sugar | 1/2 teaspoon salt |
| 1 tablespoon melted shortening | 3/4 cup chopped nuts |

Rinse, drain raisins; pit and cut dates. Beat eggs until light and fluffy. Add sugar, shortening, vanilla, blend well. Sift dry ingredients together, beat into egg mixture. Stir in raisins, dates, nuts and vanilla. Blend well. Spread in greased 9" square pan. Bake in slow oven (325°) heat about 25 minutes. Cut in bars and dust with powdered sugar.

TOFFEE BARS

1 cup soft butter	pinch of salt
1 cup brown sugar	1 teaspoon vanilla
1 egg	2 cups flour

Mix and spread on cookie sheet. Bake at 350° for 15-20 minutes. Melt 1 package chocolate chips in double boiler and spread on bars while warm. Sprinkle ground nuts on top and cut in squares.

TOFFEE-NUT BARS

½ cup soft butter (or other shortening)	2 tablespoons flour
½ cup brown sugar	1 teaspoon baking powder
1 cup sifted flour	½ teaspoon salt
2 eggs	1 cup moist coconut
1 cup brown sugar	1 cup cut-up almonds (or other nuts)
1 teaspoon vanilla	

Cream thoroughly butter and sugar. Add the flour. Press and flatten with hand to cover bottom of ungreased 13x9" oblong pan. Bake 10 minutes at 350° (moderate oven). Spread with the topping: Beat the eggs well, stir in sugar and vanilla. Add the 2 tablespoons of flour, baking powder and salt. Mix in the coconut and nuts. Return to oven and bake 25 minutes or more in 350° oven, until topping is golden brown. Cool slightly and cut into bars 1x3". Makes about 2½ dozen.

AGNES FILLED COOKIES

Filling:		1 orange
2 cups canned pears or apples		1 cup figs or dates
½ cup sugar		
Pastry:		
½ cup butter	3½ cups flour	} sift
1 cup sugar	1 teaspoon cream of tartar	
½ cup sweet milk	1 egg—separated	
2 teaspoons soda	1 teaspoon vanilla	
} dissolve		

Fold in egg white last. Chill dough—roll out half and press in the bottom of 8"x12" pan. Spread on filling and over with the other half. Bake in 350° oven.

APPLESAUCE COOKIES

$\frac{3}{4}$ cup soft shortening	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	$\frac{3}{4}$ teaspoon cinnamon
1 egg	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup applesauce	1 cup seedless raisins
$2\frac{1}{4}$ cups sifted flour	$\frac{1}{2}$ cup nuts, chopped
$\frac{1}{2}$ teaspoon soda	

Mix shortening, brown sugar, egg, stir in applesauce. Sift flour, soda, salt and spices and stir in. Mix in raisins, nuts, drop by teaspoonful onto greased cookie sheet. Bake 10 to 12 minutes at 375°. Makes 4 dozen.

BACHELOR BUTTER COOKIES

1 cup brown sugar	$\frac{1}{2}$ teaspoon baking powder
$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ teaspoon baking soda
1 egg	2 cups flour
2 teaspoons vanilla	

Roll in a little ball and dip in white sugar. Press nuts on top. Bake at 350° 10 to 15 minutes.

BANANA DROP COOKIES

$2\frac{1}{4}$ cups sifted flour	2 eggs
1 cup sugar	1 cup mashed bananas
2 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon baking soda	$\frac{1}{4}$ teaspoon cinnamon
$\frac{3}{4}$ teaspoon salt	1 tablespoon sugar
$\frac{2}{3}$ cup shortening	

Sift together flour, sugar, baking powder, baking soda and salt into mixing bowl. Cut in shortening. Add eggs, bananas and vanilla and beat until thoroughly blended. Drop by teaspoon about $1\frac{1}{2}$ inches apart on ungreased cookie pans. Sprinkle with a mixture of cinnamon and 1 tablespoon sugar. Bake in hot oven 400° about 12 minutes or until cookies are done. Makes about 3 dozen.

BANANA CHOCOLATE CHIP—Fold 1 package semi-sweet chocolate into batter.

BANANA OATMEAL COOKIES

- | | |
|---------------------|----------------------------------|
| 1 ½ cups flour | ¾ cup shortening |
| 1 cup sugar | 1 egg, beaten |
| ½ teaspoon soda | 1 cup mashed bananas—2 or 3 ripe |
| 1 teaspoon salt | 1 ¾ cups oatmeal |
| ¼ teaspoon nutmeg | ½ cup chopped nuts |
| ¾ teaspoon cinnamon | |

Sift flour, sugar, soda, salt and spices into bowl. Add shortening—mix—add eggs, bananas, oatmeal and nuts. Beat well. Drop by teaspoons on slightly greased cookie sheet. Bake in hot oven about 15 minutes. Remove from cookie sheets immediately.

BIRD'S NESTS

- | | |
|-------------------|--------------------|
| ½ cup brown sugar | 1 teaspoon vanilla |
| ½ cup butter | 1 egg yolk |
| 1 cup flour | 1 egg white |
| Salt (dash) | nuts |

Mix above ingredients and roll into balls. Roll balls in slightly beaten egg white, then in chopped nuts. Press slightly with spoon. Bake about 8 minutes at 350°. Remove. Press center again and fill with jam or ½ red cherry. Bake 10 minutes more.

BEST OATMEAL COOKIES

Cream together:

- 1 cup shortening
- 2 cups brown sugar
- Add:
- 2 well beaten eggs

Sift together:

- 2 cups flour
- 1 teaspoon soda
- 1 teaspoon baking powder

Add to the above mixture, then add 4 cups oatmeal and a pinch of salt. Drop on cookie sheet. Flatten with a fork. Bake at 400° heat.

BROWNIES

- | | |
|----------------------------------|----------------------------------|
| 2 eggs | ½ teaspoon baking powder |
| 1 cup sugar | ⅛ teaspoon salt |
| 2½ squares unsweetened chocolate | ½ teaspoon vanilla |
| 1/3 cup shortening | 1 cup nutmeats, coarsely chopped |
| 1 cup flour | |

Beat egg until thick and frothy, beat in sugar. Melt chocolate and shortening together over hot water. Add to first mixture. Add flour sifted with baking powder and salt. Add vanilla and nuts. Spread thinly in greased baking pan; bake in moderate oven at 325° F. for 30 minutes. Cut into 2-inch squares. Makes 2 dozen.

BROWNIES

- | | |
|--------------------------|-------------------------|
| 2 eggs | 1 cup chopped nuts |
| 1 cup sugar | $\frac{3}{4}$ cup flour |
| 2 squares chocolate | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup butter | |

Beat eggs, add sugar gradually, beat until foamy like sponge and add vanilla. Place chocolate in double boiler and melt. When melted add to beaten eggs and sugar, then add flour and nuts and put in greased 8x8" square pan. Bake 325° for 20 to 30 minutes.

CHOCOLATE CHIP COOKIES

- | | |
|--|-------------------------------|
| 2/3 cup shortening—part butter | $\frac{1}{2}$ cup white sugar |
| 1 cup brown sugar | |
| Cream until light. Add 2 eggs. Mix well and add: | |
| 2 cups flour | } sifted together |
| 1 teaspoon soda | |
| $\frac{1}{2}$ teaspoon salt | |
| | 2 teaspoons vanilla |

Mix thoroughly and add 1 package chocolate chips and 1 cup nuts. Drop by teaspoons on cookie sheet. Bake in moderately hot oven—375° for 10 minutes.

CHERRY COOKIES

- | | |
|-------------------------|------------------------------------|
| 1 cup shortening | 1 tablespoon sugar |
| $\frac{3}{4}$ cup sugar | 1 $\frac{3}{4}$ cups flour |
| 2 beaten yolks | 1 teaspoon salt |
| 1 cup chopped walnuts | 2 egg whites beaten, not too stiff |

Cream shortening and sugar well. Add yolks and mix well. Add the sifted flour and salt to the creamed mixture. Add nuts. Refrigerate one hour. When dough is chilled roll into balls the size of walnuts. Put on greased cookie sheet. Press center in each cookie and put $\frac{1}{2}$ cherry on top. Brush with egg white and 1 tablespoon sugar. Bake 15 minutes at 400°. They spread while baking.

CHRISTMAS COOKIES

- | | |
|-----------------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter | 1 egg |
| 1 cup brown sugar | $\frac{3}{4}$ cup nuts |
| 1 $\frac{3}{4}$ cups sifted flour | $\frac{3}{4}$ cup candied cherries |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup dates |
| $\frac{1}{2}$ teaspoon soda | 1 cup coconut |
| $\frac{1}{4}$ cup sour milk | |

Mix ingredients all together. Drop by teaspoons on greased cookie sheet. Bake in a 350° oven for 13 minutes. Top with a cherry or nut.

CHRISTMAS COOKIES (Drop)

- | | |
|--------------------------|------------------------------------|
| 2 pounds dates | 4 slices candied pineapple (diced) |
| ½ pound candied cherries | 1 cup shortening (half butter) |
| 2 cups pecans | 1 teaspoon soda |
| 2½ cups flour | dash salt |
| 2 eggs | 1 teaspoon cinnamon |
| 1½ cups brown sugar | 1 teaspoon vanilla |

Cream shortening and add sugar. Add rest of ingredients and drop on greased sheet. Bake at 300° till lightly browned.

CHOCOLATE DROPS

- | | |
|---|---------------------|
| ¾ cup cake flour | 3 eggs, well beaten |
| ½ teaspoon baking powder | ½ cup butter |
| 2 squares chocolate,
melted over hot water | 1 teaspoon vanilla |
| 1 cup sugar | ½ cup dates |
| | ½ cup chopped nuts |

Cream butter, sugar; add eggs, chocolate, beating well. Add flour, ½ cup dates cut in pieces, ½ cup chopped nuts, flavoring and ¼ teaspoon salt. Mix well. Drop by spoonful on cookie sheet. Bake 15 minutes at 375° F.

CHOCOLATE FANCIES

- | | |
|--------------------------------------|---------------------|
| ½ cup butter | 1 tablespoon cream |
| ½ cup sugar | ¼ teaspoon salt |
| 1 egg | 2 cups sifted flour |
| 1 square (1 ounce) chocolate, melted | 1 teaspoon vanilla |

Cream butter and sugar together until light; beat in egg; add chocolate, cream and vanilla. Sift salt with flour and add. Put through cookie press onto cookie sheets. Bake 8 to 10 minutes at 400°.

CHRISTMAS FRUIT COOKIES

Cream:

- 1 cup butter
- 1½ cups brown sugar
- 2 beaten eggs

Sift:

- 2¼ cups flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Add:

- 11 slices candied pineapple (all green)
- 2 teaspoons vanilla
- ½ pound candied cherries (red)
- 2 pounds pitted dates
- 1 cup Hazel nuts
- 1 cup chopped pecans
- 1 cup walnuts

Mix fruits and nuts and cover with flour. Let stand over night, mix well. In morning, combine ingredients and mix all together with hands so as to get the flour well mixed. Drop by teaspoon. Bake about 10 minutes at 325° F. Just brown the bottoms a little.

RICH CHOCOLATE COOKIES

$\frac{3}{4}$ cup shortening	2 squares unsweetened chocolate, melted
1 cup sugar	2 tablespoons milk
1 egg, well beaten	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	2 cups cake flour

Melt shortening, then add chocolate, milk and vanilla. Stir in the egg, sugar and beat well. Add remaining dry ingredients. Drop $\frac{1}{2}$ teaspoon of dough for each cookie, on greased cookie sheet. Bake 8 to 10 minutes at 375°. Makes 4 dozen cookies.

COCONUT COOKIES

1 cup brown sugar	1 teaspoon soda
$\frac{3}{4}$ cup shortening	1 teaspoon vanilla
2 eggs well-beaten	2 cups oatmeal
1 cup flour	2 cups coconut
1 teaspoon baking powder	

Cream shortening and sugar. Add well-beaten eggs, flavoring, and dry ingredients in order given. Bake 8-10 minutes at 375°. 1 cup ground raisins or 1 cup nuts may be added or both.

COCONUT COOKIES

$\frac{1}{2}$ pound cream cheese	2 cups flour
1 cup butter	

Chill in refrigerator overnight. Roll out in confectioners' sugar. Cut in strips and fill with coconut or jelly and roll. Then dip in white of egg slightly beaten and then dip into sugar. Bake 10 to 15 minutes at 400°.

DATE NUT PINWHEELS

$\frac{1}{2}$ cup shortening	1 $\frac{3}{4}$ cups flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon soda
1 egg	$\frac{1}{2}$ teaspoon cream of tartar
1 tablespoon sweet or sour cream	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Cream together shortening, sugar and egg. Add cream and vanilla. Sift and add dry ingredients. Mix until smooth. Divide dough into 2 parts. Roll each piece of dough on waxed paper to size about 11x7". Spread each rectangle with half of filling. Roll up tightly beginning at wide side by lifting waxed paper to roll the dough. Wrap each piece in waxed paper and chill until firm. Cut into $\frac{1}{4}$ inch slices. Place on baking sheet and bake about 10 minutes in moderate oven about 400°. Makes about 5 dozen cookies.

DATE FILLING

$\frac{3}{4}$ pound pitted dates, cut-up	$\frac{1}{3}$ cup sugar
	$\frac{1}{3}$ cup water

Cook until thickened. Remove from heat. Cool. Stir in $\frac{1}{2}$ cup chopped nuts.

DAINTY TEA COOKIES

1 cup butter	½ teaspoon baking powder
2/3 cup sugar	⅛ teaspoon salt
1 egg	1 tablespoon almond extract
2½ cups sifted flour	

Cream butter and sugar together. Add egg. Mix thoroughly. Add dry ingredients which have been sifted together. Add extract. Put through cookie press. Bake at 400° for 10 to 12 minutes.

FILLED CHRISTMAS COOKIES

6 cups flour	3 eggs
3 teaspoons baking powder	½ cup milk
1 teaspoon nutmeg	1 teaspoon vanilla
1 teaspoon salt	Mincemeat, jam or mixture
1 cup lard	of ground dates and nuts
1½ cups sugar	

Sift flour, baking powder, nutmeg and salt together. Cream lard, add sugar and cream well. Beat eggs, add to sugar and lard mixture. Add sifted flour mixture alternately with the milk. Add vanilla and mix thoroughly. Chill dough in refrigerator about two hours. Roll thin. Cut into shapes with cookie cutter. Place teaspoon of filling on cookie and then place another on top. Pinch edges together. Bake in a hot oven 425° F. for 10 to 12 minutes. Makes 3 dozen filled cookies.

FRENCH COOKIES

2 cups brown sugar	1 teaspoon nutmeg
2 eggs	1 teaspoon cinnamon
1 cup shortening	1 teaspoon soda in coffee
1 cup strong coffee	1 teaspoon baking powder
1 cup raisins	3 cups flour

Cream shortening, add sugar and eggs. Add rest ingredients alternately with coffee. Drop on greased cookie sheet and bake at 375°.

GINGER COOKIES

¾ cup shortening	2 cups flour
1 cup sugar	1 teaspoon ginger
1 egg	1 teaspoon cloves
4 tablespoons molasses	1 teaspoon cinnamon

Mix in order given. Form small balls, roll in sugar. Press out on cookie sheet. Bake for 10 minutes at 375° F.

GOOD PLAIN COOKIE

Take 4 cups sugar, 2 cups melted butter and lard, 4 eggs, 12 tablespoons cold water, 2 teaspoons soda and flour to make a soft dough. Roll out thin, cut with cutter and bake.

HANG-YEN-BANG (Chinese Almond)

2½ cups flour	2 tablespoons water
¾ cup granulated sugar	1 teaspoon almond extract
¼ teaspoon salt	1/3 cup blanched almonds
1 teaspoon baking powder	1 egg yolk
¾ cup soft shortening	1 tablespoon water
1 whole egg	

Sift together first 4 ingredients. Mix shortening and egg until creamy. Add 2 tablespoons water and extract. Mix. Gradually add flour mixture, stirring with fork till mixture draws away from sides of bowl. Knead to blend. Chill 1 hour. Heat oven. Form dough into 1" balls, using palm of hand to flatten each to ¼" thickness. Place on greased sheet ½" apart. Press almond in each; brush with yolk beaten with 1 tablespoon water. Bake till golden. These keep well. Temp. 350° F. for 25 minutes. Makes 3 dozen.

HONEY DROP COOKIES

2/3 cup shortening	3 cups sifted flour
½ cup sugar	2 teaspoons baking powder
1 cup honey	¾ teaspoon salt
2 eggs, beaten	¼ cup milk
1 teaspoon vanilla	

Cream shortening, add sugar and honey gradually; beat until light. Add eggs, blend thoroughly; add vanilla. Sift flour, baking powder and salt together. Add alternately with milk to first mixture, mix well. Chill dough, drop by teaspoon about 2" apart on a greased cookie sheet. Bake at 375° for 15 minutes. Makes about 5 dozen.

LITTLE FRUIT BALLS

4 or 5 cups dried fruit, use any combination of raisins, dates, figs, apricots or pitted prunes	fruit juice
1 cup coconut or nut meats	confectioners' or granulated sugar
	semi-sweet chocolate

Clean and wash the fruit thoroughly. Put the fruit, coconut or nuts through the food chopper. Moisten with the fruit juice, using 1 or 2 tablespoons and mix well. Shape into balls and roll in sugar or pat 1 inch thick on sugared pan or board. Sprinkle with sugar and let stand about a day. Cut into squares and roll in sugar. Vary by melting chocolate over hot water, then dip each ball separately; drain on waxed paper. Makes 2 pounds.

MARSHMALLOW COOKIES

Part 1—

- 28 rolled graham crackers
- 1 package of finely cut marshmallows
- 1 cup finely cut nut meats

Part 2—

- 2 squares of Baker's chocolate (melted)
- 2 cups sugar
- 2 tablespoons butter
- 1 cup condensed milk
- Bring to a boil and cook.

Add to part 1—spread in a long pan. Allow to set for about five hours.

MEXICAN WEDDING CAKE

- | | |
|----------------------------------|--------------------------------|
| 1 cup shortening (part butter) | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup powdered sugar | 1 teaspoon vanilla |
| $2\frac{1}{4}$ cups cake flour | $\frac{2}{3}$ cup chopped nuts |

Cream shortening and butter. Add sifted dry ingredients to creamed mixture along with vanilla and nuts. Shape into little balls and bake at 350° for 10 minutes. Roll in powdered sugar while still hot. Cool and roll in sugar again. Makes 5 dozen.

MILLION DOLLAR COOKIES

- | | |
|-------------------------------|-----------------------------|
| 1 cup shortening | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup white sugar | $\frac{1}{4}$ teaspoon soda |
| $\frac{1}{2}$ cup brown sugar | 2 cups flour |
| 1 egg | $\frac{1}{2}$ cup nuts |
| 1 teaspoon vanilla | |

Make as any other dough. Roll in small balls and roll in sugar. Press flat with a glass. Bake 10-12 minutes at 350°

MOLASSES COOKIES

Sift together:

- 1 cup flour
- $\frac{3}{4}$ teaspoon soda
- $\frac{1}{4}$ teaspoon salt

Cream:

- $\frac{1}{2}$ cup shortening
- $\frac{3}{4}$ cup sugar

Add:

- 1 egg
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup coconut
- $\frac{1}{2}$ cup walnuts

Drop by teaspoons. Bake about 10 minutes at 350°.

NON COOKED OATMEAL COOKIE

- | | |
|--------------------------|---------------------------------------|
| 4 to 5 tablespoons cocoa | $\frac{1}{2}$ cup butter or margarine |
| 2 cups sugar | $\frac{1}{2}$ cup milk |

Mix in saucepan and boil 4 minutes until syrupy. Mix in another bowl:

- | | |
|--------------------------------|--------------------|
| 3 cups oatmeal (quick oats) | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup chopped nuts | |

Pour hot mixture over that and mix well. Then cool slightly and add 1 cup miniature marshmallows or large ones chopped up. Mix well and drop on waxed paper. (If mixture is too hot, then it's too runny).

OATMEAL COOKIES

Mix and let stand overnight — drop with a spoon on a greased cookie sheet.

- | | | |
|-----------------------|---------------------|---------------------|
| 1 cup fat—part butter | 3 tablespoons water | |
| 2 cups brown sugar | 1 teaspoon soda | } sifted with flour |
| 2 cups flour | 1 teaspoon salt | |
| 3 cups oatmeal | 1 cup raisins | |
| 3 eggs | 1 cup nuts | |

Put raisins, oatmeal and flour through food chopper. Makes a large batch. Bake at 350° till golden.

OATMEAL COOKIES

- | | |
|-------------------------------|--|
| $\frac{3}{4}$ cup white sugar | 1 cup corn flakes |
| $\frac{3}{4}$ cup brown sugar | 1 $\frac{1}{2}$ cups flour |
| 1 cup shortening | 1 teaspoon soda dissolved in hot water |
| 2 cups quick oatmeal | 2 eggs |
| | 1 teaspoon salt |

Add chocolate chips, dates and nuts. Drop on greased cookie sheet. Bake at 350° for 15 minutes.

PEANUT BUTTER COOKIES

- | | |
|------------------------|---|
| 1 cup shortening | 1 cup peanut butter |
| 1 cup brown sugar | 1 teaspoon vanilla |
| 1 cup granulated sugar | 1 teaspoon soda |
| 2 eggs, beaten | 2 $\frac{1}{2}$ cups flour |
| | $\frac{1}{2}$ cup nutmeats (chopped fine) |

Cream together shortening and sugar; add eggs, peanut butter and vanilla. Sift flour and soda, add to mixture and mix well. Then add the nutmeats. Drop by teaspoons on greased baking sheet about 1" apart. Press into shape with a fork. Bake at 375° F. for about 10 minutes. Remove from oven, loosen immediately while still hot.

POPPY SEED COOKIES

- | | |
|--------------|----------------------------|
| ½ cup butter | 1 teaspoon vanilla |
| 1 cup sugar | 1 tablespoon poppy seed |
| 2 egg yolks | 1¼ to 1½ cups sifted flour |

Cream butter, gradually work in sugar; beat in egg yolks; add vanilla and poppy seed. Gradually work in flour. Force through cookie press onto cookie sheets. Bake at 425° for 5 to 8 minutes. If desired, the poppy seed can be withheld and sprinkled on top of the cookies before they are baked. Brushing the cookies with egg white will make the poppy seed stick more readily.

POPPY SEED COOKIES

- | | |
|--------------------------|--------------------------|
| ½ cup butter | ½ teaspoon cinnamon |
| ½ cup sugar | 1¼ cups flour |
| 2 ounces sweet chocolate | 1 teaspoon cloves |
| ½ cup hot milk | 1 teaspoon baking powder |
| 1 cup poppy seed | 1 cup currants |

Soak poppy seed in hot milk. Cream butter and sugar, add remaining ingredients. Mix thoroughly and drop from teaspoon in buttered pans. Bake 20 minutes at 350° F.

RAISIN OATMEAL COOKIES

- | | |
|------------------|-------------------------------|
| 1 cup raisins | 1½ cups oatmeal (rolled oats) |
| ½ cup shortening | 1½ cups flour |
| 1 cup sugar | 1 teaspoon soda |
| 2 eggs | ½ teaspoon salt |
| ½ cup milk | 1 teaspoon cinnamon |

Wash raisins in hot water and drain. Cream shortening with sugar, then add beaten eggs and milk. Add oatmeal, raisins and mix well. Add flour sifted with soda, salt, cinnamon, beat thoroughly. Drop on greased pan and bake 15 to 20 minutes 375° F.

RANGER COOKIES

- | | |
|--------------------------------|--------------------------|
| 1 cup shortening—(part butter) | 1 teaspoon soda |
| 1 cup white sugar | ½ teaspoon baking powder |
| 1 cup brown sugar | ½ teaspoon salt |
| 2 eggs | 2 cups oatmeal |
| 1 teaspoon vanilla | 2 cups rice cereal |
| 2 cups flour | 1 cup coconut |

Cream shortening—add sugar—cream again. Add eggs slightly beaten and vanilla and cream well. Sift flour, soda, baking powder and salt—add to above and mix well. Add oatmeal, rice cereal and coconut. It may be hard to mix with spoon—so you can mix it with your hand. Mold with hands into balls about size of a walnut—put on cookie sheet and press down with the bottom of a glass which has been covered with a wet cloth. Bake at 375° for 10 minutes.

RUSSIAN ROCKS

Cream:

$\frac{3}{4}$ cup brown sugar
 $\frac{2}{3}$ cup shortening
 Add and mix well:
 2 eggs
 1 cup flour
 $\frac{2}{3}$ teaspoon soda

$\frac{1}{3}$ teaspoon cloves
 $\frac{1}{3}$ teaspoon nutmeg
 $\frac{2}{3}$ teaspoon cinnamon
 $\frac{1}{2}$ cup raisins (rinsed)
 $\frac{1}{2}$ cup meats

Cream shortening and brown sugar; add eggs, flour, soda, cloves, nutmeg, cinnamon. Rinse raisins in hot water and add nuts. Mix together. Chill before baking. Bake at 350° about 10 minutes. Makes 3 dozen.

SOUR CREAM COOKIES

$\frac{1}{2}$ cup shortening
 1 cup sugar
 1 egg, well beaten
 $\frac{1}{2}$ cup sour cream
 $2\frac{2}{3}$ cups sifted flour

1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon soda
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon

Cream shortening, add sugar gradually and beat until light; add egg. Add sour cream alternately with sifted dry ingredients and blend well. Roll on floured board to $\frac{1}{4}$ " thickness. Cut with cookie cutter. Bake on greased cookie sheet at 375° for 15 to 20 minutes. Makes about 4 dozen.

SOUR CREAM COOKIES

2 cups sugar
 1 cup butter
 3 eggs
 1 teaspoon soda

1 cup sour cream
 1 teaspoon extract
 $7\frac{1}{4}$ cups flour

Mix well. Let stand overnight. Roll out and cut with cutter. Bake at 400°.

SPICE COOKIES

1 cup molasses
 1 cup sugar
 1 cup lard
 1 egg

1 teaspoon soda
 1 teaspoon each, cloves,
 cinnamon and ginger
 Flour

Add enough flour to make a stiff dough. Let stand overnight. Roll out thin and cut with cutter. Bake about 10 minutes at 400°.

SUGAR COOKIES

- | | |
|---------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon salt |
| 1 cup sugar | 2 cups flour |
| 1 egg, beaten | $\frac{1}{4}$ cup top milk |
| 2 teaspoons baking powder | $\frac{1}{2}$ teaspoon vanilla |

Cream butter and sugar and add egg. Sift dry ingredients and add alternately with milk to the creamed mixture. Add vanilla. Mix well. Chill dough. Roll out and cut into fancy shapes. Bake in 375° oven 8-10 minutes.

SWEDISH BUTTER COOKIES

- | | |
|-------------------------|---|
| 1 cup butter | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup sugar | 2 cups sifted flour |
| 1 egg yolk | $\frac{1}{2}$ teaspoon baking powder |
| 1 tablespoon cream | $\frac{1}{2}$ cup chopped walnuts or pecans |

Cream butter, add sugar. Add egg yolk, cream and vanilla. Mix well. Sift flour with baking powder. Add to creamed mixture. Add chopped pecans. Form dough into small balls. Dip into egg white, then into additional chopped pecans. Make small indentation in center of balls of dough after placing on ungreased sheet. Fill indentation with jelly or cherry. Bake at 350° F. 20 minutes. Handle carefully.

TEA DAINTIES

- | | |
|--|---|
| $1\frac{1}{2}$ inch cubes leftover cake or bread | $\frac{1}{2}$ cup maple-blended syrup or light corn syrup |
| $\frac{1}{2}$ cup finely shredded coconut | — Or $\frac{1}{2}$ cup finely crushed corn flakes |

Roll cake or bread cubes in syrup, coating all sides. Then roll in coconut. Place on greased baking sheet and bake in moderate oven 375° about 8 to 10 minutes. Remove at once from baking sheet. Serve with tea or coffee. May be used as a dessert accompaniment. Makes about 18 tea dainties.

VANILLA WAFER

Take 1 cup sugar, $\frac{2}{3}$ cup butter and lard mixed, 1 egg, 1 tablespoon vanilla, $1\frac{1}{2}$ teaspoons cream of tartar, and $\frac{2}{3}$ teaspoon soda mixed with 4 tablespoons milk. Stir all together and use flour enough to roll very thin. Cut into small shapes and bake.

WALNUT BOURBON BALLS

- | | |
|---|---------------------------|
| $2\frac{1}{2}$ cups finely crushed vanilla wafers | 3 tablespoons corn syrup |
| 1 cup powdered sugar | $\frac{1}{4}$ cup bourbon |
| 2 tablespoons cocoa | Powdered sugar |
| 1 cup finely chopped walnuts or walnuts and coconut | |

Mix first 4 ingredients well. Add sugar, bourbon, mix well. Roll into 1" balls, then roll in powdered sugar. Makes $3\frac{1}{2}$ dozen. Don't bake.

WALNUT CHEWS

$\frac{1}{2}$ cup butter
1 cup flour

2 tablespoons sugar

Mix and pack in bottom of 9x9" pan. Bake in very slow oven for 20 minutes. While this is baking, mix in order:

2 eggs beaten	2 tablespoons flour
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon baking powder
$1\frac{1}{2}$ teaspoons vanilla	1 cup nuts
$\frac{1}{4}$ cup coconut	

Pour this mixture over baked part in pan. Return to oven and bake in very slow oven for $\frac{1}{2}$ hour. And cut into slices 1x3". If cut larger, 2x2" and topped with whipped cream, makes an excellent dessert.

TELEPHONE BARS

Combine — 1 cup dates, 1 teaspoon soda, 1 cup hot water.

Cream — $\frac{1}{2}$ cup butter or shortening, 1 cup sugar, 2 eggs.

Sift — $1\frac{1}{2}$ cups flour, 1 teaspoon cocoa, 1 teaspoon salt. Add to creamed mixture, then add date mixture.

Pour into greased and floured 13x9x2" pan. Sprinkle top with one package chocolate bits. Bake at 350° for 30 minutes. Cut into bars while warm.

BRAN BROWNIES

2 1-ounce squares chocolate (unsweetened)	1 teaspoon vanilla
1 cup sugar	$\frac{1}{2}$ cup enriched flour
$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ teaspoon salt
2 eggs	$\frac{3}{4}$ cup whole bran
	$\frac{1}{2}$ cup chopped nuts

Melt chocolate and shortening together over hot water; cool. Beat eggs till light; add sugar and beat well; blend in chocolate and shortening. Sift together flour and salt; add to chocolate mixture. Stir in bran, nuts and vanilla. Pour into greased 8x8x2" pan. Bake in moderate oven (350°) 25 to 30 minutes. Cool. Cut in squares. Makes 16.

CHOCOLATE MACAROONS

1- $\frac{1}{3}$ cups sweetened condensed milk	1 teaspoon vanilla
2 cups coconut	2 squares (2 ounces) chocolate, melted
$\frac{1}{4}$ teaspoon salt	

Add milk, coconut, salt and vanilla to chocolate and mix thoroughly. Drop by teaspoonful onto greased baking sheet. Bake at 350° for 15 minutes. Approximate yield: 3 dozen cookies.

CHOCOLATE MACAROONS

- | | |
|-----------------------------------|--------------------------|
| 4 tablespoons butter or margarine | 1 cup flour |
| 3 squares bitter chocolate | 1 teaspoon baking powder |
| 1 cup sugar | ½ teaspoon salt |
| 2 eggs | 1 cup nutmeats, chopped |
| 1 teaspoon vanilla | |

Melt butter and chocolate together. Add sugar, eggs and vanilla, and beat. Sift flour, baking powder and salt together; add gradually until well mixed. Add nutmeats. Chill in refrigerator ½ to 1 hour. Then roll into small balls with the hands and roll in powdered sugar. Bake about 10 minutes in 375° F. oven. Do not overbake or they will be dry.

CORNFLAKE MACAROONS

- | | |
|-------------------|--------------------------------|
| 2 egg whites | ½ cup coconut |
| ½ cup sugar | vanilla |
| salt | 1 square chocolate (melted) or |
| 2 cups cornflakes | 2 tablespoons cocoa |

Mix sugar, salt, coconut, cornflakes. Add to stiffly beaten egg whites. Bake 325° F. 25 minutes.

CHOCOLATE NUT CHEWIES

- | | |
|--------------------|------------------------------------|
| 2/3 cup shortening | ½ teaspoon salt |
| 2 cups brown sugar | 1 teaspoon baking powder |
| 3 eggs | 1 cup walnuts or pecans |
| 1 teaspoon vanilla | 1 17-ounce package chocolate chips |
| 2 cups flour | |

Cream shortening and sugar well. Add eggs and beat thoroughly. Add vanilla and blend. Add sifted dry ingredients and beat until smooth. Stir in nut meats and chocolate chips. Spread in greased 10x15" pan. Bake in moderate oven for 25 minutes. When almost cool, cut into bars about 1x3½". About 3½ dozen.

DATE AND NUT ROLL

- | | |
|---------------------------------------|-------------------------|
| 2 cups vanilla wafer crumbs (½ pound) | 2 teaspoons lemon juice |
| 1 cup chopped dates | ½ cup Eagle Brand milk |
| ½ cup chopped nuts | |

Combine wafer crumbs, dates and nuts. Blend Eagle Brand and lemon juice. Add to crumb mixture and knead well. Form into roll 3 inches in diameter and cover with waxed paper. Chill in refrigerator for 12 hours or longer. Cut in slices.

OATMEAL CRISPIES

- | | |
|------------------------|------------------------------|
| 1 cup shortening | 1 teaspoon salt |
| 1 cup brown sugar | 1 teaspoon soda |
| 1 cup granulated sugar | 3 cups quick-cooking oatmeal |
| 2 well-beaten eggs | ½ cup chopped walnuts |
| 1½ cups flour | ½ cup coconut (optional) |

Cream shortening and sugar; add eggs and vanilla; beat well. Add sifted dry ingredients. Add oatmeal and nuts and coconut. Shape in rolls; wrap in waxed paper and chill overnight. Slice ¼ inch thick; bake on ungreased cookie sheet in moderate oven 350° for 10 minutes. 5 dozen.

PRIZE CHOCOLATE PUEBLOES

- | | |
|----------------------------|--------------------------|
| 1 cup brown sugar | 1½ cups flour |
| ½ cup butter | ½ teaspoon baking powder |
| 2 well beaten eggs | ¼ teaspoon baking soda |
| 2 squares melted chocolate | 1 teaspoon salt |
| ½ cup milk | 1 cup chopped nuts |

Cream butter and sugar together. Add eggs, blend, then add melted chocolate and beat well. Add milk. Add flour, soda, baking powder and salt which have been sifted together. Add vanilla and beat well. Add nuts and drop by spoonful on greased cookie sheet. Bake 12 minutes at 350°.

Frost with fudge icing if desired, and place half a nut on each cookie.

RICE KRISPIES MACAROONS

- | | |
|-------------------|----------------------|
| 2 egg whites | 2 cups Rice Krispies |
| 1 cup brown sugar | ½ cup chopped nuts |
| 1 cup coconut | vanilla |

Beat egg whites until stiff, add sugar gradually, then add the vanilla Rice Krispies, coconut and nuts. Drop by teaspoons on a buttered pan and bake in a moderate oven 400° until the macaroons are a delicate brown.

3 LAYER DELIGHT

3 cups flour	2 eggs
¼ teaspoon salt	2 tablespoons sugar
pinch of baking soda	1 ounce cake yeast
1 cup butter	1 teaspoon vanilla

Sift together flour, salt and baking soda. Cut in butter until it resembles coarse meal. Dissolve yeast in sugar and add eggs and vanilla. Knead for 2 to 3 minutes or until smooth. (Do not overwork the dough). Let rest for 20 minutes.

FILLING

½ cup marmalade	1½ cups shredded nuts
3 tablespoons sugar	(walnuts or pecans)

Divide dough into 3 equal pieces. Roll each piece out to fit a 9x12" pyrex cake dish. Put 1st piece into the pyrex cake dish and spread with a thin layer of apricot marmalade. Be careful not to touch edge of dish. Then sprinkle lightly with shredded nuts and sugar. Repeat with the second layer. Cover with third piece of dough. Let rest for ½ hour. Bake at 375° for 20 minutes. Let cool.

ICING

1 square chocolate	1½ teaspoons butter
¾ cup sugar	½ teaspoon vanilla
4 tablespoons water	2 tablespoons corn syrup

Pour the water over the sugar in a saucepan. Add corn syrup. Boil until the syrup spins a thread. Remove from heat, add chocolate and butter and mix until they dissolve. Add vanilla. Mix and spread icing over cooled cake. Cut in 1 inch squares.

WALNUT PUFFS

1 cup butter	2 cups flour
½ cup powdered sugar	1¼ cups walnuts
2 teaspoons vanilla	

Roll in small balls the size of a walnut and bake ½ hour at 350°. Roll in powdered sugar while warm. (Good!)

HERSHEY'S

FOR CAKES, COOKIES, ICINGS,
CHOCOLATE FLAVORED DRINKS

FUDGE CAKE

(Using Hershey's Cocoa)



- 2 1/4 cup flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 1/2 cup sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 cup sour milk
- 1/2 cup Hershey's Cocoa
- 1/3 cup hot water

1. Sift together flour, soda, baking powder and salt.
2. Cream shortening and sugar.
3. Add vanilla and well-beaten eggs to mixture.
4. Beat until fluffy.
5. Add measured milk to creamed mixture alternately with dry ingredients, beating thoroughly after each addition.
6. Mix Hershey's Cocoa and hot water to form a smooth paste.
7. Beat into batter.
8. Pour into 2 - 9" layer pans.
9. Bake in moderate oven (350° F.) 30 - 35 minutes.
10. Cool and remove from pans.
11. Spread with any Chocolate icing.

QUICK CHOCOLATE FROSTING

(Using Hershey's Baking Chocolate)



- 4 tablespoons butter
- 4 squares Hershey's Baking Chocolate
- 3 cups confectioner's sugar
- 1/3 cup milk
- 1 teaspoon vanilla
- 1/8 teaspoon salt

1. Melt butter and Hershey's Baking Chocolate in double boiler.
2. Stir until blended.
3. Measure sifted confectioner's sugar into a bowl.
4. Heat milk and add to sugar.
5. Beat until smooth.
6. Add vanilla, salt, and chocolate mixture.
7. Beat until smooth and thickened, about 5 minutes.

CHOCOLATE TOWN COOKIES

(Using Hershey's Semi-Sweet Dainties)



- 1/2 cup shortening
- 1/4 cup granulated sugar
- 1/2 cup brown sugar
- 1/2 teaspoon vanilla
- 1 egg
- 1 cup and 2 level tablespoons sifted flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup (6 ounces) Hershey's Semi-Sweet Dainties
- 1/2 cup chopped nuts

1. Cream shortening, sugar and brown sugar, firmly packed, and vanilla until light and fluffy.
2. Fold in well-beaten egg.
3. Sift flour, soda, salt.
4. Add to the creamed mixture.
5. Stir in Hershey's Semi-Sweet Dainties and chopped nuts.
6. Mix thoroughly.
7. Drop by small spoonfuls on greased baking sheet.
8. Bake in moderate oven (375° F.) about 10 minutes.
9. Yield - 50 cookies.

INSTANT CHOCOLATE FLAVORED MILK DRINKS

(Using Hershey's Instant Cocoa Mix)



COLD CHOCOLATE MILK

Place milk in a tall glass. Add 2 heaping teaspoons Hershey's Instant Cocoa Mix. Stir well. Quantity of Instant Cocoa Mix may be adjusted to suit taste.

HOT COCOA

Place 2 heaping teaspoons Hershey's Instant Cocoa Mix in a cup. Fill cup with hot milk. Stir until dissolved. Quantity of Instant Cocoa Mix may be adjusted to suit taste.

Doughnuts

DOUGHNUTS

- | | |
|--------------------|-----------------------------|
| 1 cup buttermilk | 1 teaspoon soda |
| 1 teaspoon salt | 2 tablespoons melted butter |
| 1 teaspoon vanilla | 2 teaspoon baking powder |
| 1 cup sugar | 3 cups sifted flour |
| 2 eggs | |

Combine the buttermilk, salt, vanilla and sugar and stir until sugar and salt are dissolved. Beat eggs well in a mixing bowl, then beat in the melted butter. Add milk and flour mixtures alternately. Place one large spoonful on well floured board. Work in just enough flour to roll and cut. Mix the trimmings with a fresh spoonful of the soft dough until all used. Fry at 375° F. until brown. Turn frequently.

MY BEST DONUTS

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|----------------------|-----------------------------|
| 1 cup whipping cream | 5 tablespoons melted butter |
| 2 ounces yeast | 4 cups flour |
| 10 egg yolks | 1 jigger rum (optional) |
| 1 teaspoon salt | 6 tablespoons sugar |

Heat the whipping cream till it's lukewarm. Add salt to the egg yolks and beat till the mixture thickens. Mix butter and sugar. Put cream, beaten eggs and sugar mixture into large bowl. Dissolve yeast with 1 tablespoon of sugar and add to the mixture. Mix well. Add rum. Add alternately flour and cream and beat well till dough bubbles.

Let rise in warm place. When dough doubles in size punch down. Let rise again and cut out with donut cutter either with or without hole. Let rise till light. Fry in deep fat turning once. Drain on absorbent paper. Sprinkle with powdered sugar.

ORANGE DROP DOUGHNUTS

- | | |
|-------------------------------|----------------------------------|
| 2 eggs | 2 teaspoons baking powder |
| ½ cup sugar | ¼ teaspoon salt |
| 2 tablespoons soft shortening | ½ cup orange juice |
| 2 cups sifted flour | 2 tablespoons grated orange rind |

Mix ingredients in order given. Drop by small teaspoonful into hot fat (375°). Use 2 spoons, dipping them in the fat first to allow dough to slide easily off spoons. Turn to brown evenly. Lift from fat with slotted spoon. Makes 3 dozen 1½" doughnuts.

TO GLAZE DOUGHNUTS—Add 1/3 cup boiling water gradually to 1 cup confectioners' sugar. Mix well. Dip warm doughnuts into the warm glaze.

ORANGE GLAZED POTATO DOUGHNUTS

Mix 1 yeast cake with;	½ cup shortening
¼ cup warm water	½ cup sugar
1½ teaspoons salt	1 cup scalded milk
2 beaten eggs	½ cup potato water
½ cup mashed potatoes	6 cups flour

Mix ingredients in large bowl and place in refrigerator overnight. Roll out and cut and let stand one hour. Fry and glaze using ¼ cup hot orange juice and 1 cup powdered sugar. When sugar is dissolved, dip warm doughnuts in the warm glaze.

SOUR CREAM DONUTS

3 eggs	½ cup sour milk or buttermilk
1 cup sugar	1 teaspoon baking powder
1 teaspoon vanilla	3 cups flour
1 teaspoon soda in	½ teaspoon nutmeg
½ cup sour cream	

Beat eggs well, add sugar and vanilla and mix well. Add soda to sour milk and cream. Sift baking powder, nutmeg, and flour. Add alternately with sour milk mixture making sure to add flour first to the egg mixture and ending with flour.

Fill donut maker and fry in deep fat preferably vegetable shortening or vegetable shortening and lard.

SOUR MILK DOUGHNUTS

3 eggs	1 teaspoon cream of tartar
1 cup brown sugar	½ teaspoon salt
3 tablespoons butter or lard	1 teaspoon nutmeg or mace
5 cups sifted enriched flour	1 cup sour or buttermilk
1½ teaspoons baking soda	

Beat eggs, add sugar beating well, add butter, melted, flour, soda, cream of tartar, salt and nutmeg. Add alternately with sour milk. Roll out ¼ inch thick. Cut and fry in deep pan of hot fat. Drain on brown paper. Dip in icing or sugar. Makes 3 dozen doughnuts.

BANANA FRITTERS

1 egg	2 tablespoons powdered sugar
¼ cup sweet milk	pinch of salt
2/3 cup flour	2 small bananas
2 teaspoons baking powder	few drops lemon juice

Add milk to the lightly beaten egg, add the dry ingredients all sifted together. Add the crushed bananas and lemon juice. Fry in deep fat to a golden brown. Dredge fritters with powdered sugar before serving.

DONUTS (YEAST)

1 cup oil	¼ teaspoon salt
2 yeast cakes	2 teaspoons vanilla
3 eggs	1½ cups lukewarm milk
1 cup sugar	6 cups flour

Dissolve yeast in lukewarm milk, place in pot that has cover. Add eggs, vanilla, oil, salt, then add flour and mix. Add milk to soften if necessary, then cover and let raise. Add sugar, mix again then cover again and let raise 2nd time. Roll out to ½" thick, cut with glass and place in a row on a floured towel. Leave covered with towel for ½ hour. Put oil into a 2" pan 1" deep. Make hot test with dough. Put indentation into each doughnut when putting into oil, put the hole side down. Make a small flame and cover for 2-3 minutes. Turn over when brown. Drain on paper. Fill with jelly and sprinkle with powdered sugar.

ROSETTES

Beat slightly:	½ teaspoon salt
2 eggs	
2 teaspoons sugar	
Add:	1 cup flour
1 cup milk	

Beat until smooth. Heat rosette form (iron) in hot fat. Place into batter carefully, (keep batter below top of iron) so it doesn't splatter over iron. Fry until golden brown (about 30 seconds). Sprinkle with powdered sugar. Makes 40 rosettes.

KROFE (Raised Doughnuts)

1 can evaporated milk, add coffee cream to make 2 cups	1 teaspoon vanilla
5 egg yolks	¼ cup butter
2 oz. cake yeast	¼ cup lukewarm water
½ cup sugar	1 teaspoon sugar
1 teaspoon salt	6 cups flour (about)

Dissolve yeast in lukewarm water and teaspoon sugar and set aside. Scald milk, add butter, sugar, salt. Cool to lukewarm. Add yeast and beaten egg yolks. Add flour to make a soft dough. Let rest 10 minutes. Roll on floured board ½ inch thick. Cut with cutter, let rise. Fry in deep fat, when cool roll in sugar. Very good.

Desserts

FRUIT ICE

- 1 12-ounce can Nectar or Nectarade (Loganberry, Apricot, Plum, etc.)
- 2 teaspoons plain Gelatin

- 2 tablespoons cold Water
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon Lemon Juice

Soak gelatin with water in mixing bowl for 5 minutes. Heat 1 cup of the fruit juice to boiling; add sugar and salt; pour over gelatin and stir until dissolved. Add water to remaining fruit juice to make 1 cup; add to gelatin mixture; add lemon juice. Pour in refrigerator tray and freeze at coldest temperature about $1\frac{1}{2}$ hours until mushy. Remove from tray to chilled bowl; beat with rotary beater until light and frothy. Return to tray and continue freezing at coldest temperature about $1\frac{1}{2}$ to 2 hours longer until firm. Turn the temperature back to normal. Makes approximately 1 quart.

FRUIT SHERBET

- 1 No. $2\frac{1}{2}$ can either sliced or diced Peaches, Pears, or Apricots
- $\frac{1}{4}$ cup sugar

- 2 tablespoons Lemon Juice
- $\frac{1}{2}$ cup Evaporated Milk, chilled

Mash fruit through sieve; add sugar; stir until dissolved. Add lemon juice. Pour into freezing tray of refrigerator and freeze at coldest temperature about 1 hour until mushy. Pour into chilled bowl; stir well until smooth but not melted. Whip evaporated milk; fold into fruit mixture. Return to refrigerator and continue freezing for 1 hour longer. Stir lightly again if mixture has separated, then freeze 1 hour until firm. Return freezing unit to normal temperature. Makes about 1 quart.

FRUIT CUP

- 3 oranges (sectioned)
- 3 apples (each apple sliced into 8 sections)

- 1 package frozen strawberries
- 1 pint orange sherbet

Arrange orange sections, apples and strawberries in layers in each cup. Add orange sherbet. Decorate with mint leaves. Serves 8. Serve with cheese straws.

BAKERS COCONUT PIE CRUST

- 2 tablespoons soft butter

- $1\frac{1}{2}$ cups coconut

Spread butter evenly in an 8 or 9 inch pie pan. Sprinkle coconut into the pan and pat evenly into the butter. Bake in a moderate oven 350° for 10-12 minutes or until crisp and golden brown. Cool. Fill with your favorite Jello pudding or ice cream. Chill until firm.

BAKED CRISPY PEACHES

- | | |
|--|----------------------------------|
| $\frac{1}{2}$ No. 2 $\frac{1}{2}$ can Peach Halves | 3 tablespoons Brown Sugar |
| $\frac{3}{4}$ cup Cornflakes | 1 tablespoon Butter or Margarine |

Drain peach halves. Crush cornflakes lightly. Roll peach halves in cornflakes. Place peaches, hollow side up, in baking dish. Fill centers with sugar; dot with butter or margarine. Pour $\frac{1}{4}$ cup juice around peaches. Bake in moderately hot oven at 375° F. for about 25 minutes until browned. Serve warm with cream or evaporated milk. 4 servings.

NOTE: Other cereal flakes may be used in place of cornflakes.

MARSHMALLOW CREAM

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|--------------------|----------------------------------|
| 26 marshmallows | 1 tablespoon or more lemon juice |
| 1 cup orange juice | $\frac{1}{4}$ teaspoon salt |

Put all ingredients into double boiler until marshmallows are melted. Cool. Whip 1 cup cream. Fold into marshmallow mixture. Place into refrigerator until set. Do not freeze. This filling may be used in the Coconut Pie Crust.

CHERRY BLOSSOM DESSERT

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|---|------------------------------|
| $\frac{1}{4}$ cup flour | 1 $\frac{1}{2}$ cups flour |
| 1 cup sugar | $\frac{1}{2}$ teaspoon soda |
| $\frac{3}{4}$ cup cherry juice | 1 cup brown sugar |
| $\frac{1}{2}$ teaspoon almond flavoring | $\frac{1}{2}$ cup shortening |
| 1 can sour cherries, drained | 1 cup oatmeal |

Mix $\frac{1}{4}$ cup flour with sugar, add cherry juice and flavoring. Cook until thick. Add cherries. Cool. Sift remaining flour with salt and soda. Blend in brown sugar and oatmeal. Cut in shortening. Press one half mixture in 8x12" pan. Spread with thickened cherries. Add remaining oatmeal mixture. Press lightly. Serve with whipped cream. Bake $\frac{1}{2}$ hour or until golden brown.

VANILLA WAFER DESSERT

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|---|-----------------------------------|
| $\frac{1}{2}$ pound vanilla wafers (crumbled) | $\frac{1}{2}$ pint whipping cream |
| $\frac{1}{2}$ cup butter | 1 can pecans |
| 1 cup powdered sugar | 1 small can pineapple |
| 2 egg yolks | |

Cream butter, add sugar and beaten yolks. Fold in beaten whites, pour over crumbs. Beat cream, add pineapple and nuts. Place on top first layer. Garnish with 1 cup crumbs.

HEAVENLY HAWAIIAN CREAM

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|--|--|
| 1 No. 2 can (2½ cups) pineapple tidbits | 1 cup heavy cream, whipped |
| ¼ pound (16) marshmallows, cut in eighths | |
| ¼ cup well-drained maraschino cherries, cut in fourths | ¼ cup slivered blanched almonds, toasted |
| | Shredded coconut |

Drain pineapple, reserving ¼ cup of the syrup. Combine pineapple, marshmallow, cherries, and reserved ¼ cup syrup. Let stand 1 hour. Fold in whipped cream. Spoon into dessert dishes and chill. To serve, sprinkle with nuts and top with coconut. Serves 6 to 8.

APPLE CRISP

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|------------------|------------------------|
| 2 cups oatmeal | 1 teaspoon baking soda |
| 2 cups flour | 1 cup brown sugar |
| 1 cup shortening | |

Mix together. Put ½ on bottom of pan, pat down. Slice apples over this or use thick apple sauce. Spread remaining crumb mixture on top. Bake in 350° oven for 1 hour. Serve with whipped cream or ice cream. (This can be also spread with date filling.)

ANGEL CAKE DESSERT

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|----------------------------|-----------------------|
| 2 packages chocolate chips | 1 pint whipping cream |
| 4 eggs separated | 1 teaspoon vanilla |
| 1 teaspoon sugar | 1 cup ground nuts |
| salt | 1 large angel cake |

Melt and cool chocolate chips. Add beaten egg yolks to it. Beat egg whites, add sugar, salt and vanilla. Combine the two mixtures. Add nuts. Fold in whipping cream. Cut cake in inch squares. Put layer of cake then filling on top and alternate. Chill.

LEMON FLUFF

Dissolve in 1½ cups boiling water:

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| 1 package lemon jello | juice of 2 lemons |
| pinch salt | |

Let this congeal. Whip can of Carnation milk (chilled overnight) and add to it 1 cup sugar. Whip jello mixture and combine with milk mixture. Crush 6 or 8 graham crax or vanilla wafers and mix with ¼ cup melted butter and ½ cup brown sugar. Put some crumbs on bottom of either a square pan or 2 pie tins. Put the rest on top of mixture. This is a large recipe and is a delicious dessert for a heavy meal.

PINEAPPLE TORTE

Cream: 1 cup sugar and $\frac{1}{2}$ cup butter

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| 1 cup milk | 1 teaspoon vanilla |
| 24 graham crax | 2 egg yolks |
| 1 cup ground nuts | 2 egg whites, beaten |
| 2 teaspoons baking powder | |

Proceed as for any other cake adding last the beaten whites. Bake 35-40 minutes.

Cook 1 cup pineapple crushed with 1 cup sugar 15 minutes. While hot pour over torte and serve warm with whipping cream. It could be served cold also.

PRIZE ICE CREAM RECIPE

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|--------------------------|----------------------------|
| 4 eggs | 2 tablespoons flour |
| 2 tablespoons cornstarch | 1 quart milk |
| 2 cups sugar | 1 cup white or maple syrup |

Cook to boil, mixing well. Add 2 teaspoons vanilla. Cool well. Mixing, add 6 cups cream. Freeze in trays. Cherries, nuts, or marshmallow cut up and peppermint sticks broken up can be added to this mixture. Delicious.

PINEAPPLE FLUFF

Dissolve: 25 marshmallows in $\frac{1}{2}$ cup milk

Allow mixture to cool. Add:

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| $\frac{3}{4}$ cup drained crushed pineapple | 1 teaspoon vanilla |
| 5 tablespoons lemon juice | $\frac{1}{2}$ pint whipped cream |

Pour into a large dish lined with vanilla wafer crumbs. Chill and serve.

BLUEBERRY DESSERT

Cream together:

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| 1 cup shortening or part butter | 1 cup sugar |
|---------------------------------|-------------|

Add to the above:

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| 2 eggs | 1 teaspoon vanilla |
| 2 cups flour | pinch of salt |

Filling:

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| 2 cups blueberries | 1 tablespoon cornstarch or tapioca |
| $\frac{1}{2}$ cup sugar | 1 egg beaten spread over filling |

Put a layer of mixture in bottom of pan, filling, and rest of dough.

Sprinkle with:

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|------------------------|-------------------------|
| $\frac{1}{2}$ cup nuts | $\frac{1}{4}$ cup sugar |
|------------------------|-------------------------|

Bake 45 minutes at 350°. Serve plain or with whipped cream or ice cream.

BAKED LEMON CHEESE CAKE

CRUST

Combine $\frac{3}{4}$ cup finely crushed Zwieback crumbs or graham crackers, 1 tablespoon sugar and 2 tablespoons butter, mixing well. Press firmly in pie pan.

FILLING

Combine 1 package lemon pie filling, $\frac{2}{3}$ cup sugar and 1 cup milk in saucepan. Cook and stir until mixture thickens. Remove from heat. Combine $\frac{1}{2}$ pound cream cheese and 1 pound cottage cheese blending well. Add 3 eggs, unbeaten, one at a time, mix well after each. Then add $\frac{1}{4}$ teaspoon salt and cooked pudding, blending thoroughly. Pour over crumbs. Bake in slow oven (300° F.) for 1 hour and 15 minutes. Cool to room temperature. Chill. If desired spread with cherry glaze.

CHERRY GLAZE

Combine $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch and 1- $\frac{1}{3}$ cups canned cherry juice plus water. Cook and stir over medium heat until mixture comes to boil and thickens. Simmer 2 minutes, remove from heat. Cool 5 to 10 minutes. Spread 2 cups drained, canned (syrup packed) red sour cherries over chilled cake. Pour glaze over berries and chill.

Baked Vanilla Cheese Cake—Use 1 package vanilla pudding, decrease sugar to $\frac{1}{2}$ cup, add $\frac{1}{4}$ teaspoon nutmeg, 1 teaspoon vanilla with salt.

PINEAPPLE DESSERT

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|---------------------------------|----------------------------|
| 1 No. 2 can pineapple (crushed) | $\frac{1}{2}$ cup sugar |
| 1 pint whipping cream | 18 graham crackers (about) |
| 3 tablespoons lemon juice | |

Whip cream, not too stiff, add well drained pineapple, lemon juice and sugar. Put graham cracker crumbs on bottom of 9" pan. Add layer of cream mixture, then another layer of crumbs, then cream mixture again and end up with crumbs on top. Chill overnight.

GLORIFIED RICE

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|----------------------------------|--------------------------|
| $\frac{3}{4}$ cup rice | $\frac{1}{2}$ cup sugar |
| $\frac{3}{4}$ cup whipping cream | 4 large slices pineapple |

Cook rice in plenty of water and salt. Wash and chill. Whip cream, add sugar and fold rice into it. Then fold in diced pineapple. Serves 4.

GOLDEN COOLER DELIGHT

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|--|------------------------------|
| 1 can (1 pound, 4 1/2 ounces)
crushed pineapple | 1/3 cup powdered sugar |
| 1 cup cold cooked rice
(about 1/3 cup when raw) | 1/2 cup heavy cream, whipped |
| | 1/2 cup crushed strawberries |

Drain pineapple thoroughly. Fold 1 cup of the drained pineapple, the cooked rice and the powdered sugar into the whipped cream. Cover and chill at least 2 hours. At serving time, spoon layers of rice mixture, remaining pineapple and crushed strawberries into individual glass serving dishes or parfait glasses. Serves 4.

Pies and Pastries

LEMON MERINGUE PIE

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|--------------------------|--|
| 1½ cups sugar | ½ cup fresh lemon juice |
| 7 tablespoons cornstarch | 1 teaspoon grated lemon peel |
| 1½ cups hot water | 2 tablespoons butter |
| ¼ teaspoon salt | 3 egg yolks, saving whites
for meringue |

Mix sugar, cornstarch and salt in pan. Add hot water gradually. Cook over direct heat; stirring constantly, until thickened and clear (6 to 8 minutes). Remove from heat, stir ¼ cup of hot mixture gradually into beaten egg yolks and pour back into pan. Cook for 6 minutes at low heat, stirring constantly. Remove from heat; add lemon juice, grated lemon peel and butter. Cool slightly; pour into cool baked 9" pie shell. Top with meringue.

MERINGUE

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|---------------------|------------------------------|
| 3 egg whites | 1 teaspoon fresh lemon juice |
| 6 tablespoons sugar | |

Beat egg whites and lemon juice until frothy. Add sugar gradually, beating until meringue holds in firm glossy peaks. Spread meringue to edge of crust on top of lemon-filled pie shell. Put into oven to brown 7 to 10 minutes at 400°.

LEMON SPONGE PIE

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|---------------------------------|--------------|
| 1 cup sugar | 2 egg yolks |
| 1 tablespoon butter | 1 cup milk |
| 2 tablespoons flour | 2 egg whites |
| Rind and juice of 1 or 2 lemons | |

Cream sugar and butter; add flour and cream again. Add rind and juice of lemons, egg yolks, milk and fold in beaten egg whites. Pour in unbaked pie crust and bake in moderate oven 350° F. about 1 hour.

MOCK APPLE PIE

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|------------------------------|---------------------------|
| 20 buttered soda crackers | 1½ cups cold water |
| 1½ cups sugar | 3 tablespoons lemon juice |
| 1 teaspoon cinnamon | ½ teaspoon nutmeg |
| 1½ teaspoons cream of tartar | |

Combine these ingredients in saucepan, cook two minutes and pour into unbaked pie shell. Cover with top crust, brush with milk and sprinkle sugar on top. Bake at 450° for 15 to 20 minutes.

APPLE DUMPLINGS

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| 1 cup sugar | 2 cups sifted enriched flour |
| 1 cup water | 2 teaspoons baking powder |
| $\frac{1}{8}$ teaspoon cinnamon | 1 teaspoon salt |
| $\frac{1}{8}$ teaspoon nutmeg | $\frac{2}{3}$ cup shortening |
| 2 drops red food coloring | $\frac{1}{2}$ cup milk |
| 2 tablespoons butter or margarine | 6 whole apples, pared and cored,
or 3 apples, pared and sliced |

Combine sugar, water, cinnamon, nutmeg, and food coloring; bring to boiling. Add the butter. Sift together dry ingredients; cut in the shortening. Add milk all at once and stir until just moistened. Roll $\frac{1}{4}$ inch thick on lightly floured surface; cut with pastry wheel or knife into 6-inch squares. Place 1 whole apple (or $\frac{1}{2}$ apple, cut in slices) in center of each pastry square. Sprinkle each apple generously with sugar, cinnamon, and nutmeg; dot with butter. Fold corners to center and pinch edges together. Place 1 inch apart in a greased 11x7x1 $\frac{1}{2}$ " baking pan. Spoon the syrup over dumplings; sprinkle with sugar. Bake in moderate oven (375°) about 35 minutes. Top with a dab of tart red jelly and serve warm with cream. Makes 6 servings.

PINEAPPLE CARAMEL PIE

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| $\frac{3}{4}$ cup brown sugar | 1 tablespoon grated orange rind |
| 3 tablespoons cornstarch | 2 tablespoons butter |
| $\frac{1}{4}$ teaspoon salt | 1 recipe plain pastry |
| 1 No. 2 $\frac{1}{2}$ can crushed pineapple | (for 2-crust 9" pie) |

Mix brown sugar, cornstarch and salt. Combine with a little pineapple: blend. Add rest of pineapple. Cook, stirring until thick and clear. Stir in orange peel and butter. Cool slightly. Line a 9" pan with pastry. Pour in pineapple mixture. For lattice top, roll pastry to size of pan. Cut 10 strips, $\frac{1}{2}$ " wide. Twist strips as they are laid across pie. Lay same number of strips diagonally across. Seal, flute edges. Bake in 425° oven for 25 minutes. Serves 6.

RHUBARB PIE

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| 3 tablespoons flour | 2 cups rhubarb, cut
in small pieces |
| 1 cup sugar | 1 recipe plain pastry |
| 1 egg, beaten | |

Sift flour and sugar together, add egg, beat thoroughly and add rhubarb. Line pie pan with pastry and pour in filling. Cover with top crust or lattice and bake in very hot oven (425°) 10 minutes; reduce temperature to moderate (350°) and bake 35 minutes longer.

FRENCH CHIFFON PIE

- 1 package ($\frac{1}{2}$ lb.) vanilla wafers,
ground through food chopper

Divide in two equal parts. Line 9" pie tin with half of ground wafers.

FILLING (Part 1)

- 1 cup powdered sugar $\frac{1}{2}$ cup soft butter

Cream. Add two well-beaten eggs, beat well. Spread this evenly on bottom of vanilla wafer lined tin.

FILLING (Part 2)

- $\frac{1}{2}$ pint heavy cream beaten stiff 1 small bottle maraschino cherries,
1 cup walnut meats chopped fine chopped fine
1 mashed banana

Spread second part of filling on top of first part, then spread balance of wafer crumbs evenly over top and smooth and press in lightly with flat side of spatula. Let stand in refrigerator 24 hours. Makes 8 generous servings.

NOTE: After mixing the beaten eggs with the creamed butter and sugar the mixture will be thin. Beat it until it is thick and then spread it gently over the wafer crust being careful not to crumble the crust.

EGG NOG PIE

- 4 eggs 1 $\frac{1}{4}$ tablespoons cornstarch
1 tablespoon gelatin plain 1 teaspoon vanilla
2 cups milk, scalded 1 teaspoon salt
 $\frac{3}{4}$ square chocolate

Scald milk, beat egg yolks, and add $\frac{1}{2}$ cup sugar and cornstarch. Stir this mixture slowly into scalded milk and cook. Cook until thick. Take out 1 cup of custard to which add the melted chocolate. To the remaining custard add the gelatin which has been soaked in the cold water. Allow this mixture to cool. Beat egg whites with $\frac{1}{4}$ teaspoon cream of tartar. When stiff add other $\frac{1}{2}$ cup sugar slowly. Fold this into custard containing gelatin. Put chocolate custard into baked pie shell. Put plain custard on top of chocolate layer. Chill in refrigerator and serve with cream.

NUT PIE

Mix following ingredients like pie crust and line pie plate:

- $\frac{1}{4}$ pound butter 3 tablespoons sugar
1 cup flour 1 teaspoon baking powder

FILLING

- 2 cups ground pecans 1 teaspoon vanilla
1 cup granulated sugar 3 eggs beaten into this mixture

Bake at 350° 25-30 minutes.

PUMPKIN PIE

$\frac{1}{2}$ cup sugar	2 cups pumpkin
1 teaspoon salt	3 eggs
$\frac{1}{4}$ teaspoon cloves	2 tablespoons melted butter
$\frac{1}{4}$ teaspoon nutmeg	1 cup milk
$\frac{1}{4}$ teaspoon ginger	

Mix sugar and spices and add to the pumpkin. Beat eggs and add milk and melted butter to pumpkin mixture. Turn into pastry lined pan and bake. Serve with cheese or garnish with whipped cream.

FRUIT DUMPLINGS

6 apples (medium)	Pastry
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ teaspoon cinnamon mixed with sugar	2 tablespoons sugar
1 cup fruit (cherries, peaches or dates)	

Pare and core apples, sprinkle with sugar and cinnamon and fill with fruit. Roll out pastry dough into thin sheets, cut in squares; then wrap in apple in each square. Dip in egg and roll in chopped nuts and sugar. Bake in a moderately hot oven. Serve with cream. Makes 6. Bake 45 minutes at 375°.

PRUNE PIE

1 pound prunes	2 egg whites
$\frac{3}{4}$ cup sugar	

Soak prunes overnight in cold water to cover, then simmer until prunes are soft, and liquid practically cooked away. Pit and cut into small pieces, add $\frac{3}{4}$ cup sugar. Fold in 2 egg whites, beaten stiff, and pour into unbaked pie shell. Bake slowly until filling is firm at 350°. When done, cool, and serve with whipped cream.

PINEAPPLE BUTTERSCOTCH PIE

4 tablespoons butter	2 egg yolks
1 cup brown sugar	4 slices pineapple
2 cups milk	2 egg whites
4 tablespoons cornstarch	

Cook butter and brown sugar in frying pan until thick. Scald milk and dissolve the caramel in milk. Mix cornstarch with enough water so it will be smooth. Add it to the beaten egg yolks. Add to milk mixture and cook in double boiler until thick. Cool. Pour into baked pie-shell, cover the top with slices of pineapple cut in halves. Whip the whites of the eggs and fill the spaces with the egg white. Brown in oven.

VANILLA RASPBERRY PIE

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|---|--------------------------------------|
| 12 graham crackers
(1 $\frac{1}{4}$ cups crumbs) | 2 cups milk |
| $\frac{1}{3}$ cup sugar | 1 $\frac{1}{4}$ cups red raspberries |
| $\frac{1}{2}$ cup melted butter | 1 package raspberry flavored gelatin |
| 1 4-ounce package vanilla pudding | 2 cups water |

Combine cracker crumbs, sugar and butter; mix well. Press firmly in greased 9" pie pan. Chill until set (about 45 minutes). Prepare vanilla pudding with 2 cups milk as directed on package. Chill. Prepare flavored gelatin with 2 cups water as directed on package. Chill until partially set. Whip until fluffy and consistency of whipped cream. Put cooled vanilla pudding into graham cracker crust. Sprinkle raspberries over filling. Top with whipped gelatin mixture. Garnish with more berries. Chill. Serves 6.

BLUEBERRY PIE

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|---|--------------------------|
| 1 recipe plain pastry or hot water pie crust | 2 tablespoons flour |
| 1 quart fresh blueberries or 3 cups canned blueberries, drained | $\frac{3}{4}$ cup sugar |
| | 1 tablespoon lemon juice |
| | 1 tablespoon butter |

Line a 9" pan with pie crust. Mix together flour and sugar, add to prepared berries and add lemon juice. Turn into unbaked shell. Place small pieces of butter on top and cover berries with latticed top made of these strips. Bake in hot oven. Cranberry, peach, cherry and rhubarb pies or tarts may be made in this same manner.

**CREAM CHEESE PIE
PASTRY**

- | | |
|----------------------------|--------------------------------------|
| $\frac{1}{8}$ pound butter | $\frac{1}{2}$ teaspoon baking powder |
| 3 tablespoons sugar | 1 cup flour |
| 1 egg | |

Combine ingredients in order given. Spread in buttered pie plate patting it in firmly.

FILLING

- | | |
|----------------------------------|--------------------------------|
| $\frac{1}{2}$ pound cream cheese | 1 pint milk |
| 2 eggs | $\frac{1}{2}$ teaspoon vanilla |
| 3 tablespoons sugar | Juice of 1 lemon |
| 1 tablespoon flour | |

Combine filling ingredients and pour onto dough in pie plate. Bake 1 hour in slow oven.

COCONUT CREAM PIE

- | | |
|--------------------------|----------------------|
| 2 tablespoons cornstarch | 1 cup grated coconut |
| 1½ cups water | 2 eggs |
| ½ cup milk | 1 teaspoon vanilla |
| ¼ teaspoon salt | |

Mix cornstarch with a little cold water. Add rest of water, milk, and salt. Cook in double boiler until thickened, stirring constantly. Add coconut and eggs slightly beaten and vanilla. Pour into unbaked pie shell and bake in a moderately hot oven until firm. Time in oven about 30 minutes at 350°. Serves 6.

SUPERB CHOCOLATE PIE

- | | |
|---------------------------|-------------------------|
| 1 package chocolate chips | 4 egg whites |
| 2½ tablespoons water | ¼ cup sugar |
| ¼ cup sugar | 1 teaspoon vanilla |
| 4 egg yolks | 10 to 12 vanilla wafers |

Melt chocolate chips in double boiler. Add water and ¼ cup sugar. When smooth, cool. Add egg yolks, one at a time. Beat egg whites very stiff and add ¼ cup sugar. Fold in the chocolate mixture with vanilla. Use the vanilla wafers for a crust. Line pie tin with them. Pour in chocolate filling and chill overnight or 8-12 hours.

RHUBARB PIE

- | | |
|-------------------|----------------------------|
| 3 cups rhubarb | 3 tablespoons flour |
| 1½ cups sugar | 1 tablespoon melted butter |
| ¼ teaspoon nutmeg | 3 eggs |

Mix flour, sugar, add eggs, nutmeg, butter and mix well with rhubarb. Pour into unbaked crust and bake for 10 minutes at 400°, then reduce heat to 350° for 20 minutes or so.

PEACH TORTE PIE

- | | |
|--------------------|--|
| 3 egg whites | ½ cup Saltine cracker crumbs |
| 1 teaspoon vanilla | 1 teaspoon baking powder |
| Dash of salt | 2 or 3 cups sliced, drained peaches,
sweetened, fresh or frozen |
| 1 cup sugar | ½ pint whipping cream |
| 1 cup walnuts | |

Beat whites, vanilla and salt until foamy. Add sugar, gradually beat until peaks form. Mix walnuts, crumbs and baking powder and fold into whites. Spread into pie tin pushing meringue higher on sides. Bake 300° 40 minutes. Fill with fruit and cream.

BOSTON CREAM PIE

- | | |
|--|---------------------------------------|
| $\frac{3}{8}$ cup shortening ($\frac{1}{2}$ butter) | $1\frac{1}{2}$ teaspoon baking powder |
| $1\frac{1}{4}$ cup sugar | $\frac{1}{2}$ teaspoon salt |
| 1 egg | $\frac{7}{8}$ cup milk |
| $1\frac{3}{4}$ cups flour | 1 teaspoon vanilla |

Cream together butter and sugar until fluffy. Add egg, beating thoroughly while adding the sifted dry ingredients alternately with the milk and vanilla. Pour into greased and floured 9" pan. Bake at 350° for 30-35 minutes. Cut in half, fill and ice.

SOUR CREAM PIE

- | | |
|---------------------------------------|---------------------------------------|
| 2 egg yolks (use whites for meringue) | $\frac{1}{2}$ cup raisins |
| 2 tablespoons flour | $\frac{1}{2}$ cup chopped nut meats |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ teaspoon cloves, nutmeg |
| 1 cup sour cream | and cinnamon |
| pinch of salt | |

Beat egg yolks, add sugar and flour, salt, spices, raisins, and nut meats and last of all the sour cream. Mix well. Cook in a double boiler until thick, pour into a baked 9" pie crust and cover with meringue. Put back into oven until meringue is a golden brown. Take out, cool and serve.

BANANA CREAM PIE

- | | |
|--|---------------------|
| $1\frac{1}{2}$ cups milk | 2 tablespoons sugar |
| 7 level tablespoons flour | 1 teaspoon vanilla |
| 3 level tablespoons butter | 2 bananas |
| 2 egg yolks (whites to be used for meringue) | |

Cream flour and butter over heat, and add milk gradually; cook until thick. Then pour in beaten egg yolks, add sweetening and flavoring. Fold in sliced bananas and pour into baked pie crust. Cover with meringue made of remaining 2 egg whites and a little sugar beaten stiff. Put in oven until meringue is a golden brown. Cool and serve.

FRESH PEACH PIE

- | | |
|-------------------------|---|
| 4 cups sliced peaches | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup sugar | $\frac{1}{4}$ cup white corn syrup |
| 1 tablespoon cornstarch | $\frac{1}{2}$ teaspoon almond flavoring |

Mix sugar, cornstarch, salt, syrup and almond flavoring. Combine with sliced peaches being careful not to crush. Fill pie and bake in a hot oven (425° F.) for 35 minutes.

GRANDMA'S DEEP-DISH APPLE PIE

- | | |
|------------------------------|-----------------------------------|
| 8 tart* medium apples | ¼ teaspoon nutmeg |
| 1 ¼ cups sugar | Dash salt |
| 3 tablespoons enriched flour | 3 tablespoons butter or margarine |
| 1 ½ teaspoons cinnamon | |

1 recipe Deep-dish Pie Top

Pare and core apples; slice thin (8 cups sliced). Combine sugar, flour, spices, and salt; mix with apples. Arrange in 9-inch deep-dish pie plate (about 2 inches deep). Dot with butter. Adjust crust on top. Bake in hot oven (400°) 40 minutes, or till done.

*If apples aren't tart, add 1 tablespoon lemon juice, and, if you like, ¼ teaspoon grated lemon peel.

Deep-Dish Pie Top

- | | |
|-----------------------------|-------------------------------|
| 1 cup sifted enriched flour | 1/3 cup shortening |
| ½ teaspoon salt | 2 to 3 tablespoons cold water |

Sift together flour and salt; cut in shortening with pastry-blender or blending fork till pieces are the size of small peas. Sprinkle water, one tablespoon at a time, over ingredients, gently mixing and pressing with fork till dough just holds together. On lightly floured surface, roll in circle ⅛ to ¼ inch thick. Makes enough pastry to top one 8 or 9-inch deep-dish pie.

STRAWBERRY CHIFFON PIE

- | | |
|-------------------------------|---|
| 1 envelope unflavored gelatin | ⅛ teaspoon salt |
| ¼ cup cold water | 1 (10 ounce) package frozen sliced strawberries, thawed |
| 4 eggs, separated | 3 or 4 drops food coloring |
| ½ cup sugar | 1 (9 inch) baked pie shell |
| 1 tablespoon lemon juice | |

Add gelatin to cold water in small saucepan. Stir over low heat until gelatin is dissolved. Allow to cool slightly.

Beat egg yolks lightly and place in top of double boiler with sugar, lemon juice and salt. Stir over hot (not boiling) water until mixture thickens and coats back of spoon. Remove from heat.

Stir in thawed berries. Add red food coloring to tint a delicate pink. Stir in melted and slightly cooled gelatin.

When mixture is cool, fold in stiffly beaten egg whites. Pour mixture into baked pie shell.

Refrigerate at least two hours. Decorate as desired with heart-shaped cookies, whipped cream or cinnamon candies.

STRAWBERRY-RHUBARB PIE

- | | |
|----------------------|------------------------------------|
| 3 beaten eggs | 2½ cups 1 inch sliced pink rhubarb |
| 1¼ cup sugar | 1½ cups sliced fresh strawberries |
| ¼ cup enriched flour | 1 tablespoon butter |
| ¼ teaspoon salt | ½ teaspoon nutmeg |

Combine eggs, sugar, flour, salt, and nutmeg. Mix well. Combine rhubarb and strawberries and place in 9" pastry lined pie pan. Pour egg mixture over fruits. Dot with butter. Top with lattice crust, crimping edge high. Bake in hot oven (400°) about 40 minutes. Fill openings in lattice crust with strawberries. Serve warm.

RAISIN PIE SUPREME**PIE CRUST**

- | | |
|-----------------|-------------------------------|
| 2 cups flour | 2/3 cup shortening |
| ½ teaspoon salt | 4 to 5 tablespoons cold water |

FILLING

- | | |
|------------------------------|----------------------------------|
| 2 cups light or dark raisins | ¼ cup cornstarch |
| 1 can pears | 1 cup sugar |
| 1 tablespoon lemon juice | ½ teaspoon salt |
| 2 tablespoons orange juice | 1 tablespoon butter or margarine |
| 1 cup water | |

Rinse, drain raisins, drain pears, saving the juice. Dice pears to make 1 cup. Blend pears, lemon, orange juices and water in saucepan.

Heat to boiling: add raisins, saving a few to make a decoration for top of the pie to form a grape bunch. Boil 5 minutes.

Mix cornstarch, sugar, salt. Add to raisins. Cook, stirring until thick and clear. Fold in pears. Cool slightly, turn into pie shell, dot with butter, and cover with a crust. Bake in oven at 375° heat for 30 minutes.

RAISIN PIE

- 1 cup raisins

Wash and soak about 2 hours. Cook slowly till well done with the following:

- | | |
|------------------------------|---------------|
| 1 cup brown sugar (to taste) | cinnamon bark |
| 1 teaspoon lemon juice | dash of salt |

Make thickening of 1 heaping tablespoon cornstarch. Put in slowly till right consistency. Roll out pie crust; put in hot filling and cover with top crust. Bake 400° for 10 minutes, 375° till crust is done.

DELICIOUS COCONUT CUSTARD PIE

- | | |
|---------------------|-------------------------|
| 3 egg yolks | 1 teaspoon vanilla |
| 2 cups sugar | 1 whole coconut, grated |
| 1 quart milk | 3 egg whites, beaten |
| 4 tablespoons flour | |

To beaten egg yolks, add sugar and milk, cook all together. Add flour mixed with a little cold water and cook until thick. Add vanilla. Let mixture cool. Mix half coconut with custard filling and pour into a pie crust already baked. Spread beaten egg whites (sugar may be added) over top of pie. Slowly add rest of shredded coconut. Brown for a few minutes in a moderate oven. Makes 2 medium size pies.

COCONUT PIE SHELL

- 3 tablespoons softened butter 1 8-oz. package (3 cups) shredded coconut

Combine butter and coconut; press evenly into lightly buttered 9" pie plate, building up sides. Bake in slow oven (300°) 20 to 25 minutes, or until crust is golden. Take out and cool.

Filling

- | | |
|--|--|
| 1 3-ounce package strawberry
flavored gelatin | 1 pint vanilla ice cream |
| 1 cup hot water | 1 cup sliced fresh or frozen
strawberries |
| ½ cup cold water | |

Dissolve gelatin in hot water. Add cold water, stir. Cut ice cream in 6 chunks, add to gelatin mixture. Stir till ice cream melts. Chill until mixture thickens and mounds when spooned (20 to 30 minutes). Gently fold in strawberries. Pour into coconut pie shell. Chill until firm. Garnish with whipped cream and sliced berries.

SOUR CREAM APPLE PIE

- | | |
|---------------------|-------------------------------|
| 2 tablespoons flour | 1 teaspoon vanilla |
| ⅛ teaspoon salt | 2 cups apples, finely chopped |
| ¾ cup sugar | 1 cup sour cream |
| 1 egg | 1 unbaked pie shell (8 or 9") |

Sift dry ingredients together. Add egg, cream, vanilla, and beat until smooth. Add apples and mix well. Pour into pie shell. Bake for 15 minutes in oven at 400° then lower heat to 350° for 30 minutes.

Combine:

- | | |
|---------------|---------------------|
| 1/3 cup sugar | 1 teaspoon cinnamon |
| 1/3 cup flour | ¼ cup butter |

Sprinkle over pie. Return to oven and bake 10 minutes longer, or until crumbs are a golden brown.

MARSHMALLOW HERSHEY PIE

18 marshmallows

 $\frac{1}{2}$ cup milk

4 almond Hershey bars

Melt in double boiler, the above ingredients. Dissolve $\frac{1}{2}$ teaspoon gelatin in little milk, add to first mixture, cool. Whip 1 cup cream; add. Put in graham cracker shell.

GOLDEN TREASURE TARTS2 $\frac{1}{4}$ cups sifted flour $\frac{3}{4}$ cup shortening

1 teaspoon salt

5 to 6 tablespoons water

Heat oven to 425°. Mix flour, salt. Cut in shortening. Sprinkle with water, mix well with fork. Round up dough, roll out thin, cut into 5" circles. Prick with fork. Place lightly over inverted custard cups or salad molds, on baking sheet. Bake 12 to 15 minutes. Cool. Makes 12. May be served with fillings of ice cream with chocolate sauce; butterscotch pudding; cherry filling; shrimp salad; creamed ham; creamed chicken; tuna; fruit; salads or any other filling you may desire.

PRUNE CAKES $\frac{1}{2}$ cup sweet cream $\frac{1}{2}$ teaspoon salt

1 egg

 $\frac{1}{2}$ pound stewed prunes $\frac{1}{8}$ pound butter (melted)

2 teaspoons sugar

1 heaping teaspoon baking powder

 $\frac{1}{2}$ teaspoon cinnamon1 $\frac{1}{2}$ cups flour

Mix salt, flour, baking powder, melted butter, egg and cream thoroughly. Knead well, until the dough is just soft enough to roll. Roll out thin. Stone prunes and mash with 2 teaspoons sugar and $\frac{1}{2}$ teaspoon cinnamon. Cut out circles of rolled dough, put a teaspoon of prune mixture in center of each circle. Bring the edges of each circle together and pinch the top like pie crust to make a center ridge. Put cakes on greased pie plate and bake about $\frac{1}{2}$ hour in medium oven, or until delicately browned. Makes 2 dozen.

PASTRY

2 cups sifted flour

2 tablespoons sugar

2 teaspoons baking powder

 $\frac{1}{4}$ teaspoon salt

2/3 cup shortening

2 tablespoons cold water

Place pies in center oven and bake in hot oven (450° F.) for 15 minutes. Then reduce heat to (350° F.) and continue to bake for 15 to 25 minutes.

PIE CRUST

3 cups flour
½ pound lard

½ cup cold milk
1 teaspoon salt

Cut shortening into flour and salt. Add milk. Shape into 2 balls. Makes 2 pie shells or one 2 crust pie.

NEVER-FAIL PIE CRUST

3 cups flour
1 cup lard
½ teaspoon salt

1 egg, beaten
Juice of 1 lemon

Combine flour, lard and salt. Blend with pastry blender or fork. Beat egg, add juice of 1 lemon, and mix with flour combination. This should be a very moist dough. If it is too dry, add cold water. This pie dough improves with freezing, and is best rolled out between waxed paper. It is never soggy no matter what filling is used. Don't worry if it has to be patched, due to its being so soft. It's still nice and flaky. Makes two 10-inch pies.

POT PIE CRUST

2 cups flour
2/3 cups shortening

1 egg, beaten
1 teaspoon salt
Juice of 1 lemon

Blend flour, shortening and salt. Add beaten egg to which has been added the juice of 1 lemon. Roll to fit casserole, add your favorite filling hot or cold, cover with top crust, and bake until golden brown. This crust will not become soggy, can be held in oven at low temperature (350°), and can also be reheated the next day. It is excellent with game or fowl.

HOT WATER PIE CRUST MIXTURE

1 pound lard

Pour 1 cup boiling water over the lard and let cool. Sift:

6 cups flour
1 teaspoon salt

1 teaspoon baking powder

Add this to the lard and water mixture and mix well. Put in refrigerator and this will keep a long time. Use when you want to make a pie.

RED CHERRY PIE

Wonderful filling and you don't have to cook it!—

- | | |
|---------------------------------------|--|
| 1 ¼ to 1 ½ cups sugar | ½ cup cherry juice |
| 5 tablespoons enriched flour | ¼ teaspoon red food coloring |
| ¼ teaspoon salt | 8 to 10 drops almond extract |
| 1 tablespoon soft butter or margarine | 3 cups drained canned or frozen pitted tart red cherries |
| | 1 recipe Plain Pastry |

Combine the sugar, flour, and salt. Stir in butter, then cherry juice, food coloring, and extract. Add cherries and let stand while you make pastry. Line 9-inch pie plate with pastry; fill with cherry mixture. Top with lattice crust, crimping edge high. Cut a 2½-inch strip of aluminum foil and fold it loosely around edge of pie. Bake in hot oven (425°) about 40 minutes, removing foil about 10 minutes before end of baking time. **Lattice Crust:** Cut strips of dough ½ to ¾ inch wide with pastry wheel or knife. Lay lengthwise strips on top of filled pie at 1-inch intervals. Fold back alternate strips to help you weave crosswise strips over and under, placing them on the diagonal. Trim bottom crust and lattice even with outer rim; seal edges. Dampen edge lightly and place extra strip over it, covering ends of lattice. Seal and crimp edge.

Plain Pastry

- | | |
|------------------------------|-------------------------------|
| 2 cups sifted enriched flour | 2/3 cup shortening |
| 1 teaspoon salt | 5 to 7 tablespoons cold water |

Sift together flour and salt; cut in shortening with pastry-blender or blending fork till pieces are the size of small peas. Sprinkle water, a tablespoon at a time, over part of mixture. Gently toss with fork; push to one side of bowl. Sprinkle next tablespoon water over dry part; mix lightly; push to moistened part at side. Repeat till all is moistened. Gather up with fingers; form into ball. For double-crust pie, divide dough for lower and upper crust. Form each in ball. Flatten ball slightly and roll ⅛ inch thick on lightly floured surface. If edges split, pinch together. Always roll from center out to edge. Use light strokes. Makes enough pastry for one 8 or 9-inch lattice-top pie or one 9 or 10-inch double-crust pie.

SOUR CREAM RAISIN PIE

- | | |
|---------------------|---------------------|
| 2 eggs | 1 teaspoon nutmeg |
| 1 ½ cups sour cream | 1 teaspoon cinnamon |
| 1 cup sugar | 1 cup raisins |
| 1 tablespoon flour | |

Combine all ingredients and pour into unbaked pie shell. Bake until filling is set.

NATIONAL CHERRY PIE BAKING CHAMPION'S WINNING RECIPE FILLING

2 1/4 cups canned red sour cherries* (drained)	1/4 cup juice
3/4 cup sugar	1 tablespoon lemon juice
3/8 teaspoon salt	2 tablespoons butter
1/2 cup juice	1/16 teaspoon nutmeg
1/4 cup cornstarch	Coloring if needed

Heat in a saucepan the sugar, salt, and one-half cup juice. Mix together cornstarch and the one-fourth cup juice and stir into the first mixture. Cook until thickened. Remove from heat and add lemon juice, butter, nutmeg, and coloring, if needed. Carefully mix in the well-drained cherries. Let cool while making pastry (recipe below). Pour into pastry-lined pie pan. Moisten the pastry around the edge with water and arrange pastry strips, lattice fashion, over the top. Trim off surplus pastry and crimp. Bake at 425° for 30 minutes.

CRUST

1 1/2 cups sifted flour	1/2 cup lard
3/4 teaspoon salt	1/2 egg
1 tablespoon sugar	1 tablespoon lemon juice
1/16 teaspoon soda	2 tablespoons water (about)

Sift into mixing bowl the flour, salt, sugar, and soda. Add lard and cut with a pastry blender until the mixture is in even bits no larger than peas. Beat egg slightly in a bowl and remove half of it (or you may double the recipe for two pies and use the whole egg). Add lemon juice and water, mix well, and add, a small amount at a time, to the flour mixture. Toss lightly with a fork after each addition of liquid. Continue the procedure until the pastry mixture is moist enough to form a ball when patted together. Divide the dough into two parts. Roll each part on a floured canvas to 1/8 inch thickness. Line a pie pan with one of the circles. Cut remaining circle in 1/2 inch strips for lattice-top.

*If frozen cherries are used, thaw cherries well and drain. Reduce sugar to 1/2 cup.

CHERRY PIE

1 cup sugar	1 teaspoon butter
3 tablespoons cornstarch	1/4 cup cherry juice
dash of salt	3 cups cherries

Mix sugar, cornstarch, salt, butter; add juice. Cook until clear. Cool. Combine with cherries. Put into crust and bake for 15 minutes at 450°, then 350° for 25 minutes.

MILE-HIGH CHERRY CHIFFON PIE

with a graham cracker crust

- | | |
|--|--|
| 1 ¼ cups finely crushed graham crackers | 1 package cherry flavored gelatin |
| 2 tablespoons granulated sugar | 1 tablespoon lemon juice |
| 6 tablespoons soft butter or margarine | 2 3-ounce packages softened cream cheese |
| 1 14½-ounce can evaporated milk | 2 tablespoons granulated sugar |
| 1 No. 303 can sour pitted red cherries, packed in water. If using frozen cherries, 2 10-ounce cans | ½ teaspoon almond extract |

Combine graham cracker crumbs, sugar and butter; press all but ¼ cup into 9" buttered pie plate. Bake crust 8 to 10 minutes in 350° F. oven. Chill thoroughly (almost freezing) all but ¼ cup evaporated milk—chill bowl and beater. Meanwhile drain juice from cherries, add enough water to make 1 cup. Bring juice to boil. Pour hot juice over gelatin in bowl. Stir until gelatin is dissolved; add lemon juice; chill till consistency of unbeaten egg whites. While gelatin chills, fluff cheese with ¼ cup reserved evaporated milk and sugar. Then beat chilled gelatin until frothy. When milk is ready, beat to consistency of whipped cream. Fold milk and cherries into gelatin mixture along with almond extract. Place 1/3 cherry mixture in pie shell. Spoon on half of cheese mixture. Top with half of remaining cherry filling. Spoon on rest of cheese and top with rest of cherry pie filling. Sprinkle on remaining crumbs; chill. Makes 6 to 8 servings.

PUMPKIN PIE

- 1 baked pie crust

FILLING

- | | |
|--|----------------------------|
| 2 cups boiled mashed pumpkin | ½ teaspoon salt |
| 1 cup sugar | 2/3 cup milk or thin cream |
| 3 tablespoons cornstarch (dissolved in milk) | ¼ teaspoon mace or nutmeg |
| | 1 level teaspoon cinnamon |

Bring all ingredients to a boil, stirring constantly, for about 3 minutes. Remove from heat and when slightly cooled, pour filling into crust. Can be served plain or with a meringue or whipped cream. If meringue is used place in oven to brown.

MERINGUE

- | | |
|----------------------------|---------------------|
| 2 egg whites, beaten stiff | 3 tablespoons sugar |
| Pinch of salt | |

Beat in sugar to stiffly beaten whites. Add salt. Spread over pie and bake until lightly browned.

LUSCIOUS DEEP DISH BLUEBERRY PIE

4 cups fresh blueberries	1/8 teaspoon salt
3/4 cup sugar	1 teaspoon lemon juice
1 1/2 tablespoons tapioca or flour	1 tablespoon butter

Combine blueberries, sugar, tapioca or flour, salt, lemon juice and put in oblong baking dish, 10"x6"x2". Dot butter over berries, cover with the following recipe for a Water-Whip Pie Shell.

Water-Whip Pie Crust

3/4 cup shortening	2 cups flour, sifted before measuring
1/4 cup boiling water	1 teaspoon salt
1 tablespoon milk	

Put shortening in medium-sized mixing bowl. Add boiling water and milk and break up shortening with fork. Tilt bowl and, with rapid cross-the-bowl strokes, whip with fork until mixture is smooth and thick like whipped cream and holds soft peaks when fork is lifted. Sift flour and salt together into mixture and stir quickly with round-the-bowl strokes, into a dough that clings together and cleans the bowl. Pick up and work into a smooth dough; shape into a flat round. Roll dough into a rectangle 1/8" thick. Fit dough over berries, making a crimped edge and pressing it onto edge of dish. Cut slits for steam to escape and decorate top with "blueberries" and "leaves" cut from pastry trimmings. Bake in hot oven at 425° about 40 to 45 minutes. This pie may be served with a mixture of 1/2 cup mashed cottage cheese, 1/4 cup heavy cream, whipped, 1 tablespoon confectioners' sugar, dash of salt, and a few drops of vanilla. Makes 6 servings. Pie is delicious served warm.

CHEESE STRAWS

1 pound sharp cheese	1/4 pound butter
1 3/4 cups plain flour	1/2 teaspoon salt
1 egg	1/4 teaspoon red pepper
1 tablespoon cold water	1/2 teaspoon paprika

Grate cheese or put through meat chopper. Mix all ingredients thoroughly and put in cookie press.

Select saw tooth cookie disk. After filling barrel full, use long strokes continually until straws reach about five inches in length. Bake in oven at 350° for about fifteen minutes or until light brown. Makes about 100 four inch straws.

CHEESE STRAWS

Crispy, crunchy, with a bit of ginger, they're a nibbler's delight—

- | | |
|---|---|
| 1 cup sifted enriched flour | 1 cup ($\frac{1}{4}$ pound) shredded sharp process American cheese |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup sesame seed, toasted |
| $\frac{1}{2}$ teaspoon monosodium glutamate | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| $\frac{1}{2}$ teaspoon ginger | 2 to $2\frac{1}{2}$ tablespoons cold water |
| $\frac{1}{3}$ cup shortening | |

Sift together dry ingredients; cut in shortening with pastry-blender or blending fork till pieces are the size of small peas. Stir in cheese and sesame seed. Add Worcestershire to 1 tablespoon of the water and sprinkle over mixture, tossing with fork. Add remaining water by tablespoon, tossing until all of the flour mixture is moistened. Gather up with fingers; form into ball. On lightly floured surface roll $\frac{1}{8}$ inch thick into 12-inch square. Cut with pastry wheel or knife in 6-inch strips, $\frac{1}{2}$ to $\frac{3}{4}$ inch wide. Place on ungreased baking sheet and twist each strip twice. Bake in hot oven (400°) about 10 to 12 minutes or until lightly browned and crisp. Makes about 3 to $3\frac{1}{2}$ dozen.

Easy Way to Make Cheese Straws

To a package of pie crust mix, add 1 cup grated sharp cheese, $\frac{1}{2}$ teaspoon red pepper, blend thoroughly and add amount of water called for on pie crust package. Put in cookie press. Bake for eight minutes in a hot oven (450°).

CREAM PUFFS

- | | |
|-----------------------------|--------------------------|
| 1 cup sifted flour | $\frac{1}{2}$ cup butter |
| $\frac{1}{4}$ teaspoon salt | (or other shortening) |
| 1 cup water | 4 eggs |

Heat water and butter to boiling point. Add flour and salt to hot mixture, stirring until batter loosens from sides of pan. Cool until lukewarm. Prepare baking sheets by coating lightly with melted shortening. To lukewarm mixture add one egg at a time beating well after each egg is added. Drop by heaping teaspoonful on baking sheet about 2 inches apart. Bake at 400° for 40-50 minutes. Cool and fill with sweetened whipped cream or vanilla cream filling on page 125. These may also be frosted.

CHOCOLATE CREAM FILLING
(For Cream Puffs)

- | | |
|----------------------------------|-----------------------|
| $\frac{1}{3}$ cup cocoa | 2 cups whipping cream |
| $\frac{1}{2}$ cup powdered sugar | 1 teaspoon vanilla |
| $\frac{1}{8}$ teaspoon salt | |

Sift dry ingredients into unbeaten cream and vanilla; stir until blended. Place in refrigerator for 2 or 3 hours. Whip mixture until stiff.

Icings and Candy

COCOA WHIPPED CREAM

2 tablespoons cocoa
2 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt

1 cup heavy cream
 $\frac{1}{2}$ teaspoon vanilla

Mix together cocoa, sugar and salt. Add cream gradually, stirring to keep mixture smooth. Chill 1 hour, then whip with egg beater until stiff. Add vanilla. Makes 2 cups, enough to cover tops of 2 9-inch layers.

PEANUT BUTTER FLUFF

Prepare 1 package ($3\frac{1}{4}$ ounces) vanilla pudding as directed on package. Cool. Blend in $\frac{1}{2}$ cup peanut butter; $\frac{1}{2}$ teaspoon lemon extract; 1 cup whipping cream, whipped; and 2 tablespoons sugar. Use as filling for cream puffs or as a topping for chocolate cake. Makes about $3\frac{1}{2}$ cups.

LEMON FILLING

3 tablespoons cornstarch
1 cup sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup lemon juice

2 egg yolks
2 tablespoons butter
grated rind of one lemon
 $\frac{1}{2}$ teaspoon lemon extract

Mix cornstarch and sugar (except 2 tablespoons sugar) in top of double boiler. Add water slowly and cook over hot water until thick, stirring to prevent lumping. Add lemon juice. Add egg yolks mixed with the 2 tablespoons sugar, cook three minutes longer and beat until smooth. Add butter, grated lemon rind and lemon extract.

CHOCOLATE CREAM FILLING

1 cup sugar
 $\frac{1}{3}$ cup flour
 $\frac{1}{4}$ teaspoon salt
2 eggs

2 cups scalded milk
2 teaspoons butter
 $1\frac{1}{2}$ squares unsweetened chocolate
1 teaspoon vanilla extract

Mix dry ingredients. Add eggs slightly beaten. Add the scalded milk slowly and cook in double boiler until thick and smooth. Add chocolate which has been melted, butter and flavoring.

MARSHMALLOW FROSTING

$\frac{3}{4}$ cup corn syrup
1 egg white

Dash of salt
6 marshmallows

Cook over double boiler and beat well until it starts to thicken; then add marshmallows and beat until it stands in peaks. Add flavoring and put on cake.

CHOCOLATE FROSTING

Melt $1\frac{1}{2}$ squares chocolate with about $\frac{1}{4}$ or $\frac{1}{2}$ teaspoon butter, add a little cream or milk, then powdered sugar for stiffness. (Frosting will be glossy.) Add vanilla to frosting.

YUMMY GLAZE FOR DOUGHNUTS
Or Any Fried Sweet Rolls

Blend 1 cup confectioners' sugar and 2 tablespoons cold water; 1 teaspoon vanilla. Doughnuts or rolls must be hot before dipping. This is easy with tongs. This recipe is enough for dipping about a dozen doughnuts or rolls. Place on rack to drip and cool.

CARAMEL FROSTING

$1\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ cup cream

$\frac{1}{2}$ cup butter
 1 teaspoon vanilla

Boil until it forms soft ball in cold water test. Remove from stove. Add vanilla. Cool, then beat until thickened. Spread on layer and on top. Very good and tasty. Sprinkle with chopped nuts.

MOON GLOW LEMON FROSTING

Grated rind of 1 lemon
 4 tablespoons lemon juice

2 egg yolks, unbeaten
 $4\frac{1}{2}$ cups sifted confectioners' sugar

Add lemon rind and juice to egg yolks, sift in the sugar until of right consistency to spread. This is enough for a 2 layer cake, to cover top and sides.

FAVORITE COOKED CAKE ICING

1 cup sugar

$\frac{1}{4}$ cup cream

2 tablespoons cocoa

$\frac{1}{4}$ cup butter

Boil 1 minute. Remove from heat; add vanilla and cool. Will stay firm but soft if kept covered. May omit the cocoa and use 1 egg yolk for a pretty gold colored icing.

FAVORITE UNCOOKED CAKE ICINGS

Place in a small mixing bowl:

2 egg whites

$\frac{1}{4}$ cup white sugar

$\frac{3}{4}$ cup white syrup

Salt and vanilla

(Not to be cooked)

Beat at high speed until thick enough to spread. May be made any color, or chocolate may be added, if desired.

FUDGE FROSTING

1 cup sugar
1 square chocolate

$\frac{1}{4}$ cup butter
 $\frac{1}{3}$ cup milk
vanilla

Bring to a rolling boil and boil 1 minute. Beat until of right consistency to spread. Remove from stove after 1 minute of boiling.

CARAMEL FROSTING

Melt: $\frac{1}{2}$ cup butter.

Add: 1 cup brown sugar and cook over low heat 2 minutes, stirring constantly.

Add: $\frac{1}{4}$ cup milk and continue to cook and stir until mixture comes to a boil. Remove from heat. Cool. Add about 2 cups powdered sugar.

CARAMEL FROSTING

3 tablespoons butter and 3 tablespoons Spry. Add 1 cup brown sugar. Boil 3 minutes. Take off stove and add 1 cup powdered sugar and 1 teaspoon vanilla. Beat well.

FROSTING

2 cups powdered sugar
 $\frac{1}{2}$ cup Spry
1 teaspoon vanilla
pinch salt

a little less than
 $\frac{1}{2}$ cup canned milk
(has to be canned milk)

Beat — beat — beat — (Electric mixer).

BANANA BUTTER FROSTING

$\frac{1}{2}$ cup mashed ripe bananas
 $\frac{1}{2}$ teaspoon lemon juice

$\frac{1}{4}$ cup butter
 $3\frac{1}{2}$ cups sifted confectioners' sugar

Mix together bananas and lemon juice. Beat butter until creamy. Add sugar and bananas alternately, beating until frosting is light and fluffy. Makes about $2\frac{1}{2}$ cups frosting.

PRALINE TOPPING

$\frac{1}{2}$ cup brown sugar (firmly packed)
2 tablespoons cake flour
 $\frac{1}{4}$ cup melted butter

2 tablespoons water
 $\frac{1}{2}$ cup finely chopped pecans

Mix together all ingredients. Spread carefully, a small amount at a time over hot cake in pan. Place in moderate oven (375° F.) and bake 5 minutes. Cool and cut cake in pan. Makes topping for 9x9-inch or 13x9-inch cake.

VANILLA CREAM FILLING

- | | |
|-----------------------------|--|
| $\frac{1}{2}$ cup sugar | 1 cup scalded milk |
| 2 tablespoons cornstarch | 2 teaspoons butter |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{2}$ teaspoon vanilla extract |
| 2 eggs | |

Mix sugar, cornstarch, salt and beaten eggs; pour on gradually scalded milk; add butter; cook in double boiler until thick and smooth, stirring constantly; add flavoring.

COFFEE CREAM FILLING

Follow directions for Vanilla Cream Filling, adding one tablespoon very finely ground coffee to scalded milk. Strain before adding to dry ingredients.

BANANA FLUFF

Quick, no-cook "frosting" for gingerbread or spice cake—

- | | |
|--|---|
| 2 medium fully ripe, flecked-
with-brown bananas, mashed
(1 cup) | $\frac{3}{4}$ cup sugar
1 egg white
Dash salt |
|--|---|

With electric mixer, combine all ingredients and beat till thick and fluffy, about 8 minutes. Makes 5 cups.

PINEAPPLE CREAM FILLING

- | | |
|--------------------------|--------------------------|
| 1 cup shredded pineapple | $\frac{1}{2}$ pint cream |
|--------------------------|--------------------------|
- Drain some of the juice from the pineapple and spread thickly over lower part of cake. Place a layer of the cream which has been whipped and slightly sweetened thickly over the pineapple.

BOILED FROSTING

- | | |
|---|---------------------------------|
| $1\frac{1}{2}$ cups sugar | $\frac{2}{3}$ cup boiling water |
| Dash of salt | 2 egg whites |
| $\frac{1}{2}$ teaspoon light corn syrup | 1 teaspoon vanilla |

Combine sugar, salt, corn syrup and boiling water, bring quickly to a boil, stirring only until sugar is dissolved. Boil rapidly, without stirring, until syrup spins a long thread when dropped from the tip of the spoon. (240° F.) Beat egg whites until stiff enough to hold up in moist peaks. Pour syrup in fine stream over egg whites, beating constantly. Add vanilla.

Continue beating 10 to 15 minutes, or until frosting is cool and of right consistency to spread. Makes enough frosting to cover tops and sides of two 8-inch or 9-inch layers, or top and sides of 13x9x2-inch cake, or tops of 20 large cup cakes.

CHOCOLATE FROSTING

- | | |
|----------------------------|--------------------|
| 1/3 cup butter | 1 egg |
| 1 1/2 cups powdered sugar | 1 teaspoon vanilla |
| 2 squares melted chocolate | |

Beat together until well mixed. Beat with mixer.

FROSTING

- | | |
|-----------------------|----------------------|
| 2/3 cup cocoa | 4 tablespoons butter |
| 1/2 cup cream | 1 teaspoon vanilla |
| 3 cups powdered sugar | 1/8 teaspoon salt |

Mix this together. Do not cook. Apply to cake.

CHOCOLATE FUDGE FROSTING

- | | |
|--------------------------------|---------------------|
| 1 cup sugar | 2 tablespoons cocoa |
| 1/4 cup milk | 1 teaspoon vanilla |
| 4 level tablespoons shortening | |

Combine sugar, milk and cocoa. Boil for 1 minute. Remove from heat. Stir in shortening and vanilla. Cool. Beat till fluffy and of spreading consistency.

RICH CHOCOLATE ICING

- | | |
|--|---------------------------------|
| 3 egg whites | 1/3 cup cocoa |
| 1 1/2 cups sifted confectioners' sugar | 1/2 teaspoon vanilla |
| 3/4 cup soft butter | 1/3 cup halved almonds, toasted |

In small bowl of mixer beat egg whites to soft peak; gradually add 3/4 cup of the confectioners' sugar, beating till stiff peaks form. Set this meringue aside. Using same beater in large bowl, beat butter till creamy. Mix remainder of sugar with cocoa; gradually beat into butter mixture. Fold in vanilla and meringue until well blended. Use to fill and frost cooled cake. Sprinkle toasted almonds or chopped walnuts lightly over frosting.

WHITE MOUNTAIN ICING

Stir until blended in small sauce pan:

- | | |
|--------------------------|---------------------|
| 1/2 cup sugar | 2 tablespoons water |
| 1/4 cup white corn syrup | |

Boil rapidly until mixture spins a 6-8 inch thread or 242° F. When mixture begins to boil, beat 2 egg whites until they are stiff enough to hold a peak. Pour hot syrup slowly in thin steady streams into beaten egg whites, beating constantly until mixture stands in very stiff peaks. Blend 1/2 teaspoon vanilla. This can be used as a dessert by adding dissolved gelatin to the syrup after it is cooked (about 1 teaspoon). Cut up marshmallows, cherries added last (maraschino), dates, nuts, crushed pineapple, etc. may be added. Vanilla pudding sauce for topping. Assorted diced jello may be added instead of the above.

ONE-MINUTE FUDGE FROSTING

½ cup cocoa
 6 tablespoons butter
 6 tablespoons milk

1½ cups sugar
 1 teaspoon vanilla
 Dash of salt

Mix the ingredients in sauce pan and bring to a boil. Boil hard one minute and remove from heat and beat until thick enough to spread.

WALNUT CREAM FILLING

1 cup finely ground walnuts
 1 cup granulated sugar

1 cup thick sour cream

Combine the above in the top of double boiler. Cook slowly over low heat until mixture begins to thicken. Remove from heat and cool. Spread between the layers of your favorite cake.

FRUIT SALAD ICING

1 medium size banana
 Rind of 1 orange
 2 tablespoons butter

1 teaspoon orange flavoring
 2 teaspoons vanilla

Whip until fluffy, slowly adding 2 cups powdered sugar. Tastes like fruit salad, has a glazed appearance on cake. Makes enough icing for large cake. May be topped with slivered nuts.

NUT TREE FRUIT CONFECTION

1 pound dried apricots*
 ½ pound dried pears

1½ cups sugar
 California walnuts, finely chopped
 (about 2 cups)

Rinse fruits, drain. Cover bowl of fruits and set aside for 12 hours to soften. Grind apricots and pears separately, using a medium-fine blade; then mix and grind together. Add sugar to ground fruit; mix thoroughly. Turn out onto waxed paper on cookie sheet. Cover with waxed paper and roll with rolling pin, making a layer ¾ inch thick. Leave in waxed paper 3 or 4 days at room temperature to "set". Peel off waxed paper (easy if you moisten it first). Cut in 1-inch squares and roll in finely chopped nuts. Makes about 2 pounds (2½ dozen pieces).

*You can use 1 pound dried figs plus 1 cup coarsely cut walnuts or other nuts in place of dried apricots in this recipe. But do use the dried pears.

CARAMELS

- | | |
|---------------------|----------------------------------|
| 3 cups sugar | 1 cup cream (or evaporated milk) |
| 3 tablespoons flour | 1 cup corn syrup |
| 1 tablespoon salt | Butter—size of walnut |
| 1 cup milk | |

Mix all ingredients. Cook gently until it reaches the hard ball stage. Pour into greased pan. When it sets, cut into pieces—squares. Wrap in squares of waxed paper.

CANDY FONDANT

- | | |
|------------------------------|--------------------------|
| 3 cups sugar (granulated) | Pinch of salt |
| ½ cup and 1 tablespoon water | Pinch of cream of tartar |
| | 1 tablespoon butter |

Boil water, sugar, salt and cream of tartar until syrup forms a ball when dropped into cold water. Remove from stove and cover until set. Cool, then add 1 tablespoon butter and stir until mixture turns white. Remove from pot, knead, then wrap in waxed paper and let stand for few hours.

ENGLISH TOFFEE

- | | |
|-----------------------|-------------------|
| 1 cup chopped almonds | 1 cup brown sugar |
| 1 cup butter | Milk chocolate |

Sprinkle ½ of the nuts on pan. Place butter in sauce pan. Add sugar and mix well. Boil 12 minutes, stirring. Pour into pan over the nuts. When set, cut up pieces of milk chocolate, place over the top when melted. Spread and sprinkle the rest of the nuts. Cut up when cold.

COCONUT MOUNTAIN PEAKS

- | | |
|-----------------------------|------------------------------------|
| ¼ cup butter | 3 cups moistened shredded coconut, |
| 2 cups confectioners' sugar | cut fine, (2 4-ounce cans) |
| ¼ cup evaporated milk | |

Melt butter and keep over heat until a deep golden brown. Blend in sugar and milk. Gradually work in the coconut which has been cut fine. Drop from a teaspoon onto a buttered baking sheet or onto waxed paper. When cold, shape into cones with the fingers. Makes about 36 pieces.

FOR CHOCOLATE COATED PEAKS

Melt ½ cup semi-sweet chocolate bits in a small container over hot, not boiling, water. Remove from heat and mix until smooth and free from lumps. After mixing about 3 to 5 minutes, twirl the bottoms of the Coconut Peaks in the chocolate and place on a cooling rack that has been covered with waxed paper. Let set until chocolate hardens.

FUDGE

1½ cups sugar	1 square chocolate
½ cup milk	1 teaspoon vanilla
2 tablespoons corn syrup or honey	½ teaspoon salt
2 tablespoons butter	½ cup nuts, if desired

Bring sugar, milk and corn syrup to a boil. Add chocolate and boil to a soft ball stage, stirring occasionally. Remove from stove, add butter and cool to about 100°. Add flavoring and beat until it begins to thicken and loses its high gloss. Add nuts and pour on oiled paper.

PECAN ORLEANS PRALINES

1 pound box dark brown sugar	¼ cup water
1 tablespoon butter	2 cups pecans

Combine dark brown sugar, butter and water in heavy sauce pan. Bring to boiling point, stirring constantly. Add pecans and continue cooking, stirring occasionally, until mixture forms soft ball in cold water or until candy thermometer registers 240°. Remove from heat. Let cool slightly. Drop on well buttered baking sheet in form of patties about 3 or 4 inches across, or drop into buttered, individual pie pans. When cool, remove with spatula. Makes about 1½ pounds.

WALNUT PENUCHI

4 cups light brown sugar (packed lightly)	½ teaspoon baking soda
½ cup light molasses	2 tablespoons butter
1½ cups water	2 cups chopped walnuts

Put sugar, molasses and water in a saucepan. Stir until sugar is dissolved. Cook, stirring occasionally, until a small amount dropped in very cold water forms a soft ball. Remove pan from heat and quickly stir in baking soda. Cool without further stirring until Penuchi has lost its shiny look. Stir in walnuts and pour into a greased pan. When firm, cut into squares. Makes about 2 pounds.

NO-COOK PEANUT BUTTER KISSES

1/3 cup Karo Syrup	1/3 cup sifted confectioners' sugar
1/3 cup peanut butter	½ cup non-fat dry milk solids

Mix Karo Syrup and peanut butter in a small bowl. Stir in gradually non-fat dry milk and confectioners' sugar. Shape into roll about ¾" in diameter. Roll may be decorated with chopped nuts. Chill and cut into 1" pieces. Makes 24 pieces.

SEA FOAM TREAT

- | | |
|-----------------------|-------------------------|
| 3 cups sugar | 2 egg whites |
| ½ cup dark corn syrup | 1 teaspoon vanilla |
| 2/3 cup water | 1 cup chopped nut meats |
| ½ teaspoon salt | |

Combine first 4 ingredients in sauce pan. Cook over medium heat, stirring constantly, until mixture boils. Then cook, without stirring, till a small amount of mixture forms a firm ball when tested in very cold water. Just before syrup reaches this stage, beat egg whites and salt until stiff but not dry. Pour syrup slowly over egg whites, beating constantly until all syrup is added. Continue beating with wooden spoon until nearly stiff enough to hold its shape. Add vanilla and nuts. Turn into cake pan or drop from teaspoon onto waxed paper. Makes 1¾ pounds.

SEMI-SWEET QUICKIES

- | | |
|---|--------------------------------|
| 6 ounce package (1 cup) semi-sweet chocolate bits (morsels) | 4 tablespoons light corn syrup |
| 2 cups any ready-to-eat cereal | 1 tablespoon water |

Combine, chocolate bits, corn syrup, and water and melt over hot, not boiling, water. Remove from hot water and stir in cereal till gently coated.

Variations: Follow basic recipe, but use only 3 tablespoons light corn syrup. Substitute one of these for cereal:

- | | |
|-----------------------------|---------------------|
| 1¼ cups mixed candied fruit | 1 cup dates, cut up |
| 1½ cups shredded coconut | 1½ cups raisins |
| 1 cup salted nuts | |

Drop by teaspoonful on waxed paper-lined cookie sheet. Chill till firm. Makes 2½ to 3 dozen.

MILLION DOLLAR FUDGE

- | | |
|--|--------------------------|
| 2 6-ounce packages chocolate chips | 1 pint marshmallow cream |
| 2 large packages Hershey Bars (39¢ size) | 1 teaspoon butter |
| 1 German sweet chocolate bar | 2 teaspoons vanilla |

Break in pieces into bowl that can take heat and melt together. Then put

- | | |
|-----------------------------------|--------------|
| 4½ cups sugar | dash of salt |
| 1 can (14½ ounces) condensed milk | |

into a pan and boil for 5 or 6 minutes, stirring constantly. Pour this over the first mixture and mix well. (Add 2 cups of nuts, chopped, if you like.) Pour into large greased pyrex cake pan, let stand 12 to 24 hours.

MARSHMALLOW CREAM FUDGE

1 jar marshmallow cream	2 6-ounce packages (2 cups)
2/3 cup evaporated milk	semi-sweet chocolate bits
1/4 cup butter	1 teaspoon vanilla
1 1/2 cups sugar	1/2 cup nuts, chopped, optional
1/4 teaspoon salt	

Combine first 5 ingredients and bring to a full boil, stirring constantly. Boil 5 minutes over moderate heat, remove from heat and stir in semi-sweet chocolate bits till melted. Add vanilla and nuts. Pour in greased pan 8"x8"x2". Chill well. Makes about 2 1/4 pounds.

QUICK POPCORN BALLS

1/4 cup vegetable oil	1/2 cup Karo syrup
1/2 cup popcorn	1/2 teaspoon salt
1/2 cup sugar	

Heat vegetable oil in a 4 quart kettle over medium heat for 3 minutes. Add popcorn. Cover leaving small air space at edge of cover. Shake frequently over medium heat until popping stops. Meanwhile mix together Karo syrup, sugar, and salt. Add to popped corn in kettle and stir constantly over medium heat until corn is evenly and completely coated with mixture. Remove from heat. Form into balls, using as little pressure as possible. Use butter on hands, if desired. Makes 6 popcorn balls about 2 1/2" in diameter. Do not double recipe.

Cooking with Sour Cream

GROUND BEEF IN SOUR-CREAM SAUCE

- | | |
|--------------------------------------|--|
| 1 cup chopped onion | Dash pepper |
| 2 tablespoons fat | 2 teaspoons Worcestershire sauce |
| 1 pound ground beef | $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped green pepper |
| 3 cups medium noodles | 1 cup dairy sour cream |
| 3 cups tomato juice | 1 3-ounce can ($\frac{2}{3}$ cup) broiled sliced mushrooms, drained |
| 1 teaspoon salt | |
| $1\frac{1}{2}$ teaspoons celery salt | |

Cook onion in hot fat until tender but not brown. Add beef; brown lightly. Place noodles in layer over meat. Combine tomato juice and seasonings; pour over noodles. Bring to boiling; cover, and simmer over low heat 20 minutes. Add green pepper; cover and continue cooking 10 minutes or till noodles are tender. Stir in sour cream and mushrooms; heat just to boiling. Season to taste. Top with green-pepper rings. Makes 6 servings.

CALIFORNIA CHEESE CAKE

A delicious, not-so-sweet cheese cake. Start it after lunch so it'll be just right at dinnertime—

- | | |
|---|--------------------------------|
| 3 cups cream-style cottage cheese, sieved | 1 cup dairy sour cream |
| 6 eggs | 2 teaspoons grated lemon peel |
| $1\frac{1}{4}$ cups sugar | 2 to 3 tablespoons lemon juice |
| 2 tablespoons enriched flour | 1 cup seedless raisins |
| $\frac{1}{4}$ teaspoon salt | 1 recipe Spicy Zwieback Crust |

To cottage cheese add eggs, one at a time, beating well after each. Combine sugar, flour, and salt; stir in sour cream, and lemon peel and juice. Spread raisins over bottom of Spicy Zwieback Crust in 8-inch spring-form pan; pour filling over. Sprinkle top with reserved crumb mixture. Bake in moderate oven (350°) 1 hour or till center is set. Turn off heat; let cool in oven with door closed, about 2 hours. Remove from oven and take off side of pan. Continue cooling about $1\frac{1}{2}$ hours and serve. Makes 8 to 10 servings. **Spicy Zwieback Crust:** Combine 2 cups fine zwieback crumbs, $\frac{1}{4}$ cup sugar, 1 teaspoon cinnamon, and $\frac{1}{2}$ cup soft butter or margarine. Reserve $\frac{1}{4}$ cup mixture for topping; press remainder on bottom and sides of 8-inch spring-form pan.

SPICY RAISIN PIE

The filling's a sour-cream custard loaded with raisins, spices, and nuts—

- | | |
|-------------------------------|--|
| 1 cup seedless raisins | 2 well-beaten eggs |
| $\frac{3}{4}$ cup sugar | 1 cup dairy sour cream |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup broken California walnuts |
| $\frac{1}{2}$ teaspoon nutmeg | $1\frac{1}{2}$ teaspoons lemon juice, fresh, |
| $\frac{1}{4}$ teaspoon cloves | frozen, or canned |
| $\frac{1}{4}$ teaspoon salt | 1 unbaked 9-inch pastry shell |

Cover raisins with water; simmer 5 minutes and drain. Combine sugar, spices, and salt; add to eggs, beating well. Stir in raisins, sour cream, nuts, and lemon juice. Pour into unbaked pastry shell. Bake in moderate oven (350°) about 45 minutes, or until knife inserted halfway between center and edge comes out clean. Serve warm with whipped cream and walnut halves atop.

SOUR-CREAM DRESSING

Here's an easy pep-up for fresh vegetables or fruits—

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|-----------------------------|-----------------------------|
| 1 cup dairy sour cream | 1 to 2 tablespoons sugar |
| 2 tablespoons white vinegar | $\frac{1}{2}$ teaspoon salt |

Combine sour cream and vinegar; add sugar and salt. Toss with crisp shredded cabbage. Or serve with tomato and cucumber slices. Delicious with fruit salads, too.

CUCUMBER SLICES IN SOUR CREAM

Tangy relish to go with steak, pot roast, veal cutlets, or ham—

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|---|------------------------------|
| 1 medium cucumber, thinly
sliced (2½ cups) | 1 to 2 drops Tabasco sauce |
| 1 teaspoon salt | 2 tablespoons chopped chives |
| $\frac{1}{2}$ cup dairy sour cream | 1 teaspoon dill seed |
| 1 tablespoon vinegar | Dash pepper |

Sprinkle sliced cucumber with salt; let stand about 30 minutes. Drain thoroughly. Combine the remaining ingredients; pour over cucumbers. Chill well, about 30 minutes. Serve as meat accompaniment or salad. Makes 4 to 5 servings.

FLUFFY HAM OMELET

With Glazed Apples, it's a tempting main dish for brunch or lunch—

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|------------------------|--|
| 5 egg yolks | 5 stiff-beaten egg whites |
| 1 cup dairy sour cream | 1 cup finely diced cooked ham |
| ¼ teaspoon salt | 2 tablespoons butter, margarine,
or fat |

Beat egg yolks till thick and lemon-colored; beat in half of the sour cream and the salt. Fold in egg whites and ham. Heat butter in 10-inch skillet; pour in omelet mixture, leveling gently. Cook over low heat until lightly browned on bottom, about 5 minutes. Finish cooking in slow oven (325°) till top is golden brown, about 12 minutes. Loosen omelet; slide onto warm plate. Cut in wedges with two forks. Garnish with remaining sour cream and Glazed Apples. Makes 4 servings.

GLAZED APPLES

Sweet partner for omelets, sausage, or roast pork—

- | | |
|-----------------------------------|---|
| 3 tablespoons butter or margarine | Dash salt |
| 1/3 cup brown sugar | 3 unpared tart apples, thinly
sliced |
| ¾ teaspoon cinnamon | |

Melt butter in skillet; stir in brown sugar, cinnamon, and salt. Add the apples. Cook 10 to 15 minutes, stirring occasionally, till the apples are tender and glazed.

GOLDEN PAPRIKA CHICKEN

Crusty chicken pieces are drizzled with tempting sour-cream gravy—

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|--|--|
| ½ cup enriched flour | 2 teaspoons paprika |
| 1 tablespoon salt | ½ cup water |
| 1 2½-pound ready-to-cook
chicken, cut in pieces | 1½ tablespoons enriched flour |
| ¼ cup fat | 1 cup dairy sour cream |
| ½ cup chopped onion | 1 teaspoon grated lemon peel
(optional) |
| | Salt to taste |

Combine ½ cup flour and 1 tablespoon salt; coat chicken with mixture; brown slowly in hot fat. Combine onion, paprika, water; add to chicken. Cover; simmer till chicken is tender, about 40 minutes. Remove chicken. Blend 1½ tablespoons flour with drippings in skillet; stir in sour cream; heat just to boiling, stirring constantly. Add lemon peel and season to taste with salt. Serve gravy over chicken. Garnish with parsley. Makes 4 servings.

Puddings

APPLE BETTY

3 cups stale cake or bread cubes	$\frac{1}{2}$ teaspoon cinnamon
3 cups apples	3 tablespoons butter
Juice and rind of 1 lemon	$\frac{2}{3}$ to 1 cup sugar
	$\frac{1}{4}$ cup fruit juice

Prepare fruit and slice, add lemon juice and rind, cinnamon and sugar, mix. Butter a casserole, alternate a layer of fruit and a layer of crumbs, etc., until dish is $\frac{3}{4}$ full. Dot with butter. Cover and bake 1 to $1\frac{1}{2}$ hours at 350°. Serve with lemon sauce or cream.

ELEGANT CHOCOLATE CUSTARD PUDDING

3 squares unsweetened chocolate	5 egg yolks, beaten
1 cup sugar	1 tablespoon firm butter
1 tablespoon flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	Cream, plain or whipped
2 cups milk, scalded	

Melt chocolate in top of double boiler over hot water. Blend sugar, flour and salt and stir into chocolate with wooden spoon. Gradually stir in hot milk, then cool and stir until mixture thickens. Beat yolks with rotary beater in a 2-quart bowl, then add chocolate mixture gradually beating well. Quickly strain mixture back into double boiler. Place over boiling water and cook and stir 3 or 4 minutes, until just thickened. Remove from heat. Stir in butter until melted, then vanilla. Turn into serving dish or sherbets. Cool, then cover and chill. 5 servings.

WAYS TO SERVE

1. Serve plain, or flow a little cream over top of custard in sherbets for appealing contrast.
2. Spoon whipped cream over pudding.
3. Sprinkle with a few nuts. Pistachios are especially elegant.
4. Drop a canned pear half cut-side down on top of custard in sherbet glass, or spoon over sliced bananas.

BAKED TAPIOCA PUDDING

- | | |
|------------------------|----------------------|
| 2 cups water | 2 oranges |
| ½ cup sugar | 3 apples |
| ¼ teaspoon salt | ¼ cup dates |
| 1/3 cup minute tapioca | 2 tablespoons butter |
| 1 teaspoon orange rind | |

Mix tapioca, sugar, salt, orange rind and water and bring to the boiling point. Peel and slice oranges, pare and slice apples. Mix. Alternate the fruit and tapioca in layers. Dot with butter. Cover and bake. Serve hot or cold with custard.

ORANGE BREAD PUDDING

- | | |
|-----------------------|---------------------------|
| 1 cup orange juice | Pinch of salt |
| Thin peel of 1 orange | 2 cups hot milk or |
| 3 eggs | 1 can hot evaporated milk |
| ½ cup sugar | 2½ cups soft bread crumbs |
| ¼ cup melted butter | 1 cup raisins |

Mix ingredients well. Pour into buttered baking dish, and bake in slow oven (350°) until set. Serve with hard sauce.

LEMON CAKE PUDDING

- | | |
|---------------------------|---------------------|
| 1 cup sugar | Juice of 1½ lemons |
| 2 tablespoons soft butter | 1 cup milk |
| 2 egg yolks | 2 beaten egg whites |
| 2 tablespoons flour | |

Cream sugar and butter. Add egg yolks, flour, lemon juice and milk. Fold in the beaten egg whites. Pour into buttered pan. Place in pan of hot water and bake for 30 minutes at 350°.

CHOCOLATE TAPIOCA CREAM

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|------------------------------|---------------------------------|
| 4 tablespoons Minute Tapioca | 2 squares unsweetened chocolate |
| ½ cup sugar | 4 cups milk |
| ¼ teaspoon salt | 1 egg white stiffly beaten |
| 1 egg yolk | 1 teaspoon vanilla |

Combine tapioca, sugar, salt, egg yolk, chocolate, and milk in top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point, allow 5-7 minutes and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Cool — mixture thickens as it cools. Add vanilla and chill. Serves 8.

CHOCOLATE PUDDING

- | | |
|----------------------------------|----------------------------|
| 1 cup evaporated milk, undiluted | 1 square chocolate, melted |
| 3 eggs, separated | Few grains salt |
| 3 tablespoons sugar | |

Add heated milk to chocolate. Beat the yolks of eggs, add sugar and salt, then milk and chocolate mixture. Pour into buttered dish. Set in dish of water and cook in slow oven (325° F.) until firm, about 30 minutes. Cover with meringue.

MERINGUE

Beat egg whites stiff. Add 3 tablespoons sugar and 1 tablespoon cocoa. Place on top of pudding and brown in oven.

FROZEN CHRISTMAS PUDDING

- | | |
|---|--------------------------------|
| 1 9-ounce can (1 cup)
crushed pineapple | 1 tablespoon grated lemon peel |
| 1 4-ounce jar (½ cup)
maraschino cherries | 2 tablespoons lemon juice |
| ½ cup tiny marshmallows | 2 teaspoons rum flavoring |
| 1/3 cup chopped almonds,
blanched, toasted | 2 egg whites |
| | ¼ teaspoon salt |
| | 1/3 cup sugar |
| | 1 cup heavy cream, whipped |

Drain pineapple and cherries, reserving syrups. Chop cherries. Combine syrups and raisins; heat to boiling. Add marshmallows; stir till dissolved. Cool; add pineapple, cherries, nuts, lemon peel and juice, rum flavoring. Beat egg whites and salt till foamy; gradually add sugar, beating to stiff peaks. Fold into mixture. Fold in cream. Freeze firm in refrigerator tray. Makes 8 servings.

UPSIDE-DOWN DATE PUDDING

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|----------------------------|-------------------------------|
| 1 cup pitted dates, cut up | 1 egg |
| 1 cup boiling water | 2 tablespoons melted butter |
| ½ cup granulated sugar | 1½ cups sifted enriched flour |
| ½ cup brown sugar | 1 teaspoon soda |
| ½ teaspoon baking powder | ½ teaspoon salt |
| 1 cup chopped walnuts | 1 recipe brown sugar sauce |

Combine dates and water. Blend sugars, egg, and butter. Sift together dry ingredients; add to sugar mixture. Stir in nuts and cooled date mixture. Pour into 11x7 ½-inch baking dish. Top with **Brown Sugar Sauce**: Combine 1½ cups brown sugar, 1 tablespoon butter and 1½ cups boiling water. Bake in moderate oven (375°) about 40 minutes. Cut in squares; invert on plates. Serve warm with whipped cream. Makes 9 servings.

QUEEN OF PUDDINGS

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|------------------------|--------------------------|
| 1 pint of bread crumbs | egg-sized lump of butter |
| 1 cup sugar | 1 quart of milk |
| 4 eggs | |

Put bread crumbs into milk, stir in the yolks of the eggs and the sugar beaten together. Add butter and bake for one hour.

Cover the top of pudding with a layer of jelly or fruit; make a frosting with the whites of the eggs and $\frac{2}{3}$ cup powdered sugar. Spread this over the jelly and place in oven to brown.

SUNSHINE PUDDING

- | | |
|-----------------------------------|---------------------------------|
| $1\frac{1}{2}$ cups milk | 1 tablespoon grated orange rind |
| $1\frac{1}{2}$ cups cooked farina | $\frac{1}{2}$ teaspoon salt |
| 3 egg, beaten | $\frac{1}{3}$ cup orange juice |
| $\frac{1}{4}$ cup sugar | |

Scald milk. Add cooked farina and mix with rotary beater until smooth. Add eggs, sugar, grated rind, salt and orange juice. Combine thoroughly. Pour into a greased 8" square glass pan. Set in shallow pan of water and bake in moderate oven (350° - 375°) 1 hour. Cut in squares. Serve hot or cold with orange-pineapple sauce. 9 servings. Sauce: Combine 2 teaspoons cornstarch, 2 tablespoons cold water. Add 1 cup canned, crushed pineapple. Boil 3 minutes, cool. Add 1 cup orange sections.

OLD-FASHIONED RICE PUDDING

- | | |
|-----------------------------|---|
| 1 quart milk | $\frac{1}{4}$ teaspoon grated lemon rind, |
| $\frac{1}{4}$ cup raw rice | (optional) |
| $\frac{1}{8}$ teaspoon salt | 1 teaspoon vanilla |
| $\frac{1}{4}$ cup sugar | $\frac{1}{8}$ teaspoon grated nutmeg |
| | $\frac{1}{2}$ cup thin cream |

Have ready a 6-cup casserole. Start oven 10 minutes before baking; set to 275° F. (slow).

Put first 4 ingredients in top of double boiler, place over boiling water, cover and heat until milk scalds. Remove from heat, stir in lemon rind, vanilla and nutmeg. Turn into casserole; do not cover. Place on middle oven rack and bake $2\frac{1}{2}$ to 3 hours. Stir with fork 3 times during first hour, to keep rice from settling. After $1\frac{1}{2}$ hours, stir in half the cream; remainder at end of 2 hours. Bake until rice is perfectly tender. Remove to cake rack, cool. Serve warm or cold. 4 servings.

For Raisin Rice Pudding: stir in $\frac{1}{3}$ cup seedless raisins after the first hour of cooking.

OZARK PUDDING

1 egg	1 cup chopped apples
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup chopped nuts
$1\frac{1}{4}$ teaspoons baking powder	1 teaspoon vanilla
3 heaping tablespoons flour	1 cup cream whipped
$\frac{1}{8}$ teaspoon salt	

Beat egg well. Add sugar beating until light and creamy. Sift flour, baking powder, and salt and add to egg mixture. Blend well, fold in apples and nuts. Add vanilla. Pour into greased paper-lined dish. Bake in slow oven 325° for 30 minutes. Serve with whipped cream or ice cream.

Meats

BARBECUED CHICKEN

THE CHICKEN:

2 tablespoons salad oil
or fat

2-3 pounds ready-to-cook
broiler fryers, quartered

THE SAUCE:

3 cups tomato juice
½ cup vinegar
1 tablespoon sugar
4 sliced medium onions
½ cup ketchup

3 tablespoons Worcestershire sauce
4 teaspoons prepared mustard
1 teaspoon pepper
2 teaspoons salt

Start heating oven to 350° F. In hot salad oil in skillet, brown chicken well on all sides. Remove to shallow baking pan. In saucepan, combine tomato juice, vinegar, sugar, onions, ketchup, Worcestershire sauce, mustard, pepper and salt. Heat, then pour over chicken.

Bake chicken, uncovered, 1 hour or until tender, basting every 10 minutes with sauce. (If sauce is too thick, stir in a little water.)

FRIED CHICKEN

Plump young chicken, 1½ to 3 pounds
ready-to-cook (2 to 4 pounds, dressed weight)
Salt, pepper, flour
Fat

Cut in serving pieces.

Season chicken with salt and pepper and roll in flour.

Heat fat (about ½ inch deep) in a skillet with Dome Cover (Chicken Fryer).

Put the thickest pieces of chicken in the fat first. Do not crowd — leave enough space for the fat to come up around each piece.

Cook slowly, turning often. Do not cover pan. The thickest pieces will take from 20 to 35 minutes to cook.

After the pieces have been browned, cover and finish cooking on top of stove or cooking may be finished in a moderate oven (350° F.) if more convenient.

Menu suggestion: Serve with parsley potatoes, creamed onions, and wilted greens. For dessert have pumpkin chiffon pie.

GOLDEN FRIED CHICKEN

1 frying chicken (2½ lbs.)	1 package (1-1/3 cups)
Seasoned flour	precooked rice
Fat	½ teaspoon salt
Cream gravy	1½ cups water

Roll pieces of chicken in seasoned flour. Fry them in ½" sizzling fat until browned on both sides. Reduce heat; cook slowly 20-25 minutes, turning frequently. Make a cream gravy from the drippings and top milk. Combine rice, water, salt in pan. Mix, bring to a boil. Do not stir. Cover and remove from heat. Let stand 10 minutes. Arrange chicken on serving dish with rice. Serve gravy on the side. Enough for 4 servings.

ROAST CHICKENS IN PAPER BAGS

Here is the simplest way to roast them. Just rub the skins with oil or melted butter and slip chickens into paper bags, folding over ends and fastening shut with paper clips, or pins. Yes, just ordinary store paper bags. A moderate oven 325°, for about 2½ to 3 hours. They'll be tender and juicy; and won't have to be turned. Put them on a cookie sheet or in a shallow pan, breast side up, and roast. That's all there is to that.

In the meantime you can simmer the giblets, with a slice of onion and a piece of celery till they are very tender. Strain the juice, and use that, plus the liquid in the paper bags, for making gravy (using 2 tablespoons of flour for thickening each cup of liquid). Season carefully. (And don't burn your tongue on the hot gravy when you taste it, which is the only way to know whether it is seasoned enough, or not.) Keep hot in the top of the double boiler.

CHICKEN PAPRIKAS

1 onion, chopped	4-5 lb. chicken, disjointed
¼ cup shortening	1½ cups water
2 tablespoons salt	½ pint sour cream
1 tablespoon paprika	½ pint light cream (optional)
1 teaspoon black pepper	

Brown onion in shortening; mix in seasonings; add chicken and brown 10 minutes. Add water; cover and simmer slowly until tender. Remove chicken; add sour cream to drippings in pan and mix well. If more gravy is desired, add the light cream. Add dumplings; arrange chicken on top. Heat through and serve. Yields 4-6 portions.

CHICKEN LOAF

3 cups chicken	1 cup milk
1 cup carrots	2 egg yolks
1½ cups peas	2 teaspoons salt
1½ cups bread crumbs	2 teaspoons onion juice
1 teaspoon lemon juice	

This loaf is made of previously cooked chicken and vegetables. Leftovers may be used. Put the chicken, carrots, and peas through a coarse grinder. Add the rest of the ingredients. Mix together and place in a greased loaf pan. Bake at 350° for 1 hour.

CUPID'S CHICKEN CASSEROLE

It's easy to turn today's Cupid Chicken Casserole into a meatless favorite, too. Use cream of celery or mushroom soup instead of chicken soup and one can of tuna for the chicken.

3 cups cooked rice	1 cup shredded cheese
1 can cream of chicken soup	¼ cup diced pimiento
½ cup milk	1 teaspoon grated onion
1 (5 oz.) can boned chicken	¼ cup chopped toasted almonds
1 cup cooked peas	

Drain hot cooked rice. Blend with remaining ingredients, reserving half of the almonds. Sprinkle remaining almonds on top.

Bake in a moderate oven 375° 25 minutes. 6 servings.

CREAMY CHICKEN CROQUETTES

(Any other meat can be substituted)

4 tablespoons flour	1 cup milk
1 teaspoon salt	2 tablespoons butter
⅛ teaspoon pepper	2 cups chopped chicken
1 teaspoon Worcestershire sauce	2 eggs
	Bread crumbs

Combine dry ingredients with milk. Add butter and cook until thick and creamy, stirring occasionally. Stir in chopped chicken—cool, then mold into balls, cones or cylinders. Roll in cracker crumbs, dip in beaten egg and roll in crumbs again. Fry in fat at 390° F. until golden brown.

TRIPE

Cut tripe into pieces, soak in salt water overnight and boil 8 hours or until tender. It is then ready to pickle or fry.

To pickle: Take $\frac{1}{2}$ gallon of vinegar, 1 cup brown sugar, 1 tablespoon salt, $\frac{1}{2}$ teaspoon pepper and 1 teaspoon celery seed.

To fry: Roll pieces in cornmeal (crackermeal) and fry in 2 tablespoons of hot lard until nicely brown. Then cover with milk and let boil until a nice gravy is made.

LAMB CROQUETTES

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|-----------------------------|------------------------------------|
| 2 tablespoons butter | $2\frac{1}{2}$ cups lamb |
| 4 tablespoons flour | 1 tablespoon parsley |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{8}$ teaspoon paprika |
| 1 cup milk | $\frac{1}{2}$ teaspoon lemon juice |

Melt butter and stir in flour and salt. Add milk gradually. Stir until smooth. Grind the leftover lamb and with the parsley, paprika and lemon juice, add to the sauce. Let cool and shape. Roll in crumbs, then in a beaten egg, then again in crumbs until the croquettes are well coated. Chill thoroughly. Fry in deep fat at 375° , or place on a well buttered shallow baking dish and bake at 425° for 45 minutes, turning after they have been in the oven for 20 minutes. Makes 12 small croquettes.

LIVER AND ONION PATTIES

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|---------------------------------|-------------------------------|
| 1 pound beef or pork liver | $\frac{1}{4}$ cup milk |
| 1 medium onion | 1 teaspoon salt |
| 10 soda crackers, finely ground | $\frac{1}{8}$ teaspoon pepper |
| 2 eggs | |

Cover liver with boiling water and let stand 10 minutes. Put liver, onion, and crackers through a meat grinder. Add slightly beaten eggs, milk and seasonings. Drop by tablespoons into hot fat. Flatten with a spatula and fry each side until brown and crisp. Serves 4.

LIVER — Lemon - Garnished with Parsley

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|---|-------------|
| 1 lb. sliced beef or calves' liver | lemon juice |
| $\frac{1}{4}$ to $\frac{1}{2}$ cup butter | parsley |

Peel off outside membrane of liver with sharp knife. Flour liver. Melt $\frac{1}{4}$ cup butter until lightly browned or until hot. Cook liver both sides until a light brown. Remove to hot plate and keep in warm place. Heat another $\frac{1}{4}$ cup butter until a light brown. Sprinkle liver with lemon juice, pour a little brown butter over each slice, and dab with chopped parsley. Serve hot. Serves 4.

DUMPLINGS NOKEDLI

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|----------------|------------------------------|
| 3 eggs, beaten | 2½ cups sifted flour (about) |
| ½ cup water | 2 teaspoons salt |

Blend ingredients together, adding more flour if necessary, to make a stiff batter. Drop by teaspoons into boiling salted water. Cook 10 minutes; rinse with cold water; drain.

LIVER DUMPLINGS

- | | |
|-----------------|--|
| 1½ pounds liver | 2 slices of bread broken in small pieces |
| 2 onions | 1½ to 2 cups flour |
| 2 beaten eggs | pepper |
| 1 teaspoon salt | |

Make a rich and well seasoned beef broth. Skin liver and grind with onions. Put flour in mixing bowl. Add salt, pepper, then liver and onions, bread and beaten eggs. Mix thoroughly until stiff enough to drop off spoon into hot beef broth. Cook 10 minutes.

VEAL CHOPS IN SOUR CREAM

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|---------------------|------------------|
| 6 veal chops | 1 cup sour cream |
| 2 tablespoons flour | paprika |
| 2 tablespoons lard | salt and pepper |

Dredge veal chops in flour and brown on both sides in hot lard. When nicely browned, season with salt and pepper and paprika. Add sour cream, cover tightly, and cook very slowly until done, about forty-five minutes. Remove to a hot platter and make sour cream gravy by thickening drippings and adding more liquid.

MEAT BALLS

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|---------------------|-----------------------------|
| 1 pound ground beef | 3 tablespoons hot bacon fat |
| ½ pound ground pork | 1 cup cut-up mushrooms |
| 1 cup tomato soup | 1 cup chopped onions |
| 1 tablespoon flour | 2 cups diced celery |
| ¾ teaspoon salt | 4 cups cut-up potatoes |
| ¼ teaspoon pepper | 1 teaspoon salt |

Mix the ground beef, pork, tomato soup, flour, salt and pepper. Shape into small balls. Brown in shortening in a hot frying pan. Arrange meat balls on the bottom of a deep skillet. Cover with the mushrooms, onions, celery and potatoes. Sprinkle with the 1 teaspoon salt. Cover dish and bake for 50-60 minutes in a moderate oven 350°.

MEAT LOAF OR HAMBURGERS

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|--|--|
| 1 green pepper | 3 large onions, chopped fine |
| 5 pounds chopped beef | 1 cup soft bread, soaked in hot milk, |
| 3 eggs | then what milk is left after the |
| Pepper and salt to taste | bread is soaked, add to the above |
| 2 tablespoons catsup | mixture. $\frac{1}{2}$ cup will be sufficient. |
| 1 teaspoon poultry seasoning | That will make it moist. |
| $1\frac{1}{2}$ cups oatmeal, rolled oats | |

Put all ingredients into a large bowl; work all together with hands until all ingredients are well mixed. Shape into a loaf and place into a large pan. Cover the meat loaf with chili sauce or catsup with a large spoon or with your hand.

Bake 2 hours. Start out at 400° F. then reduce to 375° F. Cover with aluminum foil when baking.

Hamburgers — Make into balls, flatten them slightly and fry in shortening till done (till they are nice brown in color) — very good.

RUSSIAN MEAT BALLS

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|---------------------------------|--|
| 1 pound hamburger (beef) | salt and pepper |
| $\frac{1}{4}$ pound ground pork | $\frac{1}{4}$ cup quick cooking apples |
| 1 small onion sliced | 1 stock celery (diced) |
| 2 tablespoons green pepper | 3 tablespoons butter |
| 1 cup tomatoes | 1 egg |

Have beef and pork ground together. Add egg, salt, and pepper. Make into balls and brown on all sides in hot fat. Place in a deep buttered baking dish. Spread with onion, green pepper, apples and celery and lastly add tomatoes. Cover and bake slowly in a moderate oven for 1 hour.

RABBIT IN CREAM

Fry an onion (size of large egg) in 3 tablespoons of shortening and put in cut up rabbit. Fry until it is slightly brown.

The meat will let out a meat juice and it will look soupy, but keep on frying until all the water evaporates and just the onions and shortening are left. Fry a little more till the meat or onions are beginning to brown slightly. Then sprinkle $\frac{1}{2}$ cup of flour over the meat and stir it until you see that the flour is catching or sticking to the bottom of the pan. (The flour will cling to the meat). Put 4 sprigs of dill and 4 of parsley with 2 tablespoons of salt and $\frac{1}{2}$ teaspoon of pepper into the pan. Then pour 1 pint of whipping cream over the meat. Rinse the bottle from cream with $\frac{1}{2}$ pint of water and pour that over the cream. Stir until it begins to boil. Stir for about 10 minutes while it is boiling. Then put it into the oven at 350° for about an hour to an hour and a half.

PASTIES

Mix dough:

2 cups flour
5 tablespoons lard

3 tablespoons water
1 teaspoon salt

Cut up 1 pound beef and pork, 6 potatoes, $\frac{1}{2}$ of small rutabaga and 1 onion. Cut all in small pieces. Roll out dough in size desired. Place meat mixture on $\frac{1}{2}$ of dough rolled, lift other half to cover. Press edges with fork. Place on pan. Bake $1\frac{1}{2}$ hours in 350° F., last half hour pour $\frac{1}{2}$ cup hot water with $\frac{1}{4}$ cup butter added into slits on top of pasties.

RECIPE FOR PASTIES

5 cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ pound lard

$\frac{1}{4}$ cup pure pork drippings
 $\frac{3}{4}$ cup water (about)

Put flour and salt in a mixing bowl. Add lard and solidified drippings. Work these into the flour in regular pastry-mixing fashion. Add enough water to hold pastry together. This recipe makes enough dough for 5 pasties. Divide dough into 5 portions, shape each portion into a round ball. Roll a ball of dough out on a very lightly floured board.

Filling

Assemble the following ingredients for each pasty:

$\frac{1}{2}$ cup cubed carrots
 $\frac{1}{2}$ cup cubed rutabaga
 $\frac{7}{8}$ cup potatoes, chipped
 $\frac{1}{2}$ cup chipped onions

$\frac{3}{4}$ cup beef round steak,
cut in small pieces
 $\frac{3}{4}$ teaspoon salt
Generous dash of pepper

Put these in the order given, in layers in the center of the rolled-out circle of dough. Pull two opposite sides of the pastry circle together and turn the edges over to seal. The pasty should look like a turnover at this point.

Twist or pinch together the edges making a secure closure. Prick top to allow steam to escape.

Put on ungreased baking sheet and bake in a moderate oven (300 degrees) for one hour. Makes one pasty.

TASTY BEEF STEW

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|---------------------------------------|--------------------------|
| 1½ pounds beef, cut for stew | Salt and pepper to taste |
| ¼ cup flour | 6 medium potatoes |
| 3 tablespoons lard or bacon drippings | 6 small whole carrots |

Dredge the pieces of beef in flour and brown slowly in lard or drippings. Season with salt and pepper. Add only enough water to cover meat. Cover closely and cook slowly for 1½ hours until the meat is tender. Add potatoes and carrots and continue cooking until vegetables are done. If the juice is still thin, thicken with flour as you would gravy. Serves 4-6.

BRUNSWICK STEW

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|-----------------------|-----------------------------------|
| 1 four pound Fowl | 1 No. 2 can tomatoes |
| 1 cracked Veal shank | 1¼ cup green lima beans, drained |
| ¾ quart boiling water | 1¼ cup whole kernel corn, drained |
| 1 tablespoon salt | 2 tablespoons butter |
| ¼ teaspoon pepper | 2 tablespoons flour |
| 2 sliced onions | |

Have fowl cut in pieces for serving. Clean and wash. Place in kettle with veal shank; add boiling water to half cover. Add salt and pepper. Bring to boiling point, cover tightly. Simmer over low heat for one hour. Add onions and tomatoes. Cook 30 minutes. Add the corn and lima beans and cook 10 minutes longer or until chicken is tender. Remove veal shank. Cream butter with flour until well blended and stir slowly into hot liquid over low heat. Let cook 5 minutes. Serve in soup plates. Serves 6.

HUNGARIAN GOULASH WITH POTATOES

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|--------------------------------|---|
| 3 tablespoons fat or salad oil | 1½ pounds beef round or chuck,
cut in one inch cubes |
| 3 cups thinly sliced onions | 3 cups water |
| 2¼ teaspoons salt | 4 pared medium potatoes, cut
in quarters |
| 6 teaspoons paprika | |

The night before, heat the fat in a deep, covered skillet or Dutch Oven. Add the thinly sliced onions and the salt, and cook, while tossing occasionally with a fork, until the onions are a deep golden brown. Stir in 1½ teaspoons paprika; then add the cubes of beef. Cover tightly and simmer 1 hour. Add the remaining 4½ teaspoons paprika and the water; cover and cook ½ hour longer. Cool: then store, covered, in the refrigerator, until dinnertime the next day. Then heat the goulash to the boiling point; add the quartered potatoes, and cook, covered about ½ hour, or until the meat and potatoes are tender. If preferred omit the potatoes, just heat and serve with buttered noodles. Serves 5. This is a good recipe for a working mother, who can plan a meal the night before.

HEART-SHAPED RICE MOLD SERVED INDIVIDUAL POT ROAST STYLE

4 pounds beef chuck	3 tablespoons drippings
salt, pepper, flour	3 tablespoons flour
3 tablespoons shortening	2 cups tomato juice
1 small onion	rice mold
¼ cup water	

Cut chuck into individual roasts; season and flour. Brown in hot shortening in heavy skillet. Add onion and water. Cover and let simmer 3 hours; adding more liquid if necessary. For gravy, remove meat, and pour off drippings. Measure 3 tablespoons drippings in skillet, add flour; cool 3 minutes. Add meat broth, tomato juice and let simmer a few minutes. For rice mold, combine hot cooked rice, hot mushrooms, and place in warm heart-shaped mold. Let set about 5 or 10 minutes, then unmold on warm platter. Garnish the top of mold with halved or sliced stuffed olives. Then arrange individual roasts around the mold and cover with gravy. Serves 6 to 8.

SKEWERED BABY BEEF AND MUSHROOMS

1½ pounds veal round, cut ¼ inch thick	¼ teaspoon salt
2/3 cup catsup	3 tablespoons cooking sherry or
1 small clove garlic, mashed	1 tablespoon vinegar
1 tablespoon minced onion	12 1½-inch squares green pepper
1½ tablespoons meat sauce	12 ¼-inch slices medium onion
1 tablespoon Worcestershire sauce	36 mushroom crowns, fresh or
Dash of pepper	canned
	30 to 36 cherry tomatoes

Cut lean veal in approximately 1½-inch squares. (There should be 36 squares). Make sauce by mixing next 8 ingredients; add meat and stir to coat. Let stand several hours. Separately, in small amounts of salted water, precook green-pepper squares and onion slices 3 to 4 minutes; drain. On each of 6 skewers, string 6 squares of veal, 6 mushrooms, 2 green-pepper squares, 2 onion slices. (Begin and end with green pepper; intersperse mushrooms and onion slices between meat.) Broil slowly 4 inches from heat until browned on all sides, turning and brushing occasionally with salad oil (15 to 20 minutes). When meat is almost done, put cherry tomatoes in foil-lined pan under meat to cook slightly. Slide meat off each skewer onto bed of hot cooked rice on individual plate. Garnish with 5 or 6 tiny hot tomatoes, and sprigs of parsley. Makes 6 servings.

POT ROAST OF BEEF

Select 4 to 5 pounds of beef - chuck, rump, or round.

Rub the meat with salt, pepper, and flour, and brown on all sides in a little hot fat in Dutch Oven with cover.

Slip roast rack under meat to keep it from sticking to pan. Add one-half cup water; cover pan closely.

Cook slowly over low heat until done. About 3 hours. Add more water as needed.

During the last half hour, cook vegetables with meat - quartered potatoes, onions, and whole carrots.

Make gravy with the liquid.

Menu suggestion: Serve with the vegetables, lettuce wedges and peach or other fruit shortcake.

SWEDISH MEAT BALLS

1 pound finely ground beef ($\frac{1}{2}$ pound)	2 tablespoons grated onion (1 tablespoon)
$\frac{1}{2}$ cup fine dry bread crumbs ($\frac{1}{4}$ cup)	1 teaspoon salt ($\frac{1}{2}$ teaspoon)
1 egg (2 tablespoons beaten)	$\frac{1}{8}$ teaspoon pepper (dash)
$\frac{2}{3}$ cup milk ($\frac{1}{3}$ cup)	$\frac{1}{8}$ teaspoon nutmeg (dash)

Mix all ingredients together lightly. Form into small balls (1-1 $\frac{1}{2}$ "). Brown in hot fat. Add about $\frac{1}{2}$ cup hot water. Cover. Simmer 20 minutes. Serves: 6 (3)

FLUFFY MEAT LOAF

$\frac{3}{4}$ cup hot milk ($\frac{3}{8}$ cup)	1 teaspoon cinnamon ($\frac{1}{2}$ teaspoon)
2 cups soft bread crumbs (1 cup)	1 teaspoon nutmeg ($\frac{1}{2}$ teaspoon)
2 pounds ground beef (1 pound)	1 teaspoon poultry seasoning ($\frac{1}{2}$ teaspoon)
1 cup chopped onion ($\frac{1}{2}$ cup)	$\frac{1}{2}$ teaspoon pepper ($\frac{1}{4}$ teaspoon)
2 teaspoons salt (1 teaspoon)	$\frac{1}{2}$ teaspoon cloves ($\frac{1}{4}$ teaspoon)
1 teaspoon Accent ($\frac{1}{2}$ teaspoon)	3 slightly beaten eggs (1 large)

Pour hot milk over bread crumbs. Combine remaining ingredients and stir into milk mixture. Bake in a greased 9x5x3-inch loaf pan in moderate oven (350° F.) 1 hour. Serves: 6-8 (3-4)

MEAT PIE

2 pounds beef, lamb or veal	2 onions, cut
3 tablespoons flour	2 carrots, cut
1 $\frac{1}{2}$ teaspoons salt	2 potatoes, cut
$\frac{1}{2}$ teaspoon pepper	1 $\frac{1}{2}$ cups water
$\frac{1}{8}$ teaspoon thyme	Flaky pastry

Cut meat in cubes, dip in flour and brown in fat. Add seasoning, vegetables and water. Pour into buttered casserole, cover and bake 1 hour. During the last half hour cover with pastry. Bake at 350°.

BROILED BEEF PATTIES

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|---|---|
| 1 pound ground beef ($\frac{1}{2}$ pound) | 1 teaspoon salt ($\frac{1}{2}$ teaspoon) |
| $\frac{1}{4}$ teaspoon pepper ($\frac{1}{8}$ teaspoon) | 1 tablespoon minced onion |
| | ($1\frac{1}{2}$ teaspoons), if desired |

Combine ingredients and shape into patties about $\frac{3}{4}$ inch thick. Place on broiler rack 4-5 inches from source of heat. Broil 6-9 minutes (depending on degree of rareness desired) on first side; turn and broil 3-5 minutes on other side. Serve hot. (If desired, brush with melted butter before serving.) Serves: 6 (3)

MEAT BALL PANCAKES

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|---|--|
| 3 egg yolks, lightly beaten
(2 small or 1 large) | 1 teaspoon lemon juice ($\frac{1}{2}$ teaspoon) |
| $\frac{1}{2}$ pound ground beef
($\frac{1}{4}$ pound) | 1 tablespoon minced parsley
($1\frac{1}{2}$ teaspoons) |
| $\frac{1}{4}$ teaspoon baking powder
($\frac{1}{8}$ teaspoon) | 1 tablespoon grated onion
($1\frac{1}{2}$ teaspoons) |
| $\frac{1}{2}$ teaspoon salt ($\frac{1}{4}$ teaspoon) | 3 egg whites, stiffly beaten
(2 small or 1 large) |
| dash of pepper (sprinkle) | |

Blend together all ingredients except egg whites. Fold in beaten egg whites last. Drop by spoonful onto greased hot griddle. When puffed and brown, turn and brown other side. Serve at once with a mushroom sauce on a creamed vegetable. Serves 6 (3).

MEAT LOAF

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|---------------------------------|---------------------------------|
| 1 pound ground beef | $\frac{1}{4}$ cup butter |
| $\frac{1}{2}$ pound ground pork | $\frac{1}{2}$ cup minced onion |
| $\frac{1}{2}$ pound ground veal | $\frac{1}{2}$ cup minced celery |
| 2 teaspoons salt | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ teaspoon pepper | 1 egg |
| 1 cup bread crumbs | |

Brown onion in butter. Add milk. Add bread crumbs and seasoning to meat and add milk mixture and eggs. Mix well. Pack in buttered bread pan. Arrange strips of bacon over loaf and bake $1\frac{1}{4}$ hours at 375° .

Variation: Ham Loaf. Omit beef and add 1 pound ground smoked ham.

PARSLEY STEAK ROLLS

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|--|-------------------------------|
| 2 pounds $\frac{1}{4}$ -inch lean round steak, | salt and pepper |
| cut in 6 pieces | 2 tablespoons fat |
| $\frac{1}{2}$ pound mushrooms | 1 can condensed beef consomme |
| 1 cup chopped parsley | 2 tablespoons cornstarch |
| $\frac{3}{4}$ cup chopped onion | $\frac{1}{2}$ cup water |
| 1 cup grated Parmesan cheese | |

If meat is too thick, pound to $\frac{1}{4}$ inch. Reserve mushroom crowns; chop stems and sprinkle over meat along with parsley, onion, and cheese; season lightly with salt and pepper. Tightly roll each piece of meat; fasten with toothpicks and lace with string. Brown slowly in hot fat. Add mushroom crowns and consomme. Cover; bake in moderate oven (350°) 1 hour and 15 minutes, or till tender. Remove meat rolls. Combine cornstarch and water; add to gravy and cook and stir till thick. Clip string and remove from rolls. Makes 6 servings.

SKILLET PIZZA STEAK

Pizza fans, try this! Terrific flavor and so easy—

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|---|---------------------------------|
| 6 minute steaks, $\frac{1}{4}$ pound each | $\frac{3}{4}$ cup water |
| 2 tablespoons olive or salad oil | 1 teaspoon oregano |
| 1 clove garlic, minced | $\frac{1}{2}$ teaspoon basil |
| 2 8-ounce cans (2 cups) seasoned | Dash pepper |
| tomato sauce | 6 thin slices Mozzarella cheese |

Brown meat quickly in hot oil. Add garlic, tomato sauce, water, and seasonings. Simmer uncovered, turning steaks occasionally, till sauce is thick (45 to 60 minutes). Top each steak with cheese slice. Skim off excess fat if necessary before serving. Garnish with parsley. Makes 6 servings.

HOME-STYLE STEAK

This one's for the family—traditional Swiss steak with barbecue-type sauce—

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|----------------------------------|------------------------------------|
| $\frac{1}{2}$ cup enriched flour | Fat |
| 2 tablespoons dry mustard | 1 can condensed tomato soup |
| 1 teaspoon salt | $\frac{1}{2}$ cup chopped onion |
| Dash pepper | 2 tablespoons Worcestershire sauce |
| 2 pounds 1-inch round steak | |

Combine flour, mustard, salt, and pepper; with meat pounder, pound into steak. Brown slowly in a little hot fat; drain off excess fat. Combine remaining ingredients; pour over meat. Bake uncovered in slow oven (325°) $1\frac{1}{2}$ hours or till tender. Garnish with onion rings. Makes 6 servings.

SALT PACKED STEAK WITH SPRING ONION SAUCE

Sirloin steak	1 tablespoon Worcestershire sauce
4 tablespoons butter	Pepper
6 green onions	Fresh parsley, minced
1½ cups beef stock or consomme	

Originally developed for cooking a steak over a charcoal fire, the technique of preparing a salt-packed steak gives equally satisfying results in your oven broiler. A thick paste of salt and water is spread on the steak; this, when heated, forms a shell-like crust, which keeps in all the good meat flavor and juices. Choose a steak about 1½ inches thick. Trim off excess fat. Make a paste of 1 cup salt and 5 tablespoons water. Spread a ¼-inch thick layer of the paste on both sides of the steak and place on the rack in the broiler pan. For rare steak, plan on 5 minutes per side; for medium, 8 minutes per side; and for a well-done steak, 10 minutes per side. To make the sauce; chop onions (including most of the green tops) fine. Saute gently in the butter until cooked but not brown. Add stock and simmer 10 minutes. Add Worcestershire sauce. Taste for seasoning, adding pepper if needed. Pour into heated sauce boat and top with chopped parsley.

SWISS STEAK WITH VEGETABLES

3½ pounds round steak, ¼" thick	1½ cans condensed tomato soup, undiluted
½ cup flour	1 can water (measure in soup can)
1½ teaspoons salt	8 or more whole unpared new potatoes
½ teaspoon pepper	6 pared carrots—quartered
¼ cup fat or salad oil	1 package frozen peas
2 cups sliced onions	

Early in the day, cut round steak into 8 large pieces. Mix flour with salt and pepper; with edge of saucer, pound into steak. In hot fat in Dutch oven, brown steak on both sides; add onions and brown a bit. Add soup and water. Cover; simmer about 30 minutes, or until meat begins to be tender. Refrigerate.

To serve, heat meat to simmering point; add potatoes, carrots; simmer, covered, about 25 minutes. Taste and add more seasonings if needed. Break block of frozen peas in half; place half on each side in Dutch oven, pushing peas slightly down into juices. Cook, covered, about 10 minutes longer or until all are tender. Makes 8 servings. To make 4 servings, use 2 pounds round steak, 1 can soup, 1 can water and halve all remaining ingredients.

SAVORY SWISS STEAK

1 ½ pounds lean beef	1 ½ tablespoons melted fat (from suet)
¼ cup flour	1 ½ cups hot tomatoes
¾ teaspoon salt	Chopped onion
Pepper	

Sift flour with salt and pepper. Pound this mixture into the steak thoroughly. Melt suet in skillet; when hot, sear the steak in it on both sides. Add the hot tomatoes and chopped onion. Cover and simmer until the meat is very tender. This will take about 2 hours. Add a little water from time to time as it tends to dry a little in long cooking. Serves 2.

HOT 'N' HEARTY STEAK PIE

1 ½ pounds round steak, cut in ½" pieces	3 teaspoons salt
1 ½ cups sliced onions, fried	¼ teaspoon pepper
1/3 cups flour	3 ¼ cups boiling water
1/3 cups shortening	1 tablespoon Worcestershire sauce
1 cup raw potatoes, cut in ½" cubes	Egg Pastry

Combine flour, salt, and pepper and roll steak pieces in mixture. Fry sliced onions in 1/3 cup shortening until a light brown. Remove and save for later use. Sear steak in hot grease until richly browned. Add 3 ¼ cups boiling water and Worcestershire sauce. Sprinkle in, any of the flour mixture that remains. Cover and simmer until meat is tender, about one hour. Add cut raw potatoes and cook 10 minutes longer.

EGG PASTRY

1 cup sifted flour	½ teaspoon salt
1/3 cup shortening	1 egg

Mix flour and salt. Measure 1/3 cup shortening. Cut in about 2/3 of the shortening until fine as meal. Cut in remaining shortening to size of large peas. Add one egg, slightly beaten, and mix thoroughly into a dough. Roll dough in a rectangle ¼ inch thick and about one inch larger than 10"x6"x2" baking dish. Pour meat mixture into dish and place cooked onions on top. Fit pastry over top and seal edge of pie. Mark top into 6 serving portions by cutting small V's with knife point lengthwise and crosswise. In center of each square make a decorative steam vent by cutting 8 short slits in a snowflake pattern. Bake in very hot oven at 450° about 25 to 30 minutes. Makes 6 servings.

SPECIAL BREADED VEAL STEAKS

- | | |
|-------------------------|------------------------------------|
| 1½ pounds veal steaks | 1 No. 2½ can tomatoes |
| 1 egg | 2 tablespoons chopped green pepper |
| Fine bread crumbs | 4 tablespoons lard |
| 1 small onion (chopped) | 1 teaspoon salt |
| ¼ teaspoon pepper | |

Cut steaks in serving sized pieces and dip in bread crumbs which have been seasoned with salt and pepper. Brown in hot lard on both sides. Place on rack in heavy frying pan. Add the tomatoes, chopped onion and pepper, cover and cook slowly for one hour. Serve with the sauce.

PORK-CHOP SPANISH RICE

- | | |
|---------------------------------|-------------------------------------|
| 4 ½-inch pork chops | ¾ cup converted or long grain rice* |
| 1 tablespoon fat | ½ cup chopped onion |
| 1½ teaspoons salt | 1 No. 2 can (2½ cups) tomato juice |
| 1 teaspoon chili powder | ¼ cup chopped green pepper |
| 1 teaspoon monosodium glutamate | |
| dash pepper | |

Brown chops slowly in hot fat; drain off excess fat. Combine seasonings and sprinkle over meat. Add rice and chopped onion. Pour tomato juice over. Cover and cook over low heat about 35 minutes, stirring now and then. Add green pepper and continue cooking, stirring occasionally, 10 minutes or till rice and meat are done. (If needed, add small amount of water or tomato juice last few minutes of cooking.) Serve with shredded American cheese. Makes 4 servings.

*Or use packaged precooked rice, but add rice with green pepper last 10 minutes of cooking.

SWISS STEAK IN A PACKAGE

Just wrap it up in aluminum foil, slide it in the oven!—

- | | |
|-----------------------------|---|
| 1 cup catsup | Salt and pepper |
| ¼ cup enriched flour | 1 large onion, sliced |
| 2 pounds 1-inch round steak | 2 tablespoons lemon juice, or 1 lemon, thinly sliced (optional) |

Tear off 5-foot length of household-weight aluminum foil; fold double. Combine catsup and flour; spoon half in center of foil. Place steak atop; season. Cover meat with onion slices and remaining catsup mixture. Sprinkle with lemon juice or top with lemon slices. Fold foil over and seal securely. Place in shallow baking pan. Bake in very hot oven (450°) 1½ hours or till tender. Makes 5 or 6 servings.

BREADED PORK CHOPS 'N' CREAMED GRAVY

6 to 8 pork chops
4 eggs, beaten
1 cup vegetable shortening

Cracker crumbs
Salt and pepper
Milk

Roll out enough crackers (about 24 or more) to bread the pork chops. Dip each chop in beaten egg, salt and pepper, and roll in or cover with cracker crumbs. Fry in skillet using about 1 cup vegetable shortening. Shortening should be hot before chops are added. Fry until a golden brown, taking care not to burn. Add enough milk to cover chops. Lower heat and simmer about 20 minutes. This forms a gravy. More milk may be added if too thick. 8 chops serve 4.

STUFFED PORK CHOPS

6 pork chops, 1" thick and pocketed
¼ cup celery, finely chopped
¼ cup onions, finely chopped
2 tablespoons shortening
3 small slices dry bread
¾ teaspoon salt

⅛ teaspoon pepper
1 tablespoon green onion tops
or parsley
1 egg, beaten
¼ cup hot water
bread crumbs

Saute onion and celery in shortening for 7 or 8 minutes. Combine with bread that has been moistened. Season with salt, pepper, green onion tops or parsley. Brush chops on both sides with melted butter, season with salt and pepper and press bread crumbs into chops. Dip into egg to which 1 tablespoon of water has been added. Then into crumbs again. Fry slowly in a small amount of fat until brown, on both sides. Place on a trivet, add about ¼ cup of hot water; cover tightly, and let cook about 30 minutes or until tender, adding water, if necessary.

LIMAS AND SPARERIBS

2 cups (1 pound) dried lima beans
6 cups (1 large can) tomato juice
3 teaspoons salt
2 pounds spareribs
1 teaspoon salt

1 medium onion, chopped
¼ teaspoon black pepper
1 teaspoon tabasco sauce
1 teaspoon dry mustard
½ cup unsulphured molasses

Wash beans; soak overnight in 5 cups tomato juice. Add 3 teaspoons salt. Cover; simmer until beans are tender. DO NOT BOIL. Pour half the beans in casserole. Rub 1 teaspoon salt over spareribs; place over beans. Add onion. Mix remaining ingredients with 1 cup tomato juice; pour over the beans. Cover. Bake 1½ hours 325° F. Uncover; bake 20 to 30 minutes. Serves 10.

BARBECUED SPARERIBS

3 pounds spareribs	2 tablespoons Worcestershire sauce
salt and pepper	2 onions, sliced
$\frac{3}{4}$ cup catsup	1 teaspoon salt
$\frac{3}{4}$ cup water	green pepper
2 tablespoons brown sugar	$\frac{1}{2}$ teaspoon black pepper
2 tablespoons vinegar	

Sprinkle meat with salt and pepper and brown well on both sides.

While meat is browning, make up the sauce with all the other ingredients and pour over the ribs. Cover tightly and cook slowly in oven for $1\frac{1}{2}$ hours, basting frequently.

Twenty minutes before finished take off the lid so sauce will thicken to a nice richness.

BARBECUED SPARERIBS

3 pounds spareribs	2 tablespoons Worcestershire Sauce
salt and pepper	2 onions sliced
$\frac{3}{4}$ cup each catsup and water	1 teaspoon salt
2 tablespoons brown sugar	green pepper
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon black pepper

Sprinkle meat with salt and pepper and brown well on both sides. While meat is browning, make up the sauce with all the other ingredients and pour over the ribs. Cover tightly and cook slowly in oven for $1\frac{1}{2}$ hours, basting often. Twenty minutes before finished take off the lid so sauce will thicken to a nice richness.

SPARERIBS DELUXE IN CHERRY SAUCE

2 pieces of back, pork spareribs	$\frac{1}{4}$ teaspoon dry mustard
1 tablespoon fat	$\frac{1}{2}$ teaspoon salt
1 No. 2 can sour pie cherries	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ teaspoon ground cloves	3 tablespoons vinegar
1 clove garlic, crushed	1 cup water
1 cup brown sugar, firmly packed	2 tablespoons flour

Cut spareribs into 3-rib portions. Brown in hot fat in a heavy skillet. Remove ribs and keep them hot. Drain cherries; pour cherry juice into skillet. Add cloves, garlic, brown sugar, mustard, salt, pepper, vinegar, water, and flour. Bake in oven at 350° for $1\frac{1}{2}$ hours. Baste occasionally. Serves 4 to 6.

SWEET AND SOUR SPARERIBS

- | | |
|---------------------|---------------------------|
| 2½ pounds spareribs | 2 tablespoons sherry wine |
| 1 teaspoon salt | 4 tablespoons soy sauce |
| 1 teaspoon sugar | |

Cook 40 minutes.

- | | |
|--------------------|--------------------------|
| 1 teaspoon salt | 1 tablespoon vinegar |
| 1 tablespoon sugar | 4 tablespoons cornstarch |

Simmer glazed sauce, and the juice in which the spareribs were simmering. Pour over the spareribs that have been browning in a tablespoon of fat in frying pan. Keep stirring until sauce has thickened and the spareribs look glazed.

STUFFED: LUSCIOUS HAM ROUNDS

- | | |
|--|--|
| 2 whole round slices of smoked ham
cut ½" thick | 9 slices pineapple, cut into
wedges |
| 30 whole cloves | parsley |
| Dressing: | |
| 4 cups soft bread crumbs | ¼ cup brown sugar |
| ½ cup raisins | 1 teaspoon dry mustard |
| ¼ cup melted butter | |

Mix bread crumbs, raisins, sugar, and mustard together; pour butter evenly over mixture. Place ham in baking dish; spread dressing lightly over slice. Top with second slice of ham. Stick cloves in fat around edge and place 2 pineapple slices, one on top of other in corners of baking dish. Shape the pineapple wedges into flowers on top of ham. Bake one hour in a moderate oven at 325° and garnish with parsley. Serves 6 to 8.

HOW TO CARVE A HAM

Step number one —

Place the shank end at the carver's right. For a left ham, cut a few slices from the nearest side. For a right ham, slice from the farthest side.

Step number two —

Turn so that it rests on the surface just cut. Steady ham with a carving fork; then remove a small wedge from the shank; and slice.

Step number three —

Now cut thin slices down to the leg bone. Then release them by slicing next to the bone — all at once. Be sure carving knife is super sharp.

Step number four —

If you need more servings, turn the ham back to the first position. Cut slices at right angles to bone.

STUFFED HAM AND VEAL ROLLS

1 1/2 pounds veal cutlet, 1/4" thick	6 or 7 slices ham, 1/4" thick
3/4 cup bread crumbs	1 onion, thinly sliced
3/4 cup warm milk	1 can mushrooms
2 tablespoons onion, chopped	3 or 4 tablespoons fat
1 1/2 tablespoons parsley	1/2 cup stock or water
Salt and pepper	2 carrots, sliced (optional)

Meat may be cut into 1/4" slices by your butcher.

Flatten veal by pounding with mallet or edge of plate. Cut into 6 or 7 pieces or number to be served. Moisten bread crumbs with milk, add chopped onion, parsley and seasoning. Stir until blended. Spread each piece veal with spoonful of dressing. Over this place thin slice of ham, roll so that ham and stuffing are completely covered by veal. Tie firmly with string. Repeat for each roll. Saute rolls in hot fat with sliced onions, add mushrooms and liquid in can, water and carrots. Cover and simmer slowly 1 hour. Remove rolls and serve. These may be baked covered, in oven at 350° for 1 hour. Thicken drippings and pour over rolls before the baking.

BAKED HAM UNDER CRUST

Remove the leg bone from a 12 pound smoked ready-to-eat Elliott's ham. Place it in an open pan. Pour over 1/2 cup of Brandy (optional). Bake in oven 325 degrees, basting frequently. Allowing 15 to 17 minutes per pound. Cool Ham and remove excess fat. Carve the Ham carefully into slices. Replace the slices and re-shape the Ham. Mix 1/2 cup Brandy (optional) or water with 1 cup of honey and brush the Ham; or cover it with brown sugar.

While the Ham is baking, prepare the following dough: Sift 6 cups flour, 4 teaspoons baking powder, 1/3 teaspoon poultry seasoning, 1 3/4 teaspoons salt and 1/2 teaspoon dry mustard together. Into the flour mixture cut 1 cup lard until well mixed. Add milk gradually to make a soft but not sticky dough. Knead the dough and shape it into a smooth ball. Roll the dough out 1/4 inch thick and fold it over the sliced and re-shaped Ham. Decorate the top with your own design.

Place the dough-covered Ham on a baking sheet and bake it in a very hot oven for 10 minutes, then lower the heat to moderate and bake until crust is browned, brushing the crust occasionally with milk. Serve the Elliott's Ham hot or cold. If it is served hot, prepare a sweet sauce with the juice from the pan. If served cold, serve it with jelly if desired.

BREAD STUFFING

4 cups bread crumbs (coarse or fine)	2 teaspoons salt
1/3 cup butter	1/4 teaspoon pepper
1/4 cup finely minced onion	1 teaspoon sage
1/2 cup chopped celery (stalks and leaves)	Poultry seasoning to taste

Melt butter in heavy skillet. Add onion and cook until yellow, stirring occasionally. Stir in some of the bread crumbs. Heat, stirring to prevent excessive browning. Turn into deep bowl and mix in celery, salt, and spices. Mix in rest of crumbs. For dry stuffing, add little or no liquid. For moist stuffing, mix in lightly with fork just enough hot water to moisten dry crumbs. Cool and place stuffing in bird. Makes 1 quart (4 cups) of stuffing.

SAUSAGE STUFFING

Follow recipe above and add 1/3 pound fresh pork sausage for 1 quart stuffing. Use the sausage fat resulting from browning the sausage for the fat in the other part of the recipe. Zupancich Brothers Homemade Sausage is best for the sausage stuffing. You have to try it to see the difference. See page 168.

CELERY STUFFING

Follow recipe above increasing celery to 1 1/2 cups. Omit sage, poultry seasoning; add 1 tablespoon lemon juice and 1 tablespoon minced parsley.

MUSHROOM-WILD RICE STUFFING

1/2 cup butter	1 cup chopped celery
1 pound sliced fresh mushrooms (or 1 8-ounce can)	4 cups cooked wild rice
1/2 cup chopped onion	1 1/2 teaspoons salt
1/2 cup minced parsley	1/8 teaspoon pepper
1/3 cup water	1/3 cup water

Melt butter in heavy skillet. Add and cook for 5 minutes the mushrooms. Remove mushrooms. Add onion, parsley, and celery. When onions turn yellow, add 1/3 cup water, wild rice, salt, and pepper. Add second 1/3 cup water and the cooked mushrooms. Simmer 15 minutes. Serve in roast. Serves 8.

BREAD STUFFING

3 tablespoons butter	1/2 teaspoon sage
2 tablespoons chopped onions	1/4 teaspoon pepper
1 1/2 cups dry bread crumbs	3/4 cup celery (diced)
1 teaspoon salt	Milk or stock to moisten
1 egg	

Melt fat; add onion and celery and saute until tender. Add bread crumbs, egg and seasonings and mix well. Add milk or stock. This makes a light, loose stuffing.

STUFFING TIPS

Day-old bread is best for stuffing. Cut off crusts and pull into $\frac{1}{4}$ " or $\frac{1}{2}$ " crumb.

A 1-pound loaf of bread makes 8 cups loosely packed crumbs (2 quarts).

Plan 1 cup stuffing for each pound of bird as purchased.

Pack stuffing loosely into bird; packing too tightly makes it heavy and soggy.

Shape left-over dressing into balls and bake separately on a pan during last 30-45 minutes of roasting time. Baste occasionally.

It saves time to stuff bird a day ahead. Cool stuffing and fill cavity and truss the bird. Store at once in a cold place.

BREAD DRESSING

$\frac{1}{2}$ loaf hard bread	1 tablespoon sage
1 cup celery, cut fine	1 teaspoon meat and poultry seasoning
1 medium onion, cut fine	1 egg
2 tablespoons butter	Salt and pepper to taste

Soak bread in cold water. Cook butter, onion and celery for 5 minutes. Do not brown, stir often. Press water out of bread (not too dry). Add to onion mixture. Cook 5 minutes. Add remaining ingredients and stuff fowl.

DRESSING

Cook giblets, (gizzard, liver, heart, neck, wing tips, and tail piece) and when they're cold, remove bones. Melt butter in skillet, grind onions and add, and fry to golden brown, or just heat them till clear. Remove from stove and add ground giblets and moistened bread put thru food chopper. Add poultry seasoning if liked, salt and pepper, and two eggs beaten slightly, (3 eggs for turkey or goose dressing.)

Manage to have some of that rich juice left from boiling the giblets and add it to the dressing, or to the gravy, or to the roasting pan. To dressing is best.

Another dish that tastes like dressing can be made by grinding pork or beef roast, onion and moistened bread, add eggs, and heat it in the skillet, and add the gravy or juice left over. If you have no gravy and it is dry, just use water to moisten. Use only a pinch of poultry seasoning or none at all.

ONION-CELERY DRESSING

6 cups toasted bread crumbs	1 cup minced celery
$\frac{1}{2}$ cup minced onion	Salt and pepper to season
1 teaspoon poultry seasoning	$\frac{1}{3}$ cup butter
	Hot broth or water

Mix in order given. Stuff chicken and sew securely.

TURKEY DRESSING

For a large turkey grind up 1 celery stalk, 2 cups onion, butter, and saute, boil giblets and when done grind and add to the celery and onion.

Moisten Italian bread in water and then grind. Add all ingredients plus salt, pepper, 1 egg, poultry seasoning or sage.

ROASTING POULTRY

The general method of roasting applies to roasting chicken, capons, hen and tom turkeys. Ducks and geese vary slightly from this method. Length of cooking varies with weights of birds.

To Stuff

Remove package of giblets from inside body cavity and put on to simmer in salted water to cover while bird is prepared.

Make a standard bread stuffing, or vary to suit type of poultry and personal taste.

Stuff neck cavity lightly, pull neck skin to back and skewer to back with long skewer or long black headed pin (to make it easy to find). Rub inside of body cavity lightly with $\frac{1}{4}$ teaspoon salt. Stuff body cavity, being careful not to pack the stuffing as it expands in cooking.

GIBLET DRESSING

	4 lb. chicken	12 lb. turkey
Bread cubes	1 quart	3 quarts
Giblets		
Chopped onion	2 tablespoons	6 tablespoons
Chopped celery	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup
Cloverbloom Butter or Mayflower Margarine	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup
Chopped parsley	1 teaspoon	1 tablespoon
Salt	1 teaspoon	1 tablespoon
Pepper	$\frac{1}{8}$ teaspoon	$\frac{1}{4}$ teaspoon
Poultry seasoning	$\frac{1}{4}$ teaspoon	$\frac{3}{4}$ teaspoon
Broth	$\frac{1}{2}$ cup	1 $\frac{1}{2}$ cups

Cut bread into small cubes and toast lightly. When giblets are tender, cut fine and save broth for dressing and gravy. Let onion and celery cook in the butter until clear. Pour over bread cubes, add remaining seasonings, the chopped giblets and enough of the broth to moisten very lightly.

To Truss

Draw body opening together with 2 or 3 toothpicks, then lace shut with cord just as boot is laced. Leave long ends on cord, cross them and wind around leg ends, drawing the legs together and tying them to the tail piece. Fold tips of wings close against the body and tie if desired.

GIBLET GRAVY

Drippings from roasting pan	$\frac{1}{2}$ cup flour
Liver, gizzard and turkey neck	2 hard-cooked eggs
1 tablespoon meat sauce	3 cups broth
2 tablespoons butter	Salt and pepper to season

Place drippings and flour into frying pan and blend well. Add the broth, made by cooking giblets, and cook until thick, stirring constantly. Add giblets and eggs cut, and seasoning.

BUTTER-ROAST TURKEY

That fine, plump turkey you select at the store can shrink surprisingly in your own oven unless you know a few simple methods of protecting it. In fact, your turkey can lose as much as one-third of its weight in the oven. To protect against such loss, always roast your turkey at low temperature — never higher than 325° F. — and keep your turkey moist while roasting by covering with cheesecloth kept saturated with butter.

1. Allow at least one pound per person to be served ready-to-cook weight. You will also need a pound of butter for roasting and basting the turkey, and a second pound for butter stuffing and other holiday foods.

2. STUFFING: For 16 pound turkey—cut crusts from two large loaves of four-day-old bread. Cube bread ($\frac{1}{2}$ " cubes). Toast in oven. Saute $\frac{1}{2}$ cup minced onion in 4 tablespoons butter until soft — not brown. To bread cubes add onions, $\frac{3}{4}$ pound melted butter, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt, 1 teaspoon poultry seasoning. Mix. Fill turkey loosely.

3. Run skewers or stuffing nails through flesh on both sides of opening, lace with strong, clean cord. Close neck opening by pulling neck skin to back and fastening to backbone with skewer. Pull legs high, bind together. Bring cord down around sides to keep wings close to body.

4. Soften butter. Spread over entire turkey, especially on top of drumsticks, breast and wings. This gives a protective coating of butterfat from the start, helps to prevent drying out or juice loss in early stages of roasting, imparts butter flavor. Place turkey on rack in shallow pan, breast up.

5. DIP moist cheesecloth in melted butter, and drape so it covers entire bird. The butter on cheesecloth bastes turkey, helps to protect it from drying out and shrinking.

6. BRUSH with melted butter. Do not cover pan. Do not add water. Do not spear turkey with fork to see if it is done. This loses juice. Brush cloth with melted butter frequently during roasting time. Roast at constant temperature, never higher than 300° to 325° F., depending on size of turkey.

Butter Roasting Time

Ready-to-cook Weight	Oven Temperature	Cooking Time Minutes per lb.	Total Cooking Time Hours
8 to 10	325°	20 to 25	3 to 3½
10 to 14	325°	18 to 20	3½ to 4
14 to 18	300°	15 to 18	4 to 4½
18 to 20	300°	13 to 15	4½ to 5
20 to 25	300°	12 to 15	6½ to 8

CRANBERRY AND SHERRY MOUSSE

Rub one cup cranberry pulp through a fine sieve. Stir $\frac{3}{4}$ cup sugar and a little salt into the pulp and juice.

Soak 1 envelope plain gelatin in 2 Tablespoons dry sherry for a few minutes. Dissolve over boiling water.

Add gelatin to cranberry mixture, blending well.

Strain through a fine sieve into a refrigerator tray or a bowl.

Chill until thickened. Beat with rotary beater until gelatin mixture is light. Beat 1 pint Twin Ports whipping cream until stiff. Fold into the cranberry mixture. Freeze the mousse without stirring.

HOW TO CARVE A TURKEY OR FOWL**Step number one —**

Place turkey with legs to your right. First carve side towards audience. Hold drumstick with fingers. Cut joint joining leg to backbone.

Step number two —

Hold leg on plate. Cut joint to separate drumstick and thigh. Slice drumstick and turn for even slices. Cut thigh in slices parallel to bone.

Step number three —

To cut white meat, first make a deep cut into breast to body frame, parallel to and as close to wing as possible. Anchor turkey with fork.

Step number four —

Starting halfway up breast, cut thin slices white meat down to cut made at wing level. Take stuffing from opening where leg was removed.

DELUXE APPLE STUFFING

(Enough for a 12 lb. Turkey)

$\frac{1}{2}$ cup minced onion	12 cups toasted bread cubes
$\frac{1}{2}$ cup chopped canned mushrooms	2 teaspoons salt
$\frac{1}{2}$ cup butter, melted	1 tablespoon poultry seasoning
$\frac{1}{4}$ cup seedless raisins	2 cups applesauce

Brown onions and mushrooms in butter; add raisins, toasted bread cubes, salt and poultry seasoning. Mix well. Add applesauce. Any left over stuffing can be put into a covered casserole and baked with turkey for about 30 minutes at 325° F.

ROAST-TURKEY DINNER

ROAST TURKEY

Handsome, golden brown, tender, and moist. Traditional roasting method, but up to date—no turning of turkey—

Stuff turkey just before roasting. Allow $\frac{3}{4}$ to 1 cup stuffing per pound ready-to-cook weight. Stuff wishbone cavity and skewer neck skin to back. Tuck wing tips behind shoulder joints. Rub large cavity with salt. Spoon in stuffing. Shake bird to settle stuffing; do not pack. Close opening by placing skewers across it and lacing shut with cord. Tie drumsticks securely to tail. (If opening has band of skin across, push the drumsticks underneath, and you won't need to fasten opening or tie legs.)

Grease skin thoroughly. If you use a meat thermometer, insert it in the center of the inside thigh muscle adjoining the cavity. Place bird breast up on the rack (but breast down if using V-rack) in shallow roasting pan and leave in this position for entire roasting time. Cover with loose "cap" of aluminum foil, pressing it lightly at drumstick and breast ends, but avoid having it touch top or sides. Roast at constant low temperature. (see chart below).

Turkey Roasting Chart

Set oven at 325°. Times are for stuffed chilled turkeys and are approximate only.

Ready-to-cook weight (before stuffing)	Time (total)
4 to 6 lbs.	3 to 3 $\frac{3}{4}$ hours
6 to 8 lbs.	3 $\frac{3}{4}$ to 4 $\frac{1}{2}$ hours
8 to 10 lbs.	4 to 4 $\frac{1}{2}$ hours
10 to 12 lbs.	4 $\frac{1}{2}$ to 5 hours
12 to 14 lbs.	5 to 5 $\frac{1}{4}$ hours
14 to 16 lbs.	5 $\frac{1}{4}$ to 6 hours
16 to 18 lbs.	6 to 6 $\frac{1}{2}$ hours
18 to 20 lbs.	6 $\frac{1}{2}$ to 7 $\frac{1}{2}$ hours
20 to 24 lbs.	7 $\frac{1}{2}$ to 9 hours

FOIL-WRAPPED ROAST TURKEY

Extra-tender meat with soft skin. Foil saves roasting time—

Tie the drumsticks to tail. Press the wings to body so tips are flat against sides of breast. Use heavy aluminum foil (the thin tears too easily). Place turkey, breast up, in center of foil. (Foil should be wide enough to have 5 or 6 inches extending beyond leg and breast ends of bird; if it isn't, join 2 pieces together with drugstore or lock fold, pressing to make leak-proof joining.) Bring one end of foil snugly over top of turkey; bring opposite end up, lapping over first (overlap should be 2 to 3 inches). Now fold foil down snugly at breast and legs; then press ends up (ends should be high enough to prevent drippings from running into the pan and burning).

Place foil-wrapped bird, breast up, in the bottom of shallow pan (a broiler pan is convenient)—do not use a rack. Roast at constant high temperature (see chart below).

Foil-wrapped Turkey Roasting Chart

Set oven at 450°. Times are for unstuffed chilled turkeys and are approximate only. For stuffed turkey, add 30 to 45 minutes to the total roasting time.

Ready-to-cook weight (before stuffing)	Time (total)
8 to 10 lbs.	2¼ to 2½ hours
10 to 12 lbs.	2¾ to 3 hours
14 to 16 lbs.	3 to 3¼ hours
18 to 20 lbs.	3¼ to 3½ hours
22 to 24 lbs.	3¼ to 3¾ hours

When turkey has cooked to within 15 to 20 minutes of total cooking time given in the foil-wrapped-turkey roasting chart remove from oven. Quickly slit foil with scissors or knife and fold away from bird to edge of pan. (If you use a meat thermometer, insert it in center of inside thigh muscle adjoining cavity.) Return turkey to oven. Continue roasting till turkey is tender (test doneness in usual ways—meat thermometer should register 185° to 190°). When turkey's done, lift from foil to warm platter. Pour drippings in skillet; concentrate by simmering if you want to increase the flavor and color; use in making gravy.

Thawing Timetable for Frozen Turkeys

Ready-to-cook weight in pounds	Days in refrigerator at 40°
4 to 12	1 to 2
12 to 20	2 to 3
20 to 24	3 to 4

Thaw frozen turkey in original wrapping shortly before time to cook. To speed up thawing, you can place wrapped turkey under cold running water. See label directions that come with turkey.

If you choose a frozen stuffed turkey, do not thaw. Roast the frozen bird according to package directions. You'll find these turkey newcomers in convenient sizes.

CURING OF CHRISTMAS HAM

10 lbs. ham	1 tablespoon saltpeter
3 lbs. salt	9 quarts water
1¼ cups sugar	

Wipe ham with damp cloth. Mix salt, sugar, and saltpeter and rub into the ham 2 tablespoons of this mixture. Leave for six hours. Make brine with the remainder and boiling water. Skim, cool and pour over ham. Place under heavy weight, to keep in the brine for two weeks.

SWEDISH PORK SAUSAGE

2 lbs. lean fresh pork	1 tablespoon potato flour
1 lb. cooked cold potatoes	1 lb. fat pork
1 tablespoon salt	salt peter mixture
1½ teaspoons pepper	4 tablespoons salt
½ teaspoon ginger	4 tablespoons sugar
1¾ cups scalded milk	¾ tablespoons saltpeter

Grind lean pork twice, potatoes once, add seasonings and stir in the milk gradually until well blended. Add flour and fat pork cut into small cubes. Stuff cleaned ox casings with the sausage meat, tie ends securely, rub with saltpeter mixture and smoke.

HEAD CHEESE

$\frac{1}{2}$ hog's head (4 lbs.)	2 cloves
2 lbs. lean pork	(spices for headcheese)
water for boiling	$1\frac{1}{2}$ tablespoons salt
2 tablespoons salt	1 teaspoon white pepper
6 whole allspice	$\frac{1}{2}$ teaspoon allspice
6 white peppercorns	$\frac{1}{2}$ teaspoon cloves
1 bay leaf	

Clean head and singe off hair. Cut off ears and clean teeth with a stiff brush. Remove brain. Soak in cold water overnight, changing water frequently. Place head and pork in kettle, cover with water and bring to boiling point. Skim, add seasonings and simmer for two hours or until tender. Take up meat and cut rind away from head. Line a deep bowl with muslin wrung out in hot water and cover with rind pieces down. Cut meat in thin slices and arrange fat and lean meat in alternate layers. Season each layer. Cover top with rind, tie securely into muslin, and lower into liquid. Simmer ten minutes. Remove cheese and place under heavy weight for 12 hours. Remove the muslin and keep in light brine until needed.

SLOVENIAN MEAT BALLS

1 lb. ground beef	$\frac{1}{4}$ teaspoon Tabasco
$\frac{1}{4}$ lb. ground pork	$\frac{1}{4}$ teaspoon allspice
$\frac{1}{2}$ cup bread crumbs	$1\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	3 tablespoons flour
1 egg, well beaten	$1\frac{1}{2}$ cups water
3 tablespoons fat	$\frac{1}{2}$ cup light cream
2 tablespoons minced onion	

Combine beef and pork. Add crumbs to milk; add beaten egg. Mix well with meat until thoroughly blended. Put fat into skillet; add onion and cook until tender; remove from skillet, add to meat with Tabasco and seasoning. Blend. Form into small balls and drop into heated fat in skillet. Brown and remove to platter. Blend fat and flour, add water and cream, and stir until thickened. Return meat balls to sauce; heat thoroughly. Six servings.

CORNED BEEF AND CABBAGE

Place in water to cover a 4-5 pound corned brisket of beef. Bring to boiling point and skim. Cover the pan and simmer until tender for 3-4 hours. Skim off excess fat. Add 8 peeled white potatoes. Simmer for 15 minutes. Add 1 green cabbage head quartered and cored. Simmer for another 25 minutes. Place on platter the sliced corned beef with the vegetables around.

SWEDISH JELLIED VEAL

2 lbs. veal	4 cloves
1 quart water	1 onion
1½ tablespoons salt	1 tablespoon vinegar
6 white peppercorns	¼ teaspoon ginger
6 whole allspice	dash pepper
2 bay leaves	

Wipe meat with damp cloth and cut into small pieces. Place in pan and cover with water. Bring to the boiling point, skim, add seasonings and onion except ginger and pepper. Simmer for 1½ hours or until tender. Take out meat and remove bones which are put back into stock to simmer for one hour. Drain meat and grind. Moisten ground meat with equal amount of stock. Bring mixture to boiling point and season with vinegar, pepper and ginger. Pour into mold and chill until set. Unmold and serve with pickled beets.

Sandwiches

BUNSTEADS

- | | |
|--|---|
| 1/4 pound American cheese
(1 cup cubed) | 2 tablespoons chopped onion |
| 3 hard cooked eggs chopped | 2 tablespoons chopped olives
(stuffed) |
| 1 7-ounce can tuna, flaked | 2 tablespoons chopped sweet pickle |
| 2 tablespoons chopped green pepper | 1/2 cup mayonnaise |
| | 6 coney buns |

Combine ingredients. Mix lightly. Split bun and fill. Place bun in box in which they were packed or wrap in aluminum. Place in slow oven (250°) about 30 minutes until cheese melts. Serve hot. Fills generously 6 - 8 buns.

SUMMER SUPPER SANDWICH

- | | |
|------------------------|--------------------------|
| 1 medium onion, sliced | salt and pepper to taste |
| 2 stalks celery, diced | 1 teaspoon sugar |
| Fat drippings | pinch of sage |
| 6 ripe tomatoes | 6 eggs |
| 2 teaspoons cornstarch | 6 tablespoons milk |
| | 8 slices bread |

Cook onion and celery in drippings, add peeled tomatoes and cook slowly for 20 minutes. Thicken with cornstarch mixed with a little water. Season with salt and pepper, add sugar and sage. Beat eggs and milk together, season. Quickly dip one side of bread in egg mixture and brown egg side in fat. Scramble remaining egg mixture and put between unbrowned sides of bread. Serve with the tomato sauce. Makes 4 sandwiches. (A good hot sandwich may be made by combining the egg and tomato mixture. Stir over hot water until eggs are set and serve on hot buttered toast.)

TASTY SNACK

- | | |
|-------------------------------------|--------------------------|
| 1/2 pound Philadelphia cream cheese | salt and pepper to taste |
| 1/2 green pepper | 1 tablespoon cream |
| 1 small onion | Ritz crackers |

Cream the cheese to spreading consistency, adding a tablespoon cream. Grate green pepper and onion; add to cheese. Salt to taste; add a dash of black pepper. Dab about 1/2 teaspoon of this preparation on individual crackers. Serve as a light snack with tea.

EGG SANDWICHES WITH VARIATIONS

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|-----------------------------------|--|
| 3 hard boiled eggs, mashed | Dash of pepper |
| $\frac{1}{2}$ cup minced celery | $\frac{1}{3}$ cup salad dressing or mayonnaise |
| 1 medium sized onion, minced fine | Sandwich bread, sliced, buttered |
| 1 tablespoon minced parsley | Crisp lettuce |
| 1 teaspoon salt | |

Combine all ingredients, using enough salad dressing or mayonnaise to moisten. Spread filling between thin slices of buttered bread, adding crisp lettuce.

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- | | |
|-------------------------------|----------------------------------|
| 4 hard-cooked eggs, chopped | 12 small stuffed olives, chopped |
| 2 tablespoons chopped pickles | 4 tablespoons mayonnaise |
| 2 tablespoons chili sauce | Dash of salt |

Combine all ingredients, and spread filling between slices of buttered bread.

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- | | |
|--|------------------------------|
| 4 hard-cooked eggs, chopped | $\frac{1}{4}$ cup mayonnaise |
| $\frac{1}{4}$ cup chopped sweet pickle | Dash of salt |

Combine ingredients, and spread filling between slices of buttered bread.

SANDWICH LOAF

- | | |
|---|---|
| 1 loaf white or whole wheat bread, unsliced | 2 tablespoons mayonnaise |
| Softened margarine | Crisp leaves of lettuce |
| 4 hard-cooked eggs, chopped | 7 ounce can tuna, salmon or sardines |
| 2 sweet pickles, chopped | $\frac{1}{2}$ cup finely chopped celery |
| 2 tablespoons pickle juice | 2 tablespoons catsup |
| Cream cheese, mayonnaise, or Thousand Island Dressing | |

Remove crusts from bread and slice lengthwise in three. Spread first slice with margarine. Combine eggs, pickles, pickle juice and mayonnaise. Spread second slice with this mixture, add lettuce leaves and press the two slices together. Combine salmon, celery and catsup and spread on second slice; cover with third slice. Spread top and sides of loaf with mayonnaise, Thousand Island dressing, or cream cheese may be mixed to a spreading consistency with cream or mayonnaise. Slice for individual servings. Serves 8 generously. Garnish with parsley or chopped sweet red pepper.

DONUT SANDWICHES

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|--|--|
| 1 dozen donuts | $\frac{1}{4}$ cup walnut meats, minced |
| $\frac{1}{2}$ pound cottage cheese | 1 or 2 tablespoons honey |
| $\frac{1}{4}$ cup steamed raisins, cut | Pinch salt |

Combine all ingredients. Cut donuts in halves, crosswise, and spread with the filling.

Other Fillings:

Equal parts of peanut butter and marmalade, combined. Any flavor of marmalade may be used.

$\frac{1}{2}$ pound cottage cheese, 2 tablespoons chopped sweet pickle, and 2 tablespoons chopped stuffed olives, well combined.

LIVER PASTE

- | | |
|------------------------------------|-------------------------------|
| Potted liver | $\frac{1}{2}$ teaspoon salt |
| 2 hard-cooked eggs | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ teaspoon onion juice | $\frac{1}{2}$ cup poultry fat |

Put first five ingredients through a meat grinder several times until very fine. Mix well, adding fat to make a smooth paste.

PIMIENTO SANDWICH SPREAD

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|----------------------------------|-----------------------------------|
| Butter or margarine, size of egg | $\frac{1}{2}$ pound grated cheese |
| 1 tablespoon flour | 1 teaspoon salt |
| 1 cup milk | 2 hard-cooked eggs |
| 1 egg | 1 can pimientos, chopped fine |
| $\frac{1}{4}$ cup hot vinegar | |

Make a white sauce of the first 3 ingredients; add egg, well beaten, slowly. Cook until thick. Add hot vinegar, grated cheese and salt. When cool, add hard cooked eggs, sliced or diced, and finely chopped pimientos.

BAKED BEAN SANDWICH

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|-------------------------------------|------------------------|
| 1 cup mashed baked beans | Chili Sauce to moisten |
| 1 tablespoon finely chopped peanuts | |

Spread between buttered slices of white or whole wheat bread.

SLOPPY JOE

- | | |
|----------------------------------|----------------------------------|
| 1 pound ground beef | 1 can chicken gumbo soup |
| $\frac{1}{2}$ cup chopped onions | 2 tablespoons catsup |
| 2 tablespoons fat | 2 tablespoons mustard (prepared) |

Fry meat in hot fat, add onions and cook about 10 minutes. Add the rest of the ingredients and let simmer over low heat for 30 minutes. Watch and stir often. Serve hot on hamburger buns.

HAM-FILLED HARD ROLLS

8 hard rolls

Scoop centers out leaving shells only. Brush inside of roll with melted butter. Let stand overnight. (Marinates it). Make stuffing.

- | | |
|--|---|
| $\frac{1}{2}$ pound cooked ham (cubed) | 1 small green pepper, cut in small cubes |
| $\frac{3}{4}$ pound yellow cheese (small cubes) | 1 small jar of stuffed olives, cut in eighths |
| 6 or 8 green onions including tops cut in small slices | $\frac{1}{2}$ cup salad oil |
| 1 small can of tomato sauce | |

Mix and let stand overnight. Stuff rolls full an hour or two before baking. Bake at 350° for 30 minutes. When doubling recipe don't double green onion or green pepper.

HOT HAM AND CHEESE ROLL

Cut into quarter inch cubes:

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|--------------------------------|------------------------------------|
| $\frac{1}{2}$ pound boiled ham | $\frac{1}{2}$ pound cheddar cheese |
|--------------------------------|------------------------------------|

Combine with:

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|---------------------------------------|---|
| $\frac{1}{3}$ cup sliced green onions | $\frac{1}{2}$ cup thinly sliced pimiento stuffed olives |
| 2 hard cooked eggs, sliced | |

Toss together with:

- 3 tablespoons mayonnaise blended with $\frac{1}{2}$ cup chili sauce

Mix well and spread mixture in 12 split frankfurter rolls. Wrap each in aluminum foil twisting the ends. Bake 10 minutes in a hot oven 400° until rolls are hot.

SANDWICH FILLINGS

Cooked ham, ground and mixed with pickle relish, chopped celery, hard cooked egg and salad dressing.

Equal parts of flaked tuna fish and finely cut celery, moistened with mayonnaise.

Broiled bacon, sliced tomato, lettuce and mayonnaise on toasted bread.

Chopped cooked bacon, peanut butter and mayonnaise.

Chopped cooked chicken, finely cut celery, chopped sweet pickle moistened with mayonnaise.

Softened cream cheese with chopped stuffed olives.

SUPER SANDWICHES

- | | |
|--------------------------------------|-------------------------|
| 1 can mushrooms | 1 tablespoon butter |
| $\frac{1}{2}$ cup sliced ripe olives | 1 tablespoon mayonnaise |
| 6 thin slices American cheese | 12 slices bread |

Chop mushrooms and brown lightly in butter; add olives. Remove from heat and add mayonnaise. Place slices of cheese on $\frac{1}{2}$ the slices of bread and spread with the mushroom-olive mixture. Cover with remaining slices of bread. Heat in moderate oven about 10 minutes, until cheese is melted, then toast under the broiler. Makes 6 sandwiches.

HEARTY SALAD SANDWICH

- | | |
|-------------------------------|--------------------------------|
| 1 small head lettuce | 1 small can shrimp, drained |
| 1 cup cooked green beans | 4 hard-cooked eggs |
| 1 cup sliced radishes | 2/3 cup salad oil |
| 1 cucumber, sliced thin | 1/3 cup vinegar or lemon juice |
| 3 tomatoes, peeled and sliced | 1/8 teaspoon pepper |
| | 1 teaspoon salt |

Wash, drain and separate lettuce leaves. Cut eggs in thick slices. Combine all ingredients except oil and seasonings and chill thoroughly. Mix oil, salt and pepper, stirring well. Pour this over all, tossing so that all pieces will be well coated. Just before placing between slices of buttered bread, add vinegar or lemon juice and toss again.

CREOLE SARDINE SANDWICHES

- | | |
|---|---|
| 1 3 1/4-ounce can Sardines
packed in Oil or Mustard
Sauce | 2 teaspoons Lemon Juice |
| 2 tablespoons Chili Sauce | 12 small stuffed Olives |
| | 8 to 10 slices Enriched White
or Whole-Wheat Bread |

Drain excess oil from sardines; mash; add remaining ingredients and blend with fork. Spread between slices of bread; cut each double sandwich as desired. For canapes, spread mixture on toast or bread squares and garnish with parsley or sliced olives. 4 double sandwiches.

NOTE: One half of a 7-ounce can shredded Dark Tuna Fish may be used in place of Sardines.

BROILED TURKEY SANDWICH

Roast turkey all gone? Use canned turkey or chicken—

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|---|---|
| 2 cups chopped cooked turkey | 2 teaspoons lemon juice, fresh, |
| 1/2 cup chopped celery | Salt and pepper |
| 1/3 cup mayonnaise or salad
dressing | 6 slices bread |
| 1/4 cup chopped green pepper | Soft butter or margarine |
| 1 tablespoon chopped onion | 1 cup shredded process American
cheese |

Combine first 6 ingredients; add salt and pepper to taste. Toast bread on one side; butter untoasted side. Spread turkey mixture on buttered side of bread, covering all edges. Broil 4 inches from heat about 3 minutes or till turkey mixture is heated through. Sprinkle with cheese, broil 1 minute or till cheese is bubbly. Makes 6 servings.

PIZZA PIE

1/3 cup oil
2 finely chopped onions
(fry lightly)

2 stalks celery, chopped
1 green pepper,
chopped

Then add:

Cover and simmer on low heat, stirring occasionally. Add 1 can (6 oz.) tomato paste, mix, then add 2 or 3 tablespoons catsup. Cool and spread on dough.

Dough

Combine 1 cake yeast, 1 cup water, 1 egg, 1 tablespoon oil, salt and beat. Add flour to make soft dough as for pyrohy. When dough rises enough (doubled in bulk), then place thinly on pan. Cover with sauce.

Over the sauce you can place ground meat with salt, pepper, garlic and onion. Let dough rise. Bake at 375 degrees for 15 minutes. When still hot, spread with ground cheese and then bake again until edges of pizza pie are browned.

Instead of meat, cover sauce with chopped (canned) mushrooms and bake, then add cheese and bake again.

TOMATO SOUP

2 or 3 veal bones
1 onion
salt
1 teaspoon butter
2 or 3 tablespoons sour cream

1 or 2 carrots
1 stalk celery
6 tablespoons slightly
steamed rice
4 or 5 tomatoes

Cook bones with vegetables. Strain and add rice to the clear soup. Cook until rice is soft. Simmer tomatoes with 1 chopped onion and 1 teaspoon butter. Add 2 tablespoons water. When cooked put through sieve into soup with rice. Add sour cream or roux to thicken. Serves six.

Vegetables

LUSCIOUS BAKED LIMA BEANS

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|--------------------------------|----------------------------|
| 1 pound dried lima beans | 2 cans Hunt's tomato sauce |
| ½ pound ground beef | ½ cup lima cooking liquid |
| 1 medium onion, finely chopped | ½ teaspoon salt |
| 3 tablespoons fat | 1 tablespoon brown sugar |
| | dash of poultry seasoning |

Wash beans and soak overnight in 2 quarts of water. Simmer in same water until tender 1 to 1½ hours. Season beans with 2½ teaspoons salt after ½ hour of cooking. Drain and place in casserole, reserving ½ cup lima cooking liquid. Cook meat and onion in hot fat stirring until lightly browned. Add Hunt's tomato sauce and remaining ingredients. Mix and pour hot over beans. Bake in moderate oven, 350° one hour or until bubbly hot. Makes 5 to 6 servings.

VEGETABLE PIE

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|--|---|
| ½ cup diced onion | 3 tablespoons vegetable juice
(from peas or carrots) |
| 2 tablespoons butter | 1 cup drained carrots |
| 1 can (6-ounces) chopped mushrooms,
drained | 2½ cups warm, well-seasoned
mashed potatoes |
| 1 cup drained peas | 2/3 cup grated cheese |

Cook onion in butter over low heat until barely tender. Add mushrooms. Cook 2 to 3 minutes longer, stirring frequently. Remove from heat. Place layer of peas and vegetable juice in bottom of buttered 2-quart casserole. Cover with layer of carrots. Spread onion-mushroom mixture evenly over carrots. Top with layer of mashed potatoes. Sprinkle with grated cheese. Bake in a moderate oven (350°) for 30 to 35 minutes or until lightly browned. Makes about 6 servings.

ASPARAGUS AU GRATIN

- | | |
|----------------------|------------------------------|
| 1 pound asparagus | 1½ cups bread crumbs |
| 1 cup white sauce | 1 cup grated American cheese |
| 2 tablespoons butter | |

Prepare and cook asparagus; place in serving dish. Make white sauce of 2 tablespoons butter, 2 tablespoons flour, ¼ teaspoon salt and 1 cup milk. Pour over asparagus. Brown butter and bread crumbs. Spread over vegetable and sprinkle with cheese. Makes 4 servings.

FRENCH PEAS

- | | |
|----------------------------|---|
| 4 slices bacon | 1 can (6 ounces) sliced mushrooms,
drained |
| 1 tablespoon chopped onion | 2 tablespoons butter |
| 1 tablespoon flour | 2 cups drained, canned peas |
| 1 cup light cream | salt and pepper |

Dice bacon and brown. Add onion and cook until tender. Blend in flour. Add cream and cook until thick, stirring constantly. Cook mushrooms in butter for 5 minutes. Add peas and mushrooms to cream mixture; season with salt and pepper. Serve in toast cups. Makes 6 to 8 servings.

HOT GREEN BEAN BOWL

- | | |
|---------------------------|---|
| 2 tablespoons flour | $\frac{1}{2}$ cup onion rings |
| 2 tablespoons sugar | $\frac{1}{4}$ cup chopped-pimiento |
| $\frac{1}{3}$ cup vinegar | 8 slices crisply cooked bacon,
drained |
| 1 cup bean liquid | |
| 4 cups hot green beans | |

Combine flour, sugar, vinegar, and bean liquid in small saucepan over low heat. Cook until thickened, stirring constantly. Pour over beans in serving dish, tossing lightly. Top with onion rings, pimiento, and crumbled bacon. Serves 8-10.

HARVARD BEETS

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|-------------------------|--|
| 2 pounds beets | $\frac{1}{4}$ cup water |
| 1 tablespoon cornstarch | $\frac{1}{2}$ cup lemon juice or vinegar |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon salt |

Prepare and cook beets. Mix cornstarch, sugar, water, lemon juice and salt; cook 5 minutes. Pour over cooked beets; allow to stand a few minutes before serving. Serves 6.

CREAMED PEAS AND CARROTS

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|-------------------------------|--|
| 2 tablespoons butter | $1\frac{1}{2}$ cups cream or evaporated milk |
| 2 tablespoons flour | $\frac{3}{4}$ cup liquid off vegetables |
| $\frac{1}{2}$ teaspoon salt | 1 can peas and carrots |
| $\frac{1}{8}$ teaspoon pepper | |

Melt butter in saucepan, blend in flour and seasonings and when smooth and bubbling, add liquid gradually, stirring constantly to keep smooth. Cook 10 minutes then add peas and carrots, heat thoroughly and serve hot. Serves 6.

BAKED GREEN BEANS

- | | |
|--|--------------------------|
| 2 slices browned bacon, diced | 1 tablespoon brown sugar |
| 2 cups canned green beans,
including liquid | 1 teaspoon salt |
| 1/4 cup diced onion | 1/2 teaspoon dry mustard |
| 2 tablespoons bacon drippings | 1/3 cup chili sauce |

Combine ingredients. Turn into well-oiled 1 1/2 quart casserole. Cover and bake in a moderate oven (350°) about 45 minutes. Makes 4 servings.

SWEET POTATO CASSEROLE

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|--------------------------------------|-----------------------|
| 4 cups cooked, mashed sweet potatoes | 1 teaspoon ginger |
| 1 cup brown sugar | 1/4 teaspoon cloves |
| 4 tablespoons butter (melted) | 1/4 teaspoon allspice |
| 2 eggs | 1/2 teaspoon cinnamon |
| 1/2 cup milk | marshmallows |
| 1/2 teaspoon salt | |

Mix in order given. Turn into buttered casserole. Top with marshmallows. Bake in slow oven 350° until marshmallows are a golden brown. (about 20 minutes.)

VEGETABLE CROQUETTES

- | | |
|----------------------------------|---------------------------------|
| 3 tablespoons fat | 1/3 cup liquid off vegetables |
| 4 tablespoons flour | 2 tablespoons grated onion |
| 1 teaspoon salt | 1 can peas and carrots, drained |
| 1/8 teaspoon pepper | 1 egg, beaten with |
| 2/3 cup cream or evaporated milk | 2 tablespoons milk |

Melt fat in saucepan. Add flour and seasonings and when smooth and bubbling, add liquid gradually, stirring constantly to keep smooth. Cook until thick, then add vegetables. Cool and shape into croquettes. Roll in cracker meal or fine bread crumbs, then in beaten egg and again in crumbs. Fry in deep fat (380°) until brown. Makes 10 croquettes.

VEGETABLE POT PIE

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| 2 cups well-seasoned,
hot mashed potatoes | 1 cup medium white sauce |
| 1 can peas and carrots | 1/2 teaspoon salt |
| 1/2 cup tiny whole onions, cooked | 1/8 teaspoon pepper |
| | 2 tablespoons melted fat |

Line a greased baking dish with about half of the mashed potatoes. Fill with vegetables which have been mixed with white sauce and seasonings. Cover with a layer of the remaining mashed potatoes and brush with melted fat. Bake in a hot oven (400°) until nicely browned. Serves 6.

CRUNCHY WALNUTS AND SWEET POTATOES

Arrange layers of sliced cooled sweet potatoes and broken walnuts in a shallow baking dish. Make a sauce of 1 cup brown sugar, $\frac{1}{2}$ cup orange juice and $\frac{1}{4}$ cup butter, thickened with 1 tablespoon cornstarch. Pour over potatoes and walnuts and bake in hot oven (350°) for half hour.

CASSEROLE OF CAULIFLOWER

4 cups cooked cauliflower
3 hard cooked eggs
1 $\frac{1}{2}$ cups medium white sauce
buttered crumbs

Place a layer of flowerets of cauliflower in a buttered casserole, then a layer of hard cooked egg, repeat until all the cauliflower is used. Sprinkle with buttered crumbs and paprika. Bake at 350° for 20 minutes.

SWEET POTATO CASSEROLE

5 pounds sweet potatoes

Put potatoes on to boil. When boiled take from stove and let cool. While warm take the skins off, put them back in the pot and add milk, butter, salt and pepper to taste. Put on a low flame, mash them and beat till very light and fluffy. Pile them into a casserole, cover them lightly with butter, bake in oven until brown. This dish is delicious with steak, hot dogs, fried pork chops, and very good with all pork meats of any kind.

SCALLOPED POTATOES WITH A SLICE OF HAM

5 or 6 cups potatoes
4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
2 cups milk
2 pounds sliced ham

In a buttered baking dish put $\frac{1}{3}$ of potatoes sliced, butter, flour and salt. Prepare the other layers in the same way until all are used up. Add milk. Cut the slice of ham around edges to prevent curling and place on top of potatoes. Bake 400° for 1 hour.

STUFFED BAKED POTATOES

6 baked potatoes
2 tablespoons butter
4 tablespoons hot milk
salt and pepper

Slice off tops of baked potatoes (lengthwise), remove pulp with a spoon. Add butter, hot milk, salt and pepper. Beat until fluffy. Pile into potato shells, sprinkle with cheese and minced parsley. Bake at 400° - 10 minutes, serve hot.

ESCALLOPED TOMATOES

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|------------------------------|----------------------|
| 3 cups tomatoes | 1/4 teaspoon pepper |
| 1/2 green pepper | 1 teaspoon sugar |
| 1 1/2 teaspoons grated onion | 3 tablespoons butter |
| 1 teaspoon salt | 2 cups bread crumbs |

Add shredded green peppers, salt, pepper, sugar and grated onion to the tomatoes. Put a layer of bread crumbs in the bottom of a greased baking dish. Add half of the tomatoes, some bits of butter, more crumbs, and then the remaining tomatoes. Sprinkle top thickly with crumbs and dot with butter. Bake at 400° - 20 to 30 minutes. Do not cover until tomatoes are heated through and crumbs are brown.

ESCALLOPED POTATOES

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|-----------------|----------------------|
| 6 or 8 potatoes | paprika |
| 1 pint milk | 3 tablespoons flour |
| salt and pepper | 6 tablespoons butter |

Pare and slice potatoes. Arrange layer of potatoes in bottom of dish, dot with butter and sprinkle with flour and salt. Repeat until dish is 3/4 full. Pour milk over potatoes, dot with butter, cover and bake at 350° about 1 1/2 to 2 hours. Remove cover the last 30 minutes.

PICKLED BEETS AND ONION RINGS

Just delicious! An easy-does-it vegetable duo that you can double or triple for the crowd—

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|---|-------------------|
| 2 tablespoons butter or margarine | 2 teaspoons sugar |
| 1 1-pound jar (2 cups) sliced or whole pickled beets, drained | 1/2 teaspoon salt |
| 1 cup onion slices separated in rings | dash pepper |

Melt butter in skillet. Add beets and onion rings. Sprinkle with sugar, salt, and pepper. Cook over low heat, stirring occasionally, till hot and onions are tender, about 15 minutes. Makes 4 servings.

BAKED BEANS

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|---------------------------|--------------------------|
| 2 cups beans | 2 cups boiling water |
| 3 tablespoons brown sugar | onion |
| 2 teaspoons salt | 1/2 teaspoon dry mustard |
| 3 tablespoons molasses | 1/2 pound salt pork |

Soak beans overnight. In the morning drain. Cover again with cold water and bring to a boil. Cook slowly for 1 hour. Bake in 250° oven.

AMERICAN FRIED POTATOES

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|-----------------------------------|-------------------|
| 6 uncooked potatoes (medium size) | 1 teaspoon salt |
| ½ cup thinly sliced onions | ⅛ teaspoon pepper |
| ¼ cup shortening | |

Slice or cube potatoes. Add onions. Heat shortening in 9-inch frying pan. Add potatoes and onions and fry over medium heat until golden brown. Turn frequently until well browned. Season with salt and pepper. Makes 4 servings. (To make plain potatoes, omit the onion.)

Variations: Add 2 tablespoons of finely diced pimiento, or 2 tablespoons finely diced green pepper, or 2 tablespoons chopped parsley.

PERFECT HASHED BROWN POTATOES

Shred enough cooked-in-their-jackets, chilled, peeled potatoes onto waxed paper to make 4 cups. Add 1 to 2 tablespoons grated onion, 1 teaspoon salt and a dash of pepper. Then toss lightly to mix.

In 10-inch skillet, heat 1/3 cup butter, margarine, bacon drippings or other fat. Add potato mixture; now with pancake turner, pat into skillet, leaving ½" space for fat to bubble around edge.

After cooking 10 to 12 minutes, take a peek for brownness. Reduce heat if necessary; brown 8 to 10 minutes longer, till crust is golden. When done, mark through the center, omelet-fashion. Loosen from pan with pancake turner, and flip one half over the other. Tilt pan, and give potatoes a boost onto a warm serving platter. Garnish platter with overlapping slices of ripe tomatoes and pert little sprigs of parsley.

DILLY POTATOES

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| 1½ pounds (about 8 small) new potatoes, scraped | ½ teaspoon salt |
| 1 cup sour cream | ½ teaspoon dill seed |

Cook the potatoes in boiling salted water till done; drain. Combine the sour cream, salt, and dill seed. Pour sour-cream mixture over potatoes and heat 1 to 2 minutes, turning potatoes to coat. Makes 4 servings.

SPRING-Y SPUDS

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| 1½ pounds (about 8 small) new potatoes | ¼ cup milk |
| 1 can condensed cream of celery soup | 1 tablespoon chopped chives |

Scrape potatoes and cook in boiling unsalted water till done; drain. In saucepan, combine soup and milk; heat, stirring frequently. Add hot potatoes. Serve sprinkled with chives. Serves 4.

POTATOES IN CONSOMME SAUCE

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|--|-------------------------------|
| 2 pounds (about 12 small) new potatoes, scraped and halved | 1/3 cup sliced green onions |
| 1 tablespoon butter or margarine | 1 can condensed beef consomme |
| 1 tablespoon enriched flour | salt and pepper |

Simmer potatoes and green onions in consomme till done; drain, reserving liquid. Melt butter in saucepan; blend in flour; gradually stir in hot consomme. Cook, stirring constantly, till thick. Season to taste with salt and pepper. Pour sauce over vegetables. If desired, garnish with snipped green-onion tops. Serves 6.

TASTY HOME BAKED BEANS

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|---------------------------|---------------------------|
| 2 pounds navy beans | 1 can tomato soup |
| 1/2 pound salt pork | 1/2 cup molasses |
| 1/2 pound slab bacon | 2 tablespoons dry mustard |
| 6 to 8 small whole onions | 1/2 cup brown sugar |
| ketchup | 1 tablespoon salt |
| | 1 teaspoon black pepper |

Wash beans thoroughly. Cover beans in cold water and put on stove to cook. When beans begin to boil lower heat and cook slowly about 20 minutes. Drain water. Grease a porcelain or enamel roaster; cover bottom with 1/2 recipe of beans, 1/4 pound of diced salt pork, 1/4 pound diced bacon. Arrange all 6-8 small whole peeled onions over this layer of beans, sprinkle 1/4 cup brown sugar, 1 tablespoon dry mustard, 1/4 cup molasses, 1 1/2 teaspoons salt, 1 1/2 teaspoons pepper and 1/2 can of tomato soup. Cover with another layer of beans and remaining portion of bacon, pork, molasses, dry mustard, brown sugar, tomato soup, salt, pepper and top with a bit of ketchup. Add enough cold water to cover beans. Bake at 400° adding more water if needed until done. Makes about 8-10 servings.

Soups

FOUNDATION WHITE SAUCE FOR SOUPS

Cook in saucepan for 12 to 15 minutes:

2 cups scalded milk
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon salt

3 tablespoons butter
4 tablespoons flour

Melt butter, add flour, salt and pepper. Mix to a smooth paste. Add scalded milk, stirring, and cook on low heat until thick. Use immediately or cool, place in a covered jar in refrigerator for future use.

CREAM SOUP VARIATIONS

CREAM OF SPINACH—Add to the Foundation White Sauce $1\frac{1}{2}$ cups spinach puree and $\frac{1}{2}$ teaspoon sugar. Season to taste. Serve very hot with croutons.

CREAM OF CORN—Add 2 cups cooked corn seasoned with thinly sliced onion. Serve hot with popped corn, dash of paprika and strips of pimiento on top.

CREAM OF TOMATO—Add $2\frac{1}{2}$ cups of tomato puree, pinch of soda and 1 teaspoon of grated onion. Serve hot and top with whipped cream if desired.

CREAM OF PEA—Add $2\frac{1}{2}$ cups of pea puree, 1 teaspoon grated onion.

CREAM OF MUSHROOM—Simmer $\frac{1}{4}$ pound of mushrooms sliced thin in 2 tablespoons butter. Add $\frac{1}{2}$ cup of water and cook slowly for 10 minutes. Add this to 2 cups of Foundation White Sauce and serve hot with toasted crackers.

CREAM OF CELERY—Add 2 cups of celery pulp, season and serve hot.

CREAM OF ASPARAGUS—Add to the Foundation White Sauce 2 cups of asparagus puree. Serve hot with whipped cream.

CARROT OR TURNIP SOUP

2 tablespoons finely chopped onion
2 tablespoons butter
2 tablespoons flour

1 quart hot milk
1 cup grated raw carrots or turnips
Salt and pepper to taste

Saute onion in butter for a few minutes. Blend in flour. Add milk, gradually, carrots or turnips, and salt and pepper. Cook, stirring frequently, until carrots or turnips are tender, (about 10 minutes). Serves 4.

CREAM OF MUSHROOM SOUP

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|-------------------------------------|---|
| $\frac{1}{2}$ pound fresh mushrooms | $\frac{1}{2}$ small onion, finely chopped |
| 2 to 3 tablespoons butter | 2 tablespoons flour |
| 2 cups milk | Salt and pepper to taste |

Wash and chop mushrooms and cook with onion a few minutes in the butter. Make a white sauce: Melt 2 tablespoons butter, and blend in flour. Add milk slowly and cook over low heat stirring constantly until thickened. Add mushrooms and onion, and seasoning to the sauce and heat just to boiling. Serves 4.

CABBAGE SOUP

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| $1\frac{1}{2}$ pounds cabbage,
shredded or chopped | 1 diced onion |
| 1 tablespoon salt | 1 large carrot, shredded |
| 3 pounds brisket of beef or
short ribs | 2 quarts hot water |
| 4 tablespoons brown sugar | $\frac{1}{2}$ cup vinegar, lemon juice or
citric acid crystals as required |

Sprinkle salt over shredded cabbage and let stand. Braise meat in heavy pot then add diced onion and stir till light brown. Squeeze cabbage to almost dry and add to meat, onion mixture, stir till light brown. Add carrot, hot water, lemon juice or vinegar and brown sugar to taste. If citric acid crystals are preferred for this dish, be sure to use a little at a time till it has desired sourness. Cover, bring to a boil, then reduce heat and cook slowly $1\frac{1}{2}$ hours or till meat is done.

To thicken, make a thickening gravy by browning 2 tablespoons flour in 2 tablespoons oil or other shortening, stirring till light brown. Add 1 cup of soup, stir till thick. Stir into the soup after lifting out meat. Slice meat and keep warm in a little soup till ready to serve. Serve hot with boiled potatoes. Serves 6 to 8.

CHICKEN STOCK

- | | |
|--|-----------------------------------|
| 1 boiling chicken | $\frac{1}{2}$ teaspoon salt |
| 3 quarts water | Dash pepper |
| Few giblets | 8 peppercorns |
| 1 cup sliced onion, carrot
and celery (mixed) | 1 bay leaf |
| | Sprigs fresh tarragon and parsley |

Cover cleaned and washed chicken and giblets with water and bring very slowly to a boil; remove all scum. Add vegetables and seasonings; simmer until tender; cool in stock. Strain stock.

CHICKEN SOUP

- | | |
|-------------------------------|-------------------------|
| 1 5-pound chicken | 1 piece garlic, crushed |
| 1 tablespoon salt | 4 carrots |
| $\frac{1}{8}$ teaspoon pepper | 3 pieces celery |
| 1 cup canned tomatoes | 8 sprigs parsley |
| 1 medium onion, chopped | 4 quarts water |

Clean and wash chicken; place onion in it and let stand over-night. Remove onion. Cook over low heat about 2 hours. Add vegetables and seasoning. Cook until chicken and vegetables are well done.

POTATO SOUP

- | | |
|---------------------------------------|----------------------|
| 4 potatoes, diced | 5 tablespoons flour |
| 2 quarts water | 2 sprigs parsley |
| 1 tablespoon salt | 1 tablespoon vinegar |
| 4 tablespoons butter or vegetable oil | 1 onion |

Cook potatoes for 20 minutes in a deep pot or soup kettle. When cooked put flour in a frying pan over medium heat and stir constantly until flour turns a golden brown. Stir in butter or vegetable oil until well blended, then add finely cut onion and stir until onion is slightly brown. Add this mixture to the potatoes and stir well. Add vinegar and let simmer for 5 minutes. Serves 6.

SPLIT-PEA SOUP

- | | |
|--|-----------------------------|
| 1 cup dried green or yellow split peas | 4 cups stock, water or milk |
| 1 small onion | Salt |
| Ham bone or end of ham (optional) | |

Soak peas overnight in 2 cups cold water. Quick-cooking varieties need no soaking. Add onions and salt. If ham is used, omit salt. Cook until peas are soft. Remove ham bone. Put peas through sieve, pureeing them back into liquid they were cooked in. Add stock, water or milk. Makes 4 servings.

BEEF AND RICE SOUP

- | | |
|---------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup uncooked rice | 1 small onion, sliced |
| 1 soup bone | 2 teaspoons salt |
| $\frac{1}{2}$ pound stew meat | $\frac{3}{4}$ teaspoon black pepper |
| 2 quarts water | |

Combine all ingredients except rice and simmer until meat is tender. Remove bones. Add rice and simmer until is tender, approximately 15 minutes. Serves 6.

CREAMED STRING BEAN SOUP

- | | |
|----------------------|----------------------|
| 1 quart string beans | 5 tablespoons flour |
| 2 quarts water | 1 tablespoon vinegar |
| 1 tablespoon salt | 1 cup sour cream |
| 4 tablespoons butter | |

Cook string beans 30 minutes. When cooked, add the following mixture. Beat flour and sour cream together until smooth and add to beans. Stir and simmer until well blended, add butter and vinegar. More vinegar may be added for flavor.

BEEF STOCK

- | | |
|---|------------------------------------|
| 2 pound flank of beef | $\frac{1}{2}$ teaspoon salt |
| 4 pound knuckle of veal | 2 tomatoes |
| 2 cups mixed sliced onion,
carrot and celery | A few mushrooms, chopped |
| 2 tablespoons butter | Peppercorns, bay leaf |
| | Large bouquets of herbs (optional) |

Cover beef and bones with water and bring slowly to a boil; skim. Add vegetables, tossed a minute in butter, tomatoes, (sliced), and mushrooms. Add seasonings; simmer until liquid has reduced to 6 cups. Strain liquid for stock.

OLD-TIME MULLIGAN SOUP

- | | |
|---------------------|---------------------|
| 3 quarts cold water | 2 pounds diced beef |
| 1 soup bone | |

Put in deep pot to cook. As the broth starts to boil, skim scum forming on top, and add the following vegetables, (diced).

- | | |
|---------------|--------------------------|
| 1 cup carrots | 1 cup turnips |
| 1 cup celery | 1 cup canned tomatoes |
| 1 cup onions | 1 raw apple (peeled) |
| 1 cup cabbage | Salt and pepper to taste |

Cook slowly about 1 hour. Add more water if needed during cooking process. Makes 8-10 servings.

Hot Dishes

CHIPPED BEEF HOT DISH

- | | |
|------------------------------|---------------------------------|
| 1 medium onion | $\frac{1}{8}$ teaspoon salt |
| 4 ounce package chipped beef | $\frac{1}{8}$ teaspoon pepper |
| 4 strips of bacon | $\frac{1}{4}$ teaspoon marjoram |
| 3 tablespoons flour | 4 ounce package American cheese |
| 2 cups milk | 4 potatoes |

Dice and fry bacon and onion until brown, then add salt, pepper and marjoram. Add milk and flour and cook until thick. Shred beef, place potatoes sliced thin, beef and cheese in alternate layers. Pour sauce over mixture and top with cheese. Bake in slow oven 300° for 45 minutes.

DUMPLINGS

- | | |
|---------------------------|------------------------------------|
| 2 cups flour | 2 tablespoons vegetable shortening |
| 2 teaspoons baking powder | 1 egg, beaten |
| 1 teaspoon salt | 1 $\frac{1}{4}$ cups milk |

Sift together dry ingredients then cut in the shortening. Combine beaten egg and milk and stir all ingredients together only until blended. Drop by spoonful into boiling meat stock. Cook 10 minutes with kettle uncovered, and 10 minutes tightly covered. Remove dumplings and meat to hot platter. (Pour gravy around them or serve separately).

CORN BEEF CASSEROLE

1 package shell macaroni. Break in 1 can corn beef, 2 cans Cream of Chicken soup, plus a little milk. Bake $\frac{1}{2}$ hour at 350° F.

CHILI CON CARNE

- | | |
|------------------------|-------------------------------------|
| 1 pound ground beef | 4 cups tomatoes |
| $\frac{1}{4}$ cup suet | salt and pepper |
| 1 onion, cut fine | 2 tablespoons chili powder |
| 1 bud garlic | 1 pound Mexican or red kidney beans |
| 1 green pepper | |

Soak beans several hours, drain. Heat thrift cooker, add suet, cook 5 minutes. Add beef and brown thoroughly. Add onion, crushed garlic and brown. Add tomatoes, chili and beans. Cover. Stir occasionally while cooking. Serve with fluffy rice.

AMERICAN CHOP SUEY OR CHOW MEIN

- | | |
|---|-------------------------|
| ¼ cup butter or shortening | 1 can bean sprouts |
| 2 cups cooked pork, beef, veal or chicken, cut in thin strips | (drained well) or |
| 1 cup onions, cut fine | 1 can mixed vegetables |
| 1 teaspoon salt | (drained well) |
| 1/16 teaspoon pepper | 2 cups celery, cut fine |
| | 1½ cup hot water |

For Flavoring and Thickening:

- | | |
|--------------------------|--------------------------------|
| 2 tablespoons cold water | 1 teaspoon sugar |
| 2 tablespoons cornstarch | 1 tablespoon brown gravy sauce |
| 1 tablespoon soy sauce | if Chop Suey is desired |

Melt butter or vegetable fat in hot skillet. Add onions and fry for three minutes. Add celery, salt, pepper and hot water. Cover and cook for five minutes. Add drained bean sprouts or mixed vegetables and meat. Mix thoroughly and cook for five minutes. Combine and add flavoring and thickening ingredients. Stir lightly and cook one minute. Serve piping hot with noodles for Chow Mein or cooked rice for Chop Suey. Flavor individual dishes to taste with soy sauce.

Garnish to decorate with lettuce, sliced green onions and sliced cold boiled egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added. Cooking time: 15 minutes. Yield: 4 large portions.

AMERICAN CHOP SUEY

- | | |
|------------------------------|-------------------------------|
| 1 pound pork and beef, diced | 2 tablespoons soya sauce or |
| 1 can Chicken Rice Soup | Kitchen Bouquet |
| (Campbell's) | 2 cups diced celery |
| 2 tablespoons shortening | salt (very little) to taste |
| 1 onion (medium) | pepper (very little) to taste |
| 2 cans (small) mushrooms | 2 tablespoons cornstarch |
| 1 tablespoon molasses | water (about 2 cups) |

Brown meat and onion in shortening, add chicken rice soup, celery, mushrooms, soya sauce, molasses, salt and pepper. (Add 2 cups of water or enough to cover contents.) Cook 1 hour or until celery is soft. Thicken with cornstarch and a little water. Let cook 5 more minutes. Serve over cooked rice.

COTTAGE CHEESE CUTLETS

- | | |
|-----------------------------------|--------------------|
| 2 cups creamed cottage cheese | 1 teaspoon salt |
| 2 cups bread crumbs | 1 1/2 cups milk |
| 1/2 cup nut meats | 1 egg |
| 1/4 teaspoon paprika | 2 tablespoons milk |
| 2 tablespoons minced onion | 1/2 cup crumbs |
| 2 tablespoons minced green pepper | |

Combine cottage cheese, crumbs, nut meats and seasonings. Add 1 1/2 cups milk, combine well. Form into cutlets. Dip into egg mixture, made by combining slightly beaten egg with 2 tablespoons milk, then crumbs and brown in butter. Garnish with carrot curls and green peas.

BAKED MACARONI AND CHEESE

- | | |
|--------------------------------|----------------------------|
| 1 pound package elbow macaroni | 1 teaspoon salt and pepper |
| 1 can tomatoes | 1 pound American cheese |

Cook macaroni in boiling salted water 20 minutes, drain. Add to the tomatoes and cheese. Stir altogether and bake in a greased casserole dish. Cover; bake 1/2 hour 375° or 400° F.

BAKED MACARONI AND CHEESE

- | | |
|------------------------|-----------------------------|
| 1 pound elbow macaroni | salt and pepper |
| 2 tablespoons butter | 1/2 pound American cheese |
| 2 tablespoons flour | 1 cup buttered bread crumbs |
| 2 cups milk | |

Cook elbow macaroni and drain. Put in buttered casserole. Melt butter in saucepan. Add flour to butter and blend together. Gradually stir in the milk until it thickens. Add salt and pepper. Cut cheese in cubes and scatter over the macaroni. Cover top with bread crumbs, pour sauce over all. Bake in a moderate oven 350° F. 30 minutes. Serves 6.

MEXICAN CHILI CON CARNE

- Over medium high heat, brown 3 pounds lean beef cut in cubes, in 1/2 cup salad oil. Add to meat:
- | | |
|------------------------------|--------------------------|
| 1 1/2 cups finely cut onions | 1 clove of garlic minced |
|------------------------------|--------------------------|

Continue to cook until onions are tender; then add:

- | | |
|--------------------------|-----------------------------|
| 1 No. 2 1/2 can tomatoes | 2 1/2 quarts water |
| 3 tablespoons salt | 2 tablespoons chili powder, |
| 2 tablespoons paprika | depending on taste |

Simmer over low heat 2 1/2 - 3 hours. Add 7 cups kidney beans. Heat 10-15 minutes.

TETTERENA (Vegetable Dish)

- | | |
|--------------------------|-------------------------------------|
| 1 pound hamburger | 1 medium onion |
| 4 tablespoons shortening | 2 cups tomatoes |
| 3 carrots | 1 box noodles |
| 3 medium potatoes | $\frac{1}{4}$ pound American cheese |
| 5 stalks of celery | $\frac{1}{2}$ cup water |

Dice the vegetables and parboil in salted water. Fry onions until brown. Add the meat and brown. Add tomatoes and water to meat mixture and season to taste. When vegetables are ready put everything together. Boil and blanch the noodles and add to meat and vegetables stirring well. Put in a greased baking dish and sprinkle grated cheese over the top. Bake in a slow oven for 20 minutes. This is a good way to use up odds and ends of vegetables. Serves 10-12 people.

DEVILED POTATO CAKES

- | | |
|---|---|
| 6 medium potatoes, cooked and shredded (4 cups) | 1 tablespoon prepared mustard |
| 1 $4\frac{1}{2}$ -ounce can deviled ham | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons finely chopped onion | $\frac{1}{4}$ cup butter, margarine, or fat |
| 2 tablespoons enriched flour | $\frac{1}{3}$ to $\frac{1}{2}$ cup evaporated milk or light cream |
| 2 tablespoons chopped parsley | |

Lightly toss together potatoes, deviled ham, onion, flour, parsley, mustard, and salt. Form this mixture in 6 cakes. Brown one side slowly in butter. Spoon evaporated milk over cakes; cook till milk is absorbed and bottoms of cakes are crusty. Turn; cook till other side is crusty. Makes 6 servings.

CHEESED POTATO CRISPS

- | | |
|--|--|
| $\frac{1}{4}$ cup butter or margarine | $\frac{3}{4}$ cup shredded sharp process American cheese |
| 5 or 6 medium potatoes, pared | $1\frac{1}{2}$ teaspoons salt |
| $1\frac{1}{2}$ cups corn flakes, crushed | $\frac{3}{4}$ teaspoon paprika |

Melt butter in jelly-roll pan in moderate oven (375°). Cut potatoes in lengthwise slices about $\frac{1}{4}$ inch thick; arrange in single layer in pan, turning once to coat both sides with butter. Combine corn flakes, cheese, salt, and paprika; sprinkle over potatoes. Bake in moderate oven (375°) 25 to 30 minutes, or till done and topping is lightly browned and crisp. Makes 5 to 6 servings.

GRANDMOTHER'S ONION PIE

$\frac{1}{3}$ cup lard	$\frac{1}{2}$ cup sweet cream
2 cups sliced onions	$\frac{1}{4}$ teaspoon salt

Heat fat in skillet; add onions and fry only until a light golden color. Add cream, and let the contents get hot, but do not boil after cream is added. Add salt.

Make a light dough with $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, and about $\frac{3}{4}$ cup water. Break off bits of dough the size of an egg and roll out quite thin in oblong shapes. Place a tablespoon of filling on each round, and fold over, as for pocket-books. Place them side by side in a greased 8x8" oven-glass cake pan, overlapping them just a little. Pour about $1\frac{1}{2}$ cups milk, which has been brought just to the boiling point, over all. Bake at 400° F. the first 10 minutes, then at 375° F. for 20 minutes, or until a good brown color. Serves 4 or 5.

Note: The hot milk should set the dough, and one must work fast with this recipe.

SPUD 'N' ONION BAKE

It's a tasty, two-vegetable bake in foil—potato "sandwiches" with onion-slice filling!—

4 medium baking potatoes, pared	2 medium mild onions, sliced
$\frac{1}{4}$ cup butter or margarine, softened	salt and pepper

Cut each potato in 4 crosswise slices; spread butter between slices and on top; re-assemble with onion rounds between potato slices. Sprinkle generously with salt, then with dash pepper. Secure slices with toothpicks or skewers. Wrap each potato tightly in double thickness of household-weight aluminum foil. Bake on baking sheet in moderate oven (375°) 60 to 65 minutes, or till potatoes are done. Open foil; sprinkle with chopped parsley or return to oven to brown tops. Makes 4 servings.

BACON 'N' EGG RINGS

8 slices bacon	butter, salt and pepper
8 eggs	

Place bacon slices in skillet over low heat. Cook just until bacon begins to become crisp. Remove from skillet and drain. Circle inside of each greased muffin tin with bacon. Break and slip an egg in center of each bacon ring. Dot with butter. Season with salt and pepper. Bake in a moderate oven (350°) for 15 to 20 minutes or until eggs are done as desired. Makes 4 servings of 2 eggs each.

HAM OR CHICKEN TIMBALES

- | | |
|-------------------------------------|------------------------------|
| 4 tablespoons butter | 1 tablespoon chopped parsley |
| 1½ cups bread crumbs | 1 teaspoon minced onion |
| 2 cups milk | 4 eggs, slightly beaten |
| 2 cups chopped ham, chicken or veal | salt |

Melt butter and add crumbs and milk. Cook 5 minutes. Add meat, parsley, onion and egg. Season and put into buttered molds. Set molds in pan of hot water and place in a 375° oven for 30 minutes. Test with silver knife; if it comes out clean, the dish is done and should be turned out on plate. Use canned cream of mushroom soup with a little milk as sauce, or melt ½ pound velveta cheese and ¼ cup milk.

VEGETABLES IN POTATO NESTS

- | | |
|------------------------------|--|
| 2 cups stiff mashed potatoes | 1 1-pound can (2 cups) mixed vegetables, drained |
| 1 slightly beaten egg yolk | ½ teaspoon onion salt |
| 1 egg white | 1 cup shredded sharp process American cheese |
| ½ teaspoon paprika | |

Mix mashed potatoes and egg yolk; on greased baking sheet, form in 4 nests. Beat together slightly egg white and paprika; brush over potatoes. Combine vegetables and onion salt; spoon into nests. Sprinkle cheese over top. Bake in hot oven (400°) 25 to 30 minutes or till lightly browned and cheese melts. Makes 4 servings.

STUFFED CABBAGE

- | | |
|-----------------------------------|---------------------------|
| 1 large head cabbage | 1 teaspoon pepper |
| 1 large onion, minced | ¾ pound rice, washed well |
| 3 tablespoons shortening | 1 No. 2 can sauerkraut |
| ¾ pound each ground pork and beef | 1 No. 2 can tomato juice |
| 2 tablespoons salt | ½ pint sour cream |
| 1 tablespoon paprika | |

Core cabbage and place in enough boiling water to cover. With a fork in one hand and a knife in the other, keep cutting off the leaves as they become wilted. Drain. Trim thick center vein of each cabbage leaf. Brown onion in shortening. Add meat, seasonings, rice; mix well. Place a heaping tablespoon of filling on each cabbage leaf; roll up. Place in a pot and cover 2/3 full with water; arrange sauerkraut on top; and add tomato juice. Cover and cook slowly for about ½ hour. Pour on sour cream; cook 5 minutes. 6-8 portions.

STUFFED CABBAGE (Holubki)

Mix thoroughly:

3 pounds ground meat

4 cups cooked rice (not too done)

1 chopped onion

1 clove garlic, chopped fine

2 eggs

salt and pepper to taste

Scald large size head of cabbage, carefully loosen leaves and fill each with heaping tablespoon of filling. Place loose side down in roaster or large pot. Cook either in oven or on top of stove on medium heat after covering with two cans of tomato soup diluted with two cans of water. Serves ten. Cook about 2 hours.

CABBAGE ROLLS

1 head cabbage

1 pound ground meat

($\frac{3}{4}$ beef, $\frac{1}{4}$ pork)

1 tablespoon diced onion

1 egg

1 cup cooked rice

1 cup fine bread crumbs

1 teaspoon salt

dash of pepper

1 cup milk

butter (for frying)

sugar

mushrooms, chopped fine,

if desired

First parboil the cabbage, separate the leaves. Mix the meat, rice, bread crumbs, onion, egg, salt, pepper, mushrooms and milk all together.

Put two tablespoons of this mixture on each cabbage leaf. Roll up leaf, folding edges as you roll. Brown in butter over medium heat in skillet.

Then put cabbage rolls in a greased casserole, sprinkle small amount of sugar over the top and dot with butter, and bake for 30-35 minutes in a 350° oven.

LAZY WEEK-END 7-LAYER CASSEROLE

Preheat oven to moderate, (350°). Place these ingredients in layers in a 2 quart baking dish with a tight-fitting lid:

1 cup uncooked rice, washed and drained; 1 cup canned whole kernel corn, drained. Sprinkle with salt and pepper, pour over 1 can Hunts tomato sauce and $\frac{1}{2}$ can water. $\frac{1}{2}$ cup each finely chopped onion and green pepper; $\frac{3}{4}$ pound uncooked ground beef. Sprinkle with salt and pepper. Pour over second can of Hunts tomato sauce and $\frac{1}{4}$ can water. Cover meat with 4 strips of bacon, cut in half. Cover and bake at (350°) for one hour. Uncover and bake about 30 minutes longer, until bacon is crisped. Makes 4 to 6 servings.

SWEET SOUR CABBAGE

- | | |
|---|--|
| ¼ pound salt pork,
chopped with one clove garlic | 1 tablespoon vinegar |
| 1 heaping tablespoon flour | 1 tablespoon sugar |
| 1 head cabbage | salt and pepper to taste |
| 1 onion (optional) | 1 pound weiners, cut in
one inch pieces |
| ¼ cup ketchup | |

Brown salt pork and garlic and remove cracklings. Add flour and brown. Add fresh cabbage, sliced like cole slaw, cover with boiling water. Add onion for flavor (optional), and simmer for one hour. The last 15 minutes add ketchup, vinegar, sugar, salt and pepper to taste. Add weiners sliced in one inch pieces, the last 5 minutes. Good with hard rolls. (If you like the salt pork cracklings, add them during the process of cooking).

WILD RICE

- | | |
|---|-----------------------------------|
| 1 cup wild rice | 1 teaspoon salt |
| 2 tablespoons butter | ¼ teaspoon pepper |
| 2 tablespoons chopped onion | 1 teaspoon poultry seasoning |
| ¼ cup celery | 3 cups water, or chicken bouillon |
| ½ cup canned mushrooms
(4 ounce can) | 1 egg |

Wash rice until water is clear. Melt butter in large skillet, add onion and rice, and cook until onion is lightly browned; then add celery, seasonings and water absorbed, about one hour. Add mushrooms, including the liquid, the last 15 minutes of cooking. Just before removing from stove, add 1 well beaten egg and stir into rice until well blended. Serves 6. May be used as stuffing or as accompaniment to fowl or wild game. One cup wild rice makes 3 cups cooked rice.

KIDNEY BEAN SPECIAL

- | | |
|----------------------------|---|
| 1 pound round steak, cubed | 1 teaspoon salt |
| ¾ cup chopped onion | ⅛ teaspoon pepper |
| ½ cup diced green pepper | 1 bay leaf |
| 3 tablespoons shortening | 1 ¾ cups (No. 300 can) red kidney
beans, drained |
| 2 cups canned tomatoes | |

Parmesan cheese, grated

Brown meat, onion, and green pepper in shortening. Add tomatoes, salt, pepper and bay leaf. Simmer 1½ hours. Add kidney beans and simmer until heated through. Serve with grated Parmesan cheese. Makes 6 servings.

MEAT-STUFFED TOMATOES

- | | |
|------------------------------|----------------------------|
| 1 cup ground beef | ½ teaspoon salt |
| ½ cup cracker crumbs | ¼ cup chopped green pepper |
| ¼ cup grated American cheese | ¼ cup water |
| ¼ cup chopped celery | 4 medium sized tomatoes |

Combine all except tomatoes. Remove centers of tomatoes and reserve for sauce. Stuff tomato cups with meat mixture. Bake in greased baking dish in moderate oven ½ hour. Serve hot with tomato sauce.

SAUCE

- | | |
|--------------------------|------------------------------|
| 2 tablespoons cornstarch | ¼ cup water |
| ½ teaspoon sugar | 1 cup chopped tomato centers |
| ¼ teaspoon salt | |

Mix dry ingredients; add water and tomato centers. Cook over low heat until thick, serves 4.

BAKED CHOP SUEY

- | | |
|----------------|------------------------------|
| 1 pound veal | 1 cup cream of mushroom soup |
| 1 cup celery | 1 cup peas |
| 2 cups onions | 4 tablespoons soy sauce |
| ½ cup raw rice | 2 cups water |

Brown meat and put all together in a big casserole and bake 2 hours at 350°.

RICE AND SPAM HOT DISH

- | | |
|-------------------------------------|---|
| 1 medium diced celery | 1 cup rice (cook and drain) |
| 3 onions diced | 2 boullion cubes (either chicken or beef) |
| 1 cup spam or ham fry, cut in cubes | 1 can mushroom soup |
| 1 can Chinese noodles | 1 cup water (add to cubes) |
| 1 green pepper diced | |

Put in layers in casserole — Bake 1½ hours.

SIX LAYER CASSEROLE

- | | |
|----------------------------|-----------------------|
| 2 cups raw sliced potatoes | 1 pound raw hamburger |
| 1 cup diced celery | green pepper |
| 1 cup onion, sliced | 2 cans tomato soup |

(Arrange in layers.) Pour tomato soup over top. Bake 350° F. 1½ hours or longer if necessary.

CHEESE STRATA

- 12 slices day-old bread
 ½ pound Velveeta cheese
 4 eggs

- 2½ cups milk
 salt and pepper

Arrange six slices of bread (crusts trimmed) in bottom of baking dish, fitting them in so that the entire surface is covered. Spread the bread with the cheese. Cover with the remaining slices of bread and pour seasoned milk and egg mixture over the bread and cheese. Let stand an hour. Bake in moderate oven about 325° for 40 minutes or until puffed up or lightly browned. Serve plain or with your favorite jelly.

CHEESE-HAM CASSEROLE

- | | |
|---|---|
| 1 can condensed cream of
celery soup | 1 teaspoon minced onion |
| ½ cup milk | 10 cheese wafer-type crackers,
coarsely rolled, (1½ cups crumbs) |
| ¼ teaspoon pepper | 1 cup ground ham |

Combine soup, milk, pepper and onion. Place 1/3 cup of rolled crackers in greased casserole. Cover with 1/3 cup ground ham. Keep alternating layers until there are three of each. Pour soup mixture over all of it. Sprinkle the remaining half cup crumbs on top. Bake in hot oven (425° F.) for 20 minutes. Sprinkle with paprika. Serves 4.

MACARONI WITH CHEESE

- | | |
|------------------------|------------------|
| 1 pound macaroni | 2 beaten eggs |
| 1 pound cottage cheese | salt to taste |
| 1 cup milk | 1 teaspoon sugar |

Cook macaroni in boiling salted water. Do not overcook. Drain. Put in casserole, add beaten eggs, sprinkle with the cottage cheese and then pour the milk over it. Add salt and sugar and mix well. Dot with butter. Bake at 350° for 30 minutes.

HOT STEW (PEPPER POT)

- | | |
|---------------------------------------|-----------------------------|
| 1 pound veal | 2 banana peppers (minced) |
| ¼ clove garlic (minced fine) | 1 can tomatoes |
| 2 onions (cubed) | 1 small can green beans |
| 2 cups diced celery | 1 green pepper (diced) |
| 3 tablespoons vegetable oil or butter | 6 to 8 potatoes (quartered) |

Brown meat, add 2 cups water, add garlic and onion. Add oil and other ingredients saving potatoes till last. Stew on low heat for an hour or until potatoes are tender. Add salt and pepper to taste.

BEEF CASSEROLE

1 pound ground beef

1 pound ground pork

Brown till red color disappears. Season with salt and pepper. Add:

1 can tomatoes

1 can drained corn niblets
and simmer

Cook 8 ounce package noodles

Grate $\frac{1}{2}$ pound American cheese

Put layer of noodles in greased casserole dish, layer of cheese, layer of meat mixture. Repeat layers. Have noodles on top. Sprinkle with cheese on top of noodles. Bake till cheese melts only.

RICE CROQUETTES

2 cups cooked rice

bread crumbs

3 tablespoons milk

2 eggs

parsley

2 tablespoons butter

salt and pepper

Steam the rice in a double boiler, if necessary add a little milk to soften it. Mix in egg well beaten and butter and seasoning. Be liberal with parsley. Cook until the egg thickens. Remove to cool on a flat dish. Shape into croquettes. Dip in seasoned crumbs, then in beaten egg and again in crumbs. Drop in deep fat and cook until brown.

CHEESE SAUCE $\frac{3}{4}$ cup mild cheese

1 cup white sauce

Add the cheese (grated or cubed) to the sauce. Heat until the cheese is melted. Medium white sauce.

OLD FASHIONED SAUERKRAUT AND SPARERIBS

2 pounds spareribs

 $\frac{1}{4}$ teaspoon of pepper

1 teaspoon of salt

1 medium-size onion, sliced

1 tablespoon of caraway seed

1 No. 2 can of tomatoes

1 quart of homemade sauerkraut or
one No. 2 can of sauerkraut

Cut spareribs into individual servings and mix caraway seeds with sauerkraut and place in 8x12" baking dish. Place onion slices on sauerkraut and pour tomatoes over mixture. Arrange spareribs on top. Bake in moderate oven at 350° for 2 hours. Makes 4 servings.

CORN A LA KING

- | | |
|--|---------------------------------|
| 3 strips bacon | 2 tablespoons cream or top milk |
| $\frac{1}{2}$ cup coarsely chopped celery | $\frac{1}{2}$ teaspoon salt |
| 1 No. 2 can cream style corn, or, | $\frac{1}{8}$ teaspoon paprika |
| $2\frac{1}{2}$ cups freshly cut corn | 6 slices toast |
| $\frac{1}{2}$ cup coarsely chopped, canned mushrooms | |

Cut bacon strips in half and saute. Drain bacon, measuring 2 tablespoons fat into a $1\frac{1}{2}$ quart saucepan; add corn, mushrooms, cream or top milk, salt and paprika. Heat thoroughly. Serve on toast with $\frac{1}{2}$ strip bacon crumbled over each serving. Makes 6 servings.

YANKEE HASH

- | | |
|-----------------------------|------------------------------|
| 3 tablespoons shortening | 2 cups chopped corned beef |
| 2 tablespoons chopped onion | (cooked) |
| 1 cup milk or water | 2 cups cubed boiled potatoes |

Melt shortening in frying pan. Add onion. Brown slightly. Mix other ingredients. Add to onions. Mix thoroughly. Then spread out evenly. Cook slowly. As bottom browns keep lifting and cutting it in, so that crusty bits are worked through hash. Just before removing from skillet, fold hash over like an omelet.

CHEESE SOUFFLE

- | | |
|----------------------|-----------------------------|
| 4 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 5 tablespoons flour | 1 cup grated cheese |
| 1 cup milk | 4 eggs |

Melt butter and stir in the flour, gradually add milk stirring constantly. Add the salt and cheese which has been grated or cut in small pieces. Cook and stir until cheese is melted. Cool and add the beaten egg yolks, then fold in the stiffly beaten egg whites. Put into a well greased baking dish, set in a pan containing 1 inch of boiling water and bake in 325° oven for 1 hour.

CHINESE HOT DISH

- | | |
|----------------------------------|-------------------------|
| 1 pound cubed veal | 1 cup raw rice |
| 1 cup diced celery | 1 can chicken rice soup |
| $\frac{1}{2}$ cup chopped onions | 1 can mushroom soup |
| 3 tablespoons soy sauce | |

Brown veal, celery and onions — salt to taste. Add soup, rice and soy sauce and 2 cans water. (Add more water while baking if necessary). Bake $1\frac{1}{2}$ hours in moderate oven. Serves 6 to 8.

NOODLE AND BEEF CASSEROLE

- | | |
|--|---|
| 1 8-ounce package noodles | salt and pepper |
| $\frac{3}{4}$ pound ground beef and pork | 1 can tomato soup |
| 2 small onions | $\frac{1}{8}$ teaspoon Worcestershire sauce |
| 2 cups diced celery | $\frac{1}{2}$ cup grated American cheese |
| 1 small green pepper, diced | |

Cook noodles, drain, rinse. Brown meat in hot fat; add onions, celery, green pepper, cook till tender. Season, alternate meat and noodles in greased casserole. Pour soup mixed with sauce over this. Sprinkle with cheese. Bake in moderate oven 325° for 45 minutes.

CHICKEN WIGGLE

- | | |
|-------------------------------------|-------------------------------|
| 12 ounce package noodles | 1 cup whole corn |
| 2 cans chicken noodle soup | 1 pound veal |
| $\frac{1}{2}$ pound American cheese | 1 pound pork |
| 4 ounce can pimiento | 1 cup cracker crumbs buttered |
| 4 ounce can mushrooms | 1 green pepper |

Cook noodles for 5 minutes in salted water. Dice meat and brown in butter, add pepper and juice of mushrooms. Add rest of ingredients and mix well and bake 2 hours at 300°.

HUNGARIAN CASSEROLE

(Best Lenten Dish)

- | | |
|--------------------------------------|------------------------------------|
| 1 green pepper, cut up | 1 teaspoon salt |
| 4 hard cooked eggs | 1 teaspoon paprika |
| 3 tablespoons soft butter | $\frac{1}{2}$ cup sour cream |
| 2 teaspoons minced onion and parsley | $\frac{1}{2}$ cup dry bread crumbs |
| 1 teaspoon prepared mustard | 1 package egg noodles |

Boil and drain egg noodles. Put eggs through ricer. Mix the onion, parsley, mustard, salt, pepper, cream and butter. Add noodles, mix the eggs in lightly. Sprinkle with bread crumbs, dot with more butter. Sprinkle with paprika. Bake in hot oven 400° for 20 minutes.

SWEET POTATO CASSEROLE

- 4 cans sweet potatoes, whole or half

Turn them into a greased baking dish. Make a syrup of 2 cups water, 2 tablespoons butter, 1 cup of brown sugar, 1 tablespoon cinnamon. Boil all together 10 minutes and pour over the sweet potatoes and put in oven 350° for an hour. Don't let them burn. Very good with ham, chicken or turkey.

BAKED OR COOKED, IT'S STILL CABBAGE SUPREME

- | | |
|------------------------------------|--|
| 1 medium size head of cabbage | ½ teaspoon salt |
| 3 tablespoons butter | ½ cup milk |
| 3 tablespoons flour | 1 onion, chopped |
| 1 teaspoon caraway seed (optional) | 8 to 10 Butter Wafers, or
crackers rolled into crumbs |

Shred cabbage very fine and add water to cover. Add salt, caraway seed, and onion, let cook for 10 minutes in boiling water if you wish to bake this recipe; and 30 minutes if it is to be cooked and finished. Make white sauce of butter, flour, salt, and milk. Pour over cabbage and let cook until thickened; stirring constantly to prevent scorching. For baking, place in greased baking dish and sprinkle with cracker crumbs and bake in oven at 350° until brown.

STUFFED PEPPERS

20 green peppers, medium size

Wash peppers, trim slice off top, remove seeds, put peppers in a pot of boiling water and boil 5 minutes after they come to a boil. Take from stove and let cool. Fill with the following mixture:

- | | |
|---|---------------------------|
| 5 pounds chopped beef or part ham or
corn beef or veal. Either one is good | pepper and salt to season |
| 2 cups boiled rice | 2 large chopped onions |

Mix meat, rice, pepper and salt altogether in a large bowl. When mixed fill peppers with mixture. Place them straight in large baking pan. Keep them together so they will not fall over in the pan. Then get 2 cans tomato soup and pour over peppers. Bake in a moderate oven. They take about 60 minutes.

BARLEY HOT DISH

¾ cup barley—soak overnight
Boil 1 hour

- | | |
|----------------------|-------------------------------|
| 1 pound hamburger | } Brown the three ingredients |
| 1 onion | |
| 2 tablespoons butter | |
| 1 cup tomato soup | 2 cups chopped celery |
| 1 cup mushroom soup | 1 green pepper |
| 1 cup peas | |

Mix all together and bake 350° for 3 hours.

RICE GRIDDLE CAKES

- | | |
|----------------------------|------------------|
| 1 cup boiled rice | 1 egg |
| 1 cup milk | 1 cup flour |
| 1 tablespoon melted butter | 1 cup buttermilk |
| 2 teaspoons baking powder | 1 teaspoon soda |
| 1 teaspoon salt | |

Mix rice, milk, shortening, salt, well beaten egg. Stir in flour and baking powder which have been sifted together. Mix well. Bake on hot, slightly greased griddle. Turn once.

COUNTRY NOODLES

- | | |
|---------------------|-----------------|
| 2 eggs | 1 teaspoon salt |
| 3 tablespoons cream | flour |

Beat eggs until light, then beat in cream and salt. Stir in and work in with hands enough flour for the right consistency in the dough. Let rest 20 minutes. Roll out as thin as possible on lightly floured cloth-covered board. Place between 2 towels until dough is partially dry. Roll up as for a jelly roll, then with a sharp knife cut into strips. Shake out strips and allow to dry before using or storing.

DUMPLINGS

- | | |
|---------------------------|-------------------------------|
| 3 cups flour | 2 tablespoons melted butter |
| 4 teaspoons baking powder | 1 1/2 cups milk (add a little |
| 1/2 teaspoon salt | more milk if needed) |

Drop them by the teaspoonful into boiling stew or chicken broth. These are very good and very light.

MY FAVORITE DUMPLINGS

- | | |
|--------------------|---------------------------|
| 2 eggs, beaten | 1 cup flour |
| 1/4 teaspoon salt | 2 teaspoons baking powder |
| 2 tablespoons milk | |

Mix in order given and do not make too stiff batter. If the eggs are quite small, use less flour. Drop by teaspoonful into boiling meat broth. Let simmer gently, about twenty minutes with the pot covered.

PLAIN CHOP SUEY

Cut 1 pound of lean pork, veal, beef or chicken into small pieces and fry in 2 tablespoons of lard, shortening or cooking oil, adding $\frac{1}{2}$ teaspoon salt. When meat is browned, add 2 cups diced celery, 1 cup diced onions, 1 cup diced cabbage, 1 can of bean sprouts, 1 cup soup stock and $\frac{1}{2}$ cup mushrooms. (Brown sauce or soya sauce may be added). Mix well and cover. When cooked, mix 2 tablespoons flour with water, as for gravy, add to the chop suey to thicken it. Serve piping hot over steamed rice.

MAN'S HOT DISH

- | | |
|---------------------------|--------------------------|
| 1 pound lean meat | 4 small onions |
| (pork or beef) not ground | 1 cup celery (cut up) |
| 4 large carrots | 3 tablespoons flour |
| 4 large potatoes | salt and pepper to taste |

Cut meat into small pieces and cook it in 2 quarts of water for 30 minutes. Add cubed vegetables and cut up onions and cook till tender. Salt and pepper to taste and add 3 tablespoons of flour. Put all this into a large baking dish.

Top with baking powder biscuits (from Ready Mix) and drop over dish. Bake at 400° for 30 minutes or until biscuits are baked.

LAZY PYROHY

1½ lbs. dry cheese

dash of salt

Add:

1 tablespoon butter

¼ cup cream of wheat

3 eggs

Put cheese through sieve. Make dough, mixing well. Let stand 3 hours. Place dough ¼" thick on floured board. Cut in diamond shaped pieces about 2". Put in salted boiling water for a few minutes. Butter and serve hot.

VARIATION

1 lb. dry cheese

dash of salt

3 eggs

1 tablespoon butter

2½ tablespoons flour

little sugar

Put cheese through sieve. Add salt and 3 yolks and mix thoroughly. Add beaten whites and flour and a little sugar, mix well. Let stand 3 hours. Place dough ¼" thick on floured board. Cut in diamond shaped pieces about 2". Put in salted boiling water for a few minutes. Take out with spoon and serve with butter.

PYROHY

What are they? Try this recipe and you'll love 'em.

Make dough of the following:

4 cups flour (all purpose)

½ teaspoon salt

2 eggs

1 cup milk (better if ½ cream)

Put flour on bread board and make a well (or put flour into a bowl), put the eggs into the flour, add salt and milk (preferably with cream) and knead to make a dough (not too stiff). Let dough rest ½ hour. (Cover dough with a bowl to prevent it from drying.)

Now peel about 2 pounds of potatoes and cook them in water (enough to cover potatoes) with one heaping teaspoon of salt. Cook potatoes about 20 minutes or until done (do not overcook potatoes; otherwise they'll be too watery and mushy).

Fry one onion (size of golf ball) in 3 tablespoons of butter. Let stand until potatoes are cooked.

FILLING — When potatoes are cooked, drain them well. Then cut up 1/4 to 1/3 pound of Medium Cheddar Cheese and put it over the hot potatoes. Add the fried onions and mash thoroughly until you have no lumps (of potatoes or cheese). Taste this mixture — add salt to taste.

Let the mashed potato and cheese mixture cool off. This is the filling for the pyrohy.

Now make little round balls of the dough (size of a walnut) and roll out with a rolling pin to a size of about 3" in diameter. Then take a heaping teaspoon of the filling and put it in the center of the rolled out dough. Fold the dough with the filling in half (it'll look like a half moon), and pinch the end of the dough to seal it tightly. Make sure the pyrohy are sealed tightly; otherwise the contents will be washed out during cooking.

Make these pyrohy until all of the dough and filling are used up.

Take a 6 quart pot and fill it half full of water. Bring to a boil. Then drop the pyrohy into the boiling water. Stir carefully with a wooden spoon just to loosen any pyrohy that might have stuck to the bottom of the pot when they were dropped in. Be careful you don't break any pyrohy while cooking. The water will stop boiling after all the pyrohy are in the water; that's when you'll have to use the wooden spoon to loosen pyrohy from the bottom. When pyrohy start boiling they'll float to the top. Have them boil 5 to 8 minutes. Strain them and rinse slightly with cold water.

Brown about 1/8 pound butter and put it over the pyrohy in a bowl.

Eat them as they are or with heavy sour cream.

Salads

PROTEIN SALADS

SALMON MACARONI SALAD

- | | |
|---|---|
| 1 cup canned salmon
($\frac{1}{2}$ cup) | 1 cup shell macaroni, cooked
($\frac{1}{2}$ cup) |
| 2 cups canned peas
(1 cup) | $\frac{1}{3}$ cup salad dressing
(2 tablespoons and 2 teaspoons) |

Drain salmon; remove bones and skin; flake. Combine salmon, peas, and shell macaroni. Chill. Season to taste with salt and pepper. Add dressing; toss lightly. Serve on lettuce. Garnish with hard-cooked egg slices. Serves 6 (3).

SEAFOOD SALAD

- | | |
|---|---|
| 1 cup flaked tuna, salmon, or crab
($\frac{1}{2}$ cup) | salt and paprika to taste |
| 1 teaspoon lemon juice
($\frac{1}{2}$ teaspoon) | 1 cup diced celery
($\frac{1}{2}$ cup) |
| 1 teaspoon finely minced onion
($\frac{1}{2}$ teaspoon) | 1 cup pieces of lettuce
($\frac{1}{2}$ cup) |

Mix together ingredients in order. Chill thoroughly. Just before serving, drain and toss together with salad dressing to moisten. Serve on crisp lettuce. Garnish with tomato slices, wedges of lemon, or slices of hard-cooked egg. Serves 4 (2).

BEAN SALAD

- | | |
|---|---|
| 2 cups canned kidney beans
(1 cup) | 2 hard-cooked eggs, sliced (1) |
| $\frac{1}{4}$ cup diced celery
(2 tablespoons) | $\frac{1}{2}$ teaspoon salt ($\frac{1}{4}$ teaspoon) |
| 3 chopped sweet pickles (1 $\frac{1}{2}$) | $\frac{1}{8}$ teaspoon pepper (dash) |
| 1 small onion, minced ($\frac{1}{2}$) | about $\frac{1}{4}$ cup salad dressing
(2 tablespoons) |

Mix together beans, celery, pickles, and onion. Add egg, salt, and pepper. Mix lightly with dressing. Chill thoroughly. Serve on salad greens. Serves 6 (3).

POTATO SALAD

- | | |
|---|--|
| 3 cups cubed cold cooked potatoes
(1½ cups) | ¼ cup French dressing
(2 tablespoons) |
| 1 tablespoon finely chopped onion
(1½ teaspoons) | ¾ cup salad dressing (⅔ cup) |
| ½ teaspoon salt (¼ teaspoon) | 2 large hard-cooked eggs, diced (1) |
| dash of pepper (sprinkle) | 6 sliced radishes (3) |
| | ½ cup diced celery (¼ cup) |
| | ½ cucumber, cubed (¼) |

Combine potatoes, onion, other vegetables, salt, and pepper in bowl. Mix lightly with French dressing. Chill an hour or two. Toss lightly with salad dressing. Blend in eggs carefully. Add extra seasoning and dressing to taste. Serve in bowl or on salad greens. Garnish with paprika. Serves 6 (3).

HOT POTATO SALAD

- | | |
|---|--|
| 6 medium potatoes (3) | 1½ teaspoons salt (¾ teaspoon) |
| 6 slices bacon (3) | ½ teaspoon celery seed, if desired
(¼ teaspoon) |
| ¾ cup chopped onion (⅔ cup) | dash of pepper (sprinkle) |
| 2 tablespoons flour (1 tablespoon) | ¾ cup water (⅔ cup) |
| 1 to 2 tablespoons sugar
(½ to 1 tablespoon) | ½ cup vinegar (¼ cup) |

Cook potatoes in their skins until tender. Peel and slice thinly into bowl. Fry bacon until crisp. Cook onion until yellow in 1/3 cup (2 tablespoons and 2 teaspoons) of the bacon fat. Mix in flour, sugar, salt, celery seed, and pepper. Stir in gradually water and vinegar. Cook, stirring until mixture boils. Boil one (1) minute. Pour over potatoes. Add the crisp bacon, broken into pieces (save some for garnish). Cover and let stand until ready to serve. Garnish with pieces of crisp bacon. Serves 6 (3).

MERRY CHRISTMAS SALAD

- | | |
|---------------------------------|-------------------------------|
| 1 package lime-flavored gelatin | ½ cup finely-sliced celery |
| 1 cup boiling water | 1 tablespoon chopped pimiento |
| 1 No. 2 can crushed pineapple | ½ cup chopped walnuts |
| 1 cup small-curd cottage cheese | |

Decorate this salad with jellied cranberry sauce, 6 walnut halves, maraschino cherries.

Dissolve gelatin in boiling water; cool till syrupy. Stir in remaining ingredients. Turn into round 8" or 9"x1½" cake pan lined with waxed paper. Frost top (recipe below). Cut into 6 wedges, nest on lettuce. Cut squares of cranberry sauce for base; top with crisp, golden walnut halves. Trim with maraschino cherries.

Frosting: Blend and beat till smooth, 1 3-ounce package cream cheese, 1 tablespoon mayonnaise, 1 teaspoon lemon juice.

CHICKEN ORANGE SALAD

- | | |
|----------------------------------|------------------------------|
| 3 tablespoons unflavored gelatin | 1/2 teaspoon white pepper |
| 1/2 cup cold orange juice | 1 pimiento, chopped |
| 2 cups hot orange juice | 1/4 teaspoon onion juice |
| orange sections | 3 cups diced cooked chicken |
| 2 tablespoons cold water | 3/4 cup heavy cream, whipped |
| 3/4 cup boiling chicken stock | lettuce, mayonnaise |

Soften 1 1/2 tablespoons gelatin in cold orange juice for 5 minutes; dissolved in hot orange juice and strain. Cool and decorate a large mold, ring mold or individual molds, with orange sections and cover with half of the slightly thickened gelatin. Chill until firm. Soften remaining gelatin in cold water for 5 minutes, dissolve in boiling chicken stock and cool until it begins to thicken. Add salt, pepper, pimiento, onion juice and chicken. Fold in whipped cream and pour over orange gelatin. Chill; when firm, add remaining orange gelatin. Chill, unmold on lettuce and serve with mayonnaise. Serves 12.

CRUNCHY CARROT SALAD

- | | |
|--|--------------------------|
| 2 1/4 cups shredded carrots,
lightly packed | 3 tablespoons mayonnaise |
| 1 tablespoon minced onion | 2 tablespoons sour cream |
| Salt, pepper and paprika | 1 teaspoon lemon juice |

Combine carrots, onions, salt, pepper and paprika. Blend remaining ingredients. Stir into carrot mixture. Serves 6.

MOLDED EGG SALAD

- | | |
|---|---|
| 1 tablespoon unflavored gelatin | 1/4 cup chopped celery |
| 1/4 cup cold water | 2 teaspoons green pepper |
| 1 cup mayonnaise | 2 tablespoons lemon juice |
| 4 hard cooked eggs,
coarsely chopped | 3/4 teaspoon salt |
| | salad greens and
additional mayonnaise |

Soften the gelatin in cold water for 5 minutes. Place the container over boiling water and stir until the gelatin is dissolved. Cool slightly. Add mayonnaise slowly. Stir briskly. Fold in remaining ingredients and pour into 6 molds. Chill until firm. Unmold on greens. Garnish with mayonnaise and crisp colorful salad vegetables.

SNAPPY RHUBARB MOLDS

- | | |
|---|----------------------------|
| 1 package cherry-flavored gelatin | 3 tablespoons lemon juice |
| 1 1/2 cups hot rhubarb sauce,
sweetened to taste | 3/4 cup diced celery |
| | 1/2 cup sliced green onion |

Dissolve gelatin in hot rhubarb sauce. Add lemon juice; chill until slightly thickened. Fold in celery and onions. Pour into individual molds. Chill until firm. Unmold on lettuce; serve with mayonnaise. Serves 5-6.

BLACK CHERRY SALAD

- | | |
|---------------------------------------|--------------------------------|
| 2 cups cherry juice | 1 cup chopped blanched almonds |
| 1 package cherry gelatin | 8 stuffed olives, chopped |
| 2 cups cooked black cherries, drained | |

Heat cherry juice and water, add gelatin, and stir until dissolved. Chill until it begins to thicken, add remaining ingredients, except lettuce, pour into a mold, and chill until firm. Unmold and serve in lettuce cups with salad dressing. Serves 8.

CRANBERRY SALAD

- | | |
|--------------------------|--|
| 2 cups cranberries | 1 package lime or lemon jello |
| $\frac{3}{4}$ cup sugar | 1 cup diced celery |
| $1\frac{1}{4}$ cup water | $\frac{1}{2}$ cup cut up walnuts or pecans |

Boil cranberries, sugar and water for 3 minutes. Add jello and cool. When syrupy add the celery and nutmeats. Chill.

ORANGE CABBAGE SALAD

- | | |
|------------------------------|------------------------------|
| 3 cups fresh chopped cabbage | 1 cup whipped cream |
| 3 oranges, peeled and diced | 2 tablespoons salad dressing |
| 12 marshmallows, cut fine | sugar and salt to taste |

Combine all ingredients.

HAM SALAD

- | | |
|------------------------------|---|
| 1 package lemon jello | $\frac{1}{3}$ cup chopped sweet pickle |
| 1 cup hot water | $1\frac{1}{2}$ tablespoons diced pimienta |
| 3 tablespoons vinegar | $\frac{1}{3}$ cup mayonnaise |
| $\frac{3}{4}$ cup cold water | 1 cup ground cooked ham |
| dash salt | $\frac{1}{2}$ cup diced celery |
| 1 tablespoon grated onion | $\frac{1}{2}$ teaspoon Worcestershire sauce |

Dissolve jello in hot water. Add cold water, vinegar, salt, onion. Chill 1 cup mixture till slightly thickened. Add pickles and pimienta and turn into quart ring mold. Chill till firm. Chill remaining jello till slightly thickened. Beat with rotary beater till consistency of whipped cream. Add mayonnaise and remaining ingredients. Turn on top of firm jello. Chill until set.

PINEAPPLE CHEESE SALAD

- | | |
|------------------------|-----------------------------------|
| 1 package lemon jello | 1 2-pound can pineapple |
| 1 cup pineapple juice | 1 cup celery cut fine |
| 1 small can pimientos | 2 packages cream cheese or |
| $\frac{2}{3}$ cup nuts | 1 cup cottage cheese |
| | $\frac{1}{2}$ pint whipping cream |

Dissolve gelatin in pineapple juice and add the pineapple. Cream the cheese and add to juice. Add nuts and celery and then fold in the whipped cream and cool.

FROZEN OLIVE CHEESE SALAD

- | | |
|------------------------------------|--------------------------------------|
| 3 ounces sharp Cheddar cheese | 6 tomatoes, hollowed out and chilled |
| $\frac{1}{2}$ cup cream | Lettuce |
| 10 ripe olives, stoned and chopped | Mayonnaise |
| 1 teaspoon chopped pimienta | |

Blend cheese well with cream; add olives and pimienta. Place in 6 small paper cups and freeze 2-3 hours. Unmold into hollowed tomatoes; serve on lettuce with mayonnaise. Serves 6.

APPLE CRANBERRY SALAD

- | | |
|----------------------|------------------------------------|
| 4 cups cranberries | $2\frac{1}{2}$ tablespoons gelatin |
| 2 cups water | $\frac{1}{4}$ cup cold water |
| 2 cups sugar | $\frac{1}{2}$ cup ground peanuts |
| 1 cup chopped apples | 1 cup diced celery |

Cook cranberries with water until the skins are broken. Rub through sieve. Add sugar and cook 5 minutes. Soak gelatin in cold water for 5 minutes and add to hot cranberries. When the mixture begins to thicken add celery and apples and nuts. Turn into molds and chill. Serve on lettuce with mayonnaise or cooked salad dressing. Serves 12.

CRANBERRY SQUARES

- | | |
|--------------------------|---------------------------------|
| 1 package cherry jello | 1 cup ground raw cranberries |
| 1 cup hot water | 1 orange ground |
| 1 cup sugar | 1 cup drained crushed pineapple |
| 1 tablespoon lemon juice | 1 cup chopped celery |
| 1 cup pineapple syrup | $\frac{1}{2}$ cup nuts |

Dissolve jello in hot water. Add sugar, lemon juice, and syrup. Stir to dissolve. Chill until partially set. Add remaining ingredients. Chill in oiled molds.

FROZEN SUMMER FRUIT SALAD

- | | |
|--|--|
| $\frac{1}{2}$ cup sliced strawberries | 1 teaspoon unflavored gelatin |
| $\frac{1}{2}$ cup diced canned pineapple | 1 tablespoon cold water |
| $\frac{1}{2}$ cup diced orange segments | 4 teaspoons honey |
| $\frac{1}{2}$ cup diced bananas | $\frac{2}{3}$ cup heavy cream, whipped |
| 2 teaspoons lemon juice | |

Combine fruits with lemon juice; chill. Soften gelatin in cold water; dissolve over hot water and add to honey and fruit. Fold whipped cream into fruit mixture and freeze for 3 hours until firm. Cut into squares and serve on lettuce. Serves 8.

FROZEN FRUIT DESSERT-SALAD

- | | |
|---|--|
| 2 packages (3-ounce size)
cream cheese | $\frac{1}{2}$ cup sugar |
| 2 tablespoons lemon juice | 2 cups sliced, fresh strawberries |
| $1\frac{1}{2}$ cups whipping cream, whipped | 1 can (20 ounces) fruit cocktail,
drained |

Soften cream cheese with lemon juice. Combine with whipped cream. Add sugar and fruits; mix lightly. Pour into 3 round pint freezer containers and freeze until firm. Slice, place on lettuce leaves, and garnish with whipped cream and strawberries, if desired. Makes 12 servings.

CLUB HAM-EGG ASPIC

- | | |
|--------------------------------|--|
| 2 envelopes unflavored gelatin | $1\frac{1}{4}$ cups ground, cooked ham |
| 4 cups tomato juice | 1 teaspoon prepared mustard |
| 2 tablespoons minced onion | $\frac{1}{3}$ cup mayonnaise |
| 4 whole cloves | hard-cooked egg slices |
| 2 bay leaves | 4 hard-cooked eggs, chopped |

Soften gelatin in 1 cup tomato juice. Heat remaining juice with onion and spices. Cover; simmer for 10 to 15 minutes. Remove from heat; strain; stir in softened gelatin. Chill until mixture is consistency of unbeaten egg white. Combine ham, mustard, mayonnaise, and 1 cup of gelatin mixture. Arrange egg slices in bottom of oven-glass loaf pan. Spoon ham mixture over egg slices. Chill until firm; cover with 2 cups of gelatin mixture. Chill again until firm. Cover with chopped eggs and remaining gelatin. Serves 10.

HEARTY PEA SALAD

- | | |
|---|---|
| 2 cups (16 ounce can) cooked peas,
drained | $\frac{1}{2}$ cup chopped sweet pickles |
| $\frac{1}{2}$ cup diced, mild Cheddar cheese | 2 tablespoons cream |
| 3 hard-cooked eggs, chopped | $\frac{1}{2}$ cup salad dressing |
| 1 cup sliced celery | salt to taste |
| | lettuce |

Combine first 5 ingredients in mixing bowl. Combine cream and salad dressing. Stir dressing and salt into salad mixture; chill. Spoon into lettuce-lined salad bowl and garnish as desired. Makes 4 large servings.

PEAR-COTTAGE CHEESE SALAD

Arrange lettuce leaves on salad plates. On each leaf, place a canned pear half. Fill cavity with cottage cheese. Top with walnut half or a maraschino cherry. Pears are also good filled with mint jelly, or cream cheese and chopped ginger.

COTTAGE CHEESE SALAD

- | | |
|-----------------------------------|------------------------------|
| 1 tablespoon gelatin in | 1 teaspoon grated lemon peel |
| 1/4 cup cold water | 2 tablespoons lemon juice |
| 3 egg yolks | 1/4 cup sugar |
| 1 cup crushed pineapple and syrup | |

Cook in double boiler until thick. Add gelatin and remove from heat. Add 1 cup cottage cheese which has been pressed through a sieve. Cool until it begins to jell. Beat whites and fold in. Chill in refrigerator.

FRIGIDAIRE FRUIT SALAD

- | | |
|-----------------------------------|-------------------------------|
| 1 3-ounce package of cream cheese | 1/2 cup maraschino cherries |
| 2 tablespoons cream | 1 cup orange sections, sliced |
| 1/3 cup mayonnaise | 2 tablespoons sugar |
| 2 tablespoons lemon juice | 1 can fruit cocktail |
| salt | 1 cup whipped cream |
| 1 cup canned pineapple | |

Mix cheese thoroughly with cream. Add mayonnaise, lemon juice and salt. Cut pineapple into small pieces. Chop cherries, orange slices, sugar added. Then fold in whipped cream. Pour into freezing trays and allow to freeze without stirring. This salad can be frozen into individual molds for a very attractive serving.

TURKEY SALAD

- | | |
|-----------------------------------|-------------------------|
| 6 whole pears | 6 strips pimienta |
| 2/3 cup crushed pecans | 6 half-slices pineapple |
| 1 bunch watercress | Cream cheese |
| 1 apple pared and cut into wedges | French dressing |
| 6 candied cherries | |

Roll pears in crushed pecans and arrange each on watercress on a salad plate. Stick an apple wedge into stem end of each pear for turkey's neck; top with a cherry for head and attach strip of pimienta underneath for wattles. At other end of pear arrange a half slice of pineapple upright, for tail feathers. Serve with dressing. Serves 6.

CARDINAL SALAD

- | | |
|----------------------------------|----------------------------|
| 1 package lemon-flavored gelatin | 1 tablespoon horseradish |
| 1 cup boiling water | 3/4 cup diced celery |
| 3/4 cup beet juice | 1 cup diced beets, drained |
| 3 tablespoons vinegar | Lettuce |
| 1/2 teaspoon salt | Mayonnaise |
| 2 tablespoons grated onion | |

Dissolve gelatin in boiling water. Add beet juice, vinegar, salt, onion, and horseradish. Chill until partially set. Fold in celery and beets. Turn into mold and chill until firm. Unmold on lettuce; serve with mayonnaise. Serves 6 to 8.

FRESH TOMATO ASPIC

A bright red, quivering tomato aspic is the perfect hot weather dish. And the richest, most delicious kind is that made from fresh, whole tomatoes.

Wash a pound of tomatoes and remove stem ends. Slice them, along with one small onion, into a saucepan and add $\frac{1}{2}$ cup of water. Cover, bring to a boil and simmer for 3 minutes. Now puree vegetables, by running them through a blender or forcing them through a sieve. Soften one envelope unflavored gelatin in $\frac{1}{4}$ cup of water for 5 minutes, then dissolve over low heat. Add to tomato puree along with $1\frac{1}{2}$ teaspoons salt, 1 tablespoon of lime juice and $\frac{1}{2}$ teaspoon Worcestershire sauce. Mix well and pour into a lightly oiled 3-cup mold. Chill until firm, and unmold on salad greens. Serve with mayonnaise or French dressing and sliced cucumbers on the side.

TUNA SALAD

- | | |
|------------------------------------|------------------------------|
| $\frac{1}{2}$ cup sharp mayonnaise | 2 tablespoons chopped olives |
| 1 tablespoon canned lemon juice | 1 small onion |
| 1 7-ounce can solid pack tuna | salt and pepper |
| 2 cups thinly sliced celery | |

Add mayonnaise and lemon juice to the oil drained from tuna; mix well. Fold in the tuna broken into chunks, celery, olives and chopped onion. Season to taste. Chill.

TOSSED LETTUCE SALAD

- | | |
|-----------------|--------------------|
| Leaf lettuce | Fresh onion greens |
| Bibb lettuce | Tomato wedges |
| Curly endive | Garlic Dressing |
| Cucumber slices | |

In salad bowl, mix chilled greens, cucumber slices, and tomato wedges. Just before serving sprinkle with salt and pepper and toss lightly with enough Garlic Dressing to coat leaves.

FRUIT SALAD BOWL

- | | |
|------------------------------------|---------------------------|
| 1 bunch chicory, washed and dried | 12 orange slices |
| 1 avocado, sliced lengthwise | 6 wedges cantaloupe |
| 3 bananas, cut into eighths | 18 watermelon balls |
| Pineapple juice | 2 cups seedless grapes |
| 3 slices pineapple cut into halves | pineapple French dressing |
| 6 plums, pitted | |

Have ingredients well chilled. Arrange chicory in salad bowl. Dip avocado and bananas into pineapple juice to prevent discoloration; drain. Arrange fruit attractively on chicory, grouping all of each kind together. Serve with dressing, arranging some of each fruit on individual plates. Serves 6.

GRAPE AND PEAR SALAD

- | | |
|-----------------------|--------------------------------|
| Chicory | $\frac{1}{4}$ cup cream |
| 8 pear halves | 2 pounds white seedless grapes |
| 6 ounces cream cheese | French dressing |

Cover salad plates with chickory. Place a pear half on each flat-side down. Mix cream cheese and cream and spread the pear liberally with the mixture. Cut grapes into halves and place flat-side down on the covered pear, close together to resemble a bunch of grapes. Place a piece of grape stem in large end of pear. Serve with French dressing. Serves 8. Use whipped cream dressing instead of French dressing.

STRAWBERRY MELON SALAD BOWL

- | | |
|-------------------------------|------------------------|
| 1 cantaloupe | lettuce |
| $\frac{1}{2}$ honey dew melon | 1 pint strawberries or |
| $\frac{1}{2}$ clove garlic | red raspberries |
| | lime French dressing |

All melons should be served cold. The melon pulp may be shaped into balls with a French vegetable cutter, diced, or scooped out in large spoonfuls. Rub bowl with garlic. Line with lettuce leaves and arrange berries and melon balls on lettuce. Serve with dressing. Serves 6. Serve with lemon mayonnaise.

PINEAPPLE AND BANANA SALAD

- | | |
|-------------------------------------|-----------------------|
| $1\frac{1}{2}$ cups pineapple cubes | 4 bananas |
| 3 ounces cream cheese | lettuce |
| 2 tablespoons lemon juice | lemon French dressing |
| $\frac{1}{4}$ cup pineapple juice | |

Drain pineapple, mash cheese and add lemon and pineapple juice gradually. Beat until creamy. Slice bananas lengthwise, brush with fruit juice. Arrange fruit on salad greens. Serves 4. Serve with dressing.

PINEAPPLE-CARROT SALAD

- | | |
|-----------------------------------|-----------------------------|
| 1 No. 2 can crushed pineapple | $\frac{1}{4}$ teaspoon salt |
| 2 packages lemon-flavored gelatin | 1 cup finely grated carrots |
| salad greens | |

Drain pineapple. Add cold water to syrup to make about $3\frac{1}{2}$ cups liquid. Heat to boiling; dissolve gelatin in it. Add salt. Chill until it has consistency of unbeaten egg whites. Fold in grated carrots and pineapple. Pour into mold or $1\frac{1}{2}$ quart ring. Unmold on salad greens and serve. Makes 8-10 servings.

MOLDED VEGETABLE SALAD

- | | |
|------------------------------|------------------------------------|
| 2 tablespoons gelatin | 1 teaspoon salt |
| $\frac{1}{2}$ cup cold water | 4 tablespoons sugar |
| 1 cup boiling water | 1 can peas and carrots, drained |
| $\frac{1}{4}$ cup vinegar | $\frac{1}{2}$ cup diced celery |
| 2 tablespoons lemon juice | $\frac{1}{2}$ cup shredded cabbage |

Soak gelatin in cold water 5 minutes and dissolve in boiling water. Add vinegar, lemon juice, salt and sugar. Cool. When starting to congeal, fold in vegetables. Turn into mold and chill until firm. Unmold on lettuce and serve with mayonnaise. Serves 6.

SPECIAL POTATO SALAD

- | | |
|--|--------------------------------------|
| $2\frac{1}{2}$ cups sliced cooked potatoes | $1\frac{1}{2}$ teaspoons salt |
| 1 teaspoon sugar | $1\frac{1}{2}$ teaspoons celery seed |
| 1 teaspoon vinegar | $\frac{3}{4}$ cup mayonnaise |
| $\frac{1}{2}$ cup chopped onion | 2 hard-cooked eggs, sliced |

Sprinkle potatoes with sugar and vinegar. Add onion, salt, celery seed and mayonnaise; toss to blend. Carefully fold in eggs. Chill.

Serve in lettuce-lined bowl and garnish with parsley, sliced radishes, cucumber, and additional egg slices, if you like. For extra crunch add $\frac{1}{2}$ cup sliced celery and $\frac{1}{4}$ cup drained sliced sweet pickle.

FROZEN FRUIT SALAD

- | | |
|--------------------------------|--|
| 1 3-ounce package cream cheese | $\frac{1}{2}$ cup whipping cream |
| $\frac{1}{4}$ cup mayonnaise | 1 No. 2 $\frac{1}{2}$ can fruits for salad |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{4}$ cup chopped almonds |

Cream the cheese and mayonnaise. Add salt and fold in the whipped cream. Cut drained fruit into bite size pieces. Add to the cream mixture. Pour into a freezing tray and sprinkle with almonds. Fruit cocktail, sweet cherries, or a combination of fruits may be used.

JELLIED FRUIT SALAD

- | | |
|-----------------------------------|----------------------------------|
| 1 envelope unflavored gelatin | 1 cup pitted dark sweet cherries |
| $\frac{1}{4}$ cup cold water | 1 banana |
| $\frac{3}{4}$ cup cranberry juice | $\frac{1}{2}$ cup chopped nuts |
| $\frac{3}{4}$ cup pineapple juice | |

Soften gelatin in water for 5 minutes. Heat cranberry juice to boiling. Pour over gelatin and stir until dissolved. Add pineapple juice and chill until slightly thickened. Add cherries, diced banana, and nuts. Pour into a mold and chill until firm. Serve on lettuce.

WALDORF SALAD

6 tart red apples
4 celery hearts
2 ounces walnuts

Whipped cream dressing
Lettuce

Pare apples, cut into long slender strips and dip into lemon water. Cut celery the same way. Shave walnuts into fine pieces. Combine walnuts, apples, and celery with whipped cream dressing, enough to moisten. Heap on lettuce on salad plates. Serves 6. Leave skins on apples.

JACK-O-LANTERN SALAD

6 large peach halves, canned
2 cups Waldorf salad

lettuce
12 strips pimiento

Stuff peach halves with Waldorf salad and arrange each on lettuce, rounded side up; use 2 cloves for eyes, and strips of pimiento for nose and mouth. Serves 6.

ST. PATRICK'S DAY SALAD

1 package lime gelatin
1 cup red sweet cherries, pitted

1 cup white sweet cherries, pitted
1 to 2 cups cottage cheese

Prepare gelatin as directed on package. Arrange dark and light pitted cherries in a mold, pour part of gelatin mixture over them and chill until firm, then add remaining gelatin. Chill. Unmold salad on bed of lettuce and serve with salad dressing and cottage cheese. Serves 8.

TOMATO-POTATO SALAD

6 cups cooked, diced potatoes
 $\frac{1}{4}$ cup chopped onion
 $1\frac{1}{2}$ teaspoons salt
 $\frac{3}{4}$ teaspoon pepper
Mayonnaise

Chopped parsley
4 tomatoes
Grilled frankfurters
Romaine or salad greens

Toss potatoes, onion, seasonings together lightly. Mix $\frac{1}{2}$ cup mayonnaise with 1 chopped tomato. Add to potatoes and mix well. Pack firmly into an 8" layer pan. Chill thoroughly. Loosen from sides of pan. Unmold on chop plate. Frost top of potato salad lightly with mayonnaise. Sprinkle parsley around edge, garnish center with tomatoes, sectioned. Arrange remaining tomatoes, sectioned, with frankfurters and romaine or salad greens around potato salad. Serves 6.

HAPPY HOLIDAY LAYERS CHRISTMAS SALAD

- | | |
|--|--|
| 1 package lime-flavored gelatin | 1 cup hot water |
| 2 cups hot water | 1 cup boiling water |
| 1 9-ounce can (1 cup) seedless white grapes, drained | $\frac{1}{2}$ cup frozen lemonade concentrate |
| $\frac{1}{2}$ cup chopped celery | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| 1 tablespoon unflavored gelatin | 2 cups fruit cocktail |
| $\frac{1}{4}$ cup cold water | 1 package cherry flavored gelatin |

First Layer: Dissolve lime gelatin in 2 cups hot water. Chill till partially set. Add grapes and celery; pour into a 2 quart mold and chill until firm.

Second Layer: Soften unflavored gelatin in $\frac{1}{4}$ cup cold water, dissolve in 1 cup boiling water. Add lemonade concentrate; blend in mayonnaise or salad dressing. Chill till partially set. Pour over lime layer and chill until firm.

Third Layer: Drain fruit cocktail; reserve syrup, adding water to make 1 cup. Dissolve cherry gelatin in 1 cup hot water. Add reserved fruit cocktail syrup, chill till partially set. Add the fruit cocktail; pour over the layers in mold. Chill till firm. Unmold on salad greens. Serve with lemon flavored mayonnaise. Makes 12 servings. A ring mold may be used and the salad bowl placed in center of the mold.

JELLIED APPLE SAUCE SALAD

- | | |
|----------------------------------|--|
| 2 envelopes unflavored gelatin | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ cup sugar |
| $\frac{3}{4}$ cup boiling water | $\frac{1}{3}$ cup prepared horseradish, red vegetable coloring, mayonnaise |
| 2 cups apple sauce | 6 maraschino cherries |
| $1\frac{1}{2}$ cups diced celery | salad greens |
| 2 tablespoons lemon juice | |

Soften gelatin in cold water; add boiling water; stir until dissolved. Add apple sauce, celery, lemon juice, salt, sugar and horseradish; mix well. Tint mixture an attractive red color using a few drops of red vegetable coloring. Pour mixture into individual molds, which have been rinsed in cold water. Chill until firm. Unmold on plate. Top each with a spoonful of mayonnaise and a maraschino cherry. Garnish plate with light green leaves, water cress, or chicory. Yields 6 molds.

24 HOUR SALAD

Drain the juice from 1 can white cherries or sliced peaches. Add 1 can pineapple. Cut fruit in pieces not too small. Add 1 cup blanched almonds; 1 pound marshmallows, cut in quarters. Add 1 cup seeded and skinned Malaga grapes. Beat 4 egg yolks, add 1 cup milk, dash salt, 1 teaspoon dry mustard and juice of 1 lemon. Let come to a boil and thicken slightly. Pour while hot over the fruit. When cool add 1 cup cream whipped. Leave in refrigerator overnight.

LIMA SALAD

- | | |
|---|-----------------------------------|
| 2 cups chilled, cooked or canned large dried limas, drained | 1/2 teaspoon salt |
| 1 thinly sliced medium onion | dash of pepper |
| 1 quart lettuce, in bite-size pieces | 2 tablespoons mayonnaise |
| 1 tablespoon salad oil | 4 thin boiled ham slices (halved) |
| 1 tablespoon wine vinegar | 2 hard-cooked eggs |

In salad bowl, combine limas, onion, cucumber and lettuce. In jar, bowl or bottle, combine salad oil, vinegar, salt, pepper and mayonnaise. Shake or beat till blended, pour over lima mixture.

Roll up ham slices, shell, then quarter eggs. Arrange ham and eggs as garnish on salad. Makes 4 servings.

GREEN BEAN SALAD BOWL

- | | |
|---------------------------|------------------------------------|
| 3 cups cooked green beans | 1 canned pimiento, cut into strips |
| 1 small onion, minced | lettuce leaves |
| 1/3 cup French dressing | |

Combine beans and onion with French dressing. Chill for 1 hour. Drain; add pimiento and toss in salad bowl. Garnish with lettuce. Serves 6.

HOT GREEN BEAN AND BACON SALAD

- | | |
|--------------------------------|-----------------|
| 2 pounds green beans (fresh) | 1/2 cup vinegar |
| 3 slices uncooked bacon, diced | dash pepper |
| 1 onion, minced | |

Wash and string beans cut; into diagonal strips and cook in salted water until tender. Drain and keep hot. Fry bacon until crisp; add onion, stir for a minute and add vinegar, letting it boil up once. Pour over the beans, add pepper and serve hot. Serves 6.

KIDNEY BEAN SALAD

- | | |
|----------------------------|---------------------------|
| 3 cups canned kidney beans | 1 cup mayonnaise, lettuce |
| 1 cup chopped sweet pickle | 3/4 cup diced celery |
| 5 hard-cooked eggs, sliced | |

Drain beans; add pickle, eggs, and celery and toss together lightly. Add mayonnaise and blend. Chill thoroughly. Serve on shredded lettuce, garnish with egg wedges. Serves 8.

GREEN-FROSTED POTATO SALAD

4 pounds potatoes (about 12 medium), cooked in jackets, cooled and peeled	¼ cup chopped green onions
½ cup chopped parsley	¼ cup chopped dill pickle
¼ cup chopped green pepper	1 cup mayonnaise
¼ cup chopped celery tops	¼ cup clear French dressing
¼ cup chopped mustard greens (if available)	2 to 2½ teaspoons salt
	½ teaspoon pepper
	1 teaspoon dry mustard

Coarsely dice cooked potatoes (2 quarts diced). Mix ¼ cup of the chopped parsley with the next 5 ingredients; take out about ½ cup of mixture and to it add rest of parsley, and set aside. Toss remainder of chopped mixture with potatoes. Combine mayonnaise, French dressing, and seasonings; add to salad and toss to mix well. Pack into 8x8x2" pan or shallow 2-quart baking dish. Sprinkle reserved parsley mixture over top. Chill. Lift out servings with pancake turner. Garnish with sprigs of water cress or chopped celery tops. Makes 9 to 12 servings.

Salad Dressings and Sauces

HARD SAUCE

- | | |
|-----------------------|--------------------------------|
| 3 tablespoons butter | 1 teaspoon vanilla or |
| 2 cups powdered sugar | 3 tablespoons sherry flavoring |
- Cream butter, add sugar gradually, lastly add flavoring.

SHRIMP COCKTAIL SAUCE

- | | |
|----------------------------------|---------------------------|
| 2 teaspoons prepared horseradish | 2 tablespoons vinegar |
| 3 tablespoons tomato catsup | 4 tablespoons lemon juice |
| ½ teaspoon salt | ¼ teaspoon Tabasco sauce |

Put shrimps in glasses and cover with sauce. Use cleaned and cooked shrimps, canned or fresh. If you use canned shrimp they also must be cleaned by removing the black line which is the intestinal track.

LEMON SAUCE

- | | |
|--------------------------|---------------------------|
| 1 cup sugar | 3 tablespoons lemon juice |
| 2 tablespoons cornstarch | 4 tablespoons butter |
| 2 cups boiling water | pinch of salt |

Mix cornstarch and sugar, add the water gradually, stirring constantly. Boil for 5 minutes, then remove from fire. Add butter, lemon juice and salt.

SOUR SWEET SAUCE FOR BOILED BEETS

- | | |
|------------------------------------|-------------------|
| juice and beets from can or 2 cans | salt and pepper |
| 3 tablespoons vinegar | large lump butter |
| 2 tablespoons sugar | |

Put all in a saucepan over low heat. When hot thicken with 2 tablespoons cornstarch, let boil 2 minutes, then serve.

BARBECUE SAUCE

- | | |
|------------------------------------|---------------------------|
| ¼ pound butter | 2 tablespoons catsup |
| 1 ¼ cups water | 2 tablespoons lemon juice |
| 3 tablespoons Worcestershire sauce | 1 teaspoon sugar |
| salt and pepper | |

Mix ingredients and simmer 5 to 8 minutes. Use for basting chicken, veal or pork chops during broiling. May be used for roast meats.

BARBECUE SAUCE

- | | |
|------------------------------|------------------------------------|
| 2 medium onions | 2 tablespoons Worcestershire sauce |
| ¼ cup salad oil | 1 teaspoon salt |
| ¾ cup catsup | 1 teaspoon paprika |
| 1 10½-ounce can tomato puree | ¼ teaspoon pepper |
| 3 tablespoons vinegar | 1 teaspoon chili powder |

Cook sliced onions in hot oil, until tender; add remaining ingredients. Simmer slowly about 1 hour. Use with meats or fish. Makes about 2 cups.

BARBECUE SAUCE THE TASTY WAY

- | | |
|------------------------------|---------------------------------|
| 1 cup ketchup | 1 teaspoon Worcestershire sauce |
| 1 cup water | $\frac{1}{4}$ cup sugar |
| 1 clove of garlic (optional) | 2 teaspoons dry mustard |
| 2 teaspoons chili powder | |

Mince garlic and combine all ingredients in sauce pan. Cook over low heat 10 to 15 minutes.

BEEF SAUCE

- | | |
|-----------------------------|-------------------------------------|
| 6 tablespoons butter | 2 teaspoons meat glaze |
| 1 cup chopped onion | 3 tablespoons flour |
| 2 teaspoons chopped garlic | $\frac{3}{4}$ cup beef stock |
| 1 cup chopped raw mushrooms | $\frac{1}{4}$ cup red wine |
| 2 cups chopped raw beef | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons celery | $\frac{1}{8}$ teaspoon black pepper |
| 2 tablespoons tomato paste | 2 tablespoons chopped parsley |
| | 3 firm tomatoes |

Heat butter in heavy saucepan. (Use butter and cooking oil in equal amounts if desired.) Add onion and garlic, and brown slowly. Add the chopped mushrooms and cook slowly 3 minutes. Add chopped meat and cook very slowly about 5 minutes, stirring to cook evenly. Add celery and stir in, off the fire, tomato paste, meat glaze and flour; add stock and red wine, and bring to a boil. Add salt, pepper, parsley, chopped tomatoes; simmer 5 minutes.

SPAGHETTI WITH BEEF SAUCE

- | | |
|-------------------------------|------------------------------|
| Beef Sauce (above) | salt, black pepper |
| $\frac{1}{2}$ pound spaghetti | grated Parmesan cheese |
| 2 tablespoons butter | 1 tablespoon chopped parsley |

Prepare beef sauce and keep hot. Cook spaghetti in rapidly boiling salted water until tender. Drain, rinse and reheat. Season with melted butter, salt and pepper, and place in hot dish. Pour beef sauce over center, sprinkle with cheese and parsley; serve with cheese.

MEAT SAUCE

- | | |
|-----------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup sliced onion | $\frac{1}{2}$ teaspoon chili powder |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon black pepper |
| 1 tablespoon vinegar | $\frac{1}{2}$ cup catsup |
| 1 tablespoon sugar | $\frac{1}{4}$ cup water |
| 1 tablespoon Worcestershire sauce | |

Simmer ingredients for 15 minutes. Pour sauce over browned meat, cover, and bake in oven until done.

FLUFFY MUSTARD SAUCE

- | | |
|--------------------------------|--|
| 2 beaten egg yolks | 1 tablespoon water |
| 1 tablespoon sugar | $\frac{3}{4}$ teaspoon salt |
| 3 tablespoons prepared mustard | 1 tablespoon butter |
| 2 tablespoons vinegar | 1 tablespoon horse-radish |
| | $\frac{1}{2}$ cup heavy cream, whipped |

To egg yolks add sugar, mustard, vinegar, water, and salt; mix well. Cook over hot, not boiling, water, stirring constantly, till thick, about 4 or 5 minutes. Blend in butter and horse-radish. Cool thoroughly. Fold in whipped cream. Serve in bowl to pass with baked ham or ham loaf. Makes $1\frac{1}{2}$ cups. Store in refrigerator. To serve this sauce with warm meat, remove from refrigerator about 30 minutes before mealtime.

A MUSTARD SPECIAL FOR HAM

- | | |
|--|------------------------------------|
| 4 tablespoons sugar | 1 egg yolk |
| $2\frac{1}{2}$ tablespoons dry mustard | 1 cup cream or evaporated milk |
| $1\frac{1}{2}$ teaspoons cornstarch | $4\frac{1}{2}$ tablespoons vinegar |

Sift dry ingredients and add slightly beaten egg yolk. Heat cream or evaporated milk and stir slowly into mixture. Cook in double boiler until thickened. Then stir in vinegar and serve hot.

PINEAPPLE SAUCE FOR HAM

- | | |
|---------------------------|---------------------------------|
| 1 can crushed pineapple | 1 or 2 cups water |
| 1 pound brown sugar | 2 tablespoons vinegar |
| 3 tablespoons maple syrup | juice and jelly from canned ham |

Mix altogether; put in saucepan and let come to a boil. Thicken with cornstarch. Serve with a Virginia ham.

SPAGHETTI SAUCE

- | | |
|-------------------------------|----------------------------|
| $\frac{1}{4}$ pound salt pork | 1 small onion |
| 1 pound spareribs | 1 clove of garlic |
| 1 large can tomatoes | salt and pepper to taste |
| 1 can tomato paste | 1 teaspoon chopped parsley |

Grind salt pork and melt in a pot. Put in meat to brown. When meat is browned cut in very small onion and garlic. When onion begins to brown put in can of strained tomatoes. Let cook for 45 minutes. Then add tomato paste. Cook very slowly for about 2 to 3 hours.

WINE SAUCE

- | | |
|-------------------------|---------------------------------|
| 4 egg yolks | $\frac{1}{4}$ teaspoon cinnamon |
| $\frac{1}{3}$ cup sugar | 1 cup sweet wine |

Place the yolks in a double boiler and beat until thick. Gradually add sugar mixed with cinnamon. Place over hot, not boiling water, and beat, gradually pouring in the wine. Continue to beat until the sauce stands up high and fluffy. Serve at once over wedges of sponge cake or any pudding. Makes about $1\frac{1}{2}$ cups of sauce.

TASTY TANGY SAUCE FOR TONGUE AND HAM

- | | |
|---------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{4}$ cup vinegar |
| 1 $\frac{1}{2}$ teaspoons dry mustard | $\frac{1}{3}$ cup raisins |
| 1 tablespoon cornstarch | 1 tablespoon butter or shortening |
| 1 $\frac{1}{2}$ cups water | |

Combine dry ingredients, slowly add water and vinegar. Add raisins and cook over low heat, stirring constantly until thick. Cook 10 minutes longer to plump the raisins, then add butter or shortening.

COOKED DRESSING FOR FRUIT SALAD

- | | |
|------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup vinegar |
| $\frac{1}{2}$ teaspoon dry mustard | 6 egg yolks or 3 whole eggs |
| salt | 2 tablespoons butter |

Combine sugar, mustard, salt and vinegar, and heat to boiling. Pour over well beaten yolks, stirring constantly. Cook until thickened, beating with rotary beater. Add butter. Just before serving add $\frac{1}{2}$ cup heavy cream or milk. Do not dilute the vinegar. Makes 1 $\frac{1}{2}$ cups.

FRUIT DRESSING

- | | |
|---------------------------|---------------------------------|
| 1 cup pineapple juice | 2 eggs, beaten lightly |
| 2 tablespoons lemon juice | 1 tablespoon flour |
| pinch of salt | $\frac{1}{2}$ cup whipped cream |
| $\frac{3}{4}$ cup sugar | |

Mix dry ingredients, add eggs, juice, and cook over boiling water, stirring constantly until thick. When ready to use, add the whipped cream.

MARSHMALLOW DRESSING

- | | |
|------------------------------------|---------------------------------|
| 1 cup sugar | dash salt |
| $\frac{2}{3}$ cup light corn syrup | $\frac{1}{4}$ teaspoon vanilla |
| $\frac{1}{2}$ cup hot water | $\frac{1}{4}$ cup mayonnaise |
| 2 stiff-beaten egg whites | 1 tablespoon grated orange peel |

Combine sugar, corn syrup, and hot water. Heat slowly, stirring until sugar dissolves, then boil without stirring to firm-ball stage (248°). Gradually beat hot syrup into stiff-beaten egg whites. Add salt and vanilla. Cool. Fold in mayonnaise and orange peel. Serve as a dressing for fruit salad or sliced pineapple, or as a dunking dip for strawberries.

WHIPPED CREAM DRESSING

- | | |
|-------------------------|--|
| $\frac{2}{3}$ cup sugar | 3 tablespoons lemon juice |
| 2 tablespoons flour | 4 tablespoons orange juice |
| 2 eggs, beaten | 1 cup pineapple juice |
| 2 tablespoons salad oil | $\frac{1}{2}$ cup heavy cream, whipped |

Combine sugar and flour in top of double boiler; add remaining ingredients except cream and cook until thickened, stirring constantly. When cool fold in whipped cream. Makes 2 cups.

NUT TREE BLUE-CHEESE DRESSING

- | | |
|--|---|
| $\frac{1}{2}$ cup (2 ounces) crumbled blue cheese | $\frac{1}{3}$ cup well-seasoned clear French dressing |
| $\frac{1}{3}$ cup large-curd, cream style cottage cheese | $\frac{1}{3}$ cup mayonnaise |
| 2 tablespoons salad oil | $\frac{1}{3}$ cup light cream |

With electric mixer, blend blue cheese and cottage cheese together until smooth. Beat in remaining ingredients. Makes about $1\frac{3}{4}$ cups of thick, smooth dressing. If you prefer it thinner, as for tossed salads, stir in French dressing to make the consistency you wish.

SOUR CREAM DRESSING

- | | |
|----------------------------|------------------------------|
| 2 hard cooked eggs (yolks) | $\frac{1}{2}$ teaspoon sugar |
| 1 cup sour cream | Dash each—salt and pepper |
| 1 teaspoon lemon juice | |

Press yolks through a sieve and beat into sour cream. Beat in lemon juice, sugar and seasonings. Makes $1\frac{1}{4}$ cups.

EXCELLENT MAYONNAISE DRESSING

- | | |
|-------------------------|-----------------------------------|
| Into a mixing bowl put; | $\frac{1}{8}$ teaspoon red pepper |
| 2 yolks or one egg | 2 tablespoons lemon juice |
| 1 teaspoon salt | 2 tablespoons vinegar |
| 1 teaspoon mustard | |

Into this pour 1 cup oil and do not stir. Have ready a sauce made of 1 cup water, 1 tablespoon butter or margarine and $\frac{1}{3}$ cup flour.

Cook this sauce about 10 minutes in a small double boiler until it is very thick. Turn hot sauce into bowl containing other ingredients and beat all together. Almost immediately a thick mayonnaise will result. Keep in a glass jar. 1 pint.

LEMON MAYONNAISE

- | | |
|--|--------------------------------------|
| 1 egg yolk | $\frac{1}{4}$ cup olive or salad oil |
| $\frac{1}{4}$ cup lemon juice | salt |
| $\frac{2}{3}$ cup sweetened condensed milk | 1 teaspoon dry mustard |
- Beat well until mixture thickens. Add $\frac{1}{4}$ cup more lemon juice for a more tart flavor. Makes $1\frac{1}{4}$ cups.

HORSE-RADISH CREAM DRESSING

- | | |
|-------------------------------|---|
| 1 cup heavy cream | 3 tablespoons grated horse radish |
| 1 tablespoon lemon juice | salt |
| 1 tablespoon tarragon vinegar | sugar |
| 1 tablespoon red wine vinegar | $\frac{1}{4}$ teaspoon prepared mustard |

Whip cream; add lemon juice and vinegar gradually, and stir in seasonings. Serve with tomato jelly, mixed greens, or cold meats. Makes 2 cups.

GARLIC DRESSING

1 teaspoon salt	$\frac{1}{4}$ cup salad vinegar
$\frac{1}{2}$ teaspoon white pepper	dash Tabasco sauce
$\frac{1}{2}$ teaspoon celery salt	1 cup salad oil
$\frac{1}{4}$ teaspoon cayenne	1 clove garlic, minced
$\frac{1}{4}$ teaspoon dry mustard	

Combine ingredients in jar; cover and shake vigorously. Makes $1\frac{1}{4}$ cups.

ONE MINUTE FRENCH DRESSING

1 teaspoon salt	$\frac{1}{4}$ teaspoon black pepper
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ teaspoon paprika	$\frac{3}{4}$ cup oil

Combine and shake well in covered jar. Shake well before using. Makes one cup. For a sharper dressing use $\frac{1}{3}$ cup vinegar and $\frac{2}{3}$ cup oil.

PINEAPPLE FRENCH DRESSING

$\frac{1}{2}$ cup olive or salad oil	1 teaspoon sugar, salt
$\frac{1}{4}$ cup pineapple juice	few grains cayenne

Combine all ingredients and shake well before using. Makes 1 cup.

SALAD DRESSING

Mix the following ingredients to make one quart:

1 cup sugar	$\frac{1}{2}$ cup vinegar
1 tablespoon salt	$1\frac{1}{2}$ cups oil
1 bottle ketchup	1 clove garlic
juice of two lemons	

ROMAN SALAD DRESSING

1 cup oil	onion juice
$\frac{2}{3}$ cup catsup	juice of one lemon
$\frac{1}{4}$ cup vinegar	1 teaspoon paprika
$\frac{1}{2}$ cup sugar	salt

Put all ingredients into a quart bottle and shake well.

Beverages

GRAPE JUICE

Make a syrup with 1 quart of water and 1 cup sugar. Use only whole grapes, that is, grapes that are not cracked while still on the stem. Fill a 2 quart jar half full of grapes, and fill with the boiling syrup and seal. Let stand in a cool dark place for 6 weeks to 2 months. (Wash the grapes before not after picking from the stems.)

HOT PEPPERMINT CHOCOLATE

Prepare hot chocolate, using milk and instant cocoa, following directions on package. For each cup of milk add 2 peppermint flavored, solid chocolate wafers, stirring until dissolved.

PARTY CHOCOLATE

1 quart milk
 $\frac{1}{4}$ cup sugar

$1\frac{1}{2}$ squares or $1\frac{1}{2}$ ounces chocolate
pinch salt

Bring to boil, add 10 marshmallows, beat with beater until blended. Pour into glasses or cups. Add 1 whole marshmallow to each cupful. Delicious.

BEDTIME COCOA

Mix:

4 tablespoons cocoa
3 tablespoons liquid honey
few grains of salt

Add:

$\frac{1}{4}$ cup water
Bring to boiling point,
stirring until well blended.
 $3\frac{3}{4}$ cups milk
6 drops vanilla

Heat. Pour into cups and top each with a dash of cinnamon or nutmeg. Makes 4 to 6 servings.

LEMONADE

$\frac{1}{2}$ cup freshly squeezed lemon juice
(3 medium)
 $\frac{1}{2}$ cup sugar, or (to taste)

16 large ice cubes, crushed
mint, if desired

Cut lemons in half and remove 4 thin slices before squeezing. Remove seeds from juice but do not strain. Add sugar and crushed ice and stir until sugar dissolves and ice is almost melted. Flavor deteriorates on standing, so serve at once, garnish with lemon slices and mint. Amount of sugar and ice may be varied to suit individual taste. 4 servings.

LEMON SYRUP FOR LEMONADE

1½ cups sugar
4 cups water

1½ cups lemon juice
(9 medium)

Combine sugar and water in a saucepan and heat to boiling; boil briskly 5 minutes. Cool. Add unstrained lemon juice, seeds removed, stir thoroughly and pour into clean glass jar. Cover and store in refrigerator. About 5½ cups.

To prepare lemonade with this syrup, use about ½ cup of syrup for each 8 ounce glass of lemonade, filling up with crushed ice. About 11 servings.

PINK TEA

One pint of red wine, ½ pint of water, one stick of cinnamon, one whole clove, sugar to taste.

Bring the above to boil, remove cinnamon and clove, serve hot with cookies or potica.

TEA

¼ teaspoon black tea leaves

1 cup boiling water

Use earthenware or a granite teapot. The teapot should be hot by pouring in boiling water and removing immediately. Add tea leaves or put them in a cheese cloth bag. Add boiling water; cover and let stand for 3 to 5 minutes. Then strain tea leaves. May be served with top milk and sugar, or sliced lemon and sugar.

MOCHA MILK

Combine 1 tablespoon each of instant cocoa, instant coffee, and sugar. Add 1 beaten egg and 2 cups cold milk, mixing well. Makes 2 servings.

COFFEE FLOAT

Drop a generous amount of ice cream into iced coffee. Coffee ice cream is a natural, and so is vanilla, but chocolate, mint and maple walnut are wonderful flavors with coffee, too.

ICED COFFEE MOCHA

Add chocolate syrup or instant cocoa to taste.

ICED COFFEE VIENNESE

Top iced coffee with a swirl of whipped cream.

NORWEGIAN BOILED COFFEE

4 heaping tablespoons coffee
pinch of salt
1 egg white

1 quart boiling water
crushed egg shell

Mix egg white, coffee and 1 cup cold water, stir well with fork. Add little cold water. Pour into scalded coffee pot, boil 1 minute. Add boiling water, boil 4 minutes. Turn flame low, add little cold water to settle.

SUGAR SYRUP

3 cups sugar

1½ cups water

Put sugar and water in sauce pan and stir until dissolved. Bring to the boiling point and boil slowly for 10 minutes. Cool. Pour into covered jar and keep in refrigerator, using as needed.

FRUIT PUNCH

1 quart grape juice

6 oranges (juice)

2 quarts chilled water

6 lemons (juice)

1 pint ginger ale

1 pint grated pineapple

sugar syrup

1 pint tea (optional)

Use recipe for sugar syrup, cool, add other ingredients and let stand for 1 hour. Add chilled water and serve with chipped ice. (If tea is used the punch will have a dark color. Serves 25.

EGG-NOG

1 egg

1 tablespoon sherry or brandy

¾ cup milk

1 pinch salt

1 teaspoon sugar

Beat the egg yolk until thick and lemon colored; add sugar, salt and flavoring. Add milk and shake well. Fold in egg white which has been beaten light but not stiff. Pour into glasses and sprinkle lightly with nutmeg.

ORANGE-NOG

1 cup orange juice

2 eggs

2 tablespoons lemon juice

nutmeg

4 tablespoons sugar syrup

crushed ice cubes

Combine fruit juice and sugar syrup. Add the eggs. Fill shaker ½ full of crushed ice, add the fruit mixture and shake well. Strain over crushed ice and sprinkle with nutmeg.

BANANA BLEND

Combine 1 sliced, ripe banana, 2 eggs, 2 cups cold milk, and 2 tablespoons powdered sugar in blender container. Cover; blend on high speed until mixture is smooth. Serves 2.

RUSSIAN CHOCOLATE

2 cups hot chocolate

½ cup simple syrup

2 cups hot coffee

ice cubes (crushed)

4 teaspoons coffee cream

frosted glasses

Whipped cream and cherries to garnish

Combine the chocolate and coffee while still hot, add the simple syrup and cream. Cool and then place in the refrigerator to chill. At the same time place glasses in chiller tray to frost. When ready to serve, fill frosted glasses with crushed ice cubes, and pour over the chilled mixture. Garnish with whipped cream and cherries.

FRUIT AND WINE PUNCH

- | | |
|---------------------|--------------------------------------|
| 2 cups sugar | 2 cups orange juice |
| 1 cup water | 1 quart ginger ale, wine, as desired |
| 1 cup strong tea | mint leaves |
| 1½ cups lemon juice | ice |

Heat the sugar in water to dissolve. Add the remaining liquids. Chill. Place ice in a punch bowl, if desired, bruise mint leaves and put on the ice. Pour in the punch, add water, plain or charged. Makes 1 gallon or 32 cups of punch.

BEET WINE

5 pounds beets

Wash thoroughly; cover with water and boil until done. Drain off juice, add enough water to make 1 gallon. Add:

- | | |
|-----------------|----------------|
| 1 orange | 1 cake yeast |
| 1 lemon | 3 pounds sugar |
| 1 pound raisins | |

Put in crock or cask. Set in warm place for 28 days. Stir once a day. Strain, bottle and let stand for 4 or 5 days.

BEET WINE

- | | |
|----------------|-------------------------|
| 4 pounds beets | ¼ ounce cream of tartar |
| 1 gallon water | 1 cake yeast |
| 3 pounds sugar | |

Clean thoroughly 4 pounds of beets, being careful not to scrape off the skin. Slice or cube them and boil gently in 1 gallon of water until soft. Pour off liquid carefully and strain. When lukewarm add 3 pounds of sugar and ¼ ounce of cream of tartar. Dissolve a cake of yeast in warm water and stir into mixture. When violent working is over, strain off, put in cask, and water-seal. Bottle in March or April.

BLUEBERRY WINE

- | | |
|------------------------|-----------------------|
| 1 gallon blueberries | sugar (2 to 2½ pounds |
| 1 gallon boiling water | per gallon of wine) |
| | 1 cake yeast |

Over each gallon of ripe berries pour 1 gallon of boiling water and let stand overnight; then press out juice and add sugar in the proportion of 2 to 2½ pounds per gallon of wine. Return to crock and ferment with 1 cake of yeast. At the end of 5 days strain into cask water-seal. Bottle in mid-winter.

CLOVER BLOSSOM WINE

- | | |
|--------------------------|--------------|
| 3 quarts clover blossoms | 1 lemon rind |
| 1 gallon boiling water | 1 cake yeast |
| 4 pounds sugar | |

Over 3 quarts of clover blossoms (which are not packed) pour 1 gallon of boiling water. Let steep for 3 days and then strain off liquid. To the same blossoms add the rind of 1 lemon and 3 more gallons of water and boil together for 15 minutes. Strain off again and add to the liquid already obtained. Now stir in 4 pounds of sugar for each gallon of wine and start fermentation with 1 cake of yeast. Put in crock or cask and let stand in contact with the air for 3 weeks, then water-seal and keep for a month or so before bottling.

DANDELION WINE

- | | |
|----------------------------|-------------------------|
| 6 quarts dandelion flowers | 2 lemons sliced |
| 4 quarts water | 2 tablespoons dry yeast |
| 4 pounds sugar | |

Soak the flowers in the water for three days and three nights. Strain add the sugar, lemons and yeast. Let this stand for four days and four nights to work. Bottle at a later date.

COWSLIP WINE

- | | |
|----------------|-------------------------------|
| blossoms | 2 lemon rinds |
| 1 gallon water | 1 orange rind |
| 3 pounds sugar | juice of 1 lemon and 1 orange |
| | 1 cake yeast |

Boil 3 pounds of sugar for 20 minutes in a gallon of water. Have prepared in a crock the rind of 2 lemons and 1 orange, and the juice of 1 lemon and 1 orange, and pour boiling syrup over them. When this is lukewarm, strain off liquid and pour it over the blossoms which have been picked free of all stems. Ferment with 1 cake of yeast. After 4 or 5 days skim and turn into cask. Water-seal, and bottle after 2 months.

ROSE WINE

Use sweet, odorous blossoms, allowing 1 pint of gently pressed flowers per gallon of water. Follow recipe for Cowslip Wine. Wild rose will do very well.

TOMATO WINE

tomatoes

sugar

salt

Mash well a quantity of tomatoes and allow them to stand for 24 hours. At the end of this time press out all juice and dissolve in it 4 pounds of sugar for every gallon. Ferment in a crock covered with a light cloth, skimming off scum as it rises. The wine may be fermented out in the crock, or it may be turned into cask after 10 days and allowed to complete its fermentation under water-seal. It is ready for bottling when fine.

Though it is not necessary, 1 or 2 teaspoons salt added to every gallon while fermenting is in process will improve quality of the wine.

When served, this wine may be diluted with sugar and water to suit the individual taste.

**MID-MEAD
(Pleasant Honey Drink)**

1 gallon honey

4 gallons water

1 ounce hops

2 lemons (sliced thinly)

 $\frac{3}{4}$ ounce of ginger roots

Cook the honey and water in a 6 gallon pot up to boiling point. Tie hops, lemon and ginger root in a cheesecloth and put it into the boiling honey and water. Let that simmer about $\frac{1}{2}$ hour. Skim off the foam. Cool and strain through a double layer of cheese cloth and pour into a wooden cask or barrel. (Do not have the barrel more than $\frac{2}{3}$ full to prevent overflowing when it ferments.) Be sure the cask is uncorked but covered. Let it stand at room temperature to ferment (about 3 weeks).

After fermentation, before drawing off, caramelize 1 cup of sugar over moderate heat till it becomes deep golden in color. Add a little of the mid to this stirring till mixed well. Then put this into the rest of the mid to color the whole contents. Draw off the liquid into bottles and cork. Be careful not to stir up the sediment. Store in a cool dark place. Yields about 4 gallons. Refrigerate before serving.

Leftovers

If it's good food, don't throw it away. Little leftovers, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there — and your leftovers 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 leftovers 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.

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 MILK, in

- Cakes
- Cookies
- Quick breads

SOUR CREAM, in

- Cakes
- Cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

COOKED MEATS, POULTRY,

FISH, in

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

COOKED POTATOES, in

- Croquettes
- Fried creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

STALE BREAD, in

- Toast
- Crumbs

SLIGHTLY STALE BREAD, in

- Bread puddings
- Escalloped tomatoes
- Stuffings for meat and poultry

POTATO BALLS USE LEFTOVERS

To dress up leftover mashed potatoes, shape potatoes into balls, molding them around quarter-inch cubes of sharp cheese. Then roll the balls in beaten egg and fine bread crumbs, brush with melted butter and bake in a shallow pan in a hot oven, 475 degrees until golden brown.

Canning and Preserves

PRIZE-WINNING PICKLES CUCUMBER RINGS

- | | |
|-----------------------|-------------------------|
| 4½ cups cucumbers (2) | ¾ cup white vinegar |
| 4 teaspoons salt | ¾ cup sugar |
| 1 medium onion | ¾ teaspoon mustard seed |
| ¼ green pepper | ¼ teaspoon celery seed |
| ¼ sweet red pepper | ¼ teaspoon turmeric |

Slice unpeeled cucumbers about ⅛" thick, put in a large bowl and sprinkle with salt. Let stand about 4 hours (better yet, overnight), then drain thoroughly. Now, slice onion; chop both green and red pepper; and mix with remaining ingredients. Add to cucumber slices and bring to a boil (**but don't boil**). Pour into 2 sterilized pint jars and seal securely.

CHUNK PICKLES

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|------------------------|---------------------------|
| 4 long cucumbers | ¼ teaspoon celery seed |
| 1 tablespoon salt | ½ cup vinegar |
| 2 quarts water | ½ cup water |
| ¾ cup brown sugar | ¾ teaspoon whole allspice |
| ½ large stick cinnamon | ¾ teaspoon mustard seed |

Select fresh, crisp cucumbers. Cover with a brine of 1 tablespoon salt and 2 cups water. Let stand overnight. Drain. Wash. Soak overnight in 6 cups clear water. Wipe dry; cut in chunks. Combine rest of ingredients (sugar, spices, vinegar, and water.) Bring to a boil. Add cucumbers and cook until tender. Pack into sterilized jar. Yield — 1 pint.

NEVER-FAIL DILL PICKLES

- | | |
|-----------------------|---------------------|
| 10 pickling cucumbers | ¾ cup water |
| 1 piece dill | ¼ cup white vinegar |
| 1 clove garlic | 1½ teaspoons salt |

Sterilize 1 pint jar and pack with well scrubbed, unpeeled cucumbers that have been sliced in half lengthwise. Tuck the sprig of dill and the clove of garlic (split in half) in the jar. Now mix water, vinegar, and salt in a saucepan and bring to a boil. Pour hot liquid over pickles and seal well. (Garlic fanciers will love these.)

SPICED CRAB APPLES

½ pound crab apples
1 cup sugar
½ cup vinegar

¼ cup water
1 stick cinnamon
2 whole cloves

Wash crab apples and remove blossom end — leave stem on. Prick skins with fork to prevent bursting. Cook sugar, vinegar and rest of ingredients together until sugar is dissolved, stirring occasionally. Cook about 5 minutes; then add crab apples and cook 10 minutes longer. Pack apples into 1 sterilized pint jar and fill jar with syrup. Seal well.

GOLDEN SPICED PEACHES

2 pounds peaches
(about 10 small), peeled
1/3 cup water
½ cup vinegar

1-1/3 cup sugar
¾ teaspoon grated orange rind
2 1-inch sticks cinnamon
whole cloves

Combine water, vinegar, sugar, orange rind, and cinnamon sticks in saucepan. Place over medium heat and stir until sugar is dissolved; let come to boil. Meanwhile stick cloves (2) into about 3 peaches; drop into syrup and boil gently about 10 minutes till just tender, but firm, turning them a few times. With wooden spoon drain peaches from syrup; pack tightly into 2 hot, sterilized pint jars; add a stick of cinnamon. Fill jars with hot syrup to within ¼ inch of top. Run small spatula inside jar around edge to remove any bubbles. Seal at once.

PICKLED BEETS

2 pints beets, cooked
1/3 teaspoon salt
8 teaspoons sugar
1-1/3 cup vinegar
1/3 cup liquid from beets
1/3 medium onion, sliced

1 teaspoon horseradish
1/3 teaspoon celery seed
2 1-inch sticks cinnamon
1/3 teaspoon whole cloves
2/3 teaspoon white mustard seed

Cook beets and pack into 2 pint jars. Mix rest of ingredients and cook into a syrup. Pour over beets. Seal well. Let stand at least 36 hours before using.

WATERMELON PICKLE STIX

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|-------------------------|---------------------------|
| 1½ cups watermelon rind | ½ cup vinegar |
| salt water | ½ stick cinnamon |
| 1⅛ cups sugar | ¼ teaspoon whole cloves |
| ½ cup water | ¼ teaspoon whole allspice |
| ¼ thinly sliced lemon | |

Remove all green and soft portion from rind. Cut rind into sticks 2" long and 1/3" wide. Cover with brine using 2 tablespoons salt to 1 quart water. Let stand overnight. Drain, cover with fresh water (1⅛ cups) and cook until tender. Combine rest of ingredients, bring to a boil and simmer 5 minutes. Add rind and cook until clear. Pack rind into 1 hot, sterilized pint jar, cover with hot syrup and seal. (This makes a clear, light-colored pickle.)

ANTIPASTO

- | | |
|--|------------------------|
| 2 pounds carrots (hard) | 1 quart stuffed olives |
| 2 pounds green beans (hard) | 1 quart ripe olives |
| 2 pounds green and red tomatoes | 1 quart oil |
| 2 pounds pickling onions | 1 quart vinegar |
| 2 pounds sweet peppers (red and green) | 3 quarts mushrooms |
| 2 pounds cucumbers | 4 hot peppers |
| 2 pounds peas | 2 cauliflowers |
| 2 cans tomato paste | 2 celery |
| 1 bottle catsup | 6 teaspoons salt |
| 2 cans tuna fish | 4 teaspoons pepper |
| 1 pound anchovies | parsley |

Cut vegetables into small pieces. Boil all vegetables except tomatoes for 10 minutes. Dissolve tomato paste into vinegar and juice from ripe olives slowly. Mix anchovies and tuna with oil. Add vegetables and put in pint jars. Pressure 10 for 8 minutes.

CANNED PEPPERS

- | | |
|------------------------|-----------------------------------|
| ½ bushel green peppers | 6 quarts water |
| ½ bushel red peppers | 3 cups oil |
| a few hot peppers | salt and spices to your own taste |
| 3 quarts white vinegar | |

Mix liquids and spices and salt together and let come to a boil. Then put in as many peppers in that mixture as you can and let come to a boil. Use this mixture for all your peppers. Soon as they lose their color take them out and add a few more and let them come to a boil until all the peppers are boiled in the mixture. Always add a little more salt when you put in a new batch of peppers. Take them out as soon as possible and pack in jars. Let the liquid mixture stand overnight to cool off. The next day pour the cold mixture in each jar and seal. You may add small onions and cauliflower the same way.

HOMEMADE POVIDLE (Prune Jam)

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|----------------------------|---------------------------------|
| 2 pounds large size prunes | $\frac{1}{2}$ cup honey |
| hot water to cover | $\frac{1}{4}$ teaspoon cinnamon |

Rinse dried prunes in hot water and drain. Place prunes in glass container, cover with boiling water, let stand till cool. Place in refrigerator overnight. By morning prunes will be soft enough to remove pits easily. Put through a food chopper to make a pulp. Add honey and cinnamon and cook over low heat, stirring till thickened and firm enough to hold its shape when dropped from the tip of a teaspoon. This pulp can be baked in baking pan in the oven 30 to 45 minutes at 350° till mixture is thickened to desirable consistency. Watch carefully to prevent scorching.

TOMATO RELISH

- | | |
|-----------------------|----------------------------|
| 24 large tomatoes | 4 cups sugar |
| 2 sweet red peppers | 4 cups vinegar |
| 4 sweet green peppers | 4 tablespoons mustard seed |
| 8 large onions | 2 tablespoons celery seed |
| 4 tablespoons salt | |

Grind vegetables separately. Drain tomatoes after ground. Boil until thick. Seal.

GREEN TOMATO PICKLES

Take small green tomatoes, wash, do not slice, and place in jars. Add strips of raw carrots, green sweet peppers, and red sweet peppers cut in strips. You can add celery with a few pieces of garlic and dill.

Cover with following liquid:

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|-----------------|---------------------|
| 4 quarts water | Boil these together |
| 1 quart vinegar | and then cool. |
| 1 cup salt | |

Pour above liquid over each. Tightly seal jars. When serving, cut tomatoes real thin. Very good.

MINCE MEAT

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|---------------------------------|-------------------------------|
| 2 pounds lean boiled beef | $\frac{1}{2}$ teaspoon pepper |
| 8 pounds apples | 1 pint molasses |
| 1 pound currants | 2 lemons or oranges |
| $1\frac{1}{2}$ teaspoons cloves | (juice and rind) |
| 5 teaspoons cinnamon | $\frac{1}{4}$ pound citron |
| $\frac{3}{4}$ pound suet | 1 pint vinegar |
| 5 pounds sugar | 2 pints grape juice |
| $1\frac{1}{2}$ pounds raisins | $2\frac{1}{2}$ teaspoons mace |

Put all ingredients through food chopper. Cook all together until well done. Stir often to prevent burning. Put in jars and seal.

CRANBERRY APPLESauce RELISH

- | | |
|---------------------------------|---------------------|
| 1 pound jellied cranberry sauce | ¼ cup raisins |
| ½ cup canned applesauce | ¼ teaspoon cinnamon |

Crush cranberry sauce with a fork. Stir in applesauce, raisins and cinnamon. Chill for several hours before serving. Makes 2¼ cups.

CUCUMBER RELISH

- | | |
|-----------------|---------------|
| 1 dozen onions | 6 red peppers |
| 6 green peppers | 12 cucumbers |

Peel and cube cucumbers — let stand 1 hour with ½ cup of salt. Hang in bag and drain overnight. Grind onions and peppers.

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|--------------------------|-------------------------|
| 1 bunch of celery, diced | 1 tablespoon ginger |
| 1 quart vinegar | 1 tablespoon turmeric |
| 2 pounds white sugar | 1 tablespoon cornstarch |

Boil everything together 5 minutes. Seal while hot.

CRANBERRY SAUCE

- | | |
|---------------------|------------------------|
| 1 quart cranberries | 1½ cups sugar |
| 1 cup water | 1 teaspoon orange rind |
| 2 or 3 whole cloves | |

Pick over and wash cranberries. Place in sauce pan, add cloves, orange rind and water, bring to steaming point and cook until berries are soft. Add sugar, and cook 5 minutes more. Turn into mold and chill. For a cranberry jelly, run through a sieve and turn into glasses.

SPAGHETTI SAUCE

- | | |
|-------------------------------|-------------------------------|
| ½ bushel tomatoes (peeled) | 9 whole green peppers |
| 1 large stalk celery | (chopped fine) |
| (chopped fine) | a few bay leaves |
| 2 large bunches parsley | 9 large onions (chopped fine) |
| (chopped fine) | 8 boullion cubes (vegetable) |
| 1 whole garlic (chopped fine) | 1½ pounds ground hamburger |
| 2 cans tomato paste | (optional) |

Brown hamburger in fat and add the rest of the ingredients. Rinse tomato paste cans with water and add, (not a full can.) Cook for 10 hours on low heat stirring occasionally. Pack in hot jars and seal. Makes 8 quarts and 1 pint.

TEN DAY PICKLES

- 1 day in clear water
2 days in salt brine
2 days in clear water
4 days in half water and half vinegar and 1 teaspoon of powdered alum for each gallon of pickles. Cut in inch chunks and fill jars. Boil syrup solution: 2 cups sugar, 1 cup vinegar and allspice (in bag) and pour over pickles. Next day pour off (into pan) and boil again. Pour over pickles. Seal jars.

DILL PICKLES

1 cup salt
1 quart vinegar

1 gallon water

Combine salt, vinegar, and water and boil. Put some dill on bottom of jar, in the center and on top. Pour hot brine over pickles. Seal and put in the sun for 3 or more days. (Use medium sized cucumbers.)

BREAD AND BUTTER PICKLES

12 cucumbers (small ones, sliced) 12 onions (sliced)

Cover with $\frac{1}{2}$ cup salt and let stand overnight. In the morning wash and drain thoroughly, then boil 5 minutes in the following mixture:

1 pint vinegar	1 teaspoon celery seed
2 cups sugar	1 teaspoon mustard seed
1 teaspoon turmeric	1 teaspoon ginger

Seal while hot!

3 DAY CRUNCHY BREAD AND BUTTER PICKLES

2 cups sliced onions	3 cups sugar
6 quarts sliced cucumbers	$1\frac{1}{2}$ teaspoons curry powder
$\frac{1}{2}$ cup salt	$1\frac{1}{2}$ teaspoons celery seed
2 cups vinegar	$\frac{1}{2}$ teaspoon pepper
2 cups water	

Mix onions and cucumbers and sprinkle with salt. Let stand overnight. Next morning drain and wash and place in a crock. Make a syrup by boiling vinegar, water and only 2 cups of the sugar and spices and pour over the cucumbers. Next morning 2nd day, drain. Heat the syrup by adding $\frac{1}{2}$ cup sugar and pour over the cucumbers. Let stand overnight. The 3rd morning drain. Boil syrup with $\frac{1}{2}$ cup sugar and put on cucumbers and bring them to a boil. All cucumbers to boil for 8 to 10 minutes. Pack in jars and seal.

TASTY UKRAINIAN SAUERKRAUT

Shred the cabbage very finely (make sure it's the hardy winter kraut). For each pound of shredded cabbage use 2 level teaspoons of salt. Pour the salt over the cabbage and mix thoroughly. Then pack tightly into one quart jars and have the cap of the jar on loosely for about 10 days or so (until the kraut is finished fermenting). Then tighten the jars securely and store in dark, cool place. (This method requires no cooking.)

Variation: If you like you may add 1 shredded carrot per pound of cabbage and add 1 small bay leaf for every pound of cabbage. Add this to the above ingredients and follow above method. The carrot improves the flavor slightly and makes it colorful; the bay leaf contributes to its flavor and keeps the sauerkraut crisp.

CHILI SAUCE

3 quarts tomato	1/2 teaspoon cloves (scant)
3/4 or 1 cup red pimiento sweet peppers, ground	2 teaspoons cinnamon (level)
1 1/2 cups onion, ground	1/2 teaspoon allspice (level)
2 1/4 cups cider vinegar	1/2 teaspoon nutmeg (level)
5 1/2 cups granulated sugar	1/4 teaspoon mace (level)
3 tablespoons salt (level)	1/2 teaspoon cardamon (level)
	5 tablespoons mustard seed, whole

METHOD

Scald tomatoes, remove skins and cores, and cut or slice into small pieces. Prepare about 4 quarts and take out some of the juice so it will not take so long to boil down. Measure three quarts tomato, add pimiento, onions and vinegar. Heat to boiling point, then add sugar. Stir well and add the rest of the ingredients. Boil down about 1/3, or until thick when cooling a sample. (The quart or more taken out can be canned for tomato juice, adding a little onion juice, 2 teaspoons salt and 3 teaspoons sugar to each quart.)

SOUTH AMERICAN SPECIAL

4 pounds meat (beef-pork, ground)	Grind together:
3 quarts mushrooms (optional)	8 pounds green peppers
1 can tomato paste (average can)	(half red)
1 can tomato puree	3 finger peppers (hot)
(we used the large can)	1 stalk celery
1 large bunch parsley	3 pounds green tomatoes
(grind with vegetables)	2 pounds red tomatoes
1 quart oil	5 pounds onions
1 teaspoon pepper	3/4 cup salt

Fry meat in oil, add mushrooms — then add peppers, tomatoes, onions, celery and salt. When mixture is thick and almost ready to bottle add the tomato paste, puree, pepper and parsley. When oil is all on top it is done. Stir all the time. Seal.

Fish and Eggs

SANDFORD LAKE CHOWDER

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|----------------------|-------------------------|
| 1 cup diced bacon | 1 teaspoon parsley |
| 1 onion—medium | ½ teaspoon curry powder |
| 3 carrots—medium | 1 tablespoon salt |
| 1 cup chopped celery | ½ teaspoon pepper |
| 1 cup potatoes—diced | 2 diced trout |
| 6 cans mushroom soup | |

Fry bacon until it is well done. Then add onion. Put this into pot of 2 quarts water and simmer for one hour. Then add diced carrots, celery, parsley, curry powder, salt and pepper and cook for half hour. (More water may be added if needed). Then add diced potatoes and cook till they are done. Put the mushroom soup into the pot and cook 15 minutes longer. Now add your diced trout and cook till fish is done. This makes a large pot. "Then eat".

This is a favorite dish at Sandford Lake Fishing Camp — Atikokan, Ontario, Canada.

WHITING BAKED IN OIL (Christmas Eve Dish)

Scale and clean the Whiting (a sea fish). Salt and pepper each fish (as many fishes as you want) and put them into a 9x14" pan. Pour some salad oil to have it barely cover the bottom of the pan. Cut up one large onion and scatter over the fish. Bake in 375° oven until you see it is baked (about 30 minutes).

GEFILLTE FISH

- | | |
|------------------------|--|
| ¾ pound carp | 1 egg, beaten |
| ¾ pound whitefish | 1/3 cup water |
| ¾ pound yellow pike | ⅛ teaspoon pepper |
| 2 teaspoons salt | 3 cups boiling water |
| 2 hours standing time | 1 bouquet: one slice onion, carrot,
parsley sprig |
| 2 medium-sized onions | 1½ hours cooking time |
| 2 medium-sized carrots | 4 to 6 servings |
| ¼ cup matzo meal | |

Scale, remove the bone and keep the skin intact. Wash and sprinkle half the salt over the fish; let stand. Put the fish and vegetables through the food chopper. Add the meal, egg, water, pepper and remaining salt. Form into patties — wrap with the skin. Add the bones to the boiling water; lay the patties on top. Cover; cook slowly until firm. Remove; serve hot or cold. Garnish with cooked carrots and parsley.

BREADED FISH FILLET

Dry the fish fillets and sprinkle each piece of fish with salt and pepper then roll it in a slightly beaten egg and finely ground bread crumbs. Put salad oil or vegetable shortening to cover the bottom of skillet (about $\frac{1}{8}$ inch). Put your breaded fish into the hot skillet and fry till one side is browned. Turn on the other side and brown it also. Fish is done when nicely browned on both sides.

TUNA FISH A LA KING

- | | |
|--|-------------------------------------|
| 3 tablespoons butter | 3 tablespoons sliced stuffed olives |
| 3 tablespoons flour | 1 tablespoon chopped green peppers |
| 2 cups milk | 1 teaspoon Worcestershire sauce |
| 1 can tuna fish ($\frac{1}{2}$ pound) | paprika and salt to taste |
| $\frac{1}{2}$ cup cooked peas | |

Melt butter and stir in flour. Add milk gradually, and stir over fire until thick. Boil 1 minute. Add remaining ingredients, season, and serve hot on toast.

FISH AND NOODLES

- | | |
|--------------------------------|--------------------------------------|
| 3 tablespoons chopped onion | 1-2/3 cups cooked or canned tomatoes |
| $\frac{1}{3}$ cup diced celery | 1-2/3 cups cooked noodles |
| 1 tablespoon fat | 2 cups flaked cooked fish |
| $\frac{1}{2}$ teaspoon salt | Crumbs mixed with melted fat |
| pepper | |

Cook onion and celery in fat a few minutes.

Add salt, pepper, and tomatoes and heat to boiling. (2 cups raw tomatoes, cut in pieces, may be used instead of 1-2/3 cups cooked.)

Put alternate layers of noodles, fish, and hot tomato mixture into a greased baking dish. Top with crumbs.

Bake in a moderate oven (350° F.) 20 minutes or until the mixture is heated through and the bread crumbs are browned.

SCALLOPED OYSTERS

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|-----------------------------------|---------------------------------|
| 1 quart oysters | 1 cup oyster liquid |
| 4 tablespoons butter or margarine | salt and pepper |
| 4 tablespoons flour | 1 cup bread crumbs mixed with 4 |
| 1 cup hot milk | tablespoons butter or margarine |

Remove oysters from liquid. Pick them over carefully to remove any pieces of shell. Strain liquid. Melt butter, add flour, milk, and oyster liquid. Season. Put alternate layers of oysters and sauce in greased baking dish. Cover with crumbs. Bake until heated through and browned. (About 6 servings). Moderate oven 375° F.

DEVILED SHRIMP

(Four servings)

- | | |
|------------------------------|---------------------------------|
| 1 tablespoon butter | 1 teaspoon Worcestershire sauce |
| 1 tablespoon minced onion | $\frac{1}{8}$ teaspoon pepper |
| 1 tablespoon flour | 1 cup cooked shrimp, halved |
| $\frac{3}{4}$ cup milk | 2 round buns, split and toasted |
| 2 teaspoons prepared mustard | $\frac{1}{2}$ cup grated cheese |

Saute onion in butter for 5 minutes. Blend in flour. Add milk and cook, stirring constantly, until thick and smooth. Add mustard, Worcestershire, pepper, and shrimp. Heat through. Spread mixture on buns. Sprinkle with cheese. Broil until cheese is melted and bubbly. Serve immediately.

FISH CROQUETTES

- | | |
|------------------------------------|----------------------------------|
| 2 cups fish (cooked and flaked) | 1 cup thick white sauce |
| 2 tablespoons minced celery | 1 tablespoon minced parsley |
| salt and pepper | 1 egg |
| cooking fat | 2 tablespoons cold water or milk |
| 1 teaspoon orange juice (optional) | crumbs |

Mix fish, parsley, celery, orange juice, seasonings, and white sauce. Chill. Form into croquettes. Egg and crumb, and fry in hot fat (390° F.) until browned. Serve hot. Serves four.

SALMON LOAF

- | | |
|---------------------------------------|------------------------------|
| 2 cups flaked canned or cooked salmon | salt and pepper |
| 3 tablespoons fat | 2 tablespoons minced parsley |
| 3 tablespoons flour | 2 cups bread cubes |
| 1 cup raw milk and salmon liquid | 1 egg, beaten |

Drain canned salmon, saving the liquid.

Make sauce: Blend fat and flour together. Add enough milk to the salmon liquid to make 1 cup, and stir slowly into the fat and flour. Cook until thickened, stirring constantly. Add seasonings.

Mix the sauce with the other ingredients. Form into loaf.

Bake in uncovered pan in a moderate oven (350° F.) about half an hour, or until brown.

FISH PATTIES

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|--|-----------------------------|
| 1 $\frac{1}{2}$ cups flaked cooked or
canned fish | $\frac{1}{2}$ teaspoon salt |
| 1 $\frac{1}{2}$ cups dry mashed potatoes | 1 egg |
| 1 tablespoon finely chopped
onion | pepper |
| | flour |
| | fat |

Combine all ingredients except flour and fat.

Shape mixture into patties, roll in flour, and brown in fat.

STUFFED FISH FILLETS

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|-------------------------------------|---|
| $\frac{3}{4}$ cup finely cut celery | 2 tablespoons chopped parsley |
| 3 tablespoons finely chopped onion | 1 teaspoon thyme or other savory seasoning |
| 6 tablespoons melted fat | 1 to $1\frac{1}{2}$ pounds small fish fillets |
| 3 cups coarse bread crumbs | fine crumbs |
| $\frac{3}{4}$ teaspoon salt | 2 tablespoons fat |
| pepper | |

Cook celery and onion in fat for a few minutes.

Add bread crumbs and seasonings, and mix well.

Place stuffing on skin side of salted individual fillets. Roll and fasten with toothpicks.

Roll the stuffed fillets in fine crumbs and brown in fat in a frying pan. Cover and cook over low heat until tender—about 10 minutes.

PUFFY EGG OMELETTE

- | | |
|-----------------------------|--------------------------------------|
| 4 egg yolks | 4 egg whites |
| 3 tablespoons milk | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{3}{4}$ teaspoon salt | 2 teaspoons butter |

Place butter in frying pan. Separate eggs, beat whites till stiff. Beat yolks, add milk, baking powder and salt. Combine egg yolk mixture with beaten whites, folding carefully. Pour mixture into heated frying pan, cover and cook for 5 minutes. Remove cover and cook for 6-8 minutes more. Cut through center, fold over and serve on hot plate. Garnish with jelly, fruit or watercress.

Variations

Spanish Omelet—Pour over the cooked omelet a sauce made of tomatoes, green peppers, butter, salt and pepper. Garnish with parsley.

Mushroom Omelet—Saute 1 cup of fresh or canned mushrooms in butter. Season with salt, pepper and a bit of mace.

Ham Omelet—When Omelet is cooked one-half the required time, sprinkle minced ham or dried beef over the omelet. Continue cooking, fold and serve.

Chicken Liver Omelet—Chop chicken livers. Saute in butter. Season with salt, pepper, and Worcestershire sauce. Pour over the omelet and serve.

Cheese Omelet—Just before folding the omelet, sprinkle with $\frac{1}{2}$ cup grated cheese.

Shrimp Omelet—Serve sauted shrimps around the omelet and garnish with lemon and watercress.

Parsley Omelet—Add 2 tablespoons minced parsley when folding in egg whites.

EGGS A LA KING

Cook 1 cup chopped celery, $\frac{1}{4}$ cup chopped green pepper, and $\frac{1}{4}$ cup finely chopped onion in 2 tablespoons hot salad oil till tender but not brown. Stir in 1 can condensed cream of celery soup, $\frac{1}{2}$ cup milk, and 1 cup ($\frac{1}{4}$ pound) diced process American cheese; heat and stir till cheese melts. Slice 4 hard-cooked eggs; reserve several slices for garnish. Chop remaining eggs and add to sauce along with 6 stuffed green olives, sliced; heat. Serve on hot buttered toast; garnish with reserved egg slices. Makes 4 to 5 servings.

OLD-TIME SCRAMBLED EGGS

6 eggs	dash pepper
$\frac{1}{3}$ cup milk or light cream	2 tablespoons butter, margarine,
$\frac{3}{4}$ teaspoon salt	or bacon fat

Beat eggs, milk, salt, and pepper with fork. (Mix slightly if you like eggs to have streaks of yellow and white; mix well if you prefer a uniform yellow.) Heat butter in skillet till just hot enough to make a drop of water sizzle. Pour in egg mixture. Turn heat low. (You may prefer to scramble eggs in a double boiler because of the controlled low heat. Less watching will be needed, but be sure to allow a longer time for cooking.) When mixture starts to set at bottom and sides, lift cooked portions with a wide spatula so uncooked mixture goes to the bottom of the skillet. Continue cooking (about 5 to 8 minutes) till eggs are cooked throughout, but still glossy and moist. Remove skillet from heat **immediately**. Serve on warm platter. Makes 3 to 4 servings.

Mushroom Scrambled Eggs—Reduce salt to $\frac{1}{4}$ teaspoon. Drain one 2- or 4-ounce can mushroom stems and pieces. Add mushrooms to egg mixture just when eggs start to set.

Cheese Scramble—Reduce salt to $\frac{1}{4}$ teaspoon. Add $\frac{1}{2}$ cup shredded sharp process or Cheddar cheese to egg mixture just as eggs start to set.

Herbed Eggs—When egg mixture is partially set, add 1 to 2 tablespoons chopped parsley, 1 to 2 tablespoons of chopped chives or green onion, and dash thyme.

Sour-cream Scrambled Eggs—Omit milk or light cream, and use $\frac{1}{2}$ cup dairy sour cream. Serve with chopped green onion sprinkled on top.

DEVILED EGGS

6 hard cooked eggs	$\frac{1}{2}$ teaspoon mustard
2 tablespoons mayonnaise	1 tablespoon pickle relish
1 teaspoon vinegar	salt and pepper

Cut hard cooked eggs in half lengthwise. Mash egg yolks, add the vinegar, mayonnaise and other ingredients, mix well. Refill egg whites. Chill, when ready to serve garnish with parsley and paprika.

SHIRRED EGGS ON SPINACH

1 to 1½ pounds spinach	salt and pepper
½ teaspoon salt	4 eggs
2 slices bacon	

Wash spinach thoroughly, place in pan, and add ½ teaspoon salt. Cover and cook without added water until tender—5 to 10 minutes.

Chop bacon fine; fry until crisp.

Mix bacon and bacon fat with spinach and season to taste with salt and pepper.

Place hot spinach in a baking dish. Make four depressions in spinach, and break an egg into each.

Cover dish and bake in a moderate oven (350° F.) 20 to 25 minutes or until eggs are firm. If desired, sprinkle grated cheese over the eggs during the last 10 minutes.

BAKED STUFFED EGGS WITH CHEESE

6 hard cooked eggs	1½ cups cheese sauce
½ pound fresh mushrooms	salt and pepper
1 tablespoon Worcestershire sauce	½ cup buttered bread crumbs
3 tablespoons butter	paprika

Wash the mushrooms and shred fine. Saute in the butter. Add the Worcestershire sauce. Cut the hard cooked eggs in half lengthwise. Remove egg yolk and mash. Add to the sauted mushrooms. Stuff mixture into egg whites and arrange in casserole. Pour the cheese sauce over the eggs. Sprinkle with the crumbs and bake. Garnish with parsley and paprika. Temperature 375° — Time 20 to 25 minutes.

EXTRA-SPECIAL SCRAMBLED EGGS

6 eggs	1/3 cup light cream
½ teaspoon salt	2 tablespoons minced parsley
¼ teaspoon monosodium glutamate	2 tablespoons minced onion
dash pepper	2 tablespoons fat
1 teaspoon prepared mustard	

Beat together eggs, seasonings, and mustard; stir in cream and parsley. Cook onion in hot fat till tender but not brown; add egg mixture. Cook slowly, stirring frequently, till eggs are just set. Makes 3 to 4 servings.

PLAIN SOUFFLE

2 tablespoons butter
2 tablespoons flour
2 cups milk, scalded

1 teaspoon salt
 $\frac{1}{8}$ teaspoon white pepper
4 eggs, separated

Melt butter, add flour, stirring to blend smoothly. Add hot milk, stirring constantly. Add seasonings. Cook in top of double boiler 10 minutes. Remove from heat and add the beaten yolks. Fold in stiffly beaten egg whites and pour into buttered baking dish. Set into pan of hot water and bake in slow oven (325° F.) until firm, about 35 to 40 minutes. Serves four.

EGGS GOLDENROD

4 hard cooked eggs
3 tablespoons butter or
bacon fat
 $\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ cups milk, scalded
3 tablespoons flour
 $\frac{1}{8}$ teaspoon pepper
4 slices toast

Remove yolks from eggs and put them through sieve. Chop whites. Make white sauce of milk, flour, butter, salt and pepper. Add chopped whites to sauce. Pour over toast. Put a mound of sieved yolks over each serving. Serve hot, garnished with parsley. Serves three to four.

BATTER TO FRY SMELTS

$1\frac{1}{2}$ cups flour
1 teaspoon salt
1 teaspoon baking powder

1 egg
1 bottle beer

Prepare batter as for pancakes. Dip smelts into batter and fry in skillet. Finished when browned on both sides — Good.

PICKLED SMELTS

Use $\frac{1}{2}$ cup salt for every gallon of smelts. Soak the smelts in the salt brine overnight. Next morning rinse them slightly from the brine and pack in 2 quart jars. Bring the following ingredients to a boil and cool off.

1 quart white vinegar
1 box mixed pickling spice
 $2\frac{1}{2}$ cups sugar

5 medium onions (chopped)
1 lemon (chopped fine)

Pour this mixture over smelts in jars and cap. They are ready for use in 3 days.

SMELTS A LA SARDINES IN OIL

Clean and wash smelts. Make solution of $\frac{1}{2}$ cup salt to each gallon of hot water. Put smelts into solution as many as will fit. Let stand 5 minutes. Rinse in cold water and pack in pint jars adding $\frac{1}{2}$ teaspoon salt to each pint. Fill jar with salad oil and seal. Pressure cook 80 minutes at 10 pounds pressure.

Miscellaneous

SAUERKRAUT WITH MUSHROOMS (For Christmas Eve Supper)

Soak 1 pound lima beans over night. Next morning cook lima beans in 3 quarts of water for one hour or until beans are cooked, and set it aside. In another pot cook 1 quart of sauerkraut (homemade preferably) in one quart of water for about 20 minutes, and set aside till later. (If you think kraut is too sour rinse it before cooking.)

In the third pot soak 1 pound of dried mushrooms (hryby) in hot water for about 15 minutes. Then when they soften up rinse them and put on the stove to cook in 2 quarts of water for about one hour or until they are done. After they are cooked; strain them and grind them in a food chopper and set aside.

Now fry two fairly large onions in 6 tablespoons of salad oil until they begin to brown, and then let them stay.

Then put 8 level tablespoons of flour and 6 tablespoons of salad oil in a frying pan and carefully brown the flour to a milk chocolate color. At this time take a cup of liquid from the beans and carefully pour it into the browned flour (a little at a time). It will hiss and sputter so be careful as you mix the liquid into the browned flour.

Now you are ready to put the cooked ingredients together into a large pot (6 to 8 quart size pot). Put together the lima beans and the liquid, then the sauerkraut with the juice it cooked in, then the cooked ground mushrooms (but not the mushroom liquid) then add the fried onions in salad oil and the browned flour. Bring all this to a boil. If this mixture is too thick add 2 or 4 cups of water. While it is boiling the brown flour will thicken the contents of the pot. Boil for about 15 minutes stirring it constantly as it has a tendency to scorch at this time. Add salt according to your taste as it is boiling or dissolve 5 vegetable cubes instead of the salt. Let stand 1 hour then serve.

CHICKEN SOUP DUMPLINGS

3 eggs

1 cup cracker meal

3 tablespoons chicken fat
or butter

1 tablespoon minced parsley

1 tablespoon minced onion

½ teaspoon salt

dash pepper

Beat eggs well. Add cracker meal (fold them in). Fry onion in chicken fat or butter, add salt, pepper and parsley. Mix this with cracker meal. Let stand ½ hour or more. Then with wet hands form this mass into round balls (size of golf ball). Drop into rapidly boiling chicken soup. Reduce heat and simmer for 20 minutes. Serves 6.

SOMETHING OUT OF NOTHING (Pineapple Pumpkin Jam)

- | | |
|----------------------------------|-----------------------------------|
| 1 medium pumpkin | 3 lemons sliced thinly or ground |
| 1 big can crushed pineapple (2½) | 3 oranges sliced thinly or ground |
| | 1 cup sugar for each cup of pulp |

Peel and cube pumpkin and cook in pot with enough water to cover it. When cooked drain water and mash. Add can of crushed pineapple, lemons and oranges (juice, pulp and rind) and mix together. Then add sugar to the mixture (measure 1 cup sugar for each cup of mixture). Cook for 45 minutes after it starts boiling. Stir constantly on a low heat. When thick, put in jars and seal with parafin wax.

Give some of this jam to someone who doesn't like pumpkin. See them rave about it and ask for more.

PROSPHORA or THE FIVE LOAVES FOR LYTIA

- | | |
|----------------------|----------------------|
| 3½ cups flour | 1 teaspoon dry yeast |
| 1 cup lukewarm water | |

Note: There is no salt, sugar or shortening used.

Dissolve the one teaspoon (level) of dry yeast in the cup of lukewarm water. Now take a mixing bowl and put 3 cups of all-purpose flour into it and make a well in the flour. Pour the dissolved yeast in the water into the bowl with the flour and knead until a dough is made. Take dough out of the bowl onto a floured pastry cloth or bread board and knead it more, rolling the dough in ½ cup of flour until all the flour is used up. Make this dough as stiff as you can. It will be stiff when the ½ cup of flour is absorbed in the kneading. Form into a loaf and put it into a 9x4½x2½" floured bread pan. Let rise about 1 hour or until it doubles in size. Then bake in 350° F. oven 30 to 40 minutes or until lightly browned.

To make the Five loaves for Lytia, just cut up the dough after it is stiffly kneaded into 5 pieces. Roll each piece in your hands until you form a smooth neat ball or roll. Flatten the rolls slightly and put them into 2 floured pie pans. On one pie pan put 4 rolls (put close together, have about ¼" space between them.) The fifth roll put on the other floured pie pan. Let rise for one hour or until doubled in size. The four rolls close together will link themselves together and form 1 piece. Bake 25 to 35 minutes at 350° F., or until light brown.

HOT DISH ELAINE

Boil one package noodles in salt water. Fry one pound hamburger with onion and celery. Add water and simmer until celery is tender. Add 2 cans of Chicken Gumbo Soup. Salt and pepper. Add more hamburger if more meat is desired.

I WANT MORE

1 pound ground beef	3 1/2 cups cooked tomatoes
1/4 pound salt pork	1 No. 2 can peas
1 teaspoon butter	1 tiny can pimiento (chopped)
1 onion, diced	4 ounce can chopped olives (1/2 cup)
1 1/2 cups uncooked spaghetti	1/2 pound American cheese, grated

Mix ground beef, salt pork and butter in large skillet till browned, then add onion. Cook spaghetti in usual way, add to meat. Add tomatoes and peas, then add 1/2 of pimiento, olives and cheese. Then add the rest of pimiento, olives and cheese. Bake at 400° in oblong pan.

SMELTS IN OIL

For 8 pounds of smelts mix together and heat the following almost to a boil:

1/2 cup strong cider vinegar	2 teaspoons chili pepper or powder
1 cup salad oil	1/4 cup whole allspice
4 cups water	2 bay leaves
2 cups strained tomatoes	2 tablespoons whole cloves

Put cleaned smelts into quart jars and pour the above mixture into each jar adding teaspoon of salt to each jar. Seal jars and pressure cook 1 hour at 10 pounds pressure. Makes 8 quarts.

WOMEN'S BEET WINE**(Men Can Drink It Too)**

Cube about a dozen large beets and cook in 5 quarts of water till done. Cook separately 3 large potatoes (cubed) in enough water to cover them. Strain liquid of beets and potatoes and mix together. Mix in 3 pounds of sugar for each gallon of liquid. Toast a piece of bread and spread 1 cake of fresh yeast on one side of it. Put beet and potato liquid into a cask or crock with 1 pound of chopped up white raisins. Place the toast with the yeast (yeast side down) on the liquid and let ferment for 10 or 11 days. Remove the toast and strain. Bottle and let stand 2 or 3 months before using.

Cooking Hints

Try adding a few drops of lemon juice to rice the next time you are cooking it. It makes it beautifully white and keeps the grains whole.

When cutting marshmallows, use scissors, dipping them into hot water, and they will not stick to the blades.

Have you ever served molasses whipped cream on gingerbread? To 1 cup of whipped Carnation Milk, fold in 3 tablespoons molasses and serve on hot or cold gingerbread.

Berries and all fruits will keep in perfect condition in the refrigerator for days if spread on a platter and lightly covered with cellophane or waxed paper.

A little ginger added to chocolate icing to be used on a chocolate cake gives a delicious unusual flavor. Use only a dash of ginger.

Add a small amount, about $\frac{1}{2}$ cup, of flour to the butter-sugar mixture in making cake before adding beaten eggs and liquid. This will prevent the liquid from causing a curdling of the shortening.

Sometimes potatoes become black during cooking. There are several ways to prevent this. One of the very best ways is to boil them in Carnation Milk and water, using $\frac{1}{3}$ milk and $\frac{2}{3}$ water. The liquid in which the potatoes are cooked can be saved and used for soups, sauces, or gravies. Not salting the potatoes until just before serving helps to make them white, too. If the potatoes are put to soak in cold water for several hours before cooking, they will be much whiter than if cooked without soaking. Vinegar is sometimes recommended for preventing potatoes turning black, but vinegar hardens potatoes so much that they are unappetizing. For delicious, white nutritious potatoes, use the milk and water bath treatment.

Did you ever baste a turkey with water mixed with honey? If not, try it the next time you prepare a turkey. Proceed as usual and when the turkey begins to brown, reduce the heat to 350° F. and baste occasionally with 2 cups of hot water mixed with $\frac{1}{4}$ cup of strained honey. Turn the fowl so that it may brown evenly and allow 20 to 30 minutes to a pound. When ready to serve, brush again with $\frac{1}{4}$ cup melted or soft butter mixed with 1 tablespoon of honey. Serve upon a large platter and garnish with celery curls and radish roses.

When not using all the pimiento in a can, put the remainder in a small glass jar and cover with hot paraffin. Cooking or salad oil (cold) can be used instead, and later used for salad dressings.

Honeydew melon balls marinated in maple syrup make a delicious fruit cup for either first course or dessert.

If baked potatoes are split or pricked as soon as they are cooked, they are not likely to be soggy.

Use the juices of spiced and pickled fruits for basting roasts, and many prefer the spiced juices with baked ham or tongue.

Sliced bananas, peeled apples, and freshly sliced peaches can all be kept from turning dark by a coating of lemon juice. English walnuts soaked for a few minutes in lemon juice will not turn dark in salads or nut-breads.

When you make chicken soup, try adding a grating of nutmeg just before serving.

For breading fish for baking, broiling or frying, take $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water, 1 tablespoon salt, $\frac{1}{8}$ teaspoon white pepper and some bread crumbs. Cut the fish in serving pieces. With the left hand, dip the fish in the seasoned milk, drain slightly, place in the bread crumbs, breading with the right hand. Using the alternate hands, keeps the crumbs dry and prevents the fingers becoming a sticky mass. Dry crumbs assure even browning. When breaded, the fish is then ready to bake, broil or fry.

Soft butter or lard should never be used in making pie crust. Whatever solid fat is used should be hard and very cold.

To make the most of the juices in roasted fowl, turn the fowl on its breast instead of its back when roasting. By doing this the juices run into the breast instead of the back, making it deliciously moist.

A canvas cover and a stockinette on the rolling pin can be used in place of a plain board or porcelain surface in rolling out the crust. Not only is sticking prevented but only an occasional washing is necessary. Simply shake well after using and fold up until needed again.

When frosting small cakes, hold them by wood picks stuck in the bottom. Put ends of picks through meshes of wire cake rack, draw them out. This eliminates touching frosted sides.

The creaming process for a cake may be shortened by rinsing the mixing bowl out with hot water, then wiping dry.

To help loosen cake from pan, wring a cloth out of cold water, and fold and lay over the bottom of the inverted pan. Let the cloth stay on for three minutes — the cake should then turn out of the pan easily.

If a funnel is placed over a tumbler and the eggs cracked into it, one at a time, it is easy to keep yolk and white apart.

To make deviled eggs lie flat, slice a very thin slice of the white off the under side.

To remove grease and fat from stews and soups, wrap a piece of ice in cheese cloth and pass quickly over the surface of hot soup. All grease will adhere to the cold cloth surface.

Should your soup be too salty, add a few slices of raw potato and cook a little longer. The potato will absorb the extra salt.

If brown sugar gets hard, set it in the bread box for a few days, it will soon become moist. The same treatment moistens dried out raisins, figs or dates.

WHIPPED CREAM SUBSTITUTE—Delicious in flavor, can be made by adding a slice of banana to the white of an egg and beating until stiff. Banana will dissolve completely.

DONUTS—Put 1 teaspoon of vinegar to cold fat; donuts won't absorb grease.

CORNSTARCH—Cornstarch is sometimes used in place of eggs when recipe calls for more than you have on hand. A tablespoonful is used for each missing egg.

MERINGUE—Add a pinch of baking soda to white of eggs; they will stand better.

COOKIES—Add 1 tablespoon of jam or jelly to cookie dough. It will add flavor and make the cookies stay moist longer.

If you have forgotten to put salt in cooked cereals, don't add dry salt to it. Dissolve the salt in a little boiling water and mix that with the cereal so that the taste will be uniform.

To prevent raisins, dates, or other dried fruit from sticking together in a solid mass when put through a food chopper, place fruit in a strainer and hold under cold water tap before chopping.

Rub butter on scissors before cutting marshmallows or fruit to prevent sticking.

To prevent corks from sticking bottles containing glue, polishes, cements, etc., rub the cork with vaseline.

Put parsley in an air-tight glass jar and place in refrigerator and it will stay green and fresh for a long time.

An egg slicer makes uniform slices of banana for the top of a cake or filling.

To bake potatoes in half time, put them in boiling water for 15 minutes, pre-cooking them, then put them into a preheated oven for 30 minutes.

Brush cream or egg yolk with milk or cream over top crusts of two crust pie for that rich brown finish.

For onion juice, cut in half—skin on. Pretend it is an orange you are squeezing. No tell-tale taste on the squeezer (or your finger) if you rinse it with salt. Wash thoroughly.

If your cream or milk pitcher drips, rub a little butter across the under edge of the lip.

To add the appeal to gravy when it isn't brown enough, add a little bit of left-over coffee.

An easy way to chop nuts is to put them in a cloth bag, roll with a rolling pin.

For sour milk, add 2 teaspoons vinegar to a cup of milk and let stand for 5 minutes.

When grinding crackers or bread through a food chopper, put a paper sack around the mouth of the grinder with a rubber band. This eliminates mess and saves the particles of crumbs.

Before measuring molasses, dip measuring spoon or cup in scalding water. The molasses will run out easily.

To keep metal tops of salt shakers from corroding, cover inside with melted paraffin. Punch holes before paraffin becomes set.

Tough meat may be made tender by laying it a few minutes in vinegar water.

Before boiling milk, rinse out the saucepan with a little hot water. It will prevent milk sticking to the bottom of the pan.

To dissolve yeast in sugar, put sugar over yeast in saucer and knead till it liquifies.

A little salt in pears (when canning) prevents discoloring.

When canning pears put $\frac{1}{4}$ of an orange ($\frac{1}{8}$ of large orange) to improve flavor.

Piece of lemon in sweet pickles improve flavor. A little crushed pineapple ($\frac{1}{2}$ cup) in blueberries (1 quart) improves flavor.

One-fourth sour apple in pickles makes them firmer.

Two cloves garlic in pickles makes them firmer and tastier.

Aspirin in flower vase keeps flowers fresh longer.

To prevent meringue from shrinking, spread it over the pie shell.

To make meringue stiffer, add $\frac{1}{2}$ teaspoon baking powder when beating.

A little powdered sugar in whipping cream beats faster and becomes stiffer.

If a 7-minute frosting does not stiffen add powdered sugar to it and keep on beating.

To keep the yolks of raw eggs fresh for several days, drop unbroken into a bowl of cold water.

Sprinkle a little flour into the grease when frying eggs. It will prevent the eggs from spattering over the stove and you.

A paste of cornstarch and water will remove a grease spot from wallpaper. Let it remain on the spot until dry and then brush off.

Just a little paraffin mixed with the hot water, for washing tiled floors, greatly assists the cleaning, and brings out the color.

Lemon juice will remove rust from linoleum.

Paint patent clothes pins the color of your decorations in different rooms and use a pair to pin back curtains at night or during showers. This keeps the curtains from being soiled by the screens.

If you wish to hang a calendar where there are only painted walls, attach a tiny piece of adhesive tape to the calendar and the other end to the wall. This will save driving nails or screws into the plaster.

To reheat biscuits put them into a wet paper bag, tie up tightly and heat in the oven.

To keep a loaf or layer cake fresh after it has been cut, wrap a large slice of fresh bread in with it before putting away. The bread will dry but the cake will remain moist and tasty.

To get stale cigarette smoke smell out of a room put a dish of fresh water with a little ammonia in it. Let stand overnight and that will freshen up the air.

High temperatures toughen eggs and cause dishes like puffs and souffles to fall. High temperatures also cause curdling in dishes like custards. Dishes made with eggs should be placed in a pan of hot water during the baking. The water should never get hot enough to come to a boil.

To store leftover egg yolks in the refrigerator, add just enough cold water to cover the yolks. Store whites in a tightly covered jar.

Correct proportions to follow for batters and doughs:

Griddle cakes and popovers, equal measures of liquid and flour.

Muffins, 1 scant measure of liquid to 2 of flour.

Soft dough to be kneaded, 1 measure of liquid to 3 of flour.

Dough to be rolled (cookies or pastry), 1 measure of liquid to 4 of flour.

Cakes, $\frac{1}{2}$ measure of liquid to $1\frac{1}{2}$ of flour.

To roll a jelly roll without cracking, turn the roll out of the baking tin upon a cloth wrung out of cold water. Then spread with jelly, and as it is rolled the steam from the wet cloth will prevent the shrinking and the common cracking of the top crust.

Correct proportions to follow for leavenings:

For butter cakes and cookies use 1 level teaspoon baking powder to 1 cup flour.

For muffins and baking powder biscuit, use 2 level teaspoons baking powder to 1 cup flour.

Use $\frac{1}{2}$ teaspoon soda to 1 cup sour milk.

Use $\frac{1}{2}$ teaspoon soda to 1 cup molasses.

There are differences in baking powders. There is the tartrate, the phosphate and the type referred to as double action or sodium aluminum sulphate (S.A.S.) phosphate baking powders.

Cake batters made with tartrate baking powder should be beaten only enough to blend ingredients thoroughly, (ten or twelve beating strokes, taking 5 seconds time, given after flour and liquid have been combined). A batter made with phosphate baking powder takes twice as many beating strokes and double the time. A cake batter using double-action baking powder requires thirty beating strokes taken in 15 seconds of time.

The quantity of baking powder may be reduced $\frac{1}{2}$ teaspoon for each egg in the recipe.

To get rid of warts rub with raw potato juice over the wart. The starch dries up the wart.

To remove lipstick off wood wash with a solution of $\frac{1}{2}$ ammonia and $\frac{1}{2}$ vinegar.

To remove a broken sliver from underneath a finger nail chew up several walnuts real well, then wrap it around the finger with the sliver. It will draw sliver out to the surface.

USES OF SALT

To brighten up the colors in your carpets, sprinkle them with dry salt before sweeping. Salt also helps to prevent the danger of moths.

Put one-half teaspoon of salt and a little water in the milk bottle, shake well and rinse. The bottle will then be clean and shiny.

A dish of butter may be kept firm without ice, by wrapping it in a cloth wrung out of salt water.

To prevent a frying pan from splashing grease, sprinkle a little salt in the pan.

A little salt added to parsley makes it chop more easily.

To mash garlic cloves easier add some salt.

Fresh milk keeps sweet longer when a pinch of salt is added.

Adding salt to eggs makes them beat quickly, and salting the water in which eggs are poached makes the whites "set".

Add salt to water in which eggs are boiled and the shells will not crack and let the whites leak out.

Add a teaspoon of salt to the water in the goldfish bowl once a week. It invigorates your silent little pets.

Sweeping with a broom dipped in salt water keeps matting from turning yellow and gives it longer life.

Are you bothered with ants about the house? Sprinkle fine salt over the floors and shelves and watch them disappear.

Pouring salt brine once a week down the kitchen drain prevents grease from collecting and eliminates odors.

When your flatiron gets rusty, rub it with wax then scour it with salt.

Adding a pinch of salt to water in a flower vase makes the blooms and leaves remain fresher for a longer time.

A solution of one gram of salt, one ounce of water and two ounces of glycerin effectually cleans the windshield of your car.

Sprinkle salt on the crevices of brick and cement walks to kill off weeds and grass.

Salt means death to poison ivy.

Put salt into water when cooking fresh eggs. Shells peel off easily.

If while boiling eggs they become cracked, add a teaspoon of salt to the water. The salt will close the cracks in the eggshells.

Salt mixed with lemon juice or vinegar cleans brass and other discolored metals.

Salt alone, rubbed on silver, brightens it. Rub silver with a cloth dipped in salt to remove egg stains.

Herbs

ANISE — Seed (Carminative and Stimulant)

This herb is a stomach remedy and is soothing to the nerves. It's used in cases of colic of infants. It is good for flatulency and to remove nausea. It is very helpful in seasickness. It's recommended for cough syrups and not only for flavoring. Anise is used in breads, sweet rolls, coffee cakes, cookies, icings and candies. It is even used in roasts and sausages. The use of anise seed is beneficial at holiday time, aiding digestion and overcoming disturbances by over eating. One or two drops of the oil of anise upon sugar is a sufficient dose for children when they have a colic.

CARAWAY — Seed (Carminative and Stomachic)

Caraway is high in calcium. It's especially good for teeth and bones. It's useful in flatulent colic especially in infants and as a corrective to nauseous purgatives. Use caraway often. It is used in rye bread, pumpernickel, sauerkraut, roast pork, cheese and cookies. A very tasty soup is made with caraway seed which is made frequently by peasants in Europe.

CHAMOMILE

Chamomile should be in every home. A child with colic is most easily soothed with a chamomile tea. For grown-ups as a medicine it soothes the nerves and strengthens the digestion, and is recommended to sufferers from spasmodic coughs due to indigestion; from pains in the head or limbs caused by nerve trouble which has its roots in some type of dyspepsia. It also benefits hysterical women and helps to induce sleep. For people that have frequent nightmares, it is helpful. Have a stomach ache take chamomile. People to whom stinging and creeping pests are a nuisance, make an infusion of chamomile flowers and sponge it over face, hands and ankles, leaving it to dry on. No insect will touch it. Even a plant that is drooping and apparently dying, in 9 cases out of 10 will recover if you place a herb of chamomile near it.

THYME

Some of the people who grow it and use it claim that thyme is soothing for headaches (made as a tea). Recommended for catarrh and sore throat sufferers. For children that have nightmares a tea made of thyme is very soothing and calms the child and insures a restful and quiet sleep.

STRAWBERRY LEAVES

They are good to use as a tea instead of coffee. An old world remedy against bed wetting in children or the aged is an infusion made of strawberry leaves, taken 3 times daily, the last before bedtime.

DILL — Leaves (sprigs) and seed is used

Dill is perhaps one of the most popular herbs used by the Ukrainian people. It's right in line with parsley in its popularity.

Both leaves and seeds are soothing to the nerves. A weak tea will stop a baby crying when it has colic. It aids digestion. It's a remedy for kidneys and hiccoughs; recommended for congested liver, coughs, vomiting, menstruation pains and for nursing mothers.

A few sprigs will improve the flavor of soups (chicken, beef, borsch, pea soup, etc. white sauces and gravies. It's good in any kind of meats (chicken, beef, pork, veal, etc.) and it makes no difference whether the meats are roasted, braised or stewed. It's wonderful in boiled potatoes (especially small new potatoes) green beans, wax beans, cabbage, sauerkraut, etc., and it is a must for pickles. In fact, I use dill in everything except ice cream. Use it whenever you can. The taste is wonderful and it is healthful. Dill is used even in cookies and it may find its way into ice cream yet.

HONEY

Honey is a wholesome sweet, but, not everybody likes its taste.

Honey is a heat producer and a healer and contains very much nourishment.

It may be used to sweeten breads and may be used in place of other sweets in cakes and cookies, if 1/3 teaspoon of soda is added for each cup of honey to neutralize the acid. Less liquid is also required in the recipe.

A word of caution should be added. There are some people, however, with whom honey does not agree even in the smallest quantities. While it can be eaten with advantage in ordinary amounts, it may cause feverish symptoms and even delirium if taken to excess.

FOR COLDS—Milk boiled with honey and butter breaks up a cold quickly. Drink hot.

FOR CONSTIPATION—Eat whole wheat bread and honey, and you will be cured.

FOR INSOMNIA—Drink a glass of hot milk with a teaspoonful of honey stirred in. Drink just before going to bed.

IRRITATING COUGH—Honey mixed to a thin paste with lemon juice and taken in doses of a half teaspoonful will ease the most irritating cough. Most of all preparations for relieving the chest are better if sweetened with honey instead of sugar.

CORN SILK (Fresh or Dry)

As a remedy corn silk is very good for kidney and bladder trouble, also useful to prevent bed wetting.

HOPS

Hops — for debility, flagging appetite and nerve trouble, the usual infusion of an ounce of hops to a pint of boiling water, taken in wineglass doses half an hour before meals, will do wonders in many cases where more elaborate remedies fail. A hop poultice is excellent to relieve sciatica or lumbago or other rheumatic pains and has been advised also for toothache or neuralgia. Children or anyone suffering from thread worms will benefit by taking an infusion of hops. For young children the usual infusion (tea) should be suitably given in dessert spoonful doses. For grown-ups a wine-glassful dose night and morning.

It is impossible to speak too highly of hops as an inducer to sleep. The narcotic characteristic is very strong and cases have been known in which perfectly wide awake persons going into an oast house where hops are being dried, had been impelled to sit down anywhere and go into a long and sound sleep.

NUTMEG

Although a small amount of grated nutmeg is excellent for flavoring and is quite harmless; taken in larger quantities may produce unwanted results. It was used to promote sleep until it was discovered that it was a dangerous narcotic. A little nutmeg is good for flavoring, a little more is sleep producing, a little more gets you into a narcotic stage, although it's prescribed by doctors at times, as a home medicine, nutmeg is better left strictly alone.

PARSLEY

Parsley — served with boiled onions is a remedy for gall stones, and parsley as a sauce is advised for sufferers from gravel stone and dropsy. A sprig of parsley dipped in vinegar and eaten, will remove the taint in the breath that remains after eating onions. Gives a wonderful taste to soups, meats, sauces, etc.

Yet, in spite of its usefulness, when taken in small quantities, a large amount (especially the root eaten alone) may be poisonous.

SORREL — SCHAVELJ

It kills putrefaction in the blood, expels worms, and is warming to the heart. The root boiled is good for profuse menstruation or stomach hemorrhage. A tea from flowers is good in internal ulcers, and black jaundice; also scurvy, scrofula, and all skin diseases. A poultice is excellent for cancer, boils and tumors. Leaves eaten in the spring are an excellent preventive for scurvy. Sorrel soup taken in the spring relieves sufferers of persistent headaches if taken a bowl daily for a month. See recipe page 31.

CATNIP (Matronka)

It's very good for small children and infants. A tablespoon steeped in two cups of water used as an enema is soothing and quieting. It's very effective in insanity, fevers, and expelling worms, also good for fits. A high enema of catnip will relieve hysterical headaches. It is good to restore menstrual secretions. An enema of catnip will open up urination when it has stopped. Every home should have catnip on hand. Always steep herbs never boil them; same goes for catnip. Honey may be added to make it more pleasant.

DANDELION

Dandelions are very good for anemics. It supplies the nutritive salts the body needs. It contains more than 25 parts sodium. The natural nutritive salts purify the blood and neutralize the acids in the blood. It's a good remedy for jaundice, scurvy, scrofula, eczema and skin diseases. Has a beneficial effect on female organs.

ELDER (Blossoms and Berries) BZYNA

Tea made of the blossoms is stimulating and a good tonic as well as a good blood purifier. It's very useful in kidney and liver diseases. It increases the flow of urine, is cooling and is good in building up the system. It's a good remedy for children's diseases such as liver derangements. It's especially good for headaches due to colds, palsy, rheumatism, etc. In skin diseases, sores should be washed with this tea. You may take this tea internally. Berries made into a tea are very good for cholera and diarrhea.

JUNIPER (Berries) JALOVETZ

An old fashioned remedy for kidney and urinary troubles. One teaspoon of dried juniper berries steeped in a cup of boiling water is a fine tea to cleanse the system. It's a fine stomach medicine expelling gas from stomach and bowels (good colic remedy). It's very effective for coughs, consumption, cramps, convulsions, pains in the stomach and shortness of breath. It gives safe and speedy delivery to women with child.

It is soothing and strengthening to the nerves and helps vision. In fact, it strengthens nerves as a whole, and is a good brain medicine. It's good for sciatic rheumatism or pains anywhere. It checks bleeding in hemorrhoids and piles.

Juniper is good for worms in children or in adults. Two teaspoonsful makes a wonderful wash for poisonous insect bites, bee stings, snake bites, dog bites. Juniper is excellent as a remedy for the gums and to use as a gargle. A lye made of the ashes of the wood and the body bathed in it cures the itch, scabs and leprosy.

NETTLE

A blood purifier and an excellent remedy for kidney trouble. It will expel gravel from the bladder and increase flow of urine. It will kill and expel worms. Excellent for reducing in combination with seawrack. Boiled leaves applied externally will stop bleeding almost immediately. Nettle tea is good for fever, colds and grippe. For chronic rheumatism take the bruised leaves and rub on the skin. A poultice of green steeped leaves will relieve pain. This poultice will raise blisters if kept on too long. Nettle tea is a good hair tonic and will bring back the natural color of the hair. Use as the last rinse when shampooing. Dip fingers into nettle tea and thoroughly massage scalp. This will cure dandruff.

ROCK ROSE

Unusual and superior remedy for cancer. Valuable for scrofula — used for this purpose a long time. A teaspoonful simmered in a cup of water for 10 minutes is a fine tea to drink. Take it down in 4 to 6 swallows. It's an excellent gargle for cankered sore throat and scarlatina. It's good for diarrhea and syphilis.

SAGE

Well known for seasoning soups, dressings, meats, etc. One of the best remedies for stomach troubles, dyspepsia, gas in the stomach, and bowels. Expels worms in children and adults, and good for liver and kidney troubles. It's very soothing in nerve troubles and delirious fevers. It is better than quinine as a substitute. As a hair tonic it is most effective. It'll make hair grow when the roots are not destroyed, and will remove dandruff. Sage is a good tea to drink daily. In case of weaning a child, or when it is desired that the milk should cease in the breast, due to sickness or other reasons, the sage tea drunk cold, will cause the flow of milk in the breasts to cease.

WORMWOOD (POLYN)

An old fashioned remedy for bilious and liver troubles, jaundice and intermittent fevers. It's an excellent appetizer, and will expel worms. Taken too often, or in large quantities will irritate the stomach and dangerously increase the action of the heart and arteries. It is a tonic and narcotic.

ST. JOHN'S WORT

St. John's Wort — an herb of many legends. Good for chronic catarrh and for practically any complaint affecting the throat and lungs, as well as for restriction of the urinary passages. The same infusion (herb steeped in hot water not boiled) is an old fashioned rustic remedy for bed wetting in children or aged people. Many people consider it a cure all.

KITCHEN WEIGHTS, MEASURES AND

USEFUL INFORMATION

(All measures are level full)

3 teaspoons	=1 tablespoon
$\frac{1}{2}$ fluid ounce	=1 tablespoon
16 tablespoons	=1 cup
2 gills	=1 cup
$\frac{1}{2}$ liquid pint	=1 cup
8 fluid ounces	=1 cup
1 liquid pint	=2 cups
16 fluid ounces	=2 cups

4 large tablespoonsful	=	$\frac{1}{2}$ gill
1 teacup	=	1 gill
1 common sized tumbler	=	$\frac{1}{2}$ pint
2 cups	=	1 pint
2 pints	=	1 quart
1 tablespoonful	=	$\frac{1}{2}$ ounce
1 large wine glass	=	2 ounces
8 quarts	=	1 peck
4 cups flour	=	1 pound
2 cups solid butter	=	1 pound
4 quarts	=	1 gallon
2 cups granulated sugar	=	1 pound
3 cups cornmeal	=	1 pound
2- $\frac{2}{3}$ cups brown sugar	=	1 pound
2 cups solid meat	=	1 pound
2- $\frac{2}{3}$ cups powdered sugar	=	1 pound
16 ounces	=	1 pound
2 tablespoons butter, sugar, salt	=	1 ounce
4 tablespoons flour	=	1 ounce
16 tablespoonsful	=	1 cupful
60 drops	=	1 teaspoonful
8 saltspoonsful	=	1 teaspoonful
4 tablespoonsful	=	$\frac{1}{4}$ cupful
1 cup shelled almonds	=	$\frac{1}{4}$ pound
$\frac{1}{4}$ pound cornstarch	=	1 cupful
A dash	=	less than $\frac{1}{8}$ teaspoon

Approximate Cup Measure

1 cup granulated sugar	= $\frac{1}{2}$ pound
1 cup butter	= $\frac{1}{2}$ pound
1 cup lard	= $\frac{1}{2}$ pound
1 cup flour	= $\frac{1}{4}$ pound
1 cup rice	= $\frac{1}{2}$ pound
1 cup cornmeal	=5 ounces
1 cup raisins (stemmed)	=6 ounces
1 cup currants (cleaned)	=6 ounces
1 cup bread crumbs (stale)	=2 ounces
1 cup chopped meat	= $\frac{1}{2}$ pound

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