

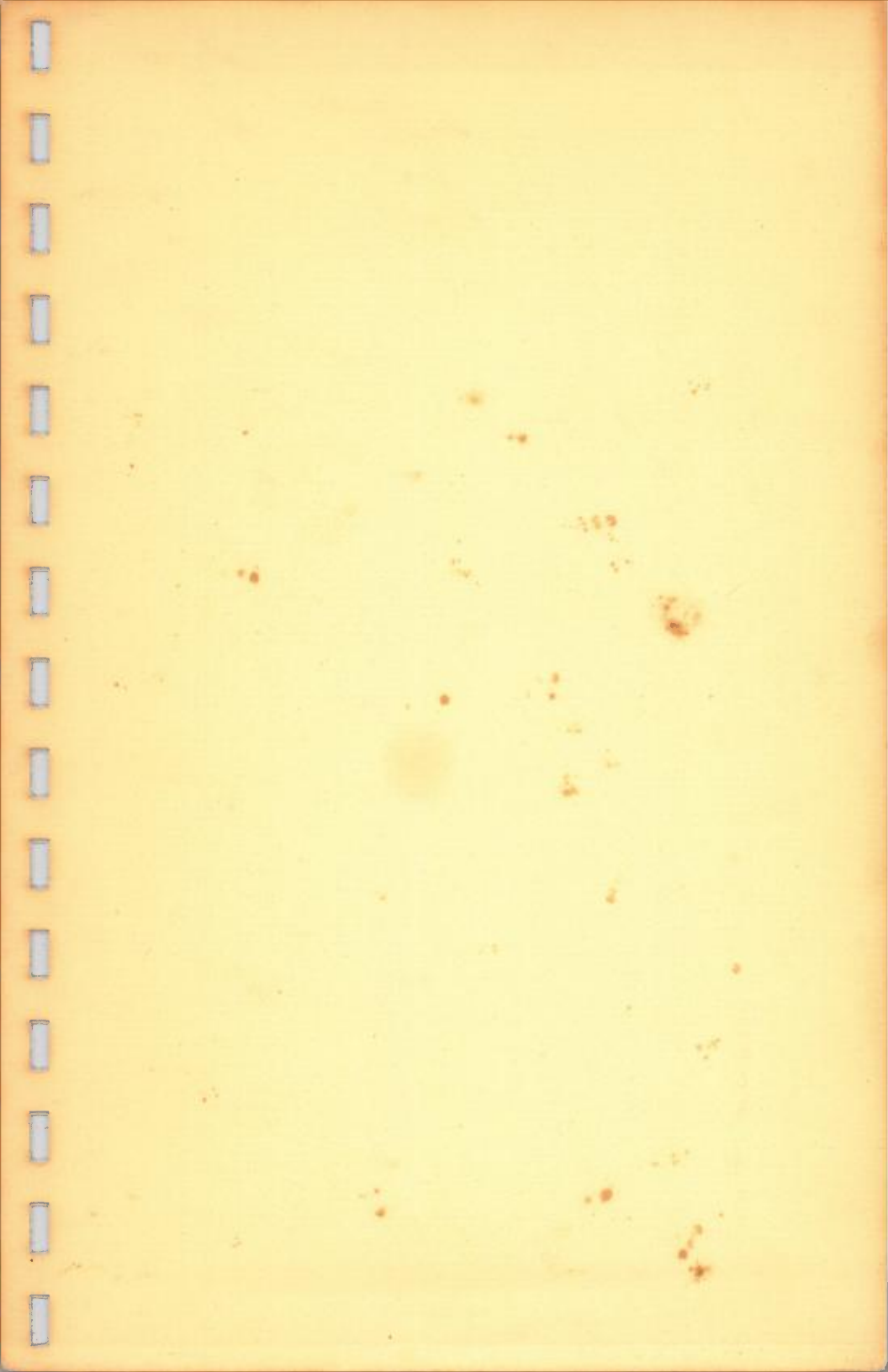


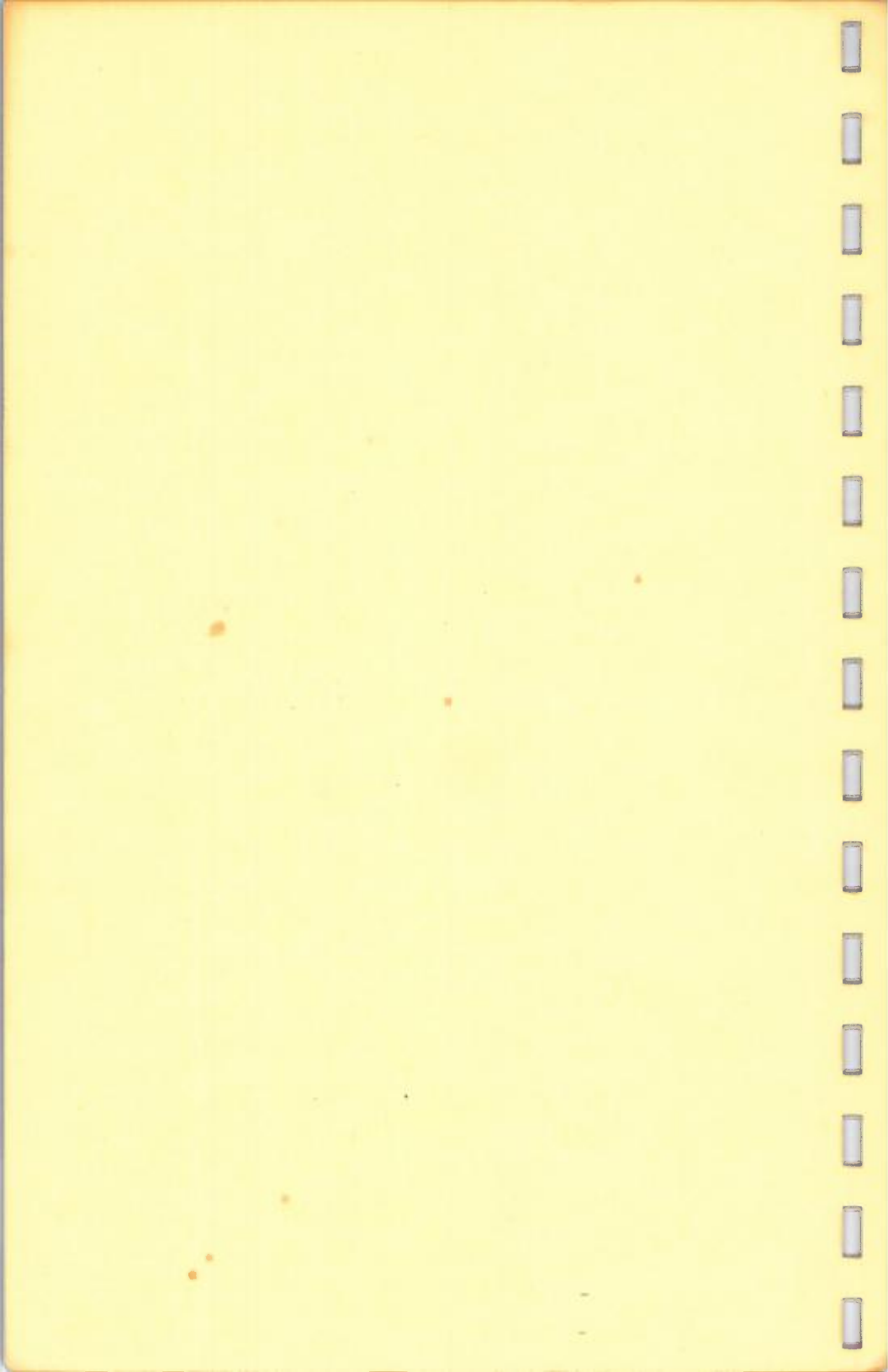
PERFECTLY

MARVELOUS

SALT RECIPES PEPPER

*of the*  
PACIFIC MISSILE RANGE  
PT. MUGU, CALIFORNIA





SUPERB

KITCHEN TESTED

RECIPES

from

The Navy Wives of the Pacific Missile Range  
and their many friends

Second Printing, November 1960  
Point Mugu, California





Dedicated  
to  
The Navy Relief Society



PERFECTLY MARVELOUS RECIPE

One half a cup of friendship and  
A cup of thoughtfulness,  
Creamed together, with a pinch  
Of powdered tenderness.

Very lightly beaten  
In a bowl of loyalty  
With a cup of faith and one of hope  
And one of charity.

Be sure to add a spoonful each  
Of gaiety that sings,  
And also the ability  
To laugh at little things

Moisten with the sudden touch  
Of heart-felt sympathy.  
Bake in a good-natured pan  
And serve repeatedly.

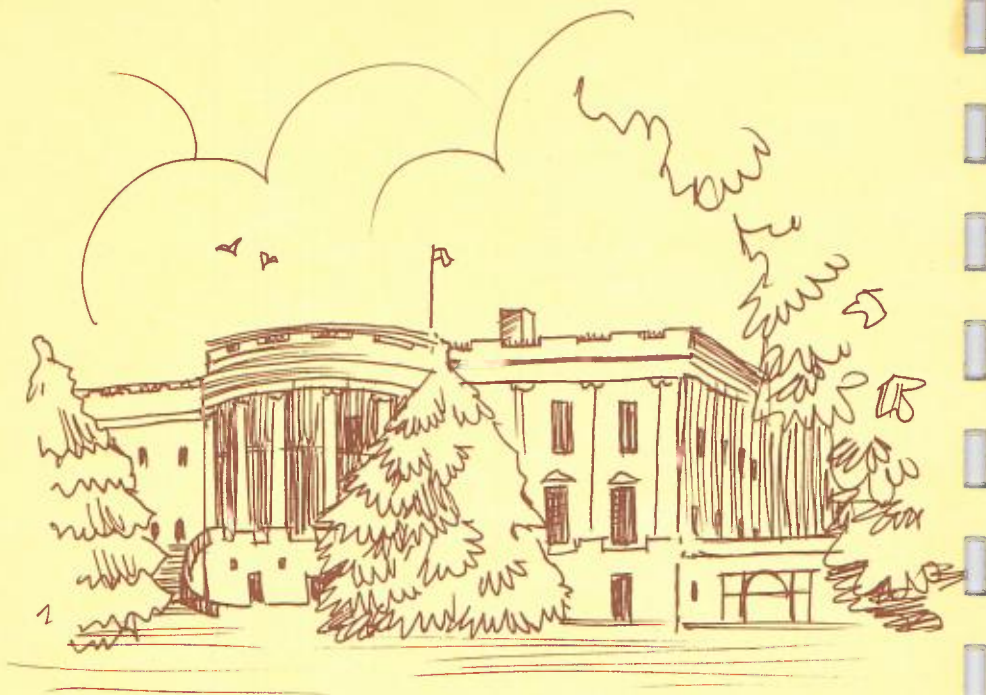
MRS. RICHMOND D. BRANNEN







# first call



THE WHITE HOUSE  
WASHINGTON

COLD CURRY SOUP

1/3 cup butter	1/8 tsp. pepper
1/4 cup onion, minced	1/4 cup flour
1/4 cup celery, diced	1 quart milk
1 1/2 tsp. curry powder	2 chicken bouillon cubes
1 tsp. salt	Flaked coconut

Melt butter in saucepan over low heat. Saute onion and celery in butter until transparent. Blend in seasonings and flour. Add milk, stirring constantly. Cook until smooth and thickened. Add bouillon cubes; stir until blended. Chill thoroughly. Pour into chilled bowls and sprinkle with flaked coconut. Makes 6 servings.

MRS. DWIGHT D. EISENHOWER

# Hors d'oeuvres

## FIRST CALL

5 oz. Roquefort cheese	Juice of one onion
2 pkgs. cream cheese	1 tsp. Worcestershire
5 oz. cheddar cheese (soft)	$\frac{1}{2}$ lb. pecan meats

Mix all ingredients, except pecans, with electric mixer. Add half the pecans, shaved fine. Form into ball; place in small bowl which has been lined with waxed paper. Let stand in refrigerator overnight. Remove cheese ball from refrigerator an hour and a half before serving. With rolling pin, crush remainder of pecans between layers of waxed paper and add about two tablespoons of chopped parsley. Roll cheese ball in this, completely covering the outside.

## BRANDIED CHEESE BALLS

2 oz. Brandy or Bourbon	3 T. mayonnaise
1 lb. sharp cheese (soft)	2 dashes of bitters
Salt and red pepper to taste	

Cream all ingredients thoroughly. Chill before rolling into small balls. Touch one side of each ball with paprika. These can be stored in refrigerator for weeks.

MRS. E. C. HIGGINS

## BOURBON CHEESE DUNK

1 lb. Kraft Kay cheese	1 jigger Bourbon
1 can green chilies	2 dashes Worcestershire

Mix all ingredients on electric mixer. Serve with Fritos or potato chips.

MRS. G. M. MALCOLM

# Hors d'oeuvres

## SAVORY CHEESE DIP

3 oz. Blue cheese	$\frac{1}{4}$ tsp. dry mustard
8 oz. cottage cheese	$\frac{1}{4}$ tsp. curry powder
2 T. sour cream	$\frac{1}{4}$ tsp. salt
1/8 tsp. ground black pepper	

Soften Blue cheese at room temperature; combine all ingredients. Blend until mixture is smooth and creamy. Makes about 1-1/3 cups.

MRS. G. M. MALCOIM

## NORDIC DIP

6 oz. cream cheese	$\frac{1}{2}$ tsp. salt
2 T. sweet cream	$\frac{1}{4}$ tsp. paprika
1 T. onion juice	Dash of black pepper
1 T. horseradish	$\frac{3}{4}$ cup minced pecans

Soften cheese to room temperature; combine all ingredients, and blend thoroughly. Chill before serving. Yields 1 $\frac{1}{2}$  cups.

MRS. L. A. SOLBERG

## CHILI DUNK

1 $\frac{1}{2}$ cans chili con carne (without beans)	Dash of chili powder Dash of garlic powder
1 $\frac{1}{2}$ oz. chopped ripe olives	$\frac{1}{4}$ lb. Kraft Kay cheese
1 small finely chopped sauted onion	

Blend all of the ingredients. Serve with King Size Fritos.

MRS. G. M. MALCOIM



# Hors d'Oeuvres

## ROQUEFORT CHEESE DIP

1 cup sour cream  
1 cup mayonnaise  
4 oz. Roquefort or Blue  
cheese

1 clove garlic, minced  
1½ tsp. lemon juice  
¼ tsp. celery salt  
¼ tsp. Accent

Blend above on a blender or electric mixer. Keeps well in refrigerator.

CDR C. J. ECONOMOU

## MEXICAN BEAN DIP

½ can Chili without beans  
½ lb. Velveeta cheese

1/3 can mushroom soup  
Dash of chili powder

Combine all ingredients in top of double boiler or chafing dish over water and heat until bubbly. Keep hot and serve with Fritos.

MRS. J. D. COCHRAN

## CHILI CON QUESO

2 lb. box Velveeta cheese  
1 T. chili powder  
Few drops of Tabasco sauce

1 T. Worcestershire  
1 can tomatoes and chili  
peppers

Melt cheese in top of double boiler. Add other ingredients and mix well. For a hotter dip, increase Tabasco. Serve with broken fried tortillas or Fritos.

MRS. B. D. BOLSTAD



# Hors d'oeuvres

## BLUSHING BOWL

1 pkg. onion soup mix      3/4 cup chili sauce  
1 pint sour cream      1/2 tsp. horseradish  
1 dash of tabasco sauce

Blend all ingredients thoroughly. Refrigerate before serving.

MRS. P. H. OLIVIT

## CURRY DIP

2 cans crabmeat      Dash of onion juice  
1 small carton sour cream      Dash of lemon juice  
Curry powder to taste

Combine all ingredients well. Chill before serving. This dip is especially appetizing when served before a curry entree.

MRS. G. J. FINDLAY

## HOT CLAM DIP

3 T. butter      4 T. ketchup  
1 small onion, minced      1 T. Worcestershire  
1/2 green pepper, minced      1 T. table cream  
2 cans minced clams      1/2 tsp. red pepper  
1 jar cheddar cheese      1 whole pimiento, minced

Saute onion in butter. Drain clams and add to onion with the remaining ingredients. Allow to come to a boil. Serve while hot, preferably in a chafing dish.

MRS. G. M. MALCOLM

CLAM CHEESE

1 lg. pkg. cream cheese	Dash of onion salt
1 can minced clams	Dash of Worcestershire
Evaporated can milk	

Soften cheese at room temperature. Add remaining ingredients, using only enough milk to make a creamy smooth mixture. Serve with potato chips.

MRS. F. H. RADLOFF

GUACOMOLE

1 ripe avocado	2 tsp. vinegar
2 T. minced onion	1 tsp. salt
1 T. mayonnaise	1/8 tsp. fresh ground black pepper

Peel avocado and mash to a smooth pulp. Add remaining ingredients and mix thoroughly. This is delicious spread on crisp crackers or served as a dip with potato chips.

MRS. W. A. SPEER, Jr.

NIBBLERS

1 pkg. pretzel sticks	2 lbs. mixed nuts
1 pkg. pretzel bits	1 lb. oleomargarine
1 pkg. Rice Chex	2 T. Worcestershire
1 small pkg. Cherrios	2 T. Lowrey seasoning

Mix together in very large pan the sticks, bits, Chex Cherrios and the nuts. Melt the oleo and add Worcestershire and the seasoning salt. Pour this mixture over the others. Bake 2 hours in a 250° oven, being sure to stir up the bottom every 20 minutes. Makes 5 quarts. Will store for months in tight containers.

MRS. J. M. TOOKE

# Hors d'oeuvres

## WON TONS

1 large pork chop                      1 tsp. soy sauce  
½ cup celery, minced                ¼ tsp. Accent  
2 T. green onions, minced       ½ tsp. salt  
1 pkg. Won Ton doilies\*

Remove all fat and bone from chop. Mince the meat and place in a small bowl. Add other ingredients. Mix well. Fill doilies with this mixture.

To fill doilie: Hold doilie in left hand with one corner pointing toward you. Place one teaspoon of the filling in the center. Fold into a triangle laying the point toward you evenly over the one away from you. Pinch open edges together, then fold left hand corner over right hand corner and toward the center. Deep fry 3 minutes in 375° heat. Serve while warm. Makes 2½ dozen.

When entertaining, make Wontons early in the day, lay on cookie sheet, cover with aluminum foil and store in refrigerator until ready to deep fry.

\*Won Ton doilies can be purchased at any Chinese Market and at most super markets.

MRS. W. A. SPEER, Jr.

## HOT CHEESE ROLLS

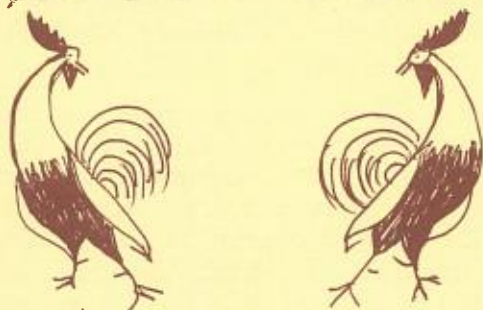
1 pkg. Sharp cheddar cheese    Dash of Worcestershire  
2 T. butter                              Dash of catsup

Cut crusts from fresh bread. Soften cheese at room temperature and mix with butter, Worcestershire and catsup. Spread this mixture onto the bread and roll bread. Can now be placed in freezer or refrigerator for storage. When ready to serve, place under oven broiler for one minute.

MRS. J. K. KEIHNER

At cocktail time, amuse your friends by serving some of the good dips you have just read about. Exercise your ingenuity by presenting the tasty tidbits in unusual ways. A half apple, grapefruit or eggplant make perfect pincushions for toothpicks laden with cubes of cheese, salami, or tiny sausages. A large platter of vegetables is a winner with half a red cabbage, center removed, for dip.

Chunks of fresh fruit in season in a cold watermelon boat makes the most delectable way of serving appetizers --- on a hot day!



As for the cocktail—

The thoughtful hostess, ever mindful of the needs of her guests, will serve non-alcoholic as well as alcoholic cocktails. Calorie counters and abstainers always appreciate this -----





## LONG LIFE TO THE GRAPE!



© Wine to the poet is a winged steed;  
o Those who drink water gain but little speed. ©  
Nicaenetus (c. 250 B.C.)

The poet of the kitchen, that venerable chef, has just prepared his Perfectly Marvelous Recipe and fervently desires to transform it into a Positively Memorable Repast. What is to be done? Lay out the company china and silver. Turn the lights down low. Lumine the candles. Aha! The touch of grace. A Proud Majestic Red wine! Or, perhaps, as an unknown author wrote:

Here's to champagne, the drink devine  
That makes us forget our troubles;  
It's made of a dollar's worth of wine  
And three dollars' worth of bubbles.



Most people are not snobs about wine. Some drink it, some don't. For those who do, it is a fact that taste and vintage are most important. One rests upon the other. Certainly New York State and California wines can hold their own with the top imports. California does not even identify vintage years, since its climate is so consistent over the years that its grapes can always be trusted to yield the very best of wines.

It makes good sense to develop your own preferences regarding the types of wines to serve with foods. You might make a mistake, for instance, to serve a red Pinot Noir with a delicate fish or chicken entree. The robust Pinot would overwhelm the flavor of the entree. The conventions which have been proven over the years resolve into this simple statement: Champagne for any festive occasion; white wine with fish, chicken, and light meats; red wine with turkey, gamey meats, and red meats. The choice is yours!

You should drink and cook with the finest wine you can afford. There is no such thing as cooking wine and table wine. Either the wine is suitable, or it is not. Successful cookery cries out for the most select ingredients available. So don't economize at the expense of your palate! It's the only one you have.





# Company Fare

## \* VEAL PAPRIKA AND POPPY SEED NOODLES

2 T. oil	3 beef bouillon cubes
2 T. bacon drippings	1½ cups water
3 lbs. boneless stewing veal	1 tsp. salt
½ cup flour	½ tsp. pepper
12 oz. fresh mushrooms	2 T. paprika
sliced	1 clove garlic, minced
1 cup onion, sliced	1 cup sour cream
	2 T. parsley, minced

Dust veal with flour and fry in fats. When lightly browned, add mushrooms, onion and garlic. Cook 15 min. over low heat, stirring often. Dissolve bouillon cubes in water and add with salt, pepper, and paprika. Pour into 2½ quart casserole; cover and bake until veal is very tender (350° for 1½ hours). Just before serving, pour sour cream over top and sprinkle with chopped parsley. Yields 8 generous portions. This casserole may be cooked a day or two ahead and stored in refrigerator or frozen. But be certain to add sour cream just before serving. This preserves the color and prevents curdling.

## ALMOND & POPPY SEED NOODLES

3 T. butter	2 tsp. poppy seeds
½ cup almonds, blanched and slivered	One 8 oz. package egg noodles

Melt butter in heavy skillet; add almonds and cook until light brown. Add the poppy seeds and drained, hot cooked noodles. Toss lightly. Serve with VEAL PAPRIKA on top.

MRS. FLO SMELSER

# Company Fare

## HUNGARIAN BEEF GOULASH

- |                                      |                        |
|--------------------------------------|------------------------|
| 2 lbs. boned chuck or<br>round steak | 1 T. caraway seeds     |
| $\frac{1}{2}$ cup flour              | 1 tsp. marjoram        |
| 3 T. cooking oil                     | 1 tsp. capers, chopped |
| 1 lb. white onions                   | 2 bay leaves           |
| 2 tsp. salt                          | 2 parsley sprigs       |
| 1 T. Hungarian paprika,<br>(sweet)   | 1 cup Sherry wine      |
|                                      | 1 cup water            |
|                                      | 1 T. vinegar           |

Dredge meat in flour. Heat oil in skillet. Add meat and brown on all sides. Reduce heat. Peel and shred onions. Combine onions, salt, paprika, caraway seeds, marjoram, capers, bay leaves and parsley; add to meat and mix well. Add wine and water. Cover and cook over low heat until meat is tender, adding more liquid, if necessary. Remove bay leaves and parsley. Serve hot over saffron rice: sprinkle a pinch of saffron into boiling water before adding rice.

MRS. R. O. RUDD

## CHICKEN LIVERS IMPERIAL

- |                         |  |
|-------------------------|--|
| 6 T. butter             | 6 green onions, diced                    |
| 6 T. flour              | 1 pkg. frozen chicken<br>livers (thawed) |
| 2 cups milk             | $\frac{1}{2}$ cup flour                  |
| $\frac{1}{4}$ tsp. salt | Ground black pepper                      |
| 3 T. butter             |  |

Prepare white sauce from first four ingredients. Set aside. Melt 3 T. butter in small skillet; saute the green onions. Cut livers into bite-size pieces and roll in flour. Add chicken livers to the onions, and gently brown on both sides until cooked (about 5 min.). Add the white sauce to the chicken livers. Add salt and pepper to taste. Serve over creamy hot mashed potatoes.

LCDR W. A. SPEER, Jr.

# Company Fare

## BETTY'S SHRIMP CREOLE

3 T. salad oil	1 tsp. sugar
1 lg. onion, chopped	1 can tomato paste
1 clove garlic, minced	1 can tomato sauce
1 cup celery, diced	2 #2 cans tomatoes
1 T. flour	1 tsp. vinegar
1½ cups water	Dash of salt and pepper
2 T. paprika	1 lb. cooked shrimp

Melt oil in skillet; saute onion, garlic and celery. Mix flour in ½ cup water and add to vegetables with paprika, sugar, salt, and pepper, and mix. Add remaining water; simmer for 15 min. Add tomatoes, paste, sauce and vinegar; simmer for 1½ hours. Add shrimp and simmer ½ hour longer. Serve over hot cooked rice. (Add a dash of cayenne pepper to the creole, if you like!)

MRS. K. W. STECKER

## LOBSTER NEWBURGH

2 cups lobster meat, fresh	1 cup light cream
2 T. butter	Salt to taste
4 egg yolks	1/8 tsp. cayenne
3 T. Sherry	¼ tsp. paprika
2 T. Parmesan cheese	¼ tsp. dry mustard
1 fresh tomato, peeled and chopped	

Set lobster in a colander; place colander in large cooker pot, which has 1 inch of water in bottom. Cover and steam until lobster is bright pink. Remove lobster shells when cool. Set meat aside. Into doubleboiler, melt butter, add egg yolks, sherry, grated cheese, the cream. Mix and add salt, cayenne and the dry mustard. Cook over low heat until mixture thickens, stirring constantly. Do not boil. Now add the chopped lobster meat, paprika and chopped tomato. Blend. Serve over hot buttered toast. Serves 4. Especially good with SPEER'S SUPER SLAW. (To create a real conversation piece, cook the sauce in a chafing dish in front of the guests).

MRS. W. A. SPEER, Jr.



# Company Fare

## SUPER SHRIMP CREOLE

2 lbs. shrimp	2 T. chopped pepper-
3 oz. butter	corns
1 c. carrots, diced	2 tsp. meat glaze
1 c. celery, diced	2 T. tomato paste
1 c. green beans, diced	4 T. flour
1 c. mushrooms	2 bay leaves
1 c. red peppers, diced	3/4 c. stock
1 c. tomatoes, peeled & diced	2 T. tarragon vinegar
Salt & pepper to taste	1/2 c. sherry wine
1 tsp. chili powder	1/2 pint sour cream
1 tsp. paprika	Cooked rice
1 tsp. cayenne	1/2 c. olive oil
	1 tsp. saffron

Shell and devein shrimp. Saute in butter a few minutes. Add the vegetables, sprinkle with salt and pepper. Cook until vegetables are soft. Add paprika chili, cayenne and chopped peppercorns. Resalt to taste. Cook a few more minutes. Add meat glaze, paste and flour. Pour in stock and stir over heat until thickened. Mix in sherry and sour cream and simmer 10 minutes. Add the shrimp. To the cooked rice add the olive oil, saffron, salt and pepper to taste. Serve the Creole over the hot rice.

MRS. G. M. MALCOLM

## SHRIMP DE JOUR

8-10 cooked shrimp	1 clove crushed garlic
1 c. soft butter	1/4 c. sherry wine
	1 1/4 c. bread crumbs

Cream butter and bread crumbs together. Add garlic and wine. Spread this mixture over the shrimp in a casserole dish and place in a 325' oven for 30 minutes. Serves 2.

MRS. L. M. FAIRBANKS



# Company Fare

## SOUP TO NUTS SHRIMP

2 lbs. large shrimp	1/8 tsp. pepper
1 T. lemon juice	1/8 tsp. mace
3 T. salad oil	Dash cayenne
3/4 c. rice	1 can tomato soup
2 T. oleo	1 c. heavy cream
1/4 c. green pepper,minced	1/2 c. slivered almonds
1/4 c. onions, minced	1/2 c. sherry
1 tsp. salt	Paprika

Cook shrimp in boiling salted water for 5 minutes. Shell and clean. Place in 2 quart casserole and sprinkle with lemon juice and oil. Cook rice as the package directs; drain. Chill shrimps and rice but do not combine. One hour before serving, melt oleo in skillet; saute onion and pepper. Add all ingredients to shrimp, reserving 1/2 c. almonds and paprika to decorate top. Bake in 350' oven until bubbly.

MRS. J. D. COCHRAN

## SHRIMP HO-HO

2 lbs. shrimp	1/4 c. ketchup
1 medium cucumber	1 1/2 c. milk
4 ounce can pimienta	1 1/2 T. cornstarch
1/4 c. butter	1 1/2 tsp. salt
2 T. sherry	

Clean uncooked shrimp. Cut cucumber lengthwise into strips and crosswise into quarters. Saute shrimp in butter for 3 minutes. Add cucumber, pimienta and salt. Cook covered for 3 minutes. Stir in ketchup and 1 cup of the milk. Blend cornstarch in rest of milk and stir into shrimp mixture. Cook, stirring until mixture comes to a boil and thickens. Stir in the sherry. Serve over hot cooked rice.

MRS. P. F. BOYLE

# Company Fare

## PEPPERS STUFFED WITH CRABMEAT

4 T. butter	1 c. light cream
2 T. cornstarch	$\frac{1}{2}$ c. dry white wine
1 tsp. salt	1 tsp. lemon juice
1 pinch paprika	2 c. frozen crabmeat
$\frac{1}{4}$ tsp. nutmeg	(thawed)
6 green peppers	1 c. cooked rice

Cut tops from peppers, remove seeds and parboil 5 minutes. Drain. Scald cream, add butter, salt, nutmeg, and cornstarch which has been mixed with wine and lemon juice. Cook, stirring constantly, until thickened. Combine sauce with crab and rice. Fill peppers with this mixture. Top with dash of paprika. Place in greased baking dish and bake 20 minutes at 350'. Serves 6.

MRS. C. L. SOLUM

## EASY AND ELEGANT SEAFOOD CASSEROLE

- 1 can frozen shrimp soup
- 1 can light cream

Make the above as if you were preparing soup.

Add:

- 2 flat cans drained crab

Heat and mix well, turn into a greased casserole.

Top with:

Enough grated cheese to make a nice bubbly crust. I prefer cheddar. Suit the tang to your taste; if in doubt start with a medium sharp cheese. Serve over 1 cup of fluffy hot cooked rice. (Cooked your favorite way). White or brown rice may be used, or wild rice if you're splurging!

MRS. J. A. WASSON

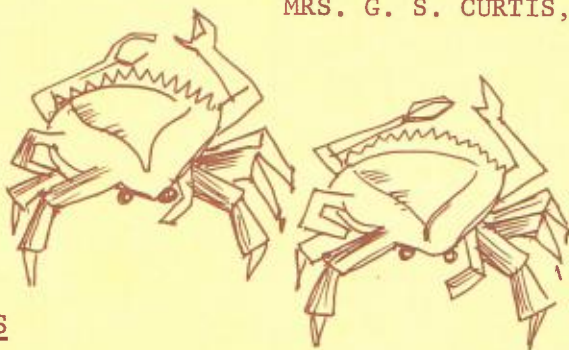
# Company Fare

## CRAB IMPERIAL (Heavenly for luncheon or buffet)

- |                            |                                |
|----------------------------|--------------------------------|
| 2 c. crabmeat              | 2 T. Sherry                    |
| 4 T. butter                | 1 c. soft bread crumbs         |
| 4 T. flour                 | 1 T. parsley, minced           |
| 2 c. milk                  | $\frac{1}{2}$ tsp. celery salt |
| 1 egg yolk, beaten         | $\frac{1}{4}$ tsp. onion salt  |
| $\frac{1}{4}$ tsp. paprika |                                |

Melt butter, blend flour in to make a smooth paste. Add milk, cook over boiling water or very low heat, stirring constantly until sauce is creamy smooth. Add beaten egg yolk, cook 2 minutes. Remove from heat, add sherry and seasonings. Add bread crumbs, reserving some for top of crab. Mix well and fill crab shells or ramekins. Top with buttered crumbs and bake at 400° for 25 minutes. Can be frozen.

MRS. G. S. CURTIS, Jr.



## \* CRAB CAKES

- |                                    |                    |
|------------------------------------|--------------------|
| 1 lb. crabmeat, (fresh or frozen)  |                    |
| 1 tsp. Old Bay seasoning           |                    |
| 1 tsp. salt                        |                    |
| 1 T. mayonnaise                    | 1 T. baking powder |
| 1 T. Worcestershire                | 1 egg, beaten      |
| 1 T. chopped parsley               |                    |
| 2 slices bread with crusts removed |                    |

Break bread into small pieces. Mix all ingredients together and shape into cakes. Fry in hot fat until brown on both sides.

MRS. F. L. LAURENZANO

# Company Fare

## STEAK MARINADE

1 c. soy sauce	3 T. sugar
2 T. Worcestershire	6 ounces of bourbon
$\frac{1}{4}$ c. water	$\frac{1}{2}$ c. salad oil
2 cloves garlic	

Combine all ingredients. Marinate steak for 3-6 hrs., no longer. Turn meat occasionally in the marinade. Broil on grill as usual, no extra salt will be needed. For a cocktail party, buy a tenderloin and marinate it. Then bake, using a meat thermometer for rare to medium doneness. Slice very thin and serve with small parkerhouse rolls. Not economical, but simply delicious!

MRS. G. W. SCHLEY

## BARBEQUED LAMB ON SKEWERS

3 lbs. lean lamb	3 T. lemon juice
4 T. olive oil	$\frac{1}{4}$ tsp. pepper
6 T. soy sauce	1 large onion, grated

Make sauce from oil, soy sauce, lemon, pepper and onion. Marinate lamb chunks in sauce for 12-18 hours. Place lamb on skewers and cook on barbeque grill 10 minutes on each side. When serving, place a pineapple chunk on each skewer. Serves 6.

MRS. E. C. HIGGINS

## CHEESE SOUFFLE

2 slices bread, buttered and cut into cubes	
$\frac{1}{2}$ lb. grated cheese	
2 egg yolks, well beaten	1 c. milk
2 egg whites, beaten stiff	1 tsp. salt

Mix well. Add stiffly beaten egg whites. Bake in a greased casserole for 45 minutes in a 350' oven.

MRS. P. LYON



# Company Fare

## \* VEAL STROGANOFF

1 lb. boneless veal cutlet	1 c. sliced onions
1 tsp. Kitchen Bouquet	4 oz. can mushrooms
1 tsp. salt	(not drained)
1 tsp. dry mustard	1 T. cornstarch
1/8 tsp. marjoram	2 T. cold water
1/8 tsp. pepper	1/2 c. sour cream
3 T. cooking oil	2 T. catsup

Pound meat until  $\frac{1}{2}$  inch thick. Cut in narrow 1 inch strips and place in bowl. Sprinkle with Kitchen Bouquet and seasonings. Toss lightly with fork, making sure meat is coated evenly. Melt fat in frying pan over moderate heat. Add meat and brown. Add onions and cook 5 minutes, stirring frequently. Add contents of can of mushrooms. Cover pan tightly, lower heat and cook until meat is tender, about 45 minutes. Blend together the cornstarch and water. Add to meat, stirring until sauce thickens. Combine sour cream, and catsup and stir into mixture. Heat slowly, do not cook anymore. Serve over hot rice. Serves 4.

MRS. W. A. SPEER, Jr.

## BEEF STROGONOFF

1 1/2 lb. round steak	1 can cream mushroom soup
1 large onion, minced	Fresh mushrooms, sliced
2 T. shortening	1/2 c. sour cream
Salt to taste	

Freeze meat so that it can be cut into very thin strips 2" long. Saute onion in shortening until soft then add meat and brown. Add mushrooms and salt. Add soup and let simmer 20 minutes. A few minutes before serving, pour in the sour cream and blend. Serves 4-5. Serve over rice or noodles.

MRS. W. E. NIEMANN

# Company Fare

## HAMBURGER STROGANOFF

$\frac{1}{2}$ c. onion, minced	$\frac{1}{4}$ tsp. pepper
1 clove garlic, minced	8 oz. can mushrooms
$\frac{1}{4}$ c. butter	10 $\frac{1}{2}$ oz. can cream of
1 lb. ground beef	chicken soup
2 T. flour	$\frac{1}{2}$ c. sour cream
2 tsp. salt	2 T. minced parsley

Saute onion and garlic in butter over medium heat. Add meat and brown. Add flour, salt, pepper, and sliced mushrooms. Cook 5 minutes. Add soup, simmer uncovered 10 minutes. Stir in sour cream. Heat through. Sprinkle with parsley. Serve over noodles. Serves 6.

↑  
MRS. J. L. CORKRAN

Two good quickies  
↓

## STRONG MEAT CURRY

$\frac{1}{2}$ c. cooking oil	2 bay leaves
2 onions, chopped	$\frac{1}{4}$ tsp. each ginger,
2 cloves garlic	cardamon and coriander
2 T. curry powder	5 cloves
1 c. bell pepper, chopped	2 c. water or stock
3 lbs. beef, veal, or lamb, diced	

Melt oil in skillet and add onion, garlic, and spices. Fry until light brown and add the meat, and green pepper. Cook until meat is brown and add the water or stock. Cover and simmer until meat is tender. Thicken sauce to proper consistency with 2 tablespoons of flour mixed with a little water. Serve with boiled rice, chopped crisp bacon, chopped hard boiled eggs, french fried onions, coconut, and chutney.





## EXOTIC CURRY DISHES

THE ORIGIN of our English word curry is believed to be the Hindu word "khura", which means palatable. This ageless type of cooking is perfectly described by this word.

Light Bombay lamb curry is delicious and with its array of condiments presents a most colorful picture. Use from five to fifteen condiments to compliment your curry.

Lobster, crab, shrimp or oyster curries are usually accompanied by crisp bacon bits, salted peanuts, finely chopped hard-cooked eggs, chilled cucumber strips, and spiced pineapple chunks. Turkey or chicken curry goes well with chopped water chestnuts, prune plums and tomato wedges. Rice is heaped on the plate first and then the curry is spooned on top of it. Condiments may be sprinkled on the curry or kept in separate piles or little mounds over or beside the curry and rice.

Curry powder is made from a mixture of spices sometimes containing as many as 20 different ingredients. In the Far East the cook will combine fresh spices to her own taste depending on whether she wishes a mild Hawaiian or Chinese type or a hot dark-colored Calcutta type curry. Packaged blends of curry powder are made with a tumeric base adding ginger, coriander, cumin, cloves, cinnamon, cardamon, mustard seed, fennel and occasionally caraway.

Dip lightly into the curry powder at first. A little goes a long way. Try several different blends to find the right choice for your taste.



# Company Fare

## CURRY (For 3)

3 fair-sized onions	1 c. gravy or soup
3 heaped T. fat	1 T. good chutney
2 T. curry powder	2 T. milk
2 T. vinegar	1 T. peach/apricot jam
1 lb. meat, fresh or cooked*	

Cut onions fine; brown in boiling hot fat and add curry powder. Stir constantly to prevent powder from burning, for 10 minutes. Add gravy or soup or hot water; cook 5 minutes, stirring constantly. Add chutney, jam, vinegar and a little sugar. Add milk, cook 10 minutes. Add meat in small pieces and allow curry to simmer on stove until required, the longer the better, taking care not to let it burn. Just before you serve curry, add 1 T. milk (preferably coconut milk). To make coconut milk, grate nut out of shell and place in basin. Cover with boiling water, let stand 10-15 minutes, then strain.

\*If fresh meat is used, fry until half cooked.

CONDIMENTS: Grated coconut, egg yolks, egg whites, chopped bananas, tomatoes, oranges, sesame seed, bacon, french fried onions, almonds or roasted peanuts, chutney, cooked large raisins, avocados, Bombay duck (or any pungent smelling dried fish), chili butter (small green chili peppers, cooked, chopped and worked into butter to a smooth paste).

MRS. D. F. STILING

## CURRIED TURKEY (Ideal for that leftover turkey)

$\frac{1}{2}$ c. butter	Pepper
$\frac{1}{4}$ c. onion, chopped	2 c. milk
$\frac{1}{2}$ c. celery, sliced	2 c. cooked turkey,
3 T. flour	diced
1 tsp. salt	$1\frac{1}{2}$ tsp. curry powder

Cook butter in small skillet until melted. Add onion and celery and cook gently 3 minutes. Stir in flour and seasonings. Stir in milk gradually while cooking over a low heat until sauce has thickened. Add turkey and lemon juice; heat well. Serve with your favorite condiments. Serves 4.

# Family Fare

## GREEK MEAT BALLS

2 slices French bread	1/8 tsp. celery seeds
1/2 c. water	1/2 tsp. pepper
1 lb. ground beef	1/2 tsp. Accent
1/2 small onion, minced	1/8 c. Parmesan cheese
2 T. cracker meal	(grated)
1/2 c. fresh parsley	2 eggs
(finely chopped)	1 c. flour (approx.)
1 tsp. salt	Olive oil

Remove crusts from bread; pour water over bread and let stand until water is absorbed. Add beef, onion, cracker meal, parsley, salt, celery seeds, pepper, Accent, cheese and eggs to the bread. Work with hands until soft and well blended. Drop meat 1 T. at a time into flour and roll into ball; continue to roll gently until all moist spots disappear. Into a heavy skillet, pour oil 1/2 inch deep; heat until you can brown a cube of bread in 1 minute. Drop a few of the balls into the pan at a time. Brown well, turning only once. Remove and keep warm until ready to serve. SAUCE: 1/3 c. olive oil in frying pan, add 1/2 bottle catsup and 2 c. water. Bring to a boil. Add meat balls, cover and simmer gently 30 minutes. Turn meat balls once. Serves 6-8.

MRS. C. J. ECONOMOU

## HAMBURGER GRIDDLE CAKES

3/4 lb. ground beef	1/2 tsp. Accent
1 1/2 T. flour	3/4 tsp. salt
1/2 tsp. steak sauce	Dash of pepper
1/4 c. minced onion	1/2 c. water

Mix above ingredients with electric mixer. When water is absorbed add 1 tall can evaporated milk. Continue to beat until all milk is absorbed. Spoon onto hot griddle like pancakes. Brown both sides over a very low heat. Makes 6-9 cakes.

CDR. C. J. ECONOMOU



# Family Fare

## DANISH MEATBALLS

3/4 lb. ground round	1/4 tsp. pepper
3/4 lb. ground veal or pork	1 onion, grated
1 egg	6 T. flour
1 tsp. salt	Milk

Combine all ingredients and mix well. Add just enough milk to make meatballs the consistency of globulets. Fry in cooking oil on both sides over medium heat about 20 minutes. Serve with the following:

1 jar of red cabbage	1/2 cup apple, sliced
1/4 cup brown sugar	small

Combine and simmer the above ingredients about 2 hrs.

MRS. D. L. TOOHILL

## HAWAIIAN MEAT BALLS

1/2 lb. ground beef	12 maraschino cherries
1/2 lb. ground pork	1 medium green pepper
1 tsp. salt	(cut in 1/2" strips)
2 T. salad oil	3 T. cornstarch
1 cup chicken bouillon	1/2 cup light corn syrup
3/4 cup drained pineapple	2 tsp. soy sauce
tidbits	1/2 cup vinegar

Mix beef, pork and salt. Form in 12 balls; brown in hot oil. Drain off all but 1 T. oil; add 1/3 cup of the bouillon, pineapple, cherries and green pepper. Simmer, covered, for 15 minutes. Blend cornstarch, corn syrup, soy sauce, vinegar and remaining bouillon; add to mixture in skillet. Cook, stirring constantly until thick. Makes 6 servings. Serve over cooked rice.

MRS. H. E. LANG

# Family Fare

## ★ SCRUMPTIOUS STEAK

1½ lb. round steak  
2 cans cream of mushroom soup  
½ cup water

Remove suet and cube meat into large pieces. Place suet in an iron skillet and grease bottom well as it heats. Drop meat in and brown on all sides over medium heat, be sure to keep moving suet around pan. Add soup and water; mix well. Place in 325° oven for 1½ hours. Serve over hot cooked rice.

MRS. C. E. BRUNSON

## MEAT LOAF

1 lb. ground chuck	1 onion, minced
1 egg	1 #2 can tomatoes
3 slices fresh bread	Salt and pepper to taste

Place meat, egg, bread broken into small bits, onion, salt and pepper in bowl and mix well. Drain the liquid from the tomatoes into meat mixture and mix again. Place meat into small iron skillet and shape. Break tomatoes up and place on top of meat loaf. Bake at 350° for one hour.

MRS. H. J. LAROSE

## HAMBURG AND GREEN BEAN CASSEROLE

1 lb. hamburger	1 #2 can green beans
1 onion, chopped	Salt and pepper to taste
1 can tomato soup	1 pkg. drop biscuits

Brown beef with onion; add seasonings, soup and beans. Pour into greased casserole. Top with unbaked biscuits. Bake 12-15 minutes in 450° oven, or until biscuits are golden brown.



# Family Fare

## SHORT RIB STEW

- |                        |                          |
|------------------------|--------------------------|
| 3 lbs. lean short ribs | 1 bunch celery, sliced   |
| 1 onion, sliced        | (including leaves)       |
| 1 c. water             | 2 c. Bisquick            |
| 1 pkg. carrots, sliced | 3/4 c. milk              |
| crosswise              | Salt and pepper to taste |

Remove suet from meat. Cut meat into 3 inch chunks. Heat suet in large deep Dutch oven, rubbing the suet around the bottom of the pan. Put meat in and brown well on all sides. Add onion and brown one minute. Add water, cover and simmer 1½ hours. Add carrots, celery and leaves, cover and simmer ½ hour more. Make dumplings with the Bisquick and milk. Drop large spoonfuls on top of bubbling stew. Cook 10 minutes uncovered and 10 minutes covered. When serving, remove meat and dumplings to plates, then pour large spoonfuls of the delicious vegetable gravy over dumplings.

MRS. H. J. LA ROSE

## CHINESE STYLE HAMBURGER

- |                                    |                      |
|------------------------------------|----------------------|
| 2 T. fat                           | 1 large can tomatoes |
| 1 large onion, sliced thin         | 1 can tomato sauce   |
| ½ bunch celery, sliced             | 1 tsp. soy sauce     |
| 1 green pepper, cubed              | Salt to taste        |
| 4 oz. can mushrooms, sliced        | 1 lb. hamburger      |
| ½ tsp. freshly ground black pepper |                      |

Heat fat in deep skillet over low heat. Saute onions, celery, and green pepper, add mushrooms; cover and cook 20 minutes, stirring occasionally. Add hamburger and turn fire up high. Keep stirring until meat is brown. Then add all remaining ingredients. Heat thoroughly. Serve on Chinese noodles dusted with Parmesan cheese. May be made ahead and reheated.

MRS. R. J. MEAD

# Family Fare

## PORK PATTIES

1½ lbs. ground pork	1 T. salt
½ lb. ground veal	1 T. ground sage
1 T. onion, chopped	¼ tsp. pepper
1 T. green pepper, chopped	½ c. milk
1 T. pimiento, chopped	½ c. uncooked rice
1 can tomato soup	

Mix all ingredients. Make into patties and roll in flour. Place in baking dish and pour the soup and one can of water over the patties. Bake at 325° for 2½ hours.

MRS. T. E. ROBERTSON



## HAM AND PORK LOAF

2 lb. lean pork	2 eggs, beaten
1 lb. smoked ham	1 c. milk
1 onion, chopped	1 can tomato soup
1 c. oatmeal	HAM AND PORK LOAF SAUCE

Do not put any seasonings in loaf. Mix all ingredients well and put into loaf pan, reserving ¼ cup of the soup to pour over top. Bake in 350° oven for 1½ hours. Serve with the following sauce:

### HAM AND PORK LOAF SAUCE

1 c. mayonnaise	3 T. horseradish
2 T. prepared mustard	

Combine above ingredients and serve over loaf.

MRS. J. V. STOW

# Family Fare

## ARABIAN PORK CHOPS

4 pork chops	1 onion, thickly sliced
Salt and pepper to taste	4 rings green pepper
2 T. fat	$\frac{1}{2}$ c. uncooked rice
$\frac{1}{2}$ tsp. poultry seasoning	16 oz. tomato sauce
	$\frac{3}{4}$ c. red wine

Dust pork chops with salt and pepper. Heat fat in a large, heavy skillet with a tight fitting lid; brown chops on both sides. Sprinkle chops with poultry seasoning; place a slice of onion on top of each chop and top with a ring of green pepper. Scatter the rice around chops. Mix tomato sauce and wine; heat to boiling point; pour over the chops. Cover tightly and bake in a 350° oven for 1½-2 hours.



## HAM TETRAZZINI

1 c. cooked ham, diced	1 c. sharp cheese, diced
2 T. onion, chopped	1 T. Sherry
1 T. butter	6 oz. cooked spaghetti
1 can mushroom soup	2 T. pimiento, chopped
$\frac{1}{2}$ c. water	1 T. parsley, chopped

In a saucepan, brown the ham and onion in the butter. Blend in the soup, water, cheese and sherry. Cook over low heat until cheese melts, stirring often. Add the spaghetti, pimiento and parsley. Heat and serve.

MRS. C. E. BRUNSON





# Family Fare

## \* MOCK CHICKEN AND RICE CASSEROLE

1 lb. bulk pork sausage       $\frac{1}{2}$  c. almonds, slivered  
1  $\frac{1}{2}$  c. celery, finely diced    2 pkgs. chicken noodle  
1 c. uncooked rice              soup  
5 c. boiling water

Brown the sausage, crumbling it as it cooks. Pour off drippings (reserve). When sausage is brown, remove from pan, add celery, and cook over low heat. Add reserve fat if necessary. Return sausage to pan, and add rice and almonds and mix. Dissolve soup in water and add to sausage mixture. In a large ovenproof skillet, bake covered at 350' for 40 minutes. Uncover and bake 20 minutes longer or until liquid is completely absorbed.

MRS. C. J. ECONOMOU

## CHILDREN'S FAVORITE CASSEROLE

(If your children are fussy eaters, try this)

4 c. cooked elbow macaroni     $\frac{1}{2}$  c. flour  
4 Knockwurst sausages        2 c. milk  
 $\frac{1}{4}$  c. oleo                          1  $\frac{1}{2}$  c. Velveeta cheese  
Salt and pepper to taste

Melt a good grade of oleo in a saucepan. Add flour and mix. Add milk gradually. Stir over a moderate heat until it starts to thicken, (consistency of a thin white sauce). Remove from heat and dice cheese into the sauce, return to heat and cook until sauce is a medium thick consistency. Stir constantly and do not allow to become too thick. Add salt and pepper. Pour sauce into glass casserole; add macaroni. Remove skins from cooked sausages and cut into bite-size slices. Add to casserole and mix well. Bake in 325' oven for 30 minutes.

MRS. W. A. SPEER, Jr.



# Family Fare

## MOLASSES-BARBEQUED SPARERIBS

3 lbs. spareribs	1 T. ginger powder
$\frac{1}{4}$ c. prepared mustard	$\frac{1}{4}$ c. soy sauce
$\frac{1}{4}$ c. molasses	2 T. Worcestershire
$\frac{1}{4}$ c. maple syrup	2 tsp. Tabasco
1 $\frac{1}{4}$ c. dark brown sugar	

Place ribs in shallow baking pan. Combine all other ingredients and pour over ribs. Chill 3 hours or longer. Bake in 350° oven 1 $\frac{1}{2}$  hours or until ribs are tender. Baste occasionally; turn once during baking. Serve with SAVORY BROWNED RICE.

MRS. A. STEVENS

## \* MARTHA'S REAL TEXAS SPARERIBS

Preheat oven 450°. Take a large roasting pan, put ribs in, add salt, pepper, celery salt and paprika. Slice over the top unpeeled lemon and peeled onion (enough to cover the ribs). Bake 40 minutes.

Make the following sauce:

1 c. catsup	1 tsp. chili powder
1/3 c. Worcestershire	2 dashes Tabasco
1 tsp. salt	2 c. water

Combine and bring to a boil. Lower oven to 350°, pour sauce over ribs, cover, bake another 40 minutes.

MISS M. C. CURTIS (13 yrs.)

## BARB-B-CUED SPICED HAM ON A BUN

$\frac{1}{2}$ c. catsup	1 T. Worcestershire
2 T. brown sugar	1 tsp. prepared mustard
1 T. vinegar	1 T. water
1 small onion, minced	1 clove garlic, minced
$\frac{1}{2}$ lb. ham, sliced paper thin	

Heat ingredients together, add the ham and cook over very low heat for at least 1 hour. Serve on split toasted buns.

MRS. W. C. UNDERWOOD

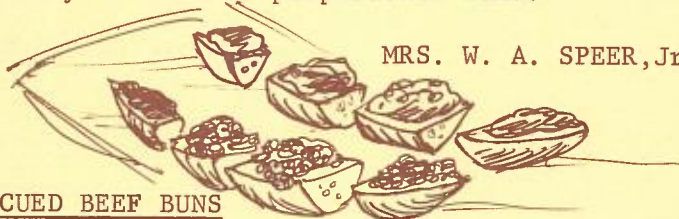
# Family Fare



## RANCHO DAGWOOD

- |                             |                            |
|-----------------------------|----------------------------|
| 1 lg. loaf French bread     | $\frac{1}{2}$ tsp. oregano |
| 8 oz. mild cheese           | 8 oz. can tomato sauce     |
| $\frac{3}{4}$ lb. hamburger | 2 T. olive oil             |
| $\frac{1}{2}$ tsp. salt     | 1 c. green onions,         |
| 1 sm. can drained mushrooms | chopped                    |

Slice loaf of bread lengthwise. Lay the two halves on a large cookie sheet. Spread cut sides with the cheese. Brown hamburger, add the salt to meat and spoon over the bread and cheese. Sprinkle the onions over, then the mushrooms and oregano. Spoon the sauce over and dribble olive oil over all. Put in a 450° oven for 5 minutes. Cut in large chunks and serve with a tossed green salad. Serves 6. Takes only 10 minutes preparation time!



## BARBECUED BEEF BUNS

- |  |                                   |
|--|-----------------------------------|
| 4 c. pot roast<br>(cut in 2 inch strips) | $\frac{1}{4}$ tsp. cayenne pepper |
| $\frac{1}{4}$ c. vinegar                 | 2 thick slices lemon              |
| $1\frac{1}{2}$ c. water                  | 2 med. slices onion               |
| $\frac{1}{4}$ c. sugar                   | $\frac{1}{2}$ c. oleo             |
| $\frac{1}{4}$ tsp. pepper                | 1 c. catsup                       |
| 1 T. salt                                | 3 T. Worcestershire               |
| $1\frac{1}{2}$ doz. hamburger buns       | Celery, sliced at angle           |
|  | Pitted ripe olives                |

In Dutch oven, combine vinegar, water, sugar, mustard, pepper, salt, cayenne, lemon, onions, and oleo. Simmer mixture uncovered for 20 minutes. Add catsup, Worcestershire, and meat. Cook 45 minutes. Toast buns and place hot barbecue on top, sprinkling with celery and olives if desired. Makes enough to serve 8 hearty teen-age type appetites. Freezes very well.

MRS. C. A. BRIGGS

# Chicken

## LEMON CHICKEN

1 clove garlic, mashed	$\frac{1}{2}$ tsp. thyme
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. black pepper
$\frac{1}{4}$ c. cooking oil	1 tsp. salt
$\frac{1}{2}$ c. lemon juice	1 cube butter
2 T. onion, chopped	1 frying chicken, cut up

Mix garlic with salt; stir in oil, lemon juice, onion, pepper, and thyme. Let stand for several hours or overnight. Season chicken with salt and pepper. Melt butter in 9x12" baking dish; roll chicken in the butter and arrange, skin side down, in dish. Bake at 350° for 30 minutes. Turn chicken, pour lemon sauce over it and continue to bake another 45 minutes. Baste chicken two or three times with the sauce while baking. Serves 4.

MRS. C. J. ECONOMOU

## ORANGE-GINGER CHICKEN

1-3 lb. fryer, cut up	1 c. orange juice
$\frac{1}{4}$ c. orange juice	$\frac{1}{2}$ tsp. grated orange rind
Salt and pepper	$\frac{1}{2}$ tsp. ginger
$\frac{3}{4}$ c. butter	$\frac{3}{4}$ tsp. nutmeg
$\frac{1}{2}$ c. slivered almonds	4 T. powdered sugar

Dip chicken in  $\frac{1}{4}$  c. orange juice; sprinkle with salt and pepper. Brown in skillet in melted butter. Cover and cook over low heat for 25 minutes. Remove chicken from skillet. Saute almonds in skillet, add 1 c. orange juice, rind, sugar, ginger and nutmeg; stir to blend and cook until liquid is reduced by one half. Return chicken to pan and spoon sauce over. Cover, cook an additional 10 minutes.

MRS. P. H. OLIVIT



# Chicken

## CHICKEN DIVINE

4 whole chicken breasts, split	4 oz. can mushrooms
1 c. uncooked rice	1 onion, chopped
4 T. butter	1 clove garlic, minced
$\frac{1}{2}$ tsp. curry powder	$\frac{1}{2}$ c. toasted almonds
1 can chicken consomme	$\frac{1}{2}$ c. water
2 tsp. grated Parmesan cheese	8 slices lean ready-to-eat ham

1. Remove skin from breasts, cut meat away from bones in one piece.
2. Spread rice in 13x9x2" metal pan. Toast in hot 400' oven 25 minutes, stirring once or twice. Empty into fine strainer. Rinse under cold water. Return to baking pan and spread evenly.
3. While rice toasts, melt butter in a large frying pan; stir in curry powder; brown chicken breast on both sides. Save for Step 5.
4. Heat 1 c. consomme, water, mushrooms, and liquid, onion, and garlic to boiling point in a saucepan. Pour over rice. Sprinkle with almonds.
5. Arrange ham slices in 2 rows on rice; top each with a chicken breast. Cover tightly with foil. Bake 400' for 25 minutes or until rice is dry and popped. Remove foil.
6. Spoon 1 cup hot SAUCE DIVINE\* down center of dish. Sprinkle with cheese. Broil 1 minute to brown cheese. Serves 8.

### SAUCE DIVINE\*

Melt 4 T. butter, blend in 3 T. flour. Stir in  $\frac{2}{3}$  cup chicken broth, 1 cup milk and  $\frac{1}{2}$  tsp. bottled bit-  
ters. Boil 1 minute. Fold in  $\frac{1}{2}$  cup cream which has  
been whipped stiff. Spoon part of this sauce over  
CHICKEN DIVINE, heat remaining sauce just to boiling  
point and serve separately.

MRS. K. E. BAILEY

# Chicken

## PAPRIKAS CSIRKE

1 fryer, cut up	1½ c. chicken bouillon
Salt and pepper	6 oz. can tomato paste
3 T. margarine	2 tsp. Sherry
2 T. onion, chopped	¼ tsp. Tabasco
1 clove garlic, minced	8 oz. carton sour cream
Chopped fresh parsley	

Sprinkle chicken with seasonings. Melt margarine in skillet, add chicken pieces and cook until light brown on both sides. Add onion and garlic; saute until tender, but not brown. Add bouillon, paste, the Sherry and Tabasco, cover and simmer 40 minutes. Remove chicken to a heated platter. Stir half of the sour cream into sauce; do not boil. Heat and pour over the chicken. Spoon remaining sour cream over chicken and sprinkle with chopped parsley. Serve on saffron rice. Serves 4.

MRS. F. SHACKLETT

## POP'S GEORGIA FRIED CHICKEN

2 lbs. chicken (thighs, drumsticks and breasts)	¾ c. flour
½ c. buttermilk	½ tsp. salt
2 eggs, slightly beaten	¼ tsp. pepper
½ c. dry red wine	¼ c. oil
	¼ c. water

Mix the flour, salt, and pepper and place in a brown paper bag. Dip the chicken pieces in buttermilk and shake up in bag with flour mixture. Remove chicken, dip in egg and shake up in bag again. Heat the oil in a Dutch oven, and fry the chicken on both sides until golden brown. Add water, cover, and cook over a low heat for 45 minutes. Add wine and continue to simmer for 30 minutes more. Chicken will be moist and succulent. Good either hot or cold. Especially delectable served with DUTCHESS POTATO SALAD.

MR. W. A. SPEER, SR.



# Chicken

## JEAN'S CHICKEN RAGOUT

1 fryer, cut in pieces  
1½ sticks oleo  
Salt and pepper  
Garlic powder  
3/4 c. uncooked rice  
(not Minute Rice)

1 can whole tomatoes  
1 can chicken consomme  
1 bunch sliced carrots  
1 bunch diced gr.onion  
½ c. Sherry wine

Coat chicken with melted oleo and sprinkle with seasonings. Bake in 350' oven for 45 minutes. Sprinkle the rice over chicken and add remaining ingredients. Bake in oven 1½ hours. When chicken is done, grate American cheese over it and return to oven until the cheese melts.

MRS. D. P. GITHENS

## ROAST CHICKEN

1 roasting chicken, salt, and Italian seasonings,  
(Seasonings may be purchased at Safeway Stores)  
Preheat oven to 500'. Rub inside of whole dressed 2½ lb. chicken with Italian seasonings. Add a little salt. Add NOTHING ELSE. Place chicken on a cookie sheet. Bake 45-55 minutes. Remove from oven, cut into pieces and serve. Use several chickens if more is desired, but not larger ones.

MRS. J. T. CARPENTER

## ITALIAN STYLE CHICKEN

3 T. olive oil  
1 lb. choice pieces chicken  
1 chopped onion  
1 lg. stalk chopped celery  
1 #2 can tomatoes

1 c. water  
1 c. Minute Rice  
½ tsp. crushed rosemary  
Salt and pepper  
Dash of garlic powder

Heat oil in skillet, brown chicken and remove from pan. Saute onion and celery. Add tomatoes, water, rice and spices. Place chicken on top, cover and simmer about 35 minutes.

# Company Fare

## BOUILLABAISSE

1½ lbs. sea bass fillets (cut in chunks)  
1½ lbs. shrimp (peeled)  
1½ lbs. red snapper fillets (cut in chunks)  
2 crabs (cracked)  
2 lobsters (cut in chunks)  
1 pint small oysters  
2 dozen littleneck clams  
½ cup olive oil  
2 large onions, sliced  
2 carrots, sliced  
2 stalks celery, chopped  
1½ cloves garlic, pressed  
2 cups stewed tomatoes  
3 bay leaves  
Juice of 1 lemon  
½ bell pepper, chopped  
3 cups fish stock (stout)  
½ cup Sherry  
½ tsp. saffron  
2 T. parsley, chopped  
1 leek, chopped  
Salt and pepper to taste



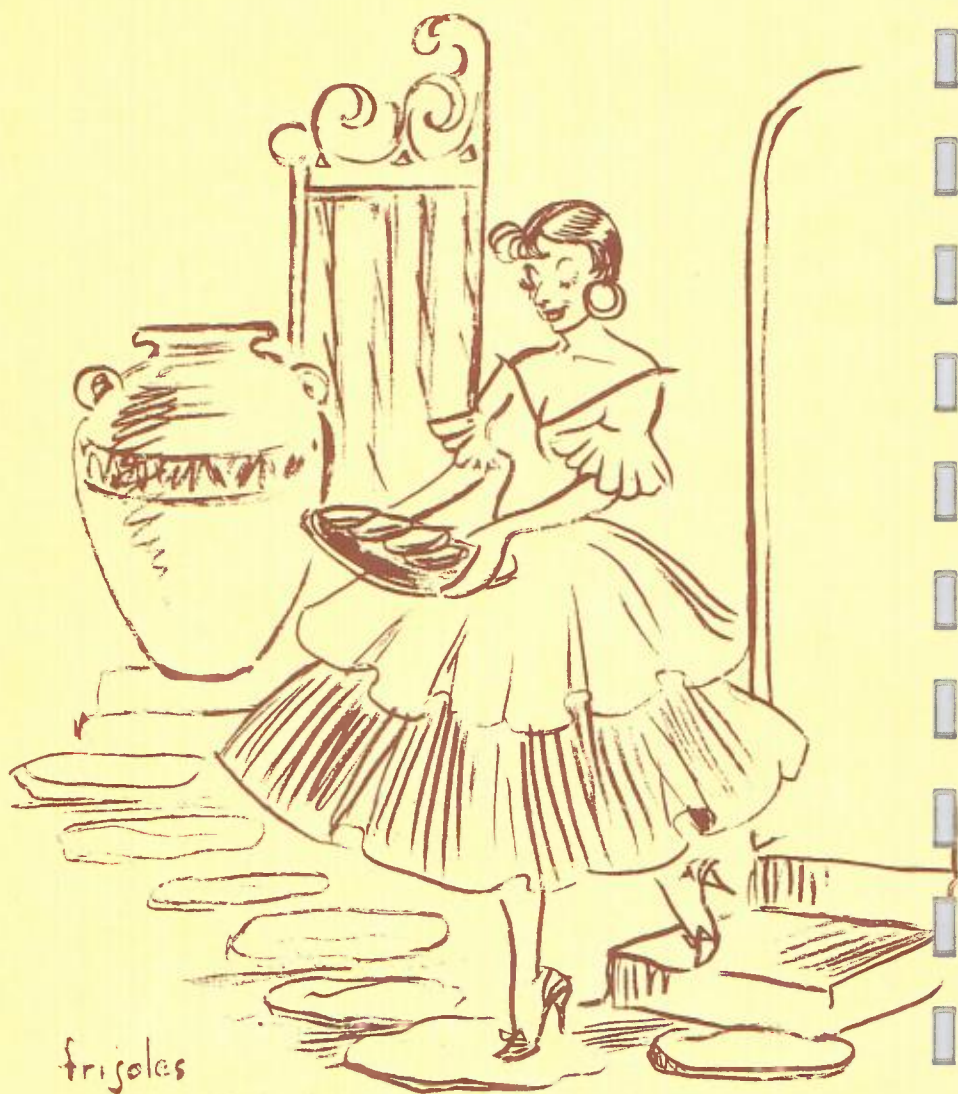
Stock: Cook fish bones with salt and pepper for 30 minutes in a medium amount of water. Drain off liquid. In a large heated skillet add oil, onions, bell pepper, celery, carrots, garlic, bay leaves, lemon juice, leek, parsley, saffron, salt and pepper. Brown well, stirring often. Add tomatoes and shrimp. Simmer ½ hour. This makes the sauce. Cook fillets 20 minutes in stock, using a very large pot. Drain off stock and pour sauce over fillets in pot. Add stock, oysters, crabs, lobsters, clams, and wine. Heat to boiling. Serve immediately in large bowls sprinkled with chopped fresh parsley.

MRS. A. ROTHENBERG



# foreign dishes





fríjoles

enchiladas

tostadas

tortillas

chili

tamales

tacos

rellenos

chorizo



# Mexican Dishes

## TACOS

1 lb. hamburger	1 #2½ can tomatoes
2 T. chili powder	2 cans chopped ripe
Salt to taste	olives
18 tortillas (we prefer corn)	1½ c. lettuce, chopped
1½ c. Velveeta cheese, grated	1 lg. onion chopped
Hot chili peppers	

Place hamburger in small, heavy skillet. Brown well and add seasonings. Reduce the heat as low as possible; cook until hamburger is fairly dry, pouring off grease occasionally (1½-2 hours). Fill the sections of a lazy-susan with the other ingredients, reserving the center section for the hamburger. (Be sure to drain off all the liquid from the tomatoes). Deep fry the tortillas by folding each one in half gently, and holding it under hot fat with a pair of tongs for ¼ minute... Let each diner fill his own tortilla with his favorite ingredients.

MRS. CHARLES BICKLE

## ARROZ CON JOCOQUI (Rice and sour cream casserole)

3/4 lb. Monterey Jack cheese	3 c. cooked rice, salted
3 c. commercial sour cream	½ c. Cheddar cheese
8 oz. can green chiles	(grated)
(peeled and chopped)	

Cut Jack cheese in strips. Thoroughly mix sour cream with chiles (add ½ tsp. salt if cream is not salted). Layer rice, sour cream mixture and cheese strips in that order in a well greased casserole, ending with rice on top. Last five minutes of baking, sprinkle with the grated cheese. Bake at 350° for 30 minutes. Yield 6-8 servings.

MRS. W. J. MELLY

# Mexican dishes

## CHILI CHOLE STYLE

1 lb. stew meat	1/8 tsp. thyme
1 lg. can tomato sauce	2 bay leaves
1 lg. onion, chopped	4 T. chili powder
3 cloves garlic, chopped	1 T. peanut butter
1/4 tsp. ground cominas	Salt and pepper to taste
2 lbs. pink pinto beans	

Cook the pinto beans the day before. Start in cold water with salt added; bring to a boil and boil slowly until tender. It is not necessary to soak the beans before cooking.

Cut the meat into small pieces while the onion and garlic are sauteing in 2 T. oil. Add meat, tomato sauce and spices. Cook over low heat until meat is done. Take out bay leaves, add chili powder and peanut butter and let simmer for 1 hour. Mix with the cooked beans. Serve while hot. Leftovers are even tastier the next day. Recommend serving tossed green salad with this chili.

MRS. C. R. WILLIAMS, Jr.

## TORTILLA & CHILI CASSEROLE

1 T. olive oil	Corn tortillas
1 large onion	1 clove garlic
1 can pinto beans	1 1/2 chili peppers
1 can cream style corn	3/4 tsp. thyme
3/4 lb. hamburger	3/4 tsp. oregano
1 can tomato sauce	1 1/2 tsp. chili powder
Grated American cheese	

Saute chopped onions and peppers in olive oil. Add meat and seasonings and cook until meat is done. Add sauce and beans. Simmer for 15 min. Line bottom and sides of deep casserole with tortillas. Cover with chili mixture, a layer of corn, a layer of cheese, and a layer of tortillas. Repeat, making thick layers. Bake in 350° oven 30 min. Serves 6.

MRS. R. D. CULLENWARD

# Mexican dishes

## BEFORE AND AFTER CHILI

(To suit the tastes of the entire family)

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 lb. ground round               | Salt and pepper               |
| 1 lg. onion, chopped             | 2 T. chili powder             |
| 1 lg. bell pepper, chopped       | $\frac{1}{2}$ tsp. cumin seed |
| 3 T. oil                         | 1 chili pepper, minced        |
| 1 #2 can tomatoes                | 6 green onions                |
| 1 #2 can red kidney beans        | (cut in 1" strips)            |
| 8 oz. pkg. cooked elbow macaroni |                               |
| 2 candles                        | 2 cans of cold beer           |

Brown onions, bell pepper and meat in oil. Add tomatoes, 1 T. chili powder, cumin seed, salt and pepper and simmer 30 minutes. Remove the children's portion now. To remaining chili, add 1 T. chili powder, chili pepper, and simmer 10 minutes. Add green onions and kidney beans and simmer 2 minutes longer. Serve over hot elbow macaroni. Light the candles, pour the beer ... MUY APETITOSO!

LCDR W. A. SPEER, Jr.

## SPANISH BEANS

- |                         |                       |
|-------------------------|-----------------------|
| 3 c. pink pinto beans   | 1 tsp. dry mustard    |
| 1 T. brown sugar        | 1 dash nutmeg         |
| 1 tsp. salt             | 1 dash cloves         |
| 1 can tomato sauce      | 1 tsp. paprika        |
| 1 lg. onion, chopped    | 1 dash Tabasco sauce  |
| 1 clove garlic, chopped | 1 tsp. Worcestershire |
| 1 bell pepper, chopped  | 1 tsp. black pepper   |
| 1 bay leaf              | 1 T. olive oil        |
| 4 slices bacon          |                       |

Soak beans overnight. Drain beans and add all ingredients. Cook very slowly for 7 hours.

MRS. J. V. STOW



# Mexican dishes

## \* TAMALE PIE

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 lg. bag Fritos, crushed         | TOPPING:                |
| 1 can plain Chili Con Carne       | 1 sm. onion, chopped    |
| 1 lb. ground round                | 1 c. grated cheese      |
| 1 sm. onion, chopped              | (Jack & Parmesan mixed) |
| 2 sm. cans tomato sauce           | 1 c. Fritos             |
| 2 sm. cans chopped ripe<br>olives |                         |

Brown meat and onion in oil. Cook about 15 minutes. Add chili, tomato sauce and olives; allow to simmer while lining the bottom of a 13x9x2" casserole with the Fritos (reserve 1 cup for topping). Place the meat mixture over the Fritos and cover with the topping. Bake at 350° for ½ hour. Serves 6-8.



MRS. W. J. MELLY

## BAKED CHILI RELLANO

- 8 oz. can green chili peppers
- ½ lb. sharp cheese
- 2 eggs
- 2 c. milk
- 3 T. flour
- 1 tsp. salt



In buttered casserole place cut up chili peppers. Cut cheese in long fingers and arrange in an even layer over chili; making two layers. Beat eggs slightly and beat in milk, flour and salt. Pour over cheese. Bake in 350° oven for 50 minutes or until set.

MRS. ERDA EUBANKS





和食の文化

Sashimi

Tempura

Sukiyaki

Sunomoto

Teriyaki

Osushi

# Oriental dishes

## GUY CHOW FAN

(CHICKEN FRIED RICE)

6 T. peanut oil or lard	2 tsp. Accent
1½ tsp. salt	4 tsp. light soy sauce
2 eggs, well beaten	10 c. cooked rice
2 c. cooked, diced meat*	1 c. fresh scallions
1 can bean sprouts	2 tsp. regular soy sauce
1 c. dry onions	½ tsp. pepper

Put oil in Dutch oven, heat and add salt. Add eggs and fry 1 minute or until firm. Add next five ingredients, mix well and fry 2 minutes. Add rice and chopped scallions, mix well and stir while frying for 4 minutes. Add soy and pepper. Mix well.  
\*(Chicken is exceptionally good in this dish although any other cold meat or fish may be substituted.)

MRS. R. B. Mc COY

## SWEET AND SOUR PORK

1½ lbs. lean pork shoulder (cut in 1" cubes)	1 c. pineapple juice
2 T. fat	1 T. soy sauce
¼ c. water	¾ c. green pepper (cut in strips)
¼ c. brown sugar	¼ c. onions, thinly sliced
2 T. cornstarch	1 #2 can pineapple chunks
½ tsp. salt	¼ c. vinegar

Brown pork in hot fat. Add water, cover and cook slowly for 1 hour. Combine sugar, cornstarch, salt, vinegar, juice, and soy sauce. Pour over hot cooked pork. Cook until sauce thickens; remove from heat and let stand 10 minutes. Add remaining ingredients. Cook 2 minutes. Vegetables should be crunchy. Serve over hot cooked rice.

MRS. K. E. MILBURN

# Oriental dishes

## SUKIYAKI

(TRUE JAPANESE STYLE)

2 c. beef stock	$\frac{1}{2}$ c. sugar
2 c. soy sauce	Dash of Accent
$\frac{1}{4}$ c. sake or dry white wine	Beef, 2" thin strips ( $\frac{1}{4}$ lb. per person)

Combine the above ingredients for sauce.

## SUKIYAKI VEGETABLES

Green onions, sliced	Bean curd
Celery, sliced	Water chestnuts
Mushrooms, sliced	Rice threads
Bamboo shoots	Spinach
Bamboo sprouts	

Heat pan (electric frying pan works well; desirable to prepare this at the table). Grease with beef suet and add beef; brown slightly. Cover bottom of pan with sauce. Do not boil, but bubble at slow speed. Push meat to one side of pan and add vegetables, keeping each vegetable in its own section of pan. Pan should not be too full, so that meat and vegetables can cook in just a few minutes. Every guest should have a bowl of steamed rice and small bowl with one beaten raw egg. Dip each ingredient into the egg before eating. Serve with chopsticks.

MRS. W. C. UNDERWOOD

## SWEET AND SOUR RIBS

$1\frac{1}{2}$ lbs. pork ribs	$\frac{1}{2}$ c. water
3 T. soy sauce	$\frac{1}{2}$ c. vinegar
2 T. oil	$1\frac{1}{2}$ tsp. salt
1 clove garlic, sliced	3 T. brown sugar

Marinate ribs in soy sauce 5 minutes. Brown garlic in oil and remove from pan. Brown ribs, pouring off excess fat. Add water, vinegar and salt. Boil 5 minutes. Add brown sugar. Cook slowly for  $\frac{1}{2}$  hour or until ribs are tender.

MRS. F.J. DAVID



# Oriental dishes

## TERIYAKI STEAK

1 lb. top round steak      1 clove garlic, minced  
(cut 3/4" thick bite size) 3/4 tsp. ground ginger  
#2 can pineapple chunks    1 small jar olives  
                                 1/4 c. soy sauce

Cut meat same size as pineapple chunks. Combine syrup, soy sauce, garlic and ginger: pour over meat cubes and let stand at room temperature for 1 hour. Place 1 cube of meat, one of pineapple and an olive on a skewer, and broil 3" from the heat for 10-12 minutes, turning once.

MRS. J. D. COCHRAN

## ★ SHRIMP EGG FOO YOUNG

1/2 c. onion, chopped	BROWN SAUCE
1 clove garlic, minced	
1 T. fat	3 T. fat
1 c. canned shrimp	3 T. flour
6 eggs, slightly beaten	1/2 tsp. sugar
1/2 tsp. salt	1/2 tsp. salt
1/8 tsp. pepper	1 c. hot water
2 T. fat	2 T. soy sauce

In large skillet, cook onion and garlic in 1 T. hot fat until soft. Add shrimp. Cook over low heat until light brown. Remove shrimp mixture and cool. Combine eggs, salt and pepper. Add the cooled shrimp to the egg mixture and pour into skillet. Reduce heat. Cover and cook slowly until eggs are set 8-10 minutes. Serve immediately with hot BROWN SAUCE poured over the FOO YOUNG. To prepare sauce; melt the fat in a small saucepan, add combined flour, sugar and salt mixture. Blend. Add the hot water and soy sauce. Cook over low heat until thick. Entire recipe serves 4. Serve over hot cooked rice.

MRS. W. A. SPEER, Jr.



# *Oriental dishes*

## MINCED CORN AND BEEF

3/4 lb. sirloin, diced	6 T. oil
1½ c. corn niblets	¼ c. water
3/4 c. onion, diced	3 T. soy sauce
3/4 c. tomato, diced	1½ tsp. salt
3/4 c. green pepper, diced	1 tsp. Sherry
2 tsp. cornstarch	

Heat large frying pan; add 3 T. oil. Saute beef 1 min. and remove. Reheat pan and add remaining oil. Saute onion, corn and pepper for 2 min. Add mixed soy sauce, Sherry and cornstarch. Add beef, tomatoes and saute for 2 seconds. Add water and simmer for 1 minute. Serve over hot cooked rice.

## CHOW MEIN

1/3 lb. fresh pork	½ c. celery, sliced
(cut in small pieces)	½ c. onion, sliced
2 T. soy sauce	1 pkg. fresh bean sprouts
½ tsp. sugar	1 whole green onion
1 clove garlic, sliced	(cut in 1" strips)
2 T. oil	¼ lb. Chinese peas
	(if available)

Marinate pork in soy sauce and sugar for a few min. Brown garlic in oil and remove. Brown meat. Add a little water, cover and cook 5 min. Add celery and onion and cook 5 min. Add bean sprouts, cook 2 min. Add green onion; cook 1 min. Thicken sauce with a little cornstarch, if necessary. Serve over hot cooked rice.

MRS. F. J. DAVID



Scallopini  
 Cacciatore  
 Pizza  
 Lasagna.  
 Antipasto  
 Vermicelli  
 Spumoni  
 Rigatoni  
 Rotini  
 Parmesan  
 Stellini  
 Proulone  
 Spaghetti  
 Gorgonzola  
 Prosciutto  
 Ricotta  
 tortoni

# Italian dishes

## PIZZA PIE

(Dough)

- |                 |                    |
|-----------------|--------------------|
| 1 pkg. yeast    | 2 T. shortening    |
| 2 T. warm water | 3 c. flour         |
| 1½ tsp. salt    | 1 c. boiling water |

Dissolve yeast in warm water. Pour boiling water over the shortening and cool. Yeast and ½ of the flour is added to the shortening and beaten until smooth. Then add remaining flour. Divide dough into two equal parts, roll and pat into rounds about 12" across. Make a thicker rim around the edge to hold filling. Place on greased cookie sheet to rise.

(Pizza Filling)

- |                      |                          |
|----------------------|--------------------------|
| 1 T. olive oil       | 2 c. canned tomatoes,    |
| ½ c. Parmesan cheese | drained                  |
| ¾ c. sharp cheese    | Salt and pepper to taste |

After dough rises, brush top with olive oil and sprinkle with Parmesan cheese, then a layer of grated sharp cheese, using about ½ of it. Bits of sausage or anchovies may be dotted over this. Add salt, pepper, and garlic to tomatoes and spread over cheese. remaining cheese is slivered over with a small amount of crushed oregano. Drip olive oil over all. Bake in 450° oven 25 minutes.

MRS. F. L. LAURENZANO

## SPAGHETTI WITH CLAM SAUCE

- |  |                         |
|--|-------------------------|
| 10½ oz. can condensed clam chowder (Manhattan style) |                         |
| 3 T. olive oil                                       |                         |
| 1 clove garlic, crushed                              | 10 oz. can minced clams |
| ¼ tsp. oregano                                       | 3 T. minced parsley.    |

Puree the undiluted clam chowder in an electric blender. Combine in a saucepan with the olive oil, garlic, oregano and undrained clams. Cook over low heat to the boiling point, then 3 minutes longer. Stir in the parsley. Serve the sauce over cooked spaghetti. Makes about 2 ¾ cups of sauce.

# Italian dishes

## SALMON GNOCCHI WITH WINE SHRIMP SAUCE

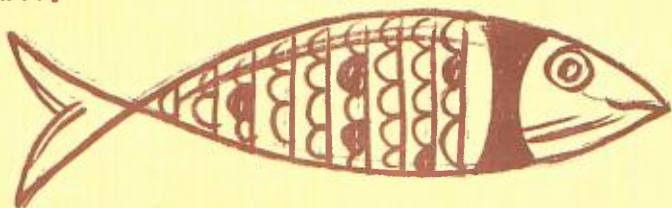
1 c. coarse French bread crumbs	$\frac{1}{4}$ tsp nutmeg
$\frac{3}{4}$ c. hot milk	1 egg, slightly beaten
2 lbs. fresh salmon	3 egg yolks
1 tsp. salt	$\frac{1}{2}$ c. butter
Dash of pepper	$\frac{1}{2}$ c. flour
	2 T. butter

Combine bread crumbs and milk; mix well. Mash skinned and boned salmon thoroughly with a fork. Add the crumb mixture, salt, pepper, nutmeg, egg, egg yolks, and  $\frac{1}{2}$  cup butter. Mix until well blended. Shape into rolls 3" long and 1" thick. Lightly coat rolls with flour. Melt remaining butter in large skillet. Add rolls and enough boiling water to cover. Simmer uncovered 10 minutes. Serve with WINE SHRIMP SAUCE.

## WINE SHRIMP SAUCE

$\frac{1}{4}$ c. butter	1 c. milk
$\frac{1}{4}$ c. flour	1 c. dry white wine
1 tsp. salt	$1\frac{1}{2}$ c. tiny shrimp
Dash of paprika	

Melt butter. Add flour, salt and paprika; blend to a smooth paste. Stir in milk. Cook over low heat, stirring constantly. Gradually add wine. Continue to cook until mixture is thick. Add shrimp and serve.





# Italian dishes

## LASAGNA

(Lasagna Sauce)

2 T. olive oil	2 tsp. salt
1 c. onion, minced	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ lb. pepperoni, sliced thin	1 tsp. oregano
$1\frac{1}{2}$ lb. hamburger	1 tsp. Italian spices
2 cloves garlic, minced	Fresh ground pepper
1 lg. can tomatoes	over top of all
1 can tomato paste	1 can tomato sauce

Heat olive oil in skillet, add onion and pepperoni and brown. Add beef and garlic and brown lightly. Add remainder of ingredients and simmer 35 minutes.

1 pkg. Lasagna noodles	1 lb. Mozzarella cheese
1 carton Ricotta cheese	Parmesan cheese

Put the noodles into boiling water one at a time. Cook 20 minutes. Drain. Into a large casserole put a layer of noodles, the Ricotta, the Mozzarella and a layer of the sauce sprinkled with Parmesan. Repeat until all ingredients are used. Heat together in a 350° oven for  $\frac{1}{2}$  hour. This recipe can be prepared ahead and stored in the refrigerator until ready to cook and serve, however, the baking time must be increased to at least 1 hour if the Lasagna is not at room temperature when placed in the oven.

MRS. J. K. KEIHNER

## VEAL SAUCE NEAPOLITAN

1 lb. veal chops	$\frac{1}{2}$ tsp. oregano
1 lg. can tomatoes	1 clove garlic
$\frac{1}{3}$ c. olive oil	Salt and pepper

Brown garlic in olive oil, remove from oil. Brown chops and add tomatoes and seasonings. Simmer until chops are tender ( $1\frac{1}{2}$  hours).

MRS. A. P. POMATTI

# Italian dishes

## \* MOCK RAVIOLIS

2 onions, chopped	1 lb. butterfly macaroni
$\frac{1}{2}$ c. olive oil	1 medium can spinach
$1\frac{1}{2}$ lbs. hamburger	1 c. dry bread crumbs
$1\frac{1}{2}$ c. water	$\frac{1}{2}$ c. olive oil
4 oz. can mushrooms	$\frac{1}{2}$ c. parsley, chopped
$\frac{1}{2}$ tsp. Italian spices	$\frac{1}{2}$ c. cheese, grated
$\frac{1}{2}$ tsp. salt	1 tsp. sage
$\frac{1}{2}$ tsp. pepper	1 tsp. salt
3 T. chili powder	4 beaten eggs
1 can tomato sauce	

Brown onion in oil; add ground beef; cook until brown. Add remaining ingredients in first column, and sauce. Cook macaroni until tender, according to package directions. In a separate bowl, mix the remaining ingredients in second column. In a casserole, put a layer of the sauce, layer of macaroni, and a layer of the spinach mixture. Repeat until casserole is filled up to the top. Bake in 350° oven for 30 minutes. Sprinkle top with grated Italian cheese.

## PEPPERONI SPAGHETTI SAUCE

1 T. butter	1 tsp. salt
1 medium onion, chopped	Dash of pepper
16 oz. tomato sauce	1 c. tomato juice
12 oz. tomato paste	$\frac{1}{2}$ c. water
4 bay leaves	1 tsp. parsley flakes
o oz. pepperoni, sliced thin	

Brown onion in butter. Add all ingredients. Bring to a boil. Reduce heat and simmer for at least 4 hours, covered. Stir occasionally. Remove grease which settles on top.

MRS. L. H. BLACKBURN

# Italian dishes

## SPICY SPAGHETTI SAUCE

1 medium onion, chopped	1 T. chili sauce
$\frac{1}{2}$ c. bell pepper, chopped	1 tsp. garlic salt
6 stalks celery, chopped	2 tsp. Worcestershire
3 T. cooking oil	Few drops of Tabasco
1 lb. can tomatoes	Salt and pepper
1 can water	1 lb. hamburger
1 can tomato sauce	

In a two quart saucepan, saute the onion, pepper and celery in oil. Add the tomatoes, plus a like amount of water and the spices. Cover and simmer 3-7 hours. Stir occasionally. Add more water if sauce becomes too thick. Crumble and fry the meat and add to sauce for last two hours of cooking time. Serve sauce over hot cooked spaghetti. Serves 6.

MRS. A. F. LANG

## SICILIAN SPAGHETTI SAUCE

2 T. olive oil	1 can tomato paste
1 lb. ground round	2 tsp. salt
1 medium onion, chopped	$\frac{1}{4}$ tsp. pepper
$\frac{3}{4}$ c. bell pepper, chopped	2 bay leaves
2-3 carrots, sliced thin	Dash of Worcestershire
4 oz. can mushrooms, sliced	1 pinch of oregano
2 cloves garlic, minced	1 pinch of marjoram
1 large can tomatoes	

In heavy skillet saute onions, garlic and carrots in oil. Add mushrooms and meat; cook until light brown, stirring often. Add tomatoes, paste, and other ingredients. Simmer over very low heat at least 2 hours. Serves 6.

MRS. W. A. SPEER, Jr.

# Italian dishes

## FLORENTINE SPAGHETTI SAUCE

1 lb. hamburger	Salt and pepper
1 onion, chopped	2 T. sugar
$\frac{1}{2}$ c. green pepper, chopped	1 tsp. oregano
1 quart tomato juice	2 bay leaves
1 can tomato paste	2 cloves garlic, minced

Brown vegetables and meat in oil. Allow to cook down for at least 4 hours over low heat. Serves 6.

MRS. D. M. CLOUGH

## LARRY'S PIZZA

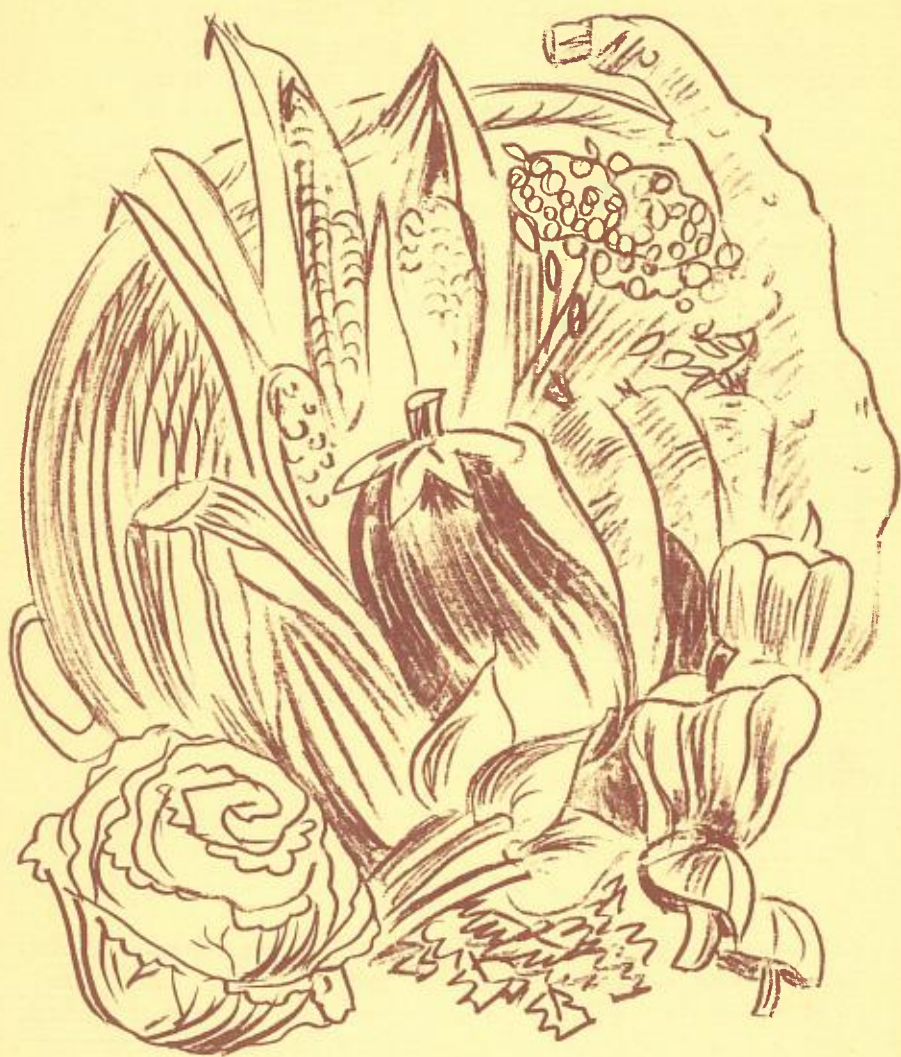
Use any yeast-raised bread dough. Roll out on a floured board until very thin. Place on greased cookie sheets.

Pour tomato sauce over the dough ( $\frac{1}{8}$ " thick). Tilt the pan until sauce covers dough evenly. Sprinkle oregano over the entire pizza, crumbling with your fingers. Season as desired with onion salt, pepper, thyme, and salt. If desired, sprinkle garlic powder over all. Cover with thin slices of Mozzarella cheese, and Pepperoni. Dust with Parmesan cheese. Bake 30 minutes in 375' oven.

M./SGT. H. L. BERGE







vegetables

# Vegetables

★

## ELSIE'S WILD RICE CASSEROLE

1 c. wild rice	1 c. ripe olives, pitted
1 c. tomatoes, canned	$\frac{1}{2}$ c. Wesson oil
1 c. American cheese	1 can mushrooms
$\frac{1}{4}$ c. onion, minced	$1\frac{1}{2}$ c. boiling water
Salt and pepper	

Wash rice and soak two hours, changing water often. Drain and add all ingredients. Bake at 325' for 2 $\frac{1}{2}$  hours. Serves 6.

MRS. P. F. BOYLE

## RICE CASSEROLE

1 c. raw rice	$\frac{1}{2}$ c. stuffed olives, slice
2 #2 cans tomatoes	$\frac{1}{2}$ c. olive oil
1 c. sharp cheese, grated	1 c. boiling water
$\frac{1}{2}$ c. onions, chopped	Salt, red & black pepper

Combine all ingredients in casserole. Bake 2 hours at 350'. Add more water if mixture becomes too dry.

MRS. W. C. WOOLLEN

## ARMENIAN RICE

6 T. butter	$1\frac{1}{2}$ c. long grain rice
$\frac{1}{2}$ c. fine egg noodles	1 T. salt
3 c. boiling water	

Heat butter in heavy skillet, add uncooked egg noodles. Stir constantly until golden brown. Add the rice which has been rinsed in cold water and drained. Cook about 5 minutes, carefully stirring and turning so that the rice cooks evenly. Add the salt and rapidly boiling water, stir and cover. Cook for 20 minutes or until all water is absorbed. Serves 6.

MRS. J. K. KEIHNER

# Vegetables

## RICE PILAFF

- |                          |   |
|--------------------------|---|
| 1½ c. rice               | *¾ c. minced carrots                      |
| ½ cube of butter         | ¾ c. minced celery                        |
| **3 c. boiling hot stock | ½ c. chopped onions                       |
| ½ tsp. Accent            | ¾ c. fine nuts (use almonds with chicken) |

Method: Set oven at 350' and put empty casserole in oven (use average deep casserole). When stock is boiling hot in sauce pan, put butter in another pan to melt. When butter is sizzling hot (3-5 minutes), pour rice in pan stirring constantly until rice is hot to touch. When rice and butter are bubbling hot, take casserole from oven and put rice in; then pour hot broth over all. Cover, return to oven and allow at least 45 minutes cooking time. Ten minutes before serving time, remove from oven and stir rice well. Add chopped ingredients and return to oven for 10 minutes. \*When entertaining, chop vegetables in AM and put in tight containers in refrigerator until ready for use. \*\*This pilaff tends to dry out. Check while it is cooking and add more of the liquid. I have used almost a cup more to keep it fairly moist. (Use following stocks: clam with fish, chicken broth with chicken, consomme with beef).

MRS. W. R. BRYSON

## MARY JANE'S PILAFF

- 1 c. rice
- 2 T. butter - no margarine please!
- 1 handful fine noodles
- 2 c. broth (chicken, homemade or canned, even bouillon cubes in a pinch)

Bring broth to a boil. In another pan, melt the butter. Crush the noodles in your hand and brown in the butter. Add broth, and rice, stir and cover tightly. Cook over very low heat 25 minutes. Do not peek!

MRS. G. W. SCHLEY



# Vegetables

## GOLDEN CHEESE RICE CASSEROLE

2½ c. carrots, ground	1 T. oleo, melted
8 oz. American cheese, ground	1 T. onion, grated
2 eggs, beaten	1 tsp. salt
2 c. cooked rice	1/8 tsp. pepper
	¼ c. milk

Mix lightly carrots, cheese and rice. Combine eggs, milk, butter, onion, salt and papper; add slowly to carrot mixture, stirring lightly until well blended. Turn into a greased 1½ quart casserole. Cover. Bake at 350' for 40 minutes. Serves 6.

MRS. E. F. JOHNSON

## SAVORY BROWNEED RICE

2 T. butter	1 can onion soup
3/4 c. uncooked rice	½ can water
2 T. chopped onion	

Melt butter in 3 quart saucepan. Add rice and brown gently, stirring constantly. Add onions and saute. Add soup and water, cover and cook over medium heat until water is absorbed and rice is tender. If water is absorbed before rice is tender, add a little more water and continue to cook...Delicious served with ham or MOLASSES BARBEQUED SPARERIBS.

## SPICED RED CABBAGE

½ c. wine vinegar	¼ tsp cinnamon
½ c. brown sugar	¼ tsp. cloves
¼ c. water	Red cabbage

Mix first five ingredients and bring to a boil. Add finely shredded cabbage. Simmer over low heat 15 minutes. Chill overnight.

MRS. W. C. UNDERWOOD



# Vegetables

## LIMA BEAN CASSEROLE

2 c. large dried lima beans	3 carrots, peel & grate
5 c. boiling water	Butter
1 tsp. salt	2 T. chili sauce
1 onion, minced	3 T. molasses
2 stalks celery, chopped	1 tsp. prepared mustard
Salt and pepper to taste	Strips of bacon

Rinse beans, add boiling water and bring to a boil. Cover and set aside for 1 hour, add salt and simmer 1 hour. In butter saute onion, celery and carrots. Add the chili, molasses, mustard, salt and pepper. Drain cooked beans. Add liquid and simmer 5 minutes. Combine all in a shallow casserole. Cover top with bacon. Bake uncovered in 350° for 1½ hours or until liquid is cooked up and bacon is crisp. (To re-heat add a small amount of boiling water).

MRS. D. E. BAKER

## SWISS ASPARAGUS

4 T. butter	2 diced hard cooked eggs
8 T. sifted flour	2 T. chopped pimienta
3 c. milk	2 T. chopped celery
½ tsp. salt	2 T. chopped onion
¼ tsp. pepper	2 c. cooked asparagus
½ c. grated American cheese	2/3 c. bread crumbs, mix with 2 T. melted butter

Melt butter, add flour and stir until smooth. Add milk, cook in double boiler until smooth and thick, stirring often enough to prevent lumping. Cover and cook 10 minutes longer. Remove from heat; add the grated cheese and stir until cheese melts. Add all other ingredients except buttered bread crumbs. Put in greased 1½ quart casserole, cover with crumbs and bake at 350° for 20 minutes. Serves 12.

MRS. O. W. J. DRYER

# Vegetables

## POTATO POM-POMS

To turn left-over mashed potato patties into a company dish, try this: Mix mashed potatoes with one beaten egg. If you are fixing potatoes especially for this recipe, cook 1 potato for each person. Use two eggs for more than four potatoes. Let mashed potatoes cool before mixing with egg, as the mixture is easier to mold if stiffer. Salt and pepper to taste. Then mold the potato mixture around  $\frac{1}{2}$ " cubes of cheese (cheddar or Swiss or bleu cheese - start with a medium cheddar unless you know you like the others). Fry in deep, hot fat, about 375', until doeskin in color which is just a little deeper than golden. You may make the balls about golf-ball size or a little larger, but keep them uniform in size so they will look evenly. If made too large, the cheese will not melt.

MRS. J. A. WASSON

## BULGARIAN POTATOES

6 potatoes	2 eggs
1 lb. cottage cheese	1 c. Yogurt
1½ c. butter, melted	Salt and pepper to taste

Peel and thinly slice the potatoes; arrange a layer in a buttered casserole. Combine cheese and butter with salt and pepper. Spread a layer of this mixture over the potatoes. Continue adding layers of potatoes and cheese until all used up. Bake for 30 minutes in 375' oven. Beat eggs and Yogurt, pour over the potatoes. Continue baking for 20 minutes longer, or until top is delicately browned. Serves 6.

MRS. O. W. J. DRYER

# Vegetables

## ZUCCHINI AND CORN DELUXE

3 slices bacon, chopped	1 can cream style corn
$\frac{1}{2}$ bell pepper, minced	1 can tomato sauce
$\frac{1}{2}$ onion, minced	1 tsp. sugar
2 sprigs parsley, minced	3 T. American cheese
4 medium zucchini, cut in $\frac{1}{4}$ " slices	grated
	Salt and pepper to taste

Fry bacon in large frying pan; when about half done, add green pepper, onion and parsley. Cook until tender. Add zucchini and cook until blended (2 min.); add corn, tomato sauce, sugar, cheese, salt and pepper. Continue to cook over medium heat until zucchini is tender. Do not overcook. Serves 6.

## DOWN SOUTH OKRA

1 #303 can cut okra	2 T. butter
1 #303 can tomatoes	$\frac{1}{2}$ c. celery, chopped
1 medium onion, chopped	$\frac{1}{2}$ tsp. garlic salt
	Salt and pepper to taste

Melt butter over a low heat; add the onion and celery. Cook until tender. Add tomatoes and simmer 10 minutes. Add okra; simmer 20 minutes. Add seasonings. Mix well. Serve hot over fluffy cooked rice. Serves 4.

MRS. R. D. BRANNEN

## BLACK-EYED PEAS WITH HERBS

1 pkg. frozen black-eye peas	2 T. butter, melted
1 onion	2 T. parsley, chopped
1 bay leaf	2 T. chives, chopped
2 cloves	2 T. green pepper, chop

Place peas in waterless cooker; add onion, bay leaf, and cloves. Cook until peas are tender. Remove onion, bay leaf and cloves. Stir in melted butter and remaining ingredients. Serve hot.



# Vegetables

## SWEET POTATO PONE

1 #2½ can yams, drained\*      ¼ c. sugar  
½ tsp. cinnamon                  ¼ tsp. cloves  
¼ tsp. nutmeg                      1 egg  
¼ tsp. allspice                    2/3 c. (about) milk  
1 T. butter

Mash yams, add spices and sugar. Beat eggs in cup, adding enough milk to make 1 cup. Add to yams, and stir well. Put into 1½ quart casserole, dot with butter. Bake in 350° oven until firm and brown, about 45 minutes. When nearly done may be garnished with marshmallows if desired.

\*If fresh potatoes are used, peel and boil 20 minutes. (You may substitute equivalent amount of pumpkin and use pumpkin pie spices instead of those listed. Results are nearly identical).

MRS. H. S. HENNING, Jr.

## SWEET POTATOES IN ORANGE SAUCE

Cut 6 sweet potatoes in pieces; boil in salted water and arrange in casserole.

SAUCE: Combine the following ingredients and cook until thick. Pour over sweet potatoes and bake 25 minutes in 375° oven.

2 c. orange juice                  2 T. cornstarch  
6 T. butter, melted              1 c. brown sugar  
2 tsp. orange rind,grated      2/3 c. sugar

MRS. C. G. WILLIAMS

★ PINEAPPLE TIMBALE (Serve as a vegetable dish)  
Bake 45 minutes at 450°.

1 medium can crushed pineapple

1 c. granulated sugar

Add enough fresh bread crumbs to make a stiff mixture (8-10 slices).

Put into buttered casserole with ½ cup butter dotted on top. Sprinkle with brown sugar.

MRS. W. R. BRYSON



# Vegetables

## \*SUPREME STRING BEANS

- |                                   |   |
|-----------------------------------|---|
| $\frac{1}{4}$ cube butter         | 1 T. soy sauce  |
| 1 small onion, chopped            | $\frac{1}{4}$ tsp. pepper                                       |
| 1 4 oz. can mushrooms             | $\frac{1}{2}$ tsp. Accent                                       |
| 2 T. flour                        | 1 $\frac{1}{2}$ cans Julianne string-<br>beans, drained         |
| $\frac{1}{4}$ c. milk             | $\frac{1}{2}$ small can water chest-<br>nuts, drained & chopped |
| $\frac{1}{2}$ lb. Cheez Whiz      |   |
| 1 dash Tabasco                    |   |
| $\frac{1}{4}$ c. slivered almonds |   |

Melt butter; brown onion. Add drained mushrooms and flour; stir well. Slowly add milk, cheese, tabasco, soy sauce, pepper and Accent. Simmer. Add the beans and the chestnuts. Pour into casserole; sprinkle with almonds. Bake 20 min. at 375' (or 35-40 min., if cold). Serves 6 to 8.

MRS. J. L. MURPHY

## FRENCH STRING BEANS

- |                           |                           |
|---------------------------|---------------------------|
| 1 pkg. frozen beans       | 1 can cream mushroom soup |
| 1 pkg. frozen onion rings | Salt and pepper to taste  |

Cook beans and onion rings separately until done. Save out a few onion rings to decorate the top. Combine beans, onions and soup. Heat in 350' oven 5 min.

MRS. H. H. LIECHTY

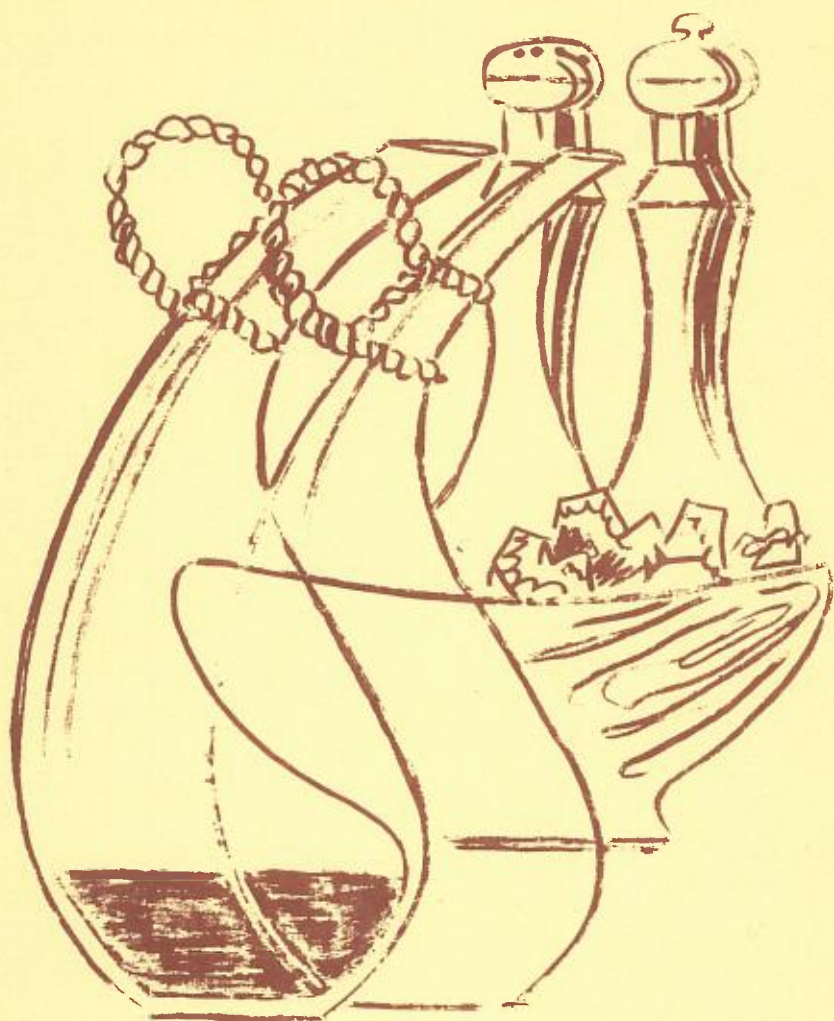
## COMPANY GREEN BEANS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 4 slices bacon                     | 1 can mushrooms                      |
| $\frac{1}{2}$ small onion, chopped | 1 can Blue Lake whole<br>green beans |
| $\frac{1}{2}$ tsp. dry mustard     |                                      |

Cut bacon into small pieces and fry. Add onions and saute. Add 1 T. flour; make a paste with the liquid from beans and mushrooms. Salt to taste. Add dry mustard, beans and mushrooms. Pour into a casserole and bake in a moderate oven for 30 minutes.

MRS. OSCAR GRAY, Jr.

# Additional recipes



# salads

# Additional recipes



# *Salads*

## DUCHESS POTATO SALAD

- |                              |                              |
|------------------------------|------------------------------|
| 4 large Idaho potatoes       | 2 hard cooked eggs           |
| 6 green onions, chopped      | Salt and pepper              |
| 3 lg. stalks celery, chopped | $\frac{1}{4}$ cup mayonnaise |

The day before, boil potatoes with the jackets on. Be careful not to overcook. Boil the eggs right in with the potatoes. Chill overnight, in covered dish. Next day, peel and dice potatoes and eggs and add the other vegetables. Five minutes before serving, add mayonnaise and seasonings. Toss lightly. Serves 6.

MRS. M. T. DARLING

## CUCUMBER ASPIC

- |                                      |  |
|--------------------------------------|--|
| 4 large cucumbers                    | 2 envelopes Knox gelatin in 1 cup cold water |
| $\frac{1}{2}$ as much onion as above |  |
| 1 cup vinegar                        |  |
| Pepper to taste                      | 3 cups chicken stock (Skim and heat)         |

Slice vegetables thin and soak in salted water. Rinse in cold water and add to vinegar. Dissolve moist gelatin in hot stock. Mix all ingredients and mold.

MRS. E. C. HIGGINS

## SPEER'S SUPER SLAW

- |   |                                  |
|---|----------------------------------|
| 1 tsp. salt                             | 1 T. pimiento, chopped           |
| $\frac{1}{4}$ tsp. pepper               | $\frac{1}{2}$ tsp. onion, grated |
| $\frac{1}{2}$ tsp. dry mustard          | 3 T. salad oil                   |
| 1 tsp. celery seed                      | $\frac{1}{2}$ cup vinegar        |
| 2 T. sugar                              | 3 cups cabbage, chopped          |
| $\frac{1}{4}$ cup green pepper, chopped |                                  |

Place ingredients in large bowl in order given. Mix well. cover and chill thoroughly. Serves 4.

# Salads

## SHRIMP SALAD

3/4 head chopped lettuce	1 T. salad oil
3 tomatoes, cut small	1 T. vinegar
1 clove garlic, minced	1½ T. lemon juice
1 small onion, minced	2 cans shrimp
½ tsp. salt	3 T. mayonnaise

Mix all ingredients well and serve chilled.

MRS. R. H. ST CLAIR, Jr.

## SUPERB RING MOLD

1 pkg. lime jello	1 cup Farmer Style
1 pkg. lemon jello	cottage cheese
1 cup boiling water	1 cup mayonnaise
½ cup cold water	1 lg. can evaporated milk
1 #2 can crushed pineapple	½ cup chopped nuts
(not drained)	½ cup chopped celery

Combine jello and boiling water. Stir until dissolved. Add cold water, pineapple and cheese. Combine mayonnaise and milk, using rotary beater. Add to first mixture along with nuts and celery. Pour into large ring mold and chill until firm. Serves 24.

MRS. K. E. BAILEY

## CINNAMON APPLESAUCE MOLD

½ cup cinnamon candies (red hots)  
1 cup water  
1 package jello (cherry or apple)  
2 cups thick applesauce

Mix candies with water in a saucepan. Place over medium heat. Bring to a boil, reduce heat and simmer. Stir frequently until candies dissolve. Remove from heat, add jello, and mix well. Blend in applesauce. Pour into ring mold. Chill until firm. Serves 6.

MRS. K. E. BAILEY

*Sacade*

### FROZEN FRUIT SALAD

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 1 tsp. plain gelatin        | 2 T. sugar                        |
| 2 T. lemon juice            | $\frac{1}{2}$ c. whipped cream    |
| 3 ounces cream cheese       | $\frac{1}{4}$ c. chopped nuts     |
| $\frac{1}{4}$ c. mayonnaise | $\frac{1}{4}$ c. chopped cherries |
| $\frac{1}{4}$ tsp. salt     | 1 #2 can crushed pine-apple       |

Dissolve gelatin in lemon juice and set in hot water. Mash cream cheese, add salt, sugar, mayonnaise, gelatin. Fold in whipped cream, nuts, cherries and fruit. Put into ice cube tray and freeze.

MRS. G. O. HARBISON, Jr.

### \* 24 HOUR FRUIT SALAD

- |                      |                                   |
|----------------------|-----------------------------------|
| 2 egg yolks          | 2 c. Queen Anne cherries          |
| 2 T. sugar           | 2 c. pineapple chunks             |
| 2 T. vinegar         | 2 c. marshmallow bits             |
| 2 T. pineapple juice | 1 orange, cut small               |
| 1 T. butter          | $\frac{1}{2}$ pint whipping cream |
- Pinch of salt

Mix first five ingredients and salt. (Drain and pit cherries.) Cook in double-boiler, stir constantly until thickened. Set aside to cool. Mix next four ingredients. Fold whipped cream into cooked mixture, then add to the fruits. Refrigerate for 24 hours.

MRS. R. P. BENZ

### FROZEN PINEAPPLE CHEESE SALAD

Beat until soft 6 ounces of cream cheese. Add and beat until blended 1 cup of mayonnaise. Add 1 cup crushed pineapple, and 3 T. powdered sugar. Whip until stiff 1 cup heavy cream and fold into the other ingredients. Place in freezer until frozen. Cut into squares and serve on lettuce.

MRS. L. J. SCHOENFELD



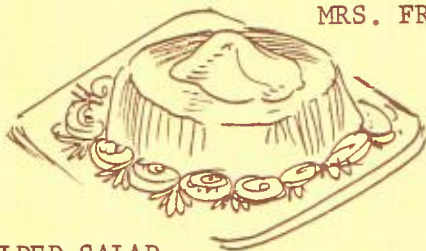
# Salads

## CRANBERRY ORANGE SALAD

2 cans cranberry sauce      2 oranges  
2 envelopes plain gelatin   2 cups chopped pecans

Dissolve gelatin in one half cup water. Melt cranberry sauce in top of double boiler. Put gelatin into warm sauce. Cut oranges in quarters, removing the center core and seeds. Squeeze out juice, and then grind rinds and pulp in meat grinder. Add juice, ground rinds and nuts to sauce. Mix well, and pour into a large ring mold. Place in refrigerator to set. Fill center with cream cheese and mayonnaise dressing before serving. Serves 10.

MRS. FRANCIS SHACKLETT



## LIME MOLDED SALAD

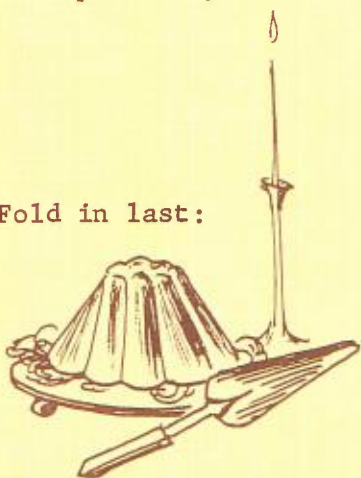
1 package lime jello dissolved in  $1\frac{1}{2}$  cups hot water.

When partially set add:

1 tsp. grated onion  
2 tsp. chopped pimiento  
 $\frac{1}{2}$  cup cream cheese  
 $\frac{1}{2}$  cup cottage cheese  
 $\frac{1}{2}$  cup chopped pecans  
 $\frac{1}{2}$  tsp. salt

Fold in last:

$\frac{1}{2}$  cup whipped cream  
 $\frac{1}{2}$  cup mayonnaise



MRS. P. F. BOYLE



# Dressings

## BLUE CHEESE DRESSING

2 cups Best Food mayonnaise      Few drops lemon juice  
 $\frac{1}{2}$  pint sour cream                  Fresh ground pepper  
1 small package Blue cheese      1 small onion, grated

Mix well, serve on salad greens.



MRS. R. H. ST CLAIR, Jr.

## ROQUEFORT DRESSING

$\frac{1}{2}$  pint sour cream                      Dash of Worcestershire  
 $\frac{1}{2}$  pint mayonnaise                    1 clove crushed garlic  
3-4 ounces Roquefort cheese

Combine and refrigerate.



MRS. K. E. MILBURN

## LOW-CAL FRENCH DRESSING

4 T. Mazola oil                       $\frac{1}{4}$  tsp. dry mustard  
4 T. vinegar                          Paprika  
4 T. catsup                            1 clove garlic  
1 tsp. salt

Mix and shake well before using.



MRS. VERN LYONS

## DELUXE SALAD DRESSING

$\frac{3}{4}$  cup salad oil                      3 scant T. sugar  
2 T. vinegar                          1 tsp. Worcestershire  
4 T. catsup                            Salt and pepper to taste

Mix and shake well before using.

MRS. SARAH L. NICHOLS

# Salads

## GREEN GODDESS DRESSING

- |                       |                          |
|-----------------------|--------------------------|
| 1 cup mayonnaise      | 2 T. chopped green onion |
| 1 4 oz. tin anchovies | 2 T. chopped celery      |
| 1 T. chopped parsley  | 1½ T. Tarragon vinegar   |
| 1 T. chopped onion    | Pepper to taste-no salt  |

Blend together on electric blender.

## RANCH STYLE SALAD

- |                             |                           |
|-----------------------------|---------------------------|
| 2 medium heads Romaine      | 1 tomato, sliced thin     |
| (or any leafy lettuce)      | 2 tsp. lemon juice        |
| 1 whole clove garlic        | Salt and pepper to taste  |
| ½ cup fried bacon, crumbled | 1 can French Fried onions |
| Garlic cheese dressing      |                           |

Chill all vegetables well prior to preparing. Break lettuce into large pieces and place in a salad bowl which has been rubbed with the garlic. Add the other ingredients in the order given. Toss and pour dressing over all. Heat the onion rings in the oven and sprinkle over the salad.

## CAESAR SALAD

- |                            |                        |
|----------------------------|------------------------|
| 2 cloves of garlic         | 3 slices toasted white |
| 2 T. lemon juice           | bread                  |
| 1 T. Tarragon vinegar      | 1/3 cup olive oil      |
| 2 small heads Romaine      | 2 T. Parmesan cheese   |
| ¼ cup crumbled Blue cheese |                        |

Combine the lemon juice and vinegar in a small glass. Smash the garlic and add to lemon juice mixture. Let garlic remain in the liquid at least two hours. Remove garlic and rub the salad bowl with it. Cut or tear the lettuce into small pieces. Put all ingredients into the salad bowl. Toss thoroughly. Season with salt and pepper.

MRS. T. J. RICHTER

## AT THE SALAD BOWL

The first salad, or at least the first dish of leaves to be so called, was merely dressed with salt... the word salad comes from the Latin sal, salt, if you care.

A Well-Dressed salad, like a well-dressed girl, goes in for simplicity. Complete simplicity in a salad and, complete perfection, is a bowl of greens and herbs.

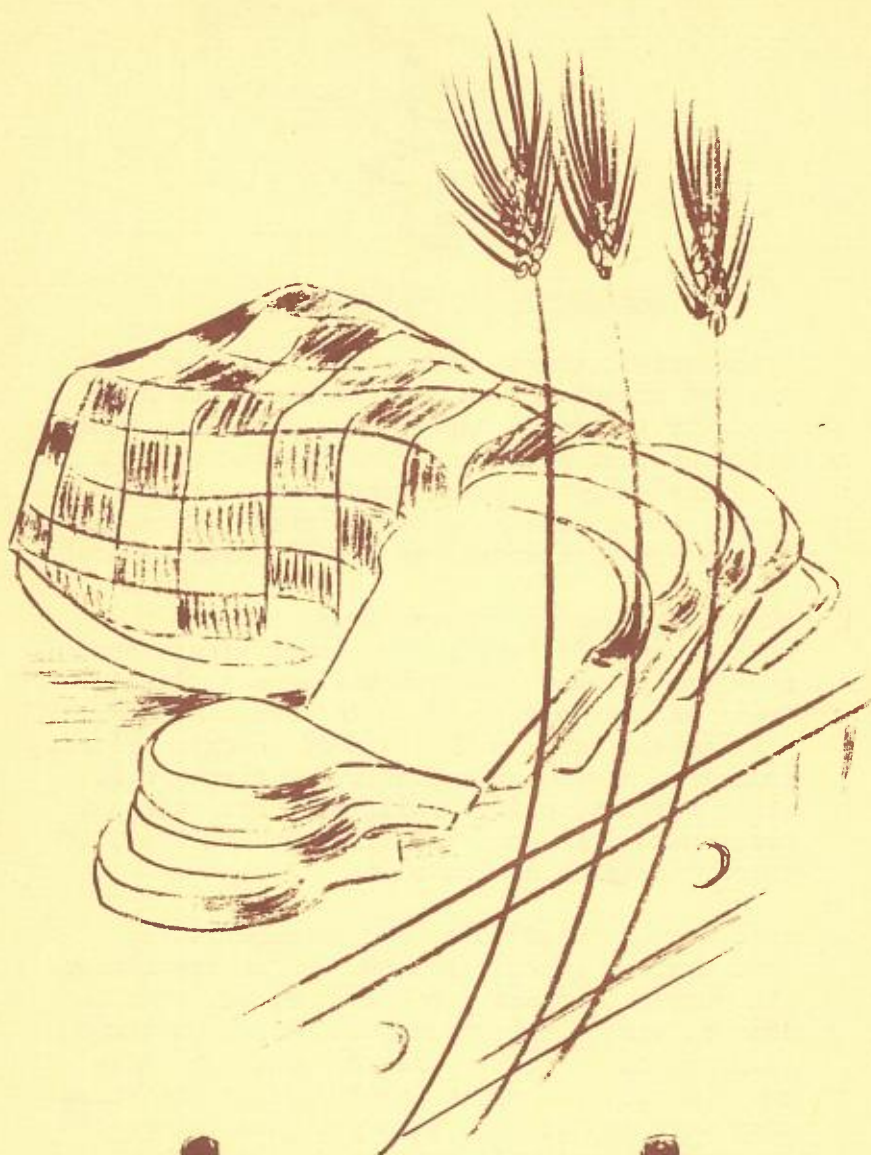
A large bowl is a must, but don't let anyone tell you that it has to be a wooden one. That fad has gone the way of the many rancid bowls that have had to be discarded because no amount of tender care could prevent the soaked-in oil from tasting its age. The part the bowl plays must be negative. Obviously, the best type of salad bowl is one made of glass or pottery. Bright crystal glass is especially nice for showing the sorcery of the saladman.

Much of the skill in conjuring up a slick salad is merely choosing the right raw material. The choice of greens is up to you: lettuce, of course, either iceberg or, far better, the tender leaf Boston lettuce. Romaine is excellent, as is water cress, chicory, escarole, or Belgian endive. Tender leaves of spinach, or indeed any edible leaf, may also be used. Green herbs too, providing they are chosen with discretion.... Have greens chilled, and of course, washed and THOROUGHLY DRIED.

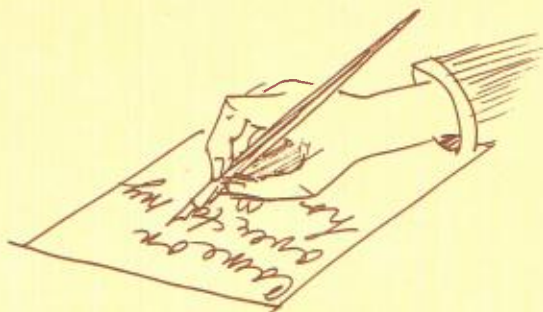
The old Spanish saying that, "to be a good saladmaker you must be a miser with vinegar, a spendthrift with oil and a madman in mixing" is cute - but not entirely true. The advice about oil and vinegar is sound. But you must take special care that the total amount of dressing should only be enough to coat the greens with a thin film of dressing. You shouldn't be such a spendthrift that the salad is drowned in dressing, leaving a lazy pool of liquid on the bottom of the salad bowl. A madman will beat the tender leaves until they droop with despair. It takes a sage - not a madman - to mix a salad.

## Additional recipes





**bread**s

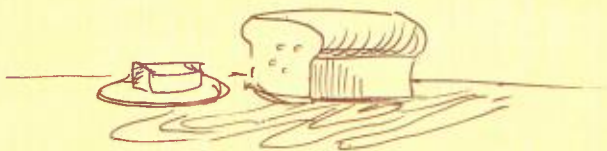


### THE SYMBOL OF HOSPITALITY

From ancient times, the word "company" has implied bread! Just look in the dictionary. "Company" is modern English for the Latin "cum", (together, or with) and "panis" (bread). So "company" means those with whom we share our bread. An interesting bread adds enormously to the appetite-appeal of a well-balanced meal.

While bread is an economy food, it isn't just so much "filler". No other single food provides so much nourishment for so little money as enriched bread. It does a six-way nourishment job: with its food energy, protein, thiamine, niacin, riboflavin and iron. Every flaky biscuit, crusty roll, or every slice of bread made with enriched flour provides all of these nutrients at low cost.

Interesting breads can add enormously to your meals - especially when you're stretching the budget. There's hot corn bread, for instance, with a thrifty stew. Or golden-brown yeast rolls to make creamed meat or fish twice as good. Serve thinly sliced nut bread with warm applesauce, when you want an appetizing and substantial dessert for your family.



## ONION CHEESE SUPPER BREAD

$\frac{1}{2}$ cup chopped onion	$1\frac{1}{2}$ c. Bisquick
1 T. fat	1 c. grated sharp American cheese
1 beaten egg	2 T. melted butter
$\frac{1}{2}$ c. milk	1 T. poppyseeds

Cook onion in fat until tender and light brown. Combine egg and milk. Add to Bisquick and stir only until mixed. Add onion and half of the cheese. Spread dough into greased 8x14 $\frac{1}{2}$ " baking dish. Sprinkle with remaining cheese and poppyseeds. Drizzle butter over all. Bake in 400° oven for 20 to 25 minutes. Serve hot.

MRS. GLEN KOONCE

## ORANGE SWIRLS

$\frac{1}{2}$ c. sugar	3 tsp. baking powder
$\frac{1}{4}$ c. butter	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. orange juice	$\frac{1}{4}$ c. shortening
2 tsp. grated orange rind	$\frac{3}{4}$ c. milk
2 c. enriched flour	$\frac{1}{2}$ c. sugar
	$\frac{1}{2}$ tsp. cinnamon

Combine  $\frac{1}{2}$  c. sugar, butter, juice and peel. Simmer 2 min. Spoon into bottom of 12 greased muffin cups. Sift together flour, baking powder and the salt. Cut in shortening until mixture resembles coarse meal. Add milk and stir until mixture follows the fork. Turn out on lightly floured surface. Knead gently  $\frac{1}{2}$  minute. Roll in rectangle  $\frac{1}{4}$ " thick. Sprinkle with  $\frac{1}{4}$  c. sugar and cinnamon. Roll as for jelly roll. Cut in 12 slices. Place cut side down over orange mixture. Bake in very hot oven, 450° for 20 min.

MRS. T. J. RICHTER



# Breads

---

## \* HOT BUTTERSCOTCH PECAN ROLLS

1 pkg. dry yeast	Soft butter
1 c. lukewarm milk	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ c. sugar	1 tsp. cinnamon
1 tsp. salt	$\frac{1}{2}$ c. brown sugar
2 eggs, beaten	$\frac{1}{4}$ c. dark corn syrup
$3\frac{1}{2}$ c. enriched flour	$\frac{1}{2}$ c. pecans
$\frac{1}{4}$ c. butter, melted	$\frac{1}{4}$ c. raisins

DOUGH: Crumble yeast into mixing bowl. Stir in milk, sugar and salt. Let stand until yeast is dissolved. Stir in well-beaten eggs. Add half of the flour. Beat until mixture drops from spoon in "sheets", 5-10 min. Stir in melted shortening. Knead until smooth and elastic. Round up; place in greased bowl; cover with damp cloth. Let rise in warm place until double in size, about 2 hours. Punch down, let rise again until almost double. Cover with damp cloth, let rest 10 min. Roll in to rectangle  $\frac{1}{4}$ " thick and twice as long as wide.

Brush rectangle with soft butter; sprinkle with combined sugar and cinnamon. Roll up and pinch to seal. Place 1" slices into this mixture (which is spread in 9" square baking pan); melt 2 T. butter, add brown sugar and corn syrup; heat to dissolve sugar, sprinkle in nuts and raisins. Let rise 30 min. Bake in 375° oven 25-30 min. Turn out onto cake rack. Break off each Wonderful, Hot, Gooley, Pecan-Laden Roll with a pair of kitchen forks. And pass the basket quickly, while the sticky rolls are still deliciously hot!

MRS. C. B. WRIGHT



BUTTERSCOTCH - NUT SPLITS

2 c. flour, sifted	$\frac{1}{2}$ tsp. cream of tartar
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. shortening
4 tsp. baking powder	$\frac{2}{3}$ c. milk

Sift the dry ingredients together. Cut in shortening with a pastry blender until mixture looks like coarse meal. Make a well in center of mixture, and pour in almost all of the milk. Stir lightly with a fork until dough follows fork around bowl. If necessary, add remaining milk. Turn onto floured board and roll into an oblong  $\frac{1}{4}$ " thick. Brush generously with melted margarine and spread with  $\frac{1}{2}$  c. brown sugar and  $\frac{1}{4}$  c. chopped nutmeats. Roll as a jelly roll and cut  $1\frac{1}{2}$ " slices. With a sharp knife, make three slits about half-way through each slice. Place on greased baking sheet, slit side up. Bake at 425' 10 min.

APRICOT NUT BREAD (Makes delicious sandwiches to serve with fruit salads)

$1\frac{1}{2}$ c. dried apricots	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ c. sugar	1 egg
2 $\frac{3}{4}$ c. flour	1 c. buttermilk
5 tsp. baking powder	3 T. melted shortening
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. walnuts, chopped

Wash the apricots. Drain and cut into thin strips. Sift together sugar, baking powder, salt, soda, and flour. Save out 1 T. flour to dredge apricots in. Mix well beaten egg with buttermilk. Add to dry ingredients with the shortening, stirring only until well mixed. Fold in nuts and apricots, which have been dredged with the flour. Pour into greased  $9\frac{1}{2}$  x  $5\frac{1}{2}$  x  $2\frac{1}{2}$ " loaf pan. Bake in 350' oven for 1 hour. Turn out and cool on cake rack. Wrap in aluminum foil. It slices better the second day. Spread with butter.

MRS. M. D. SHEPPARD

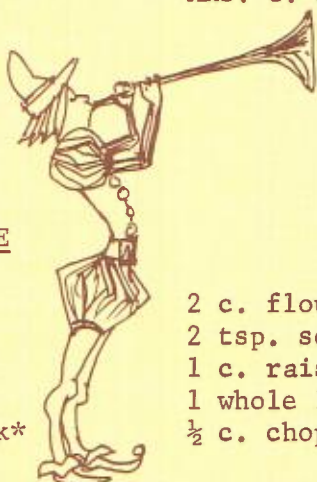
# Breads

## DATE NUT BREAD

1 pkg. dates, cut up	3/4 c. boiling water
1 tsp. baking soda	2 T. butter, melted
1 egg yolk, beaten	3/4 c. walnuts
1 3/4 c. flour	3/4 c. sugar
1 tsp. vanilla	1 egg white, beaten stiff

Cook dates, soda, in water until slightly thick. Set aside to cool. Cream butter, sugar, egg yolk. Add date mixture, flour, nuts and vanilla. Fold in egg white. Bake 350' for 45 minutes.

MRS. G. D. APPOLD



## ENGLISH TEA CAKE

1/4 c. margarine	2 c. flour, sifted
1 c. sugar	2 tsp. soda
1/4 tsp. salt	1 c. raisins, ground
2 eggs	1 whole large orange
3/4 c. sour milk*	1/2 c. chopped nuts

\*(To sour sweet milk add 2 tsp. vinegar). Cream shortening, add sugar, salt, and eggs. Add soda to the milk and add alternately with the flour to first mixture. Put raisins and orange (cut in chunks, peelings and all) into a blender and blend at high speed. Add to batter. Fold in nuts. Bake in 9 1/2 x 5 1/2 x 2 1/2" pan, at 350' for 40 minutes. This is a very moist delicious tea cake.

**FROSTING:** 1/2 cube Nucoa, softened, 2 c. powdered sugar, 1/4 c. strained crushed pineapple. Beat together until well blended and frost TEA CAKE.

MRS. D. ELLIS

## SOUTHERN SPOON BREAD

1 c. corn meal	3 eggs, beaten
2 c. boiling water	2 tsp. sugar
1 c. buttermilk/1 tsp. soda*	$\frac{1}{2}$ c. butter, melted
$1\frac{1}{2}$ tsp. salt	Bake in 425' oven

Mix together very slowly to avoid lumping the corn meal and water. Cool. Add remaining ingredients in order given. Pour into well buttered  $1\frac{1}{2}$  quart casserole. Bake for 30 minutes or until center is solid when tested with knife. Best to cook over hot water to keep moist. Serve hot with chicken or ham.

\*Or 1 pint sweet milk with 2 tsp. baking powder.

MRS. ETHEL GRAY BARKLEY

## CORN BREAD

Sift 3 times:	Mix together:
1 c. flour	1 egg, beaten
$\frac{1}{2}$ c. corn meal	1 c. milk
3 tsp. baking powder	3 T. melted shortening
1 tsp. salt	
$1/3$ c. sugar	

Combine all ingredients and bake in 375' oven for 25 minutes, or until brown.

MRS. F. J. DAVID

## BUTTER STICKS

Rollled biscuit dough (Bisquick)  
 $1/3$  c. butter

Heat oven 450'. Prepare biscuit dough according to directions on package and roll into rectangle 6x10". Cut in half lengthwise. Cut each half into 12 strips. Melt butter, pour one half into oblong pan 13x9 $\frac{1}{2}$ x2. Place strips on top of butter and pour remaining butter over. Bake 10-15 minutes, 400' oven.



# Breads

## SIMPLE YEAST ROLLS

1 pkg. dry yeast	3/8 c. sugar
1/2 c. lukewarm water	2 tsp. salt
1/2 tsp. sugar	1/3 c. Wesson oil
1 c. scalded milk	1 egg
4 c. flour	

Dissolve sugar and yeast in warm water and let rise. Place 3/8 cup sugar, salt and oil in large mixing bowl. Pour scalded milk over ingredients in bowl and allow to cool to lukewarm temperature. Slightly beat egg and add with yeast mixture. Stir well and add flour. Let stand for 10 minutes and knead. Use at once or store in refrigerator. Shape rolls between greased palms, and place in greased roll pans. Let rise 1 1/2-2 hours. Bake 425° for 8-10 minutes.

MRS. W. C. SEARCY

## FRENCH BREAD

1 pkg. yeast	2 T. shortening
1/4 c. water (warm)	2 T. sugar
2 c. boiling water	2 1/2 tsp. salt
6 c. sifted enriched flour (about)	

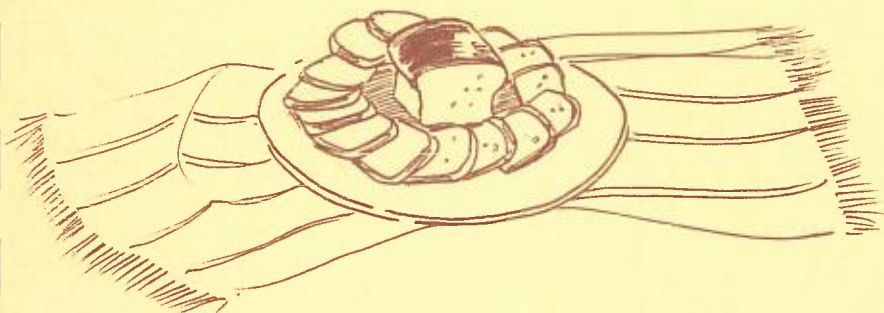
Soften yeast in water. Pour boiling water over shortening, sugar and salt. Cool to lukewarm and add 2 c. flour, beating until smooth. Add the softened yeast and mix well. Add enough more of the flour to make a stiff dough. Turn out on a floured board and knead until satiny. Place in a greased bowl, cover and let rise in warm place until doubled. Punch down. Divide dough in half, cover, let rest 10 minutes. Flatten each portion. Fold lengthwise to 15". Fold lengthwise again and seal edges. Roll under palms of hands to shape in long loaves. Place on greased baking sheet to rise until double. When light, score loaves with sharp knife making diagonal cuts. Bake at 400° about 45 minutes. Makes 2-1 lb. loaves.



## SWEDISH RYE BREAD

1 c. dark rye flour	1 cake compressed yeast
5 c. white flour	$\frac{1}{2}$ c. molasses
$1\frac{1}{2}$ c. lukewarm water	$\frac{1}{2}$ c. brown sugar
1 T. salt	

Knead ingredients and let rise overnight. Shape into 3 loaves and let rise double in bulk. Bake 45 minutes in a moderate oven. Each loaf will cut into about 10 slices.

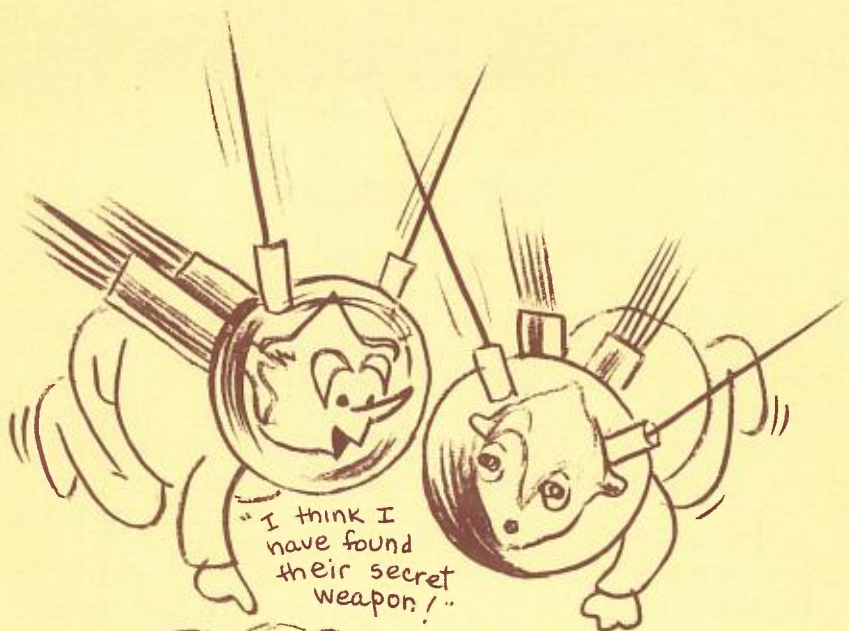


## BRAZIL NUT ORANGE BREAD

1 $\frac{3}{4}$ c. sifted flour	2 T. grated orange rind
$1\frac{1}{2}$ tsp. baking powder	$\frac{3}{4}$ c. Brazil nuts
$\frac{1}{4}$ tsp. baking soda	1 egg, beaten
$\frac{3}{4}$ tsp. salt	$\frac{1}{2}$ c. milk
$\frac{2}{3}$ c. sugar	$\frac{1}{2}$ c. orange juice
2 T. melted butter	

Sift together flour, baking powder, baking soda, salt and sugar. Stir in orange rind and nuts. Mix together egg, milk, juice and melted butter and add to dry ingredients. Stir only enough to dampen dry ingredients. Turn into greased loaf pan  $8\frac{1}{2} \times 3\frac{1}{2} \times 2\frac{1}{2}$ " and bake in a 325° oven for 1 hour and 15 minutes.

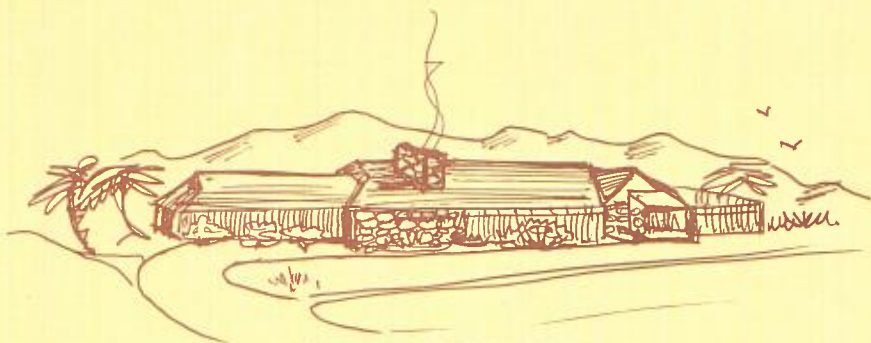
## Additional recipes



"I think I  
have found  
their secret  
weapon!"



pies...



### COTTAGE CHEESE PIE

The internationally famous cheese cake is given new styling as a pie. This excellent dessert can be made the no-bake way by blending the goodness of its cottage cheese, whipped cream, milk and lemon juice ingredients together with unflavored gelatin. The refrigerator does the "cooking" job. The smooth cheese filling can be chilled until firm in a baked pastry shell or in a graham cracker crumb crust.

1 envelope unflavored gelatin	1 tsp. salt
3/4 c. sugar	1 T. lemon juice
1 c. milk	2/3 c. whipped cream
1 tsp. grated lemon peel	9" pie shell
2 c. creamed cottage cheese	Fresh strawberries

Mix gelatin and sugar together in top of double boiler. Stir in milk. Place over boiling water, stirring occasionally, until gelatin is dissolved, about 8 minutes. Remove from heat; add lemon rind; cool. Sieve cottage cheese into large mixing bowl. Stir in cooled gelatin mixture, salt, and lemon juice. Chill and stir occasionally, until mixture mounds slightly when dropped from spoon. Fold in whipped cream. Turn into prepared shell. Chill until firm. Garnish with additional whipped cream and fresh strawberries. Frozen strawberries, small slices of fresh pineapple, or seedless white grapes may be substituted as a garnish.

MRS. JACK P. MONROE



FROZEN LIME PIE

- |                            |                     |
|----------------------------|---------------------|
| 1 c. graham cracker crumbs | 6 eggs              |
| or vanilla wafer crumbs    | 1 c. sugar          |
| 2 T. grated lime rind      | 1 pint heavy cream  |
| 1/3 c. lime juice          | Green food coloring |

Press one half of crumbs on bottom of glass pie plate 1 3/4" deep. Combine lime rind, juice, egg yolks, sugar in double boiler. Cook over hot water (not too long), stirring until slightly thickened. Cool. Beat egg whites stiff (not dry). Whip cream, fold whites, cream, a few drops of coloring into cooled yolk mixture. Pour into pie plate. Sprinkle remaining crumbs over top. Freeze until firm.

MRS. W. E. SWEENEY

LEMON CHIFFON PIE

- |                         |                         |
|-------------------------|-------------------------|
| 1 T. unflavored gelatin | 1/2 c. lemon juice      |
| 1/4 c. cold water       | 1/2 tsp. salt           |
| 4 eggs, separated       | 1 T. grated lemon rind  |
| 1 c. sugar              | 1 9" baked pastry shell |

Soften gelatin in water for 5 minutes. Beat egg yolks, add 1/2 c. sugar, lemon juice and salt. Cook this mixture over boiling water until it becomes of a custard-like consistency. Add lemon rind and the softened gelatin; stir thoroughly. Cool until mixture begins to thicken. Beat egg whites till stiff, adding remaining sugar gradually, one tablespoon at a time. Gently fold egg whites into the lemon mixture. Fill pastry shell and chill. Whipped cream may be added if calorie-counters are not to be present!

MRS. W. J. SCARPINO

# Pies

## LEMON ANGEL PIE

(Should be made the day before)

Pie shell

4 egg whites

1 c. sugar

$\frac{1}{4}$  tsp. cream of tartar

Combine egg whites and cream of tartar; beat until dry. Add sugar, one tablespoon at a time. Grease and flour a 9" pie plate. Spread the meringue around the pie plate,  $1\frac{1}{2}$ " thick around the edges and  $\frac{1}{2}$ " thick on the bottom. Bake 1 hour at 275'. (Will rise high in pan, but will fall when cool).

Filling

4 egg yolks

3 T. lemon juice

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

Grated rind of 1 lemon

Pinch of salt

$\frac{1}{2}$  T. flour

$\frac{1}{2}$  pint heavy cream, whipped

Mix egg yolks, sugar and salt together. Add juice, rind, and flour; cook in top of double boiler until thick (about 10 minutes). Cool. Fold in whipped cream. Spoon into pie shell. Refrigerate 24 hours.

MRS. G. O. BRUNGOT

## FROZEN LEMON PIE

3 eggs, separated

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

2 lemon rinds, grated

1 c. heavy cream, whipped

$\frac{1}{4}$  c. lemon juice

$\frac{1}{2}$  c. vanilla wafer crumbs

Beat yolks, add sugar, juice and rind. Cook in double boiler until creamy - cool. Fold in stiffly beaten whites, then whipped cream. Spread bottom of refrigerator tray with  $\frac{1}{2}$  the crumbs, add mixture with remaining crumbs on top. Before sitting down to dinner, take dessert out of freezer and set in refrigerator, (this improves the flavor and consistency).

MRS. C. E. MOSER

# LEMON SPONGE PIE

1 c. sugar	Pinch of salt
Juice and grated rind of 1 lemon	1 T. flour
1 c. milk	2 egg yolks
	9"uncooked pastry shell

Beat ingredients together like a cake batter; then fold in stiffly beaten whites of 2 eggs. Fill the pastry shell, and bake in pie plate 25-30 minutes in a 325' oven.

MRS. R. J. WEIDINGER

# \* CHEESE CAKE

(Crust)	(Filling)
1½ c. graham cracker crumbs	¾ lb. cream cheese
¼ c. powdered sugar	2 eggs
¼ lb. melted butter	½ c. sugar
	½ tsp. vanilla

(Topping)  
½ pint sour cream  
2 T. sugar  
½ tsp. vanilla

To prepare crust, mix graham crackers, powdered sugar and butter together. Press into 8" glass pie plate.

To prepare filling, beat the eggs, add sugar, vanilla and softened cream cheese. Beat until creamy and put into crust. Bake 20 minutes at 325'.

To prepare topping, blend sour cream, sugar and vanilla together and place on top of filling. Return to oven for 5 minutes.

MRS. J. R. PROCTOR

# Pies

## BANANA VELVET PIE

### Crust

2 T. butter or margarine  
 $\frac{1}{4}$  lb. marshmallows  
 $\frac{1}{4}$  tsp. salt  
3 c. sugar coated corn flakes

### Filling

$\frac{1}{4}$  c. water  
 $\frac{1}{4}$  lb. marshmallows  
1 egg yolk, beaten  
1 c. heavy cream, whipped  
 $\frac{1}{4}$  tsp. Brandy  
1-2 bananas

To prepare crust, combine butter, marshmallows and salt in saucepan; melt over low heat. Add the corn flakes; stir all ingredients until blended together. Press quickly into an 8" pie plate and chill until firm.

To prepare filling, combine water and marshmallows in saucepan; melt over low heat. Pour over egg yolk, stirring constantly. Return mixture to saucepan and cook over medium heat for one minute. Chill mixture until cool; beat with egg beater. Fold in whipped cream and flavoring (Brandy). Pour into pie crust which has banana slices on the bottom. Chill until firm. Garnish with additional whipped cream and banana slices, if desired.

MRS. G. D. APPOLD

## PECAN PIE

3 eggs  
 $\frac{2}{3}$  c. sugar  
 $\frac{1}{3}$  tsp. salt  
Beat the above together with a rotary beater.  
Mix in:  
 $\frac{1}{2}$  c. pecans, chopped

$\frac{1}{3}$  c. butter, melted  
1 c. dark corn syrup  
 $\frac{1}{2}$  c. walnuts

Make pastry for one-crust pie. Line 9" pie plate. Pour filling into pie plate and bake until set and pastry is delicate brown (350° for 40 minutes in a glass pan; 375° for 40-50 minutes in a metal pan).

MRS. W. B. ELY



### FROZEN COFFEE PIE

1½ c. ground walnuts or pecans	½ c. milk
¼ c. granulated sugar	16 marshmallows
1/8 tsp. salt	1 egg yolk
1 egg white	1 c. heavy cream
	1/4 tsp. almond extract
1 T. instant coffee	

Preheat oven to 375°. Butter 9" pie plate, line bottom with waxed paper; butter paper. Mix nuts, sugar salt. Beat egg white until it forms soft peaks; add to nut mixture; mix well. Press firmly to sides and bottom of pie plate. Bake 12 to 15 minutes, or until light brown. With small spatula, carefully loosen around sides; let stand for 10 minutes. Lift crust, slip out paper; let cool. In saucepan, combine coffee, milk, marshmallows; cook over low heat, stirring till marshmallows melt. Beat egg yolk lightly; stir in small amount of hot mixture; return to saucepan. Cook 1 minute longer, stirring. Refrigerate, stir occasionally until thickened, but not set. Fold in cream, whipped, and extract; turn into cooled crust. Place in freezer until served. Serve garnished with whipped cream and sprinkled with instant coffee.

MRS. J. K. KEIHNER

### FRENCH CHOCOLATE PIE

½ c. soft butter	1 tsp vanilla
¾ c. sugar	2 eggs
1 oz. baking chocolate, melted and cooled	Graham cracker crust

Cream butter and sugar well. Blend in chocolate and vanilla. Add eggs one at a time, beating for 5 minutes after each addition. Turn into graham cracker crust and chill for 2 hours.

MRS. M. D. SHEPPARD

# Pies

## NECTAR AND AMBROSIA

$\frac{1}{2}$ lb. marshmallows	$\frac{1}{2}$ c. nuts, chopped
1 c. milk	$\frac{1}{4}$ c. grated coconut
$\frac{1}{2}$ c. whipped cream	1 tsp. vanilla extract
2 squares baking chocolate,Uncooked graham cracker grated	crust
2 T. baking chocolate, grated	

Melt marshmallows and milk together in double boiler. Cool. Fold 2 squares chocolate, nuts, vanilla into the whipped cream. Fold cream mixture into cooled marshmallow mix. Pour into crust. Top with coconut and remainder of chocolate. Refrigerate for at least six hours before serving.

MRS. J. L. MURPHY

## CHOCOLATE NUT ANGEL PIE

Crust	Filling
$\frac{1}{2}$ c. sugar	$\frac{3}{4}$ c. chocolate bits
$\frac{1}{8}$ tsp. cream of tartar	3 T. hot water
2 egg whites	1 tsp. vanilla
$\frac{1}{2}$ c. pecans, chopped	1 c. heavy cream, whipped

Sift together the sugar, cream of tartar. Beat the egg whites until stiff but not dry. Add sugar gradually to egg whites, beating well after each addition. Continue beating until meringue is quite stiff and no sugar crystals are present. Fold in the nuts. Butter a 9" pie pan well. Fill with meringue. Bake in a 275° oven for 1 hour. Cool. To make filling, place chocolate bits in a double boiler and add hot water; cook until thickened. Cool slightly (mixture will become quite thick). Add vanilla. Fold whipped cream into chocolate; combine well, but do not beat. Put into pie shell and chill in refrigerator at least 3 hours. This dessert may be served with a whipped cream topping, but it is quite rich, just as it is.

MRS. WILLIAM GOURLAY

BLACK BOTTOM PIE

(Gingersnap Pie Crust)

Crush about 30 medium size gingersnaps into fine crumbs and place in 9" pie pan. Add 4 T. melted butter and mix well. Press evenly against bottom and sides of pan. Bake until light brown, 375'. Cool.

(Filling)

1 envelope unflavored gelatin	1 tsp. vanilla
1 3/4 c. milk	3 T. Rum
4 eggs, separated	1 c. heavy cream,
1/2 tsp. salt	whipped
4 tsp. cornstarch	2 sq. unsweetened choc-
1/2 sq. unsweetened chocolate	olate, melted

Soak gelatin in 1/2 cup milk. Scald remaining milk in double boiler over boiling water. Beat egg yolks; add 1/2 cup sugar, the salt and the cornstarch. Slowly add milk, stirring constantly. Return mixture to double boiler and cook over simmering water until custard coats spoon. Stir constantly. Remove from heat. Remove 1/2 cup of the custard and reserve. Add soaked gelatin to custard mixture and stir until dissolved. Stir the reserved 1/2 cup of custard into the melted chocolate; add vanilla. Beat with rotary beater until blended and cool to room temperature. Pour chocolate mixture into Gingersnap Pie Crust and chill until firm. Chill remaining custard until it begins to set; add Rum (optional). Beat egg whites until stiff, but not dry, and gradually beat in remaining 1/2 cup sugar. Fold in custard. Pour custard over the chocolate in pie plate and chill until firm. If all of custard cannot be added, keep remainder where it will not set. When pie is almost set, put remaining custard on top. Fold in powdered sugar into whipped cream and pour on top of pie. Grate 1/2 square chocolate over top of entire pie and chill before serving.

MRS. J. F. SNYDER



# Pies

## CHESS PIE

1 stick soft butter	$\frac{1}{2}$ tsp. vanilla
$1\frac{1}{2}$ c. sugar	1 T. nutmeg
$1\frac{1}{2}$ T. cornstarch	2 T. cinnamon
1 c. evaporated milk	4 eggs, separated
9" unbaked pie shell	

Mix butter, sugar, cornstarch and milk together well. Beat the egg yolks and add to the mixture with the vanilla. Pour into the pie shell. Sprinkle the nutmeg and cinnamon over top. Bake 50 minutes at 350'. Beat egg whites and spread on top. Put into oven for a very few minutes until top is golden brown.

MRS. PAUL BUGG

## APPLE PIE

1 can sliced apples	$\frac{3}{4}$ c. sugar
$\frac{1}{2}$ c. brown sugar	$\frac{1}{8}$ tsp. salt
2 T. flour (heaping)	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{8}$ tsp. nutmeg	4 T. butter or margarine

Combine flour, sugar, salt, spices and add to apples. Let stand while making pie crust. Proceed as follows:

$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. shortening
1 tsp. salt	

Sift salt and flour together; add shortening. Blend quickly until bits of shortening are the size of peas and grapes. Add just enough cold water (about 2T.) to press dough together. Press together (do not knead) and then roll out on floured surface. Line pie plate and then pour in apple mixture. Place 4 marble sized chunks of butter on top of apple mixture, and then add top crust. Bake 15 minutes at 450' and then 45 minutes at 325'. Serve slightly warm with American cheese, or cold with vanilla ice cream.

MRS. J. G. SMITH



# \* CRUNCH TOP APPLE PIE

6 medium cooking apples  
10" unbaked pastry shell  
1 c. sugar  
1 c. graham cracker  
crumbs  
 $\frac{1}{2}$  c. flour

$\frac{1}{2}$  c. chopped walnuts  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  c. butter  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  pint whipping cream,  
beaten stiff

Pare, quarter, core, and slice apples; arrange in unbaked pastry shell. Mix together sugar, graham cracker crumbs, flour, nut meats, cinnamon, and salt; sprinkle over apples. Melt butter and pour evenly over topping. Bake for 1 hour in a moderate oven (350'), or until apples are tender. Serve at room temperature or chilled. Decorate with cream that has been beaten until stiff enough to press through a pastry bag. May also be served with ice cream.



MRS. W. L. BRYSON

# MILE HIGH STRAWBERRY PIE

1 pkg. frozen strawberries  
1 c. sugar  
 $\frac{1}{8}$  tsp. salt  
2 egg whites

1 T. lemon juice  
 $\frac{1}{2}$  pint whipping cream  
1 tsp. vanilla  
10" baked pie shell

Whip cream first and place in refrigerator. Defrost berries partially. Place berries, sugar, egg whites, lemon juice, and salt in large mixing bowl; beat at medium speed 10-15 minutes or until mixture is stiff and holds its shape. Add vanilla and fold whipped cream in quickly. Pile lightly in shell and freeze immediately. Keep frozen until ready to serve.

MRS. MADISON NICHOLS

# Pies

## STRAWBERRY CHARLOTTE PIE

1 dozen lady fingers                      10 oz. frozen sliced  
3/4 c. boiling water                      strawberries, thawed  
1 pkg. strawberry flavored 1 c. evaporated milk,  
gelatin                                      chilled  
1 T. lemon juice

Split lady fingers and cut off one end, so remaining pieces are  $2\frac{1}{2}$ " long. Stand these pieces around inside edge of a 9" pie plate, so they extend 1" above the rim. Taper bottom of about 4 of the fingers so that all gaps can be covered completely. Add boiling water to gelatin and stir until dissolved; cool slightly. Stir in berries. Chill until mixture is consistency of unbeaten egg white. Whip chilled milk until it will hold a peak. Add lemon juice and whip to blend. Fold strawberry mixture into whipped milk, lightly, but thoroughly. Pile into lined pie plate. Chill until set.

MRS. J. K. KEIHNER

## PEAR CRUMBLE PIE

4 c. fresh pears, pared,                       $\frac{1}{2}$  c. flour  
cored, cut into eighths                       $\frac{1}{2}$  c. sugar  
 $\frac{1}{2}$  c. sugar                                       $\frac{1}{2}$  tsp. ginger  
1 tsp. grated lemon peel                       $\frac{1}{2}$  tsp. cinnamon  
3 T. lemon juice                                       $\frac{1}{4}$  tsp. mace  
9" unbaked pie shell                      1/3 c. margarine  
Heavy cream, whipped

Mix pears,  $\frac{1}{2}$  cup sugar, lemon peel and juice. Arrange in pie shell. Combine flour,  $\frac{1}{2}$  cup sugar, spices; cut in butter till crumbly. Sprinkle over the pears. Bake in hot oven (400') about 45 minutes or till done. Serve warm with whipped cream.

MRS. K. E. MILBURN

★ FROZEN PUMPKIN CHIFFON PIE

Combine:

1½ c. light brown sugar	¼ tsp. ground ginger
2 T. cornstarch	½ tsp. salt
½ tsp. cinnamon	1 tsp. vanilla
1½ c. canned pumpkin	

Add:

1 large can evaporated milk, and cook in top of a double boiler until thick. Remove from heat.

Add:

2 tsp. gelatin dissolved in ½ cup cold water. Stir.

Add:

4 egg yolks, beaten. Beat well and cool.

Fold in:

1 cup whipped cream, whipped to hold its shape not stiff.

Pour in large refrigerator tray and, when partly frozen, take out and stir thoroughly. Then pour over:

SPICED GINGER COOKIE CRUST

1½-2c. ginger cookie crumbs, rolled fine. Mix with:

¼ c. dark brown sugar	1 tsp. cinnamon
½ tsp. nutmeg	¼ tsp. ground cloves

Combine and work in 4 T. melted butter. Line pie pan with mixture, pressing very firmly with back of spoon until only ¼" thick. Pour pumpkin filling over and freeze. Time taking the pie out of freezer as you would any hard-frozen ice cream; for both crust and filling must not be too hard to cut easily.

MRS. W. A. SPEER, Jr.

PEANUT BUTTER PIE

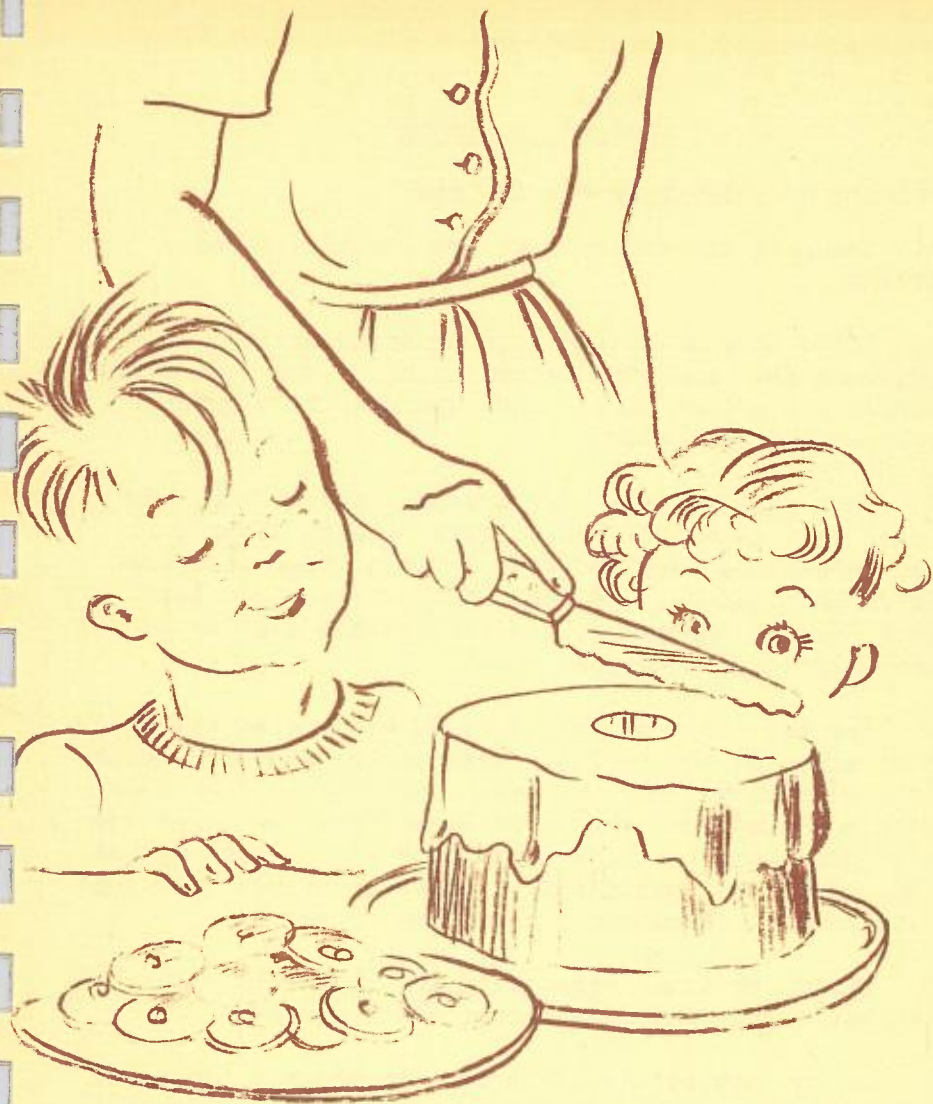
3 whole eggs, beaten well	1 c. light Karo
1 c. sugar	½ tsp. salt
¼ c. peanut butter	

Combine ingredients and bake in uncooked pastry shell in 350° oven 30-45 minutes or until brown. (This pie rivals the best pecan pie I've ever tasted.)

MR. J. T. RUTHERFORD

## Additional recipes





cakes and  
cookies..

## CAKE BAKING HINTS

THERE'S NO SUBSTITUTE FOR ACCURACY!

1. Assemble all ingredients and utensils before mixing.
2. Allow shortening and eggs to stand at room temperature for some time before using. You will find shortening creams better and eggs whip to a greater volume when not cold.
3. When recipe calls for creaming shortening, add sugar in 4 to 6 additions, starting with about 2 T. and increasing each addition. Cream after each addition until mixture is beautifully fluffy and light. This is very important, and the creamed mixture should look almost like whipped cream.
4. Preheat the oven for 12 to 20 minutes at temperature given in the recipe. Correct baking temperature is essential to cake success. (Cake browned in a correctly heated oven should be light brown in color and will have shrunk slightly from the side of the pan at the end of the baking time.) Check your oven settings with an oven thermometer from time to time.
5. Watch the time, especially for chocolate cakes, because overbaking impairs chocolate flavor.
6. Do not substitute cocoa for chocolate - these are different products. Chocolate contains much more natural cocoa butter and gives a richer, more flavorful dish. As a last resort, if you have no chocolate when you are ready to bake or prepare a chocolate dessert, you may substitute 3 level T. of cocoa for each square of chocolate. In cakes or cookies, add 1 T. shortening for each T. cocoa used.
7. Use the pan size the recipe calls for, if you want a perfect cake. To determine pan size, measure across the top from outside rim to outside rim and use the nearest even inch as the size.

ADMIRAL'S HOUSE  
U.S. NAVAL OBSERVATORY  
WASHINGTON 25, D.C.

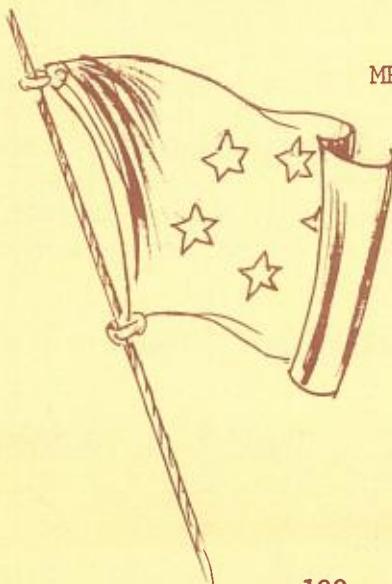
FIVE STAR CAKE

2 oz. unsweetened chocolate	$\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ c. boiling water	$\frac{1}{3}$ tsp. salt
1 c. sifted cake flour	$\frac{1}{4}$ c. soft shortening
1 c. sugar	$\frac{1}{4}$ c. sour cream
$\frac{1}{4}$ tsp. baking powder	$\frac{1}{2}$ tsp. vanilla
1 egg	

Grease and flour 8" square pan. Cut chocolate up and place in boiling water. Stir until melted. Cool. Sift dry ingredients together. Add shortening and beat one minute. Add remaining ingredients and beat one minute more. Pour into prepared pan. Bake 30-40 minutes in 350° oven.

"I selected this because it is small, simple and not too costly. In this day of creditable 'mixes' which one can dress up in many ways, some of the more dazzling masterpieces might never make it as far as the oven".

MRS. ARLEIGH BURKE





# Cakes

## CHEESE CAKE & COOKIE DOUGH CRUST

### A. COOKIE DOUGH CRUST

1 c. sifted flour	1 egg yolk
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. soft butter
Grated rind of 1 lemon	

Mix flour and sugar, add remaining ingredients. Mix well. Chill. Roll  $\frac{1}{3}$  of dough to cover bottom of a 9" spring form cake pan. Bake in oven 400', for 8 minutes or until brown. Cool. Roll remaining dough into two strips,  $3\frac{1}{2}$ " wide and 14" long. Butter sides of pan and press dough onto sides of pan. Fill with:

### B. CHEESE CAKE

40 oz. cream cheese	1 $\frac{3}{4}$ c. sugar
3 T. flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. heavy cream	1 c. sour cream
5 eggs plus 2 yolks	Blanched almonds
Grated rind of 1 lemon	Grated rind of $\frac{1}{2}$ orange

Have all ingredients at room temperature. Beat cheese until fluffy. Mix sugar, flour, and salt; gradually blend into cheese. Add grated rinds, eggs and egg yolks one at a time, beating well after each. Stir in  $\frac{1}{4}$  cup heavy cream. Turn into crust. Bake in 475' oven, for 15 minutes. Reduce heat to 200', and bake one hour longer. Turn off heat; let stand 15 minutes. Remove from oven; cool. (May shrink some.) Top with 1 cup sour cream, 1 T. sugar, and 1 tsp. of vanilla extract. Blend well. Return to oven and bake 475', for 10 minutes. Cool before serving and sprinkle with almonds.

This cheese cake is not simple to make, but it is simply delicious.

MRS. W. C. UNDERWOOD



# Cakes

## \* ALMOND CHIFFON CAKE

2½ c. sifted cake flour	¼ c. cold water
1½ c. sugar	½ c. milk
1 T. double-acting baking powder	¾ tsp. almond extract
1 tsp. salt	1 c. egg whites (7 to 8 whites)
½ c. cooking oil	½ tsp. cream of tartar
5 egg yolks	

Sift flour, sugar, baking powder and salt together into a mixing bowl. Make a well in the center and add oil, yolks, water, milk and flavoring. Beat until smooth. Beat whites with cream of tartar until they form very stiff peaks. Gradually add first mixture; carefully fold in with rubber spatula until well blended after each addition. Pour into ungreased, 10" tube pan. Bake in moderate oven, 325°, 55 minutes; then increase heat to 350°, and continue baking 10 to 15 minutes longer. Invert pan on cake rack to cool. When cool, remove from pan, and frost with BUTTER-CREAM FROSTING.

### BUTTER-CREAM FROSTING

1 c. sugar	½ tsp. almond extract
1/8 tsp. cream of tartar	2/3 c. Butter
Dash of salt	2 oz. almonds, blanched, sliced and toasted
¼ c. water	
2 egg whites	

Combine sugar, cream of tartar, salt, and water in a saucepan. Cook to 240°, on candy thermometer, or until a little dropped into cold water forms a soft ball that holds its shape. Beat egg whites until stiff, but not dry. Add syrup very slowly to egg whites, beating constantly. Then add flavoring and cool. Cream butter well. Add egg-white mixture, 2 or 3 T. at a time, beating well after each addition. Frost center, top, and sides of cake; sprinkle with almonds.

LCDR W. A. SPEER, Jr.

# Cakes

## ORANGE CHIFFON CAKE

2½ c. sifted cake flour	6 egg yolks
1½ c. sugar	3 tsp. baking powder
1 tsp. salt	½ c. Wesson oil
Rind of 2 oranges, grated	¾ c. liquid (Juice of
6 egg whites	2 oranges and the
½ tsp. cream of tartar	balance, cold water)

Sift in a bowl flour, sugar, baking powder, and the salt. Make a well in center, and add oil, egg yolks, liquid mixture, and rind. Beat until smooth. Measure into a large mixing bowl cream of tartar, and egg whites. Whip until whites stand in stiff peaks. Pour egg yolk mixture over beaten whites, gradually folding it in until well blended. Bake in a 10" tube pan 55 minutes at 325°, then increase heat to 350° for 10 to 15 minutes. When done, invert cake pan and allow to cool before removing. Cut in three layers, fill and frost with ORANGE FILLING.

## ORANGE FILLING

½ c. sugar	½ pt. heavy cream
1 T. lemon juice	1 c. orange juice
1 tsp. cornstarch (heaping)	2 eggs (separated)
1 T. butter	Pinch of salt

Mix all but egg whites and heavy cream together in a saucepan and cook until thickened. Beat egg whites until stiff, then fold into sauce. Put filling between 2 of the layers. Now add ½ pint of whipped cream to the rest of the filling. Put the third layer on and cover entire cake.

MRS. J. K. KEIHNER

## CHOCOLATE-CHERRY CAKE

1 3/4 c. cake flour	1 tsp. baking soda
1/4 tsp. salt	1/2 c. butter
1 c. sugar	1 square chocolate
1/4 c. cherry juice	1 beaten egg
1/2 c. nutmeats	5 oz. bottle cherries
1 c. buttermilk	

Sift flour, soda, and salt 3 times. Cream butter and sugar well. Melt chocolate and cool. Add 1/4 c. juice to chocolate. To creamed butter and sugar add the egg, nutmeats, and cherries chopped fine. Alternate dry ingredients with buttermilk and add to batter. Blend in chocolate and cherry juice last. Bake 45 minutes at 350° in a 9x9" loaf pan.

MRS. L. A. SOLBERG

## CHOCOLATE ICE BOX CAKE

2 bars German's sweet chocolate	4 eggs (separated)
2 T. sugar	4 T. cold water
1 dozen lady fingers	1 tsp. vanilla
	2 sponge cakes cut in two layers

Break chocolate and melt in top of double boiler. When melted add cold water. Stir until smooth, then add sugar and 4 egg yolks, one at a time, beating well. Allow this to thicken, while you whip the 4 egg whites stiff. When stiff and dry, remove chocolate mixture from fire and stir in egg whites, then the vanilla. Line a deep dish with waxed paper and split each layer cake, also separate each lady finger. Place one section of layer cake in the bottom of lined dish or spring form pan, and stand lady fingers around it. Pour 1/4 of chocolate mixture over the layer, and stack until all ingredients are used. Put in refrigerator for 24 hours. When ready to serve, cover top layer with sweetened whipped cream.

MRS. T. J. EDSON



# Cakes

## MARSHMALLOW CHOCOLATE CAKE

¼ lb. marshmallows	1 tsp. baking soda
2 sq. chocolate, grated	1 tsp. salt
1 c. hot water	2 eggs, beaten
1½ c. sifted flour	1 c. sugar
1 tsp. vanilla	1 c. sour cream

Melt marshmallows and chocolate over water. Add hot water, beating to a smooth paste. Cool. Sift flour, measure 1½ cups and re-sift twice with soda and salt. Beat eggs, add sugar; whip until creamy. Add sour cream; stir until smooth. Fold flour mixture gradually into egg mixture. Carefully fold in chocolate mixture and vanilla. Bake in 2 layer cake pans 30-35 minutes at 375'.

MRS. J. K. KEIHNER

## \* CRAZY CHOCOLATE CAKE

This cake is any cook's dream. It takes only the cake pan and a large spoon to make it - no other utensils! In spite of the simplicity, it is delicious.

1½ c. flour	1 c. sugar
3 T. cocoa	1 tsp. baking soda
1 tsp. salt	1 tsp. vanilla
1 T. vinegar	5 T. oil
1 c. water	

Sift over an 8x8x2" ungreased cake pan the flour, sugar, cocoa, soda, and salt. Make 3 holes in the sifted ingredients. Put vanilla in the first hole, vinegar in the second, oil in the third. Add 1 cup of water and mix thoroughly with a large spoon (preferably wooden). Bake 30 minutes at 350'. Let set for 15 minutes, then turn upside down until it falls out of pan. When cool frost with YUMMY CHOCOLATE FROSTING. (Have had success making this in a larger cake pan 12x8", baking 22-25 minutes).

MRS. W. A. SPEER, Jr.



## CHOCOLATE TORTE

- |  |                      |
|--|----------------------|
| 1 c. butter                            | 1½ c. milk           |
| 2 c. sugar                             | 3 c. flour           |
| 4 eggs (separated)                     | 3 tsp. baking powder |
| 1 c. chopped pecans                    | ½ tsp. salt          |
| 1 bar German's sweet chocolate, grated | 1 tsp. vanilla       |

Cream butter and sugar. Add egg yolks one at a time and blend well. Sift flour, baking powder, and salt. Add to batter alternately with milk, chocolate, pecans, and vanilla. Fold in beaten egg whites, and bake in a large spring form tube pan, greased and dusted with flour, for 1 hour at 350°. Frost with YUMMY CHOCOLATE FROSTING.

MRS. G. D. APPOLD

## ★ GRAHAM CRACKER TORTE

- |                     |                           |
|---------------------|---------------------------|
| ½ c. butter         | 24 rolled graham crackers |
| 1 c. sugar          | 2 eggs (separated)        |
| 1 c. milk           | 2 tsp. baking powder      |
| ½ c. chopped pecans | 1 tsp. vanilla            |
| Dash of salt        |                           |

Berry Jam

Unfailing and invaluable as a dessert that can be prepared days in advance of use. Store in refrigerator.

Cream butter and sugar, add beaten egg yolks and beat until light. Add milk, cracker crumbs, baking powder, and pecans. Fold in beaten egg whites. Bake in 2 layer pans 20-25 minutes at 350°. Generously spread strawberry or raspberry jam between layers and place in refrigerator. Serve with whipped cream and garnished with whole berries.

MRS. P. M. HENDRICKSON

# Cakes

## PINEAPPLE UPSIDE-DOWN CAKE

Melt in a 9 or 10 inch iron skillet:

$\frac{1}{4}$  to  $\frac{1}{2}$  c. butter

Add, cook gently, and stir until dissolved:

1 c. brown sugar

Remove the pan from the fire and add:

1 c. pecan meats

Drain and place on the bottom of the skillet:

8 slices canned drained pineapple

Cover the fruit with the following batter. Sift:

1 c. cake flour

Resift with:

1 tsp. baking powder

Beat in a separate bowl:

4 egg yolks

Add:

1 tsp. melted butter

1 tsp. vanilla

Sift in a separate bowl:

1 c. sugar

Whip until stiff but not dry:

4 egg whites

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

Fold in the sugar, 1 T. at a time. Fold in the yolk mixture, then fold in the sifted flour,  $\frac{1}{4}$  c. at a time. Bake the cake in a 325° oven for  $\frac{1}{2}$  hour. Serve upside down.

MRS. J. L. MURPHY

## \* MAYONNAISE CAKE

*good striped used Shirlene's choc. Syrup*

2 c. cake flour

4 T. cocoa

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

1 c. sugar

1 tsp. baking powder

$\frac{3}{4}$  c. mayonnaise

1 tsp. baking soda

1 c. water

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

Sift dry ingredients 4 times. Add mayonnaise, water, and vanilla. Bake in a 350° oven; loaf pan, 40-50 minutes; layer pans, 30-40 minutes.

MRS. P. R. SMITH

## POPPY SEED CAKE

3/4 c. poppy seeds	2 c. cake flour
1 c. sweet milk	2 tsp. baking powder
3/4 c. butter	1 tsp. vanilla
1½ c. sugar	4 egg whites
Pinch of salt	

Soak poppy seeds in sweet milk 6 hours. When ready to mix, cream together butter and sugar; add the soaked seeds with milk. Sift flour and baking powder 3 times, then add small portions at a time to creamed mixture. Add salt and vanilla. Beat well and lastly add stiffly beaten egg whites. Bake 3 layers at 375°, about 20 minutes. Fill with CUSTARD and FROST.

## CUSTARD FILLING

2 c. scalded milk	Pinch of salt
2 T. cornstarch	½ c. sugar
4 egg yolks	1 c. broken nuts
1 tsp. black walnut extract	

Combine dry ingredients, and add 4 beaten egg yolks. Stir in scalded milk; place in double boiler and let cook until thick, stirring often. Remove from heat, let cool and add 1 cup broken nuts and black walnut extract. Beat well and spread on cake layers.

## FROSTING

½ c. butter	2 c. sifted powdered sugar
1 tsp. vanilla	
Enough coffee to thin	2 T. cocoa

Sift cocoa and sugar together, and add to creamed butter. Add vanilla and coffee; beat until smooth. Spread on top and sides of cake.

MRS. J. K. KEIHNER

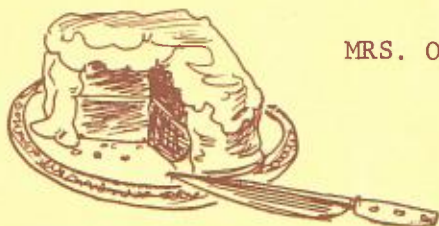
# Cakes

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## RAISIN SPICE CAKE

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 c. brown sugar<br>firmly packed | $\frac{1}{2}$ tsp. allspice |
| $1\frac{1}{4}$ c. water           | 2 c. sifted flour           |
| $\frac{1}{2}$ c. shortening       | 1 tsp. soda                 |
| 1 tsp. cinnamon                   | 1 tsp. baking powder        |
| $\frac{1}{2}$ tsp. nutmeg         | $\frac{1}{2}$ tsp. salt     |
|                                   | 1 c. seeded raisins         |

Boil sugar, water, shortening, raisins, and spices 5 minutes. Chill. Sift flour, soda, baking powder, salt together; stir into first mixture. Pour into greased, waxed-paper-lined loaf pan, 9x5x3 inches. Bake in 350° oven 55-60 minutes. Turn out onto cake rack; remove paper; cool. Frost with MOCHA BUTTER ICING.



MRS. O. E. COHEN

## SPANISH CREAM CAKE

- |                          |                       |
|--------------------------|-----------------------|
| $\frac{1}{2}$ c. butter  | 3 tsp. baking powder  |
| 1 c. sugar               | 1 T. cocoa            |
| 2 eggs                   | 1 tsp. cinnamon       |
| 1 $\frac{3}{4}$ c. flour | $\frac{3}{4}$ c. milk |

Separate eggs and beat yolks well. Cream butter, and add sugar and eggs. Sift dry ingredients and add alternately with milk. Fold in beaten egg whites, and bake in layer cake pans 350° for 30 minutes. Fill and top with:

- |                  |                                 |
|------------------|---------------------------------|
| 1 c. heavy cream | $\frac{1}{3}$ c. powdered sugar |
| 4 T. cocoa       | $\frac{1}{2}$ tsp. vanilla      |

Mix cocoa and sugar with a little hot water until blended. Add vanilla and cream. Whip until stiff.

MRS. G. D. APPOLD



## HOT MILK LAYER CAKE

2 eggs	½ tsp salt
1 c. sugar	1 tsp. vanilla
½ c. hot milk	1 T. butter
1 c. flour	1½ tsp. baking powder

Beat eggs until very light, then add sugar and vanilla. Blend in milk which has been heated with the butter. Sift flour, then measure, sift flour and other ingredients together. Fold into batter. Grease and flour 1 layer cake pan and bake 30 minutes at 375'.

MRS. J. K. KEIHNER

## \* JELLO CAKE

1 pkg. yellow cake mix	2/3 c. Wesson oil
1 lpg. lemon Jello	4 eggs
2/3 c. hot water	1 tsp. lemon extract

Mix hot water and Jello thoroughly. Set aside to cool. Blend cake mix, oil, and eggs; then add extract. Add Jello and beat until smooth. Other fruit flavors may be substituted. Bake for 40-45 minutes, or until done, at 350'. Frost with LEMON ICING.

MRS. H. S. HENNING, Jr.

## EASY FRUIT CAKE

1 pkg. yellow cake mix	½ c. boiling water
½ tsp. cinnamon	3 T. shortening
2 eggs	2 T. mixed spices
1 tsp. vanilla	1½ lb. mixed fruit
1 tsp. almond extract	½ lb. raisins
2 c. chopped nuts	

Mix well the cake mix, water, cinnamon, shortening, and let stand 30 minutes. Add eggs, mixed spices, and extracts; then beat and add mixed fruit, nuts, and raisins. Bake in pans lined with brown paper, 2½ hours at 300'.

MRS. C. YOUNG

# Cakes

## BANANA CAKE

1 c. mashed bananas	$\frac{1}{2}$ c. buttermilk
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. shortening
2 eggs	2 c. flour
$\frac{2}{3}$ tsp. baking soda	$\frac{1}{2}$ tsp. baking powder
1 tsp. salt	

Add buttermilk to mashed bananas and let set while mixing other ingredients. Cream sugar, shortening and eggs. Add dry ingredients alternately with the buttermilk and banana mixture. Mix well after each addition. Bake at 350° in 2 round 8" pans lined on the bottom with wax paper, for 25-30 minutes, or in a square or loaf unlined pan for 45 minutes. Frost with BEST BUTTER ICING.

MRS. W. E. ROPE

## BEST BUTTER ICING

$\frac{1}{4}$ c. soft butter or oleo	2 T. cream
1 egg	1 tsp. vanilla

2 c. sifted confectioner's sugar

Cream butter, add sugar and mix well. Add cream, and vanilla; continue beating while adding egg. Beat until fluffy.

## ORANGE FROSTING

$\frac{1}{2}$ c. margarine	$\frac{1}{2}$ c. orange juice
4 T. flour	$\frac{1}{2}$ tsp. salt

Boil together the above ingredients until they are the consistency of custard. Add 3 c. powdered sugar and the grated rind of 1 orange.

## MOCHA BUTTER FROSTING

$\frac{1}{2}$ c. butter	5 c. powdered sugar
1 egg yolk	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	3-4 T. brewed coffee

Cream butter and blend in egg yolk, vanilla, and salt. Add 5 cups sifted sugar alternately with coffee until of proper spreading consistency.

## \*YUMMY CHOCOLATE FROSTING

$\frac{1}{2}$ c. milk	$\frac{1}{2}$ lb. oleo
2 T. flour	$\frac{1}{2}$ c. granulated sugar
5 T. powdered sugar	5 T. cocoa

Cook milk and flour until a thick paste. Refrigerate until cool. Cream oleo and granulated sugar in mixing bowl. Add cooled paste and beat until fluffy. Add powdered sugar, beat again, then blend in cocoa.

## CHOCOLATE FUDGE FROSTING

$2\frac{1}{2}$ c. powdered sugar	4 squares chocolate
$7\frac{1}{2}$ T. milk	1 T. Spry
1 T. butter	$\frac{1}{2}$ tsp. vanilla
Pinch of salt	

Sift sugar. Heat milk, melt chocolate and shortening, then blend all ingredients. Cream until of proper spreading consistency.

## LEMON ICING

Juice of 1 lemon	1 T. butter
1 c. confectioner's sugar	

Blend together until smooth, and apply lightly to cake as soon as you remove it from the oven.

## ROYAL ICING

3 egg whites (room temperature)  
1 lb. super-fine powdered sugar  
 $\frac{1}{2}$  tsp. cream of tartar

Beat 7-10 minutes. This frosting can easily be tinted. Keep unused portion covered with a damp cloth.

# Cookies

## PECAN COOKIES

(Ever-so-Southern, these dainty two-deckers  
boast chewy candied pecans atop rich pastry)

### Flaky Pastry:

1½ c. sifted cake flour      ¼ c. shortening  
½ tsp. salt                      3 T. cold water

Sift together flour and salt. Cut in shortening until coarse crumbs. Add water, 1 T. at a time, mixing lightly with fork. On lightly floured surface, roll out to 10x6x1½ inch rectangle. Place in ungreased 10x6x1½ inch baking dish. Bake at 450° 15-20 minutes or until lightly browned. Let cool while preparing Topper.

### Pecan Topper:

½ c. butter                      1/3 c. honey  
1 c. powdered sugar              1 c. chopped pecans

In saucepan heat butter, sugar, and honey just to a boiling point, stirring occasionally. Remove from heat; stir in pecans. Cool 5 minutes. Pour over baked crust. Bake in 350° oven for 20 minutes. Cut in tiny bars and remove from baking dish while still warm. Makes 3 dozen.

MRS. J. K. KEIHNER

## CHERRY WALNUT SLICES

(Cookies)

Mix together: ½ c. shortening, 1 c. flour, and 2  
heaping T. powdered sugar.

Spread on bottom of 9" pie pan and bake at 400° for 5 minutes.

### Top with:

2 eggs, beaten                      1 c. nuts, chopped  
1 c. sugar                              1 c. cherries\*  
¼ c. flour                              1 tsp. vanilla  
½ tsp. baking powder              Dash of salt

Spread on top of first mixture and bake at 350° for one hour. Cut in squares.

\*Use half candied cherries, half maraschino cherries.

MRS. J. R. TROMMLITZ



## MOCHA DATE SQUARES

1½ sticks margarine  
2¼ c. brown sugar  
1 tsp. vanilla  
3 eggs  
2 ¾ c. flour  
1 c. nuts, chopped

2½ tsp. baking powder  
½ tsp. salt  
2 tsp. instant coffee powder  
1 c. dates, chopped  
6 oz. chocolate chips

Let margarine soften; cream. Add sugar, eggs, and vanilla. Beat well. Sift dry ingredients and add dates, chocolate and nuts. Bake in greased 10½x15" pan at 350° for 25-30 minutes. Cut into squares. these squares will freeze well.

MRS. P. H. OLIVIT

## CINNAMON COOKIES

1 c. shortening  
1½ c. sugar  
2 eggs  
2 ¾ c. flour

2 tsp. cream of tartar  
1 tsp. baking soda  
½ tsp. salt  
1 tsp. vanilla

Mix together shortening, sugar and eggs. Sift together remaining dry ingredients and mix with shortening mixture. Add vanilla. Chill in refrigerator for about ½ hour. Roll into small balls about the size of a walnut. Roll in mixture of 2 tsp. cinnamon and 2 T. sugar. Bake on ungreased cookie sheet for 8-10 minutes, in a 400° oven.

MRS. H. S. LENZ

## BOURBON BALLS

2½ c. vanilla wafers, crushed  
1 c. powdered sugar  
½ c. of your favorite Bourbon  
3 tsp. corn syrup  
2 tsp. cocoa  
1 c. walnuts, minced

Mix wafers, powdered sugar, nuts, and cocoa. Add corn syrup and mix again. Add Bourbon, mix, and roll in powdered sugar. Then take a shower to wash off the sugar. (Hic!) Refrigerate. Munch with your favorite chaser!

LTJG R. K. BERG

# Cookie

## MEXICAN WEDDING COOKIES

1 c. butter	1 tsp. vanilla
6 T. powdered sugar	2 c. flour
1 c. chopped nuts	

Work powdered sugar into the butter, add vanilla and mix in flour and nuts until well blended. Roll into little walnut-sized balls. Bake at 300' 10-12 minutes. Remove from oven and roll in powdered sugar while still hot.

## BROWNIES

$\frac{1}{2}$ c. <u>butter</u>	Speck of salt
2 sq. bitter chocolate	$\frac{1}{2}$ c. flour, sifted
1 c. granulated sugar	$\frac{1}{2}$ c. nuts, chopped
2 eggs	$\frac{1}{2}$ tsp. vanilla

Melt butter and chocolate together and let cool. Beat eggs - continue beating as you gradually add sugar, beating until nice and light. Add flour, salt, flavoring and nuts. Add chocolate-butter combination and blend. Bake under 300' for 25 minutes in a 9x9" greased pan. Test with toothpick before removing from oven.

MRS. L. A. SOLBERG



## DINGHY SQUARES

2 T. butter	$\frac{1}{3}$ tsp. baking powder
2 eggs	1 tsp. vanilla
1 c. brown sugar	1 c. walnuts
5 T. flour	$\frac{1}{3}$ c. coconut

Melt the butter in 8x8x2 inch cake pan. Beat eggs lightly in bowl. Add brown sugar. Sift flour and add all ingredients. Mix and pour over melted butter. Bake in 350' oven for 20 minutes. Cover with butter icing.

# *Cookies*

## WALNUT COOKIES

4 eggs	3/4 tsp. salt
2 cups brown sugar	1 tsp. vanilla
12 T. flour	4½ cups walnuts, chopped

Beat eggs well; add sugar, then flour, salt, vanilla, and nuts. Bake in large sized cookie sheet at 325° for about 35 minutes. Cut before too cool into fudge-sized squares. (These cool very crisp and will break in pieces if not cut within a few minutes after removal from oven).

MRS. D. ELLIS

## DATE BARS

### Filling

8 oz. dates, pitted and cut    8 oz. crushed pineapple  
3/4 cup white sugar

Mix and bring to a boil over a moderate heat. Simmer until dates soften and mixture thickens. Set aside and cool.

### Cookie Recipe

1 cup rendered lard (or vegetable shortening)	2 cups oatmeal
1 cup brown sugar	½ tsp. soda
2 cups flour	3 T. hot water
	13" x 9" cake pan

Melt lard; add brown sugar; stir until sugar is dissolved. Add flour and rest of ingredients. Mix like pie crust with hands until mixture crumbles. Pat down in mixing bowl and divide by cutting through with knife. Crumble half in bottom of large cake pan, press down firmly. Cover with date filling, leaving ½" margin all around. Crumble other half over filling evenly and press or pat gently. Bake at 350° for 40 to 45 minutes. Cool and cut into size bars desired. These are inexpensive, but delicious!

MRS. D. ELLIS

# Cookie

## DATE NUT BARS

$\frac{1}{2}$ cup sifted flour	1 cup nuts, chopped
$\frac{1}{2}$ tsp. baking powder	2 eggs, separated
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup sugar
2 cups dates, cut up	1 tsp. vanilla

Sift flour, baking powder and salt together. Stir in dates and nuts. Beat egg yolks until light; then gradually beat in sugar. Combine mixtures. Fold in stiffly beaten egg whites and vanilla flavoring. Spread in greased 8" square pan. Bake at 275' for 30-35 min. Cut into 32 bars 2" x 1". Cool. Roll in confectioner's sugar, if desired.

I find that it is easier to cut the bars after the cake has cooled. It takes about 1 lb. of dates for the 2 cups, cut up.

MISS A. HODOCK

## MERINGUE DREAM BARS

$\frac{1}{2}$ cup margarine	$\frac{1}{2}$ tsp. salt
1 cup sugar	$\frac{1}{2}$ tsp. vanilla
3 eggs, beaten	1 egg white
$1\frac{1}{2}$ cup sifted cake flour	1 cup brown sugar
1 tsp. baking powder	$\frac{1}{2}$ cup chopped nuts

Cream margarine thoroughly; add sugar gradually and cream together until light and fluffy. Add eggs and beat well. Sift flour and measure. Add baking powder and salt and sift together three times. Add flour mixture, and then flavoring. Mix well and spread as thin as possible on greased 9" cake pans or cookie sheets. Top with meringue made by folding the cup of brown sugar into the stiffly beaten egg whites. Spread onto batter and sprinkle with nuts. Bake in a 325' oven for 30 minutes, or until brown. Cut into bars. Yields 24 to 36 bars.

MRS. D. A. BARDON



# *Cookies*

## DREAM BARS

First Part:

$\frac{1}{2}$  c. butter  
1 c. flour  
 $\frac{1}{2}$  c. brown sugar

Cream butter and sugar; then add flour. Mix well, put in shallow pan and pat down to fit pan. Bake 10 minutes in 350° oven.

Second Part:

Beat 2 eggs, add 1 cup brown sugar; add  $\frac{3}{4}$  tsp. vanilla. Sift 2 T. flour,  $\frac{1}{2}$  tsp. baking powder,  $\frac{1}{2}$  tsp. salt, then add dry ingredients to egg mixture. Add  $1\frac{1}{2}$  cups chopped walnuts and  $1\frac{1}{2}$  cups coconut. Mix thoroughly and spread over mixture from First Part (which has already been baked). Bake 20 minutes at 350°. Cool in pan and cut into 1 inch squares, or as desired.

MRS. C. A. BRIGGS

## ★ NO BAKE COOKIES

2 c. sugar  
 $\frac{1}{3}$  c. cocoa  
 $\frac{1}{4}$  c. butter minus 1 T.  
 $\frac{1}{2}$  c. milk plus 1 T.



*more like  
candy!!*

Boil the above for 2 minutes.

Remove from fire, then stir in quickly in order given.  
3 c. quick oats  
 $\frac{1}{2}$  c. peanut butter  
2 tsp. vanilla

Drop by teaspoon onto waxed paper. Work fast!

MRS. T. J. RICHTER



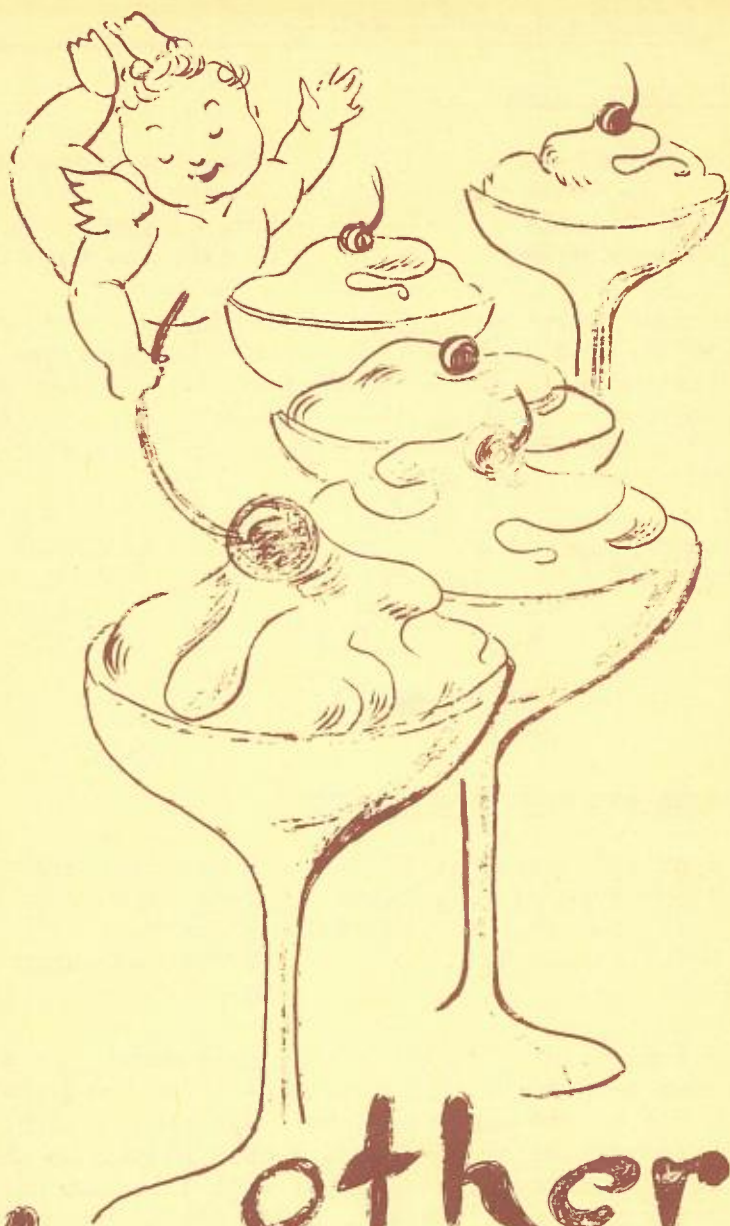
### DATE TORTE RING

1 cup flour	1 cup sugar
$\frac{1}{2}$ tsp. salt	4 eggs (separated)
2 cups chopped dates	1 tsp. vanilla
3 cups chopped walnuts	$\frac{1}{2}$ pint whipping cream

Sift flour and salt over dates and nuts. Toss together in mixing bowl, then add sugar. Beat egg yolks until thick and lemon colored; add vanilla and stir into date mixture. Beat egg whites until stiff but not dry and fold into mixture. Grease sides and bottom of a 10 inch pan and line bottom with waxed paper. Spread mixture evenly and bake one hour at 350'. Cool in pan and turn out on cake plate. Serve with sweetened whipped cream.

MRS. RICHARD NIXON





# other desserts

# Other desserts

## HEAVENLY HASH

- |                         |                               |
|-------------------------|-------------------------------|
| $\frac{1}{2}$ c. butter | 1 small can crushed pineapple |
| $\frac{2}{3}$ c. sugar  | 1 c. chopped nuts             |
| 2 whole eggs            | 1 small box Vanilla Wafers    |
| Whipped cream           |                               |

Cream butter and sugar. Beat eggs and add, mixing well. Add pineapple and nuts. Alternate the mixture with layers of crushed wafers to make three layers in a baking dish. Set away in refrigerator to ripen (8-24 hours). Serve garnished with whipped cream.



MRS. B. R. LUCZAK

## DATE-NUT-PINEAPPLE DESSERT

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 c. pineapple juice        | 1 small pkg. cream cheese     |
| 1 envelope plain gelatin    | $\frac{1}{4}$ tsp. lemon peel |
| 1-lb. can crushed pineapple | Dash of salt                  |
| 5 tsp. lemon juice          | 1 c. pitted dates             |
| 3 T. sugar                  | $\frac{1}{3}$ c. chopped nuts |

Soften gelatin in  $\frac{1}{2}$  cup pineapple juice and dissolve over hot water. Mix remaining juice, pineapple, lemon juice and sugar together with the gelatin. Arrange a few pieces of dates and cherry halves in the bottom of a 1 quart mold and cover with 1 cup of the pineapple mixture. Chill to set. Blend remaining pineapple mixture with grated lemon peel; salt, and cream cheese. Stir in dates and nuts. Pour into the mold and chill until firm. Serve topped with whipped flavored cream.

MRS. E. G. KELLER

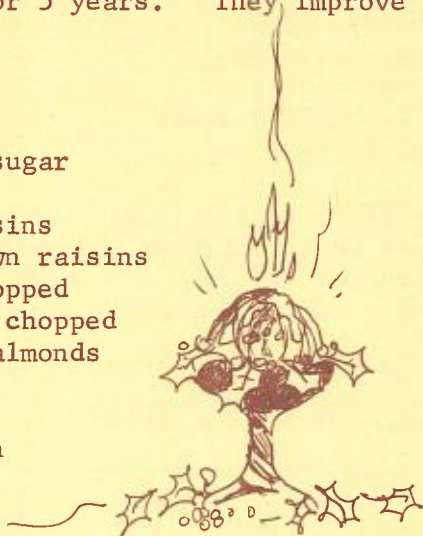


# Other desserts

## ENGLISH CHRISTMAS PUDDING

This recipe makes about 5 medium size puddings; we eat one each Christmas for 5 years. They improve with age!

1 lb. shredded suet  
1 lb. moist light brown sugar  
1 lb. currants  
1 lb. seedless brown raisins  
1 lb. seedless light brown raisins  
1 lb. muscat raisins, chopped  
1 lb. mixed citrus peel, chopped  
2 oz. shredded blanched almonds  
 $\frac{1}{2}$  lb. bread crumbs  
 $\frac{1}{2}$  lb. enriched flour  
Rind and juice of 1 lemon  
 $\frac{1}{2}$  nutmeg, grated  
 $\frac{1}{4}$  tsp. salt  
9 eggs  
 $\frac{2}{3}$  c. Rum



Mix in the following order; flour, salt, spice, sugar, raisins, peel, bread crumbs, currants, and almonds. Beat eggs for 10 minutes, add rum and pour over the mixed ingredients. Stir for 25 minutes or until very well mixed. Put into pudding basins, cover with double waxed paper and steam for 8 hours. On the day desired, steam for another 3 hours. After steaming when puddings are cold, cover with fresh waxed paper before storing in a cool, dark place. Serve with sweetened white sauce, well spiked with Rum! For a flaming pudding, pour over a small amount of Brandy and set alight. Enter dining room with pudding while it is still blazing.

Happy Christmas!

MRS. H. J. MC CANN

# Other desserts

## HOLIDAY PLUM PUDDING

1 box raspberry Jello	$\frac{1}{4}$ c. currents
1/8 tsp. salt	$\frac{1}{4}$ c. dates, chopped
1/8 tsp. ginger	$\frac{1}{4}$ c. mixed candied fruits
$\frac{1}{2}$ tsp. cinnamon	1 small can crushed pine-apple
$\frac{1}{4}$ tsp. cloves	1 c. pecans, chopped
1 $\frac{1}{2}$ c. boiling water	Whipping cream
$\frac{1}{2}$ c. raisins	

Mix first five ingredients. Add next three, and chill until slightly thickened. Fold in remaining ingredients. Pour into mold. Refrigerate until firm. Serve with whipped cream.

MRS. C. MC NEELEY

## DEEP DISH APPLE PUDDING

6 large apples, sliced	2 T. lemon juice
$\frac{1}{4}$ c. water	$\frac{1}{2}$ tsp. cinnamon
1 scant c. sugar	Dash of nutmeg
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ c. flour
6 T. butter	Vanilla ice cream

Pare, core and slice apples; place in 8" square casserole. Add lemon juice and water. Mix cinnamon with  $\frac{1}{2}$  cup sugar and sprinkle over apples. Combine remaining sugar with flour and salt and work the butter into it with a pastry blender until it resembles coarse meal. Sprinkle over apples and pat smooth. Bake at 375° for 40 minutes. Serve topped with ice cream.

## STRAWBERRY DESSERT

1 box vanilla wafers	2 eggs
1 c. oleo	$\frac{1}{2}$ pint whipping cream
1 lb. powdered sugar	2 boxes frozen strawberries

Grease pyrex dish. Crush  $\frac{1}{2}$  of wafers into bottom of dish. Cream butter, sugar and eggs. Place on top of wafers. Mix strawberries and whipped cream together. Add to dish. Place remaining wafers on top. Decorate with a few of the berries. Chill for several hours.

MRS. JACK LE VAN

## *Other desserts*

### BANANA NUT DELIGHT

- |                               |                       |
|-------------------------------|-----------------------|
| 1 c. whipping cream           | 2 c. marshmallow bits |
| 3 T. sugar                    | 3 bananas, sliced     |
| $\frac{1}{2}$ c. orange juice | $\frac{1}{2}$ c. nuts |
| Maraschino cherries           |                       |

Add juice to the marshmallows and let stand 10 minutes. Whip cream, adding the sugar to it. Fold into the juice mixture and add bananas and nuts. Put into loaf pan and chill at least 2 hours. Top each serving with a maraschino cherry.

MRS. B. J. SWANSON



### CHERRY PUFF

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 #2 can sour cherries            | 1 c. flour                        |
| $\frac{1}{4}$ tsp. almond extract | $\frac{1}{2}$ tsp. salt           |
| 1 T. lemon juice                  | $\frac{1}{3}$ c. shortening       |
| $\frac{2}{3}$ c. sugar            | 1 egg                             |
| $\frac{1}{2}$ tsp. almond extract | $1\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{3}$ c. milk             |                                   |

Mix drained cherries with  $\frac{1}{4}$  tsp. extract and lemon juice. Put into the bottom of 6 greased custard cups. Cream shortening and sugar. Add extract and egg, beat well. Sift dry ingredients together and add with the milk. Pour over the cherries. Bake at 375' for 30 minutes. Let stand 5 minutes before removing from the cups.

### FOOD FOR THE GODS

- |                      |                          |
|----------------------|--------------------------|
| 2 c. nut meats       | 6 eggs, (whites and      |
| 1 c. dates, diced    | yolks beaten separately) |
| 2 c. sugar           | 16 soda crackers         |
| 2 tsp. baking powder | (crumbled by hand)       |

Put baking powder in sugar and sift. Add whites and yolks and crackers. Add remaining ingredients. Put in buttered 8" square pan and bake 30 minutes in 350' oven. Top with whipped cream.

MRS. T. R. ROBERTSON



# Other desserts

## RAVEL'S BOLERO

(A delicious torte)

- |              |                      |
|--------------|----------------------|
| 2 eggs       | 1 tsp. vanilla       |
| 1 c. sugar   | 1 tsp. baking powder |
| 1 c. walnuts | 12 graham crackers   |
| Dash of salt | Whipped cream        |

Crumble crackers in hand. Mix crackers, sugar, nuts salt and baking powder with a spoon. Separate eggs, beat yolks slightly and add to mixed ingredients. Add vanilla. Beat egg whites until stiff and fold in. Put in buttered 8x8" baking pan and place in a 350' oven for 20 minutes. Serve with whipped cream on top. (This torte is inclined to be sticky and crumbly when cut).

MRS. F. J. RADLOFF



## ORANGE TORTE

- |                          |                      |
|--------------------------|----------------------|
| 1 c. oleo                | 1 tsp. soda          |
| 1 c. sugar               | 1 tsp. baking powder |
| 2 eggs                   | 1 tsp. vanilla       |
| 1 c. sour or buttermilk  | 1 c. pecans          |
| 2½ c. sifted flour       | 1 c. chopped dates   |
| Grated rind of 2 oranges | ½ tsp. salt          |

Cream butter and sugar, add beaten egg yolks. Sift flour with dry ingredients and add alternately with milk. Add rind, vanilla, nuts and dates. Fold in beaten egg whites. Bake at 350' for 1 hr. Remove and pour over 1 c. sugar dissolved in ¾ c. orange juice. Let cool. Use 8x16" baking dish. May be frozen. Very moist and very good.

MRS. C. B. WRIGHT



## Other desserts

### MY FAVORITE DESSERT

(For 12)

6 egg yolks, beaten	3/4 c. sugar
3/4 c. sugar	6 egg whites, beaten
1½ tsp. lemon rind, grated	1 lg. angel food cake
3/4 c. lemon juice	1 c. chopped nuts
¼ c. cold water	1 pint heavy cream
1½ envelopes gelatin	3 T. powdered sugar
1 sm. can crushed pineapple	Dash of vanilla
1 sm. jar maraschino cherries	

Make custard of first four ingredients in double boiler. Stir with wooden spoon until mixture coats silver spoon. Remove from heat. Mix gelatin in water and add to custard. Beat egg whites with 3/4 c. sugar and fold into custard. Break cake into bite size pieces and add. Drain pineapple and cherries well. Add with the nuts. Pour into well-greased spring mold and refrigerate overnight. Frost with whipped cream which has been flavored with powdered sugar and vanilla.

MRS. W. M. ENGER

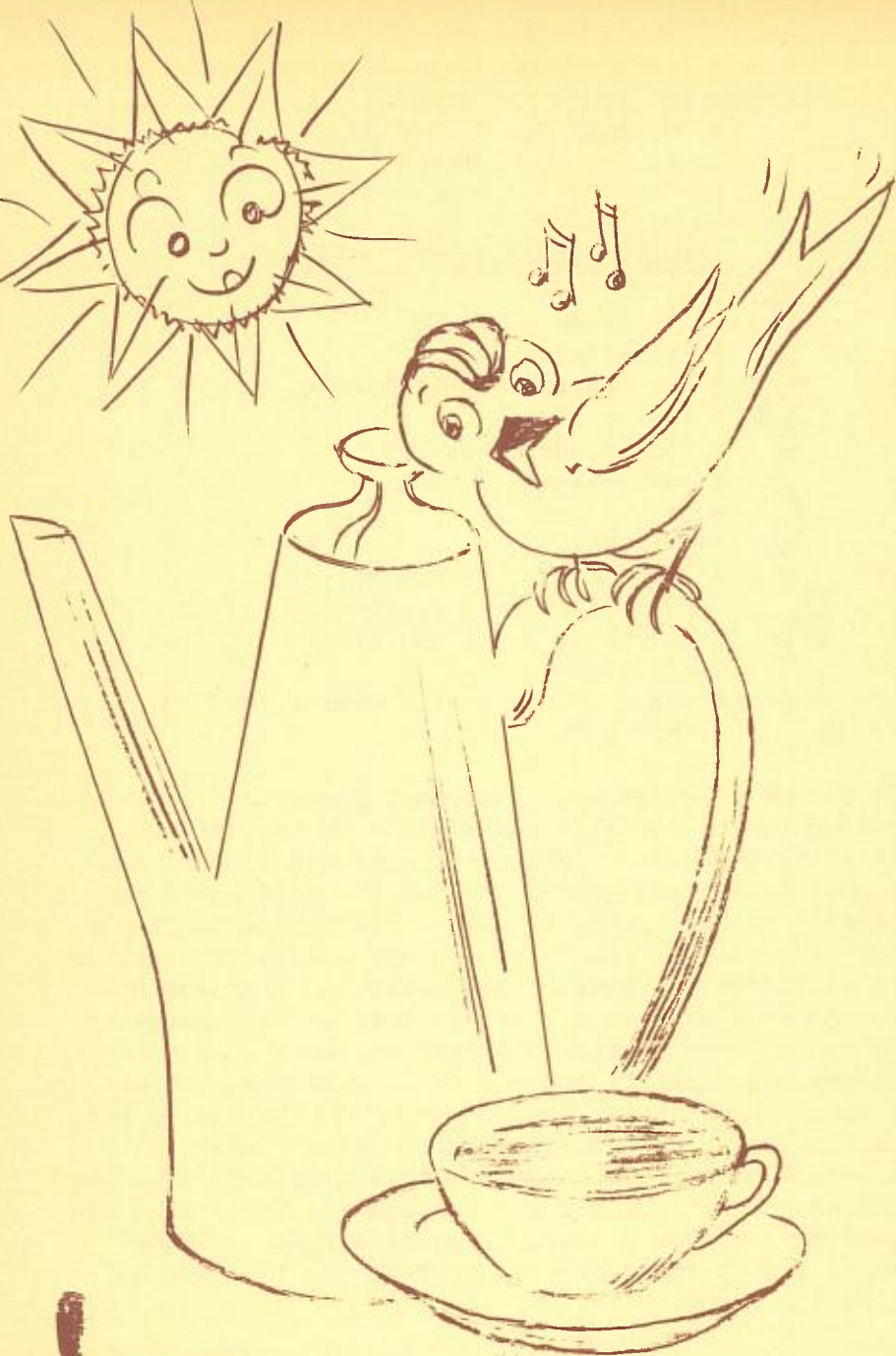
### CHOCOLATE ICE-BOX DESSERT

6 ounces chocolate chips	1 pint heavy cream
2 T. sugar	8 ounce angel food cake
3 eggs, separated	½ c. nuts, chopped

Melt chocolate chips with sugar in double boiler. Remove from heat and add beaten egg yolks. Cool 5 minutes. Fold in whipped cream and stiffly beaten egg whites. Break cake into bite-size pieces and sprinkle layer in bottom of a 8x12x2" baking dish, using half of the cake. Spread a layer of chocolate mixture over, then the remaining cake and the remaining chocolate. Chill in refrigerator overnight. Sprinkle with nuts before serving. Serves 8.

MRS. R. D. BRANNEN

# Additional recipes



brunches

NAVAL WEAPONS PLANT  
WASHINGTON

GOLDEN CHEESE PEANUT SOUFFLE



- 6 Tablespoons butter
- 6 Tablespoons flour
- $\frac{1}{2}$  tsp. Worcestershire sauce
- $\frac{1}{2}$  tsp. paprika
- $\frac{1}{4}$  tsp. powdered savory
- 2 dashes Tabasco sauce
- $\frac{1}{2}$  tsp. nutmeg
- 2 cups milk
- $\frac{2}{3}$  cup creamy peanut butter
- 2 cups sharp cheddar cheese, grated
- 2 T. Parmesan cheese, grated
- 6 egg yolks
- 6 egg whites, at room temperature
- $\frac{1}{4}$  tsp. salt

Slowly melt butter in a saucepan. Blend in flour and seasonings. Gradually add milk; cook over low heat, stirring constantly until thickened and smooth. Add peanut butter and grated cheese, and stir until completely melted. Cool slightly. Add a little of the hot mixture to slightly beaten egg yolks; then return to remainder of sauce. Heat, stirring over low heat for about 1 min. more. Let cool to room temperature. Add salt to egg whites and beat whites with a rotary beater until stiff, but not dry. Soft peaks should form in the whites. Now gently spoon the cooled peanut cheese sauce into the beaten whites. Carefully fold into the sauce, making sure not to beat down the whites. Pour into a 6 cup ungreased souffle dish and bake at 325' for 1 hour, or until puffed. (Silver knife gently inserted into souffle should come out clean). Serves 6.

MRS. J. W. BOUNDY



UNITED STATES SENATE  
WASHINGTON

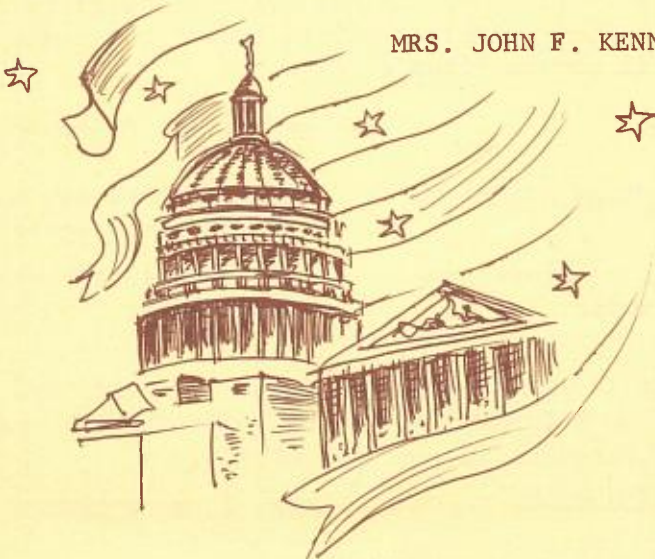
WAFFLES

$\frac{1}{2}$  cup butter  
1 T. sugar  
2 egg yolks  
 $\frac{7}{8}$  cup milk or  
1 cup buttermilk

1 cup + 1 T. sifted  
cake flour  
1 pinch of salt  
2 egg whites, beaten  
stiff  
4 tsp. baking powder

Cream butter and sugar; add egg yolks. Beat. Add flour and milk alternately. (This may be done at anytime). When ready to bake, fold in egg whites, and add baking powder. Mixture should be thick and fluffy. Bake and serve with hot maple syrup and melted butter.

MRS. JOHN F. KENNEDY



# Brunches

\*

## COTTAGE CHEESE PANCAKES

(Nutritious, delicious and low in calories)

3 Eggs	Pinch of sugar
1 cup cottage cheese	1 tsp. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{3}$ cup flour (approx.)

Beat eggs until fluffy. Add cheese, salt, sugar, butter, - just enough flour to keep pancakes together. Heat skillet and spoon batter on as for pancakes. Serve with sour cream, jam, or syrup. Serves 4.

MRS. H. ROSENBLOOM

## SOUR CREAM HOTCAKES

(Light and airy)

2 eggs	$2\frac{1}{2}$ T. sugar
1 sm. carton sour cream	1 tsp. baking powder
2 T. butter, melted	1 tsp. soda
$1\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup hot water

Beat first three ingredients until well mixed. Sift together and add next three ingredients to eggs, beating only until mixed. Dissolve soda in water and add to batter. Stir until blended - do not overbeat. Bake on hot griddle 'til bubbles break; turn and bake 'til done. Do not overbake. Will be quite thick. Serve with hot melted butter and maple syrup. Makes 12 medium sized cakes.

MRS. W. C. UNDERWOOD

## BROWN SUGAR SYRUP

(You'll never buy Maple sugar syrup again!)

2 cups lt. brown sugar	1 T. granulated sugar
$\frac{1}{4}$ cup water	1 pat butter
Pinch of salt	

Combine in small saucepan and heat. Simmer 2-3 minutes. DO NOT BOIL. Serve hot over waffles, pancakes, French toast, or ice cream!

MRS. A. M. THOMPSON

★ SUNDAY PANCAKES

1 cup flour	1 T. sugar
1½ T. baking powder	1 egg, beaten
1/3 tsp. soda	2½ T. bacon fat, melted
1/8 tsp. salt	and cooled
1 scant cup buttermilk	

Mix together flour, baking powder, salt, soda and sugar. Beat egg and add bacon fat and buttermilk to egg. Pour egg into flour mixture. Stir together all at one time. Spoon onto hot buttered griddle.

MRS. C. B. WRIGHT

MORMOR'S SVENSK KRANSKAKA  
(Swedish Coffee Bread)

2 cups milk	1/3 cup cold water
1 T. butter, rounded	1½ cup sugar
12 cardamon seeds	6 cups flour (approx.)
1 yeast cake	No salt

Crush cardamon seeds after removing from pods. Dissolve yeast in cold water. Heat milk with butter until butter melts. Add yeast and water to lukewarm milk, sugar, crushed seeds and flour, gradually. Knead well until dough is elastic, and let rise until double in bulk. Lay dough on floured board, knead again, and cut into three parts. Cut each part into three sections, rolling into long strips. Braid 3 strips into one braid, pinch ends together to form a ring, and put into a greased pan. Do the same to other parts. This makes 3 rings. Let rise until double again, brush tops with milk, sprinkle sugar and cinnamon on each, then bake 20-25 minutes in a 400° oven. It is a good idea to change the position of the bread when half done to assure even heat on top and bottom.

MRS. A. G. TOWLE

# Brunches

## SHERRY DONUT PUFFS

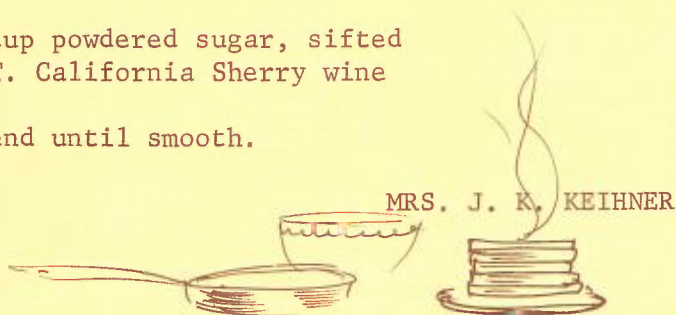
2 eggs	2 tsp. baking powder
$\frac{1}{2}$ cup granulated sugar	1 tsp. salt
1 T. orange rind, grated	$\frac{1}{4}$ cup Sherry wine
2 T. soft shortening	$\frac{1}{4}$ cup orange juice
2 cups flour	Hot deep fat

Beat eggs until light and foamy. Beat in sugar, rind, and shortening. Sift flour, baking powder and salt together. Stir into egg mixture alternately with wine and orange juice to make a nice smooth batter. Drop by teaspoonfuls into 3-4" of hot fat at 375'. Dip spoon into the hot fat first and allow dough to slide off easily. Fry about 2 min. or until evenly brown. Drain on paper towel. Dip while still hot into SHERRY GLAZE. Makes 2 $\frac{1}{2}$  doz.

## SHERRY GLAZE

1 cup powdered sugar, sifted  
2 T. California Sherry wine

Blend until smooth.



## ORANGE FRENCH TOAST

Rind of $\frac{1}{2}$ orange	3 T. powdered sugar
$\frac{2}{3}$ cup orange juice	1 tsp. cinnamon
2 eggs	8 slices white bread
Butter or oleo	

Grate rind and squeeze out juice. Beat rind, juice, eggs, sugar and cinnamon until well mixed. Dip bread on both sides and fry in butter. Serve with powdered sugar.



# *Brunches*

## FRITTATA OF ARTICHOKE HEARTS

1/3 cup oil	2 T. water
1 clove garlic, minced	1 tsp. salt
2 pkg. frozen artichoke hearts, thawed	½ tsp. ground pepper
6 eggs	Grated Parmesan or Romano cheese

Heat the oil in a heavy skillet. Saute the garlic for 3 or 4 minutes. Add the artichokes, toss them in the oil and heat thoroughly. When they are heated and tender, beat the eggs slightly with the water, salt and pepper, and pour this mixture over the artichoke hearts. Cook for a few minutes. Continue to cook until the eggs begin to set. Sprinkle lavishly with grated cheese and place under broiler, about 3" from the flame, to just brown the cheese and set the eggs on top. Serve with:

## GALETTE POTATOES

6 T. chopped beef suet	Butter
6 large baking potatoes	Salt and pepper

Peel and slice the potatoes diagonally. Fry out the suet in a large skillet. Put one wide slice of potato in center of pan and overlap other slices in the shape of a rosette. Repeat process in layers, dotting each layer lightly with butter and sprinkling with salt and pepper. Cook over a rather brisk flame for 3 to 4 minutes. Reduce heat and cook until potatoes are tender and a brown crust has formed on the bottom. Invert pan on a large platter. Add additional butter to the pan and put the potatoes back, browned sides on top. Brown other side. To serve, invert pan on a large heated platter. Serve with:

## MIXED ENGLISH GRILL

Grilled bacon, sweetbreads, chicken livers and sausages.

MRS. J. K. KEIHNER

# Brunches

## GOURMET STUFFED OMELET

12 country fresh eggs                      2 T. butter  
18 T. cool water                              Salt and pepper to taste

Eggs should be at room temperature. Break into a large mixing bowl and add water.

Prepare a large iron frying pan by melting butter into it over a moderately hot burner. When butter melts, brush or roll it around sides of pan so that omelet will not stick. Pan is ready when butter begins to turn a nut brown.

Immediately, beat eggs with a wire whip until frothy. Do not beat more than 21 times. Do not add salt yet!

Add beaten eggs to frying pan and reduce heat to medium. As bubbles form in omelet, break with a metal spatula; as omelet cooks, loosen sides and let liquid run onto hot sides of pan. Omelet will cook in about 15 minutes and is done when no more liquid remains on top.

Stuff omelet by placing on top of it sliced cheese, fried chicken livers, sliced American fried potatoes and green onions, parsley, or serve plain.

Loosen omelet in pan with large spatula, fold it in half in the pan, and turn out onto a heated serving plate. Garnish with parsley, sprinkle with salt and freshly ground pepper.

Serve immediately. This omelet will attain its taste perfection if accompanied by a light dry white wine. Serves 4 hungry people.

With a little practice, and by following this recipe exactly, you will produce a perfect omelet every time. You will experience a real glow of achievement when you carry out your creation - with a light golden crust and precisely symmetrical in its dish - to your guests!

CDR G. M. MALCOLM

# Brunches

## HUEVAS RANCHEROS AND FRIJOLES REFRITOS

Start this brunch the day before. By doing most of the work beforehand, the chef will be able to be a real host, with a minimum of interruption on the morning of the brunch.

### Rancheros Sauce

1/3 cup cooking oil	1 T. chili powder
1 large onion, chopped	1 bay leaf
1 #2½ can tomatoes	Salt and pepper to taste
¼ tsp. cumin seed	

Place oil in a medium sized iron frying pan and saute onion until clear. Add tomatoes, chili, salt, pepper and bay leaf. Simmer for 20 min. Add cumin seed. Cook slowly for 2 hours. Let cool and store in refrigerator overnight.

### Frijoles Refritos

1 pkg. dried pink or pinto beans, soaked 8 hours	2 T. bacon grease
	1 T. chili powder

Place beans in a large pot, with 2" water over top of beans. Add bacon grease and chili powder. Cover and simmer for 2 to 3 hours. Cool and refrigerate.

When your guests arrive in the morning, fortify them with champagne cocktails. Have ice cold beer ready to serve with the main dishes!

To complete the beans, cover the bottom of a large heavy skillet with 3/4" bacon grease. Add 1 large chopped onion, and saute. Add 1 T. chili. Drain liquid off beans and set aside. Add beans to skillet, over a low heat. For every 2 cups beans, add 1 cup of the liquid and fry, stirring frequently. Add 1 chili pepper, minced, and mash beans slightly. Keep warm. Serve on dinner plate with Huevas Rancheros.

Warm the sauce and serve over two steamed sunny-side up eggs which have been placed on a warm tortilla.

CDR G. M. MALCOLM

<u>CAKES</u>	<u>TEMPERATURE</u>	<u>BAKING TIME</u>
Angel Food	375'	30-35 min.
Cupcakes	375'	15-25 min.
Fruit	250-300'	35-45 min.
Gingerbread	350'	35-45 min.
Layer*	375'	20-30 min.
Loaf*	350-375'	About 1 hour
Oblong*	350-375'	35-50 min.
Sponge layers	375'	13-20 min.
Most cookies	375-425'	5-15 min.
Pie shell	450'	10-12 min.
Berry or fruit pie	425'	40-60 min.
Uncooked custard pie	400-425'	30-60 min.

\*Except chocolate recipes, which take about 25' lower heat.

An oven thermometer is one of those kitchen gadgets which pays for itself in successful baking and roasting.



Dash	=	less than 1/8 tsp.
3 teaspoons (tsp)	=	1 tablespoon (T.)
16 tablespoons	=	1 cup
1 cup	=	1/2 pint
2 cups	=	1 pint
2 pints (4 cups)	=	1 quart
4 quarts (liq.)	=	1 gallon
8 quarts (solid)	=	1 peck
4 pecks (solid)	=	1 bushel
16 ounces	=	1 pound (lb.)

4 tablespoons	=	1/4 cup
5-1/3 tablespoons	=	1/3 cup
8 tablespoons	=	1/2 cup
12 tablespoons	=	3/4 cup
14 tablespoons	=	7/8 cup

<u>SIZE</u>		<u>EQUIVALENT</u>
8 oz.	=	1 cup
#300	=	1-3/4 cups
#303	=	2 cups
#2	=	2 1/2 cups
#2 1/2	=	3 1/2 cups
46 oz.	=	5-3/4 cups
#10	=	12-13 cups

Macaroni, noodles, or  
spaghetti

1 cup = 1-3/4 cup, cooked

Rice

1 cup = 3 cups

Soda crackers

21 small = 1 cup crumbs

Cream

1 cup = 2 cups, whipped

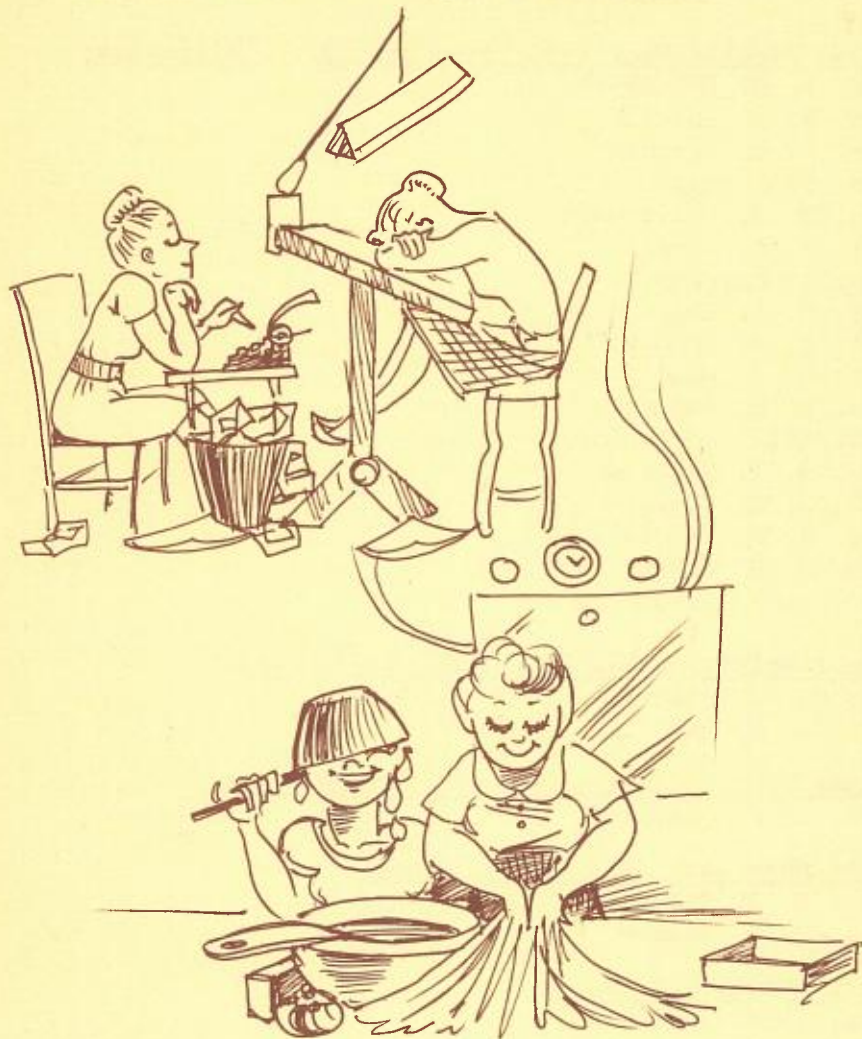
American cheese

1 lb. = 4-5 cups, grated

Notes

EDITING \* \* \* \* \* MRS. W. A. SPEER, Jr.

ART WORK \* \* \* \* \* MRS. T. J. RICHTER



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The Pacific Missile Range is a national missile range whose mission is to provide range support for the Department of Defense and other designated government agencies for launching, tracking, and collecting data on guided missile, satellite, and space vehicle research, development, evaluation, training programs, and actual operations.

ADAK I.

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MIDWAY

WAKE I.

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