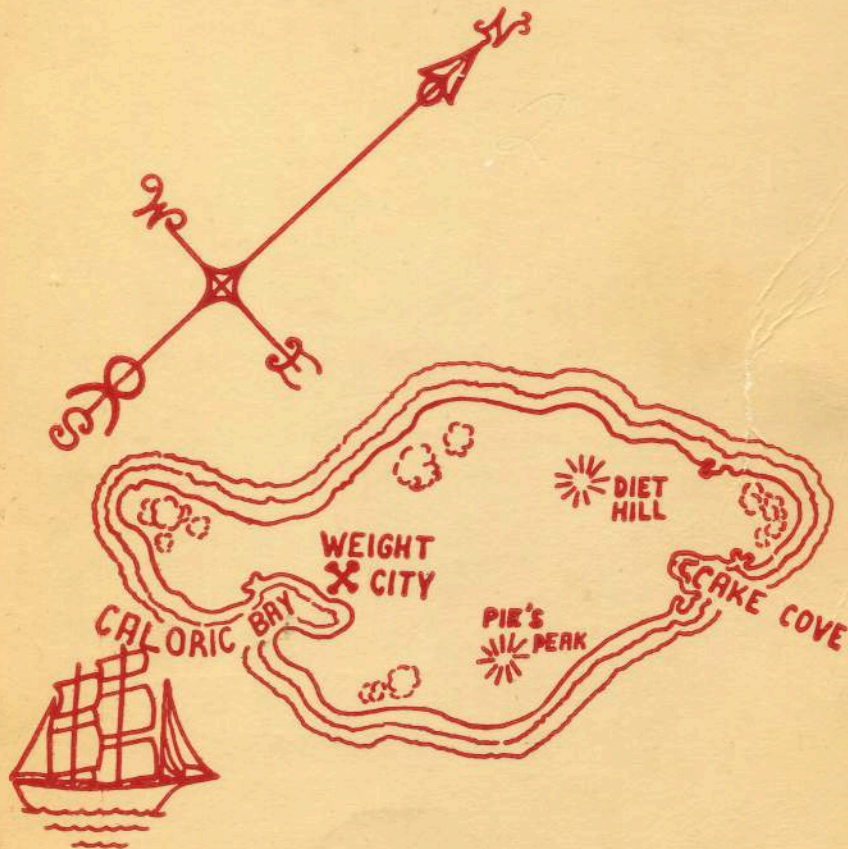


HARPER CREEK'S
TREASURE
OF PERSONAL RECIPES



Compiled by the
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BATTLE CREEK, MICHIGAN

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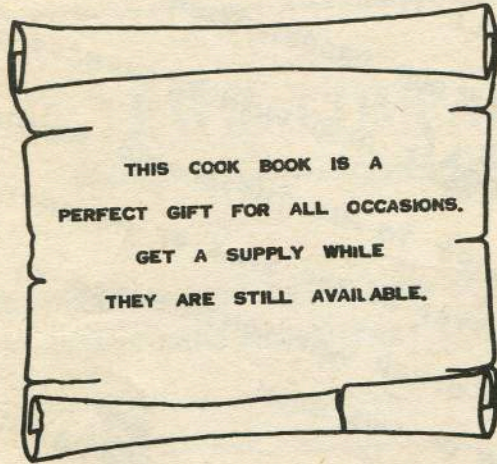
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BATTLE CREEK, MICH.

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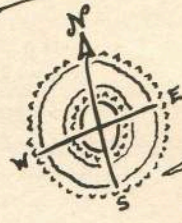
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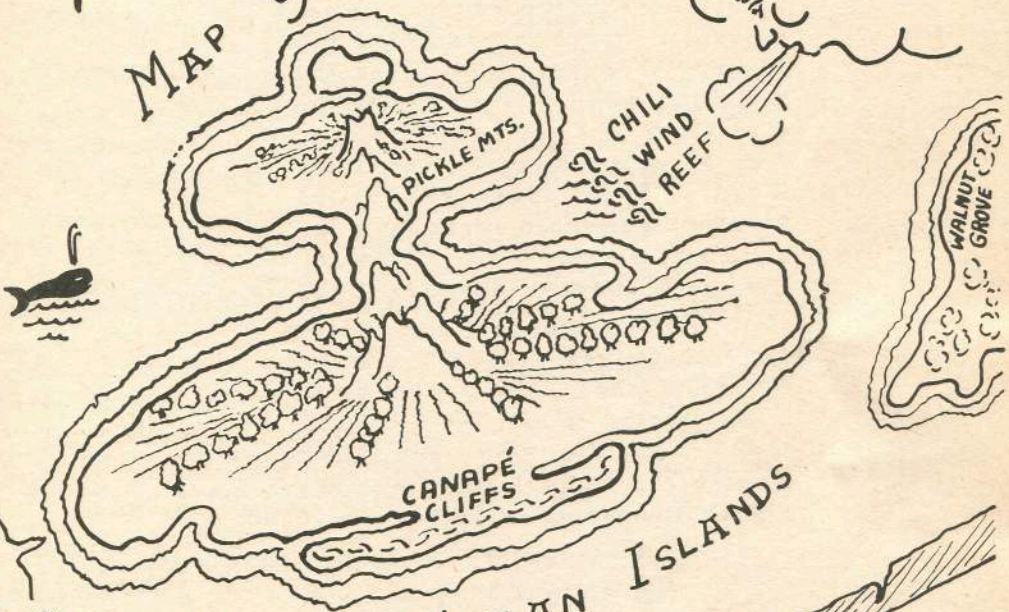
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MAP of



LAZY SUZAN ISLANDS

R E L I S H E S

G A R N I S H E S

KITCHEN MEASURES

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

MEASURE ABBREVIATIONS

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

APPETIZERS, RELISHES, GARNISHES

BARBECUE SAUCE FOR STEAK

Mary Hines

Into a large saucepan, put 1 large onion, 1 large green pepper, and 1/2 c. tomato juice, 1 c. catsup, 1/4 c. of Worcestershire sauce, 1/3 c. butter and 1 tsp. of salt. Simmer 1/2 to 3/4 of an hour to reduce and thicken. Serve hot with steak.

CHILI SAUCE

Mrs. E. Fairchild

18 tomatoes
2 onions

2 green peppers, chopped
fine

Cook above mixture well, add:

2 c. sugar
1 1/2 c. vinegar

2 tsp. salt
1 tsp. cloves

Boil - can in pint jars.

HOMEMADE GERMAN DILLS

Virginia Holt

1 c. vinegar
1 c. salt

3 qts. plus 1 c. water

Mix and bring to a boil. Let cool. Wash and pack pickles in jars. To each quart add:

1/2 tsp. powdered alum
Grape leaf

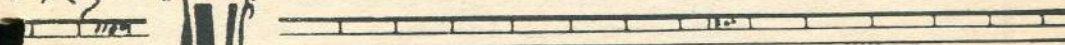
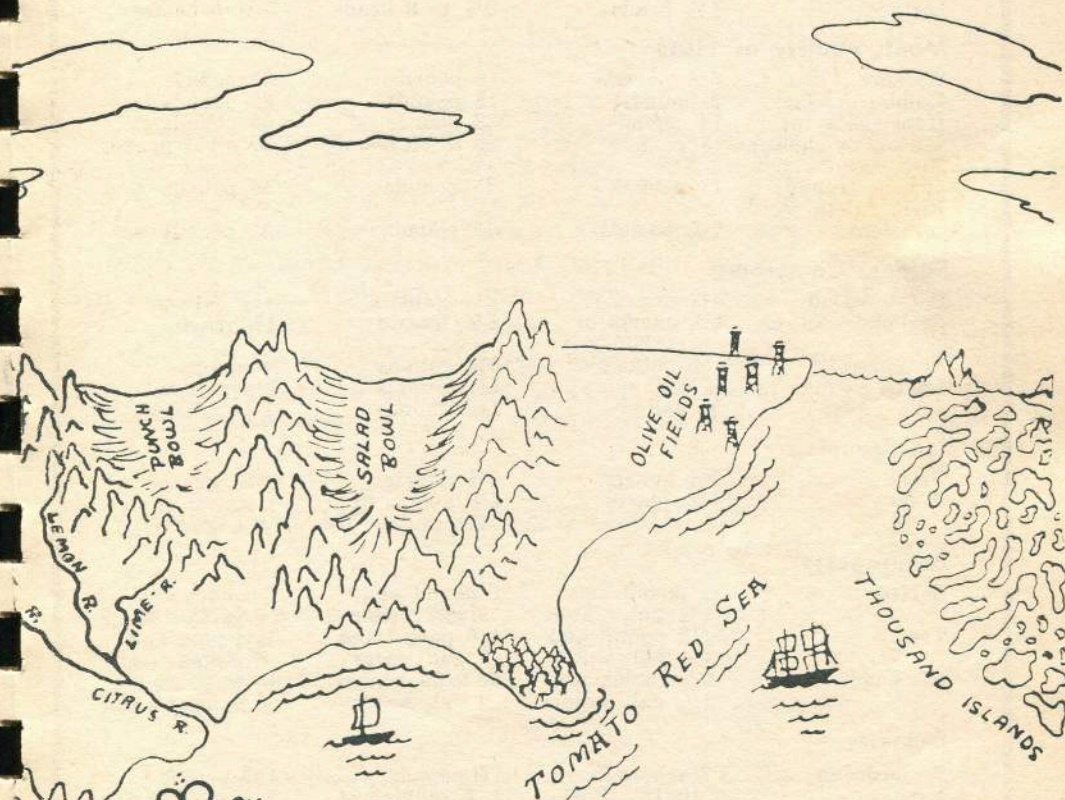
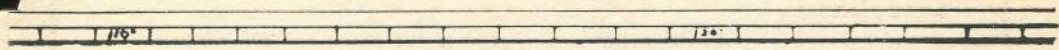
Clove or two of garlic
Sprig of dill

Cover with cooled liquid and seal. Age 4 to 6 weeks

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:

SOUPS SALADS



VEGETABLES

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

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

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped potato	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¾ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gallons water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	½ pound and 6 gallons water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gallons water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pint	1½ to 2 pints	3 pints



SOUPS, SALADS, VEGETABLES

CRANBERRY SALAD

Mrs. Elizabeth Gardner

1 lb. cranberries	1 c. nut meats, or less
1 orange	1 c. small marshmallows
2 c. sugar	1 c. celery, chopped
1 pkg. lemon jello	1 c. chopped apple
2 c. hot water	Canned pineapple if desired

Grind berries and orange, rind and all; add sugar and let stand overnight. Prepare jello and let partly congeal, add berries, nuts, apples etc. Put in mold. I use part of the juice from the berries for part of the water for jello.

CREAM CHEESE JELLO SALAD

Mrs. William Haroff

Mix 3 1/2 cups drained fruit cocktail with 1/2 c. chopped pecans. Set aside. Cream one 3 oz. pkg. cream cheese with 1/4 c. salad dressing. Set aside.

Whip 1 c. heavy cream, stir in 1/2 c. sugar. Now combine these three mixtures. Dissolve 1 pkg. unflavored gelatin in 2 Tbsp. lemon juice over hot water, and add and mix well. Pour into salad bowl and put in refrigerator. This can be made a day ahead of time, or can be ready to eat in an hour or two. If you prefer you can add 3 or 4 cut-up maraschino cherries to fruit cocktail. It adds a good flavor and color. Very good to serve with a roast or fowl.

STRAWBERRY MAYONNAISE SALAD

Mrs. Eric J. Hudson

2 c. strawberries, sliced	1 tsp. vinegar
1/2 c. sugar	1/4 tsp. salt
1 pkg. lemon jello	1 Tbsp. mayonnaise
	1 Tbsp. whipped cream

Slice strawberries, add sugar and let stand 1 hour; drain. Dissolve jello in 1 c. boiling water; add 1/2 c. strawberry juice, vinegar, salt, and strawberries. Place in refrigerator until slightly thickened. Combine mayonnaise and whipped cream and stir into thickened jello. Place in individual molds and chill.

OYSTER SOUP

Mrs. Burt

4 c. scalded milk	2 tsp. salt
4 Tbsp. minute tapioca	Dash of cayenne
1 c. oysters and liquor, cut oysters finely	Dash of paprika
	4 Tbsp. butter

Add tapioca and salt to milk and cook in double boiler 15 minutes until tapioca clears, stirring frequently. Add oysters and oyster liquor, cayenne, and paprika. Reheat and add butter.

APPLE CHICKEN SALAD

Mary Hines

3 c. cooked or canned diced chicken	Mayonnaise
1 c. diced celery	3 apples
1/2 c. broken walnuts	Salad greens

Combine chicken, celery, and walnuts with enough mayonnaise to hold ingredients together. Core apples, slice thin, add to chicken mixture. Chill. Serve on salad greens. Serves 6 to 8. Turkey may be used in place of chicken.

SPECIAL DATE SALAD

E. Ann Capman

Mix together chopped equal amounts of apples, bananas, grapes, dates, nuts if desired. Whip 1 c. heavy cream, add sugar to taste. Mix well with fruit, serve immediately.

FALL FRUIT SOUFFLE SALAD

Mrs. James Leys

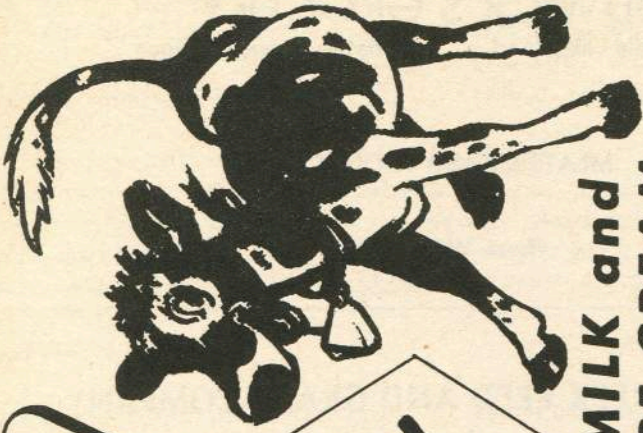
1 pkg. lime jello	1/4 tsp. salt
1 c. hot water	1 c. diced peeled apples
1/2 c. cold water	3/4 c. seeded red grapes
2 Tbsp. lemon juice	1/4 c. chopped walnuts
1/2 c. mayonnaise	

Dissolve jello in hot water, add cold water, mayonnaise, lemon juice and salt. Blend well with rotary beater. Pour into refrigerator freezing tray. Quick chill in freezing unit 15 to 20 minutes until firm about 1 inch from edge, but soft in center. Turn mixture into bowl and whip with rotary beater until fluffy. Fold in apples, grapes, walnuts. Pour into mold. Chill until firm in refrigerator.

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HOT POTATO SALAD

Mrs. Joseph Ball

4 large potatoes	1/4 c. sugar
4 slices bacon	2 tsp. salt
2 tsp. minced onion	1/4 tsp. pepper
1/2 c. vinegar	1/2 tsp. dry mustard
1/4 c. water	1/4 c. chopped parsley

Cook potatoes. Drain; peel; slice. Mince bacon; fry until crisp; drain. Combine onion, vinegar, water, sugar, salt, pepper and mustard; heat. Add to potatoes. Add bacon and parsley, mixing carefully with fork so potato slices are not broken. Heat slowly. Serves 4.

DUTCH SLAW

Mrs. C. M. Gould

1 qt. or approx. 1 1/2 lbs. shredded cabbage	1/2 red pepper, shredded
1 green pepper, shredded	2 med. sized onions, chopped

Put in crock, and pour over it:

1 c. vinegar	1/2 tsp. celery seed
3/4 tsp. salt	3/4 tsp. mustard seed
1/4 tsp. tumeric	1 1/4 c. sugar

Bring to boil, pour over cabbage. Let stand at least 12 hours before serving.

MARSHMALLOW COTTAGE SALAD Mrs. Donald Shamp

15 marshmallows, cut in quarters	2 Tbsp. sugar
1 c. cottage cheese	1 Tbsp. lemon juice
1/2 c. diced pineapple	1/8 tsp. salt
	1/4 c. maraschino cherries, halved

Mix together well, add 1 c. whipped cream, fold in and let chill about 2 hours.

BEETS IN ORANGE JUICE

Mrs. R. Laubenscheimer

2 Tbsp. flour	1/2 c. orange juice
2 Tbsp. sugar	2 Tbsp. lemon juice
1/4 tsp. salt	2 c. whole small beets
2 Tbsp. butter	
1/4 c. cold water	

BEETS IN ORANGE JUICE (Continued)

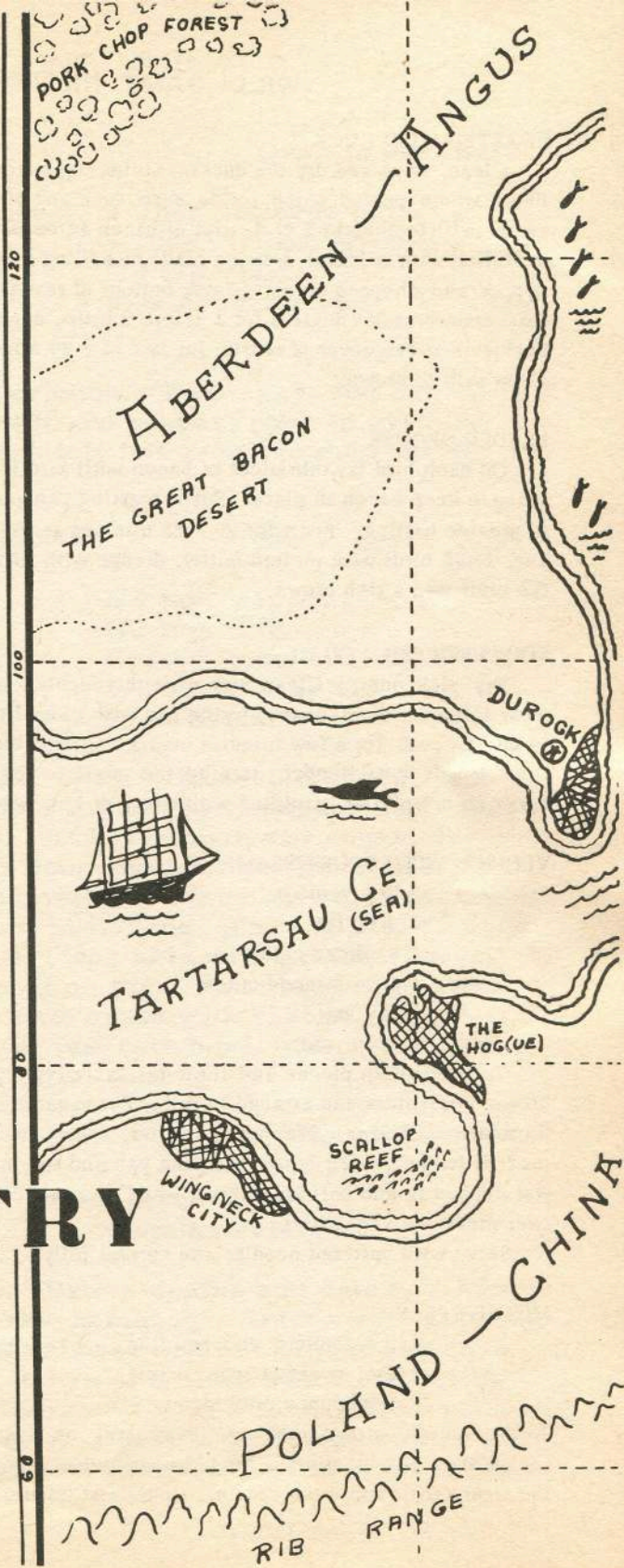
Mix flour, sugar and salt in double boiler. Add butter, water, orange and lemon juice. Cook over hot water until thick, about 5 minutes. Stir occasionally, add beets to sauce, cover and cook until flavors are blended (30 minutes). Serves 6.

Write Extra Recipes Here:

MEAT

FISH

POULTRY



WILD GAME RECIPES

ROASTED WILD DUCK

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

LARDED GROUSE

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

SOUTHERN FRIED QUAIL

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

VENISON WITH SOUR CREAM

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

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

Serve with buttered noodles and currant jelly.

MOOSE STEAK

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

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

MEAT, FISH, POULTRY

TUNA LOAF

Mrs. Joseph Ball

1 13-oz. can (2 cups) tuna	2 Tbsp. minced parsley
1/2 c. milk	1 Tbsp. lemon juice
2 c. soft bread crumbs	1/4 tsp. salt
2 eggs	Few grains pepper
1 Tbsp. grated onion	

Mix tuna, milk and crumbs. Beat eggs; add onion, parsley, lemon juice, salt and pepper; pack in greased loaf pan. Bake in moderately hot oven 375 degrees 40 minutes. Serves 4 to 6.

CHICKEN AND MACARONI

Mrs. Jesse Moss

1 chicken	1/4 tsp. pepper
1 tsp. cinnamon	1/2 tsp. salt
2 cans tomato sauce	Grated Romano cheese
1 tsp. sugar	3/4 stick of butter
1/2 lemon	1 box macaroni

Cut chicken in pieces. Fry in butter. Squeeze lemon over chicken. Add tomato sauce, salt, pepper and enough water to cover chicken. Add cinnamon and sugar, let simmer until chicken is done and broth is thickened.

Boil macaroni in salt water. Place butter in saucepan and brown. When macaroni is done, place half of drained macaroni on large platter, sprinkle with grated cheese. Place remaining macaroni on top. Pour browned butter over macaroni and sprinkle again with cheese. Chicken and sauce to be served in separate bowl. Each individual puts sauce over macaroni to taste.

STUFFED CABBAGE

Naomi Hinman

1 lb. hamburger	1 large onion
3/4 c. rice	4 stalks celery

Parboil rice, drain. Brown onions and celery. Mix these all together with raw hamburger. Season with salt and pepper. Take a head of cabbage and cut around the core real deep. Place head in pan of boiling water and let it steam so you can take leaves off with a fork. Take each leaf off separately. Grease a baking dish; line bottom with cabbage leaves. Then place cabbage leaf in palm of hand

STUFFED CABBAGE (Continued)

and put a big Tbsp. of hamburg mixture in leaf. Fold leaf around mixture, place in baking dish, so mixture can't fall out of leaf. Arrange several of these in dish, then cover with cabbage leaves. Pour over this one can of tomato soup. Bake in oven 350 degrees or simmer on top of stove until rice and hamburg are done.

BUSY DAY OVEN SPAGHETTI

Mrs. Allen Wiegand

2 lbs. ground beef	2 eggs, well beaten
1/2 c. diced onion	1/4 c. cream
1 c. diced green pepper	1 qt. tomatoes
1 clove garlic, minced	1 c. water
1/2 c. grated sharp cheese	2 c. uncooked elbow spaghetti
1 c. fresh bread crumbs	Salt and pepper to taste

Brown beef, onion, pepper and garlic in skillet, or Dutch oven. Add remaining ingredients, including the uncooked spaghetti, and stir well to mix. Turn into casserole or leave in Dutch oven. Cover and bake in slow oven, 300 degrees, for 1 to 1 1/2 hours. Add water if needed. Sprinkle more cheese over top during last few minutes if desired. Makes 8 to 10 servings.

OOIE-GOOIE-OH, MY GOSH (a tasty Mexican casserole dish)

Mrs. George Blincoe

1 pkg. Fritos Corn Chips	1 lb. cheese (your choice)
1 can chili (either with or without beans)	sliced
	2 medium size onions

Put the above ingredients in a medium size casserole dish that has been lightly greased. Use the layer method, a few Fritos, part of the chili, cheese, then onions until all the ingredients are used. Finishing with the cheese makes the dish more attractive. Bake in the oven at 350 degrees until the cheese is melted and all the ingredients are thoroughly hot, approximately 30 minutes. Good for large groups.

CROWN ROAST OF SPARERIBS AND DRESSING

Mrs. R. Laubenscheimer

2 lbs. spareribs	2 c. bread crumbs
2 c. boiled rice	1 minced carrot

CROWN ROAST OF SPARERIBS AND DRESSING

(Continued)

1 large minced onion	1/2 tsp. powdered sage
1/4 c. raisins	2 tsp. salt
3 Tbsp. butter	1/4 tsp. pepper

Have butcher tie spareribs in crown roast shape. Wipe meat with cold, damp cloth. Set upright in baking dish. Mix all other ingredients thoroughly and pack in cavity. Bake in moderate oven, 325 degrees, for 2 hours. Serve in baking dish.

QUICK GOULASH

Mrs. Donald F. Zongker

2 Tbsp. fat	1 c. celery, diced
2 medium-sized onions	2 c. elbow macaroni or spaghetti
1 lb. ground beef	1 c. frozen peas (or corn)
2 (16 oz.) cans tomatoes or 1 qt. home canned	1 Tbsp. sugar (scant)
	Salt and pepper to taste

Use large skillet, Dutch oven, or 4-qt. pan. Melt fat in pan, add cut-up onions and cook partially done over medium heat. Next add ground beef, stir while cooking until lightly browned. Add diced celery, tomatoes, peas, sugar, salt and pepper to taste. When mixture starts to boil, reduce to low heat, cover pan and simmer 15 to 20 minutes. Serves 4 generously. One pound of sausage may be substituted for the ground beef.

HOT DOGS

Mrs. W. Bates

Pan-broil in heavy skillet until half done, 8 thin slices bacon, cut in 1/2 inch squares. Drain off most of fat, add and fry, stirring constantly, until golden brown, 3 cups minced onion. Stir in:

2 1/2 c. cooked tomatoes (No. 2 can)	3/4 tsp. salt
	1/8 tsp. pepper

Place on top 8 to 10 wieners (1 lb.) cover and simmer gently, stirring occasionally, 45 minutes. Remove cover, and boil hard 5 to 10 minutes to reduce liquid. Serve hot, a wiener and a spoonful of the hot sauce for each frankfurter.

TUNA OR SALMON CROQUETTES

Mrs. Elizabeth Gardner

1 can salmon or 2-6 1/2 oz. cans of tuna	1/2 c. chopped celery
1 Tbsp. chopped onion	1/2 tsp. salt
3 c. bread crumbs	1/4 tsp. pepper
	1 egg
	1/2 c. milk

Combine all ingredients and shape into cones. Bake for 35 minutes or until golden brown in 325 degree oven. Serve with cream sauce with frozen peas added and poured over the top of the cones.

HOT DISH

Linda Cummings

1 lb. ground beef, browned	1 c. celery, cooked
1 large onion browned in butter	1 can cream of chicken soup
1 c. rice, cooked	1 can cream of mushroom soup
	1 Tbsp. soy sauce

Mix together in baking dish and top with 1/2 can Chow Mein noodles. Celery water may be added. Bake 1 hour at 300 to 350 degrees.

BARBECUED RIBS

Dorothy Hamp

Spareribs	No. 2 can pineapple
1/4 c. water	1/4 c. soy sauce
1 1/2 tsp. ginger	1 Tbsp. brown sugar
1/4 c. honey	

Tenderize ribs overnight with Adolphs. Four to five hours before cooking, baste and soak in sauce with juice from pineapple and above ingredients. Grill about 1/2 hour on each side basting with sauce. About ten minutes before serving, grill pineapple slices brushed with sauce.

KEBOBS

Mrs. Ball

2 lb. boned lamb shoulder	1 tsp. salt
1/2 c. salad oil	1/4 tsp. pepper
1/3 c. vinegar	Green pepper
1 medium onion	

Cut meat in 1 inch cubes. Combine salad oil and vinegar. Grate onion; add with salt and pepper. Add

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Jessie's Fruit Cake

- 1 lb currents
- 1 lb cherries
- 1 rasins
- 1 Pineapple
- 1/2 C butter
- 3 C flour
- 1 lb nuts
- 1 dates
- 1/2 T cinnamon
- 1/2 T spice
- grape juice or wine
- 3 t baking powder
- 6 eggs

- 2 C Brown Sugar
- 1 almonds
- Pinch salt
- mollas
- Coffee

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KEBOBS (Continued)

meat; cover. Let stand 4 hours; drain. Cut green pepper in squares. On 8 skewers string meat cubes alternately with green pepper. Place on broiler rack with top of food 3 inches below unit or tip of flame; broil 15 minutes, turning several times. Serves 4.

HAMBURGER DISH DELICIOUS

Marian Walker

3/4 lb. ground beef, more if desired	1 c. cooked noodles
2 c. diced celery, or less if desired	1 can tomato soup
3 chopped onions	1/3 can water
	3/4 c. grated cheese
	1 tsp. salt - dash of pepper

Cook noodles in boiling water until tender. Brown meat in frying pan, stirring to separate. Add onion and celery and saute until tender. Add soup, water, cheese, salt, pepper and noodles. Pour into casserole and bake 45 minutes at 350 degrees F.

ARROZ CON POLLA (Chicken with Rice)

Mrs. C. M. Gould

1/2 c. long grain rice	1 c. sliced mushrooms
1/2 c. onions, chopped	1/4 c. snipped parsley
1/2 c. green pepper, chopped	1/8 c. pimientos
1 1/2 c. diced celery	1 1/4 lb. cooked diced chicken
	1/2 c. salad dressing

Cook rice and cool. Saute onions, green peppers, mushrooms and celery real lightly (cook not browned). Add parsley and pimientos. Combine with cooked rice. Add chicken and salad dressing and season. Place mixture in pans and cover with buttered crumbs and bake at 350 degrees about 30 minutes. Serves 6 to 8.

OYSTER MEAT LOAF

Betty Hakes

2 lbs. ground beef	1 small onion, chopped
2 c. tomatoes	1 pt. oysters
1/2 green pepper, cut fine	1 tsp. salt
3 stalks celery hearts, cut fine	1/4 tsp. pepper

Mix well and bake at 350 degrees 1 to 1 1/2 hours.

TUNA-CHOW MEIN CASSEROLE

Mrs. Elmer F. Eschenburg

1 can mushroom soup	1 c. sliced celery
1/4 c. water	1/2 c. salted cashews (not necessary)
1 can Chow Mein noodles	1/4 c. chopped onions
1 7-oz. can tuna	Dash of pepper and salt to taste

Combine soup and water. Add 1/2 can noodles. Add tuna and other ingredients. Place in greased casserole and cover with remaining noodles. Bake at 375 degrees until "bubbly" - about 30 to 45 minutes. Serves 4 to 6. This is equally good with chicken or turkey in place of the tuna.

BARBECUED PORK CHOPS

Mrs. Richard Shook

Dust 6 servings of pork chops with flour and sear on both sides until brown. Add barbecue sauce - reduce heat and cook slowly until tender, about 20 minutes.

Barbecue Sauce:

4 Tbsp. minced onion	1 Tbsp. prepared mustard
1 c. condensed tomato soup	1 tsp. salt
3/4 c. water	1 tsp. or less of chili powder
3 Tbsp. vinegar	Dash of pepper

Heat ingredients to boiling point before pouring over browned meat.

SALMON TERBUT

Melba Barker

1/2 c. flour	1 tsp. salt
1/4 c. butter	1/8 tsp. pepper
1 egg	2 c. milk
1 small onion, cut fine	1 can salmon (skin and bones removed)

Cream flour and butter together. Put creamed mixture together with egg, onion, salt and pepper. Mix. Add milk slowly with mashed salmon. Put in greased baking dish and bake 1 to 1 1/2 hours until "set up".

NOODLE CASSEROLE

Mrs. Howard Nunn

1 lb. ground beef
1 lb. ground pork
4 large onions

1 can whole kernel corn
1 can tomatoes
1 can mushrooms

Brown meat and onions; add remaining ingredients and season with salt and pepper. Cook 2 packages of noodles and combine with meat mixture. Bake 1/2 hour at 350 degrees.

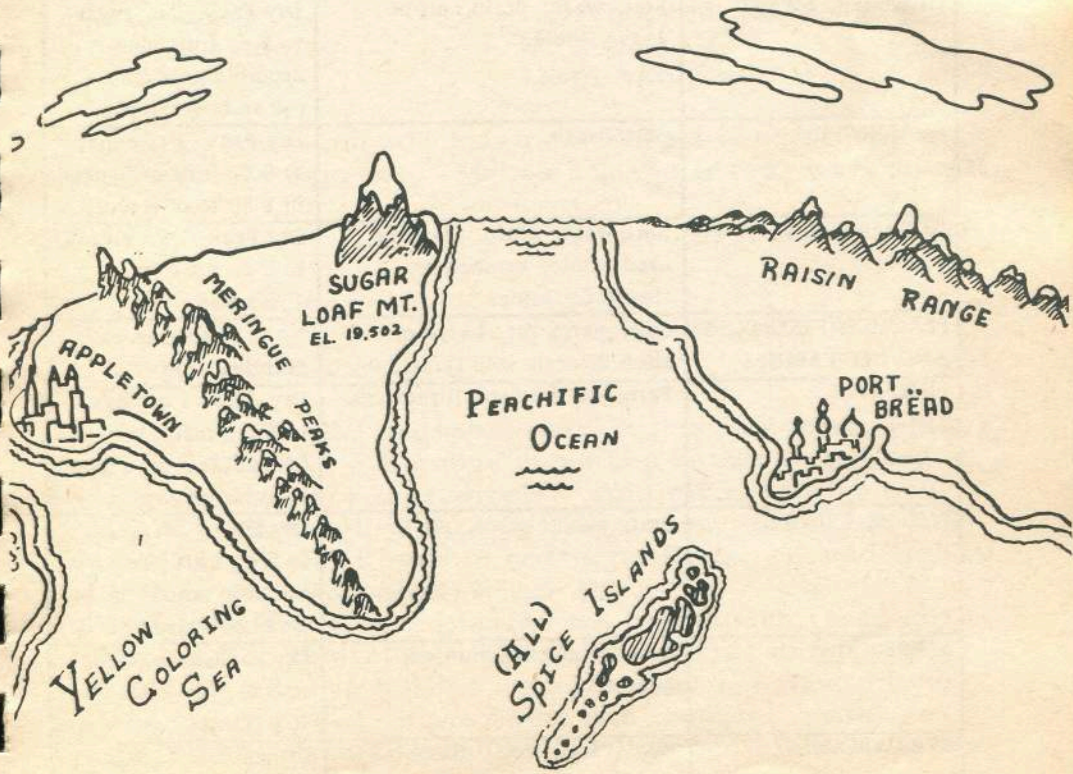
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Write Extra Recipes Here:

BREAD ROLLS

STRATOSPHERE

PASTRY



TO QUICK-FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole. Strawberries may be left whole or sliced.

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

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

BREAD, ROLLS, PASTRY

BAKING POWDER BISCUITS

Mrs. Harold Haven

2 level c. flour
4 level tsp. baking powder
1 level tsp. salt

6 Tbsp. shortening
3/4 c. milk and water, in
equal parts

Sift flour, baking powder, and salt together; work in the shortening. Add gradually the liquid (more or less as required according to quality of the flour). Toss on a floured board, pat and roll lightly to 1/2 inch in thickness. Cut into shape and bake in a hot oven, 450 degrees, 15 to 20 minutes.

NUT AND RAISIN BREAD

Mrs. Eva Wart

2 c. seedless raisins
2 1/2 tsp. soda

2 1/2 c. hot water

Let stand overnight or till raisins swell.

3 eggs, lightly beaten
1 1/2 c. sugar
1 Tbsp. shortening

4 c. sifted flour
1 c. chopped nut meats
1/4 tsp. salt
1 tsp. vanilla

Mix together and add raisins. Bake 1 hour and 15 minutes at 375 degrees. Makes 2 large loaves or 3 small.

BUTTER DIPS

Mrs. James Leys

2 1/4 c. sifted flour
1 Tbsp. sugar
3 1/2 tsp. baking powder

1 1/2 tsp. salt
1 c. milk

Heat oven to 450 degrees; melt butter in oven in oblong pan 13 x 9 1/2 x 2". Remove pan when butter is melted. Sift together all dry ingredients. Add milk. Stir slowly with fork until dough just clings together. Turn onto well floured board. Roll over to coat with flour. Knead lightly about 10 times. Roll out 1/2 inch thick into rectangle 12 x 8 inches. With floured knife, cut lengthwise, then cut crosswise into 16 strips. Pick up cut strips and dip each one on both sides in melted butter. Next lay them close together in two rows in the same pan in which butter is melted. Bake 15 to 20 minutes until golden brown. Serve hot. Makes 32 sticks.

CLOVERLEAF ROLLS

Ruth Rabbitt

2 c. lukewarm milk
1/2 c. sugar

1 tsp. salt

Mix together. Crumble into mixture 2 cakes compressed yeast. Stir until yeast is dissolved. Stir in 2 eggs and 1/2 c. soft shortening. Mix in first with spoon, then with hand - 7 to 8 cups sifted flour. Knead dough, place in greased bowl; cover with cloth and let rise until double - about 2 hours. Punch down. Let rise again about 30 minutes. Form bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup. Brush with butter for flavor. Let rise until light. Bake 425 degrees 12 to 20 minutes depending on size. About 2 dozen rolls.

WHOLE WHEAT BREAD

Naomi Hinman

Dissolve 2 packages dry yeast in 1/2 c. warm water. Let this set. Mix together 1 c. dry milk, 6 Tbsp. sugar, 2 Tbsp. salt. Stir this together with yeast; add 3 1/2 c. hot water. Sift together 10 cups whole wheat flour and 2 cups white flour. Stir 1/2 of flour in mixture with 6 to 7 Tbsp. melted shortening, mixing well. Mix in the rest of flour, knead on floured board, let rise once or twice in greased bowl. This takes about 1 hour in warm room; covered. Then knead, put in loaf pans to rise. Bake in oven, 400 degrees, 25 to 30 minutes or until well browned. Take out of oven, grease crusts of bread with butter. For white bread, use 12 cups white flour.

POTATO FRIED CAKES

Mrs. P. D. Prestage

3 large potatoes cooked and mashed. (While hot add 2 1/2 c. white sugar and shortening).

2 Tbsp. shortening
1 tsp. salt
1 tsp. vanilla
1 tsp. nutmeg

3 beaten eggs
1 c. milk
6 tsp. baking powder,
rounded

Flour (2 c. with the baking powder and then as much more flour as needed until you can roll it out).

Fry one and if it is too rough and cracked, add more flour.

BANANA BREAD

Mrs. P. D. Prestage

2 or 3 mashed bananas	1 tsp. soda dissolved in
1/2 c. shortening	1 Tbsp. sour milk
1 c. white sugar	1/2 c. nut meats
2 eggs, beaten	2 c. sifted flour
	<i>1 salt</i>

Mix in order given. Bake 1 hour at 350 degrees. Preheat oven.

NEVER FAIL HOMEMADE BREAD

E. Ann Capman

Mix 1 pkg. yeast into 1 c. warm water.	
1 c. milk	2 Tbsp. sugar
1 Tbsp. salt	2 Tbsp. butter

Mix together; add yeast and 5 cups flour. Measure 1 c. flour on board and knead at least 50 times. Put in pan and cover with damp cloth. Let rise until double. Punch down. Shape into 2 loaves or rolls. Let rise until double. Bake at 450 degrees, approximately 15 to 20 minutes.

LONG JOHNS

E. Ann Capman

1/4 c. warm milk	1 pkg. yeast
------------------	--------------

Mix together, let stand 15 minutes. Add to:

1 c. warm milk	1 1/2 c. flour
1 Tbsp. sugar	

Beat together and let rise for 1 hour. Cream together:

3 Tbsp. butter	5 Tbsp. sugar
1/4 tsp. salt	1 tsp. vanilla
2 eggs	

Add to first part and add 3 cups of flour. Knead lightly and let rise 1 1/2 hours. Roll 1/4 inch thick on floured board. Cut into 3 inch strips. Let rise 1 hour on board then fry in deep fat. Ice with your favorite icing.

OATMEAL BREAD

Bernice Johnson

2 pkgs. yeast or 2 yeast cakes	1 1/2 c. boiling water
1/2 c. lukewarm water	1 c. uncooked oatmeal - stir and let cool.

OATMEAL BREAD (Continued)

1 1/2 c. milk, scalded	1 Tbsp. salt
1/2 c. sugar	2 Tbsp. shortening

Combine and let cool. Mix all together and add 7 1/2 cups flour. Bake 40 to 50 minutes at 400 degrees.

SCOTCH SCONES

Lewis Bradway

(The world's easiest recipe for hot bread). No shortening used.

Directions: Sift together into bowl, 2 c. flour, 4 tsp. baking powder, 1/2 tsp. salt and 2 Tbsp. sugar. Stir with knife to mix thoroughly; add 1 c. milk and mix all together with knife; makes a rather wet dough. Sift plenty of flour on table or pastry board, scrape dough from bowl onto floured patch; sift flour over dough and over rolling pin and roll to 1/2 inch thickness (pat out flat with hands). Cut into 10 or 12 pieces, square or any shape so as not to leave any scraps. Place on ungreased pans or baking sheet. Heat very slow oven, 250 degrees. Bake slowly for 35 minutes. Scones should be nearly white when baked, not browned. Good hot, better slit and toasted with jelly or honey.

GRAPE-NUT BREAD

Mrs. George DeFrance

1/2 c. Grape-Nuts	2 c. flour
1 1/2 c. thick sour milk or buttermilk	1 tsp. soda
2 tsp. melted butter	1 tsp. salt
	3/4 c. sugar

Measure sour milk, add Grape-Nuts and melted butter. Let stand while preparing dry ingredients. Sift flour, measure. Add soda, salt, sugar and sift together into mixing bowl. Add liquid ingredients to dry ingredients and stir only until smooth. Grease and line bottom of loaf pan with wax paper. Place batter in pan and bake in 350 degree oven for 40 minutes. You may add nutmeats if desired.

BUTTERMILK ROLLS

Mrs. George DeFrance

Put 1 c. buttermilk in a saucepan. Add 1 tsp. salt, 1/4 tsp. soda, 3 Tbsp. liquid shortening, and 1 Tbsp. (rounding) sugar. Scald this mixture. Cool to lukewarm and add yeast (1 cake or 1 pkg. dry), and 2 cups flour.

*water - whip rice crust
3/4 c spng. Pour on 1/2 c boiling water & 1 t milk
whip with fork til smooth like whipped
cream. Sift in 2 c flour & 1 t salt. Stir
quickly & roll in two coats.*

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BUTTERMILK ROLLS (Continued)

Stir flour into mixture. Cover tightly and let stand 10 minutes. Knead for about 1 minute. Form into any shape desired. Let rise until double in bulk and bake about 15 minutes at 400 degrees.

CAPE COD SKILLET BISCUITS

Mary Wilcox

4 c. sifted flour
4 tsp. baking powder
2 tsp. salt

1 1/2 c. milk
6 Tbsp. shortening

Sift dry ingredients, mix in shortening, add milk. Knead lightly on floured board and roll out 3/4" thick. Cut into 24 triangles. Heat 4 Tbsp. fat in a skillet and fry biscuits on all sides, turning with two forks. When brown, transfer to a skillet in which 2 Tbsp. fat has been melted to keep warm while frying the remaining biscuits.

BUBBLE LOAF

Mrs. Hugh White

1/2 batch of Refrigerator Roll Dough

Form into roll about 12" long and cut into 24 equal pieces. Shape into balls. Dip each ball in melted butter, then in cinnamon mixture. Place layer in 9" tube pan. Stagger second layer over first and third layer over second. Let rise 1 to 1 1/2 hours, or until light. Pour caramel glaze over top. Bake at 350 degrees for 35 minutes. Turn pan upside-down after removing from oven.

REFRIGERATOR ROLL DOUGH

Mrs. Hugh White

First Mixture:

2 c. milk, scalded
3 rounded Tbsp. shortening

1/2 c. sugar
3 tsp. salt

Second Mixture:

1 pkg. dry yeast
1/2 tsp. sugar

1/3 c. warm water

When first mixture is cool, add 2 c. flour, then add yeast mixture and 2 beaten eggs. Beat well and add 4 c. sifted flour and beat. Cover and put in refrigerator several hours or overnight. Punch down if necessary. Remove from refrigerator about 2 hours before using. Use about 1 c. flour for rolling. The dough should be soft

REFRIGERATOR ROLL DOUGH (Continued)

and is better if only enough flour is used to handle easily.

Cinnamon Mixture:
1/2 c. sugar
1 Tbsp. cinnamon

1/3 c. finely chopped nuts

Caramel Glaze:
1/4 c. dark Karo syrup

1/4 c. melted butter

RICH ROLLS

Helen Howard

1 c. scalded milk
1/3 c. shortening, part or
all butter
1/2 c. sugar
1 1/2 tsp. salt

2 cakes compressed or
packages dry yeast
1/4 c. warm water
5 c. sifted flour
2 beaten eggs

Combine scalded milk, sugar, shortening and salt. Cool until lukewarm. Soften yeast in warm water, stir, and combine with cooled milk mixture. Add one half of the flour and the beaten eggs. Beat well. Add enough remaining flour to make soft dough. Turn out on floured board and knead about 10 minutes or until smooth and shiny. Let rise about 2 hours, then shape into rolls and let rise 1/2 hour. Bake in moderate oven, about 350 degrees, 15 to 20 minutes.

FRIED CAKES

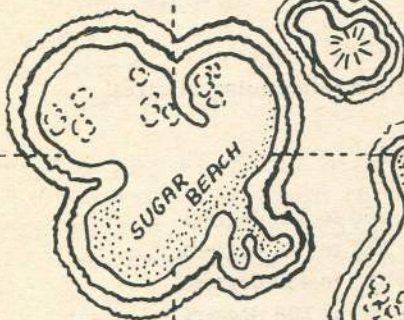
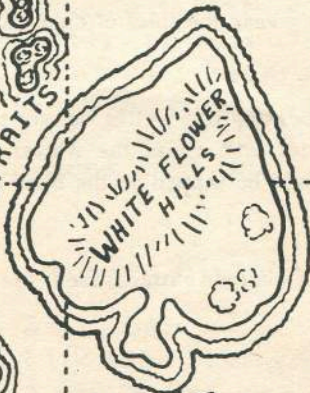
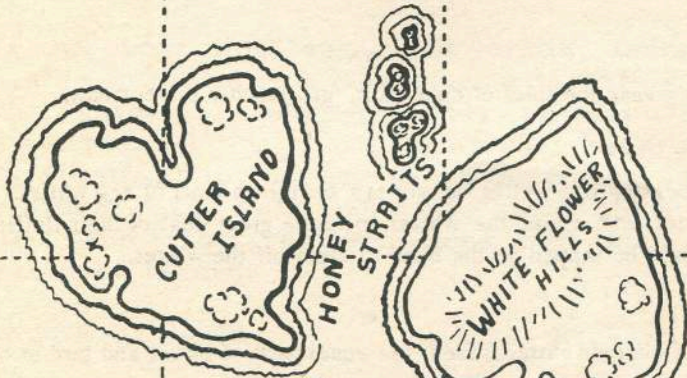
Luella Simons

2 eggs
1 c. sugar
1/2 c. sour milk
1/2 c. buttermilk
1 tsp. soda
1 Tbsp. soft shortening

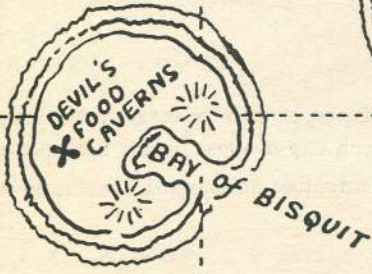
1 1/2 tsp. baking powder
1/2 tsp. salt
Nutmeg
Vanilla, if desired
Flour

Beat eggs until frothy; beat in sugar, then add soft shortening and beat well. Add soda, sour cream and buttermilk, then beat well. Add vanilla. Sift baking powder, salt and nutmeg with about 1 c. flour and add to mixture. Add additional flour to make a dough stiff enough to handle. Roll out and cut with fried cake cutter and fry in Wesson oil (365 degrees) for about 1 minute on each side. Be sure to drain water off top of buttermilk.

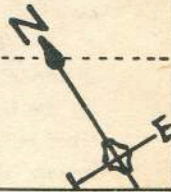
COOKIES



CAKES



COOKIE ISLES



COOKING SUGGESTIONS

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

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

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

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

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

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

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

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

PRESERVED CHILDREN

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

COOKIES, CAKES

CHOCOLATE CHIP CAKE

Jerry Wilson

1/2 c. shortening	4 tsp. baking powder
1 1/2 c. sugar	1 tsp. salt
4 large egg whites	1 tsp. vanilla
2 1/8 c. flour	1 c. milk
	1/2 to 1 c. chocolate chips

Cream shortening, sugar and vanilla, add sifted flour and baking powder and salt mixture alternately with milk, mix for 2 minutes. Add egg whites and beat 2 minutes more and then add the chocolate chips. Frost with seven minute frosting, and use the following filling: Mix 4 egg yolks with 3 Tbsp. milk and 1/2 c. sugar. Add 1 square chocolate and 1 Tbsp. butter. Cook until thick and spread between cake layers.

POPPY SEED CAKE

Mrs. Richard V. Sutton

1/2 c. poppy seed	2 c. flour
1 c. milk	1 1/2 tsp. baking powder
3/4 c. butter	4 egg whites, well beaten
1 1/2 c. sugar	1 tsp. vanilla

Soak poppy seeds in milk 2 hours. Cream butter and add the sugar. Then add the milk, seeds, dry ingredients and egg whites. Bake in layers 25 minutes in 375 degree oven. Use your favorite icing.

CHOP-SUEY CAKE

Mrs. Roxie Walker

1 c. sugar, white	1 tsp. soda
1/2 c. butter and 1/2 c. lard, creamed together	2 c. flour
2 eggs	1/2 c. chopped raisins
1 c. buttermilk	1/2 c. chopped black walnuts

Put raisins in a little water, boil for a few minutes; drain. Add raisins and walnuts to cake mixture. Bake in 375 degree oven for 25 to 35 minutes, or until done. Use powdered sugar frosting or seven minute frosting.

BANANA CAKE

Mrs. Everett Fairchild

1 c. sugar	1/2 c. sour milk
1/3 c. shortening	1 egg

-21- Battle Creek, Mich.

BANANA CAKE (Continued)

1 tsp. soda
1 tsp. vanilla

2 bananas, mashed
2 c. flour

Cream shortening, add sugar and egg. Add sour milk and soda, vanilla; then bananas. Mix in flour. Bake in 350 degree oven 25 to 30 minutes until done.

SALAD DRESSING CHOCOLATE CAKE

Mrs. Russell Willey

2 c. flour
1 c. sugar
1 c. salad dressing
1 t vanilla
1/2 t salt

1 c. cold water
2 sqs. chocolate, melted,
or 4 Tbsp. cocoa
2 tsp. soda

Mix dry ingredients, add salad dressing, chocolate. Last add cold water, mix after each addition. Bake 25 minutes in 375 degree oven.

DARK FRUIT CAKE

Mrs. R. P. Richardson

2 lbs. seeded raisins or 1 lb. seeded raisins and 1 lb. currants cut fine.

Boil for 5 minutes in small amount of water. Let stand, then drain and cool.

1 c. applesauce, cold
and sweetened
2 lbs. gumdrops, cut in
pieces
1 c. nutmeats, chopped
1 c. shortening or butter
1/2 c. white and 1/2 c.
brown sugar

2 eggs, well beaten
3 c. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda dissolved in
applesauce

Cream shortening, add sugar, eggs and applesauce. Combine all dry ingredients with flour and add a little at a time. Flour fruit and nuts before adding. Bake 2 hours in oven at 250 degrees. Line baking tin with waxed paper.

MARASCHINO CHERRY CAKE

Mrs. Finley McRae

Cream together until fluffy:
2/3 c. shortening, half butter for flavor
1 1/2 c. sugar

MARASCHINO CHERRY CAKE (Continued)

Sift together:

3 c. sifted cake flour 1 tsp. salt
2 1/2 tsp. baking powder

Add alternately with:

1/4 c. maraschino cherry 3/4 c. milk
juice

Stir in:

1/2 c. chopped nuts 16 maraschino cherries,
cut up (in eighths)

Fold in 2/3 c. egg white, stiffly beaten. (This is usually 5 egg whites). Pour into greased and floured cake pans, either two 9" layer pans or 13 x 9" oblong. Bake at 350 degrees 30 to 35 minutes. Frost with seven minute frosting made with maraschino cherry juice in place of water.

CHRISTMAS CUT-OUT COOKIES

Mrs. McFadden

1 c. butter 2 1/2 c. sifted flour
1/2 c. sugar 1/2 tsp. salt
1 egg 1 c. quick cooking oats
1 tsp. vanilla 1 c. semi-sweet chocolate
pieces

Cream butter with sugar until light. Add egg and vanilla and beat. Sift flour and salt together and add to dough. Roll out on a lightly floured surface to 1/8 inch thickness. Cut 2/3 of dough with 2 inch round cutter. Cut remaining dough into small designs, with small cutters, cutting enough to decorate tops of all the round cookies. Place round cookies and designs separately on ungreased cookie sheets. Bake in moderate oven, 375 degrees, 8 to 10 minutes; cool. Melt chocolate pieces and frost each round cookie and decorate with small design cutouts or nuts.

OLD TIME CINNAMON JUMBLES

Mrs. John Bain

1/2 c. shortening, part butter
1 c. sugar 2 c. flour
1 egg 1/2 tsp. soda
3/4 c. buttermilk 1/2 tsp. salt
1 tsp. vanilla

Mix first 3 ingredients, stir in buttermilk and vanilla.

OLD TIME CINNAMON JUMBLES (Continued)

Sift and stir in dry ingredients. Chill dough. Heat oven to 400 degrees. Drop by tsp. on lightly greased baking sheet. Sprinkle with mixture of sugar and cinnamon, (1/4 c. sugar, 1 tsp. cinnamon). Bake 8 to 10 minutes, until set but not brown. Makes about 4 dozen.

PEANUT BUTTER COOKIES

Mrs. Mary Jordan

1 c. peanut butter
1/4 c. soft butter or
other shortening
1 c. granulated or brown
sugar
1/2 c. boiling water
2 c. Bisquick

Heat oven to 400 degrees. Mix peanut butter, butter, sugar and boiling water. Blend with rotary beater or spoon until smooth. Stir in Bisquick. Drop with tsp. on lightly greased baking sheet. Flatten with greased glass or fork dipped in flour. Bake 8 to 10 minutes until set but not hard. About 6 1/2 dozen.

PECAN COOKIES

Ann Conine

2/3 c. shortening or
butter
1 c. dark brown sugar
2 c. flour
1 egg

Cream sugar, butter and egg. Add flour, then roll. Chill for 1/2 hour, then slice. Add pecan to each cookie. Bake until done.

DATE CAKE

Mrs. Harold Haven

Pkg. of dates, cut up
2 tsp. soda
1 c. boiling water

Stir and add:

1 c. sugar
1 c. salad dressing
2 c. sifted flour
1 c. nut meats, chopped
1 tsp. salt

Bake 375 degrees about 40 minutes.

BUTTER COOKIES

Peg Cox

1 c. softened butter
2 eggs
1 c. sugar

Sugar cookies

FOR THE FINEST IN LAWN SEEDS

- 2 eggs
- $\frac{2}{3}$ C salad oil
- 2 tsp Vanilla
- 1 tsp lemon
- $\frac{3}{4}$ C sugar
- 2 C flour
- 2 tsp Baking powder
- 1 tsp salt

400°

2 inches apart

8 to 10 min.



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BATTLE CREEK, MICH.

BUTTER COOKIES (Continued)

Mix together thoroughly and stir in 1 tsp. flavoring, your choice. Sift together and stir in 3 c. flour and 1 tsp. baking powder.

Almond or pecan halves

Chill dough. Roll very thin, 1/16 inch. Cut into desired shapes. Place on ungreased baking sheet. Press blanched almond or pecan half into top of cookie. To glaze, brush with mixture of 1 egg yolk and 2 Tbsp. water, over top of cookies before baking. Bake until they are delicately browned, 425 degree oven, 5 to 7 minutes. About 7 doz.

ORANGE DROP COOKIES

Mrs. Wendal E. Taft

1 1/2 c. brown sugar	1 tsp. salt
1 c. shortening	1 c. sour milk
Grated rind of 1 orange	1 tsp. soda
2 beaten eggs	3 1/2 c. flour
1 c. nutmeats	2 tsp. baking powder
1 tsp. vanilla	

Mix sugar, salt, and shortening; add rind and eggs. Sift flour, baking powder and soda, add alternately with milk. Add vanilla and nutmeats and drop by spoonfuls on buttered sheet. Frost with:

1 Tbsp. melted butter	Orange juice as needed
1 c. powdered sugar	

BANANA OATMEAL COOKIES

Mrs. John P. Jones

1 c. sugar <i>Bn</i>	3 mashed bananas	<i>1/4 c shortening or 4 tbs</i>
1/2 c. nonfat milk (liquid)	1 1/2 c. oats	
3 medium eggs	2 c. sifted flour	
1 tsp. vanilla	1/2 tsp. baking soda	
1/2 tsp. lemon extract	1 tsp. baking powder	
	1 tsp. salt	

Beat eggs. Add sugar, vanilla, lemon extract and mashed bananas. Beat well. Sift and measure flour. Resift with other dry ingredients. Add to the banana mixture alternately with milk. Stir in oats. Drop by tsp. onto greased baking sheet. Bake ~~15 to 18~~ ¹⁰ minutes at 375 degrees.

GINGER CREAMS

Mrs. Cummings

1/4 c. soft shortening	1/2 tsp. salt
1/2 c. sugar	1 tsp. ginger
1 small egg	1/2 tsp. nutmeg
1/2 c. molasses	1/2 tsp. cloves
1 tsp. soda in 1/2 c. hot water	1/2 tsp. cinnamon
2 c. sifted flour	

Drop by tsp. on baking sheet. Bake at 400 degrees 7 to 8 minutes. Frost when cool.

MARSHMALLOW FUDGE BARS

Mrs. Leroy Whipple

Sift together:

3/4 c. flour	1/4 tsp. salt
1/4 tsp. baking powder	2 Tbsp. cocoa

Cream 1/2 c. shortening and 3/4 c. sugar until light and fluffy. Blend in 2 eggs, one at a time. Add dry ingredients to creamed mixture and mix well. Blend in 1 tsp. vanilla and 1/2 c. chopped pecans. Spread in greased and floured pan 12 x 8 inches. Bake at 350 degrees, 25 to 30 minutes. Cover top of baked bars with 12 large marshmallows, cut in half or tiny marshmallows. Return to oven for 3 minutes or until marshmallows are soft. Spread marshmallows evenly. Cool. Cover with this easy chocolate frosting: Combine 1/2 c. finely packed brown sugar, 1/4 c. water and 2 squares of chocolate in a saucepan. Let come to a boil and cook for 3 minutes. Add 3 Tbsp. butter and 1 tsp. vanilla; cool. Blend in 1 1/2 cups confectioners sugar. If necessary, thin with a little milk. Spread over marshmallow topping.

SAUCY BARS

Mrs. John H. Bain

Mix:	
1/2 c. shortening	1 c. sugar
	1 c. applesauce
Sift and add:	
2 c. flour	1/2 tsp. cloves
1 tsp. soda	1 tsp. each cinnamon and nutmeg
1/2 tsp. salt	
Stir in:	
1/2 c. nut meats, chopped	1 c. raisins
	1 tsp. vanilla

SAUCY BARS (Continued)

Mix well. Spread batter in greased 13 x 9 x 2 inch pan. Bake 35 to 40 minutes at 350 degrees. Frost with thin confectioners sugar icing while warm. Cut into 1 1/2 x 3 inch bars. Makes 2 dozen bars.

BROWNIE FRUIT BARS

Mrs. M. D. Creech

Prepare brownie mix as directed on label. Fold into batter:

1/2 c. chopped pecans
1/4 c. chopped dates

1/2 c. chopped candied
fruits

Turn into well greased 13 x 9 x 2 inch pan. Bake at 350 degrees for 20 to 25 minutes. Sprinkle with confectioners sugar while warm. Cut into bars.

SPONGE CAKE

Mrs. Willard Pierce

6 eggs, separated
6 Tbsp. water
1/4 tsp. salt

1 1/2 c. sugar
1 1/2 c. flour, sifted 4 times
1 1/2 tsp. lemon extract

Put egg whites into bowl with water. Beat until thick and creamy. Add sugar, a small amount at a time; beat until thick. Add salt and extract, blend thoroughly. Add flour, small amount at a time, beating until smooth after each addition.

Beat egg whites until foamy. Add 1 1/2 tsp. baking powder and beat until egg whites form peaks. Fold in batter, blending thoroughly. Bake in ungreased tube pan about 1 hour at 350 degrees

WACKY CAKE

Grace Oster

1 1/2 c. flour *3c*
1 c. sugar *2c*
3 Tbsp. cocoa *3c*
1/2 tsp. salt *1st*
1 tsp. soda *2op*

1 Tbsp. vinegar *2T*
6 Tbsp. salad oil *3c 1/2c*
1 tsp. vanilla *2T*
1 c. cold water *2c*

Sift dry ingredients into ungreased 8 x 8 x 2 inch square pan. Make three holes in dry mixture. Pour vinegar into one hole, shortening into another and vanilla into third. Pour water over all and stir well with fork. Bake 25 minutes at 350 degrees.

Pure Pan 30 min.

MEXICAN ALMOND CRESCENTS

Marian Stetler

1 c. butter or margarine	2 c. enriched flour, sifted
1/2 c. sifted confectioners sugar	1/2 tsp. salt
2 tsp. vanilla	1 c. Quaker or Mother's oats, either kind, uncooked

Beat butter until creamy, add sugar beating until smooth. Add vanilla. Sift together flour and salt; add to butter mixture, mixing thoroughly. Stir in rolled oats, mixing until blended. Shape dough into 18 large crescents. Bake on ungreased cookie sheet in slow oven, 325 degrees, for about 30 minutes. While still warm, sift confectioners sugar over crescents. Cool.

NUT SNACK

Mrs. Carl W. Mueller

Bottom layer:

1 c. white sugar	1 tsp. baking powder
3 Tbsp. butter	2 egg yolks
1 1/2 c. flour	

Mix dry ingredients, add egg yolks.

Top Layer:

2 well beaten egg whites	1 c. chopped nuts
1 c. brown sugar	

Bake in 8 x 8 x 2 inch pan at 350 degrees for 35 minutes.

PUMPKIN COOKIES

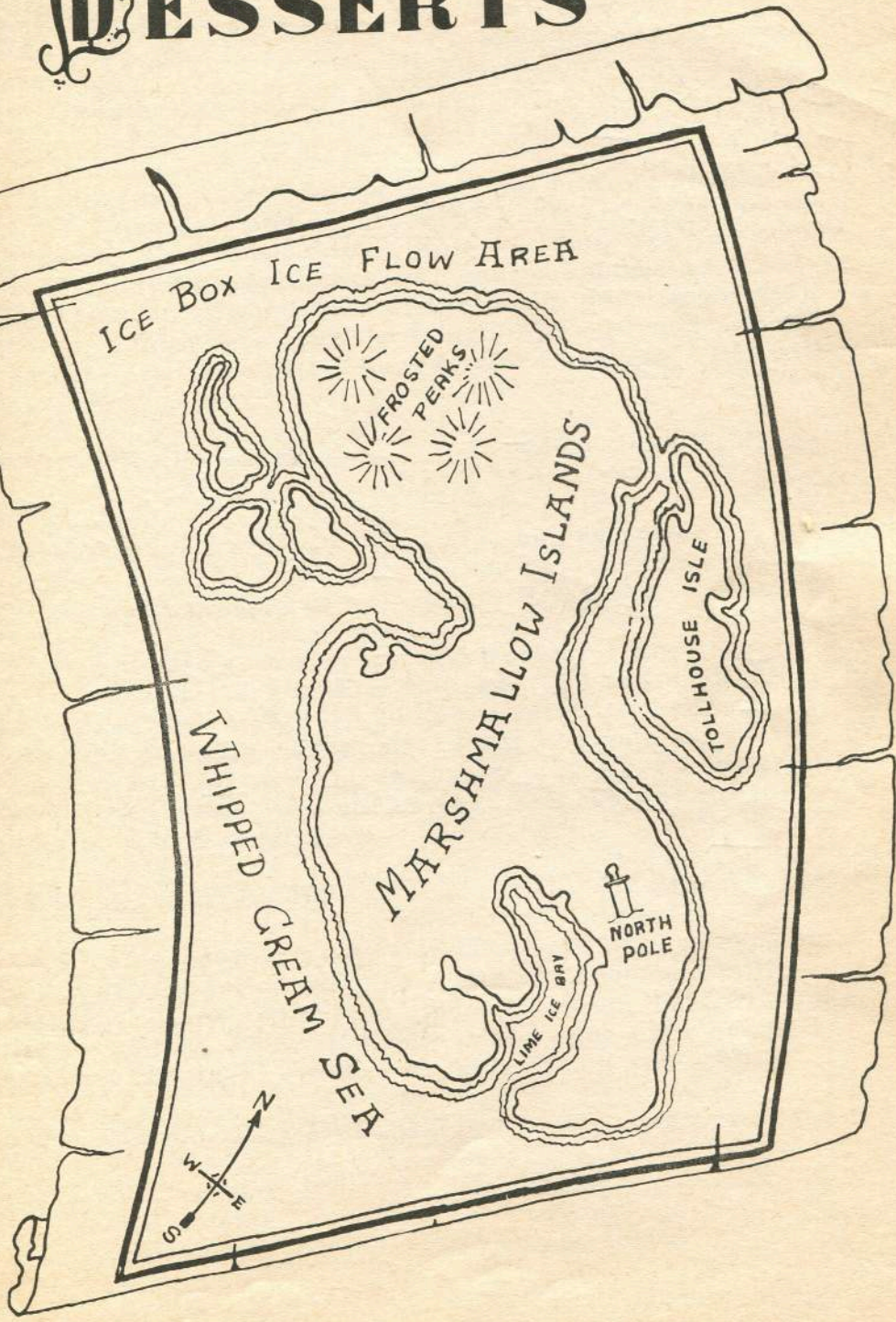
Mrs. Allen Wiegand

1 c. sugar	1 c. pumpkin (add spice to taste - about the same amount as for 1 pumpkin pie)
1/2 c. shortening	
1 egg	
2 c. flour	1 tsp. soda, dissolved in pumpkin
1/2 tsp. salt	
1 tsp. baking powder	1/2 c. nut meats, floured

Cream sugar and shortening. Add egg and mix well. Sift flour, salt, and baking powder. Add to sugar mixture alternately with pumpkin mixture. Add nut meats. Drop by teaspoonful on greased baking sheet. Bake 12 to 15 minutes at 375 degrees.

D

SSERTS



EXTRA TREASURED RECIPES

Fudge Velvet frosting

3oz unsweetened chocolate

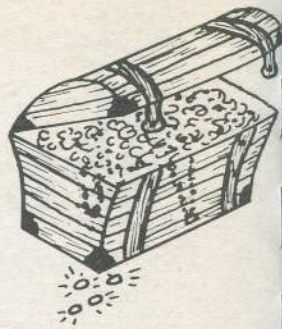
1½ C Pwd sugar

3T hot water

3 egg yolks or 1 egg

2T soft butter

1t vanilla



① melt chocolate & remove from heat

② Blend in sugar, water, egg, butter, & vanilla with electric mixer.

③ frosting will be thin, but will thicken when the bowl is placed in ice water & beaten to spreading consistency.

DESSERTS

PINEAPPLE SALAD

Mrs. Carl W. Mueller

1 large can chunk
pineapple
2 oranges
24 marshmallows

1 c. nut meats
1 c. whipping cream
2 Tbsp. flour
2 eggs
1/2 c. sugar, dash of salt

Drain juice from pineapple and put juice in double boiler. When hot, add sugar, flour, salt and eggs (beaten together). Cook until thick. Remove from fire and while it cools, cut pineapple, orange, and marshmallows into small pieces. Whip cream and fold into pudding mixture (cooled). Pour this over the fruit. Add nuts and stir all together. Let stand 1 1/2 hours before serving. Dot with maraschino cherries.

WOODFORD PUDDING

Mrs. John P. Jones

1/2 c. oleo
1 c. sugar
3 eggs
1 c. apricot preserves

1 Tbsp. milk
1 tsp. baking powder
2 tsp. cinnamon
1 c. sifted flour

Cream oleo with sugar. Add 1 egg at a time, beat thoroughly after each. Stir in preserves and milk. Sift dry ingredients together and add to mixture. Line 8 x 8 inch cake pan with wax paper. Pour mix into pan. Bake 1 hour and 15 minutes, or until toothpick comes out clean, 325 degree oven. Turn out as cake. Serve warm with cream. 6 to 8 servings.

METHODIST DELIGHT

Adeline Wooton

Crush graham crackers on bottom of pan. Prepare 1 pkg. orange jello, whipped. Can of condensed milk, whipped. Juice and grated rind of 1 lemon, 1 1/2 c. sugar, 1 tsp. vanilla. Whip all together and pour over cracker crumbs. Sprinkle cracker crumbs on top and chill.

STEAMED CARROT PUDDING

Grace Oster

1 c. grated carrots
1 c. grated potatoes
1 c. chopped suet

1 c. raisins
1 c. currants
1/2 c. nut meats

STEAMED CARROT PUDDING (Continued)

1 c. brown sugar	Salt
1 1/2 c. flour	1 tsp. cinnamon
1 tsp. soda	1/2 tsp. cloves
	1/2 tsp. allspice

Mix all ingredients thoroughly and place in greased mold. Steam 3 hours. Serve with sauce.

MOCK CHERRY PIE

Mary Hines

1 c. cranberries	1 heaping c. sugar
1/2 tsp. vanilla	1/2 c. boiling water
1/2 tsp. lemon juice	A little salt
1 heaping Tbsp. flour	Butter, size of a walnut

Cut the berries in halves, mix with the sugar and flour in a bowl. Add other ingredients and bake between two crusts in a 475 degree oven for 10 minutes, then at 350 degrees for about 30 minutes.

PINEAPPLE PIE

Mrs. Charles Bard

1 No. 2 can crushed pineapple	1 c. sugar
	1 c. water
	1 1/2 Tbsp. cornstarch

Mix all together; make your favorite pie crust, line a 9 inch pie pan. Put filling in and dot with butter. Cover with crust and sprinkle with 2 Tbsp. sugar. Cut holes in top to let steam escape. Bake for 45 minutes at 375 degrees.

LEMON MERINGUE PIE

Mrs. Victor Katz

Mix together:

1 1/2 c. sugar	1/3 c. cornstarch
Dash of salt	1 1/2 c. hot water

Cook over moderate heat stirring constantly until mixture thickens. Boil 1 minute. Slowly stir one half of mixture into 3 slightly beaten egg yolks, add this to rest of mixture in pan and boil 1 minute longer, stirring constantly. Remove from heat and add:

3 Tbsp. butter	1 1/3 Tbsp. grated lemon rind
4 Tbsp. lemon juice	

LEMON MERINGUE PIE (Continued)

Pour into baked pie shell. Cover with meringue and bake until a delicate brown.

Meringue - To the whites of 3 eggs add 1/4 tsp. cream of tartar. Beat until stiff, then add 6 Tbsp. sugar, 1 Tbsp. at a time, beating until stiff after each addition.

PUMPKIN PIE

Ruth Rabbitt

1 1/2 c. canned pumpkin	1/4 tsp. cloves
3/4 c. sugar	1 tsp. cinnamon
1/3 tsp. salt	3 slightly beaten eggs
1/2 tsp. ginger	3/4 c. evaporated milk
1/4 tsp. nutmeg	1 c. milk
	1/2 recipe plain pastry

Combine pumpkin, sugar, salt and spices; blend. Add eggs and milk. Mix well. Pour into 9 inch pastry lined pie pan. Bake in hot oven, 425 degrees, until mixture doesn't adhere to a knife, about 45 minutes.

OLD ENGLISH DATE PIE

Mrs. Williams

1 1/2 c. cut up dates	1/2 tsp. nutmeg
1 1/2 c. cream or evaporated milk	1/4 tsp. cloves
3 eggs	1/2 tsp. salt
1 c. sugar	2 Tbsp. fine dry bread crumbs
1 1/2 tsp. cinnamon	2 tsp. vanilla
	3/4 c. shredded coconut

Combine ingredients except coconut. Bake in hot oven 450 degrees, for 15 minutes. Reduce temperature to 325 degrees. Sprinkle coconut over pie and continue to bake for 30 to 35 minutes.

CHERRY PUDDING

Mrs. P. D. Prestage

Part 1:

1 c. sugar	1 tsp. soda
1 c. sour milk	1 Tbsp. butter
2 c. flour	

Part 2:

1 pt. cherries	1 1/2 c. sugar
	2 c. boiling water

CHERRY PUDDING (Continued)

Mix together and pour over batter. Bake 30 or 40 minutes in medium hot oven.

LEMON FLUFF PIE

Mrs. Isabel Nichols

Crumb crust:

2 c. crushed graham
crackers

1/4 c. melted butter or
shortening
2 Tbsp. sugar

Filling:

1 pkg. lemon flavored
gelatin dessert
1/2 c. hot water
1/4 c. sugar

1/4 c. lemon juice
1 c. undiluted evaporated
milk
1 tsp. grated lemon rind

Blend crust ingredients together. Line sides and bottom of 9 inch pie plate, saving 1/4 c. crumbs for topping. Combine gelatin, hot water, sugar, and 2 Tbsp. lemon juice; cool. Chill evaporated milk in refrigerator tray until soft ice crystals form around edges of tray (about 15 to 20 minutes). Whip chilled milk with remaining lemon juice, about 1 minute. Add cooled gelatin mixture and lemon peel; whip until fluffy (about 2 minutes). Pour into crust and chill about 1 hour, or until firm. Garnish as desired.

RAISIN RICE PUDDING

Armeta Fish

1/2 c. rice
1 qt. milk
1/2 c. seedless raisins
1/3 c. butter or margarine

3 eggs, beaten
1 c. sugar
1 tsp. vanilla
1/4 tsp. salt
Cinnamon or nutmeg

Combine rice with 2 c. milk in top of double boiler; cook over hot water until rice is tender. Add raisins and butter. Combine eggs, sugar, vanilla, salt and remaining milk. Stir into hot rice mixture. Pour into a greased 1 1/2 quart baking dish. Sprinkle with cinnamon. Bake in a moderate oven, 350 degrees F., 20 to 30 minutes or until set. Serve hot or cold. Makes 6 servings.

DATE PUFF

Mrs. Willard Pierce

1 pkg. lemon jello (chilled until thick)

DATE PUFF (Continued)

18 graham crackers (rolled into crumbs)	1 c. chopped nuts
1/2 lb. dates, chopped	1 c. whipped cream
	1/4 lb. chopped marshmallows

Whip jello, fold in whipped cream, dates, nuts, marshmallows and crumbs. Mix thoroughly. Mold and chill.

SUPREME CHEESE CAKE

Mrs. Cyril Bachorik

3/4 pkg. Zwieback	1/4 tsp. salt
2 Tbsp. butter, melted	5 1/2 3-oz. pkgs. cream cheese
2 Tbsp. sugar	1 tsp. vanilla
1/2 c. sugar	4 eggs
2 Tbsp. flour	1 c. cream

Roll Zwieback into crumbs, blend with melted butter and 2 Tbsp. sugar. Press into bottom of 9 inch spring pan.

Blend 1/2 c. sugar with flour, salt and cheese; add vanilla. Add egg yolks, one at a time, mixing well each time. Add cream and mix again. Fold in stiffly beaten egg whites. Pour mixture on top of crumbs. Bake at 325 degrees F. about 1 hour or until center is set. Cool slowly out of drafts. A good idea is to turn off oven heat, and leave in the oven with door open until room temperature.

Write Extra Recipe Here:

Bon Bon Cookies

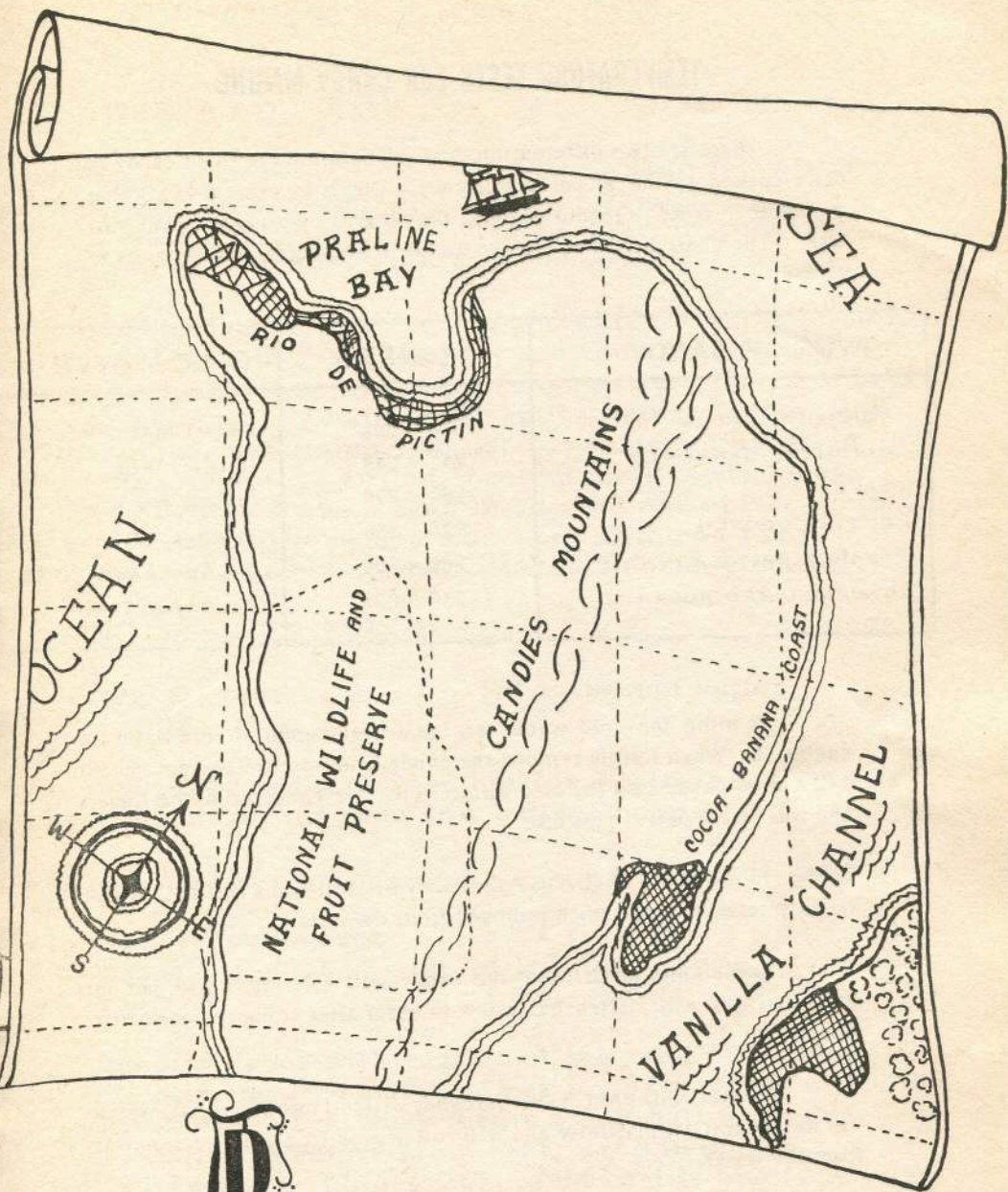
1/2 c butter
 3/4 c sifted powdered sugar
 1 T vanilla
 1 1/2 c flour
 1 x salt

② Divide dough & tint as desired. wrap one t of dough around a cherry, walnut, chunk of date or teaspoon of Coconut

③ Put close together on ungreased baking sheet. Bake at 350° 12 to 15 min. cool & dip into icing. makes about 2 dozen Bon Bons.

① mix butter, sugar & vanilla, stir in flour & salt. mix well with your hands

Write Extra Recipes Here:



PRESERVES

JELLY

CANDY

TEMPERATURE TESTS FOR CANDY MAKING

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

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

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

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

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

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

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

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

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

PRESERVES, JELLY, CANDY

STRAWBERRY DIVINITY

Mrs. Blanchard

3 c. sugar	1 (3 oz.) pkg. strawberry
3/4 c. light corn syrup	flavor gelatin
3/4 c. water	1/2 c. flaked coconut
2 egg whites, stiffly beaten	1 c. chopped pecans

Combine sugar, corn syrup and water. Bring to boil, stirring constantly; reduce heat and cook to hard ball stage (252 degrees), stirring occasionally. Combine beaten egg whites and gelatin; beat until mixture forms peaks. (Other flavor gelatin may be used). Pour hot syrup in thin stream into egg whites, beating until candy loses gloss and holds shape. Fold in coconut and nuts. Pour into greased 9 inch square pan. Top with rows of chopped pecans and coconut. Makes 5 dozen pieces.

PEANUT BUTTER FUDGE

Ivah Rees

2 c. sugar	1/2 c. peanut butter
1/2 c. milk	

Boil sugar and milk together for 5 minutes, then stir in peanut butter and pour on a buttered plate.

COCOA FUDGE

Harold Bottom

2/3 c. Hershey's cocoa	1 1/2 c. milk
3 c. sugar	4 1/2 Tbsp. butter
1/8 tsp. salt	1 tsp. vanilla

Combine cocoa with sugar and salt; add milk; bring to boil, stirring frequently. Cook to 232 degrees or until a small amount of mixture forms a soft ball when dropped in cold water. Remove from heat, drop in butter, and cool to lukewarm, 110 degrees. Add vanilla and beat until mixture thickens. Pour into buttered pan and cut in squares.

CARAMELS

Mrs. George De France

2 c. granulated sugar	1/2 lb. oleo
2 c. dark Karo	1 tsp. vanilla
2 large cans Carnation milk	Nuts, if desired

CARAMELS (Continued)

Mix sugar, Karo, 1 can milk and oleo. Let come to fast boil, stirring constantly. Stir in rest of milk gradually so syrup does not stop boiling. Cook to 240 degrees. Add vanilla and nuts. Pour in greased pan and cut when cool. These caramels can be wrapped individually.

CRUNCHY BUTTER-NUT TOFFEE

Mrs. George De France

1. Combine 1 c. granulated sugar, 1/2 tsp. salt, 1/4 c. water and 1/2 c. butter. Cook to a light-crack stage (285 degrees). Test with a candy thermometer, or add a few drops to cold water (not ice water). They will form a pliable ribbon. Add 1/2 c. chopped nuts.

2. Pour mixture into well-greased cooky sheet. Cool. Melt two 6 oz. pkgs. of semi-sweet chocolate; spread half over the top of first mixture. Sprinkle with 1/2 c. chopped walnuts. Cool. Turn candy over and spread the other side with remaining chocolate; sprinkle with nuts.

3. When chocolate has cooled, break toffee in pieces with a wooden mallet or small kitchen hammer. This recipe will make about 2 dozen pieces. Inside each piece is rich, nut toffee; on the outside is creamy chocolate flaked with walnuts.

WHIPPED CARNATION INSTANT RAINBOW CANDY

Mrs. Nelson Conine

1/2 c. cold water	2 Tbsp. light corn syrup
3 Tbsp. unflavored gelatin	3/4 c. water
2 c. sugar	1 tsp. vanilla
	2 1/2 c. whipped Carnation instant nonfat dry milk

Combine 1/2 c. water and gelatin in large mixing bowl. Mix sugar, syrup and 3/4 c. water in saucepan; cook over medium heat, stirring constantly, until syrup reaches rolling boil. Cook 5 minutes without stirring. Pour hot syrup over gelatin and stir until gelatin dissolves. Add vanilla. Cool at room temperature to thick syrup consistency (about 1 hour), stirring occasionally. Add whipped instant Carnation to cooled syrup. Blend with rotary beater until smooth. Pour into buttered 9 inch square pan, chill 1 hour. Cut into squares; roll in plain, toasted, or colored coconut, or chocolate shot.

MEAT SUBSTITUTES

BEVERAGES

GO DOWN
MISSCELLANEOUS R. TO

BEWARE!
PEA SOUP FOG AREA

CIDER ZEA

THEN EGGSACTLY 13 STEPS TO
PASTREE

MISCELLANEOUS

THEN TO
DREADED

PLANTED
TREASURE
CHEST

BLACK OLIVE

PITS

THEN...TURNIP...TO...THE...RIGHT...TO



TO QUICK-FREEZE VEGETABLES

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

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

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

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

SOUR SAUCE FOR FISH Mrs. R. Laubenscheimer

1/2 tsp. mustard	1 egg or 2 yolks
1 tsp. sugar	2 Tbsp. butter
1/4 tsp. salt	1/2 c. cream
Few grains paprika	1 Tbsp. lemon juice

Cook the seasonings, cream, egg and butter in double boiler, being careful not to curdle. Let cool slightly and add lemon juice.

SOUTHERN CHICKEN DUMPLINGS Naomi Hinman

Sift together, 3 c. sifted flour, 1 full tsp. baking powder, pinch of salt. Mix in 2 eggs. Add broth from chicken to moisten dough, and form a ball. Roll out like noodles, on floured board; cut in 3 inch squares. Drop in boiling broth and cook about 15 minutes. Delicious.

PARTY PUNCH Mrs. Donald Champ

3 or 4 ice cubes in bottom of punch bowl	2 qts. ginger ale
	2 pts. sherbet

Beat with beater; add another quart of ginger ale and spoonfuls of sherbet to float on top.

GREEN TOMATO MINCEMEAT Lu Ann Larkin

2 qts. chopped apple	1 c. vinegar
2 qts. chopped green tomatoes	4 tsp. cloves
	8 tsp. cinnamon
8 c. sugar (part brown)	2 lbs. raisins
2 c. suet	4 tsp. salt

Put tomatoes through course food chopper. Cook until they change color to brown, drain; add all other ingredients. Cook to a good thick consistency, about 45 minutes. Cider, orange juice, pickle juice or spiced pickled peach juice may be added if desired. Place in hot clean fruit canning jars and seal. Yields, about 5 or 6 quarts.

GINNY'S SALAD DRESSING Lois Palmiter

1 c. sugar	1 c. Mazola Oil
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GINNY'S SALAD DRESSING (Continued)

1 c. catsup
1 c. vinegar

1 grated onion
1 clove garlic

Mix and shake well. Makes a little more than a quart. Good too!

MACARONI AND CHEESE

Mrs. Dean Behnke

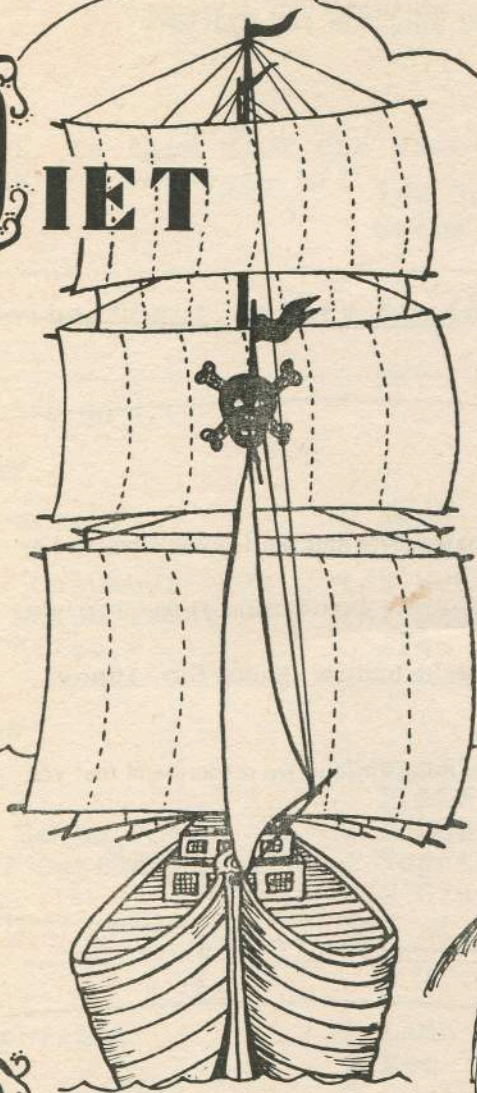
1 1/2 c. elbow macaroni
1/4 c. butter
1/2 lb. American cheese
1 1/2 Tbsp. onion
1 1/2 Tbsp. parsley

1 1/2 Tbsp. pimiento
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. paprika
2 c. milk
2 eggs

Cook the macaroni in boiling salted water for 15 minutes. Drain and pour cold water through it. Put it in a buttered baking dish. Add the butter, cubed cheese, chopped onion, parsley, pimiento and seasonings to the macaroni. Beat the eggs slightly and add the hot milk to them. Pour over the macaroni and cheese and bake uncovered, at 350 degrees for 50 minutes. This may be served with mushroom sauce.

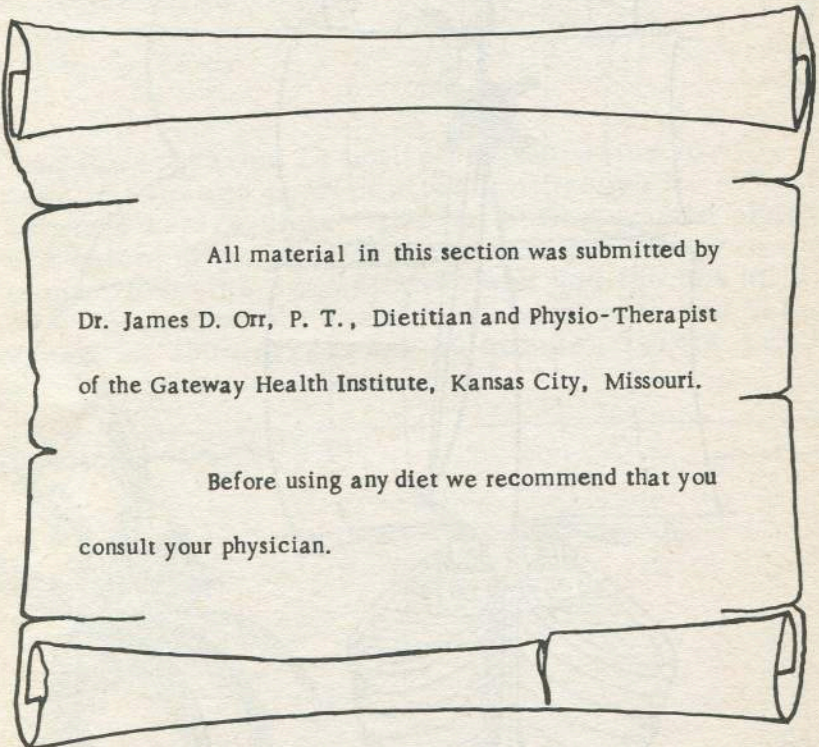
Write Extra Recipes Here:

DIET



SECTION





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

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

EIGHTEEN DAY REDUCING DIET

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

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

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

SECOND DAY:

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

THIRD DAY:

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

FOURTH DAY:

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

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

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

TWELFTH DAY:

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

THIRTEENTH DAY:

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

FOURTEENTH DAY:

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

FIFTEENTH DAY:

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

SIXTEENTH DAY:

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

SEVENTEENTH DAY:

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

EIGHTEENTH DAY:

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

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

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

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

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

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

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

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

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,030

WEDNESDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

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

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

DINNER	
Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,025

FRIDAY

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

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

DINNER	
Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST

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

LUNCH

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

DINNER

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

Total.....1,155

SUNDAY

BREAKFAST

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

LUNCH

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

DINNER

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

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

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

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

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

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

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

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

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

ATTEND CHURCH EVERY SUNDAY

HIGH CALORIE DIET

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

HIGH CALORIE DIET

BREAKFAST

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

LUNCH

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

HIGH CALORIE DIET

DINNER

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

Vegetables: Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.

Salad: Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.

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

Dessert: Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

D O N ' T F O R G E T

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CHRISTMAS, BIRTHDAY AND WEDDING GIFTS.

WEIGHT CHART

WOMEN

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

MEN

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

CALORIC CHART

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

FOODS CALORIES

BEVERAGES

Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0

BREAD

Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60

DESSERTS

Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake.....	300

FISH

Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125

MEAT

Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

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

MISCELLANEOUS

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

VEGETABLES

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

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GIFT FOR ALL OCCASIONS.

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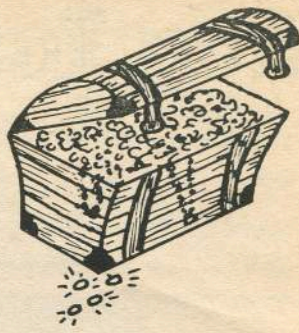
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