

SPARKLING RECIPES
OF YOUR
NEIGHBORS

Gunnison Women's Club
1938 Edition

W.H.
641.5



Sparkling Recipes

*Of Your
Neighbors*

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Gunnison Women's Club
Gunnison, Colorado

*"The discovery of a new dish does more for the happiness
of man than the discovery of a new star."—Brillat-Savarin.*

1938 EDITION

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Poultry Dressing		

1 doz. Slices
 1 egg
 1 quart of water
 2 1/2 cups
 1/2 cup

3 cups of water
 1/2 cup of oil
 1/2 cup of sugar
 1/2 cup of butter
 1/2 cup of milk

On the top of the
 1/2 cup of fine
 1/2 cup of
 before serving, put
 1/2 cup of water

writing for
 the first time
 1/2 cup

Introduction...

The exchange of recipes wherever and whenever cooks who enjoy making new dishes get together is common in Gunnison. Tasty, unusual dishes eaten at luncheon, dinner, or mid-night snack have brought requests for recipes.

Gunnison has more than its share of fine cooks, and all of them are willing and desirous that their favorite recipes be published in convenient form to be used by their friends and neighbors.

In choosing the recipes contained herein, the purpose has been to introduce flavor interest which is a bit out of the ordinary, and still are practical and economical. All of them have been tested many times by the ladies who contributed. They are adjusted to Gunnison altitude.

It is the sincere hope of those instrumental in making this collection possible that every Gunnison cook will profit by its use, and that families of Gunnison and vicinity and their friends, will, because of this presentation, welcome new dishes on their tables.

WEIGHTS AND MEASURES OF FOOD STAPLES
(Mrs. Alonzo Miller)

3 tsp. equals 1 tbsp.	2 c.—1 pt.
16 tbsp.—1 c.	1 lb butter—2 c.
1 wineglass— $\frac{1}{4}$ c.	
1 quarter section butter— $\frac{1}{2}$ c. or 8 to 10 pats	
1 long loaf bread—24 slices or 4-5 c. crumbs	
1 lb flour—4 c.	1 lb granulated sugar—2 c.
1 lb cake flour— $4\frac{1}{2}$ c.	1 lb brown sugar—2-2-3 c.
$\frac{1}{2}$ lb American cheese— $2\frac{1}{2}$ c. grated	
1 oz. chocolate—1 square	$\frac{1}{4}$ lb shelled nuts—about 1 c.
$\frac{1}{4}$ lb marshmallows—16 marshmallows	
1—15 oz. pkg. raisins—3 to $3\frac{1}{4}$ c.	
1 lb rice—2 c.	1 lb navy beans—2 c.
$\frac{1}{2}$ c. uncooked rice—2 c. cooked rice	

STANDARD SIZES CANNED FRUITS and VEGETABLES

No. 1 can—2 c.	No. 3 can—4 c. or 1 qt.
No. 2 can— $2\frac{1}{2}$ c.	No. 10 can—13 c.
No. $2\frac{1}{2}$ can—3 c.	

SUBSTITUTIONS

The following table shows just how much of each ingredient can be substituted for another:

1 c. pastry flour equals $\frac{7}{8}$ c. bread flour
1 c. pastry flour— $1\frac{1}{2}$ c. dried bread crumbs
1 c. cooked cereal— $1\frac{2}{3}$ c. flour plus $2\frac{2}{3}$ c. liquid
1 c. molasses—1 c. honey
1 c. molasses— $\frac{1}{2}$ c. sugar plus $\frac{1}{4}$ c. liquid
1 c. strained honey— $\frac{3}{4}$ c. sugar plus $\frac{1}{4}$ c. liquid
$\frac{1}{2}$ tsp. baking powder—1 egg
1 tsp. baking powder— $\frac{1}{4}$ tsp. soda with $\frac{1}{2}$ c. sour milk or
1 sq. chocolate—1 tbsp. fat plus 2 tbsp. flour
1 sq. chocolate—4 tbsp. cocoa plus $\frac{1}{2}$ tbsp. fat
1 c. heavy cream— $\frac{3}{4}$ c. milk plus $\frac{1}{4}$ c. fat
$\frac{1}{2}$ lev. tsp. soda will neutralize the acid in 1 c. sour milk or cream.
This will leaven 1 c. flour. Use baking powder to leaven the remaining flour.
1 c. milk— $\frac{1}{2}$ c. evaporated milk plus 1 c. water

Bread

"Bread is so important that it has been called the staff of life."

TO MAKE YEAST "START" (Mrs. John A. Steele)

1 cake yeast foam soaked in water. Let stand 24 hrs. Strain Add 1 c. strong warm potato water, 2 tbsp. sugar. Let stand in warm place until next day when it will be light and can be put in a pt. jar without a rubber and kept in a cool place.

BREAD MADE WITH START (Mrs. John A. Steele)

At night, make 1 qt. potato water and let cool to luke warm. Add 3 tbsp. sugar, 1 tsp. salt, and 1 pt. yeast start.

In the morning stir well and pour off 1 pt. start. Make sponge of yeast left. When sponge is light, add 3 c. water, 2 tsp. salt, 4 tbsp. sugar, $\frac{1}{2}$ c. fat (melted lard) and flour to make soft dough.

Let rise. Poke down well. Let rise again and mould into loaves. Let rise until double in bulk and bake 1 hr. in moderate oven.

DATE BREAD (Mrs. J. S. Ferris)

1 c. brown sugar
1 tbsp. butter
1 egg
 $\frac{1}{4}$ tsp. salt
1 c. chopped dates

1 c. chopped nuts
1 tsp. soda
1 c. hot water
2 c. sifted flour

Sprinkle soda over chopped dates, pour hot water over this and let stand while creaming sugar and butter, then add date mixture and nuts. Add flour and salt last. Bake one hour in loaf pan.

NUT BREAD (Mrs. J. H. Abel)

$4\frac{1}{2}$ c. wheat flour
8 tsp. baking powder
1 tsp. salt
1 c. sugar

2 c. milk
1 large c. walnuts (chopped)
2 eggs (well beaten)

Stir all dry ingredients together thoroughly. Add eggs and milk. Let stand 20 minutes before baking. Bake in two loaf pans about 45 minutes.

NUT BREAD
(Mrs. Warren Brown)

1 egg, well beaten $\frac{1}{2}$ c. sugar
1 c. nut meats—cut, not too fine $1\frac{1}{2}$ c. sweet milk
($\frac{1}{2}$ walnuts and $\frac{1}{2}$ pecans) Pinch of salt
 $3\frac{1}{2}$ c. flour with 4 level tsp. baking powder sifted in it.

HOT CAKES WITH BRAN
(Mrs. George Anderson)

2 eggs $2\frac{1}{2}$ c. milk
1 tsp. salt 1 c. Bran
3 tbsp. sugar 2 c. flour
4 tsp. baking powder
Leave $\frac{1}{2}$ c. milk until last.

Beat egg well—add milk. Sift flour, salt, sugar, and baking powder together several times. Add to first mixture and beat well. Put in bran. Then add the other $\frac{1}{2}$ c. milk—beat well. Fry on greased griddle. If you don't want to grease griddle add 2 or 3 tbsp. melted butter to cake batter.

A DOZEN FLUFFY PANCAKES
(Mrs. Robert Grove Porter)

Melt 2 level tbsp. lard, add 1 beaten egg and stir in 1 full c. sweet milk. Sift $1\frac{1}{2}$ c. flour, 3 heaping tsp. baking powder, 2 tbsp. sugar and $\frac{1}{2}$ tsp. salt into the liquid mixture. Blend with as few motions of the hand as possible. Do not beat, merely fold flour under a few times. You should not take more than twelve motions. The batter will be lumpy, but do not worry. It may also seem a little too thick. Have a griddle so hot that a drop of water will make it snap. Grease it and put on a tbsp. of batter for each pancake. Bake slowly on one side until firm around edges and full of bubbles. Turn once slowly. Serve smoking hot with your favorite syrup or honey.

ORANGE NUT BREAD
(Mrs. Clarence Rockwell)

1 c. graham flour 1 egg
2 c. white flour 1 c. milk
 $\frac{3}{4}$ c. sugar 2 tbsp. melted fat
4 tsp. baking powder $\frac{1}{2}$ c. nut meats
1 tsp. salt Rind of 2 oranges

Grind orange peel, cover with water and $\frac{1}{4}$ c. sugar. Cook until peel is tender and water mostly evaporated. Beat egg with remaining sugar, stir in milk. Add flour, baking powder and salt sifted together. Add fat, nut meats and orange peel. Pour into greased loaf pan and bake in a slow oven for about 45 minutes.

LIGHT ROLLS
(Mrs. Philip Easterly)

Soak $1\frac{1}{2}$ cakes compressed yeast in $\frac{1}{2}$ glass of water with 2 tsp. sugar for 20 minutes. Add to 1 pt. of lukewarm milk and enough flour to make sponge. Let rise 1 hour. Then add:

1 pt. lukewarm milk	$\frac{1}{2}$ c. sugar
3 eggs well beaten	1 tbsp. salt
$\frac{3}{4}$ c. butter	Flour enough for firm dough

Let rise until light, then roll out, cut, and fold. Let rise until light and bake about 20 minutes.

ROLLS
(Mrs. H. L. Dotson)

To 1 c. hot water add:	1 tsp. salt
3 beaten eggs	$1\frac{1}{3}$ c. (or more) melted butter
$1\frac{1}{3}$ c. sugar	$4\frac{1}{2}$ c. flour
1 cake yeast dissolved in 1 c. warm water	

Let stand 2 hours. Roll out in a circle $\frac{1}{4}$ inch thick. Cut as for pie. Spread melted butter over top. Roll from large end. Let stand at least 3 hours before baking. Dab a little butter on each roll. Bake at 400 degrees. 15 minutes.

ICE BOX ROLLS
(Mrs. J. V. Leighou)

1 qt. milk	1 c. sugar
1 c. mashed potatoes	1 c. butter
2 cakes Fleischmann's yeast	2 tsp. salt
2 tsp. baking powder	4 eggs
11 c. flour	1 tsp. soda

Put milk, potatoes, sugar, butter, and salt in pan and bring to a boil. Let cool until warm and add yeast, eggs, baking powder, soda and flour. Let stand in ice box 24 hours. Make in rolls and let stand about 2 hours. If you do not have time to let stand in ice box, let stand until twice size; then make in rolls, and let stand again until twice size. The baking powder and soda seem to keep the dough sweet, so that it can be kept until used. This makes a large quantity. Half the recipe makes enough for ten or twelve people.

BANANA BREAD
(Mrs. A. J. Broderick)

$\frac{1}{2}$ c. butter	2 c. flour
1 c. sugar	1 tsp. soda
2 eggs	$\frac{1}{4}$ c. nuts
3 bananas crushed	

Mix and bake in a loaf in a moderate oven 40 minutes.

GINGER BREAD
(Mrs. Harry Hazlett)

2/3 c. shortening	1/4 tsp. salt
2/3 c. boiling water	1/2 tsp. soda
2/3 c. sugar	1 tsp. baking powder
2 c. flour	1 tsp. ginger
1 egg	2 tsp. cinnamon
2/3 c. molasses (Farmer Jones)	

Pour boiling water over fat. When melted add molasses, sugar and egg. Beat all with rotary beater. Sift in dry ingredients. Stir until smooth and bake in slow oven.

BAKED BROWN BREAD
(Mrs. Bruce Blackstock)

3 c. graham or whole wheat flour	1 c. brown suga.
1 c. corn meal	1/2 c. dark molasses
1 c. bread flour	2 c. sour milk or buttermilk
2 tsp. baking powder	2 tbsp. sour cream
1/2 tsp. soda	3/4 tsp. butter may be substituted for cream
3/4 tsp. butter	1 c. seedless raisins
1 egg, well beaten	

Rub sugar and molasses until smooth, add soda, then egg, cream and milk. Sift flours and baking powder together; add to first mixture with raisins. Mix well and put into individual loaf pans, well greased. Let stand 1 hour, then bake 1 hour in moderate oven. Best served hot or warm.

ORANGE BREAD
(Mrs. A. J. Broderick)

1 c. ground orange peel. Cook in two different waters for about five minutes first time and a little longer second time. (This is not absolutely necessary but I think it takes the bitter taste from the rind). Drain well and put on back of stove with 1/2 c. sugar, let this boil down until it thickens, cool. Beat 1 egg with 1/2 c. sugar, 1 tbsp. melted butter, 1 c. milk, 2 c. flour, 2 tsp. baking powder, 1/2 tsp. salt. Pour in greased pan, let stand about 10 minutes. Bake 40 minutes in moderate oven.

PEANUT BUTTER BREAD
(Mrs. Sam Hartman)

2 c. flour	1/2 c. sugar
2 tsp. baking powder	3/4 tsp. salt
Sift together	
Work in 1 c. peanut butter as in pie crust	
Add 1 c. milk	2 well beaten eggs
Bake in a moderate oven for 35 minutes.	

GINGER BREAD
(Mrs. Dan Bowring)

1 c. molasses
1 c. white sugar
1 c. sour milk
1 large tbsp. lard

3 eggs
1 tbsp. soda
1 tbsp. ginger

*1 egg
salt*

Add 1 c. water: then fold in 3 beaten egg whites.

BLUEBERRY MUFFINS
(Mrs. A. J. Broderick)

2/3 c. butter
1 c. sugar
3 eggs
1 1/2 c. canned, drained blueberries
3 c. flour

1 c. milk
1/2 tsp. salt
4 tsp. baking powder

Cream the butter and sugar. Separate the eggs and add the egg yolks to the mixture and beat thoroly. Add the drained blueberries then the milk alternately with the flour which has been sifted with the baking powder and salt. Beat only until smooth and fold in the stiffly beaten egg whites. Place in greased muffin pans, filling 2/3 full, and bake in a moderate oven (400 degrees) for 25 minutes. Serve with butter at luncheon, breakfast or afternoon tea. Recipe makes 2 dozen.

NUT BREAD
(Mrs. M. N. Davis)

1 c. milk
1/2 c. molasses
2 c. graham flour
1 c. each: nuts and raisins

1/2 tsp. soda
2 tsp. baking powder
3/4 c. white flour

Mix in order named and bake 1 hour in a moderate oven. This makes 1 large loaf.

APPLE MUFFINS
(Mrs. C. T. Hurst)

2 c. flour
3 tsp. baking powder
1/2 tsp. salt
4 tbsp. sugar

3/4 c. finely chopped apple
1 egg
1 c. milk
4 tbsp. melted shortening

Sift flour; measure, sift again with baking powder, salt and sugar, add apple. Beat egg, add milk and shortening; add to dry ingredients, mix only enough to moisten all flour. Bake in well-greased muffin pans in a hot oven (425 degrees F.) 25 minutes or until done. Makes 16 medium size muffins.

Cakes

"Delicious cakes, light and tender, with fine texture, add a great deal of pleasure to the desserts served."

RULES TO ALTER CAKE RECIPES

As altitude is increased baking powder, sugar, and fat is decreased in butter cakes. Rule applies to 3 c. flour butter cakes.

1—For each 1000 ft. or major fraction over the recipe for 4000 ft., decrease baking powder $\frac{1}{4}$ tsp.; sugar, 1 tbsp.; fat, $\frac{1}{2}$ tsp.

RULE FOR ANGEL AND SPONGE CAKE

1—Decrease sugar $\frac{3}{4}$ tbsp. for each 1000 ft. or major fraction over 4000 ft.

2—Increase flour and cream of tartar very slightly, e. g. 1 tbsp. flour, $\frac{1}{8}$ tsp. cream tartar.

SWEET CREAM CAKE

(Mrs. Dan Bowring)

1 c. sugar	1 $\frac{3}{4}$ c. water
$\frac{1}{2}$ pt. cream	3 tsp. baking powder
3 eggs	1 tsp. vanilla
2 $\frac{1}{2}$ c. Swans Down cake flour	

Cream sugar and egg yolks. Add cream and water: then beat well. Add flour and baking powder after being sifted together four times. Fold in beaten whites of eggs.

Bake in 3 layers, using chocolate filling.

ANGEL FOOD

(Mrs. Alonzo Miller)

1 c. granulated sugar	1 $\frac{1}{2}$ c. egg whites
$\frac{1}{2}$ c. powdered sugar	1 tsp. cream tartar
1 c. Swansdown cake flour	2 tbsp. lemon juice
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla or almond extract

Sift dry ingredients together 10 times, measuring flour after it has been sifted once. Beat egg whites with salt till foamy. Add cream of tartar beating until stiff, but not dry. Fold in dry ingredients. Sprinkle in lemon juice to make tender and add flavoring, using folding method. Rinse pan in cold water and pour in batter. Bake 1 hour in slow oven (250 to 300 degrees).

SOUR CREAM CAKE (SPICE)
(Mrs. J. S. Ferris)

Beat 1 egg
1 c. sour cream (or milk and 4 tbsp. soft butter)
 $\frac{1}{2}$ tsp. soda in cream
Add 1 c. sugar
4 tbsp. soft butter
 $1\frac{1}{2}$ c. flour

1 tsp. each of cinnamon, allspice, cloves and baking powder all in flour, pinch of salt. Nuts, dates or raisins may be added.

BURNT SUGAR CAKE
(Mrs. Jack Houser)

1 c. sugar
 $\frac{1}{2}$ c. butter (scant)
2 eggs
1 c. cold water
 $2\frac{1}{2}$ c. flour
2 tsp. baking powder
3 tbsp. burnt sugar syrup

Cream butter, sugar, egg yolks; add water, add 2 cups flour. Beat for 5 minutes. Add $\frac{1}{2}$ c. flour in which the baking powder is sifted. Add syrup and 1 tsp. vanilla. Beat thoroly. Fold in beaten whites of eggs.

Syrup: Burn 1 c. sugar in iron skillet until it becomes liquid and throws off smoke. Add 1 c. boiling water. Boil until it becomes a thick syrup.

Icing: Add 2 tbsp. burnt sugar syrup to either a seven minute icing or boiled icing.

Filling: Grind 1 small package figs. Add 2 or 3 tbsp. icing in, beat until smooth enough to spread. Put between layers.

VERY INEXPENSIVE CHOCOLATE CAKE
(Mrs. Ed Dutcher)

2 tbsp. butter, 2 sq. chocolate—melted
stir in
1 c. sugar
1 egg
1 c. sour milk
About $1\frac{1}{3}$ c. flour
1 tsp. soda

Bake in drip pan for about 25 minutes in moderate oven. Especially good when fresh.

YELLOW ANGEL CAKE
(Mrs. Ed Dutcher)

The yolks of eggs left from a white angel food
 $\frac{1}{2}$ c. water
1 c. sugar
Pinch of salt

Beat the above ingredients together until well blended and lemon colored.

Mix in egg mixture $1\frac{1}{2}$ c. flour and flavoring. Bake in moderate oven about 1 hour.

EASY WHITE CAKE
(Mrs. A. J. Broderick)

$\frac{1}{2}$ c. soft butter
 $\frac{1}{2}$ c. sugar less $\frac{1}{2}$ tbsp.
 $\frac{3}{4}$ c. sifted flour
3 egg whites or 2 whole eggs broken in c.
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt

Fill c. with milk. Flavor with 1 tsp. vanilla, $\frac{1}{2}$ lemon. Put all together in mixing bowl and beat until well mixed.

SPICE CAKE
(Mrs. Alonzo Miller)

3 eggs
 $\frac{1}{2}$ c. butter
1 tsp. each of baking powder, cinnamon, and alspice
 $\frac{1}{4}$ tsp. clove in
2 c. flour
1 c. sugar
1 c. sour milk
 $\frac{1}{2}$ tsp. soda—add last
Ice with raisin icing

SPONGE CAKE (Yolks Only)
(Mrs. A. J. Broderick)

6 egg yolks
1 c. sugar
 $\frac{1}{2}$ c. boiling water
 $\frac{1}{4}$ tsp. salt
2 tsp. baking powder
 $1\frac{1}{2}$ c. cake flour
1 tsp. lemon

Beat egg yolks until light. Add sugar gradually; then hot water, beating meanwhile. Sift flour—measure—add baking powder and salt, sift 3 times.

Add flour to egg mixture and beat well.

ANGEL SPONGE OR DAFFODIL CAKE
(Mrs. Ben Snyder)

8 to 10 eggs, using all whites, only 6 of egg yolks
1 c. and 2 tbsp. sugar
 $\frac{3}{4}$ tsp. cream of tartar
Sift 2 c. flour 5 times using Swansdown or any good cake flour
Pinch of salt
Flavoring

Place egg whites in large bowl or platter using wire whip as for angel cake. When foamy, add cream of tartar and salt; whip until stands in peaks but not dry. Have egg yolks beaten until thick and lemon color, beat a long time (a mixer is best). Fold all sugar into egg whites, then divide not quite half, folding into egg yolks. To the white part, fold in $\frac{1}{2}$ c. Swansdown flour; to the yolk mixture, add $\frac{3}{4}$ c. flour. Alternate by spoonsful in an ungreased angel food tubular pan, first a spoon of white, then yellow. Bake 1 hour starting in a very slow oven. After cake is raised to top of pan, increase heat and bake well.

JELLY ROLL
(Mrs. H. F. Lake, Jr.)

4 eggs, beaten separately 4 tbsp. sugar
4 tbsp. flour 1 tsp. baking powder

Sift flour and sugar and baking powder several times. Bake on sheet in quick oven.

JELLY ROLL
(Mrs. A. J. Broderick)

1 c. flour 1 c. sugar
1 tsp. baking powder 5 tbsp. water
¼ tsp. salt 1 tsp. vanilla
3 eggs ½ c. jelly

1. Assemble all ingredients.
2. Sift flour, measure; sift again with baking powder and salt.
3. Beat eggs in large mixer bowl at high speed for 3 minutes.
4. Reduce to medium speed. Add sugar gradually, beat for 2 minutes. Add water and flavoring. Continue to beat for 1½ minutes longer or until well blended.
5. Reduce to low speed; add flour all at once—beat about ½ minute.
6. Pour into baking sheet which has been greased and lined with greased manila wrapping paper. Bake about 12 minutes in (375 degree) oven. When baked turn from pan onto cloth sprinkled with powdered sugar. Spread jelly and roll.

SOUR CREAM CHOCOLATE CAKE
(Mrs. Ed Dutcher)

3 eggs, beaten well 2 c. flour
1 c. sugar 1 tsp. soda
1 c. sour cream
5 tbsp. cocoa in ½ c. boiling water

Beat eggs; add sugar and cream and beat again. Add cocoa, flour and soda, and if it is too stiff add more boiling water. The batter should be thin. Bake in moderate oven for 25 minutes.

SOUR CREAM CHOCOLATE CAKE
(Mrs. H. T. Hatch)

½ c. sour cream 4 tbsp. cocoa or chocolate
1 c. sugar Salt
2 eggs 1 tsp. vanilla
2 c. flour 1 c. water
1 level tsp. soda

SUNSHINE CAKE
(Mrs. Alonzo Miller)

7 eggs	1 tsp. vanilla
1 c. sugar (sifted 3 times)	Pinch salt
1 c. cake flour	$\frac{3}{4}$ tsp. cream tartar

Beat yolks of eggs until thick and creamy. Add sugar. Beat until sugar is dissolved. Sift flour before measuring and twice after. Add flour to eggs and sugar. Beat well. Add salt to egg whites and beat until foamy; then add cream of tartar and beat until stiff but not dry. Fold whites into yolk. Bake 1 hour in slow oven—raising heat.

MOCHA CAKE
(Mrs. Milton Zugelder)

3 eggs	$1\frac{1}{2}$ c. flour with
1 c. sugar	1 tsp. soda sifted 3 times
$1\frac{1}{2}$ sq. chocolate boiled in	salt
$\frac{1}{2}$ c. water	vanilla
1 c. thick sour cream	

Beat eggs until thick and light. Add sugar and beat again. Beat in chocolate mixture. Alternate flour and sour cream. Use an egg beater and beat very hard.

SPONGE CAKE
(Mrs. Ben Snyder)

5 eggs, separated	•2 level c. powdered sugar
2 level c. Swansdown cake flour, sifted 5 times after	sifted before measuring, sifting
$\frac{3}{4}$ c. cold water	Pinch of salt
$\frac{3}{4}$ tsp. Cream tartar	Vanilla or any flavoring

Beat egg yolks until thick and lemon color. Add slowly cold water, then powdered sugar, beating continually. Add flavoring. Whip egg whites until stiff, not dry, adding the cream of tartar when egg whites are foamy. Alternate flour and whites, folding into mixture. Bake 1 hour, starting with very slow oven.

WALNUT MAPLE CAKE
(Mrs. M. N. Davis)

1 c. brown sugar	1 $\frac{1}{3}$ c. flour
$\frac{1}{3}$ c. butter	2 tsp. baking powder
$\frac{1}{2}$ c. milk	2 eggs
1 c. nuts	1 tsp. vanilla

Cream butter and sugar, add beaten yolks of eggs and milk. Add flour sifted twice with baking powder then add vanilla and salt. Add last egg whites, beaten stiff. Bake 45 minutes in loaf pan.

APPLE SAUCE CAKE
(Mrs. Max Sievers)

1 c. brown sugar	1 tsp. baking powder
$\frac{1}{2}$ c. shortening	1 c. raisins
$2\frac{1}{2}$ c. flour	1 c. nuts
2 tsp. soda	
1 tsp. each: cloves, cinnamon and nutmeg	
$1\frac{1}{2}$ c. sweetened apple sauce (hot or cold)	

Cream shortening, add sugar. Sift flour with soda, baking powder and spices. Add raisins and nuts to flour. Then add to mixture. Stir well. Last add apple sauce. Have stiff batter. Bake in a slow oven.

WHITE CAKE
(Mrs. Milton Zugelder)

1 c. sugar	2 tsp. baking powder
1 cube butter (cut off $\frac{1}{2}$ inch)	4 egg whites
$\frac{1}{4}$ c. milk	1 tsp. rose flavoring
$\frac{3}{4}$ c. water	$\frac{1}{4}$ tsp. almond extract
2 c. flour	

Cream butter, add sugar and work until light and fluffy. If you use the hands, cream for 20 minutes. Add milk and beat hard until mixture is like whipped cream. Alternate water with flour and baking powder which have been sifted together 4 times. Fold in stiffly beaten egg whites and flavoring.

SOUR CREAM CAKE (WHITE)
(Mrs. Milton Zugelder)

1 c. sour cream	2 c. cake flour
1 c. sugar	1 tsp. baking powder
3 eggs separated	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ c. sour milk	1 tsp. vanilla
1 tsp. soda in milk	

1.—Sift flour, measure, sift again with baking powder and salt.

Beat sour cream and sugar together with egg beater (or mixer). Add egg yolks beaten until thick and pale yellow in color. Alternate flour and sour milk mixtures. Fold in egg whites.

OH, FUDGE
(Mrs. Milton Zugelder)

1/2 c. sugar	1 c. pastry flour
4 tbsp. fat	1 c. nuts
3 eggs beaten very light	1/2 tsp. salt
2 sq. chocolate melted with	2 tsp. baking powder
1/2 c. water	

Add sugar to eggs beating until fluffy. Add chocolate mixture then the melted fat and the nuts. Sift flour, baking powder and salt and add. Spread in an oiled pan (floured) 3/4 inch thick. Bake in a moderate oven 325 degrees F. 40 minutes.

FRUIT CAKE
(Mrs. H. F. Lake, Jr.)

1/2 lb butter	1/2 lb figs
1/2 lb sugar	1/2 lb almonds
1/2 lb flour	1/2 lb candied pineapple
6 eggs	1/2 lb sultana raisins
2 lb raisins	1/2 c. strawberry preserves
1/2 lb citron	1/2 lb candied cherries
1/4 tsp. each cinnamon, cloves and mace	
2 tsp. baking powder	

Put raisins through coarse meat grinder. Cut other fruit rather large. Bake in pan with the tube in middle.

CHOCOLATE CAKE
(Mrs. Milton Zugelder)

1 c. sugar	2 eggs
1/2 c. fat	
1/2 c. cocoa mixed to a paste with boiling water	
1 c. and 2 tbsp. unsifted cake flour	
1/2 c. sour milk	1/4 tsp. salt
1 tsp. soda in sour milk	1/2 c. boiling water

Cream fat and sugar. Beat eggs until thick and add. Add cocoa paste and beat hard. Alternate flour and sour milk to which soda has been added. Put in boiling water last and pour immediately into pan lined with oiled paper. Let cool in pan!

Icings

BROILED ICING (Mrs. A. J. Broderick)

4 tbsp. shortening
4 tbsp. evaporated milk
 $\frac{1}{2}$ c. brown sugar (firmly packed)

$\frac{1}{2}$ c. shredded coconut
 $\frac{1}{4}$ c. walnut meats

Combine in order. Set in warm place to soften shortening. Spread on cake. Place under broiling unit. Broil until frosting bubbles. Leave door open and watch carefully.

BROWN SUGAR FROSTING (Mrs. H. T. Hatch)

1 c. brown sugar
 $\frac{1}{4}$ c. water

Boil sugar and water until it threads. Pour over well beaten whites of 2 eggs.

RAISIN ICING (Mrs. Alonzo Miller)

1 c. sugar
Unbeaten white of 1 egg

3 tbsp. cold water
2 tbsp. white corn syrup

Beat with rotary egg beater for 7 minutes in top of a double boiler. Remove from fire and add 1 c. raisins which have been soaked in warm water, drained and put thru food chopper. Spread between layers and on top of white or spice cake.

CARAMEL FILLING (Mrs. Roy Sheek)

$1\frac{1}{2}$ c. brown sugar
 $\frac{1}{2}$ c. white sugar

5 tbsp. hot water

Cook till it threads and add $\frac{1}{2}$ c. butter and $\frac{1}{2}$ c. cream. Boil to soft ball stage. Add vanilla, cool and beat until the right consistency to spread.

BURNT SUGAR ICING (Mrs. Jack Miller)

2 c. sugar
 $\frac{1}{2}$ c. hot water

$\frac{1}{2}$ c. burnt sugar

Cook until it forms a soft ball in cold water. Pour over the stiffly beaten whites of 2 eggs.

MARSHMALLOW ICING

(Mrs. Bruce Blackstock)

Boil $1\frac{1}{4}$ c. sugar, 2 tbsp. corn syrup, and $\frac{1}{2}$ c. boiling water.

Beat 1 egg white until stiff. When syrup will "spin a thread," add 4 tbsp. to egg white and beat well. Cook remaining syrup to "hard ball" and add to egg mixture. Beat with rotary beater until it will "pile up," then add 7 marshmallows cut into quarters. Let stand until they start to soften then beat until smooth and stiff enough to spread, and put on cake.

MOCHA ICING

(Mrs. Milton Zugelder)

$\frac{1}{8}$ lb butter	$\frac{1}{8}$ tsp. salt
2 c. powdered sugar, sifted	vanilla
$\frac{1}{4}$ c. cocoa	hot coffee

SNOWY LEMON FROSTING

(Mrs. Jack Miller)

2 egg whites, unbeaten	2 tbsp. lemon juice
$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. grated lemon rind
3 tbsp. water	

Combine all ingredients except lemon rind in top of double boiler, beating with rotary egg beater until well mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add lemon rind and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

CARAMEL ICING

(Mrs. Jack Miller)

3 c. brown sugar	$1\frac{1}{4}$ c. cream
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Cook to soft-ball stage. Add 1 tsp. vanilla and beat until it will spread.

Cookies

"Make all these cookies and have your boy brag all his life about the cookies Mother used to make."

"DATE STICKS" (Mrs. Clinton Spencer)

2 eggs	3 tbsp. milk
1 c. sugar	1 tsp. vanilla
1 c. flour	1 c. dates
1 tsp. baking powder	1 c. walnuts

Beat egg yolks with the sugar; add the milk, then the flour and baking powder; add the ground dates and nuts. Stir in beaten egg whites last.

Spread thin in a baking pan and bake in a moderate slow oven about 20 to 25 minutes.

SCOTCH DATE STICKS (Mrs. A. J. Broderick)

1½ c. pitted dates cut up	¾ c. sugar
¾ c. water	

Cook together until thick. Remove from heat and add 3 tbsp. of orange or lemon juice. Cool.

COOKY MIXTURE

½ c. shortening	1 tsp. soda
1 c. brown sugar	½ tsp. salt
1½ c. flour after being sifted	

Work to a crumbly consistency. Add 1¾ c. rolled oats and mix thoroughly. Put ½ of mixture in shallow pan which has been greased. Spread date filling over this and add remaining cooky mixture. Pat into place. Bake in slow oven 25 minutes. While warm cut into bars and remove from pan.

CRISP SUGAR COOKIES (Mrs. J. H. Howland)

1 c. sugar	½ tsp. soda
½ c. butter	Flavor with nutmeg
2 eggs (well beaten)	Flour to make dough
½ c. buttermilk	

Roll thin. Cut and sprinkle with sugar. Bake in rather hot oven.

DROP COOKIES
(Mrs. Jack Houser)

1/2 c. butter	4 c. flour
1 1/2 c. sugar	1 tsp. vanilla
3 eggs	1 tsp. soda
1/2 c. sweet milk	2 tsp. baking powder
1 lb dates	1/2 tsp. salt
1 lb nuts	

Drop by teaspoon on baking sheet, in not too hot oven.
Makes about 5 dozen cookies.

CORN FLAKE COOKIES
(Mrs. George Eastman)

3 c. corn flakes	1/2 c. nuts
1 c. cocoanut	
(No. 1—Shake together lightly)	
2 egg whites, beaten light	2 tbs. melted butter
1/2 c. sugar	

(Fold No. 1 into No. 2)

Drop on well greased pan and bake in moderate oven.

FUDGE COOKIES
(Mrs. Homer Gray)

1/2 c. butter	1/2 tsp. salt
2 sq. choc.	vanilla
2 eggs	1/2 c. sweet milk
1 c. sugar	1 c. nuts
1 c. flour	

Cream butter and sugar. Add egg yolks and chocolate. Put in flour and milk alternately and beat well. Add vanilla and nuts and fold in beaten egg whites. Bake in 9 inch square cake pan. These are good frosted with fudge frosting. Cut into squares when cool.

ICE BOX COOKIES
(Mrs. J. H. Abel)

2 c. brown sugar	1 pkg. pitted dates
1 c. white sugar	1 c. chopped nuts
1 c. butter	1 tsp. vanilla
1 tsp. soda	4 c. flour
3 eggs well beaten	

Mix sugar and butter, add eggs, flour and soda, vanilla and lastly dates and nuts. Mix all together well and make into rolls, let stand several hours, slice and bake in slow oven as needed.

ICE BOX COOKIES

(Mrs. C. T. Hurst)

1 c. shortening	1/2 tsp. salt
2 well-beaten eggs	2 tsp. baking powder
2 c. brown sugar	1 tsp. vanilla
3 1/2 c. flour	

Cream shortening and sugar, add eggs and vanilla. Sift dry ingredients and add to mixture. Form roll. Chill 3 or 4 hours. Slice and bake in oven over 375 degrees F. for 10 or 12 minutes.

BOSTON FRUIT COOKIES

(Mrs. Gertrude Thornell)

1 1/2 c. sugar	1 c. nuts
4 c. flour	1/2 c. currants
3 eggs	1/2 c. raisins
1 tsp. soda	1 tsp. cinnamon
1 c. fat	1/4 c. water

Cream fat and sugar; add eggs, water, flour, fruit and nuts. Sift soda and cinnamon with flour. Drop by teaspoonfuls on buttered pans. Bake in moderate oven.

SMALL DATE CAKES

(Mrs. A. J. Broderick)

1 3/4 c. shortening	1 tsp. vanilla
1 c. light brown sugar	1/4 tsp. salt
2 eggs	2 c. flour
1 c. sour milk	1 c. chopped dates
1 tsp. soda	

Cream the shortening and sugar. Add the eggs and beat until smooth. Add the sour milk in which the soda has been dissolved, and then the vanilla. Add the flour sifted with salt. Fold in the cut dates. Fill small, greased muffin tins or wax paper cups half full and bake in a moderate oven (350 degrees) 15 or 20 minutes. Ice if desired.

PINWHEEL COOKIES

(Mrs. C. T. Hurst)

Cream 1/2 c. butter, 1/2 c. sugar, add one beaten egg yolk, mix mixture well. Add 3 tbsp. milk, 1 1/2 c. flour, sifted with 1/2 tsp. baking powder, 1/2 tsp. salt and add 1/2 tsp. vanilla. Divide in 2 parts and add 1 square of melted chocolate to one part. Roll each part in a sheet, then put one sheet on the other and form a roll. Put in ice box for several hours. Slice and bake in oven over 375 degrees F. for 8 or 10 minutes.

CHOCOLATE COOKIES

(Mrs. R. V. Lamb)

1 c. brown sugar	1/4 tsp. salt
1/2 c. butter	2 squares choc., melted
1 egg	1 1/2 c. flour
1/2 c. sour milk	1 c. nuts, chopped
1/4 tsp. soda	

Drop small quantity from tsp. and bake.

ICING

1 egg beaten	1 tsp. vanilla
1 3/4 c. powdered sugar	Spread on cookies.
2 squares melted choc.	

add cream till right consistency

FILLED COOKIES

(Mrs. A. J. Broderick)

1/2 c. shortening	1 tsp. vanilla
1 c. sugar	3 c. flour or enough to roll
1 egg	3 tsp. baking powder
1/2 c. milk	1/2 tsp. salt

Cream the shortening and sugar. Add the egg and beat thoroughly. Add the milk and vanilla, then the flour sifted with the baking powder and salt. Mix to a soft dough and roll thin. Cut into rounds with a cookie cutter. Arrange on a cookie sheet and on each cookie place a rounding tsp. of:

FRUIT FILLING

1 c. finely chopped raisins or dates	
3/4 c. sugar	3/4 c. water
1 tbsp. flour	

Cook until thick and cool.

FILLED FRUIT COOKIES

(Mrs. Clarence Rockwell)

1 c. sugar	1 tsp. soda
1/2 c. shortening	1 tbsp. vanilla
1 beaten egg	3 c. sifted flour
3 tbsp. sour milk	

Mix dough in the usual way. Cut out cookies. Spread filling on one round and place another round on top.

FILLING

1 c. raisins or dates chopped	1 tbsp. flour
1/2 c. sugar	

Cover with water and cook. Cool and add juice of 1/2 lemon.

COCOANUT KISSES
(Mrs. Grant Ruland)

1 can Eagle Brand milk 1 lb cocoonut

Mix together well and add desired flavoring. Drop on buttered pan, 1 large tsp. Bake in moderate oven until brown.

SOUR CREAM COOKIES
(Mrs. H. F. Lake, Jr.)

2 c. brown sugar	1 c. raisins
1 c. shortening	1 tsp. nutmeg
2 eggs	1 tsp. soda
1 c. sour cream	1 tsp. cinnamon
½ tsp. salt	3 c. sifted flour
1 c. nuts	

Cream together shortening, salt, sugar. Add beaten eggs, nuts and raisins. Mix well, add cream and dry ingredients, sifted together. Mix and drop from spoon. Makes 50 cookies.

Frozen Desserts

LEMON PARFAIT
(Mrs. Alonzo Miller)

Make 1 c. thick lemon sauce by heating
1 c. sugar ½ c. water
Juice and grated rind of 3 lemons

Pour this over 3 beaten egg yolks. Cook in double boiler until it thickens. Remove from fire and chill. When cold, fold into 2 c. heavy cream, whipped. Pour into freezing tray of refrigerator to freeze or pour into mould, seal tightly and pack in ice and salt 3 or 4 hours.

CHOCOLATE MARLOW
(Mrs. J. V. Leighou)

1 one-ounce square unsweetened chocolate	
20 marshmallows	1 c. whipping cream
1 tsp. vanilla extract	1 c. milk
½ tsp. salt	

Melt 15 marshmallows and chocolate in milk over hot water. Chill until slightly thickened, add vanilla extract, salt, and whipped cream. Cut remaining 5 marshmallows in small pieces and gently fold into the mixture. Freeze without stirring in refrigerator until serving. Serves 8.

STRAWBERRY ICE CREAM

(Mrs. Alonzo Miller)

3 p's. thin cream 2 c. sugar
2 qt. boxes berries Juice of 1 lemon

Pick over berries. Sprinkle with sugar. Cover and let stand 2 hours. Mash and add lemon juice. Freeze to mush. Add cream and finish freezing.

"TUTTI FRUTI" REFRIGERATOR ICE CREAM

(Mrs. Irwin Mergelman)

Soak 1 tsp. gelatin (plain) in juice of 1 lemon. Add $\frac{1}{4}$ c. hot water to dissolve.

Mash up 1 fully ripe banana $\frac{1}{4}$ tsp. salt
Add $\frac{1}{2}$ c. crushed pineapple $\frac{1}{2}$ c. rich milk
6 maraschino cherries (cut up fine)
1 c. sugar

Add the lemon-gelatin mixture to fruit mixture and pour in refrigerator tray. Let this mixture freeze until it becomes quite firm; whip $\frac{1}{4}$ or $\frac{1}{3}$ pt. cream and to it add the frozen mixture. Beat well and return to refrigerator to finish freezing.

Note—I always "cement" my tray down to cold unit with a little water; it freezes faster.

CARAMEL NUT ICE CREAM

(Mrs. Roy Sheek)

1 c. sugar $\frac{3}{4}$ c. chopped nuts
 $\frac{1}{4}$ c. boiling water 1 tsp. vanilla
 $1\frac{1}{2}$ c. evaporated milk $\frac{1}{2}$ tbsps. gelatine
2 eggs 1 c. whipping cream

Caramelize sugar to maple, add slowly the boiling water. Stir until sugar is dissolved. Heat milk in double boiler. Add caramel mixture to milk, add beaten egg yolks. Soak gelatine in tbsps. cold water. Add to above mixture and stir until dissolved. Cool and add vanilla, nuts, whipped cream and stiffly beaten egg whites. Freeze in tray of mechanical refrigerator.

PEACH SHERBET

Mrs. Chas. F. Stewart

$\frac{1}{2}$ c. orange juice 2 c. milk
2 tbsps. lemon juice $\frac{1}{4}$ c. heavy cream
1 c. peach pulp $\frac{1}{2}$ tsp. vanilla
1 c. sugar salt

Mix fruit juices with finely mashed peach pulp and sugar. Let stand until ready to freeze. Add to milk, cream and vanilla and freeze.

SHERBET
(Mrs. A. J. Broderick)

2 oranges
2 slices pineapple

1 banana
 $\frac{1}{2}$ c. fruit juice

Pare oranges, removing all inner skin. Separate sections, discarding partitions. Slice banana and cut pineapple in small pieces. Combine fruit and pour fruit juice over all (fruit juice will keep banana from discoloring). Cover and chill.

Have ready in tray of ice box any fruit sherbet, when ready to serve place a spoonful of sherbet in glass and fill glass with chilled fruit. A variety of delicious fruit and sherbet combinations can be arranged when fresh fruits are in season.

VANILLA COOKY ICE BOX DESSERT
(Mrs. J. V. Leighou)

$1\frac{1}{2}$ c. powdered sugar

1 cube butter

Mix well.

Drop 3 egg yolks, one at a time into the mixture and beat well. Add $\frac{1}{4}$ tsp. vanilla and almond extracts. Beat egg whites stiff and add.

Roll 2 dozen vanilla wafers and put $\frac{1}{2}$ of the amount in pan and pour in above mixture. Add the remaining rolled wafers. Put in ice box for several hours. Cut in squares and top with Maraschino cherries. Cake of any kind may be cut to fit the pan and used instead of the wafers.

PRUNE FLUFF PIE (ICEBOX)
(Mrs. Jack Miller)

1 envelope Knox Gelatine

$\frac{1}{4}$ c. cold water

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ c. hot water

1 c. sweetened prune juice and pulp

$\frac{1}{2}$ c. cream whipped

2 egg whites

$\frac{1}{4}$ c. sugar

2 tbsp. lemon juice

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt, and hot water, and stir until dissolved. Add to prune pulp and prune juice. Add lemon juice. Cool, and when mixture begins to thicken, fold in cream and stiffly beaten egg whites. Turn into graham cracker crust and chill for at least 8 hours. Serve topped with whipped cream.

PINEAPPLE ICEBOX CAKE
(Mrs. Jack Miller)

1/2 c. butter	1/8 tsp. salt
2/3 c. powdered sugar	3 egg whites beaten
3 egg yolks	1/2 c. blanched, shredded almonds
1 c. crushed pineapple	1 1/2 lb vanilla wafers, rolled

Cream butter and sugar. Add egg yolks and pineapple. Beat for 2 minutes. Add salt and egg whites. Sprinkle layer of crumbs in bottom of buttered dish. Add layer of egg mixture. Fill dish, alternating layers. The top layer should be crumbs. Chill at least 12 hours. Serve cut in slices and top with whipped cream.

APRICOT BAUM GLACE
(Mrs. George Nuckolls)

1 can apricots, pressed through a sieve, with syrup
1 qt. water
2 c. sugar

Stir until dissolved and freeze

Beat 1 c. whipping cream until firm, also white of 1 egg until dry

Beat one fourth c. sugar into this and add 1 tsp. vanilla, then fold into cream. Line a two quart mold with apricot mixture, put cream in the center and a layer of the apricot on top. Let stand for 3 hours packed in ice and salt.

CHOCOLATE ICE-BOX CAKE
(Mrs. Jack Miller)

1 pt. whipping cream	1 tsp. vanilla
1/2 c. sugar	30 chocolate ice-box cookies

Whip cream until stiff. Add sugar and vanilla. Spread 1 tbsp. of the sweetened whipped cream evenly over a chocolate cookie, then place another cookie above it. Repeat until all cookies have been used. Lay roll lengthwise on dish and frost entire surface with remaining whipped cream. Chill in ice-box for at least 8 hours. Cut slices diagonally across the roll and serve with fudge sauce if desired.

Jellies...Preserves

JELLIED WHOLE CRANBERRIES (Mrs. J. H. Howland)

6 c. berries (whole) 3 c. sugar
2 c. water

Boil sugar and water 5 minutes. Add berries and boil 10 minutes.

CRANBERRY JELLY (Mrs. Philip Easterly)

Cover 1 qt. cranberries with 1 pt. water and cook slowly until tender. Put thru colander. Boil 5 minutes; then add 1 pt. sugar and boil 5 minutes longer. Pour into molds. Makes a firm jelly.

PEACH AND PINEAPPLE CONSERVE (Mrs. Helen Dutcher)

2 c. diced peaches 1 orange (juice and grated rind)
1 c. grated pineapple 1 lemon (juice and grated rind)
2 $\frac{2}{3}$ c. sugar

Combine all ingredients and cook over slow heat until thick and clear. Stir frequently. Put in sterile hot glasses and seal with paraffin.

STRAWBERRY JAM (Mrs. Jack Houser)

Stem and wash berries. Measure 2 c. berries (whole), 2 c. sugar, 1 tsp. vinegar or lemon juice. Bring to a boil and boil 10 minutes. Put the cooked jam into a kettle with a fairly tight cover to cool—a shallow pan is preferable. Let stand over night, covered. Stir frequently. The berries will soak up the juice and will not come to top of jars as in many preserves. In morning, fill jars; cover with paraffin.

AMBER MARMALADE (Mrs. A. J. Broderick)

2 oranges, 2 lemons, 1 grapefruit, rind of lemon and orange thru chopper. For every c. pulp use 3 c. water. Let stand until next day. Boil 15 minutes. Let stand a day, measure cup of pulp, add 1 c. sugar for each c. pulp, add 1 extra c. and boil until it jells.

RHUBARB MARMALADE
(Mrs. Philip Easterly)

9 c. finely cut rhubarb 9 c. sugar

Let stand overnight. In the morning add three large oranges that have been put thru food chopper. Boil hard for about 15 minutes. Pour into jars and cover with parowax.

COLD PEACH JAM
(Mrs. Grant Ruland)

Peel and halve peaches. Then mash. Add sugar scanty equal to the amount of peaches. Mix thoroughly then let stand overnight. Next morning place in well sterilized jars and tie cheese cloth or other thin cotton over the jars. Do not use lids. Place in fruit pantry.

Meats

MEAT, FISH, AND POULTRY SERVINGS

Beef, pork, and veal—Allow $\frac{1}{2}$ lb meat per person in general.

Fish—Allow $\frac{1}{2}$ lb fish per person.

Poultry—Allow 1 lb market weight per person.

MEAT ROLLS
(Mrs. Harry Hazlett)

Prepare very short biscuit dough, roll out $\frac{1}{2}$ inch thick, and cut with round cutter. On each round place a spoonful of ground beef steak (ground coarser than hamburger). Season with salt, pepper and a bit of butter. Roll up into rolls and bake. Serve with brown gravy.

SAVORY VEAL CUTLETS
(Mrs. Harold Doyle)

3 onions	1 tsp. salt
2 tbsp. fat	Paprika
1 veal cutlet $1\frac{1}{2}$ inch thick	$\frac{3}{4}$ c. sour cream
$\frac{1}{4}$ c. flour	

Slice onions and brown in a skillet with the fat. Flour cutlet and brown thoroughly in the skillet. Add salt, paprika and sour cream and cover. Place over very low heat and simmer gently about 1 hour or until tender, turning once. If no sour cream available use $\frac{1}{2}$ c. cold water with 1 tbsp. vinegar.

MEAT LOAF
(Mrs. M. N. Davis)

1½ lb ground beef	1 medium sized onion
½ lb ground pork	1 tsp. sage
1 c. cream	2 tsp. salt
2 eggs	pepper to taste
1 c. bread crumbs	

Mix ingredients well together, place in buttered loaf tin and bake 1 hour in slow oven—baste with cream. 20 minutes before done add small can mushrooms on top.

CHICKEN BISMARCKS
(Mrs. C. C. Casey)

Cut bread in ½ inch slices and trim off the crusts. Spread ½ the slices with cooked chicken which has been chopped and mixed with a small quantity of gravy or white sauce. Place the plain slices of bread on top of the filled ones and cut each sandwich into tiny squares.

Beat 1 egg until light and add ¾ c. milk and ¼ tsp. salt. Heat a large iron skillet or griddle and grease with a small quantity of butter and Crisco, mixed. Dip each sandwich into the egg mixture, drain slightly and toast on the hot griddle as you would French toast. Cook until golden brown and transfer to a heated platter. Pour over the following:

CREAM SAUCE

2 tbsp. Crisco	2 tbsp. Pillsbury's Best flour
1 c. bottled milk or ½ c. Carnation evaporated diluted with ½ c. cold water	
Salt and pepper to taste	1 tsp. minced chives
1 tsp. minced parsley	

Melt the Crisco in a saucepan. Add the flour and stir until smooth. Gradually add the milk and cook until smooth and thick, stirring constantly. Season to taste with salt and pepper. Just before serving, add 1 tsp. minced parsley and chives. If desired, ½ c. small diced button mushrooms may be added to the sauce just before pouring over the sandwiches.

MEAT BALLS
(Mrs. J. S. Ferris)

1 lb hamburger	2 eggs
½ lb pork	salt and pepper
½ c. cracker crumbs	covered roaster
1 onion	1 can tomato soup
1 c. rice	1 c. water

Cook 2 hours.

MOCK DRUMSTICKS

(Mrs. Roy Sheek)

1½ tsp. salt	½ c. fine bread crumbs
1 egg beaten with 1 tbsp. water	2 tbsp. fat
¼ tsp. pepper	2 tbsp. flour
¾ lb veal steak	1½ c. meat stock
¾ lb lean pork	½ c. milk
6 wooden skewers	

Pound salt and pepper into meat, cut in pieces about 1¾ inch square. Alternate veal and pork and put 5 or 6 pieces on each skewer and shape in form of drumstick. Dip in crumbs, then in diluted egg and then in crumbs. Sear drumsticks golden brown on all sides in hot fat, and place in baking dish. To hot fat remaining in searing pan, add the flour, blend, then add meat stock and milk. Stir until smooth and thickened and pour over meat. Cover and bake in moderate oven one hour. Bouillon cubes dissolved in water may be used in place of meat stock.

SWEDISH MEAT BALLS

(Mrs. M. A. Deering)

1 lb round steak ground	½ bottle of cream
1 lb pork shoulder ground	4 crackers crumbed
2 egg yolks	salt and pepper to taste
1 small onion, chopped and browned in butter	

Beat together. Make into small balls and fry in butter.

BAKED HAM LOAF

(Mrs. C. M. Purceil)

2 lb lean pork	2 eggs
1¼ lb ham, uncooked, smoked	1 c. sweet milk
1 c. cracker crumbs	seasoning
½ c. catsup	

Bake 1½ hours in a pan and set pan in pan of water, or bake in casserole on top of stove.

CREAMED HAM, CAROLINA

(Mrs. Edward W. Allen)

1 can condensed mushroom soup	2 hard-cooked eggs
¼ c. milk	salt and pepper
1 c. cooked ham, cubed	

Heat soup in top of double boiler. Add milk gradually. Add ham and sliced eggs. Season to taste with salt and pepper. Serve on squares of hot cornbread. Serves 4.

MINCED HAM WITH MUSHROOMS

(Mrs. C. T. Hurst)

Melt 6 tbsp. butter or margerine, add 1 lb cleaned, sliced mushrooms or 1 medium-sized can of mushrooms, cook 3 minutes. Add 6 tbsp. flour, and when smooth, add 3 c. bottled milk or 1½ c. canned milk and 1½ c. water. Add to this white sauce 1½ c. minced cooked ham. Heat well, season and serve on toast.

LIVER LOAF

(Mrs. C. T. Hurst)

1 lb liver	1 egg
½ lb sausage	½ c. milk
1 c. bread crumbs	½ tsp. poultry seasoning
½ tsp. salt	pepper

Parboil liver and chop it fine; mix with sausage, bread crumbs and seasoning. Stir the egg and milk together and add to mixture. Form into a loaf and bake for 45 minutes.

MEAT-SOUFFLE

(Mrs. Bruce Blackstock)

4 tbsp. butter	½ tsp. salt
4 tbsp. flour	2 eggs
1 pt. milk	pepper

1 to 2 c. ground left over roast or boil meat
Make a white sauce of the butter, flour, milk, salt and pepper.
Put meat through food chopper.
Remove white sauce from stove. Add egg yolks, one at a time and mix well. Fold in meat, and last the stiffly beaten egg whites.
Put into well buttered baking dish and bake 15 to 20 minutes in hot oven. Serve at once.

HAM LOAF

(Mrs. A. J. Broderick)

1 lb pork	1¼ c. milk
1 lb veal	3 eggs
1 lb ham, ground	pepper
2 c. bread crumbs	very little salt, if any

Form into a loaf and bake about 2½ hours.
Baste with the following:
½ c. brown sugar 1 tbsp. mustard
½ c. mild vinegar or better syrup from pickled peaches, cider or pineapple juice
½ c. water

Serve with Horse Radish sauce
Whip ½ pt. cream until stiff, season to taste with salt, pepper, sugar and vinegar and add evaporated horse radish which has been soaked in cold water (1 tbsp. horse radish in ¼ c. water).

Pies...Pastries

"Pie is the great American dessert."

CREAM PUFFS (Mrs. Warren Brown)

1 c. flour
1/2 c. butter

1 c. boiling water
4 eggs

Melt butter, add flour and mix to a smooth paste, then add boiling water. Let cool. Add the eggs one at a time, and beat well after adding each egg. Bake about 25 to 30 minutes in a hot oven. Fill with whipped cream, or your favorite filling.

DEW DROPS (Mrs. Jack Houser)

1 1/2 c. sugar
1/2 c. butter
3 egg yolks

1/2 c. milk
1 c. English walnuts

1 c. ground raisins (mix with flour)

Cream butter and sugar, add yolks, milk and remaining ingredients. Cook until thick. Line gem pans with rich pastry. Bake. Fill baked shells with cooked mixture. Cover with meringue, and brown.

PRUNE PIE (Mrs. J. H. Howland)

Bake a pie shell and fill with prune mixture:

1 c. cut cooked prunes
whites of 3 eggs

1 1/2 tbsp. sugar
flavoring

Bake 1/2 hour.

CHEESE STRAWS (Mrs. S. P. Spencer)

1/2 c. butter
1 c. flour

3 c. cheese (1 lb)
Red pepper and salt

Put cheese thru grinder. Mix butter, flour, cheese, pepper and salt together. Moisten with enough water to make the consistency of pastry. Roll very thin and cut in strips.

Bake in hot oven.

PUMPKIN PIE
(Mrs. Sam Hartman)

2 eggs, well beaten
1½ c. light cream or undiluted evaporated milk
1⅓ c. sorghum
1 c. pumpkin
1 tsp. flour
¼ c. sugar (scant)
½ tsp. salt
1⅓ tsp. ginger
¼ tsp. nutmeg
¼ tsp. cloves
½ tsp. allspice
1 tsp. cinnamon

Add the following ingredients which have been sifted together:
Mix thoroughly. Bake six minutes at 500 degrees F., then reduce to 300 degrees F. for 30 minutes.

PUMPKIN PIE
(Mrs. Effie Lashbrook)

1 can pumpkin
2 c. milk
2 tbsp. butter
1 tsp. vanilla
2 tbsp. flour
1 c. sugar
3 egg yolks, beaten
1 tsp. ginger
pinch salt

Bake in open crusts. Cover with whipped cream. (Makes two pies).

LEMON CHIFFON PIE
(Mrs. A. J. Broderick)

4 egg yolks
4 tbsp. lemon juice
1½ tsp. grated lemon rind
½ c. sugar
⅛ tsp. salt
4 egg whites beaten stiff
½ c. sugar

Beat the egg yolks. Add the lemon juice, grated rind, the ½ c. sugar, salt and mix thoroly. Cook in double boiler until slightly thickened. Beat the egg whites and fold in remaining ½ c. sugar. Add ½ of the meringue to the cooked lemon filling and pour into previously baked pastry shell. Place the rest of the meringue on top of the pie and brown in a slow oven (325 degrees).

PUMPKIN PIE
(Mrs. C. T. Hurst)

2 eggs
1 tbsp. flour
1½ c. milk
¼ tsp. cinnamon
¼ tsp. salt
¼ tsp. ginger
⅛ tsp. nutmeg
¼ tsp. cloves
½ c. sugar
1½ c. canned pumpkin

Sift together the flour, sugar and seasoning. Beat eggs well, combine with milk and pumpkin. Stir liquid into dry ingredients. Pour into a pastry lined tin. Bake in a moderate oven for 30 minutes.

DOUGHNUTS

(Mrs. Annie Hartman by Mrs. H. F. Lake, Jr.)

2 eggs	1 c. sweet milk
1 c. sugar	1/2 tsp. soda
1/2 c. sour cream	2 tsp. baking powder

Salt, nutmeg and flour to make soft dough. Roll out and fry in deep fat.

"PRUNE DELIGHT" PIE

(Mrs. Harry Hazlett)

1 baked pie shell	1/2 c. prune juice
2 c. cooked prunes (stoned)	1 c. sliced bananas
1/4 tsp. salt	1/2 c. sugar
1/2 tsp. cinnamon	1/4 c. orange juice
4 tbsp. flour	1/2 pt. whipping cream
1 tsp. lemon juice	

Mix prunes with salt, cinnamon, flour and juices. Cook slowly and stir constantly until thick. Add sugar and mix well. Cool. Add orange juice and pour into pie shell. Add sliced bananas and top with whipped cream.

RHUBARB PIE

(Mrs. E. M. Russell)

1 c. sugar	1 tbsp. grated orange rind
1 tbsp. minute tapioca	1 tsp. salt
1/2 c. flour	
Mix and let stand 30 minutes. Wash and dry rhubarb.	
3 c. diced rhubarb	1 tbsp. lemon juice
1 tbsp. melted butter	

Mix well with the dry ingredients. Pour into a pie tin lined with rich pastry. Bake in moderate oven 45 minutes. A lattice top may be used. I prefer it with open face.

LEMON CAKE PIE

(Mrs. Max Sievers)

1 c. sugar	2 eggs
1 tbsp. butter	2 tbsp. flour
1 c. milk	Juice and grated rind of 1 lemon
1/8 tsp. salt	

Combine sugar and flour. Add butter and the egg yolks which have been beaten until light. Add milk and salt. Stir until smooth. Fold in stiffly beaten egg whites. Pour into unbaked pastry shell and bake in moderate oven.

OLD ENGLISH APPLE PIE
(Mrs. Bruce Blackstock)

4 or 5 c. sliced apples	$\frac{3}{4}$ c. flour
1 c. sugar	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ tsp. salt	1 tsp. cinnamon

Butter shallow baking dish and put in apples. Sift flour, sugar and cinnamon together; rub in butter until smooth. Spread this mixture over apples. Bake uncovered until apples are tender and crust is brown. Serve warm with plain or whipped cream.

CARROT PIE
(Mrs. Bruce Blackstock)

2 c. carrots, cooked tender and put thru sieve or ricer before measuring	1 tsp. cinnamon
$1\frac{1}{4}$ c. milk	$\frac{1}{2}$ tsp. allspice
1 c. sugar	$\frac{1}{2}$ tsp. nutmeg
2 tbsps. dark molasses	$\frac{1}{2}$ tsp. salt
2 eggs	3 crackers rolled fine

Mix all thoroughly. Line deep pie pan with rich pie crust, add carrot mixture and bake in moderate oven till brown and custard is set. (A very satisfactory substitute for pumpkin pie).

WASHINGTON APPLE PIE
(Mrs. Edward W. Allen)

1 c. unsweetened pineapple juice (canned)	
1 c. sugar	$\frac{1}{2}$ tsp. salt
6 medium sized tart apples	$\frac{1}{2}$ tsp. vanilla
1 tsp. cornstarch	1 tbsps. butter

Combine sugar and pineapple juice and bring to a boil. Add the apples, pared, cored and quartered. Cook slowly and uncovered until the apples are tender. Move the apples about gently to keep them covered with the syrup. Keep fruit whole. When tender, lift out gently with a spoon and arrange in an unbaked pie shell. Have the corn starch dissolved in 2 tsp. cold water. Add to the boiling syrup, cook until thick, add vanilla and butter and pour over apples. Cover the top with a lattice of $\frac{1}{2}$ inch strips of pastry. Brush with cream of beaten egg. Bake 10 minutes at 475 degrees. Reduce heat and bake 25 to 30 minutes at 325 to 350 degrees.

Pickles...Relishes

WATERMELON PICKLES

(Mrs. Ed Dutcher)

Cut the green skin from a 25 lb melon in even pieces. Soak over night in 3 tbsp. salt and 1 gal. water. Drain and rinse well in warm water. Cover with cold water 1½ hours; then boil until tender. Make a syrup of:

7 lb sugar	4 tbsp. whole cloves
2 qts. vinegar	4 tbsp. stick cinnamon

1 tsp. whole pepper corns (tied in a cloth bag) and boil for 30 minutes. When rind is done, drain and add to syrup with a medium size bottle of maraschino cherries—juice and all. Boil about 45 minutes and can.

DILL PICKLES

(Mrs. Wilbur Curtis)

Wash cucumbers, soak over night in cold water. In morning pack in jars with plenty of dill weed.

Prepare a mixture of 1 qt. vinegar, 3 qts. water and 1 c. salt, bring to a boil; pour hot mixture into jars of cucumbers and seal. Garlic buttons or pepper corns may be added if desired.

APPLE RELISH

(Mrs. M. N. Davis)

6 lb large quartered and cored apples	
2 lb seedless raisins	2 whole oranges

Run through food chopper. Add 6 lb sugar, 2 c. vinegar, 1 tsp. cloves, simmer slowly until quite thick. Add 1 c. broken walnut meats if liked, and seal.

MEAT RELISH

(Mrs. Dan Bowring)

1 peck green tomatoes	1 pt. salt
½ peck onions	4 lb sugar
6 large cucumbers	1 gal. cider vinegar
2 large heads cabbage	1 pkg. mixed pickling spices
8 red and green chili peppers	1 pkg. celery seed

Chop tomatoes, onions, cucumbers and cabbage fine and let stand in the salt and water over night. In the morning drain and wash. Add the rest of the ingredients. Place on stove and let come to a boil. Boil a few minutes and seal.

This makes about 15 qts.

MEXICAN RELISH

(Mrs. C. T. Hurst)

8 c. chopped tomatoes	2 tbsp. salt
3 c. chopped sweet green peppers	1½ c. sugar
½ c. red peppers	3 c. vinegar
3 c. onions	1 tsp. cinnamon
2 c. chopped celery	

Mix ingredients. Boil slowly and stir frequently until relish thickens. It will require about 50 minutes to thicken. Pour into hot sterilized jars and seal.

TOMATO CATSUP

(Mrs. Max Sievers)

1 bushel ripe tomatoes	2 oz. allspice
½ gal. vinegar	1 oz. ginger
½ lb sugar	2 oz. mustard
¼ pt. salt	½ oz. cloves
1 oz. black pepper	⅛ oz. cayenne

Simmer the tomatoes for 40 minutes and then strain through a sieve. Place the strained liquid in a porcelain-lined kettle and boil down to 1½ gal. Add vinegar, salt and spices tied in a bag. Cook down. Bottle and seal while hot.

Puddings....Desserts

"In the pleasure of the dessert often lies the success of the meal."

HOT BUTTERSCOTCH PUDDING

(Mrs. H. L. Dotson)

Cream together ¼ c. butter and 1½ c. sugar
Add 2 eggs (well beaten), mix
Add 2 c. flour, 1½ tsp. baking powder, ½ tsp. salt—sifted together—alternately with ½ c. milk

Butter casserole and pour in this batter then pour this sauce over the batter:

1½ c. sour cream, 1½ c. brown sugar, ¼ c. flour—mixed together
Bake in moderate oven (375 degrees) for 45 minutes. Serve hot with a pitcher of cream standing by. (Four to six servings.)

GRAHAM CRACKER LOAF

(Mrs. Philip Easterly)

$\frac{1}{2}$ c. thin cream
Add $\frac{1}{2}$ lb marshmallows cut into quarters,
 $\frac{1}{2}$ lb dates cut into pieces,
and enough graham crackers (about 30) rolled fine to make firm loaf. Press into a pan and chill until ready to serve. Top with whipped cream.

CHOCOLATE ROLL

(Mrs. Irwin Mergelman)

Beat 3 egg whites
Add 1 tbsp. cocoa,

$\frac{1}{4}$ c. sugar, and
3 egg yolks previously beaten

Bake 20 minutes in buttered tin in moderate oven.

SAUCE

1 sq. chocolate or (3 level tbsp. cocoa)
1 c. sugar
1 tbsp. butter

1 tsp. vanilla
 $\frac{1}{2}$ c. boiling water

Melt chocolate, add butter, pour in water gradually and bring to boiling point; add sugar. Let boil 12 minutes. Cool slightly. Add vanilla.

Make cake part. Whip $\frac{1}{4}$ pt. cream and sweeten; put on cake and roll like jelly roll. Slice and cover with chocolate sauce. (Putting roll in refrigerator and chilling it improves flavor.)

SNOW PUDDING

(Mrs. Gertrude Thornell)

1 pkg. lemon jello
1 pt. water (a little hotter than luke warm)

2 egg whites

Prepare jello as directed on jello box. When thickened to consistency of jell, add egg whites and beat.

CUSTARD SAUCE

2 c. scalded milk
2 egg yolks
 $\frac{1}{4}$ c. sugar

$\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ tsp. flavoring

Beat yolks slightly, add sugar and salt. Add milk slowly stirring constantly. Cook in double boiler, stirring until thick enough to coat a spoon. Chill and add flavoring. If curdled beat with egg beater until smooth.

Flavor with lemon, orange, vanilla, or bitter almond—according to jello used.

APPLE PUDDING
(Mrs. Roy Sheek)

$\frac{1}{2}$ c. nuts
Mix 1 egg, $\frac{3}{4}$ c. sugar well
Add $1\frac{1}{2}$ c. diced apples (not peeled)

Add $1\frac{1}{3}$ c. flour (before sifting)
1 heaping tsp. baking powder

Bake slowly $\frac{1}{2}$ hour in greased tin.

FIG PUDDING
(Mrs. Warren Brown)

$1\frac{1}{2}$ c. boiling salted water
9 or 10 figs cut up small
4 tbsp. graham flour moistened with cold water

1 c. sugar

Cook until clear, then add other ingredients. Put in mold.
Serve with whipped cream.

LEMON PUDDING
(Mrs. Roy Sheek)

Mix the following ingredients in rotation as it reads: 1 c. sugar, 2 tbsp. flour, $\frac{1}{8}$ tsp. salt, 1 lemon grated rind and juice, 2 egg yolks, 1 c. milk. Fold in the stiffly beaten whites of the eggs. Put in a pan and set the pan in another pan of hot water and bake to a delicate brown, about 30 minutes. Serve hot or cold, with or without whipped cream.

BAKED CUSTARD
(Mrs. George Anderson)

4 eggs
 $1\frac{1}{3}$ c. sugar
 $\frac{1}{2}$ tsp. salt

1 tsp. vanilla
3 c. scalded milk

Beat egg, add sugar, salt and vanilla, stirring constantly. Put in cups and place in shallow pan containing warm water. Bake in oven (325 degrees) about 50 minutes. Add raisins for change. When cool decorate with chopped nuts, toasted coconut, or grated chocolate.

GRAHAM CRACKER PUDDING
(Mrs. George Eastman)

4 tbsp. melted butter
 $\frac{1}{2}$ c. sugar

$\frac{1}{2}$ tsp. vanilla

To this, add a beaten egg mixed with $\frac{3}{4}$ c. milk,
3 c. graham crackers—ground or rolled very fine
1 tsp. baking powder
1 c. dates, ground

1 c. nuts, ground
— pinch salt

Steam $1\frac{1}{2}$ hours if steamed in 2 tins, longer in one. Serve with creamy sauce.

STEAMED BREAD PUDDING
(Mrs. Saville, by Ruth Eastman)

1 egg, beaten light	2/3 tsp. soda
1 c. sugar	2 1/2 c. ground bread crumbs
1 c. sour or butter milk	
1 1/2 tsp. cinnamon and cloves mixed	
1 c. raisins, nuts and dates, mixed	

Mix well and steam for 3 hours. Serve with hard or sour sauce or cream.

SUET PUDDING
(Mrs. May E. Webster)

1 c. dark molasses	1/2 c. currants
1 c. suet, chopped fine	1/2 c. chopped citron
1 c. raisins, seeded	
2 1/2 c. flour, 1/2 tsp. soda, sifted	

Steam 2 hours. Do not move or open steamer. Be sure of enough water in steamer.

BROWN SUGAR PUDDING
(Mrs. Robert Grove Porter)

1 c. brown sugar	1 c. sifted flour
2 1/2 c. water	2 tsp. baking powder
2 tbsp. butter	1/2 c. seedless raisins
1/2 c. sugar	

Combine the brown sugar and 2 c. water in a saucepan and boil for 10 minutes. Add butter and turn into a greased 1 1/2 qt. baking dish. Combine the granulated sugar, flour, baking powder, 1/2 c. water and raisins and pour this batter onto the syrup. DO NOT STIR. Bake 25 minutes in a hot oven (400 degrees F.). Serve hot or cold. Serves 6.

DATE LOAF
(Mrs. A. J. Broderick)

1/2 pkg. dates	1 tsp. soda
pour 1 c. boiling water over these and let cool	
1 c. sugar	1 egg
2 heaping tbsp. butter	1/2 c. nuts
1 rounding tsp. baking powder	1 1/2 c. flour

Beat egg, add sugar, butter, nuts, date mixture and then flour and baking powder. Bake in moderate oven 30 minutes.

Spread over this:

1/2 c. sugar	1/2 pkg. dates
3/4 c. boiling water	

Cook until thick and spread over loaf. Top with whipped cream.

CARROT PUDDING (Mrs. John V. Leighou)

1/2 c. shortening	1 1/2 c. grated carrot
1 1/4 c. granulated sugar	1 tsp. grated orange rind
2 eggs	3 tsp. baking powder
1/2 tsp. salt	1 3/4 c. milk
1 3/4 c. sifted all-purpose flour	

Cream shortening, add sugar gradually and cream until light and fluffy. Separate eggs; add egg yolks and beat well, then stir in grated carrots and orange rind. Sift remaining dry ingredients and add alternately with milk to first mixture. Beat egg whites until stiff, but not dry, and carefully fold into the batter. Bake in 8 x 8"x2" pan, or in a 7" tube pan. Grease and flour pan; pour in pudding and bake in a moderate oven (350 degrees F.) for one hour, or steam for about the same length of time. This is similar to cake; not like the carrot and suet pudding.

(SAUCE)

1 c. granulated sugar	1/4 tsp. salt
4 tbsp. grated carrot	4 tbsp. orange juice
4 tbsp. flour	4 tbsp. butter
1 tsp. grated orange rind	

Mix sugar, flour and salt; add water, stirring constantly; place over heat and cook until mixture is thick and clear. Add grated carrot and cook for 3 minutes longer; remove from heat, add remaining ingredients. This makes 2 1/4 c. sauce.

LUNCH ROLLS (Mrs. M. N. Davis)

3 c. flour	1 scant tsp. salt
3 tbsp. sugar, rounded	1/2 c. lard
2 tsp. baking powder, rounded	1 egg
1 c. milk	Jam

Sift together all dry ingredients, work in lard as for pies. Beat egg, add milk and mix a soft dough; roll, spread with jam or fresh fruit mashed and sweetened; form in roll; fasten edges with tooth pick. Bake 15 or 20 minutes in moderate oven. Serve with hard sauce or milk seasoned with nutmeg and sugar.

DATE TORTE (Mrs. Chas. F. Stewart)

1/2 c. flour	2 eggs
1/8 tsp. salt	1/2 c. sugar
1 tsp. baking powder	1/2 tsp. vanilla
1 c. chopped nuts	1 pkg. sliced dates

Bake about one hour. Cut in squares and serve with cream sauce, whipped cream or "dip."

"DIP"

½ c. sugar (brown or white) 1 c. water
1 tbsp. flour 1 tbsp. butter
¼ tsp. salt

Mix sugar, flour and salt together. Add water and when mixture begins to thicken add butter. Cook until thick. Remove from fire and add vanilla.

ZWIEBACK PUDDING

(Mrs. R. V. Lamb)

1 c. Zwieback crumbs (graham cracker crumbs are equally as good), ¾ c. sugar, 1 tsp. cinnamon, ½ c. butter. Cream sugar, butter and cinnamon and mix crumbs in that mixture.

Make custard of 2 c. milk, ½ c. sugar, 1 tbsp. corn starch, 3 egg yolks, lump butter.

Beat egg whites, add 1 tsp. baking powder, and ½ c. sugar to the eggs.

Line pan with ½ crumbs mixture, then pour custard over crumbs, then egg whites, then the rest of the crumb mixture on top.

Bake in a slow oven 20 minutes. Serve with whipped cream.

PRUNE PUDDING

(Mrs. R. V. Lamb)

¾ c. butter, 1 c. sugar—cream 4 tbsp. sour milk
3 eggs beaten

2 c. flour, sift once before measuring, then add 2 tsp. cinnamon,

1 tsp. allspice, 3 tsp. baking powder, pinch salt, and sift again.

1 c. cooked prunes, stoned and mashed. Bake in two layers.

FILLING

2 eggs

1 c. sugar

½ c. milk

3 tbsp. butter

pinch salt

1 c. cooked prunes

Cook in double boiler, spread on cake when thick.

Frozen and Chilled Starters

MINT AND WATERMELON BALLS

(Mrs. A. J. Broderick)

1 package lime Gelatin
1 c. boiling water
Dissolve jello, chill until it begins to thicken, then beat with egg beater until frothy and thick. Freeze in tray of ice box, either cut in squares or fill bottom of fruit cup with jello mixture and top with melon balls, or unhulled strawberries. Garnish with mint leaves.

1 c. cold water
few drops peppermint

SURPRISE COCKTAIL

(Mrs. A. J. Broderick)

Any Fruit Sherbet. Hint: Boil and keep in ice box syrup for sherbet and frozen desserts: Boil 4 c. sugar with $3\frac{1}{2}$ c. water until thick syrup. This way it is always cool and ready for use.

ICED SHRIMPS

(Mrs. A. J. Broderick)

Fill a tray with tomato puree and when it begins to freeze place the shrimp on top. It can be served in squares with a little hot cocktail sauce.

STRAWBERRY JUICE COCKTAIL

(Mrs. Forest Frasier)

Wash and hull 1 pt. berries, cut in halves, and sprinkle with 2 tbsp. sugar. Let stand $\frac{1}{2}$ hour in order to have as juicy as possible. To sugar and berry mixture, add

1 $\frac{3}{4}$ c. orange juice
 $\frac{1}{4}$ c. grapefruit juice

1 $\frac{1}{3}$ tbsp. lemon juice
Pinch salt

Mix thoroughly, squeeze through cheesecloth and chill in refrigerator. When chilled serve in 4 double cocktail glasses. Garnish with strawberries and orange slices.

COLLEGE COW

(Mrs. Forest Frasier)

Into a tall glass put a ladle of vanilla ice cream and over this pour ginger ale.

FRUIT PUNCH
(Mrs. Forest Frasier)

Iced tea makes a perfect base for many kinds of fruit drinks.

Here is one:

Juice of 4 lemons	1 c. sugar
2 oranges	$\frac{1}{2}$ c. grenadine syrup
$\frac{1}{2}$ c. strong tea	6 c. water

Serve with a finger of pineapple in the bottom of each glass, mint leaves, and a maraschino cherry.

FROZEN TOMATO COCKTAIL
(Mrs. C. T. Hurst)

1 pt. tomato juice	$\frac{1}{2}$ tsp. salt
1 tsp. sugar	1 tbsp. grated onion
4 stalks celery (grated or well bruised)	

Add to tomato juice, sugar, salt, grated onion and celery. Let stand 15 minutes, then strain through coarse wire strainer. Pour into freezing pan of an electric refrigerator or pack with ice and salt for 2 hrs. or until frozen to a soft ice. Stir thoroughly several times during the freezing process. Serve in cocktail glasses.

ICED CHOCOLATE
(Mrs. Forest Frasier)

4 tbsp. cocoa or 2 sq. choc.	$\frac{1}{2}$ c. water
2 to 4 tbsp. sugar	Pinch salt

Blend sugar, cocoa or choc. and salt with hot water. Stir until smooth and cook 2 minutes. Add 2 c. hot milk. Blend well, but do not boil after adding milk. Pour over shaved ice. On each glass put a spoonful of whipped cream.

TOMATO JUICE COCKTAIL
(Mrs. Sam Hartman)

2 c. tomato juice	$\frac{1}{2}$ tsp. salt
2 tbsp. catsup	$\frac{1}{4}$ tsp. paprika
2 tbsp. lemon juice	$\frac{1}{4}$ tsp. sugar
1 tbsp. horseradish	Mix and chill

HOT CHOCOLATE
(Mrs. H. L. Dotson)

$2\frac{1}{2}$ sq. choc.	Pinch of salt
$\frac{1}{2}$ c. water	Melt in double boiler

Add $\frac{3}{4}$ c. sugar and boil 4 minutes. Cool and add $\frac{1}{2}$ c. cream (whipped). Put a heaping tbsp. of this mixture into each cup and fill with hot milk and stir. This makes delicious hot chocolate.

PINEAPPLE JUICE
(Mrs. Forest Frasier)

Use canned, unsweetened pineapple juice to make this refreshing drink. This is not supposed to be a sweet drink, but the juice may be sweetened to taste, either with powdered sugar or sugar syrup. To each glass of chilled pineapple juice add a half slice of orange and a maraschino cherry.

Sugar syrup: Boil together 2 c. sugar and 2 c. water for 10 minutes. Let cool, and pour into a sealed container.

TOMATO SOUP
(Mrs. George Nuckolls)

1 crate of tomatoes	14 parsley leaves
7 large onions cut medium	14 black peppers
14 bay leaves	1 large stalk of celery

Boil 2 hours stirring constantly, then add: $\frac{3}{4}$ c. sugar, 1 c. flour and make a paste with water. Add $\frac{1}{2}$ lb butter, 10 tsp. salt and boil for another $\frac{1}{2}$ hour and seal. Makes about 12 quarts.

VEGETABLE SOUP
(Mrs. Dan Bowring)

3 lb beef boil—Put on in cold water and cook till tender.
Then add:
1 can of tomatoes or tomato soup
1 large onion $\frac{1}{2}$ c. rice
2 large potatoes Salt and pepper
2 large carrots Add other vegetables if wanted

Cook from 4 to 6 hours.

SALMON CHOWDER
(Mrs. Dan Bowring)

Cut two potatoes, 2 carrots and 1 onion, all medium sized, into small cubes. Cook until tender, and add: 1 pt. milk, 1 heaping tbsp. butter, and $\frac{1}{2}$ can of crushed salmon. Then add salt, pepper and a pinch of cayenne pepper.

Bring to a boiling point, and serve. (Other fish may be used).

FRENCH ONION SOUP
(Mrs. Sam Hartman)

1 c. onion, chopped	$\frac{1}{8}$ tsp. pepper
3 tbsp. butter	3 c. beef broth, well seasoned
2 tbsp. flour	1 tsp. Worcestershire sauce
1 tsp. salt	1 3 c. cream

Saute onions in butter until well cooked. Blend in flour and seasonings. Add beef broth and simmer for $\frac{1}{2}$ hr. Add cream just before serving. The broth made from bouillon cubes may be substituted for part or all of the beef broth.

Serve with cheese croutons.

(4 servings)

Vegetables

"Delicious, tender vegetables which keep their color and are full of flavor are one of the best parts of a good dinner."

EQUIVALENTS

(Mrs. Alonzo Miller)

Beets—1 lb equals 2 c. cooked beets. Serves 3 or 4
Broccoli—1½ lb bunch serves 3 persons
Brussels Sprouts—1 lb equals 3 c. Serves 4 or 5
Cabbage—1 lb equals 2½ c. cooked or 3½ c. shredded
Carrots—1 lb equals 2¼ c. diced raw or 2 c. cooked
Celery—1¼ lb bunch equals 3 c. raw or 2 c. cooked
Corn—4 medium ears equal 1 c.
Green Beans—1 lb equals 3 c.
Peas—1 lb equals 1 c. shelled
Spinach—1 lb equals 1½ to 2 c. cooked
Sweet Potatoes—1¼ lb equal 4 medium potatoes or 2¾ c. mashed
Tomatoes—1 lb equals 4 small tomatoes
White Potatoes—1 lb equals 3 medium potatoes or 2¼ c. mashed
Cranberries—1 lb equals 4 c.
Lemons—1 lemon averages 3 tbsp. juice plus 1½ tsp. grated rind
Oranges—1 orange averages ½ c. juice plus 1 tbsp. grated rind

BAKED BEANS SUPREME

(Mrs. George Anderson)

2 qts. beans—soak over night. Cook until skins fall off
4 onions browned in ½ lb butter
Mix together 5 tbsp. brown sugar—1 tsp. each of mustard, salt, and pepper. Stir all well—lay salt pork over top. Cover and bake 5 hrs. Put water from beans—that has been left from cooking in pan of beans every half hour if needed. You may add ½ bottle of catsup if you care to. This to be mixed with sugar, mustard, etc.

BAKED BEANS

(Mrs. Grant Ruland)

Soak 3 lb of navy beans over night. Next morning put on to boil with ½ lb of pickled pork or other fat pork or bacon. Cook until tender, adding salt.
Remove from kettle into baking pan. Add ½ c. Brer Rabbit molasses, and bake until nice brown.
Aunt Dinah molasses may be used and makes them darker. If it is used, add ½ c. brown sugar. Add ½ c. catsup if desired.
(Makes 1 gallon)

"FRIED CELERY"
(Mrs. Harry Hazlett)

Cut outer stalks of large celery into pieces 6 inches long, boil until tender, roll in flour, brown in olive oil or butter.

NOODLE SOUFFLE
(Mrs. A. J. Broderick)

2 c. uncooked noodles (home made or bought). Cook noodles in boiling salt water, drain.

1 c. cream (canned milk or white sauce can be substituted).

3 eggs
Salt and pepper

Beat egg yolks, pour cream over them and beat; season with salt and pepper, add drained noodles and lastly fold in stiffly beaten egg whites and bake in greased casserole. Bake slowly and until firm, about 50 minutes.

1 c. grated cheese is delicious baked in this, if desired.

ASPARAGUS WITH POACHED EGG
(Mrs. Robert Grove Porter)

Put freshly cooked or canned asparagus on heat resisting platter. Cover tips with grated cheese, a few drops of lemon juice and bits of butter. Season lightly with salt and pepper and bake in hot oven, until cheese begins to brown. When ready to serve, top with poached egg.

STUFFED CARROTS
(Mrs. M. N. Davis)

6 large carrots	1 tsp. butter
2 tsp. cream	1 tsp. sugar
2 tsp. onion	Salt to taste
Marshmallow	

Pare six large sized carrots. Cook whole until tender. Cut out center. Mash and add cream, butter, sugar, chopped onion, salt to taste. Mix. Place back in hollow shell. Place marshmallow on top of each. Put in oven until marshmallow is brown. Serve hot with a spray of parsley at side.

MUSHROOMS WITH EGGS
(Mrs. C. T. Hurst)

½ lb or (med. can) mushrooms	¼ tsp. pepper
2 tbsp. butter	2 tbsp. cream
2 large eggs (beaten)	Small rounds buttered toast
½ tsp. salt	Parsley

Chop mushrooms; melt butter in pan, add mushrooms, fry 4 minutes, add egg, seasonings and cream; stir until set, pile in a small heap on toast rounds. Garnish with parsley. Serve hot.

CABBAGE SOUTHERN

(Mrs. H. L. Dotson)

Make this dressing for cooked, drained cabbage:

$\frac{1}{2}$ c. vinegar, $2\frac{2}{3}$ c. sugar, $\frac{1}{2}$ tsp. mustard—mix.

Bring to boil and add:

1 well beaten egg, 1 tsp. flour, 1 c. cream—mixed together

Cook until thick and pour over cabbage.

RICE RING

(Mrs. M. A. Deering)

1 c. uncooked rice. When boiled add 2 beaten eggs

4 tbsp. olive oil

$\frac{1}{4}$ tbsp. grated onion

$\frac{1}{2}$ c. milk

$\frac{1}{4}$ tsp. Worcestershire sauce

$\frac{3}{4}$ c. grated cheese

Salt to taste

$\frac{3}{4}$ c. chopped parsley

Put in ring mold placed in a pan of boiling water and cook 45 minutes in the oven.

CORN SOUFFLE

(Mrs. A. J. Broderick)

1 No. 2 can of Maine or creamy style or fresh cooked corn

1 c. soft bread crumbs

3 tbsp. melted butter

3 eggs

$\frac{1}{2}$ tsp. salt

1 c. grated cheese

Pepper to taste

$\frac{1}{2}$ c. pimiento (chopped)

Mix the corn, crumbs, beaten egg yolks, cheese, pimiento and melted butter together. Season to taste with salt and pepper and mix. Fold in the egg whites, beaten stiff. Pour into a buttered baking dish and bake in a slow oven (325 degrees) for 35 to 45 minutes. Serve at once. This makes a nice meat substitute.

Serves 6.

Candy

PATIENCE CANDY (Mrs. Homer Gray)

3 c. sugar
1 large can condensed milk

Butter, size of walnut
1 c. nuts

Brown 1 c. sugar in skillet until caramelized, stirring constantly. Put in half of milk. This will make sugar set but stir until it dissolves again. When dissolved put in another c. sugar and rest of milk. When this is well mixed put in the other c. sugar. Cook to soft ball. Add butter and cool. Beat until creamy, add nuts and pour into pan.

PEANUT BUTTER FUDGE (Mrs. Gertrude Thornell)

3 c. sugar
1 can cond. milk
1 can water

3 tbsp. corn syrup
1 tsp. butter

Mix and cook until thickened. Add 2 heaping tbsp. peanut butter. Cook until it forms soft ball. Beat.

TURKISH DELIGHT (CANDY) (Mrs. C. T. Hurst)

Dissolve 1 box Knox gelatine in $\frac{1}{2}$ c. cold water, add 1 c. boiling water, juice of 1 lemon, juice and grated rind of 1 orange, 1 quart of sugar. Boil these ingredients 15 minutes. Remove from the fire and add $\frac{1}{2}$ c. candied cherries, cut fine, $\frac{1}{2}$ lb chopped nuts, $\frac{1}{2}$ c. finely cut candied citron, stir all together and pour into greased pans to cool. When thoroughly chilled and set cut into squares and roll in powdered sugar.

RAISIN PUDDINGS (CANDY) (Mrs. Clarence Rockwell)

Blend three c. sugar, $\frac{1}{2}$ c. cocoa, 1 c. undiluted evaporated milk, $1\frac{1}{3}$ c. white corn syrup and $\frac{1}{2}$ tsp. salt. Stir while bringing to the boiling point and occasionally thereafter. Cook to the soft ball stage (234 degrees F.). Remove from fire, add 1 tsp. vanilla and cool until the pan feels warm but not hot and the candy thermometer registers 149 degrees F. Then beat till creamy smooth. Fold in $\frac{1}{2}$ lb seedless raisins, a 3-ounce package of assorted candied fruits and $\frac{1}{2}$ c. chopped walnuts.

Pour half on a sheet of waxed paper, shape in tiny balls and roll in chopped nuts or confectioner's sugar. Shape rest in a long narrow roll in a dampened cloth; pin in shape. Store in refrigerator, open cloth and cut off as needed.

PENUCHE (CANDY)
(Mrs. Harry Hazlett)

2½ c. brown sugar
½ c. cream

Butter size of an egg

Boil 15 to 20 minutes.
Add ½ tsp. vanilla, and ½ c. chopped walnuts, beat well;
pour into buttered tins. Cut in squares.

Salads

"Salad is to the human being what sunshine and air are to the plant."

CARROT AND APPLE SALAD
(Mrs. J. V. Leighou)

Grate 2 or 3 large carrots
Shred 2 or 3 medium-sized apples

Mix with the juice of 1 lemon and add 2 or 3 tbsp. sugar, according to sweetness desired. This makes a nice salad for children who do not like salad dressing.

FRENCH DRESSING
(Mrs. Chas. F. Stewart)

1 tsp. salt	½ tsp. sugar
½ tsp. mustard	Dash of cloves
½ tsp. pepper	2½ c. oil
½ tsp. paprika	1½ c. vinegar
Clove of garlic—if desired, chopped onion	

Mix dry ingredients in jar. Add oil and mix well. Add vinegar and shake until well blended. Then add garlic and onion. Let stand 24 hrs. Remove garlic and onion before using. If you wish, chili sauce, catsup or Worcestershire sauce may be added.

FROZEN PEAR SALAD
(Mrs. Irvin Mergelman)

2 pkgs. Philadelphia cream cheese
6 tbsp. French dressing ¾ c. pear juice

Beat these ingredients together until fluffy. Line refrigerator tray with No. 2 can of pears cut in slices. Pour mixture over pears and freeze.

CHEESE SALAD

(Mrs. Jack Houser)

- | | |
|------------------------|-----------------------|
| 1 pkg. pimiento cheese | 2 rings green pepper |
| 1 c. whipping cream | ¼ c. pecans, cut fine |

Mix cheese with ¼ of cream. Add chopped nuts and pepper. Whip the remainder of cream and fold in cheese mixture. Line a baking powder can with oil paper. Pack in cheese mixture. Pack in salt and ice. Freeze 3 hours. Serve a slice of the frozen cheese salad on a slice of pineapple with salad dressing. The cheese mixture may be frozen in electric refrigerator and cut in squares.

FROZEN CHEESE SALAD

(Mrs. J. S. Ferris)

- | | |
|---------------------------|--------------------|
| 1 lb American cheese | 1 c. mayonnaise |
| 1 c. crushed pineapple | 1 c. whipped cream |
| 10 marshmallows | 1 pkg. gelatin |
| 20c bottle stuffed olives | |

Grate cheese and mix with the other ingredients. Fold in cream and the gelatin when it begins to congeal.

ASHVILLE SALAD

(Mrs. H. L. Dotson)

Dissolve 1 pkg. lemon jello in 1 c. warm water; add 1 c. tomato soup and 1 tbsp. vinegar. Add 2 pkgs. Philadelphia cream cheese that has been broken up and beat with a rotary egg beater.

Add: 1 c. celery, ¼ c. chopped green pepper, ¼ c. onion (chopped) and about ½ bud garlic, finely minced. Pour into molds and chill until firm. (Makes 12 Maryanne molds).

24 HR. FRUIT SALAD

(Mrs. Ed. Dutcher)

- | | |
|-----------------------|-------------------|
| 1 large can pineapple | 1 lb marshmallows |
| 1 large can pears | Nuts |

Drain fruit, cut in cubes. Add marshmallows.

Beat yolks of 4 eggs. Add pinch of salt, ½ c. hot milk. Cook until thick. Cool; add juice of 1 lemon, 1 pt. cream, whipped and fruit. Let stand 24 hours.

FRUIT SALAD

(Mrs. Effie Lashbrook)

- | | |
|-------------------------------------|---------------------|
| 1 can white cherries, cut in halves | |
| 1 can pineapple | 1 c. chopped pecans |
| 2 pkgs. marshmallows | |

Yolk of 1 egg and juice of 1 lemon. Cook together, let cool and add ½ pint of whipped cream. Fold in fruits.

CHICKEN SALAD
(Mrs. Reinhardt Schuhmann)

2 c. cooked chicken, cut in $\frac{1}{2}$ inch cubes
1 c. tender celery, cut in $\frac{1}{4}$ inch slices
($\frac{1}{2}$ c. cooked peas and $\frac{1}{2}$ c. cucumber, cut in $\frac{1}{2}$ inch cubes may be used in place of celery)
About $\frac{2}{3}$ of a c. of Mayonnaise or cream dressing, or sufficient amount to hold salad together.

Serve on lettuce leaves. A garnish of capers, stoned olives, beets or sweet peppers may be added for variety.

CHICKEN, CELERY, AND GRAPE SALAD
(Mrs. Reinhardt Schuhmann)

2 c. chicken, cut in $\frac{1}{2}$ inch cubes
1 c. tender celery, cut in $\frac{1}{2}$ inch pieces
1 c. grapes, skin removed, cut in halves

Marinate chicken with French dressing. Let stand for several hours. Then drain and mix with celery and grapes. Place on nests of lettuce and garnish each portion with cooked cream dressing or Mayonnaise.

GREEN MOULDED SALAD
(Mrs. Robert Grove Porter)

$\frac{1}{2}$ c. sweet pickles, sliced thinly 1 tbs. gelatin
 $\frac{1}{2}$ c. stuffed olives 1 c. boiling water
 $\frac{1}{2}$ c. pineapple, cut in pieces $\frac{1}{4}$ c. vinegar
 $\frac{1}{2}$ c. sugar Green coloring
 $\frac{1}{2}$ c. blanched almonds, cut in half

Soak gelatin in cold water five minutes; dissolve in boiling water; add sugar and vinegar, salt, coloring. Cool and add ingredients.

SHRIMP SALAD
(Mrs. C. T. Hurst)

2 cans shrimp, cut in small pieces, $\frac{1}{2}$ c. walnut meats (chopped), 2 hard boiled eggs sliced, 1 bunch of celery, chopped fine, 1 green pepper cut in rings. Mix, serve on lettuce leaves with mayonnaise dressing.

APRICOT SALAD
(Mrs. Reinhardt Schuhmann)

1 3-lb can apricots 6 apples
1 lb can pineapple 6 oranges

*Cut fruit into small pieces of similar shape. Mix with mayonnaise, or a thick sweet dressing.

CABBAGE, DATE AND NUT SALAD
(Mrs. Reinhardt Schuhmann)

2 c. shredded cabbage ¼ c. coconut grated
¼ lb dates
¼ c. almonds, blanched and sliced

Scald the dates, bring to a boil in fresh hot water, cool, stone.
Cut fruit in strips and add other ingredients. Use a dressing as follows:

½ c. orange or lemon juice ½ c. sugar
½ c. grape or pineapple juice 1 egg, white unbeaten

Mix the ingredients; cook in double boiler at a low temperature until done.

SALMON SALAD
(Mrs. Robert Grove Porter)

Remove every scrap of skin and bone from salmon, being careful not to break the fish into small flakes. Drain the liquor from the fish which should be the red variety to be wholly attractive. Place the fish in a deep glass bowl in the refrigerator after you have poured over it ½ c. of French dressing made of oil, lemon juice and a chip of garlic, with plenty of seasoning. Pare a cucumber and slice it into thin paper rounds. Peel a large Bermuda onion and slice it into thin rounds. Place both in a bowl of ice water, with hearts of lettuce leaves, a stalk or two of endive and leave to crisp. When you are ready to serve the salad, line the bowl around the salmon with lettuce and endive, lay the rounds of cucumber and onion on top over the fish and top it off with a blob of mayonnaise. Serve with a bowl of mayonnaise and plenty of rye bread and sweet butter.

CHEESE BALLS
(Mrs. Jack Miller)

1 c. grated American cheese Pinch of salt and
2 egg whites beaten stiff Red pepper

Mix all ingredients and form into balls. Roll in fine bread crumbs and fry in deep fat. Serve hot with salad.

SWEET DRESSING

3 eggs
¾ c. sugar
½ c. lemon juice

½ c. pineapple or orange juice
½ c. cream, whipped

Beat eggs until stiff and add sugar, a little at a time, beating continuously. Add strained lemon and pineapple juice or orange juice. Cook in double boiler until thick. Cool, add whipped cream. This dressing may be served with any fruit salad.

MOLDED FRUIT SALAD (Mrs. Harold Doyle)

4 c. lemon jello
8 slices canned pineapple

4 red apples
3 bananas

Prepare the lemon jello and set to cool. Dice pineapple, apples and bananas and arrange in molds. When lemon jello begins to thicken pour it over the fruit in the molds. Chill until firm. Serves 15. Serve with Golden Dressing.

GOLDEN DRESSING

4 eggs
1 c. sugar
1½ tsp. flour

8 tbsp. lemon juice
2 c. canned pineapple juice
2 c. cream, whipped

Beat eggs, sugar, flour and lemon juice together. Add pineapple juice and cook until it thickens, stirring constantly. Just before serving fold in cream.

HOT SLAW

(Mrs. Gertrude Thornell)

Chop rather fine ½ head cabbage. Serve with dressing made of:

Yolk 2 eggs, slightly beaten
¼ c. cold water
3 tbsp. butter
½ tsp. salt

Few drops onion juice
½ tsp. ground mustard
Little pepper
4 tbsp. vinegar

Stir over hot water until creamy. Add to cabbage and allow it to heat through. 2 tbsp. sugar may be added.

SPINACH SALAD (Mrs. J. H. Abel)

½ lb fresh spinach
¼ lb bacon, diced
2 hard boiled eggs, diced

1 tbsp. vinegar or to taste
pinch salt
dash pepper

Wash spinach thoroughly, shred and place in covered casserole. Fry bacon until well done, add vinegar and pour over spinach; add eggs, salt and pepper, cover and let stand in warming oven before serving.

MOCK CHICKEN SALAD
(Mrs. Jack Miller)

1 pkg. lemon jello	2 c. scalded and flaked tuna fish
1½ c. warm water	¾ c. celery, chopped
3 tbsp. lemon juice	2 tbsp. pimiento, chopped
¼ tsp. salt	
½ c. Miracle Whip and whipped cream, mixed	

Dissolve jello in warm water. Add lemon juice and salt. Chill. When slightly thickened, fold in remaining ingredients. Turn into molds. Chill until firm. Serve on crisp lettuce and top with Miracle Whip and sliced stuffed olives.

CARROT SALAD
(Mrs. J. H. Abel)

1 pkg. orange jello	1 tbsp. sugar
2 c. boiling water	pinch salt
1 tbsp. vinegar	
1 small bottle stuffed olives, sliced	
1 medium size carrot or 2 small ones	

Mix water and jello, stirring till thoroughly dissolved; add sugar, salt and vinegar and let stand until cool. Add olives, grated carrot; pour in moulds and place in refrigerator to congeal. Serve on lettuce, top with salad dressing and paprika.

HOME GARDEN SALAD
(Pearle R. Casey)

2 c. chopped raw spinach	1 tsp. chopped onion
2 c. chopped celery	
½ c. small white or dark seedless raisins	

Drain the excess juice from the chopped spinach, celery and onion. Press dry the raisins which have been washed and plumped in hot water. Mix the vegetables and raisins together then add sufficient mayonnaise to moisten well. Add a small amount of lemon juice to suit the taste. Salt may also be added if desired. Place the salad mixture in small molds or custard cups and chill in the refrigerator for at least 30 minutes. Turn out on crisp lettuce and garnish with mayonnaise. Serves 6 to 8.

One Meal Dishes

"Either at noon or in the evening a simple meal is served according to the needs and custom of the family."

FRENCH TOAST WITH PINEAPPLE AND BACON (Mrs. Warren Brown)

8 slices bacon	4 pineapple slices (canned)
2 eggs	4 slices bread
½ c. milk	¼ tsp. salt

Fry bacon and keep hot. Combine eggs, milk, and salt. Dip bread in egg mixture and saute in bacon fat. Then saute pineapple slices. Place one pineapple slice on each piece of toast and top with two slices of bacon. Garnish with parsley and serve hot.

TUNA FISH PIE WITH CHEESE ROLLS (Mrs. H. L. Dotson)

Melt 3 tbsp. butter. Add ½ c. sliced green pepper and 2 slices onion. Cook until soft. Add 6 tbsp. flour and stir until blended. Add ½ tsp. salt. Add 3 c. milk slowly, stirring constantly until thick and smooth. Add 1 large can tuna—drained and separated. 1 tbsp. lemon juice.

Pour into large baking dish and cover with CHEESE ROLLS:

½ c. flour, 3 tsp. baking powder—sift together
½ tsp. salt

Add 3 tbsp. shortening and mix. Add ½ c. milk, soft dough, toss lightly on floured board. Roll into sheets 8 by 12 inches. Sprinkle with ¾ c. grated cheese and 2 chopped pimentos. Roll like jelly roll. Cut and lay on top cream mix. Bake at 450 degrees—30 minutes.

HOT TAMALE PIE (Mrs. J. S. Ferris)

2 lb hamburger	3 large onions (cut fine)
1 qt. tomatoes	Salt and chili pepper

Cut suet in frying pan; brown onions slowly until cooked; then add steak—stir and cook well. Add tomatoes and simmer. Make a mush of 5 c. water, 1 tbsps. salt and 1 c. corn meal. Cook slowly for 30 min. Line a deep baking dish with mush and fill with meat mixture. Bake about 20 min. Makes about 3 pies. Can be set aside and baked as used. Must be served hot.

HOT TAMALES PIE
(Mrs. Grant Ruland)

Line pan with thin layer of corn meal mush, mush well cooked. Cook 1 lb hamburger, 2 large onions, 1 can tomatoes until done. Add chili to suit taste, salt and pepper. Place this mixture in the pan of mush and cover with another layer of corn meal mush. Bake $\frac{1}{2}$ hr. or longer.

ITALIAN NOODLES
(Mrs. R. V. Lamb)

1 lb pork, ground 1 lb veal, ground
Salt and pepper meat to taste and brown in butter
2 large onions, ground 2 large green mangoes, diced
1 bunch celery, diced 1 medium sized can tomatoes
Noodles made from 2 eggs cut fine

1 lb cheese grated and added just before removing from oven, or long enough to melt well. Bake $1\frac{1}{2}$ hours.

NIPPY NOODLES
(Mrs. Homer Gray)

1 pkg. egg noodles, cooked 3 tbsp. green pepper, chopped
4 slices bacon 1 c. mushrooms
1 can tomato sauce 1 small onion, chopped
salt and paprika Italian grated cheese

Cut bacon into small pieces and brown. Use fat to brown onion and pepper. When done add mushrooms and tomato sauce. Cook three minutes. Combine this mixture with noodles. Serve in casserole and sprinkle with cheese.

SPAGHETTI AND MUSHROOMS
(Mrs. Robert Grove Porter)

8 oz. pkg. spaghetti 2 c. canned tomatoes
2 tbsp. butter $\frac{1}{2}$ tsp. pepper
1 lb round steak, ground 1 $\frac{1}{2}$ tsp. salt
1 medium sized onion $\frac{1}{2}$ c. grated cheese
 $\frac{1}{2}$ lb mushrooms

Cook spaghetti in boiling salted water for thirty minutes. Drain and put on heat proof platter. Pour over sauce, sprinkle with grated cheese and slide into oven long enough to melt cheese.

To make the sauce: Melt butter, add onion cut in thin slices and cook slowly for five minutes. Add chopped meat and cook for thirty minutes stirring to prevent sticking or burning. Add salt, pepper and tomatoes and cook fifteen minutes longer. Add $\frac{1}{2}$ c. boiling water and mushrooms which have been cut in thin slices. Cook thirty minutes longer, stirring occasionally.

COLOR OF SPRING
(Pearle R. Casey)

2 lb fresh salmon steak (cut in 1 piece)
½ lb fresh asparagus or 1 No. 1 can Del Monte green asparagus

Wash the salmon and wrap in a piece of clean white cheese cloth. Place in a saucepan, cover with boiling water and add ¼ tsp. salt and 1 tsp. lemon juice. Boil gently until the fish is tender. Remove from the stove, pour off the liquid and cool slightly. Break the fish into rather large flakes, discarding all skin and bones. Place the fish in a covered dish to keep hot. In the meantime, cut the asparagus into short pieces and cook in slightly salted boiling water. If canned asparagus is used, heat by placing the can in a saucepan of boiling water. When the asparagus is cooked, pour off the liquid add the asparagus to the white sauce and reheat.

Toast triangles of white bread in a hot oven. Place 2 triangles of toast on each serving plate. Arrange the salmon flakes on the toast and add the asparagus in the white sauce. Garnish with asparagus tips or sprigs of parsley and a bit of chopped pimiento.

WHITE SAUCE

1 tbsp. butter or Crisco 1 c. milk
¼ tbsp. flour Salt and pepper to taste

Melt the shortening in a saucepan. Add the flour and stir until smooth. Gradually add the milk and cook until smooth and thick, stirring constantly. Season to taste with salt and pepper. Serves 6.

CHILI

(Mrs. George Nuckolls)

½ c. dried Mexican beans 2 cloves of garlic
1 qt. can tomatoes 2 tbsp. chili powder
1 lb of hamburger salt, pepper
1 large onion 1 tsp. camino seed

Soak beans over night in water, boil until tender, cut garlic and onion fine, add other ingredients and simmer, the longer the better. Add water as needed.

CHOP SUEY

(Mrs. Grant Ruland)

2 c. spaghetti; boil, then cool in cold water. Add 1 lb hamburger steak, 1 can tomato soup, ¼ lb cheese (long horn) or other. Salt and pepper, then cover with milk and bake until golden brown.

"GOOD ONE-DISH MEAL"

(Mrs. Harry Hazlett)

3 slices chopped bacon	1/2 c. raw diced carrots
1/2 lb ground beef	1 c. raw diced potatoes
1 chopped onion	1 can kidney beans

Brown bacon quickly in iron or heavy skillet. Add onion and beef and brown all. Add diced potatoes, carrots and beans. Cover. When steam escapes freely, decrease heat and simmer covered for one hour longer, adding water to keep moist. Stir up and serve.

TAMALE PIE EN CASSEROLE

(Mrs. Harold Doyle)

1 c. yellow corn meal	2 tbsp. fat
6 c. boiling water	2 c. cooked beef, chopped
1 tsp. salt	2 c. tomatoes
1 medium onion	2 pimentoes
Chili powder	

Cook corn meal, water and salt, as for mush, for about thirty minutes. Chop onion and fry in fat until brown. Add meat and fry few minutes. Add tomatoes, pimentoes and chili. Line oiled casserole with mush, put meat mixture in center, cover with mush and bake in moderate oven 2-2 1/2 hours.

NOODLES AND TUNA

(Mrs. Ed Dutcher)

Cool: noodles (made from 1 egg) in salt water until done. Run cold water over them and drain.

Mix 2 hard cooked eggs, 1 small can chopped tuna, 1 can mushroom soup, salt and pepper to taste.

Put in casserole and sprinkle with cracker crumbs. Bake in the oven until nicely browned. (You may add olives, mushroom buttons, or any vegetable you wish to this).

ESCALLOPED SALMON

(Mrs. Sam Hartman)

1 can red salmon
1 can sliced mushrooms
1/2 lb grated cheese
1 c. toasted bread crumbs (brown in skillet in butter)
1 pt. white sauce

Butter baking dish. Put in salmon, then mushrooms, then cheese. Cover with white sauce and spread bread crumbs over top. Bake 20 to 25 minutes.

SALMON RICE LOAF
(Mrs. Philip Easterly)

1 tbsp. Knox Gelatine	1 can salmon
$\frac{1}{4}$ c. cold water	1 c. cooked rice
1 tsp. salt	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ tsp. pepper	1 tbsp. melted butter

Soften gelatine in cold water and dissolve in hot milk. Add seasonings, salmon, rice and butter. Pour into wet mold and let set. Serve cold as salad or with hot tomato sauce in place of meat for dinner.

TUNA MUSHROOM SOUFFLE
(Mrs. A. J. Broderick)

2 tbsp. butter	pepper to taste
2 tbsp. flour	1 small can tuna (about 1 c.)
1 c. milk	2 hard cooked eggs diced
2 beaten egg yolks	2 egg whites beaten stiff
$\frac{1}{4}$ tsp. salt	
1 small can minced mushrooms (about $\frac{3}{4}$ c.)	

Make a white sauce of the butter, flour and milk. Add the beaten egg yolks and season to taste with salt and pepper. Add the tuna (flaked), the mushrooms (drained), and the diced eggs. Fold in the stiffly beaten egg whites and pour into a buttered baking dish. Bake in a slow oven (325 degrees) for 45 minutes. Serve at once. A fine casserole dish.—Serves 6.

Sauces

SUPREME SAUCE
(for puddings)
(Mrs. Jack Miller)

2 egg yolks	1 c. cream, whipped
$\frac{1}{3}$ c. powdered sugar	1 tsp. vanilla
pinch of salt	

Beat egg yolks until thick and lemon-colored. Combine with salt and sugar. Just before serving, fold in cream and flavoring.

PINEAPPLE SUNSHINE SAUCE
(Mrs. J. H. Howland)

1 c. grated pineapple	2 c. sugar
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Boil 5 minutes. Nice sauce for puddings or ice cream.

BANANA ORANGE SAUCE
(Delicious over plain puddings)
(Mrs. Chas. F. Stewart)

1 3/4 c. sugar
1 tsp. flour
1/2 c. orange juice
1 tbsp. butter
1/2 c. banana pulp

Mix sugar and flour together in top of double boiler; add orange juice and cook slowly over hot water for 10 minutes or until thickened, stirring occasionally. Add butter and banana pulp—cook 2 minutes longer.

HOLLANDAISE SAUCE
(Mrs. George Nuckolls)

1/2 c. butter
2 egg yolks
1/4 tsp. salt
sprinkle salt
1 tbsp. lemon juice

Mash the butter, divide in three pieces. Put one piece in a pan with the egg yolks and lemon juice and cook over hot water (a double boiler) stirring constantly. Don't let water touch pan or egg will cook too quickly. As sauce thickens, add the second piece of butter, then the third. Remove from the fire, add seasoning. One tbsp. cream added helps to keep the sauce from separating. Grand on Broccoli, or eggs Benedictine.

MINT SAUCE
(Mrs. J. V. Leighou)

1/2 c. sugar
1/4 c. water
8 marshmallows, quartered
1 stiff-beaten egg white
1 drop oil of peppermint

Boil sugar and water 3 minutes. Add marshmallows. Let stand away from heat 2 minutes, then pour over the egg white. Continue beating until smooth, add oil of peppermint—carefully measure and only one drop, unless you desire a strong flavor. (Peppermint extract is different; you may use more of that). Place in refrigerator until serving time.

CREAMY SAUCE
(Mrs. George Eastman)

1/4 c. butter
2 c. powdered sugar
1 egg
1/2 c. thick cream
1 tsp. vanilla

Cream butter. Add sugar. Cream together. Add cream, well beaten egg and flavoring. (If it should separate, set over hot water and beat until smooth). Serve cold on hot pudding.

BUTTERSCOTCH SAUCE

(Mrs. Max Sievers)

Combine $\frac{1}{4}$ c. brown sugar, $2\frac{2}{3}$ c. corn syrup, $\frac{1}{4}$ c. butter, $\frac{1}{4}$ c. heavy cream; bring to boiling. Simmer 20 minutes. Serve hot. This is delicious on waffles.

Sandwich Fillings

TUNA SANDWICH FILLING

(Mrs. Alonzo Miller)

$2\frac{2}{3}$ c. tuna	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. finely chopped celery	$\frac{1}{4}$ tsp. paprika
$1\frac{1}{3}$ c. diced cucumbers	1 tbsp. chopped sweet pickles
2 hard cooked eggs, diced	1 tsp. lemon juice
4 tbsp. mayonnaise	

ALLE ZOEST (Sandwich Filling)

(Pearle R. Casey)

1 pkg. soft pimiento cheese	3 tbsp. minced green pepper
$\frac{1}{2}$ c. minced parsley	$\frac{1}{2}$ c. diced, crisp Swift's bacon
3 tbsp. chopped olives	Best Foods mayonnaise
3 tbsp. minced chives	1 loaf fresh whole wheat bread

Cream the cheese with a silver fork. Add the parsley and mix thoroly. Add the chopped olives, chives, green pepper and bacon and mix thoroly. Add sufficient mayonnaise to make a smooth spreading mixture. Set in a cool place for 15 minutes. Cut the crust from the loaf of bread and slice the loaf lengthwise into thin slices. Spread half the slices with the above filling. Top with the unspread slices and wrap each long piece in wax paper. Chill in the refrigerator until ready to serve. Cut any desired size sandwiches from the long strips. These sandwiches are delicious to serve with tea, coffee, or hot chocolate or as an accompaniment for salad.

Dressing

ALMOND APPLE DRESSING (POULTRY DRESSING)

(Mrs. C. T. Hurst)

4 tbsp. melted butter, 3 c. day-old bread crumbs, 1 c. finely diced cooking apples, $\frac{3}{4}$ c. shredded blanched almonds, 4 tbsp. finely diced onions, 3 tbsp. cooked diced bacon, 1 tsp. thyme, 1 tsp. poultry seasoning, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ c. water.

Pour melted butter over bread crumbs, add apples, almond, onion, bacon and seasonings. Moisten with water.

