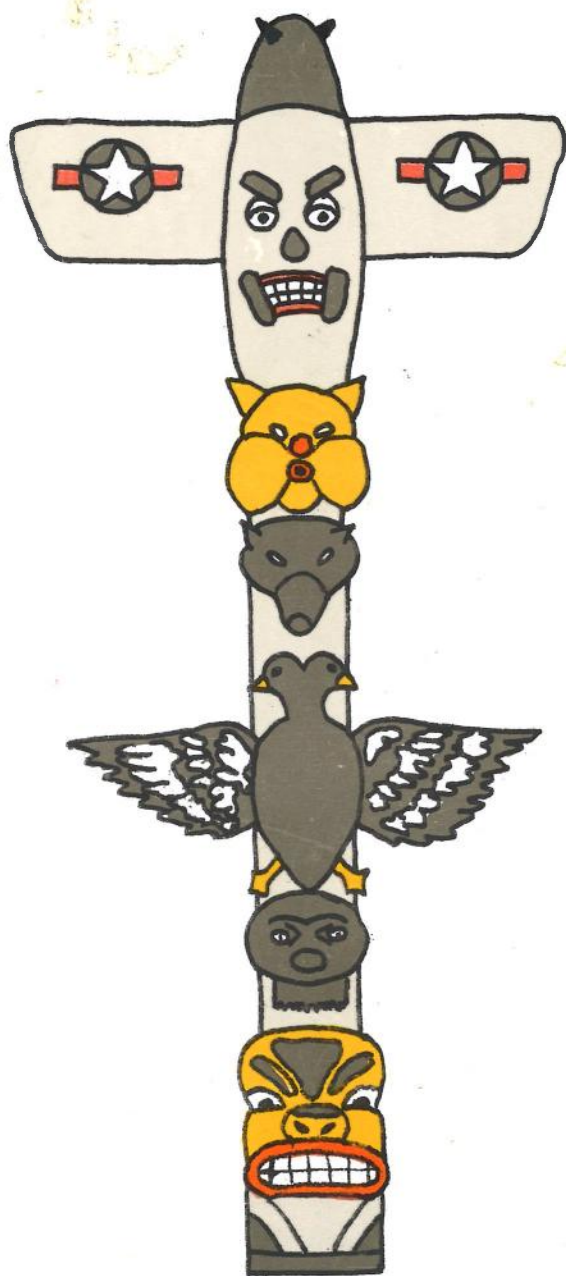


ICE N S P I C E



ADAK ALASKA



A BOOK OF

FAVORITE

Recipes

Compiled by

THE OFFICERS' WIVES CLUB

ADAK, ALASKA

Fifth Edition



Copyright 1961 by CIRCULATION SERVICE, P.O. Box 7147, Kansas City 13, Mo.

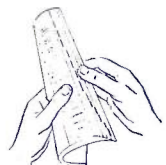
FUND RAISING PROGRAMS AND PROGRAMS OF SERVICE

FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS

Printed in the United States of America



Basic Kitchen Information



THUMB INDEX



EQUIVALENTS,
WEIGHTS AND MEASURES,
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE
FOR DINNER?

TIME TABLE FOR
MEAT COOKERY

SEA FOOD COOKERY,
HOW TO CARVE

YIELDS OF VEGETABLES AND
FRUIT - CANNED AND FROZEN
FROM FRESH, LEFT-OVERS

QUANTITIES FOR 100 PEOPLE,
SANDWICHES - QUANTITY AND
FAMILY SIZE RECEIPIES

6 STEPS TO
THE PERFECT PIE

DIET INFORMATION
SUGGESTED DIET MENUS

PROTEIN AND CALORIE CHART,
IDEAL WEIGHT TABLES

SPOT CLEANING GUIDE

MAXIMUM STORAGE
TIME FOR FROZEN MEATS

FREEZING PREPARED FOODS

MISCELLANEOUS
INFORMATION

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Energine Cleaning Fluid Co.

Armour and Co.

Wheat Flour Institute.

EQUIVALENTS

3 tsps.	1 tbsp.
4 tsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tsps.	$\frac{1}{3}$ cup
8 tsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tsps.	$\frac{2}{3}$ cup
12 tsps.	$\frac{3}{4}$ cup
16 tsps.	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups
1 lb. cake = $4\frac{1}{2}$ cups
1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup
 $\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = $3\frac{1}{2}$ cups

THE ADAK TOTEM

THIS TOTEM IS THE STORY OF ADAK

The bottom figure is a monster from prehistoric times when the Aleutians probably were a land bridge to Asia. The Walrus symbolizes the sea life from which the Aleuts obtained food, clothing, and tools. The two-headed emperor Goose represents the era when Imperial Russia ruled and exploited Alaska. The blue Fox is characteristic of the time when only hunters and fishermen visited the island. Next is the Williwaw, the Wind Devil, whose actions have plagued every inhabitant. The airplane represents the Armed Forces on Adak today.

TABLE OF CONTENTS

- I. Foreword by Mrs. John W. Roberts
- II. "How to Cook a Husband"
- III. Categories
 - 1. Basic Cooking Information
 - 2. Beverages and Canapes
 - 3. Soups, Salads, Sauces, and Dressings
 - 4. "Native Aleutian Fare" and Seafood
 - 5. Main Dishes -- Meats, Poultry and Casseroles
 - 6. Vegetables
 - 7. Breads, Rolls and Pastry
 - 8. Desserts

FOREWORD

Many of us are fearful of experimenting on new recipes because of disappointment in a family meal and causing "havoc" -- or a complete ruination of esteem as a hostess.

However, these recipes have been tried and proven to be successful by our Officer's wives and husbands aboard.

Special little tricks for success have been submitted, so we are very proud of this edition.

Remember, (those of you on Adak). Please don't burn anything -- because the nearest delicatessen is 1,000 miles away.

Sincerely,

MILDRED C. ROBERTS
Honorary President - 1963

HOW TO COOK A HUSBAND

A good many husbands are utterly spoiled by mismanagement in cooking and so are not tender and good. Some women keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some keep them in a stew with irritating ways and words. Some wives keep them pickled, while others waste them shamefully. It cannot be supposed that any husband will be tender and good when so managed, but they are really delicious when prepared properly.

Like crabs and lobsters, husbands are cooked alive. They sometimes fly out of the kettle and so become burned and crusty on the edges, so it is wise to secure him in the kettle with a strong silken cord called Comfort, as the one called Duty is apt to be weak. Make a clear, steady flame of love, warmth and cheerfulness. Set him as near this as seems to agree with him.

If he sputters, do not be anxious, for some husbands do this until they are quite done. Add a little sugar in the form of what confectioners call kisses, but use no pepper or vinegar on any account. Season to taste with spices, good humor and gaiety preferred, but seasoning must always be used with great discretion and caution. Avoid sharpness in testing him for tenderness. You cannot fail to know when he is done. If so treated, you will find him very digestible, agreeing with you perfectly; and he will keep as long as you choose unless you become careless and allow the home fires to grow cold. Thus prepared, he will serve a lifetime of Happiness.

- Taken from a cookbook of
the 1800s
- Mary Margaret McKee

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{3}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{1}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{3}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



Basil

FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.
AVAILABLE whole; ground.



Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.
AVAILABLE whole; ground.



Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.
AVAILABLE whole (dried); flaked; as fresh sprigs.



Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.
AVAILABLE whole; ground.



Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.
AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center, cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck		
Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder		
Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each	
	(¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder		
Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1 ½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1 ½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1 ½-2 lbs.	10-12	14-16	20-25
	1 ½ inch	2 ½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3 ½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2 ½-3 ½ lbs.	10-12	14-16	20-25
	1 ½ inch	3 ½-4 ½ lbs.	14-16	18-20	25-30
	2 inch	5-5 ½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1 ½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1 ½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1 ¼ lb.	—	—	13-14
	1 inch	1 ¼-1 ¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1 ½ lbs.	—	—	30-35

Stewing

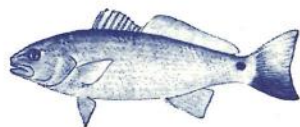
CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1 1/2 inch cubes from neck, chuck, plate or heel of round	2 lbs.	2 1/2-3 hours
Veal or Lamb 1-1 1/2 inch cubes from shoulder or breast	2 lbs.	1 1/2-2 hours
Chicken	3 1/2-4 lbs.	2-2 1/2 hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3 1/2-4 lbs.	2-2 1/2 hours total



Sea Food COOKERY

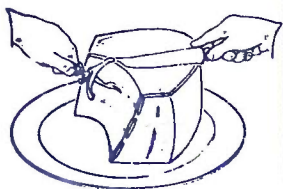


	BOILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

HOW TO CARVE

STANDING RIB ROAST



Have the butcher separate the backbone from the ribs when you buy the roast. The backbone can be removed in the kitchen after roasting. Insert the fork between two top ribs and slice from outside edge, across the grain.



Make slices an eighth to three-eighths inch thick, cutting along rib with tip of knife to release each slice.



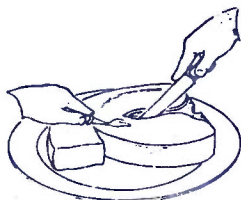
After each cut, lift the slice with the blade of the knife to the edge of the platter or to another plate.

BEEF TONGUE

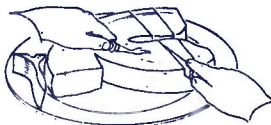


Make thin even slices after removing excess tissue and cartilage from the large end of tongue.

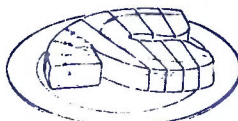
PORTERHOUSE STEAK



Remove bone and place at side of platter.

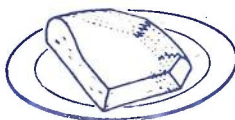


Always cut a steak with the grain.



To protect the cutting edge of the knife, a board cut to fit the platter is an excellent aid in serving steak.

BEEF BRISKET

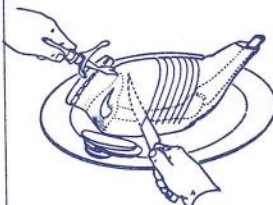


Have round side away from you, when Place round edge on platter as shown. Trim off excess fat and slice in rotation from each of the three sides.

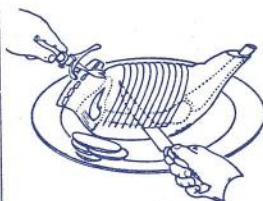
ROAST LEG OF LAMB



Place the shank end at the carver's right. Remove slices lengthwise.



Turn the roast so it rests on the surface just cut. The shank bone now points up from the platter. Insert fork in the left of the roast, and cut slices to the bone.



With the fork still in place, run the knife along the bone, releasing all the slices.

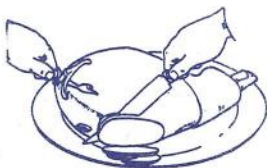
CUSHION LAMB SHOULDER



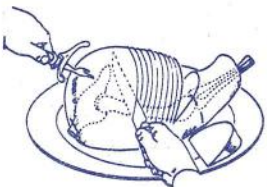
Slice thin as shown.

HOW TO-CARVE

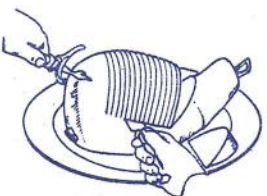
BAKED WHOLE HAM



The ham is placed on platter with the shank end to the carver's right. Insert fork as shown and remove several slices from the thin side.

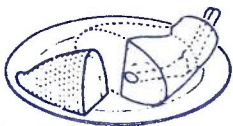


Turn the ham so it rests on the surface just cut. Hold firmly with fork and cut thin slices down to the bone.



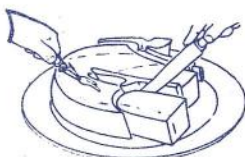
Remove slices by cutting along the bone at right angles to the slices.

HALF HAM

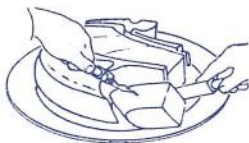


Cut into three sections and turn each section on its side for cutting against the grain. Remove the bone from the end section before slicing.

BLADE POT ROAST



Separate a section of the meat by running the knife between two muscles, then close to the bone.

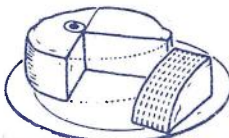


Turn the section so the grain is parallel with the platter. Cut across grain.



Cut slices from one-fourth to three-eighths inch thick. Separate remaining sections and carve across the grain.

HAM SLICE



Divide the cushion and shank sections. Slice cushion section across the grain beginning at the large end.

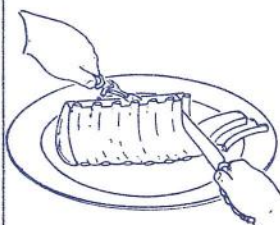
PORK LOIN ROAST



Have butcher saw across the ribs to loosen backbone from the ribs. Backbone becomes loosened during cooking.



Remove the backbone from the ribs by cutting between it and the rib ends.



Roast is placed so rib side faces the carver. Cut close against both sides of each rib. You alternately make one slice with a bone, and one without.

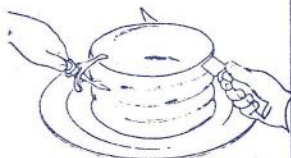
PICNIC SHOULDER



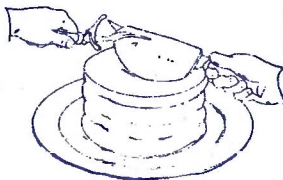
Slice from the small side until the shoulder can rest on this surface. Then make parallel slices releasing the bone.

HOW TO CARVE

ROLLED RIB ROAST

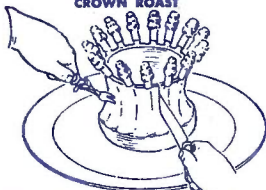


The roast is placed with the larger cut surface down. Push fork firmly into left side of roast, an inch or two from the top. Slice across the grain.

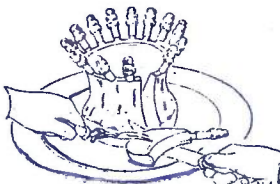


Remove each cord as you come to it. Cut it with the tip of blade, loosen it with fork and allow it to drop to the platter.

CROWN ROAST



Remove any garnish to side of platter. Slice down between the ribs.



Allow one rib to each slice. Lift the slice on the knife blade, using the fork to steady it.

LARGE FISH



Use silver knife instead of steel. Cut out section A to A, B to B, and then A to B.

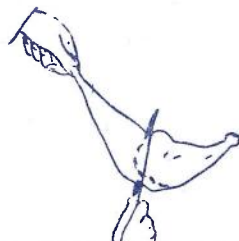


Then cut individual slices 1 to 1½ inches thick.

ROAST CHICKEN AND TURKEY



1. With turkey's legs to your right, remove the leg and thigh and place them upon a separate platter.



2. Sever the leg and thigh by cutting through the joint.



3. Remove the wing and cut into two pieces. Carve the leg and thigh in lengthwise slices.



4. Carve the breast in thin slices, cutting at an angle. Slice across the grain.

TO FIGURE YIELD

CANNED FRUIT FROM FRESH **CANNED VEGETABLES FROM FRESH**
LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTs.

Food	Fresh	Canned	Vegetable	Fresh	Canned
Apples	1 bu. (48 lb.) 2½ to 3 lb.	16 to 20 qt. 1 qt.	Asparagus	1 bu. (45 lb.) 4 lb.	11 qt. 1 qt.
Berries, except strawberries	24-qt. crate 5 to 8 cups	12 to 18 qt. 1 qt.	Beans, lima in pods	1 bu. (32 lb.) 4-5 lb.	6-8 qt. 1 qt.
Cherries, as picked	1 bu. (56 lb.) 6 to 8 cups	22 to 32 qt. 1 qt.	Beans, snap	1 bu. (30 lb.) 1½ 2 lb.	15-20 qt. 1 qt.
Peaches	1 bu. (48 lb.) 2 to 2½ lb.	18 to 24 qt. 1 qt.	Beets, without tops	1 bu. (52 lb.) 2½ 3 lb.	17-20 qt. 1 qt.
Pears	1 bu. (50 lb.) 2 to 2½ lb.	20 to 25 qt. 1 qt.	Carrots, without tops	1 bu. (50 lb.) 2½ 3 lb.	16-20 qt. 1 qt.
Plums	1 bu. (56 lb.) 2 to 2½ lb.	24 to 30 qt. 1 qt.	Corn, sweet, in husks	1 bu. (35 lb.) 6-16 ears	8-9 qt. 1 qt.
Strawberries	24-qt. crate 6 to 8 cups	12 to 16 qt. 1 qt.	Okra	1 bu. (26 lb.) 1½ lb.	17 qt. 1 qt.
Tomatoes	1 bu. (53 lb.) 2½ to 3 lb.	15 to 20 qt. 1 qt.	Peas, green, in pods	1 bu. (30 lb.) 2-2½ lb.	12-15 pt. 1 pt.
			Pumpkin	50 lb. 3 lb.	15 qt. 1 qt.
			Spinach	1 bu. (18 lb.) 2-3 lb.	6-9 qt. 1 qt.
			Squash, summer	1 bu. (40 lb.) 2-2½ lb.	16-20 qt. 1 qt.
			Sweetpotatoes	1 bu. (55 lb.) 2½-3 lb.	18-22 qt. 1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.) 1 box (44 lb.) 1¼ to 1½ lb.	32 to 40 pt. 29 to 35 pt. 1 pt.
Apricots	1 bu. (48 lb.) 1 crate (22 lb.) ¾ to ¾ lb.	60 to 72 pt. 28 to 33 pt. 1 pt.
Berries ¹	1 crate (24 qt.) 1¼ to 1½ pt.	32 to 36 pt. 1 pt.
Cantaloups	1 dozen (28 lb.) 1 to 1¼ lb.	22 pt. 1 pt.
Cherries, sweet or sour	1 bu. (56 lb.) 1¼ to 1½ lb.	36 to 44 pt. 1 pt.
Cranberries	1 box (25 lb.) 1 peck (8 lb.) ¾ lb.	50 pt. 16 pt. 1 pt.
Currants	2 qt. (3 lb.) ¾ lb.	4 pt. 1 pt.
Peaches	1 bu. (48 lb.) 1 lug box (20 lb.) 1 to 1½ lb.	32 to 48 pt. 13 to 20 pt. 1 pt.
Pears	1 bu. (50 lb.) 1 western box (46 lb.) 1 to 1¼ lb.	40 to 50 pt. 37 to 46 pt. 1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.) 1 crate (20 lb.) 1 to 1½ lb.	38 to 56 pt. 13 to 20 pt. 1 pt.
Raspberries	1 crate (24 pt.) 1 pt.	24 pt. 1 pt.
Rhubarb	15 lb. ¾ to 1 lb.	15 to 22 pt. 1 pt.
Strawberries	1 crate (24 qt.) ¾ qt.	38 pt. 1 pt.

¹ Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches) 1 to 1½ lb.	15 to 22 pt. 1 pt.
Beans, lima (in pods)	1 bu. (32 lb.) 2 to 2½ lb.	12 to 16 pt. 1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.) ¾ to 1 lb.	30 to 45 pt. 1 pt.
Beet greens	15 lb. 1 to 1½ lb.	10 to 15 pt. 1 pt.
Beets (without tops)	1 bu. (52 lb.) 1¼ to 1½ lb.	35 to 42 pt. 1 pt.
Broccoli	1 crate (25 lb.) 1 lb.	24 pt. 1 pt.
Brussels sprouts	4 quart boxes 1 lb.	6 pt. 1 pt.
Carrots (without tops)	1 bu. (50 lb.) 1¼ to 1½ lb.	32 to 40 pt. 1 pt.
Cauliflower	2 medium heads 1½ lb.	3 pt. 1 pt.
Chard	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Collards	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.) 2 to 2½ lb.	14 to 17 pt. 1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Mustard greens	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Peas	1 bu. (30 lb.) 2 to 2½ lb.	12 to 15 pt. 1 pt.
Peppers, green	¾ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Squash, summer	1 bu. (40 lb.) 1 to 1¼ lb.	32 to 40 pt. 1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	¾ lb.	1 pt.



how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES



for lunch boxes

for outdoor eating



HAWAIIAN HAM SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH			
Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH			
Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH			
Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

EAST COAST SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE			
	Sliced roast beef	3/4 pound	3 pounds
	Sliced sweet onion	1 onion	4 onions

STUDDIED PEANUT BUTTER SANDWICH			
Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS
Mix Well	LIVER SAUSAGE SALAD SANDWICH		
	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup
TASTY TREAT HAMBURGER			
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
		Salt and pepper to taste	
SPICY HAM SANDWICH			
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	1/8 teaspoon	1/2 teaspoon

		6 SERVINGS	24 SERVINGS
Mix Well	CREAM CHEESE CRUNCH		
	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups
CANADIAN DOUBLE DECKER			
	<i>First Layer—</i> Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
	<i>Second Layer—</i> Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)
CHAMPION TWO STORY			
	<i>First Layer—</i> Sliced cooked chicken	1/2 pound	2 pounds
	<i>Second Layer—</i> Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	1/2 cup
	Chopped olives	2 tablespoons	1/2 cup
	Chopped sweet pickle	1 tablespoon	1/4 cup
	Salad dressing	2 tablespoons	1/2 cup
	Prepared mustard	2 teaspoons	3 tablespoons

FOR SMALL FRY



		6 SERVINGS	24 SERVINGS
	BANANA PEANUT BUTTER WINNER		
	Peanut butter	3/4 cup	3 cups
	Banana, sliced	3 medium	12 medium
Mix Well	SUNSHINE SPECIAL		
	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups
Mix Well	CALIFORNIA DELIGHT		
	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups
APPLE CHEESE TOASTY			
	Apple sauce, topped with:	1/2 cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

		6 SERVINGS	24 SERVINGS
Mix Well	CHICKEN WALDORF SANDWICH		
	Cooked, diced chicken	1 cup	1 quart
	Chopped celery	1/2 cup	2 cups
	Chopped apple	1/2 cup	2 cups
	Chopped nuts	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup



Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

Meat and vegetable pie
Soup
Stew
Stuffed peppers
Stuffed tomatoes
Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

Creamed vegetables
Soup
Meat loaf
Meat patties
Omelet
Souffle

Cooked or canned fruits, in

Fruit cup
Fruit sauces
Jellied fruit
Quick breads
Shortcake
Upside-down cake
Yeast breads

Cooked meats, poultry, fish, in

Casserole dishes
Hash
Meat patties
Meat pies
Salads
Sandwiches
Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

Fried cereal
Meat loaf or patties
Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

Casseroles
Meat or cheese loaf
Timbales

Bread

Slices, for
French toast
Dry crumbs, in
Brown betty
Croquettes
Fried chops
Soft crumbs, in
Meat loaf
Stuffings

Cake or cookies, in

Brown betty
Ice-box cake
Toasted, with sweet topping,
for dessert

Egg yolks, in

Cakes
Cornstarch pudding
Custard or sauce
Pie filling
Salad dressing
Scrambled eggs

Egg whites, in

Custard
Fruit whip
Meringue
Souffles

Hard-cooked egg or yolk, in

Casserole dishes
Garnish
Salads
Sandwiches

Sour cream, in

Cakes, cookies
Dessert sauce
Meat stews
Pie filling
Salad dressing
Sauce for vegetables

Sour milk, in

Cakes, cookies
Quick breads

Cooked potatoes, in

Croquettes
Fried or creamed potatoes
Meat-pie crust
Potatoes in cheese sauce
Stew or chowder





Quantities to Serve 100 People



COFFEE	— 3 LBS.	
LOAF SUGAR	— 3 LBS.	
CREAM	— 3 QUARTS	
WHIPPING CREAM	— 4 PTS.	
MILK	— 6 GALLONS	
FRUIT COCKTAIL	— 2 1/2 GALLONS	
FRUIT JUICE	— 4 NO. 10 CANS	(26 LBS.)
TOMATO JUICE	— 4 NO. 10 CANS	(26 LBS.)
SOUP	— 5 GALLONS	
OYSTERS	— 18 QUARTS	
WEINERS	— 25 LBS.	
MEAT LOAF	— 24 LBS.	
HAM	— 40 LBS.	
BEEF	— 40 LBS.	
ROAST PORK	— 40 LBS.	
HAMBURGER	— 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	— 40 LBS.	
POTATOES	— 35 LBS.	
SCALLOPED POTATOES	— 5 GALLON	
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
VEGETABLES	— 4 NO. 10 CANS	(26 LBS.)
BAKED BEANS	— 5 GALLON	
BEETS	— 30 LBS.	
CAULIFLOWER	— 18 LBS.	
CABBAGE FOR SLAW	— 20 LBS.	
CARROTS	— 33 LBS.	
BREAD	— 10 LOAVES	
ROLLS	— 200	
BUTTER	— 3 LBS.	
POTATO SALAD	— 12 QUARTS	
FRUIT SALAD	— 20 QUARTS	
VEGETABLE SALAD	— 20 QUARTS	
LETTUCE	— 20 HEADS	
SALAD DRESSING	— 3 QUARTS	
PIES	— 18	
CAKES	— 8	
ICE CREAM	— 4 GALLONS	
CHEESE	— 3 LBS.	
OLIVES	— 1 3/4 LBS.	
PICKLES	— 2 QUARTS	
NUTS	— 3 LBS. SORTED	



for hearty lunching

OPEN FACE*

Arrange ingredients on buttered bread in order listed.
Place under broiler about 10 minutes or until toasted.

ROYAL LIVER SAUSAGE SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL

	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME

	6 SERVINGS	24 SERVINGS
Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



TUNA SOUFFLE SANDWICH

	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

ROCKY MOUNTAIN SANDWICH

	6 SERVINGS	24 SERVINGS
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

Mix Well

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE

	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread



is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



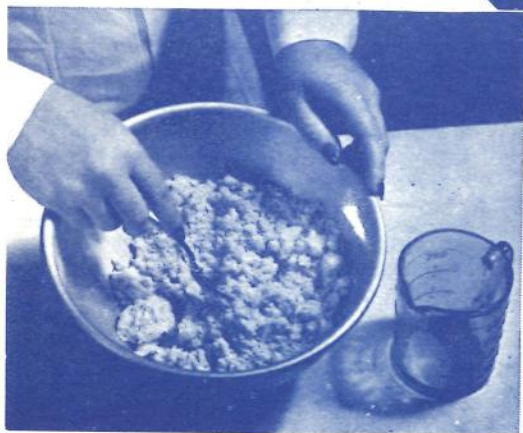
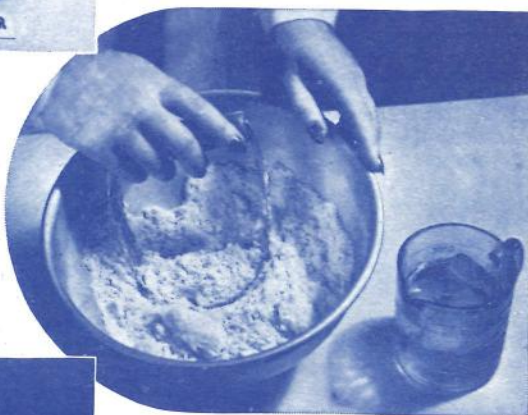
6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

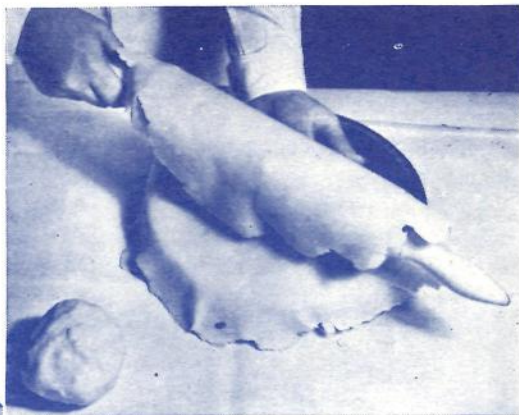
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



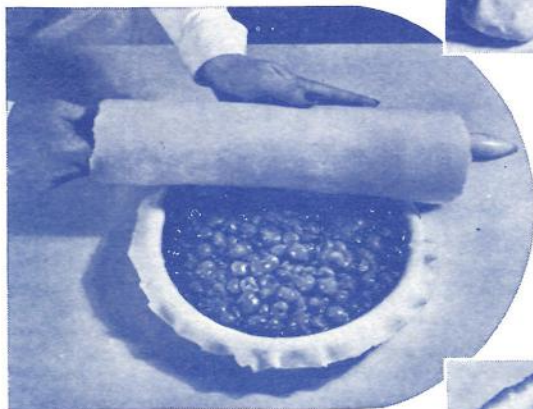
3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

Perfect Pie

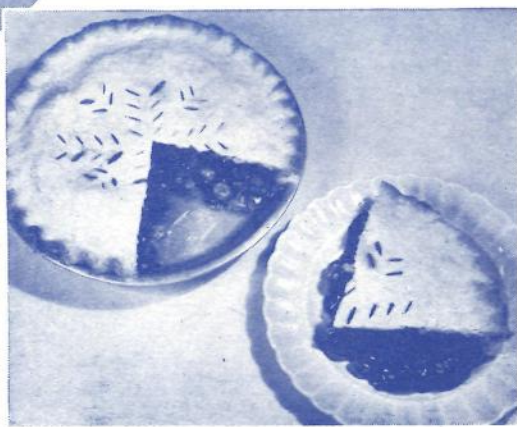
4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.



6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

HELPFUL INFORMATION

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

Age

WEIGHT RECORD			
Date	Weight	Date	Weight
Height			
Weight			
Desired Weight			

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.



Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple Tea
Milk

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches Coffee
Milk

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums Tea
Milk

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears Coffee
Milk



Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad Butter
Bread Grapes Tea
Milk

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple Coffee
Milk



THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with
ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches Coffee
Milk

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries Tea
Milk

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpnickel Butter
Raspberries Tea
Milk

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon Coffee
Milk

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Milk Apricots Coffee



Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Milk Cherries Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast

Poached egg
Toast
Orange juice
Frizzled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Grapes
Butter
Milk
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Butter
Broiled grapefruit
Milk
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Milk
Butter
Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread
Blueberries
Milk
Butter
Coffee

Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast
Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Carrot sticks
Bread
Butter
Steamed apple
Milk
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Butter
Sliced peaches
Milk
Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Pineapple
Milk
Butter
Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Raspberries
Milk
Butter
Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread
Butter
Plums
Milk
Tea



FRIDAY *

Breakfast

Orange juice
Canadian-style bacon cup
Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Grapes
Milk
Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Butter
Watermelon
Milk
Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Cherries
Milk
Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Butter
grapefruit
Milk
Coffee



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Radish roses
Bread
Butter
Strawberries
Milk
Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
nd					FISH				
Roasts	4	2 sl. 7" x 2" x 1/4"	19.0	346	Bass	4	1 sm. fish	27.3	113
uck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262	Clams	3 1/2	5 med.	12.8	77
und	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233	Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
ank	4	Pc. 3 1/4" x 2 1/2" x 3/8"	24.4	194	Crab, canned	3	3/4 c.	16.1	94
sts	4	Sl. 4" x 3 1/2" x 1 1/2"	22.3	262	Finnan haddie	3 1/2	3/4 c.	19.0	79
uck	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352	Flounder	3 1/2	Pc. 4" x 3" x 3/8"	17.2	72
pin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332	Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	20.4	133
ib	4	Sl. 5 1/2" x 3" x 1 1/2"	23.2	233	Halibut	4	Pc. 4" x 3" x 1/2"	22.8	163
ound					Herring, fresh	4	1 fish 7" lg.		
aks					Lobster				
lub, T-bone,					Canned	3	1/4 c.	15.6	74
orterhouse,	4	Pc. 4 1/2" x 2" x 1"	20.3	352	Fresh	2 1/2	1 av.	12.2	63
irloin	4	Pc. 3 1/2" x 2 1/2" x 3/4"	23.9	181	Mackerel	2 1/2	1/4 fish 7" lg.	14.3	119
Rank	4	Pc. 5" x 3 1/2" x 1 1/2"	20.9	332	Oysters	3 1/2	5 med.	6.0	50
Rib	4	Pc. 3" x 3" x 1/2"	23.2	233	Perch	4	2 fish 4 1/2" lg.	23.4	102
Round					Salmon				
ews	4	3 pc. 1 1/2" x 1 1/2" x 1 1/4"	22.3	262	Canned	3 1/2	3/4 c.	24.7	203
Chuck	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194	Fresh	3	Pc. 2 1/2" x 2 1/2" x 3/8"	15.7	196
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400	Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400	Trout	3	Pc. 6" lg.	16.1	80
nb					White fish	4	Pc. 3 1/4" x 3" x 1/2"	25.2	165
hops	4	1 loin or 2 rib 1" th.	17.9	421	MILK AND DAIRY PRODUCTS				
Loin or rib	4	Pc. 4" x 3" x 3/8"	18.7	348	Butter	1/4		.1	73
Shoulder	4				Cheese, cottage	2	1/4 c.	9.6	51
Roasts	4	Sl. 4" x 3" x 1 1/2"	21.6	276	Cream, coffee	1/4	1 T.	.4	29
Leg	4	Sl. 5" x 3" x 1 1/2"	18.7	348					
Shoulder									
rk, fresh									
Chops and steaks									
Leg (ham)	4	Pc. 3 1/2" x 3" x 1/2"	18.2	408					
Loin	4	Chop 3/4" th.	19.7	349					
Shoulder	4	Pc. 4 1/2" x 3 1/4" x 3/8"	16.1	464					
Roasts									
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/8"	19.9	327					
Loin	4	Sl. 3 1/4" th.	19.7	349					
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172					
Pork, cured									
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68					
Ham (boiled)	2	Sl. 4 1/4" x 4" x 3/8"	10.6	147					
Veal									
Chops	4	Chop 5/8" th.	23.0	211					
Loin	4	Chop 3/4" th.	22.6	241					
Rib									
Roasts	4	Sl. 4" x 2 1/2" x 1 1/2"	22.9	211					
Leg	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211					
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241					
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	23.3	202					
Shoulder	4	Sl. 5" x 3" x 1 1/2"	23.4	191					
Steaks									
Cutlet (round)	4	Pc. 4" x 2 1/2" x 1 1/2"	23.3	202					
Shoulder	4	Pc. 5" x 3" x 1 1/4"	23.0	211					
Sirloin	4	Pc. 4" x 2 1/2" x 1 1/2"	22.0	271					
Stew (breast)	4	4 pc. 2 1/4" x 1" x 1"							
Variety Meats									
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152					
Heart (av.)	4	1/3 ht. 3/4 dia. x 3/4" lg.	19.7	157					
Kidney (av.)	4	3 sl. 3/4" x 2 1/2" x 1/4"	20.0	161					
Liver									
Beef	3	2 sl. 3" x 2 1/2" x 3/8"	17.7	119					
Lamb	3	2 sl. 3 1/2" x 2" x 3/8"	18.9	118					
Pork	3	2 sl. 3 1/2" x 2" x 3/8"	17.7	116					
Veal	3	2 sl. 3 1/2" x 2" x 3/8"	17.1	122					
Sweetbread	4	Pc. 4" x 3" x 3/4"	18.2	216					
Tongue	3	3 sl. 3" x 2" x 1/4"	15.7	191					
Sausages and Cooked Specialties									
Bologna	1	Sl. 4 1/4" dia. x 1/8" th.	4.4	65					
Frankfurter	2	2 5/8" lg. x 3/4" dia.	9.1	121					
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77					
Luncheon meat	1	Sl. 4" x 3 1/2" x 3/8"	4.6	81					
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76					
POULTRY									
Chicken									
Liver	3	4 av.	19.9	122					
Roast									
Breast	3	1/4 breast	21.0	110					
Leg	2 1/2	1 av.	14.7	88					
Thigh	2 1/2	1 av.	15.8	95					
Wing	1	1 av.	7.0	37					
Stewed									
Dark meat	3 1/2	1/2 c. (diced)	23.1	139					
Light meat	3	1/2 c. (diced)	20.3	106					
Turkey									
Roast									
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177					
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.5	139					

HEIGHT, WEIGHT, AGE TABLE* For Adolescents and Young Adults (Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

		MEN			
		Height		Weight	
				15-19	20-24
Ft.	In.				
4	11			111	117
5	0			113	119
5	1			115	121
5	2			118	124
5	3			121	127
5	4			124	131
5	5			128	135
5	6			132	139
5	7			136	142
5	8			140	146
5	9			144	150
5	10			148	154
5	11			153	158
5	0			158	163
6	0			163	168
6	1			168	173
6	2			173	178
6	3				
		WOMEN			
		Height		Weight	
				15-19	20-24
Ft.	In.				
4	11			110	113
5	0			112	115
5	1			114	117
5	2			117	120
5	3			120	123
5	4			123	126
5	5			126	129
5	6			130	133
5	7			134	137
5	8			138	141
5	9			141	145
5	10			145	149
5	11			150	153
5	0			155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	¾	½ lge.	2.9	63
Asparagus	¾	7 stalks 6" long	2.3	27
Beans, string	¾	¾ c.	2.4	42
Beet greens	¾	¾ c.	2.0	33
Beets	¾	¾ c. or 2 1½" dia.	1.6	46
Broccoli	¾	2 stalks 5" lg.	3.3	37
Brussels sprts.	¾	¾ c.	4.4	58
Cabbage	¾	1½ hd. 4½" dia.	1.4	29
Carrots	¾	2 carrots 5" lg.	1.2	45
Cauliflower	¾	¾ c.	2.4	31
Celery	¾	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	¾	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¾" th.	.7	17
Eggplant	2	Sl. 3½" dia. x ¾" th.	.8	11
Endive, French	1½	2 stalks	.2	4
Green pepper	¾	¾ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	¾	¾ c. (diced)	2.1	36

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	¾	1 leaf	.2	3
Mushrooms	¾	2 leaves	.1	2
Okra	3½	5 caps 2¼" dia.	2.6	15
Onions	2	5 pods	1.0	21
Dried				
Green	¾	1 onion 2" dia.	1.2	42
Parsley	¾	3 med.	.2	7
Pumpkin	¾	2 sprigs	.1	1
Radishes	¾	¾ c.	1.2	36
Rutabagas	¾	1 3 radishes 1" dia.	.7	4
Sauerkraut	¾	¾ c.	1.1	41
Spinach	¾	¾ c.	1.1	18
Squash	¾	¾ c.	2.3	25
Summer	¾	¾ c.	.6	19
Winter	¾	¾ c.	1.5	44
Tomatoes				
Canned	¾	¾ c.	1.2	25
Fresh	¾	1 tomato 2" dia.	1.0	23
Juice, canned	4	¼ c.	1.2	28
Turnip greens	¾	¾ c.	2.9	37
Turnips				
White	¾	¾ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	¼ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	1	1 pkle. 2½" lg. x ¾" dia.	.2	21

BREAD AND CEREAL PRODUCTS

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Cereals				
Bran, whole	¾	¾ c.	2.5	67
Cornflakes	¾	¾ c.	1.3	56
Farina,				
enriched	¾	¾ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	¾ c. (¾ c. dry)	3.1	77
Rice				
Puffed	1/3	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	1/3	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x 1½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	¾	1 sl. (com'l) thin	1.6	50
Wholewheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	¾	1 cracker 3" sq.	1.0	54
Saltine	¾	1 cracker 2" sq.	.4	17
Soda	1/3	1 cracker 2¾" x 2½"	.6	25
Zwieback	¾	1 pc. 3¾" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle	0	82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Apples	¾	1 apple 2½" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	¾	¾ c.	1.2	62
Blueberries	¾	¾ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	¾	15 cherries ¾" dia.	1.2	87
Grapefruit	¾	¾ med. 3½" dia.	.5	44
Grapes				
Concord	¾	34 av.	1.4	78
Green s'dless	¾	40 sm.	.8	74
Malaga or				
Tokay	¾	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	¾	¼ orange 4" dia.	.9	52
Peaches	¾	1 med.	.5	51
Pears	¾	1 sm.	.7	70
Pineapple	¾	1 sl. 4" dia. x 1½" th.	.4	58
Plums	¾	1 plum 1½" dia.	.5	39
Raspberries	¾	¾ c.	1.1	64
Strawberries	¾	10 strawberries 1" dia.	.8	41
Watermelon	5	¾ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	¾ c.	.6	49
Orange	4	¾ c.	.7	66
Pineapple, can'd	4	¾ c.	.4	65
Tomato (see vegetables)				

Your Spot Removal Guide

SOME GENERAL SPOT REMOVAL POINTERS

① Take spots out promptly. Many spots set with age. ② Whenever possible, determine what made the spot. When you don't know, sponge first with cold water, then with **ENERGINE Fireproof Cleaning Fluid**. ③ Choose your cleansing agent according to the fabric and what made the spot. ④ Always remove spots before pressing a garment. Heat sets many stains, drives grease, and dirt deeper into the fabric. ⑤ In removing a spot, don't rub too hard or too long. To do so may cause a white or worn looking place.

THE SPOT	Use These Steps On Nonwashable Fabrics	Use These Steps On Washable Fabrics
Any unknown spot	(2) (1)	(2) (4)
Adhesive tape	(1)	(1)
Blood	(2)	Soak in cold water; (4)
Chewing gum	(1) (6)	(1) (6) (4)
Coffee, tea	(2) (8) (1) if any grease from cream	(9) (4) (10)
Chocolate, cocoa	(1) (5)	(4) (10)
Egg	(2) (1)	(2)
Ice cream, milk	(1) (2) (5)	(2) (4)
Fruit	(2) (8)	(9) (10)
Grease from foods	(1)	(4)
Grease, heavy or dirty (automobile, bicycle, etc.)	(3) (1)	(3) (4)
Meat juice, gravy	(2) (1)	(2) (4)
Lipstick*	(3) (1) (6) (7)	(3) (4) (10)
Nail polish*	(11) (10)	(11) (10)
Paint (if fresh)*	(12)	(12) (4)
Salad dressings	(2) (1)	(4)
Soft drinks (if fresh; some almost unremovable if set by age, heat or soap)	(2) (8)	(2) (8) (10)
*Stains practically impossible to remove include dried paint, lipstick unless the fabric will stand soap, water and hard rubbing, and, on some but not all fabrics, nail polish.		

Your Spot Removal Guide

THE STEPS

These are the steps referred to in the chart. When more than one step is listed, use them consecutively. When you sponge with water, then **ENERGINE Fireproof Cleaning Fluid** — or the other way around — let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

- Step 1.** Sponge with **ENERGINE Fireproof Cleaning Fluid**.
- Step 2.** Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.
- Step 3.** Rub in petroleum jelly to soften the stain.
- Step 4.** Wash in warm water with a synthetic detergent or soap.
- Step 5.** Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.
- Step 6.** Soak for a short while in a bowl of **ENERGINE Fireproof Cleaning Fluid**.
- Step 7.** If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.
- Step 8.** Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.
- Step 9.** Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.
- Step 10.** Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.
- Step 11.** Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.
- Step 12.** Sponge with turpentine.

HOW TO USE CLEANING FLUID

- 1—If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. **ENERGINE Fireproof Cleaning Fluid** will not injure the color of any colorfast material.
- 2—Brush fabric to remove loose soil.
- 3—Place an absorbent cloth or clean white blotter under the spot.
- 4—Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.
- 5—With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.
- 6—If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

WHAT CAUSES RINGS

Here is what causes rings:

- 1—The garment is soiled all over. Removing the spot leaves a conspicuous clean area.
- 2—Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.
- 3—The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

MAXIMUM STORAGE TIME FOR FROZEN MEATS

Recommended Maximum Storage Time
at 0°F. or lower

Product

Beef
Fresh Pork and Veal
Lamb
Ground Beef
Variety Meats
(Liver, Heart, Tongue, etc.)
Smoked Hams, Picnics and Slab Bacon
(Whole, Halves or Quarters)
Other Cured and Smoked Meats
Sliced Bacon
Bologna, Frankfurters or Wieners
Fresh Pork Sausage
Poultry
Giblets
Chicken
Turkey

6-8 months
3-4 months
6-7 months
3-4 months
3-4 months



Not to exceed 60 days
Not to exceed 60 days
Not recommended for freezing
Not recommended for freezing
Not recommended for freezing

4 months
6-12 months
6-12 months

HOW TO WRAP MEAT FOR FREEZING

● For short periods in the freezer (no longer than one to two weeks), prepackaged self-service meats may be frozen in the original store package (film and board or tray). Make sure, though, that there are no breaks in the package.

● For longer periods in the freezer, use special freezer wrapping materials. Either of the following methods of wrapping is recommended:

A single moisture-vapor-proof sheet or bag which may be tied, taped, heat-sealed, or folded. This single sheet should be strong enough to resist puncturing and tearing.

Or a double wrap consisting of:

- An inner wrap of moisture-vapor-proof paper, cellophane, pliofilm, aluminum foil, or other special freezer storage types of packaging materials available on the market. (Ordinary waxed paper is not moisture-vapor-proof and therefore is not satisfactory.)
- An outer wrap of special packaging material or heavy wrapping paper. If an outer wrap of high heat insulating value is used (several thicknesses of wrapping paper, for example), the meat should be inner wrapped and frozen before the outer wrap is applied.

● Meats wrapped in ordinary market paper should be unwrapped and then rewrapped for freezing as outlined here.

● A satisfactory method of making a package for freezing is as follows:

- Use enough paper so the edges may be folded down at least three times.
- Place the meat in the center of the paper.
- Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so they will come apart easily before cooking.
- Bring two edges of paper together above the meat and fold down in 1/2-inch to 1-inch folds until the paper is tight against the meat.
- Press the wrap closely to the meat to force out air.
- Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.
- Mark each frozen meat package to show contents, number of servings and date of freezing.



Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Ad-

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in ice or very cold water; change water to keep it cold.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves. For a change for

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Meats and poultry for salads may be cooked, cut up, frozen, thawed and mixed with other salad ingredients at serving time.

Since freezing destroys crispness, and often the flavor and color of raw vegetables, few salad vegetables are suitable for freezing.

Cooked eggs make unsatisfactory frozen salads, as the whites of hard-cooked eggs toughen in the freezer.

Usually the vegetable should be slightly undercooked, so that during the cooling, freezing and reheating it will not seem "warmed over".

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices.....	2 ½	4 to 6
No. 2 ½	Fruits, vegetables.....	3 ½	6 to 8
46 oz.	Juices.....	5 ¾	6 to 8
No. 10	Fruits, vegetables, juices.....	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima.....	1 lb.....	3 cups.....	7 cups
Navy.....	1 lb.....	2 cups.....	6 cups
Red kidney.....	1 lb.....	2 ½ cups.....	6 ½ cups
Fruit, dried			
Apricots.....	1 lb.....	3 cups.....	4 ½ to 5 cups
Figs.....	1 lb.....	50 to 60.....	2 ½ to 3 cups
Prunes.....	1 lb.....	40 to 50.....	3 to 4 cups
Raisins or currants.....	1 lb.....	3 cups.....	4 cups
Macaroni products			
Macaroni.....	1 lb.....	3 to 4 cups.....	8 to 10 cups
Noodles.....	8 ozs.....	2 ½ cups.....	5 cups
Spaghetti.....	8 ozs.....	2 ½ cups.....	5 cups
Cereals			
Rice.....	1 lb.....	2 cups.....	6 cups
Rolled oats.....	8 ozs.....	5 ½ cups.....	2 ¾ qts.
Rolled oats (quick).....	1 lb.....	4 cups.....	8 cups
Nuts			
Peanuts.....	1 lb.....	2 cups meats.....	
Pecans.....	1 lb.....	2 ¼ cups meats.....	
Walnuts.....	1 lb.....	2 cups meats.....	

Finding the Date for Easter

Easter is always the first Sunday after the first full moon after the vernal equinox.

The vernal equinox is the first day of Spring and usually falls on March 20, 21 or 22. It is the day when the sun is moving north and its rays fall vertically on the equator.

So Easter is the first Sunday after the first full moon after the first day of Spring. It may be as early as two days after the vernal equinox if (1) the date of a full moon is the first day after the vernal equinox and (2) the second day is Sunday. It may be as early as March 22nd or as late as April 25th.

The date was decided upon because the early Pilgrims needed the moonlight to help them in their travels to the great Easter events of the time.

Lent begins on Ash Wednesday, which is 40 days, not counting Sundays, before Easter Sunday.



EASTER DATES

1961	April	2	1966	April	10
1962	April	22	1967	March	26
1963	April	14	1968	April	14
1964	March	29	1969	April	6
1965	April	18	1970	March	29

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters								Month					Dominical Letter							
Year of the Century	Centuries				January, October Feb., Mar., Nov. Jan., Apr., July May June February, August Sept., Dec.					A	B	C	D	E	F	G				
	*Denote Leap-Years	1700, 2100	1800, 2200	1900, 2300	2000, 2400	D	E	F	G	A	B	C	D	E	F	G				
0	*28	*56	*84	C	B	E	D	C	F	E	D	C	B	E	D	C				
1	29	57	85	B	E	D	C	F	E	D	C	B	E	D	C	B				
2	30	58	86	A	C	G	B	F	A	E	D	C	B	E	D	C				
3	31	59	87	A	C	G	B	F	A	E	D	C	B	E	D	C				
*4	*32	*60	*88	E	G	F	E	D	C	B	A	G	F	E	D	C				
5	33	61	89	D	C	F	E	D	C	B	A	G	F	E	D	C				
6	34	62	90	C	B	E	D	C	F	E	D	C	B	E	D	C				
7	35	63	91	B	E	D	C	F	E	D	C	B	E	D	C	B				
*8	*36	*64	*92	G	A	F	D	C	B	A	G	F	E	D	C	B				
9	37	65	93	F	A	G	B	E	D	C	B	A	G	F	E	D				
10	38	66	94	E	D	C	F	E	D	C	B	A	G	F	E	D				
11	39	67	95	D	C	F	E	D	C	B	A	G	F	E	D	C				
*12	*40	*68	*96	B	E	D	C	F	E	D	C	B	E	D	C	B				
13	41	69	97	A	C	G	B	F	A	E	D	C	B	E	D	C				
14	42	70	98	G	B	F	A	E	D	C	B	E	D	C	B	A				
15	43	71	99	F	A	G	B	E	D	C	B	E	D	C	B	A				
*16	*44	*72		D	C	F	E	D	C	B	A	G	F	E	D	C				
17	45	73		C	B	E	D	C	F	E	D	C	B	E	D	C				
18	46	74		B	E	D	C	F	E	D	C	B	E	D	C	B				
19	47	75		A	C	G	B	F	A	E	D	C	B	E	D	C				
*20	*48	*76		F	A	G	B	E	D	C	B	A	G	F	E	D				
21	49	77		E	D	C	F	E	D	C	B	A	G	F	E	D				
22	50	78		D	C	F	E	D	C	B	A	G	F	E	D	C				
23	51	79		C	B	E	D	C	F	E	D	C	B	E	D	C				
*24	*52	*80		A	C	G	B	F	A	E	D	C	B	E	D	C				
25	53	81		G	B	F	A	E	D	C	B	E	D	C	B	A				
26	54	82		F	A	G	B	E	D	C	B	E	D	C	B	A				
27	55	83		E	D	C	F	E	D	C	B	E	D	C	B	A				

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In *Leap-Years* the Dominical Letters for *January* and *February* will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did *January 5, 1891*, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite *January* in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find *Monday*. For *January 1, 1876*, the Dominical Letter is "A." Under "A" and in line with 1 is *Saturday*.

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.



Quick-Blooming Color With ANNUALS (One-season flowers)

Planting Chart for Annuals

Name	Height inches	Germ. days	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	6-24	8-12	6-10	3	5	5
Allysum, Sweet	4-8	12	12	3	5	5
Aster, China	12-36	8-10	12-18	4	5	5-6
Calif. Poppy	12	5-10	6-8	3-11	3	4-5
Calendula	12-18	10-12	12	3	4-11	4-5
Calliopsis	6-36	10-12	6-12	3	4-11	4-5
Candytuft	6-12	5-8	4-8	3	4-11	4-5
Canterbury Bell (An.)	24-30	12-15	18	2-3	4	5
Celastium (Cockscomb)	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin)	24	5-20	6-10	3	4-11	5
Chrysanthemum (An.)	24	6-8	12	3-4	5	5
Clarkia	24	8-10	10	3-4	5	5
Cosmos	36-60	5-15	24-30	3-4	4-5	5
Flax (Annual)	24	15	6-10	3-4	5	5
Four O'Clock	24	12-15	18-24	3	4	5
Gallardia	12-18	12-15	12	3	4	5
Larkspur	24-36	15-20	10-12	3	4-11	5
Lupine	24-36	25-30	12	5	5	5
Margold	10-60	5-8	12-30	3-4	4-5	5
Nicotiana	24-36	20-25	12	3	5	5
Petunia	6-12	18-20	10-18	3	4-5	5
Phlox Drummond	10-15	20-25	8-10	3	4-5	5
Pinks (Annual)	12	5-8	12	2-3	4	5
Portulaca	2-3	18-20	6	4-5	5	5
Saiglossis	24-30	15-20	12	3	5	5
Scabiosa	24-36	18-20	12	3	4-5	5
Snapdragon	10-36	20-25	12-18	3-4	3-4-11	4-5
Sweet Pea	36-72	15-20	6-10	3	4-11	5
Verbena	8-12	8-10	12-15	3	4	5
Zinnia	12-36	5-8	12-24	3-4	5	5



courtesy Ortho Products

PLANTING DISTANCES

Name	Seeds or plants per 100-ft. row	Rows apart in inches	Plants apart in inches	Depth of planting seed in inches	Ready for use after planting (days)	Yield per 100- ft. row
Beans, Bush	1 lb.	18-24	4-6	1/2-2	45-65	50 lbs.
Beans, Lima	1/2 lb.	24	6-10	1/2-2	60-75	60-75 lbs.
Beans, Pole Snap	1/2 lb.	36-48	36-48	1/2-2	45-75	50-75 lbs.
Beets	2 oz.	12-18	3	1/2-1	50-80	100 lbs.
Broccoli	1/2 oz. 50 pl.	24-30	18-24	1/4-1/2	80-120	50 lbs.
Brussels Sprouts	1/4 oz. 50 pl.	24-30	18-24	1/4-1/2	95-120	30 lbs.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	1/2	50-65	100 lbs.
Carrots	1/2-1 oz.	12-18	3	1/4-1/2	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	1/2	55-70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	1/2-1	50-90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	1/2	60-90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	1/4-1/2	80-90	125 fruit
Endive	1 oz.	18-24	12-18	1/2-1	90-120	50 lbs.
Lettuce, Leaf	1/2 oz.	12-18	6-12	1/4	40-60	50 lbs.
Onion Plants	300	15-18	3-4	2-3	75-100	100 lbs.
Peas	1/4 lb.	18-36	1-3	2-3	50-125	40 lbs.
Peppers	1/4 oz. 50-75 pl.	18-24	15-24	1	70-140	120 pep.
Radishes	1 oz.	12-18	1	1/4-1	25-50	1200 rad.
Spinach	15-24	15-24	2-6	1/4-1	40-70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	1/2	50-100	200 lbs.

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Watering — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.



Name	Height Inches	Color	Bloom Period Months	Planting Time, Depth (Inches)	Habits	Time to Divide
Anemone	24	Various	6-7	Spring, 4 deep 12 apart	Sun, Tender, Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-15	Various	6-10	Max. Shallow 12 apart	Tender, Shade, Sandy, moist soil	Dig and store over winter
Canna	36-60	Various	7-10	May, 4-5 deep 12-24 apart	Tender Sunny, Near pool	Dig, store over winter, Divide spring
Crocus	6-10	Various	3-4	Fall, 3 deep 3-4 apart	Hardy, in grass or along edges	Seldom
Dahlia	48-80	Various	7-10	Spring, 6-8 deep 36-48 apart	Tender, Sun, Rich soil	Store after frost, Divide in spring
Gladiolus	30-40	Various	7-10	Spring, 6-8 deep 3-6 apart	Sun, Make successive plantings	Dig and store after frost
Hyacinth	10	Various	3-4	Fall, 6-8 deep 6-8 apart	Sun, in buds, Rich soil	Leave undisturbed
Lily, Canada	36-40	Yel-Orange	6-7	Fall, 5 deep 12-15 apart	Sun, Damp, Peat or leaf mold	Leave undisturbed
Lily, Madonna	36-60	White	6-7	Fall, 3 deep 12 apart	Sun, Lime Soil, Plant in sand	Leave undisturbed
Lily, Elegans	18-24	Various	6-7	Fall, 4-8 deep 6-12 apart	Sun, Shade, Lime, Light soil	Leave undisturbed
Lily, Henry	48-96	Orange-Yel	7-9	Fall, 10 deep 12-24 apart	Sun, Shade, Any soil, Lime, Hardy	Leave undisturbed
Lily, Flag	36-72	White	7	Fall, Spr. 6-9 deep, 10-15 apart	Sun, Rich loam	Leave undisturbed
Lily, Turkcap	36-120	Various	7-8	Fall, 5-8 deep 12-24 apart	Sun, Lt. shade, Moist peaty, acid soil	Leave undisturbed
Lily, Tiger	36-72	Orange-red	8-9	Fall, 6-9 deep 12-24 apart	Sun, Lt. shade, Grow anywhere	Leave undisturbed
Lily, Cardstick	24-30	Orange-red	6-7	Fall, 6-8 deep 12 apart	Sun, Lime, Easy to grow	Leave undisturbed
Hardy Anemone	24-30	Lilac-pink	8	Fall, 4 deep 10-15 apart	Sun, Lt. shade, any good soil	Leave undisturbed
Montbretia	24-36	Various	7-10	Spring, 3-4 deep 3-6 apart	Shade or Sun, Rich soil	Store in North, Leave undisturbed in South
Marigold	12-18	Various	3-5	Fall, 5 deep 6-12 apart	Sun, Semi-shade, Any soil	Leave undisturbed unless crowded
Tulip	10-32	Various	4-6	Fall, 4 deep 4-8 apart	Sun best, Rich soil	Annually or 2-3 years

courtesy Ortho Products

Name	Height Inches	Color	Bloom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-3 yrs.
Bell Flower	36	Various	6	Seed	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-46	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Coreopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded, Easier from seed
Digitalis, Giant Shirley	80	Various	6-7	Seed		Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds seldom divide
Foxglove	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Iceland Poppy	8-12	Various	4-9	Seed	Spring	Does not divide
Iris, Tall Bearded	24-40	Many	5-6	Division	Midsummer	3-5 yrs., when crowded
Lavender	12-18	Blue	6-8	Seed, Divis.	Spring	Seldom or never crowded
Oriental Poppy	24-36	Various	5-6	Seed, Divis.	Late Summer	Seldom, unless crowded
Pinks	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seldom, unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division		Every 3 yrs.
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	When crowded
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seldom, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

WHAT YOU SHOULD KNOW ABOUT ILLNESSES

AMERICAN
RED CROSS

	HOW SPREAD	PREVENTION	Length of Time from Exposure to Onset	SYMPTOMS	How Long Communicable
WHOOPING COUGH	Direct contact with infected person by droplet infection or by contact with items freshly soiled by discharge.	Children less than 5 should be vaccinated. Where risk is great, immunize babies by the time they are 2 months old; other children, by 6 months of age. Reinforcing doses may be advisable within a year, and at 2 and 3 years of age.	Commonly 7 to 21 days, usually within 10 days.	Typical "whooping" cough, developing from ordinary cough. Cough may last from 1 to 2 months; suspect any cough when disease is in neighborhood.	For 3 weeks from onset of "whooping" or 5 weeks from onset of first symptoms.
CHICKEN POX	From person to person. Indirectly through articles freshly soiled by discharge from skin and mucous membrane of infected persons.	No immunization. Avoid exposure; 1 attack usually gives immunity.	2 to 8 weeks. Commonly 14 to 16 days.	Small reddish pimples, blisters, usually more on covered than on exposed body parts, which become itchy; slight fever.	At least 7 days and until all pimples are dry; highly communicable in the early stages.
EPIDEMIC MENINGITIS	Contact with nose and throat discharges of patients or carriers.	No immunization. Avoid contact, droplet infection and over-crowding. Stress personal cleanliness.	2 to 10 days. Usually 7.	Usually sudden onset; fever, intense headache, nausea, vomiting, rash occasionally; dizziness, delirium and coma may appear early.	Until 14 days after onset or until laboratory tests prove germs have disappeared from nose and throat.
SCARLET FEVER	Contact with nose, throat or ear discharge of infected person; carriers; contaminated milk or food.	No immunization. Pasteurization of milk. Avoid contact with ill persons.	1 to 5 days.	Sore, inflamed throat; strawberry tongue, fever, nausea and vomiting; later a rash, usually beginning on neck and chest.	Variable. 10 days in uncomplicated cases.
DIPHTHERIA	Contact with discharges from nose, throat or other infected membrane; by carriers; milk may carry disease germs.	All children should be immunized, beginning in infancy, with periodic booster doses. Adults exposed to infection should be given a Schick test to determine susceptibility before immunization; second attacks possible.	2 to 5 days, sometimes longer.	Inflammation of the tonsils, throat and nose with greyish white patches; fever.	Until germs disappear — as shown by laboratory tests of nose and throat.
INFANTILE PARALYSIS (Polio myelitis)	Contact with nose, throat and bowel discharge of infected persons or healthy carriers of the virus.	No positive immunization available. Gamma globulin, a blood product, is found to be temporarily effective in preventing paralysis.	Usually 7 to 14 days. (May be 3 to 35 days.)	Majority of cases not recognized; fever, headache, drowsiness, stiff neck and back, irritability.	Variable. For 7 days from date of onset or duration of fever if longer.
MEASLES	Easily spread. Directly from person to person; contact with discharges of nose and throat; through articles freshly soiled with infected secretions.	Recognition of symptoms and reporting to doctor. Immunization of children less than 3 years old with immune globulin (preferably gamma globulin) after they have been exposed.	About 10 days from date of exposure to onset of fever; 13-15 days to appearance of rash; uncommonly longer or shorter; as long as 21 days if immune serum has been given.	Fever; symptoms of cold in eyes, nose and throat; early eruption in the mouth followed by rash, peeling of skin in convalescence.	During the period or runny eyes and nose, usually about 9 days (from 4 days before to 5 days after the rash appears).

FIRST AID IN HOUSEHOLD EMERGENCIES

(by the American Red Cross)

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- Dilute poison with large amounts of liquids — milk, salt water, or baking soda and water solution.
- Wash out by inducing vomiting.
- Repeat several times, then give dose of epsom salts (1 heaping tablespoon in glass of water).
- For acid poisons do not induce vomiting, but neutralize with baking soda, lime water or milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting. Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.



SHOCKS: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: When skin isn't broken, apply petroleum jelly or burn ointment to area and bandage snugly with sterile gauze or gauze soaked

in a solution of baking soda (3 tsp. to qt of water). If burn is deep or covers much of the body, apply sterile gauze or clean cloth with baking soda solution or dry dressing. (Never use grease or ointment). Call doctor and keep victim warm (not hot) and lying down with head covered; avoid exposure to cold.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor cuts: apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture wounds:** if puncture wound extends deeper than skin surface, try to induce bleeding. Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink ($\frac{1}{2}$ tsp. salt to 1 glass water) in small amounts at frequent intervals. Give coffee or tea. Call doctor.

NINE GENERAL DIRECTIONS FOR FIRST AID

1. Keep the injured person lying down. Put him in a comfortable position, his head level with his body, until you determine whether his injury is serious.
2. Examine. REMEMBER (1) serious bleeding, (2) stoppage of breathing, and (3) poisoning, in that order, must be treated immediately before anything else is done.
3. Keep him comfortably warm. Too much heat is dangerous.
4. Send someone to call a physician or ambulance.
5. Keep calm. Do not be hurried into moving the injured unless it is absolutely necessary.
6. Never give an unconscious person anything to drink.
7. Keep the crowd away.
8. Make the patient comfortable and keep him cheerful.
9. Don't let the patient see his own injury.

Where to look in the Bible

when

Anxious for dear ones—*Psalms* 121; *Luke* 17.
Business is poor—*Psalms* 37, 92; *Ecclesiastes* 5.
Discouraged—*Psalms* 23, 42, 43.
Everything seems going from bad to worse—*II Timothy* 3; *Hebrews* 13.
Friends seem to go back on you—*Matthew* 5; *I Corinthians* 13.
Sorrow overtakes you—*Psalms* 46; *Matthew* 28.
Tempted to do wrong—*Psalms* 15, 19, 139; *Matthew* 4; *James* 1.
Things look "blue"—*Psalms* 34, 71; *Isaiah* 40.
You seem too busy—*Ecclesiastes* 3:1-15.
You can't go to sleep—*Psalms* 4, 56, 130.
You have quarreled—*Matthew* 18; *Ephesians* 4; *James* 4.
You are weary—*Psalms* 95:1-7; *Matthew* 11.
Worries oppress you—*Psalms* 46; *Matthew* 6.

if you

Are challenged by opposing forces—*Ephesians* 6; *Philippians* 4.
Are facing a crisis—*Job* 28:12-28; *Proverbs* 8; *Isaiah* 55.
Are jealous—*Psalms* 49; *James* 3.
Are impatient—*Psalms* 40, 90; *Hebrews* 12.
Are bereaved—*I Corinthians* 15;
I Thessalonians 4:13-5:28; *Revelation* 21, 22.
Are bored—*II Kings* 5; *Job* 38; *Psalms* 103, 104; *Ephesians* 3.

when

Desiring inward peace—*John* 14; *Romans* 8.
Everything is going well—*Psalms* 33:12-22; 100;
I Timothy 6; *James* 2:1-17.
Satisfied with yourself—*Proverbs* 11; *Luke* 16.
Seeking the best investment—*Matthew* 7.
Starting a new job—*Psalms* 1; *Proverbs* 16;
Philippians 3:7-21.
You have been placed in a position of responsibility—*Joshua* 1:1-9; *Proverbs* 2;
II Corinthians 8:1-15.
Making a new home—*Psalms* 127; *Proverbs* 17;
Ephesians 5; *Colossians* 3; *I Peter* 3:1-17;
I John 4.
You are out for a good time—*Matthew* 15:1-20;
II Corinthians 3; *Galatians* 5.
Wanting to live successfully with your fellowmen—*Romans* 12.

to find

The Ten Commandments—*Exodus* 20;
Deuteronomy 5.
The Shepherd Psalm—*Psalms* 23.
The Birth of Jesus—*Matthew* 1, 2; *Luke* 2.
The Beatitudes—*Matthew* 5:1-12.
The Lord's Prayer—*Matthew* 6:5-13;
Luke 11:1-13.
The Sermon on the Mount—*Matthew* 5, 6, 7.
The Great Commandments—*Matthew* 22:34-40.
The Great Commission—*Matthew* 28:16-20.
The Parable of the Good Samaritan—*Luke* 10.
The Parable of the Prodigal Son—*Luke* 15.
The Parable of the Sower—*Matthew* 13;
Mark 4; *Luke* 8.
The Last Judgment—*Matthew* 25.
The Crucifixion, Death and Resurrection of Jesus—*Matthew* 26, 27, 28; *Mark* 14, 15, 16;
Luke 22, 23, 24; *John*, *Chapters* 13 to 21.
The Outpouring of the Holy Spirit—*Acts* 2.

if you

Bear a grudge—*Luke* 6; *II Corinthians* 4;
Ephesians 4.
Have experienced severe losses—*Colossians* 1;
I Peter 1.
Have been disobedient—*Isaiah* 6; *Mark* 12;
Luke 5.
Need forgiveness—*Matthew* 23; *Luke* 15;
Philemon.
Are sick or in pain—*Psalms* 6, 39, 41, 67;
Isaiah 26.

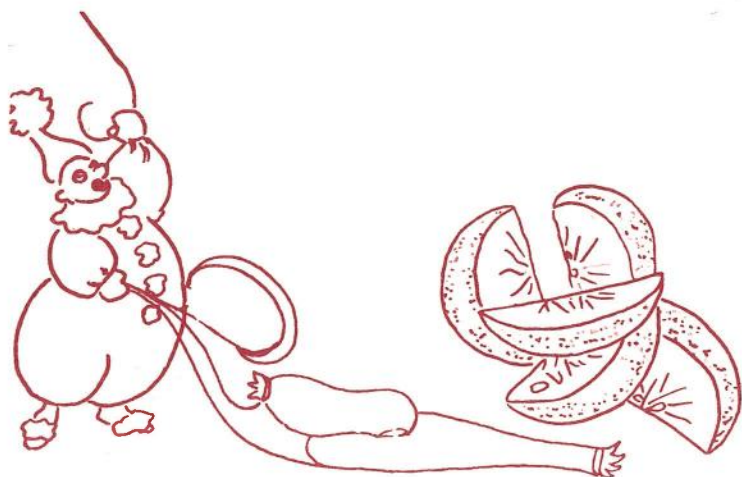
when you

Feel your faith is weak—*Psalms* 126, 146;
Hebrews 11.
Think God seems far away—
Psalms 25, 125, 138; *Luke* 10.
Are leaving home—*Psalms* 119; *Proverbs* 3, 4.
Are planning your budget—*Mark* 4; *Luke* 19.
Are becoming lax and indifferent—
Matthew 25; *Revelation* 3.
Are lonely or fearful—*Psalms* 27, 91; *Luke* 8;
I Peter 4.
Fear death—*John* 11, 17, 20; *II Corinthians* 5;
I John 3; *Revelation* 14.
Have sinned—*Psalms* 51; *Isaiah* 53; *John* 3;
I John 1.
Want to know the way of prayer—
I Kings 8:12-61; *Luke* 11, 18.
Want a worshipful mood—*Psalms* 24, 84, 116;
Isaiah 1:10-20; *John* 4:1-45.
Are concerned with God in national life—
Deuteronomy 8; *Psalms* 85, 118, 124;
Isaiah 41:8-20; *Micah* 4, 6:6-16.

courtesy American Bible Society



BEVERAGES and CANAPES



BEVERAGES and CANAPES

ORIENTAL RIBITES

Fe Deely

- 2 racks spareribs cut in 2" pieces
- 1 lemon sliced thinly, then cut in eighths
- 1 cup very finely chopped onion

Sauce:

- | | |
|-------------------------|------------------------|
| 1 c. catsup | 1 tsp. salt |
| 1 c. water | 1/2 tsp. pepper |
| 4 Tbsp. brown sugar | 4 Tbsp. vinegar |
| 3 tsp. celery seed | 4 Tbsp. Worcestershire |
| 1 tsp. chili powder | sauce |
| 2 - 3 dashes of Tabasco | |

Mix all ingredients of the sauce, bring to a boil and remove from heat. Preheat oven to 450 degrees. Place spareribs in large shallow pan and sprinkle with salt, pepper, lemon and onion. Roast to brown on both sides about 45 minutes. Remove from oven and lower oven temperature to 350 degrees. Pour sauce over all and return to oven when temperature has been reduced. to 350. Roast for 1 hour basting about every 10 minutes. Serves about 16-20.

I make this in advance, cover with aluminum foil and freeze in pan. On day of party, defrost, reheat and serve over heat to keep warm.

TINY SNAX

Marilyn M. DeMarche

- | | |
|------------------------|---------------------------|
| 3/4 lb. butter | 1 small box rice chex |
| 2 Tbsp. Worcestershire | 2/3 box cheerio's |
| sauce | 1 small box slim pretzels |
| 1 tsp. onion salt | 1 pkg. salted cashews or |
| 1 tsp. garlic salt | peanuts |
| 1 tsp. celery salt | 1 pkg. or lb. salted |
| | pecan meats |

Melt butter; add Worcestershire and 3 salts. Mix other ingredients in large roasting pan; pour butter mixture over all and bake in 250 degree oven for 2 hours. Stir about every 1/2 hour. Yield - 5 1/2 quarts.

PICKLED SHRIMP

Georgie Van Sickle

2 1/2 lb. shrimp	3 1/2 tsp. salt
1/2 c. celery tops	2 c. sliced onions
1/4 c. mixed pickling spices	7-8 bay leaves

Cover shrimp with boiling water; add all but onions. Cover and simmer 5 minutes. Drain, cool and clean. Alternate shrimp and onions in a large shallow dish. Add bay leaves and pickling spices drained from water with shrimp. Marinate for at least 24 hours in pickling marinade as follows:

1 1/4 c. salad oil	2 1/2 tsp. celery seed
3/4 c. white vinegar	1 1/2 tsp. salt
2 1/2 Tbsp. capers and juice	dash of Tabasco

Mix together well and pour over the shrimp. Refrigerate. Will keep at least a week.

CHICKEN LIVER PATE

Ruth Pariser

1 c. uncooked chicken livers	1 bay leaf
1 tsp. salt	2 Tbsp. fat
1/4 tsp. thyme	1/4 c. brandy
1/4 tsp. freshly ground pepper	

Heat 2 Tbsp. fat until very hot. Add all ingredients and cook 3-4 minutes. Remove bay leaf. Rub livers through a sieve. Blend sieved liver with 1/4 cup brandy. Makes about 1 cup pate.

CRAB MEAT DIP

Sue Woods

1 garlic clove	1 c. flaked crabmeat
1 8-oz. pkg. cream cheese	1/3 c. cream
1 1/2 tsp. Worcestershire sauce	dash black pepper
2 tsp. lemon juice	

Rub mixing bowl with cut garlic clove. Put cream cheese in bowl and add cream. Mix until well blended. Add lemon juice, Worcestershire sauce and crabmeat. Season to taste. Serve with potato chips, crackers or toast strips.

HOT SEAFOOD CANAPE

May Lester

- | | |
|---|---------------------|
| 1 c. cooked shrimp, lobster
or crab meat | 1 egg yolk |
| 2 Tbsp. butter | 2 Tbsp. dry sherry |
| 1/2 c. grated Parmesan
cheese | dash cayenne pepper |
| | round crackers |

Chop the seafood very fine. Cream the butter cheese together; blend in the egg yolk, sherry and cayenne. Mix in the fish. Drop 1 tsp. of the mixture on a cracker; place on a baking sheet. Bake in a 425 degree oven 5 minutes. Serve hot.

CHINESE MEATBALLS (Cocktail size)

Georgie Van Sickle

- | | |
|--------------------|--|
| 1 c. beef stock | 1 small can pineapple
slices, cut into 6
pieces each |
| 3 Tbsp. cornstarch | |
| 1 Tbsp. oil | 1 green pepper cut in thin
strips |
| 1/2 c. sugar | |
| 1/2 c. vinegar | |
| 2 Tbsp. soy sauce | |

Combine ingredients and bring to a boil.

- | | |
|---------------------------|---------------|
| 1 lb. ground beef | 2 Tbsp. flour |
| 1 1/2 Tbsp. chopped onion | 1 egg |
| 2 Tbsp. soy sauce | |

Form tiny meat balls. Brown in oil and place in sauce. Cook for 45 minutes.

PIZZA CRACKER SNACKS

Barbara Verplaetse

- | | |
|---------------------|-----------------------------------|
| 1 box Ritz crackers | 1 pkg. mozzarella pizza
cheese |
| 2 cans pizza sauce | |

Place crackers on cookie sheet. Spoon a little pizza sauce on each, topped with a thinly sliced square of mozzarella cheese. Place in oven at 400 degrees (medium high rack) until cheese has started to melt and turn white.

CRAB BUN-WICHES

Joanne Martin

- 1 c. crab meat

1/4 c. diced celery
2 Tbsp. finely chopped onion
1/2 c. mayonnaise
hamburger buns

1/2 c. grated cheese
(American or any kind
that doesn't get too
stringy when melted)

Butter bun halves and spread with above mixture and broil. These amounts can be approximate and stretch the recipe and amount of crab.

HAMBURGER SNACKS

Nancy Hanke

1 1/2 lbs. hamburger
1/2 bottle catsup

1 small onion, minced

Mix thoroughly and spread on bun halves, thinly, with fork. Place under broiler and let meat brown. Serve immediately.

HOT OLIVE-CHEESE PUFFS

Patti Bondi

1 c. sharp cheddar cheese
(grated)
3 Tbsp. soft butter
1/2 c. flour

1/4 tsp. salt
1/2 tsp. paprika
stuffed olives

Blend cheese and butter together; stir in flour, salt, paprika, mix well. Wrap 1 tsp. cheese dough around green stuffed olives. Place on ungreased cookie sheet. Freezer wrap and freeze until ready to use. When ready to serve, place frozen balls in 400 degree oven for 10-15 minutes. Makes 24 balls.

CHEESE STICKS

Jackie Jacob

1 lb. sharp cheese
1/4 lb. butter
2 c. flour

1/4 tsp. salt
dash or two red pepper

Grate cheese. Blend with softened butter. Add dry ingredients and mix by hand until well blended. Roll out between waxed paper after chilling slightly. Cut in strips or make a roll and slice 1/4 inch thick. Bake at 325 to 350 degrees for 10 to 15 minutes or until barely brown.

CHEESE ROLL

May Lester

1/2 lb. Roquefort or blue
cheese
1/2 lb. cream cheese
4 Tbsp. butter
3 Tbsp. cognac

2 Tbsp. grated onion
1/2 c. chopped stuffed
olives
3/4 c. ground toasted
almonds

Have the Roquefort, cream cheese and butter at room temperature. Beat together until smooth. Mix in the cognac, onion and olives. Shape into rolls 1 1/2 inches in diameter and 4 inches long. Roll in the almonds. Chill. Cut into 1/4 inch pieces with very sharp knife and serve on toast rounds or crackers.

CHEESE BALLS

Ann Phillips

1 tsp. Worcestershire sauce
1/2 stick soft butter

3/4 c. flour
1 5-oz. jar cheese
spread (Old
English, Bacon,
Garlic)

Heat oven to 450 degrees. Cream together all ingredients and roll into small balls (35 to 55). Bake on ungreased cookie sheet for 8 to 10 minutes, until golden brown.

Serve hot or cold. Can be reheated before serving. Dough can be made up ahead of time and refrigerated. Recipe can be increased to any size.

PECAN-COATED CHEESE BALL

Marian Tate

1 8-oz. pkg. cream cheese
1 5-oz. jar processed sharp
cheese spread
2 5-oz. jars processed
Roquefort spread

1 Tbsp. Worcestershire
sauce
1 small onion, minced
1 small clove garlic,
minced
1/2 c. chopped pecans

Let cheese soften at room temperature, then beat together until fluffy. Mix in onion and garlic. Shape into a ball, wrap in waxed paper and chill. Roll in chopped nuts before serving. Serve with crackers.

SWEDISH WINE GLOGG

Elenore Bafus

3/4 c. sugar	12 cardamum pods (opened)
3/4 c. water	3 oz. blanched almonds
1 fifth claret wine	1 1/2 oz. seedless raisins
1 whole cinnamon	1 piece orange peel
6 cloves	vodka

Put the cinnamon, cloves, cardamum seeds, sugar, orange peel and water in a pan and boil for half an hour. Strain and put the liquid back into the pan with wine. It must be warm, but do not boil. After 15 minutes, it is ready to serve. Serve with the blanched almonds and raisins. The addition of vodka is optional.

WASSAIL (Hot Beverage)

Jackie Jacob

1 gal. apple cider	4 cinnamon sticks and
1 46 oz. unsweetened pine-apple juice	30 whole cloves, tied in a cheese cloth
2 c. black tea (2 tea bags)	
- add sugar to taste. Lemon juice may be added if desired.	

Bring to a rapid boil and let set (preferably in a glass or enamel pan). Reheat when served. Keeps in refrigerator about a week if stored in glass or enamel containers.

REAL FRENCH CHOCOLATE

Nancy Hoye

1/2 c. semisweet-chocolate pieces	1 tsp. vanilla extract
1/2 c. white corn syrup	1 pt. heavy cream
1/4 c. water	2 qt. milk

1. Over low heat, blend chocolate pieces with syrup and water, until chocolate is melted. Pour into cup; refrigerate till cool; add vanilla.
2. In large bowl, with mixer at medium speed, beat cream while gradually adding chocolate syrup. Continue beating until mixture just mounds, then spoon into crystal serving bowl; refrigerate.

Just before serving:

1. Scald milk; pour into heated coffeepot. Arrange on tray, with bowl of chocolate whipped cream, cups

and saucers.

2. In serving, spoon some chocolate--whipped cream into each guest's cup, then fill the cup with hot milk. The guest stirs the two together before sipping.

Makes 16 servings.

COFFEE TREATS

Jo Winn

Brandied Creme De Coffee	1/2 c. heavy cream
1/2 c. shaved or crushed	2 1/2 tsp. instant coffee
ice	2 tsp. sugar
1/4 c. brandy	3 Tbsp. creme de cacao

Combine all ingredients in shaker. Shake thoroughly and strain. A blender may be used to combine the ingredients including the ice. Serve in chilled glasses. Makes 3 or 4.

IRISH COFFEE

Jo Winn

1/2 jigger Irish whiskey	strong black coffee
1/2 tsp. sugar	whipped cream

Put Irish whiskey and sugar in Irish coffee cup or 6 oz. wine goblet. Fill to within 1 inch of top with hot coffee. Stir until sugar is dissolved. Top with whipped cream.

CALYPSO COFFEE

Jo Winn

1 Tbsp. coffee liqueur	strong black coffee
1 Tbsp. dark rum	whipped cream
1/2 tsp. sugar	

Put coffee liqueur, rum and sugar in coffee cup or mug. Fill about 2/3 full with hot coffee. Stir to dissolve sugar. Top with whipped cream.

COCKTAIL PUNCH

Tom Needham

Combine:

2 12-oz. cans fresh-frozen lemonade base (strained)
4 6-oz. cans fresh-frozen limeade base (strained)
1 gallon sauterne

1 fifth vodka
decorations ad lib

ice

Notes: To avoid over-watering, liquids should be chilled before adding ice. Fresh or fresh-frozen pure juices may be substituted for any portion of the sweetened ade bases if a drier punch is preferred. Vodka may be increased or decreased as desired, depending on whether you want to warm up your guests or knock 'em cold.

HOT BUTTERED RUM

Tom Needham

Place in a (preferably heavy) saucepan:

1 lb. dark brown sugar	1 tsp. nutmeg
1/2 lb. butter	1/4 tsp. cloves
2 tsp. cinnamon	1/8 tsp. ginger

Heat slowly to just below the bubbling point, stirring constantly. Should form a soft granular paste. Lay aside in any convenient covered receptacle until required for use. (Do not refrigerate. Will keep for months at room temperature.) Should ripen at least a day or two before use for best flavor. Best served in a heavy pre-warmed mug of about 8 oz. capacity. Mix 1 rounded teaspoon batter in 2/3 mug boiling water, add 1 1/2 to 2 oz. rum and top with freshly grated nutmeg.

Write your extra recipes here:



Soups,
Salads,
Sauces,
Dressings



Salads and salad dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

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

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

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

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

Fruit Combinations

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

Fruit and Vegetable Combinations

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

Vegetable Combinations

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

SOUPS, SALADS, SAUCES, DRESSINGS

POTATO SALAD DRESSING

Joyce Ann Harless

Combine in saucepan and boil:

1/2 c. vinegar

1/2 c. sugar

Add 1 tsp. butter. Mix together:

1 well beaten egg

5 Tbsp. flour (or enough
to make a thick paste)

Add 4 Tbsp. cream. Beat well. Turn heat low and add egg mixture to the vinegar mixture. Stir very fast until thick. Remove from heat and chill. Add to cooked, diced potatoes:

1 recipe dressing

2 tsp. prepared mustard

1 onion, minced

1/4 c. chopped celery

1/4 c. chopped green
pepper

2 boiled eggs, diced

1 tsp. celery seed

1/4 c. mayonnaise or salad dressing

PIQUANT SALAD DRESSING

Mary Radell

1/4 c. sugar

2 1/2 Tbsp. catsup

1/2 tsp. salt

1/4 c. vinegar

1/2 tsp. mustard

few drops Tabasco sauce

1/2 tsp. paprika

2 Tbsp. shredded onion

1/8 tsp. celery salt

3/8 c. salad oil

1. Blend dry ingredients.
2. Add remaining ingredients, beat thoroughly.
3. Chill. Shake before using.

Yield: approximately 1 cup.

EASY HOLLANDAISE SAUCE

Jere Lee Kierland

1/2 c. butter

1/4 tsp. salt

4 egg yolks

1/4 c. light cream

1/4 c. lemon juice

Melt butter in top of double boiler until just melted.

(Important to keep water just under boiling to make sauce). Add egg yolks, salt and lemon juice to butter. Beat with rotary beater. Add cream. Continue beating 2 minutes until thick. This never curdles. Keep in covered jar in refrigerator.

ROQUEFORT DRESSING

Ruth Pariser

1/3 c. Roquefort cheese (substitute Blue if desired)	1/4 tsp. garlic powder
1/2 c. sour cream	1 tsp. dry mustard
1/2 c. mayonnaise	1/4 tsp. freshly ground pepper

Cream cheese. Add mustard, garlic, and pepper. Mix sour cream and mayonnaise together and add to cheese and spices. Use buttermilk to thin to the desired consistency for serving.

LEMON SAUCE(For broiled or barbecued chicken or fish)

Patti Bondi

Mash garlic clove with 1/2 tsp. salt in bowl. Stir in 1/4 c. salad oil, 3/4 c. lemon juice, 2 Tbsp. grated onion, 1/2 tsp. pepper, 1 tsp. Worcestershire sauce. Chill. Makes 1 cup. Brush on meat while cooking.

BARBEQUE SAUCE FOR RIBS OR CHICKEN

Jo Ringel

1 medium onion, chopped	1 c. water
2 Tbsp. vinegar	2 Tbsp. salad oil
1/4 c. lemon juice	2 Tbsp. brown sugar
3 Tbsp. Worcestershire sauce	1 c. catsup
1/2 Tbsp. prepared mustard	salt to taste

Combine all ingredients. Pour over browned ribs or chicken. Bake at 325 degrees for 1 1/2 to 2 hours or until tender. Baste with sauce occasionally.

BAR B-Q SAUCE FOR SPARE RIBS OR PORK CHOPS

Joyce DeIullius

1/2 c. catsup	1 c. water
1 1/2 tsp. salt	1/2 tsp. dry mustard
1/4 tsp. Tabasco sauce	1 tsp. brown sugar
1/8 tsp. chili powder	

Broil spare ribs or pork chops 20 minutes. Line deep baking dish with tinfoil. Dip meat into the above mixture and layer the meat in the dish. Add the rest of the sauce. Cover with tinfoil and bake 1 1/4 hours. Open and baste with sauce. Bake 30 minutes until browned.

TURKEY DRESSING

Sue Woods

1/2 c. fat	2 qts. crumbs (I like half
1 pint diced celery	corn bread, part
chopped onion	cracker and part bread)
1/2 Tbsp. salt	1/2 to 1 c. broth or milk
1/2 tsp. pepper	- enough to moisten
1 tsp. poultry seasonings	

Saute celery and onions in fat and then mix all ingredients together.

FISH CHOWDER

Marilyn M. DeMarche

1/4 lb. salt pork	1 med. size onion
1 1/2 c. boiling water	3 med. size potatoes
1 lb. fillet of haddock	2 c. milk
1 Tbsp. butter	salt and pepper

Cut up and sautee lean salt pork in pan. Cut onions and let brown with pork in pan. Sprinkle a little flour over browned onions and pork. Add boiling water and diced potatoes, let boil with cover on pan for 1/2 hour. Add lb. fillet of haddock. Cook 15 minutes. Add fresh milk and hunk of butter. Add pepper and salt to taste. Cook 15 minutes. - 4 good portions.

OKRA SHRIMP GUMBO

Liz Cox

3 lbs. shrimp	half pod garlic
2 lbs. okra	2 Tbsp. lard or oil
2 medium sized onions	Gumbo File (spice)

This gumbo is used in summer when okra is plentiful in New Orleans markets and is made only with green fresh okra. It is very seldom that a New Orleans housewife will use canned okra. Put lard in large aluminum pot, fry sliced onion until brown around edges, add peeled shrimp and okra, sliced in rings one-eighth inch

thick. Cook on low fire, stirring every few minutes for 1 hour. When the okra is not sticking to the pot or spoon, usually after 1 hour's cooking, begin to add slowly 1 cup (every few minutes) of 1 gallon of hot water. Cover and cook slowly for another hour. Taste to see if it is salty enough. Add gumbo filè to your personal taste. Never boil your gumbo after you have added the filè, and be careful to sprinkle the filè slowly into the gumbo, stirring all the while. Added too fast, the filè will lump. Serve with heaping tablespoon of boiled rice.

CUCUMBER RING SALAD

Mary Ellen Husted

Stir until dissolved:

1 pkg. lime gelatin

1 c. hot water

Stir into jello:

2 tsp. vinegar

2 tsp. grated onion

1 tsp. salt

Beat together:

2 c. cottage cheese

1 c. sour cream

1/2 c. Miracle whip

Add gelatin mix to cheese mix. Stir in:

2/3 c. chopped celery

1/2 to 3/4 c. drained ground cucumber (1 med. cuke)

(Pare, halve and scrape out seeds. Grate or put thru food chopper)

Pour into mold - chill 6-7 hours or overnight.

PICKLED EGGS AND BEETS

Dot Crane

1 can sliced beets

3 Tbsp. vinegar

1 doz. hard boiled eggs

1 c. water

1 small onion

1 tsp. salt

3 tsp. sugar

Add sugar, vinegar, water, and salt to the beet juice. Cover eggs and beets with liquid and let stand overnight. Serve plain on leaf of lettuce and garnish with onion rings.

JELLIED BORCHT SALAD

Flo Needam

Salad:

In a mixing bowl, dissolve 1 pkg. lemon gelatin in 1 cup boiling water. Add: juice from 1 8-oz. can beets plus enough water to make $\frac{3}{4}$ cup additional liquid. Chill until the consistency of heavy syrup. Add:

1 8-oz. can slivered beets (juice used in gelatin mixture)	1/4 c. diced onion
1/2 c. diced celery	1/4 c. diced sweet pickled gherkins

Mix, place in mold(s) and chill until firm.

Dressing:

Combine and chill:

1 c. sour cream	1/2 tsp. sugar
1 Tbsp. grated onion	1/2 Tbsp. horseradish
1/2 tsp. salt	1/2 tsp. seasoning salt
dash Tabasco sauce	

SALMON MOLD (Cold)

Marilyn M. DeMarche

Drain 1 lb. can salmon from oil in can, rinse well with hot water, cool, remove skin and bones, then flake. Mix well 1/2 Tbsp. sugar, 1/2 Tbsp. salt, 1/2 Tbsp. flour, 1 tsp. mustard and few grains cayenne. Add yolks of 2 eggs slightly beaten, 1 1/2 Tbsp. melted butter, 3/4 cup cream or milk and 1/4 cup mild vinegar. Cook in double boiler, stirring constantly until the mixture thickens. Add 3/4 Tbsp. gelatin, previously soaked in 2 Tbsp. cold water and dissolved over hot water. Garnish a fish mold with bits of green pepper; turn in mixture; chill thoroughly, unmold and serve with cucumber sauce.

Cucumber Sauce:

Beat 1/2 cup heavy cream until solid, add salt, few grains cayenne to season, and gradually 2 Tbsp.

vinegar. Then fold in 1 medium sized cucumber that has been pared, finely chopped (discarding large seeds) and thoroughly drained, and a little onion juice to flavor. Serve very cold.

AVOCADOS WITH CHICKEN SALAD Barbara Conover

2 cans (5 oz.) size boned chicken, chopped	1/2 tsp. salt
1/4 c. chopped green pepper	1 1/2 Tbsp. lemon juice
1 medium orange peeled and sectioned	2 large ripe avocados (about 1 1/2 lb.)
1/4 c. slivered blanched almonds	salad greens
	1/4 c. mayonnaise

In medium bowl, combine chicken, pepper, orange, almonds, mayonnaise, salt, and 1 Tbsp. lemon juice; mix well. Refrigerate, covered, until well chilled, at least 1 hour. Just before serving cut avocados in half lengthwise; remove pits. Sprinkle with remaining lemon juice. Top each half with about 1/3 cup salad; mound high. Serve on salad greens. Makes 4 servings.

DEVILED EGG SALAD Georgie Van Sickle

Sprinkle 1 envelope Knox gelatin on 1/2 cup cold water to soften. Place over boiling water and stir until gelatin is thoroughly dissolved. Add:

1 tsp. salt	1/4 tsp. Worcestershire sauce
2 Tbsp. lemon juice	
1/8 tsp. cayenne pepper	

Cool. Stir in 3/4 cup mayonnaise or salad dressing. Add:

1 1/2 Tbsp. grated onion	1/4 c. chopped pimento
1/2 c. chopped celery	4 hard cooked eggs, chopped
1/4 c. diced green pepper	

Turn into a 3 cup mold. Chill until firm. Serves four.

SALMON SALAD JoAnne Ashton

1 lb. can salmon	1 head leaf lettuce
------------------	---------------------

1 bunch watercress
salad oil

1 hard cooked egg
vinegar

Drain salmon and break into large pieces. Separate lettuce and watercress. Wash. Line salad bowl with lettuce. Place $\frac{3}{4}$ of salmon in the bowl. Place watercress on top of salmon. Sprinkle with remaining salmon. Cut hard cooked egg almost through lengthwise into sixths. Place in center of watercress and spread open. Serve with salad oil and vinegar. Serves 6.

CRAB COMBINATION SALAD

Mickey Haynes

First Layer:

2 pkg. Knox gelatin	1 pt. cottage cheese
$\frac{1}{4}$ c. cold water	(small curd)
1 c. chili sauce	1 c. mayonnaise
$\frac{1}{2}$ pt. whipping cream, whipped	

Dissolve gelatin in cold water. Add cottage cheese and mayonnaise. Let stand until slightly congealed in 13 x 8 x 2 pan. Add chili sauce - spread over. Add whipped cream -- smooth evenly. Chill.

Second Layer:

1 pkg. gelatin	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. cold water	$\frac{3}{4}$ c. pineapple juice
$\frac{1}{2}$ c. boiling water	1 c. shredded pineapple
1 Tbsp. lemon juice	1 small pimento, chopped
$\frac{1}{4}$ c. sugar	
$\frac{1}{2}$ c. each grated, carrot, peas, celery	

Dissolve gelatin in cold water. Add to boiling water, lemon juice, sugar, salt and pineapple juice. Chill until slightly congealed. Add fruit and vegetables. Pour over first layer. Chill.

Dressing:

$\frac{1}{2}$ pt. whipping cream	$\frac{2}{3}$ c. mayonnaise
lemon juice and f. g. pepper (to taste)	

When ready to serve, lay layer of crab or shrimp on each serving of salad. Top with dressing. Serves 10 - 12.

SHIPLESSDAY SALAD

Fe Deely

- | | |
|---------------------|-------------------------|
| 1 pkg. lemon jello | 1 Tbsp. hot horseradish |
| 3 Tbsp. vinegar | 1 1/2 c. diced beets |
| 1/2 tsp. salt | 1 c. diced celery |
| 2 Tbsp. onion juice | |

Drain beets and add water to make 1 1/2 cups liquid, add vinegar and heat to dissolve jello. Add remaining ingredients and chill until firm. Slice and serve on lettuce leaves with mayonnaise. Serves 10.

SOUR CREAM JELLO SALAD

Joyce DeIulius

- | | |
|--------------------------------|----------------------------|
| 1 pkg. (6 oz.) lime jello | 1/2 tsp. salt |
| 2 c. hot water | 1/4 tsp. liquid red pepper |
| 1 1/2 c. cold water | seasoning |
| 4-6 thin sliced radishes | 1/2 c. sour cream |
| 1/4 c. lemon juice | 2 thin sliced onions |
| 2 small cucumbers, thin sliced | |

Dissolve jello in hot water, add cold water, chill one hour. Place mold or small molds in shallow pan of ice (about eight 5 oz. molds). Spoon one Tbsp. chilled jello into each mold and let set until sticky-firm. Arrange 6 radish slices in each mold in a pretty design. Carefully spoon in one more Tbsp. jello and let set again. Stir lemon juice, salt, and pepper seasoning into remaining jello. Take out 1/2 cup and stir into sour cream in small bowl. Keep both mixtures at room temperature while filling molds. Layer sour cream mixture over radish layer. When firm carefully spoon in 2 Tbsp. seasoned jello. Let sit, then arrange a layer of sliced green onions on top. Set aside until firm. To serve, arrange sliced cucumbers in a ring and place salad onto rings.

THREE LAYER JELLO SALAD

Dorothy Moore

First Layer:

- 1 pkg. orange jello (1 cup water)
- 1 small can apricots (use juice)

Second Layer:

- | | |
|----------------------------|-------------------|
| lemon jello (2 cups water) | 1 c. chopped nuts |
| 1 3 oz. pkg. cream cheese | |

Third Layer:

- 1 pkg. lime jello (1 cup water)
- 1 small can crushed pineapple (use juice)

Set one layer at a time.

FROZEN FRUIT CHEESE SALAD

Genny Crowder

- | | |
|---------------------------|---------------------------|
| 1 large pkg. cream cheese | 2 Tbsp. cream |
| 2 Tbsp. lemon juice | 1/8 tsp. salt |
| 1 c. pineapple, cut fine | 1 banana, sliced |
| 1/2 c. pecans, cut small | 1 c. Royal Anne cherries, |
| 2 c. whipping cream or 2 | pitted |
| boxes Dream Whip | 2/3 c. mayonnaise |

Work cheese, lemon juice and salt together until smooth. Add fruit, pecans, whipped cream and mayonnaise. Fold this into fruit mixture. Pour into refrigerator trays and freeze 3 hours. Makes 3 single refrigerator ice trays.

FROSTED FRUIT SALAD

Marty Jones

- | | |
|---------------------|--------------------------------------|
| 1 pkg. lemon jello | 1 #2 can crushed pineapple (drained) |
| 1 pkg. orange jello | 2 bananas |
| 2 c. hot water | 2 handfuls miniature marshmallows |
| 1 1/2 c. cold water | |

Dissolve jello in hot water, add cold water and set to congeal. Add fruit and marshmallows. Pour into 2 quart dish. (Chill until firm and spreading on topping.)

Topping for Frosted Fruit Salad:

- | | |
|----------------|----------------------|
| 1 egg, beaten | 1/4 c. sugar |
| 2 Tbsp. flour | 1 c. pineapple juice |
| 2 Tbsp. butter | 1 c. whipping cream |

Combine egg, flour, butter, sugar and juice. Stir over low heat until thick. Cool and fold in whipped cream. Spread over chilled jello and sprinkle with nuts.

CHRISTMAS FRUIT SALAD

Marlene Gleason

- | | |
|-----------------------------|------------------------|
| 2 3-oz. pkg. cream cheese | 1 #2 can crushed pine- |
| 1 c. salad dressing | apple and juice |
| 1 c. cream, whipped | 1/4 tsp. salt |
| 1/2 c. green cherries, cut | 1/2 c. chopped nuts |
| up | 18 marshmallows, cut |
| 1/2 c. maraschino cherries, | up |
| cut up | |

Mix cream cheese and salad dressing until smooth. Fold in remaining ingredients. Freeze. Serves 12 to 15. The colors make this a good salad for Christmas entertaining.

FROZEN FRUIT SALAD

Willie Dallam

- | | |
|---------------------------|---------------------|
| 1 c. mayonnaise | 1 c. diced apricots |
| 1 8-oz. pkg. cream cheese | 1/2 c. maraschino |
| 2 Tbsp. powdered sugar | cherries |
| 1 c. diced pineapple | 1 c. whipping cream |

Blend mayonnaise and cream cheese. Add sugar and fruits. Fold in whipped cream. Pour into 6 or 8 molds and freeze until firm.

PINEAPPLE-CREAM CHEESE MOLDED SALAD

Barbara Gilmore

- | | |
|-------------------------------|----------------------|
| 1 pkg. lime jello | 1 c. hot water |
| 4 oz. pkg. cream cheese | 1 c. pineapple juice |
| 1 small can crushed pineapple | |

Dissolve the lime jello in hot water, add pineapple juice, and let cool. Whip cream cheese with a fork until soft and creamy. Add drained pineapple and beat again. Add cooled jello and pour into molds to set.

TANGY FRUIT CUP

Liz Cox

- | | |
|----------------------|-----------------------------|
| 1 pkg. lemon koolade | 1 bottle (12 oz.) gingerale |
| 2 Tbsp. sugar | 4-6 c. mixed fresh fruits* |

Dissolve lemon koolade and sugar in ginger ale. Pour over fruits. This may be mixed ahead of time and kept chilled in the refrigerator without fruits

darkening (actually it is better to let it marinate).
*sections from oranges, grapefruits, diced apples,
sliced bananas, grapes, strawberries, sliced peaches,
melon balls are good suggestions.

MARSHMALLOW FRUIT SALAD Esther M. Riggs

1 lg. can fruit cocktail	1 c. chopped nuts
1 small jar cherries	1 pkg. miniature marsh-
1 large carton sour cream	mallows

Drain fruit cocktail well, put in bowl. Add sour cream Mix well. Add marshmallows. Make sure sour cream covers well. Add nuts and mix well, cut cherries in half and top with nuts. Chill for 24 hours. Serves 6.

CRANBERRY JELLO SALAD Sue Woods

1 pkg. cherry jello	1 c. crushed pineapple
1 pkg. gelatin	1 c. ground cranberries
3/4 c. water	1 orange, ground
1 c. sugar	1 c. diced celery
1 Tbsp. lemon juice	1/2 c. nuts

Grind cranberries and orange. Pour sugar over them and let set. Mix other ingredients and add to ground cranberries and orange. Be sure to melt gelatin in part of the hot water and jello with the rest. Place in refrigerator to set.

CRANBERRY SALAD Jackie Jacobs

1 lb. cranberries, fresh	1 1/2 c. sugar
and ground	1 small can crushed pine-
1 lb. marshmallows, cut-up	apple
or miniature	1 pint whipping cream

Combine ground cranberries and sugar. Mix marshmallows, and crushed pineapple in. Whip cream, add and let stand in refrigerator 12 hours or more before serving. Add chopped nuts if desired. Makes 15 to 20 servings.

CRANBERRIES

Genny Crowder

- 1 can whole cranberry sauce, 1/2 lb. marshmallows,
drained cut up
- 1 can crushed pineapple, drained
- 1/2 pt. whipped cream

Mix cranberries, pineapple and marshmallows and let stand in refrigerator overnight. Next morning add whipped cream. Let stand in refrigerator as long as possible.

ORANGE MANDARIN MOULD

Georgie Van Sickle

- 2 pkg. orange jello
- 1 pt. orange sherbet
- 2 c. hot water
- 2 cans mandarin oranges

Mix altogether at once and pour into a mould.
Chill.

FIVE CUP SALAD

Janet Tonnesen

- 1 c. mandarin oranges
- 1 c. coconut
- 1 c. pineapple tidbits
- 1 c. commercial sour
- 1 c. salad-size marsh- cream
mallows

Drain oranges and pineapple. Combine with other ingredients. Refrigerate.

STRAWBERRY LEMON JELLO MOLD

Joanne Martin

- 1 pkg. lemon jello
- 1 small can crushed pine-
- 1 1/2 c. hot water apple, drained
- 1 small pkg. frozen straw- 1/2 pt. sour cream
berries

Mix together and chill until set.

AVOCADO PINEAPPLE SALAD

Jane Straub

Dissolve 1 pkg. lime jello in 1/2 cup hot water, allow to thicken slightly and then beat until thick and creamy, add:

- 1 pt. sour cream
- #2 can crushed pineapple

1/2 c. chopped cashew nuts

1 c. diced avocado

Chill until set in individual molds or ring mold,
serve with dab mayonnaise.

WHITECAP RASPBERRY MOLD

Jo Winn

Fluffy cream cheese and lemon crown makes the
dressing for this fruity salad dessert.

Cheese Layer:

1 pkg. (3 oz.) lemon-flavor
gelatin

1 c. boiling water

1 pkg. (8 oz.) cream
cheese

2 egg yolks, slightly beat-
en

Fruit Layer:

2 envelopes unflavored
gelatin

1 1/2 c. water

1 can (6 oz.) frozen con-
centrate for grape lemon
punch

2 egg whites

1 c. fresh red raspberries
or 1 pkg. frozen red
raspberries (thawed
and drained)

1. Make cheese layer: Dissolve lemon-flavor gelatin in boiling water in medium size saucepan. Slice and blend in cream cheese, add egg yolks, stirring until completely smooth.
2. Pour into a 10 cup mold, place in large bowl filled with ice and water to speed setting. Chill 20 minutes or just until mixture is set but still sticky-soft (important to have layers stick together).
3. While cheese layer sets, make fruit layer, soften unflavored gelatin in water in top of double boiler. Heat slowly over direct heat, stirring constantly until gelatin dissolves, stir in frozen grape lemon punch until melted.
4. Fill bottom of double boiler with ice and water, set top over bottom and chill mixture, stirring constantly, 2 minutes or just until as thick as unbeaten egg white. (Watch closely as it thickens fast.)
5. Stir in unbeaten egg whites, still keeping top over ice and water. Beat vigorously with electric or rotary beater until mixture doubles in volume and

- starts to hold its shape. (should take about 3-5 minutes)
6. Fold in raspberries, spoon carefully over sticky-soft cheese layer. Chill 6 hours, or overnight until firm.
 7. To unmold run a sharp knife around top of mold then dip very quickly in pan of hot water. Invert onto serving plate. Very pretty with honeydew balls, raspberries and mint leaves around base of mold.

Serves 8 to 10.

Write your extra recipes here:



NATIVE ALEUTIAN FARE



and

Sea Food



NATIVE ALEUTIAN FARE and SEAFOOD

NATIVE ALEUTIAN FARE

Ethel Hogge

CRAB DISHES

To begin, your husband must be interested in the outdoor life and have lots of patience. It takes some kind of crab trap, it doesn't really matter what kind of trap just so long as the bait can't float away and your husband is satisfied that it is the best type of trap. The trap only keeps the bait so the crabs can get to it. The size, shape, weight or type is purely up to the husband, not the crabs; they don't seem to have the slightest preference.

When he drags the wiggling things into the kitchen and proudly exclaims that he has made a great catch, just tell him to clean them and to place the meat in the refrigerator but for gosh sakes to be careful about leaving fibers, bits of shell and grit scattered throughout the meat. The meat is really good and succulent and is excellent for making many dishes. But first let me tell you how he cleans them. While they are still alive, he removes the backs. These I carefully scrub out with a brush and dry thoroughly for future use with deviled crab. Next he removes the fiber fingers (deadman) and the residue underneath, then the flap on the bottom gets torn off; a little rinsing with clean water, and the thing is ready for the steamer. The steamer is really a magnificent creation, a lid or two from coffee cans are placed in the bottom of a pot. Water is added so that it will not quite cover the tops of the coffee can lids, then the cleaned crabs are placed into the pot and the tight cover put in place. Any type steamer will do just so the crabs are not in the water. Some prefer to use a deepwell, so that the crabs are on the rack with about one inch of water below. Let the water come to a boil and steam the whole works about 30 minutes. The only thing left to be done is to remove the meat from the shell. This is the most unpleasant part of the whole operation, but the effort is well rewarded. Place the meat in beer cans (tightly packed) and freeze. When frozen, cover with water and leave in freezer for long storage.

CLAMS -

In order to clean a "cockrel" (clam) for freezing -- you must open the shell with a case or an oyster knife (being careful not to cut the meat), sever the tough sections that holds the two half-shells together real close to the shell (this is called the heart). Remove the clam, proceed as follows:

- a. With a pair of scissors, slit open the foot.
- b. Remove all the dark colored fat and plankton.
- c. With the scissors, remove the external section that surrounds the intake and exhaust siphones.
- d. Rinse thoroughly under running water; make certain that all sand and grit is washed away.
- e. Place in beer cans and freeze, leave 1/3inch space for expansion. When frozen, cover with water and keep in deep freezer.

One bucket of "cockrels" yields 5 beer cans of clam meat. One can of frozen clam meat yields 20 clam patties.

If care is used when freezing the clams and the feet are placed in one can and the remainder is placed in another, the feet may be ground and used for clam patties, the remainder is excellent for frying (it is more tender when fried than the feet). In some sections of the States, the feet are referred to as the "dredge".

We have eaten and enjoyed clams that have been frozen and kept in the deep freezer for 30 months. The usual freezer book says "seafood can only be kept a few weeks" -- this is not so, unless the seafood is merely wrapped and frozen. The secret is to freeze it in beer cans and after it is frozen solid, cover with water and refreeze; this seals the seafood from the air and the deterioration is very slow. Remember the frozen animals that have been found in the Arctic regions -- they are edible after having been frozen for thousands of years.

SALMON

The salmon fisherman is not what the general public has been given to understand. He is depicted as the "man against the sea" or some such similar phrase, which adds glory to the art of enticing a salmon into the bake oven or into the frying pan. In the great "Aleutian Chain" the salmon is not quite the sport fish that is encountered elsewhere. Up here the only salmon that are available to the fisherman are the ones that are bent only on laying eggs or fertilizing them in the extremely shallow water of

one of the local creeks and cast a "single hook fly" into the flowing water. An average of ten casts will usually produce a salmon of keeping-quality during the proper season. Salmon may be prepared in any of the conventional "whole fish" recipes.

REINDEER

The major impedance to fulfilling recipes calling for this unusual item is the art of obtaining the meat itself. About once a year the local tug goes to Atka to take the yearly contribution of clothes for the native Aleuts. If you are fortunate enough to make this trip you are almost certain to return with at least two reindeer. This certainly is not due to the ease with which they are obtained but due solely to the abundance of reindeer on the Island of Atka. The meat is such that it is used as if it were Stateside deer meat. If you are not lucky enough to get a ride over on the tug, the Reeve Aleutian Airways (free plug) will be more than glad to sell you a roundtrip ticket to Atka. This runs into a few bucks, but for the sake of obtaining wildlife, who cares. The reindeer make excellent steaks, roasts and chili; in fact, you can use it for anything that you can use deer meat for, when it is available.

CRAB CURRY

Jo Winn

4 Tbsp. butter	black pepper to taste
3 Tbsp. flour	2 1/2 c. milk
1 Tbsp. curry powder	2 lb. freshly cooked crab
1/4 tsp. salt	meat (Adak style)

Melt butter in saucepan and add flour mixed with seasonings. Blend to a smooth paste and then add milk, stirring constantly until the sauce is smooth and glossy.

Add crab meat to sauce and keep over heat until crab is thoroughly heated. Serve over a mound of hot cooked rice (on hot plates). Pass a divided condiment tray containing freshly shredded coconut, blanched sliced almonds, dried raisins or currants, some crisply fried bacon, minced and drained, hard cooked egg, chopped fine, and English chutney -- all served over the crab curry.

KING CRAB LEGS

Helen Bakutis

Steam crab legs or cook in a mixture of beef, water, vinegar and a handful of seafood seasoning. Break legs at joints; with kitchen shears, cut off the tops of the shell so that meat is exposed on one side (like broiled lobster). Take meat out of remaining boat-like shell and remove vein-like bone. Place meat back in shell and cut through meat at one inch intervals. Sprinkle mixture of melted butter, lemon and bread crumbs over top. Put legs in broiling pan (without rack) and broil 5 to 8 minutes, till brown and heated through. Serve with drawn butter and lemon as an added touch.

DEEP-FRIED CRAB (A la Adak)

Beverly Will

Mix:

1 c. pancake mix
1 c. milk

2 doz. crab legs or whole
chunks

Dip crab in batter and deep-fry until golden brown in hot grease about 10 to 15 minutes. Serve with french fries and salad.

KING CRAB FONDUE

Mary Margaret McKee

2 cans frozen shrimp soup
2 lb. Old English cheese

1/4 c. sherry wine
2 c. diced crab meat
(thawed -- press out
excess moisture)

Place thawed soup and cheese in a double boiler. Cook slowly until well blended. Add crab meat and sherry. Place in chafing dish. Use potato crackers for scoops. This may be thinned with sherry and served over rice.

CRAB MEAT ANDALOUSE

Mary Margaret McKee

1/2 c. mayonnaise or salad
dressing
1/2 c. chili sauce
1 tsp. prepared mustard
1/2 tsp. celery salt

2 c. diced or flaked cooked
crab back fin of reg-
ular blue point crab or
King crab)
4 slices bacon, cooked
diced pimento (optional)

Blend first four ingredients. Spoon crab meat into 4 shells or ramekins; top with bacon. Cover with sauce. Place under broiler until bubbly and glazed. Garnish with diced pimento. Serve immediately. Makes four servings.

KING CRAB--TEMPURA

Robert McKee

1/2 c. Bisquick	1/4 tsp. salt
3/4 c. milk	1 lb. King crab meat --
1 large egg	use solid meat and cut
	in 1 1/2" long pieces

Completely thaw crab and press out moisture. Mix batter. Dredge meat in flour; dip lightly in batter. Deep fry at 400 degrees until golden brown. Serve with drawn butter or cocktail sauce. This same batter may be used with shrimp, solid fish, or oysters.

HOT CRAB SOUFFLE

Submitted by "An Angel-1"

8 slices of bread	diced pimento (optional)
2 c. crab meat (2-7 1/2 oz.	3 c. milk
cans or fresh cooked crab)	4 eggs
1/2 c. mayonnaise	1 c. chopped celery
1 chopped onion	2 cans mushroom soup
1 chopped green pepper	1/2 c. grated cheese

Dice half of bread into a baking dish. Mix crab, mayonnaise, onion, green pepper, celery and spread over diced bread. Trim crust from remaining four slices of bread and place over crab mixture. Mix eggs and milk together and pour into baking dish. Place in refrigerator overnight. Bake in 325 degree oven for 15 minutes. Take from oven; spoon soup over top and top with cheese and paprika to add color. Bake for 1 hour in 325 degree oven. This makes 10 servings. Fruit gelatin mold, hot rolls and this is a fine luncheon.

KING CRAB SUPREME

Mary Margaret McKee

2 cans cream of mushroom soup	2 diced pimentos
1 can cream of celery soup	1 can water chestnuts,
1 large diced green pepper	cut in half
	4 c. crab meat
	1/4 c. sherry

If frozen crab is used, thaw completely and press moisture out. Use solid meat and dice into 1 inch pieces. Blend soups; add all other ingredients. Fold in crab meat to avoid breaking solid meat. Heat very slowly -- do not boil. Add sherry just before serving. Serve over rice. Makes 4 to 6 servings.

CRAB CAKES

Joanne Martin

1 c. crab meat	1/2 tsp. salt
1 tsp. mayonnaise	1 egg, beaten
1/2 c. flour	3/4 tsp. baking powder

Mix crab meat with mayonnaise and egg. Mix separately flour, baking powder and salt. Combine and form patties or drop by spoonful into hot fat.

SPAGHETTI CRAB SAUCE

Irene Ford

1/4 c. salad oil	1 tsp. chopped parsley
1/2 c. chopped onion	1 tsp. chopped celery
1 tsp. finely chopped garlic	

Heat oil in saucepan; add onion, garlic, parsley, and celery. Stir until golden brown. Stir in:

1 c. tomatoes	2 tsp. salt
1 c. tomato sauce	1 tsp. black pepper
1 1/2 c. water	1/2 tsp. paprika

Cover and simmer for one hour. Just before serving time stir in 1 lb. fresh or canned crab and simmer for 5 minutes. Serve over spaghetti and garnish with grated cheese.

CRAB MEAT SOUFFLE

Ann Morrissey

3 Tbsp. margarine	3 egg yolks
1/4 c. flour	1 c. cooked crab meat, flaked
1/4 tsp. salt	1 tsp. lemon juice
1/8 tsp. white pepper	3 egg whites, beaten
1 c. milk	

Make a white sauce of the margarine, flour, salt, pepper and milk. Set aside to cool. When cooled, stir in egg yolks. Mix in crab meat and lemon juice. Fold in

b beaten egg whites. Place in ungreased baking dish and bake at 350 degrees for 40 minutes or until knife comes out clean when thrust into the center. Makes six servings.

CASSEROLE OF BAKED CRAB IMPERIAL

Marilyn M. DeMarche

4 Tbsp. butter	1 egg yolk, beaten
4 Tbsp. flour	2 Tbsp. sherry
2 c. milk	1 c. soft bread crumbs
1 tsp. salt	1 lb. crab, flaked
1/8 tsp. pepper	1 tsp. minced parsley
1/2 tsp. celery salt	1 tsp. minced onion
dash of cayenne	1/4 c. buttered crumbs
paprika	

Melt butter or margarine, add flour and blend; gradually add milk and seasonings and cook over low heat, stirring constantly, until thickened. Gradually add egg yolk and cook 2 minutes more. Remove from heat and add sherry, soft bread crumbs, crab meat, parsley and onion. Gently mix and pour into well greased 1 1/2 qt. casserole. Top with buttered crumbs and sprinkle with paprika. Bake in hot oven, 400 degrees, 20 to 25 minutes. Yield: 6 portions.

DEVILED CRAB

Jack Roberts

Blend together in saucepan over low heat:

1 Tbsp. Worcestershire sauce
3 drops tabasco
1 Tbsp. prepared mustard
2 Tbsp. each finely chopped parsley, chives, onion
3 Tbsp. chopped green pepper

Add this to 1 cup thick rich cream sauce - season to taste with salt and white pepper. Add 3 chopped, hard cooked eggs and 1 lb. crab meat. Mix well and divide among 6 crab shells. Sprinkle each with sifted bread crumbs. Top each with pat of butter. Brown shells in oven (hot) or under flames of broiler. Serve piping hot.

KING CRAB DIVAN

Georgie Van Sickle

- 2 pkg. frozen broccoli or asparagus
- 2 cans condensed cream of chicken soup
- 3 tsp. lemon juice

- 1 c. heavy cream (whipped)
- 1 c. grated Parmesan cheese
- 3/4 c. mayonnaise
- 2 lbs. King Crab meat

Cook vegetable until tender. Drain and place in bottom of 4 qt. casserole. Combine soup and lemon juice. Pour 1/2 soup mix over vegetable and sprinkle with 1/3 cup cheese. Top with crab meat and pour remaining soup mix over crab and sprinkle 1/3 cheese on top of soup. Bake in 400 degree oven 25 minutes. Fold whip cream into mayonnaise and spread on top. Top with remaining 1/3 cup cheese. Broil 2-3 minutes or until golden brown. Serves 8.

CRABMEAT MAYLIE

Nancy Hoyer

- 2 Tbsp. butter
- 1 small green pepper, cut in thin strips
- 3 or 4 green onions, sliced thin
- 1 2-oz. can sliced mushrooms
- 3 Tbsp. butter
- 4 Tbsp. flour

- 1 1/2 c. milk
- 1/2 tsp. salt
- 1/8 tsp. white pepper
- 1/2 c. white wine
- 2 6 1/2 oz. cans flaked crabmeat
- 1 medium tomato, peeled and diced
- 1/2 c. grated Parmesan cheese

Saute green pepper and onions in 2 Tbsp. butter until tender. Add mushrooms. Saute until heated through. Melt 3 Tbsp. butter over simmer flame, add flour and mix thoroughly. Turn off flame. Stir in milk. Turn flame to medium and cook, stirring constantly, until smooth and thickened. Season with salt and pepper. Combine crabmeat, cream sauce, sauteed vegetables and wine. Place in oiled 1-qt. shallow casserole. Top with diced tomato and grated cheese. Bake in oven at 350 degrees for 45 minutes or until browned and bubbly. Serves 4-6.

CRABMEAT CASSEROLE

Pam Crews

- 1 lb. fresh crabmeat

Place in a bowl and add:

2 chopped hard-cooked eggs	3 Tbsp. lemon juice
1/2 c. mayonnaise	2 Tbsp. Worcestershire
1/4 c. boiled salad dressing	sauce
1 grated onion	1 Tbsp. prepared mustard
1/2 c. chopped parsley	3 Tbsp. chicken broth or
	sherry

Toss 1 1/2 cups fresh bread crumbs with 3 Tbsp. melted butter. Add 1/2 cup to the crab mixture. Turn into a buttered 2-quart casserole and sprinkle with remaining crumbs. Bake at 350 degrees for 45 minutes or until casserole is bubbling. Serves 6.

DEVEILED CRAB AND CORN CASSEROLE

Barbara Clampet

4 Tbsp. (1/2 cube) butter	1 c. crab meat
2 Tbsp. flour	2 hard cooked eggs,
1 tsp. prepared mustard	finely chopped
1/2 tsp. Worcestershire	1 can whole kernel corn
sauce	with green and red
1/2 tsp. horseradish	peppers
1 Tbsp. lemon juice	salt and pepper to taste
1/2 tsp. monodosium gluta-	1/2 c. buttered soft
mate	bread crumbs
1 c. milk	1/2 c. grated Parmesan
	cheese

Melt the butter, blend in flour and seasonings. Add milk gradually, stirring constantly, until thickened. Carefully mix in crab meat, eggs and corn, and season to taste. Turn into buttered medium sized casserole and top with the buttered crumbs and cheese. Bake in a hot oven (400 degrees) for 15 minutes or until browned lightly on top.

BAKED CRAB MEAT AND RICE

Willie Dallam

1 1/2 c. cooked fluffy rice	3/4 c. sour cream
1 green pepper, chopped	8 stuffed green olives
1/2 c. onion	1 lb. crab meat, flaked
4 Tbsp. butter	1 c. cooked peas
salt and pepper	1/4 c. American cheese
1/8 tsp. cayenne pepper	1/4 c. dry bread crumbs
1 c. tomato sauce	

Saute the pepper and onion in the butter until tender. Mix the seasonings with the tomato sauce and sour cream. Combine all ingredients with rice and crab meat. Put in greased baking dish and sprinkle top with the mixed grated cheese and crumbs. Bake 20 minutes at 375 degrees.

SHRIMP AND SCALLOP GRUYERE

Marian Tate

3/4 c. butter	2 tsp. tomato paste
3/4 c. flour	3 tsp. lemon juice
3 c. milk	2 lb. raw scallops
12 oz. Swiss Gruyere cheese	2 lb. cooked shrimp
1/4 tsp. garlic powder	1/2 to 1 lb. mushrooms
3 tsp. salt	2 Tbsp. green pepper
1/4 tsp. pepper	1/4 tsp. dry mustard

Make cream sauce in double boiler (butter, flour, milk). Cut cheese in. Cook and stir until cheese is melted. Add next six ingredients. Cut scallops in bite size pieces and poach for 10 minutes. Add 1/2 cup scallop broth to cream sauce. Saute mushrooms. Drain scallops thoroughly. Add shrimp, scallops, and mushrooms to sauce. Heat 15 minutes. Garnish with green pepper which has been sauteed in butter. Serve with rice. Serves 10.

CRABMEAT LUNCHEON DISH

Jere Lee Kierland

1 lb. crabmeat	1 1/2 c. half and half
3 Tbsp. butter	1 Tbsp. chopped parsley
3 Tbsp. flour	1 egg, beaten
1 tsp. salt	1 Tbsp. lemon juice
1/4 tsp. pepper	1/2 c. crushed corn
dash each of paprika and nutmeg	flakes or bread crumbs
1 tsp. sugar	1 tsp. dry mustard

In double boiler combine melted butter, flour, sugar and seasonings. Gradually stir in half and half. Stir until thick. Add parsley, egg, lemon juice. Cook a few minutes and remove from heat. Stir in crab. Put in shallow baking dish, top with corn flakes. Bake 30 minutes at 350 degrees. Serves four.

SHRIMP CREOLE

Sue Woods

1/4 c. diced green pepper	1/4 tsp. Worcestershire
1/2 c. diced celery	sauce
1 Tbsp. flour	1 1/3 c. minute rice
1/2 tsp. salt	1/4 minced onion
1 tsp. sugar	3 Tbsp. melted butter
dash of pepper	1 3/4 c. canned to-
1 1/2 c. (3/4 lb.) cleaned	matoes or part tomato
cooked shrimp	sauce
	1 bay leaf
	small sprig parsley

Saute green pepper, onion, celery in butter in saucepan until tender, about 5 minutes. Add flour and blend well. Add tomatoes gradually, stir constantly. Add salt, pepper, sugar, bay leaf, parsley. Cook gently for 30 minutes; remove bay leaf and parsley. Add shrimp and Worcestershire sauce, keep warm while preparing rice.

LOW-CALORIE SHRIMP CREOLE Genny Crowder

1 1/2 lb. deveined, shelled	1/2 tsp. salt
shrimp	dash of pepper
1/2 c. minced onion	dash of cayenne pepper
1 clove garlic, crushed	pinch of oregano
1 Tbsp. salad oil	pinch of basil
1 c. tomato sauce	
2 fresh tomatoes, peeled and cut into pieces.	

Brown the onion and garlic in oil. Add the shrimp and saute for a few minutes. Add tomato sauce, tomatoes, salt, pepper, cayenne, and herbs. Cover and simmer for 15 minutes. Serve in ramekins or with rice if you wish. Omit the oil and simmer the shrimp in tomato sauce with onion, garlic and seasonings if you want a fat-free dish. Makes four servings.

SALMON CHAMBORD

Jack Roberts

Slice center section of a fresh salmon 1 1/2 inches thick, remove skin. Marinate the slices 2 hours in mixture of half tarragon wine vinegar and half white wine, to cover, seasoned with a few drops of Worcestershire sauce, salt and freshly ground

pepper.

Dry slices with a towel, lay them in well buttered, shallow earthenware baking dish, and spread them with a well seasoned, thick tomato puree.

Sprinkle lightly with grated Parmesan cheese. Fill baking dish to half the thickness of salmon slices with the marinade and bake in 325 degree oven for 30 minutes. Serve with Hollandaise sauce or sauce Bearnaise.

SALMON PIE

Fern Ronan

1 box pie crust	salt and pepper
4-5 potatoes	1 or more cups salmon
3 Tbsp. minced onions	

Make 2 crust 9 inch. Cook and mash potatoes with butter and lots of milk. Add 1 or more cups of cooked salmon, onions and salt and pepper to taste. Mash all ingredients and line pie. If too dry, add white sauce to moisten. Bake in 350 degree oven about 30 minutes or until brown.

SEASIDE SUPPER

Barbara Gilmore

2 med. (1 c.) potatoes, boiled and sliced	3/4 tsp. salt
4 hard cooked eggs, sliced	1/16 tsp. cayenne pepper
1 can (1 lb.) salmon, drained	1 can cream of mushroom soup
2 Tbsp. chopped parsley	2 c. milk
3 Tbsp. margarine	biscuit mix
3 Tbsp. flour	

Place potatoes, eggs, salmon, and parsley in alternate layers, in a 2 1/2 qt. casserole. Melt margarine; add flour, salt and pepper. Stir until smooth. Add soup and milk. Bring to a boil, stirring constantly. Pour over ingredients in casserole. Top with rounded Tbsp. of biscuit mix. Bake at 425 degrees for 25 to 30 minutes. Serves 8 to 10.

SALMON BURGERS

JoAnne Ashton

1 lb. can salmon	1/4 c. chopped parsley
1/2 c. chopped onion	1 tsp. powdered mustard
1/4 c. butter or other fat, melted	1/2 tsp. salt
	6 round buttered buns

1/3 c. salmon liquid lemon wedges
 1/3 c. dry bread crumbs (another 1/2 cup for rolling
 burgers in)
 2 eggs, beaten

Drain salmon, reserving liquid. Flake salmon. Cook onion in butter until tender. Add salmon liquid, 1/3 cup crumbs, egg, parsley, mustard, salt, and salmon. Mix well. Shape into 6 cakes and roll in crumbs. Place cakes in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at medium temperature. When cakes are brown on one side, turn carefully and brown on other side. Cooking time 5 to 8 minutes. Drain on absorbent paper. Place cakes in buns. Serve with lemon wedges. Serves 6.

SALMON LOAF

Marilyn M. DeMarche

1 c. flaked salmon	lemon juice
1 c. bread crumbs soaked in	
1 c. scalded milk	1 Tbsp. butter
1 tsp. salt	2 egg yolks
1/2 tsp. onion, chopped	2 egg whites, beaten stiff

Combine all except egg whites. Beat whites stiff and put in last. Bake at 350 to 375 degrees for 45 minutes. Extra good served with white sauce or Hollandaise sauce.

ALASKA NUGGETS (Salmon Balls) Elenore Bafus

1 lb. can salmon	1/4 tsp. salt
1 Tbsp. minced onion	1/8 tsp. Worcestershire
1 Tbsp. minced celery	1 egg, beaten
1 Tbsp. butter	1/4 lb. cheddar cheese
1/2 c. mashed potatoes	1 c. dry bread crumbs

Drain salmon and flake. Saute celery and onions in pan over low heat. Combine fish and potatoes and blend well. Add celery - onion mixture, seasonings and eggs. Mix thoroughly. Roll mixture into balls the size of walnuts. Cut cheese in 1/4 inch cubes. Push one piece of cheese into the center of each fish ball and reshape by rolling in hands. Roll in bread crumbs and fry in deep fat - 375 degrees - until golden brown.

BAKED LOBSTER SAVANNAH

Bob Begg

Select a lively 2 pound lobster per person. Plunge lobster into boiling salted water, cover and boil 25 minutes. Then remove and allow to cool. Cut off the claws and legs so that only the body of the lobster is left. Hold the lobster with its top side up, and using kitchen shears, cut an oval opening in the top of the shell, from the base of the head to the tail. Remove all the meat from and body and claws - cube.

For 2 lobsters, cook 1/4 cup diced green pepper and 1/2 cup sliced fresh mushrooms in 3 Tbsp. butter until tender; blend in 2 Tbsp. flour. Add 1 cup milk, and cook, stirring constantly, till mixture thickens and bubbles. Add 1/4 cup sherry, 1 tsp. paprika, and salt to taste; continue to cook 5 minutes. Add the lobster meat and 2 Tbsp. diced pimento. Pile filling back in lobster shells, dust generously with grated cheese and fresh bread crumbs. Bake at 375 degrees 15 minutes to brown.

(1 pint of crabmeat can be substituted for lobsters).

CHIOPPINO ROBERTINO (Serves 4)

Jack Roberts

This is a fish medley served in soup bowls and accompanied with toasted french bread slices that are dipped into the completed medley, together with a tossed green salad and a bottle of white wine. You may use any firm fish but shellfish such as shrimp, crab, clams or lobster make for better results. The shellfish should be pre-cooked prior to adding to the sauce and if using frozen crab be sure all water has been pressed out of the meat.

1 large onion
1 clove garlic
1/2 c. olive oil
1/2 c. dry white wine
1 large can packed tomatoes
1/4 can tomato paste
2 cans tomato sauce
1/2 c. water
1/2 bay leaf

1/2 tsp. thyme
1/2 tsp. marjoram
1 tsp. parsley
1 tsp. salt
1/8 tsp. pepper
shrimp
crab
clams
lobster

Mince onion and garlic - saute slowly in olive oil for 20 minutes. Add wine and continue cooking 10 more minutes. Pour off liquid from packed tomatoes and set aside (it may be added later if sauce thickens too much). Add tomatoes and mash as well as you can. Add tomato paste, tomato sauce and 1/2 cup water - stir well and add seasonings and herbs. Cook slowly 1 hour, stirring frequently. Add pre-cooked any combination of shellfish in amounts of your own choosing (in cooking for 4 we usually use 2 1/2 lb. pkg. shrimp and 1 to 1 1/2 lbs. crab). Let this simmer until desired degree of heat is reached - serve hot with plenty of napkins or large bib and let your guests dive in with the french bread.

TUNA ITALIAN

Genny Crowder

1/2 c. chopped onion	1 3-oz. can broiled,
1 can condensed cream of	sliced mushrooms,
mushroom soup	drained
1 6-oz. can evaporated milk	1/2 c. chopped ripe olives
1/3 c. grated Parmesan	2 Tbsp. minced parsley
cheese	2 tsp. lemon juice
1 7-oz. can tuna	6 oz. noodles, cooked
	and drained

Cook onions in a small amount of hot fat until tender but not brown. Add soup, milk and cheese. Heat and stir. Break tuna into chunks; add with remaining ingredients. Pour into greased 2 quart casserole. Sprinkle with additional Parmesan cheese and paprika. Bake in moderate (375 degree) oven for 20 to 25 minutes. Top with minced parsley and ripe olive slices.

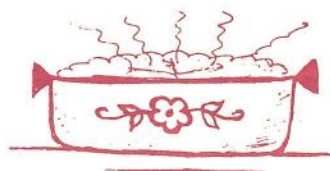
Write your extra recipes here:

Write your extra recipes here:



MAIN DISHES

*Meat, Poultry
and Casserole*



MAIN DISHES--
MEAT, POULTRY, CASSEROLE

TURKEY SOUFFLE

Nancy Hanke

6 slices white bread	dash pepper
2 c. diced cooked turkey	2 beaten eggs
1/2 c. chopped onion	1 1/2 c. milk
1/2 c. chopped green pepper (optional)	1 can cream mushroom soup
1/2 c. mayonnaise	1/2 c. sharp cheese (optional)
3/4 tsp. salt	

Cube 2 slices of the bread and place in bottom of 8 x 8 x 2 greased baking dish. Combine turkey and vegetables, mayonnaise, seasonings. Spoon over bread cubes. Trim crusts from remaining slices and arrange over turkey mixture. Combine eggs and milk and pour over all. Spoon soup over top and bake in slow oven, 325 degrees, about 1 hour. Sprinkle cheese over top the last few minutes of baking. Serves 6.

BARBECUED CHICKEN CUBAUA

Mildred Roberts

Place split broilers in marinating pan. Drench with lime juice. Sprinkle Worcestershire sauce over all. Place thinly sliced onion on each broiler. Dot this with Worcestershire sauce. Marinate 2 to 3 hours. Salt and pepper.

Barbecue and turn frequently - (B.Q. available at Navy Exchange). Baste with juices from pan. (you might add a little paprika to hasten browning). These hold in oven very well if turned with wooden fork and spoon so as not to puncture skin of chickens.

CHICKEN TETRAZZINI

Nancy Hoye

2 chicken bouillon cubes	dash nutmeg
2 c. hot water	dash paprika
1 8-oz. pkg. thin spaghetti	1 tsp. lemon juice
2 Tbsp. butter	1 1/2 c. milk
2 Tbsp. flour	1 c. sour cream
1/2 tsp. salt	2 c. diced cooked chicken
1/2 tsp. pepper	1 4-oz. can sliced mush- rooms, sauteed
1/8 tsp. cayenne	2 Tbsp. minced onion
1/2 tsp. celery seed	

1/2 c. grated cheese, Parmesan 4 Tbsp. minced parsley
1 diced pimiento

Place bouillon cubes in hot water and stir over low heat until completely dissolved. Cook spaghetti in bouillon until done. Set aside and keep warm. Melt butter and blend with flour and seasonings. Add remaining ingredients, one at a time, blending each in well. Cook over low heat, stirring often, until mixture has boiled about 5 minutes. Stir in spaghetti and remove mixture to large casserole. Sprinkle cheese on top and bake in moderate oven (350 degrees) 30-45 minutes or until golden brown and bubbling hot. Serves 6.

CHICKEN CURRY (Indian)

Mary Radell

meat from one raw chicken, cut into 3/4" cubes	2 cloves garlic, grated
1/4 c. fat	1 tsp. chili powder
3 medium onions, shredded	1/4 tsp. pepper
1/2 tsp. salt	1/2 pt. sour cream
3/4 tsp. curry powder	2 large fresh or canned tomatoes

1. Melt fat in heavy skillet. Add onions and cook until they become yellow and translucent.
2. Add garlic and spices and cook about 5 minutes.
3. Add one tomato and half of sour cream and heat until most of the water is evaporated (5-8 minutes).
4. Add diced chicken. Stir occasionally until meat is slightly browned (30-40 minutes).
5. Add remaining tomato and sour cream. Cook on low heat until the chicken is done (about 15-20 minutes).
Water may be added if necessary.

Yield: 3-4 servings.

SOUTH SEAS CHICKEN

Georgie Van Sickle

1 1/3 c. pre-cooked rice	2 tsp. soy sauce
1/2 tsp. salt	1/8 tsp. pepper
1 1/2 c. boiling water	1/2 tsp. salt
3 Tbsp. butter	2 c. diced cooked chicken
1 c. diced celery	1 Tbsp. lemon juice
3/4 c. sliced green pepper	1 1/2 c. shredded coconut
3/4 c. drained pineapple chunks	

2 Tbsp. flour
1 c. chicken stock

1/2 c. pineapple juice

Add rice and 1/2 tsp. salt to boiling water in saucepan. Mix first to moisten all the rice. Cover and remove from heat. Let stand 15 minutes. Meanwhile, melt butter in saucepan. Add celery, green pepper and pineapple chunks. Saute 5 minutes. Stir in flour. Add chicken stock, pineapple juice, soy sauce, pepper and 1/2 tsp. salt. Cook, stirring until mixture is slightly thickened. Add chicken and lemon juice; heat. Arrange on rice and sprinkle with coconut. Serves four.

CHICKEN WITH WINE

Annette Perdue

3/4 c. cooking oil
4 lb. tender chicken, cut
into pieces
3/4 c. flour
2 tsp. salt
1/8 tsp. pepper
2 Tbsp. flour

1/2 c. chicken stock
1/2 c. dry white wine
1 6-oz. can tomato paste
1 herb bouquet (see below)
1 clove garlic, chopped
fine
1/2 lb. mushrooms

Heat oil in deep skillet. Place 3/4 cup flour, salt pepper in paper sack with chicken pieces. Shake to coat chicken that has been dampened slightly under water faucet. Brown chicken pieces in oil. Remove from skillet. Pour off all but 4 Tbsp. fat. Stir in 2 Tbsp. flour and moisten with chicken stock and wine. (You may omit chicken stock; increase wine to 1 cup and add 1 or 2 chicken bouillon cubes.) When blended, add tomato paste, herb bouquet, garlic, and fresh mushrooms which have been washed and cut in pieces. (May substitute 1 large can mushrooms for fresh ones) Replace the chicken. If the sauce looks too thick now and won't cover the chicken add a little more chicken stock, wine, water or liquid from mushrooms if canned ones were used. Cover and cook very, very slowly on simmer for 1 to 1 1/2 hours or until chicken is tender. Remove herb bouquet, place chicken on hot platter and pour sauce over it. Serves 5 or 6.

Herb Bouquet: Don't skip this part -- you need it. Take 4 Tbsp. parsley, 1 Tbsp. thyme, 3 bay leaves

and tie together in a small piece of cheese cloth. Remove before serving.

CHICKEN CASHEW CASSEROLE

Dot Crane

1 stewing chicken	1 large can chow mein
2 cans cream of chicken soup	noodles
1 c. milk	1 small pkg. cashew nuts

Stew chicken, cool, break into small pieces. Combine all ingredients leaving $\frac{1}{2}$ cup of noodles to sprinkle on top. Place in casserole, top with remaining noodles. Heat in 325 degree oven for about 30 minutes. Serves 4-6. Turkey or ham leftovers may be used in place of chicken in this casserole.

CHICKEN CASSEROLE SUPREME

Shirley Cappabianca

To get the full flavor of this recipe it should be prepared a day in advance. Cut chicken into serving pieces. Place chicken in a paper bag with $\frac{1}{2}$ cup seasoned flour. Close bag and shake it vigorously. In a frying pan place $\frac{1}{4}$ cup olive oil or salad oil. Cut up and lightly brown: 2 or 3 cloves of garlic. Leave the garlic in the pan and brown the chicken. When completely browned, chicken should be placed in a casserole dish. Cook in the oil for approx. 10 minutes:

1 medium sliced onion	2 medium sized carrots,
3 stalks celery, cut up	cut up

Place the vegetables and garlic in the casserole with the chicken. Cover and put in refrigerator until $1\frac{1}{2}$ hours before serving. Take 2 cups of boiling water and dissolve four chicken bouillon cubes. Pour over chicken leaving about $\frac{1}{2}$ inch at top of dish. It does not matter if you don't use all the broth. Bake the casserole covered in a slow oven, 350 degrees, for about $1\frac{1}{2}$ hours, or until tender. In the pan used for frying (same oil) saute for 5 minutes: 1 cup sliced mushrooms or small can. Add for a few minutes: 12 stuffed sliced olives. Add these ingredients to the chicken 5 minutes before it is done.

CHICKEN BUFFET

Jere Lee Kierland

- | | |
|--|---------------------------------------|
| 1 large stewing chicken,
cooked and boned | 1 c. pimiento (optional) |
| 1 1/3 c. rice | 1 green pepper, chopped
(optional) |
| 2 c. canned mushrooms | 1 c. blanched almonds,
slivered |
| 4 c. cream sauce | |

Cook rice, blanch. Combine chicken, rice, pimiento, green pepper and 1 cup mushrooms. This can be refrigerated overnight. Make cream sauce using chicken broth. Place meat-rice mixture in baking dish. Pour 2 cups cream sauce over it and stir lightly. Heat thoroughly at 300 degrees. To the other 2 cups of cream sauce add 1 cup mushrooms and almonds. Serve over individual helpings. Serves 12.

ROYAL CHICKEN CASSEROLE

Jo Winn

- | | |
|------------------------------|-------------------------------|
| 1 5-lb. stewing chicken | 1 can mushroom soup |
| 1 3-oz. can sliced mushrooms | 1/2 c. grated sharp
cheese |
| 1 c. pitted ripe olives | 1/4 c. minced pimiento |
| 6 c. cooked noodles | 1 c. peas, cooked |
| 1/3 c. minced onions | pepper to taste |
| 1/3 c. minced green pepper | salt to taste |
| 1 1/2 c. diced ham | 1/2 tsp. celery salt |

Half cover the chicken with boiling water, add 1 Tbsp. salt and celery salt, sliced onion and bay leaf. Cook until chicken is tender, remove chicken from bones.

Chill chicken broth, skim fat from broth and keep. To the broth add mushrooms and olive juice and measure, add water to make 6 cups. Bring to a boil and add noodles and cook until just barely tender.

In 2 Tbsp. chicken fat saute onion, green pepper and mushrooms for 5 minutes, add to chicken with half of olives.

To undrained noodles add soup and next 6 ingredients in 3 quart casserole. Arrange noodles with chicken in layers, ending with noodles. Top with ham and remaining olives.

Chill or freeze; heat to 350 degrees, bake for 1 3/4 hours before serving. Serves 10.

CHICKEN SPAGHETTI CASSEROLE Barbara Gilmore
(This recipe serves 16 to 20, so divide in half
for average family)

4 c. spaghetti, broken in 2" pieces	2 c. chicken stock
4 c. cooked chicken, cut in bite size pieces	2 tsp. salt
1 can pimento, diced	1/2 tsp. pepper
1 chopped green pepper	1 can sliced mushrooms (optional)
2 chopped onions	potato chips (optional)
4 cans cream of mushroom soup	

Cook spaghetti in salted water; drain. Extra chicken stock added to cooking water improves flavor of spaghetti. Dilute mushroom soup with chicken stock; add all other ingredients, including spaghetti; mix well. Pour into a large 3 qt. casserole or 2 smaller ones. Sprinkle top with crushed potato chips and a dash of paprika. Bake in moderate oven, 350 degrees, about 1 hour, until bubbly and lightly browned.

CRANBERRY PUFFS Liz Cox
(Stuffed with hot chicken salad)

Cream Puffs:

Heat 1 cup water and 1 stick margarine to a rolling boil over high. Turn to medium and dump in all at once one cup sifted flour. Stir over heat until batter leaves pan and forms a ball. Take off fire and beat in 4 eggs, one at a time. Place by spoonful on cookie sheet. This makes six large puffs, 8-10 medium puffs, or many midget puffs (good for coffees or teas). Cook from 30-50 minutes (depending on size of puffs) in 350 degree oven. Cool. Slice section off top and clean out batter inside so as to allow room for salad. (If you are planning to put in a pudding cream filling just load a pastry tube or cookie gun with filling and squirt into puff).

Hot Chicken Salad Filling:

6 oz. can boned chicken	1/2 tsp. salt
10 oz. can condensed cream of chicken soup	1/4 tsp. pepper
1 c. diced celery	1 Tbsp. lemon juice
1/4 c. chopped onion	3/4 c. mayonnaise

1/2 c. chopped walnuts

3 hard cooked eggs

2 c. crushed potato chips

Dice chicken, combine chicken and lemon juice in 1 qt. casserole with soup, celery, onion, walnuts, salt, pepper, lemon juice, mayonnaise, and sliced eggs. Top with crushed chips. Bake in 450 degree oven for 15 minutes.

Cranberry Sauce:

Just open a can of whole cranberries and spoon ample helping over cream puff that has been stuffed with Hot Chicken Salad. Must I add that this is a beautiful main course!

CHICKEN PANCAKES (Crepes de Volaille)

May Lester

It's well worth the effort. So delicious you'll never forget it.

Stew chicken a day ahead.

Veloute Sauce:

1/3 c. butter

1 c. chicken broth

3 1/2 Tbsp. enriched
flour

Melt butter, stir in flour, cooking just until golden. Gradually stir in chicken broth; cook and stir until thick. You use this sauce in both the Chicken Filling and the topping below.

Chicken Filling:

1/4 lb. mushrooms, cubed
butter

1/2 tsp. salt

1 drop Tabasco

1/4 c. sherry (optional)

1 Tbsp. chopped green
onion

well seasoned chicken

Brown mushrooms lightly in butter; add sherry, onion, salt, Tabasco, and chicken. Add enough of the Veloute Sauce to moisten (about 2 Tbsp.).

Pancakes:

1 c. sifted enriched flour	1 egg
dash salt	1 1/2 c. milk
dash nutmeg	2 Tbsp. butter

Blend dry ingredients; add egg, milk and butter; beat thoroughly with electric mixer rotary beater - strain out any lumps. For each pancake pour about 1/4 cup batter onto a hot griddle; bake, turning once. Makes about 10, 5 inch pancakes.

Topping:

1 c. Veloute Sauce (see below)	1/4 c. butter
1/4 c. light cream	1/4 c. heavy cream
1 beaten egg yolk	grated Parmesan cheese

Place Veloute Sauce in saucepan; add light cream, stir until smooth. Add egg yolks and butter. Heat thoroughly, stirring constantly, but do not boil. Remove from heat; fold in whipped cream.

To Assemble Pancakes:

Put Chicken filling completely across center of each pancake, and roll. Place pancake, edges down, in a shallow baking dish. Cover with topping and sprinkle with Parmesan cheese. Broil just until top is golden. Serve 2 pancakes per person. Makes 5 servings.

BARBECUED RIBS

Gisela Rau

3-4 lb. ribs, cut in pieces	2 dashes Tabasco sauce
1 lemon	1 tsp. salt
1 large onion	1 tsp. chili powder
2 c. water	1 c. catsup
1/3 c. Worcestershire sauce	

Place ribs in shallow pan, meaty side up. On each lay a thin slice of unpeeled lemon and onion. Roast at 450 degrees for 30 minutes. Combine remaining ingredients, bring to a boil and pour over ribs. Continue roasting at 350 degrees until tender, about 1 hour. Baste ribs with the sauce every 15 minutes. If sauce gets too thick, add water. Serves four.

KOREAN BROILED SPARERIBS (Kah-Ri Kui)

Ann Phillips

3 lbs. spareribs
2 Tbsp. cornstarch
1/2 c. soy sauce
1/4 c. sugar
1 or 2 minced garlic cloves

4 Tbsp. whole (or
ground) sesame seeds
1/2 c. chopped onion or
scallions

Cut spareribs into serving pieces. Mix together rest of ingredients. Spread spareribs in a broiler pan or large pyrex dish and pour sauce over them. Marinate for at least 2 hours, turning several times. Place entire pan under broiler, turning often, until ribs are very brown. Serves 4-6. For an unusual hors d'oeuvre, use short ribs. If the sauce is too spicy for you, broil ribs on a rack without sauce.

LUAU SPARERIBS

Barbara Conover

boiling water
2 lbs. spareribs
3 Tbsp. brown sugar
2 1/2 Tbsp. cornstarch
1/2 tsp. salt
1 tsp. dry mustard
1/2 c. cider vinegar

1/4 c. catsup
1 Tbsp. soy sauce
1 tsp. Worcestershire
sauce
1 Tbsp. salad oil
1 green pepper
1/2 c. onion
1 can (medium) chunk
pineapple

Pour boiling water over ribs into 6 qt. pan, cover and simmer 1 hour. Drain pineapple, keep juice and add enough water to it to make 1 1/2 cups liquid. Combine sugar, cornstarch, salt, mustard, catsup, soy sauce, vinegar, Worcestershire sauce, and juice. Set aside. Drain ribs, add sugar and juice mixture, bring to boil, simmer 4 minutes, covered. Add green pepper, onion and pineapple, cook 5 minutes more. Delicious.

CHILI MEATBALLS

Dot Crane

1 lb. ground beef
1/3 c. fine dry bread crumbs
2 Tbsp. minced onion
1 tsp. salt
1/2 tsp. chili powder

2 Tbsp. shortening
1/2 tsp. chili powder
2 tsp. vinegar
47

1 egg, slightly beaten
1/4 c. tomato soup

1/4 c. water

Combine all ingredients and mix well. Shape into one inch meatballs and brown in 2 Tbsp. shortening. Mix together remainder of soup in can, 1/2 tsp. chili powder, vinegar, and 1/4 cup water. Place meatballs in baking dish and pour the sauce over them. Bake at 350 degrees for about 30 minutes. Serves 4-5. This is very delicious served with mashed potato and a vegetable.

ITALIAN MEAT BALLS

Jane Straub

1 clove garlic
2 tsp. salt
2 lb. beef
2 eggs
1/4 c. bread crumbs
1/4 tsp. cayenne
1 1/2 c. sliced onions
1/3 c. salad oil
3 Tbsp. flour
1 bouillon cube

1 c. boiling water
1/4 c. wine vinegar
1 c. tomatoes
1/2 tsp. oregano
1/2 tsp. salt
2 med. green pepper, cut
8 oz. thin spaghetti
1/4 c. parsley
1/2 c. Parmesan cheese

Crush garlic in salt, combine with beef, eggs, bread crumbs and cayenne; mix well; shape into 24 balls. Cook onions in 1/4 cup salad oil till tender; remove from pan. Add meat balls; brown on all sides; remove from pan, stir flour into drippings in pan; dissolve bouillon cube in water; add to pan. Return onions to pan with vinegar, tomatoes, oregano, salt, stir to mix well; cook uncovered 15 minutes. Return balls to pan; add green pepper; cook another 5 to 10 minutes. Rinse spaghetti well in hot water; drain; add parsley; toss with remaining salad oil and Parmesan cheese. Serve separately. Serves 7.

MUSHROOM SOUP MEATBALLS

Mickey Haynes

1 1/2 lb. ground chuck
2 med. onions, grated
2 eggs

1 1/2 c. soft bread crumbs
1 tsp. salt
1/2 tsp. pepper

Form in small balls and brown in hot fat. Pour 1 can cream of mushroom soup and 1/2 can water over meat balls. Simmer 1/2 hour. 48 Serve with rice.

SWEDISH MEAT BALLS

Gisela Rau

- | | |
|----------------------------|-----------------------|
| 1 c. fine bread crumbs | 1/2 c. butter or mar- |
| 1 c. milk | garine |
| 2 lb. ground beef | 3 beef bouillon cubes |
| 1 c. onion, finely chopped | 3 c. hot water |
| 2 eggs, beaten | 1 1/2 c. milk |
| 1 1/2 tsp. salt | 1 1/2 c. light cream |
| 1/4 tsp. pepper | |
| 1 tsp. nutmeg | |

Soften bread crumbs in 1 cup of milk. Add beef, onions, eggs and seasonings. Mix thoroughly. Shape into about 96 balls, one inch in diameter. Heat butter in large skillet. Add meatballs, a few at a time and brown on all sides. Remove meat balls and stir flour into the drippings. Blend well. Dissolve bouillon cubes in hot water. Gradually add to flour mixture, stirring constantly until smooth. Add milk and cream. Cook over low heat, stirring constantly, about 3 minutes. Add meat balls to sauce. Simmer 10 to 15 minutes, stirring occasionally, until sauce is of consistency desired. Makes 12 entree servings or 24 smorgasbord servings.

SWEET AND SOUR MEAT BALLS

Judy Kostin

- | | |
|--------------------------|-----------------------|
| 1 medium cabbage | 1 lemon |
| 1 can pizza sauce | 2 lbs. ground chuck |
| 1/4 c. water | 3 Tbsp. uncooked rice |
| 1 medium onion, diced | 1 onion, grated |
| 3/4 c. brown sugar | 1/3 c. water |
| 2 Tbsp. granulated sugar | seasoning |

Chop the cabbage and scald with boiling water. Let stand in water until leaves become soft. Drain cabbage and place in bottom of large frying pan or pot with cover. Add pizza sauce, water, diced onion, brown and white sugar and juice of lemon. Mix chuck, rice, water, ~~grated onion~~, and seasoning. Form into 16 large ball for a meal or small balls for hors d'oeuvres. Cook meat in sauce on top of the stove for 1 hour with a cover. Uncover and place in oven for another hour at 350 degrees. Serve over rice or noodles or a main dish or in a hot dish with toothpicks as an hors d'oeuvre.

COMPANY CASSEROLE

Kitty Eberly

1/2 lb. noodles	1 8-oz. pkg. soft cream cheese
1 Tbsp. butter	
1 lb. ground beef	1/4 c. sour cream
2 8-oz. can tomato sauce	1/3 c. minced scallions
1/2 lb. cottage cheese (1 c.)	1 Tbsp. minced green peppers
2 Tbsp. melted butter	

Cook noodles as package directs, drain. Meanwhile in butter in skillet, saute meat until browned. Stir in tomato sauce. Remove from heat. Combine cottage cheese and next four ingredients. In 2 quart casserole, spread half of noodles, cover with cheese mixture; then cover with rest of noodles. Pour melted butter over noodles, then tomato-meat sauce. Bake in oven, 375 degrees, about 45 minutes. Serves 6.

TAMALE CASSEROLE

Marty Jones

1 lb. lean ground beef	1 Tbsp. chili powder
2 Tbsp. cooking oil	2 tsp. salt
1 c. chopped onion	3/4 c. corn meal
1 No. 2 1/2 can tomatoes	1 No. 1 tall can ripe olives
1 No. 2 can whole kernel corn	1 c. grated American cheese

Brown beef in oil. When meat is almost cooked, stir in onion and cook until onion is transparent. Add tomatoes, corn, chili powder and salt and heat to boiling. Slowly stir in cornmeal. Cook over low heat 10 to 15 minutes, stirring occasionally to prevent sticking. Cut olives from pits into large pieces. Stir olives into tamale mixture, and turn into 2 quart casserole. Sprinkle with cheese. Bake in moderate oven (350 degrees) 30 to 40 minutes. Serves six generously.

CHINESE POT PIE

Fern Ronan

1 lb. hamburger	1 can peas
2 Tbsp. fat	1 can corn, creamed
1 medium onion	mashed potatoes

Brown hamburger and onion in fat. Then put in a deep baking dish. Make a layer of peas and then a layer of creamed corn. Add enough mashed potatoes to cover;

top with butter. Bake at 350 degrees for 25 minutes or until brown.

ITALIAN DELIGHT (Serves 4)

Mildred Roberts

2 lbs. ground round	2 cans tomato soup
1 clove garlic	1 can mushrooms
1 large onion	3/4 pkg. spaghetti
2 green peppers	salt and pepper to taste
1 can whole kernel corn	2 fresh tomatoes
Parmesan cheese	

Cook spaghetti - when done - rinse under cold water and set aside (It is best to break spaghetti 2 or 3 times when adding to boiling water.) While spaghetti is cooking saute minced onion, green pepper and garlic and then add ground round. Drain off excess fat or grease and pour over spaghetti in large mixing bowl (we use bottom of roasting pan to mix). Next add tomato soup and mix. Drain juice from corn - add corn and mix. Pour off 2/3 liquid from can of mushrooms - and add remaining contents - Mix.

Fill uncovered casserole - Place sliced tomatoes over top of mixture - sprinkle entire top with Parmesan and bake in medium oven until mixture starts to bubble.

MOCK CHOW MEIN

Dorothy Moore

1 lb. ground beef	1 c. raw rice
(med. fat)	1/2 c. chopped onion
1 c. chopped celery	1/4 c. soy sauce
1 can mushroom soup	2 c. boiling water
(plus add mushrooms if desired)	

Mix all ingredients together, adding the boiling water last. Bake in large casserole (2 qt. or over) at 350 degrees. - covered, for 1 hour and open for 1/2 hour or until done.

MEAT LOAF

May Lester

1 lb. ground beef	1 pinch cayenne pepper
1/2 lb. ground veal	2 eggs
1/2 lb. ground pork	1 c. chili sauce
4 slices of bread soaked	2 Tbsp. butter
in warm milk and drained	

1 onion, very finely chopped	1 c. consomme or meat
1/4 tsp. pepper	stock
	2 tsp. salt

Put the three meats, bread, onion, seasoning and beaten eggs in a large bowl and mix very thoroughly. Form the meat into a loaf about 2 or 3 inches thick. Place it carefully in a greased baking pan and allow space on all sides of the loaf so it will not touch. Pour a cup of chili sauce over the loaf; dot with butter. Just before placing in oven add 1 cup meat stock to go around the loaf. Bake in a moderate oven for about an hour. This loaf should be basted every 15 minutes. This is an excellent meat loaf and also can be served cold the next day, or as meat loaf sandwiches.

PHILLIPS' FAMILY GARBANZO BEAN STEW

Ann Phillips

1 lb. hamburger	1 can mushroom pieces
1/2 lb. sausage	2 cans tomato paste
1 or more cloves garlic, chopped	2 cans tomato sauce
3 medium onions, chopped	3 cans Garbanzo beans (chick peas)
chili powder or tabasco, to taste	

Brown hamburger and sausage in large saucepan, skimming fat if there is a great amount. Add onion and garlic and brown. Drain beans and mushrooms, saving liquid to thin the mixture as it cooks down. Add all remaining ingredients, plus necessary thinning liquids. Simmer for 2 1/2 hours, adding liquid as necessary. Serve very thick in bowls, with tossed salad, hot crusty rolls, and pie. Serves about 8.

SLOPPY JOES

Kitty Eberly

1 1/2 lb. ground beef	2 green peppers, diced
2 medium onions, cut up	4 stalks celery, diced
1 can tomato soup plus 1/2 can water	salt and pepper
	1/2 bottle catsup

Brown beef in shortening with onions. When thoroughly browned, add soup, water and catsup, celery, green peppers, salt and pepper. Simmer slowly for 2

hours or until very thick and pile onto hamburger buns. Teen-agers really go for these.

BARBEQUE

Dawn Brown

4 medium onions (chopped)	1 Tbsp. vinegar
3 stalks celery (chopped)	1 tsp. salt
1 c. catsup	1 can corn beef
2 c. water	1/4 c. Worcestershire
1 tsp. chili powder	sauce
1 Tbsp. sugar	

Mix all ingredients together in a large skillet and simmer for about 1 1/2 hours.

CHILI

R. B. Haynes

2 lbs. steak cut in squares	2 cans Red Kidney beans
4 lbs. onions	4 tsp. chili powder
1 button garlic	chunk of suet or oil

Sear meat in melted suet or hot oil. Add chopped onions, garlic, salt and enough water to simmer slowly all day.

Put in chili powder early. Cook until meat is tender. Add beans and juice.

Thicken with flour and water like a thin gravy. Serve alone or with rice.

THE MASTERS HAM & EGGS

Jo Winn

(SUNDAY Morning when mother sleeps in)

1 slice ham, cut about 1" thick	4 eggs
sliced pineapple	

Place ham on rack over shallow pan and shove under broiler. Broil on one side, turn, then cover with pineapple slices. When done to proper degree, remove to warm place and break eggs gently into juices that have dripped into pan. Return to broiler until set. Season with salt and pepper -- Serve at once. Serves 4.

COUNTRY NOODLE CASSEROLE

(Serves 12)

Pam Crews

1/2 lb. sliced bacon	53
----------------------	----

1 pkg. (1 lb.) very fine egg noodles	2 Tbsp. Worcestershire sauce
3 c. cottage cheese	dash of Tabasco
3 c. sour cream	4 tsp. salt
2 cloves garlic, crushed	3 Tbsp. prepared horse-radish
2 onions, minced	extra sour cream
1 c. grated Parmesan	

Fry bacon until crisp. Drain on paper towels and crumble. Cook noodles in boiling salted water, just until tender. Drain well. Mix all remaining ingredients, except the cheese and extra sour cream, in a large bowl. Add noodles and bacon and toss with two forks until well mixed. Turn into a deep 3 1/2 quart buttered casserole. Cover and bake in a moderate oven (350 degrees) for 30 - 40 minutes. Remove cover, sprinkle surface with 1/4 cup cheese, broil until golden. Serve remaining cheese and extra sour cream if you wish.

HAWAIIAN MEDLEY

Fe Deely

8 pork chops	1 medium size can pineapple chunks
8 small sweet potatoes	
1/4 c. brown sugar	

Brown chops in oil. Remove to shallow baking pan, place small sweet potato on center of each chop and sprinkle with salt, pepper and paprika and then place pineapple chunks around chops. Combine brown sugar and pineapple juice and pour over all. Bake in 300 degree oven for 1 hour, basting about 2 times during cooking. Serves 4.

PARTY HAM CASSEROLE

Marlene Gleason

4 oz. noodles	2 c. cooked ham cut in 1" slivers
1 can cream of mushroom soup	1/4 c. bread crumbs
1/2 c. milk	1 1/2 Tbsp. melted butter
1 tsp. instant minced onion	1 Tbsp. grated Parmesan cheese
2 tsp. prepared mustard	
1 c. sour cream	

Cook noodles. In small saucepan combine soup and milk; cook over low heat, stirring until smooth. Add onion, mustard and sour cream. In greased 1 1/2 qt. casserole layer half of the noodles, ham, and sauce.

Repeat. Combine bread crumbs with butter and sprinkle over top. Top with cheese. Bake at 325 degrees for 25 minutes. Makes 6 servings.

SOUTH OF BORDER SCRAMBLED EGGS

Major D. Winn

Eggs enough for everyone. Mix a Tbsp. each of chopped onion and green pepper, for each half dozen eggs. Scramble. Heat a big pot of prepared chili; cut tomatoes into nice size chunks. When eggs are scrambled, decorate around edge of pan with tomatoes and pour chili in center of pan on top of eggs. It's really good, try it and see!

These are good served buffet style with half grapefruit, biscuits and jam and preceded by FRENCH 75's.

POACHED EGGS IN MUSHROOM SAUCE

Pam Crews

Melt 1 Tbsp. butter in large frying pan. Blend one can cream of mushroom soup with 1/3 cup of milk and 2 Tbsp. dry sherry. Pour into the buttered pan over medium heat. When sauce bubbles, reduce heat to low and slip four eggs into the sauce to poach. Cover and cook for ten minutes or until eggs are set. Serve over English muffins.

NOODLE LASAGNE

Elizabeth Anderson

1 1/2 lb. hamburger	2 8-oz. pkg. sliced swiss
1 tsp. oregano	cheese
1 lg. can peeled tomatoes	1 box noodles
1-2 cans tomato sauce	parmesan cheese

Brown hamburger; add oregano, sauce and tomatoes. Simmer while cooking noodles. Alternate in 13 x 9 pan in following order: Noodles, sauce, cheese, and generous sprinkling of parmesan. Repeat and cook in 375 degree oven until bubbly and brown.

LASAGNA

Joyce DeIulius

1 lb. ground beef	1/4 tsp. pepper
1/4 c. minced onion	1/4 tsp. basil
1 clove garlic	1/4 tsp. oregano
1 6-oz. can tomato paste	

1 lg. can tomatoes	1/2 lb. wide, flat lasagna
2 tsp. salt	noodles
1/2 lb. thin sliced mozzarella	3/4 lb. Ricotta cheese,
cheese	or dry, fine cottage
1/2 c. grated Parmesan cheese	cheese

Cook lasagna adding a little cooking oil to water to prevent noodles from sticking. Drain. Add fat to pan and cook ground beef, onions, and garlic over medium heat until browned. Add tomato paste, tomatoes, salt, pepper, basil, and oregano. Cook over medium heat about 15 minutes until thick. Grease long 2 1/2 qt. casserole and arrange layers of ingredients as follows: tomato and meat mixture, parmesan cheese, lasagna, mozzarella, and ricotta. Repeat this ending with tomato and meat mixture and parmesan cheese. Three times for meat mixture and twice for the rest. Bake at 350 degrees for 30-35 minutes. Serves 8-10.

ENCHILADAS SUPREME

Elenore Bafus

12 tortillas	1 tsp. oregano
1 can (1 1/2 oz.) chili powder,	1 tsp. marjoram
less for milder flavor	1 qt. beef stock (or 2
1 lb. ground meat	cans consomme and
1 c. chopped ripe olives	enough water to equal
1 1/2 c. grated sharp cheese	1 qt.)
1/2 c. parsley	1 small can tomato sauce
2/3 cube butter or margarine	1 dash tabasco
3/4 c. flour	2 med. size onions
1 tsp. salt	2 cloves minced garlic
2 tsp. vinegar (very important)	

Melt butter in heavy saucepan. Brown flour first - gives better flavor. Saute 1 onion and 2 cloves minced garlic. Thicken with flour. Add chili powder, salt, vinegar, oregano, marjoram, parsley, and tabasco.

Slowly add beefstock and water. Simmer for ten minutes. Add tomato sauce and can of water.

For filling:

Brown meat and put in bowl. Add olives, grated cheese, and 1/2 cup chopped onion.

Dip one side of tortilla into sauce. Leave sauce side on top, put one rounded teaspoon or more of meat mixture on each. Roll firmly, open side to bottom. Pack firmly into well-greased pan. Pour sauce over. (Save

some to put on when serving).

Bake about 15 minutes in 425 degree oven.

VEAL SCALOPPINE

Mildred Roberts

Serves 2

1 lb. veal steak - cut thin	1/2 onion
salt, pepper	2/3 c. broth
flour	1/3 c. dry white wine
1 Tbsp. butter	2/3 c. tomato juice
3 Tbsp. olive oil	1/2 tsp. chopped or
1 clove garlic	crushed Rosemary
1 can mushrooms	1 Tbsp. parsley

Cut and trim veal into serving pieces and pound out to 1/2 original thickness. Salt and pepper. Roll lightly in flour. Heat butter and oil in skillet and brown meat on both sides - remove meat and add to fat in skillet the garlic and onions minced. Cook slowly 10 minutes - add broth and wine mixed with tomato juice - cook 10 minutes. Add herbs. Return meat to pan and spoon liquid over it - cover - cook slowly 1 hour. Turn meat occasionally to keep moist. If sauce cooks down add more broth - sauce should not be really thick but should cover meat. Last 15 or 20 minutes, add mushrooms.

DELICIOUS VEAL

Helen Bakutis
(Kodiak)

Strip meat 3" -- pound parmesan cheese, salt and pepper into meat (wooden mallet works fine). Heat a Tbsp. of olive oil with large mashed clove of garlic. Brown meat in it -- then add 1/2 cup bouillon, 1/2 cup sherry, 2 Tbsp. lemon juice, pinch of marjoram and thyme. Cook slowly 30 minutes. Delicious over medium size noodles or rice.

VEAL STEAK WITH SOUR CREAM SAUCE

Jane Straub

1/4 c. enriched flour	1/2 c. Parmesan cheese
1 tsp. salt	1/4 c. sesame seed,
1 tsp. paprika	toasted
1/2 tsp. poultry seasoning	1/2 c. hot water
1/4 tsp. pepper	

*1 1/2 lb. veal steak, cut into serving pieces	2 Tbsp. melted butter
2 Tbsp. fat	1 recipe sour cream sauce
1 c. soft bread crumbs	

*Use 8 lb. meat for 12 servings.

Combine flour and seasonings; dredge meat in mixture; brown slowly in hot fat (reserve the drippings). Arrange meat in baking dish, combine bread crumbs, butter, cheese, and toasted sesame seeds; spoon over the meat. Stir water into drippings; pour around meat. Bake in moderate oven, 350 degrees, 45 to 50 minutes.

To make sour cream sauce, heat and stir 1 can condensed cream of chicken soup; add 1/2 tsp. of MSG. Blend in 1 cup of sour cream; heat.

LONDON BROIL

Barbara Gilmore

2 lb. flank steak	1 clove garlic, crushed
1 Tbsp. salad oil	2 tsp. chopped parsley
1 tsp. lemon juice	mushroom sauce or
1 tsp. salt	gravy (optional)
1/8 tsp. pepper	

Using a sharp knife, trim excess fat from the steak. Wipe steak with damp paper towel. Combine oil with lemon juice, salt, pepper, garlic, and parsley. Use half of mixture to brush top of steak. Arrange on lightly greased rack in broiler pan; broil, 4 inches from heat, for 5 minutes. Turn; brush with rest of mixture; broil 3 to 5 minutes longer. To serve, slice very thinly, on diagonal, across the grain. Serve the mushroom sauce or gravy with it. Makes 4 to 6 servings.

STUFFED FLANK STEAK

Willie Dallam

2 to 3 lb. flank steak	1/2 tsp. rosemary
1 tsp. meat tenderizer	1/2 tsp. salt
6 large mushroom	dash of pepper
1 small onion	1/2 c. red wine
1 Tbsp. butter or margarine	

Have pocket cut in steak. Treat steak with meat tenderizer. Cut mushrooms and onion in slices. Cook

until onions are tender, about 5 minutes. Drain vegetables (onions and mushrooms); save liquids and stuff into pocket of steak. Broil 7 to 10 minutes on each side, basting with liquid from vegetables. Serves 6.

GIGOT BRAISE

(Leg of lamb) - Serves 6 to 8.

Jack Roberts

1/4 lb. butter in roasting pan and melt.
Pare off all extra fat and skin.
Stuff small clove of garlic - next to bone - small end.
Brown on all sides (on top of stove).
Grate clove of garlic into melted butter and paint roast generously.
Salt and pepper generously.
Place bouquet of Bay Leaves, and parsley at one end of roasting pan with teaspoon of thyme over bottom of pan.
Add:

1/4 c. sherry

1/4 c. white wine or
madeira

Cover as tightly as possible and simmer on low heat (top of stove) for 1 hour - turn roast over and simmer again for 1 hour.
Remove roast to hot platter and keep warm - while juice cooks down - skim off fat, scald 2 cups pitted olives - drain and add to juice in pan with a little more butter - roll these over and over. Add fresh or canned mushrooms.
When olives and mushrooms are well coated - skim excess fat again.
Add additional wine if you like lots of gravy - let simmer. Serve over carved slices of lamb.

SUKIYAKI

K.C. Kingsbury

1 lb. lean round steak
2 tsp. butter or margarine
1/2 lb. mushrooms, sliced thin
3 large stalks celery, sliced thin
2 medium onions, sliced thin

1/4 c. soy sauce
1/4 c. water
1 chicken bouillon cube
1/2 tsp. salt
3 c. (1/2 lb.) washed spinach (optional)
4 c. hot cooked rice

c. (5 oz.) bamboo shoots, 2 Tbsp. sugar
drained

Cut steak diagonally into very thin slices.
Heat butter until sizzling hot in blazer pan or chaf-
ing dish over direct heat.
Add remaining ingredients except spinach. Cook
over direct heat, stirring occasionally, for 20-
40 minutes or until vegetables are crisply tender.
Add spinach leaves, continue to cook, stirring
occasionally, for 5-10 minutes or until spinach is
wilted and lightly cooked.
Serve over hot rice.

Lydia Scott

TERIAKI STEAK

2 - 2 1/2 lbs. top round
steak
1 bottle soy sauce (small)
equal amount of salad oil
1/2 bottle catsup
1/4 tsp. oregano

1/2 tsp. garlic salt
1/2 tsp. ginger
salt and pepper
1 tsp. vinegar

Marinate steak in sauce for several hours. Cook
over charcoal or in broiler. Chicken is very good also,
but omit catsup and oregano and add 1 tsp. tarragon.
Serves 4.

CREAMED BEEF AND CORN

Irene Ford

1/4 lb. dried beef
2 Tbsp. minced onion
1/4 c. chopped green pepper
2 Tbsp. salad oil
3/4 c. water

1/3 c. Pream
2 Tbsp. flour
1 can cream style corn
1/2 c. grated Cheddar
cheese

Saute beef, onion, and green pepper in salad oil
until beef begins to curl. Add water. Combine Pream
and flour; add and stir until thickened. Add corn and
cheese and continue cooking until cheese is melted.
Serve over boiled potatoes.

HUNGARIAN GOULASH

Fe Deely

2 lbs. round steak, cubed
4 Tbsp. oil

1 c. sliced onion

Sauce:

3/4 c. ketchup	1 1/2 tsp. salt
1/4 c. Worcestershire sauce	1 tsp. dry mustard
2 Tbsp. brown sugar	1 tsp. vinegar
2 tsp. paprika	3 c. water

Brown meat and onions in oil, pour sauce over all, cover and simmer for 2 1/2 hours. Thicken if desired. Serves 6.

BEEF AND BITTERS

Pat Pine

2 c. onions, thinly sliced	1 Tbsp. salt
1/4 c. butter	1/4 tsp. marjoram
3 lbs. round steak in bite- size pieces	1/4 tsp. thyme
1 1/2 c. water	1 pint sour cream
1 tsp. paprika	1 c. sauteed sliced mushrooms
1 Tbsp. Angostura bitters	

Saute onions in butter until transparent; remove from pan. Dust beef with flour and brown on all sides. Add onions, water and seasonings. Cover and simmer slowly for 1 1/2 hours or until tender. Add sour cream, mushrooms and bitters. Heat but do not boil. Serves 8. Good served over browned rice.

PETIT POT ROASTS

Pat Pine

1 lb. ground beef	2 tomatoes, sliced
1 large onion, sliced	1/2 c. chopped celery
2 potatoes, quartered	green pepper, carrots, etc.
2 Tbsp. onion soup mix	

Shape ground beef into large patties. Season as desired. Place each pattie on large square of aluminum foil. Stack onto pattie; potato quarters, tomato slices, large slice of onion, celery and other vegetables. Sprinkle with onion soup mix. Wrap in aluminum foil and seal tightly. Bake in foil packages at 375 degrees about 1 hour or until done. Serve in foil or invert and spoon drippings over top. For variation, substitute browned round steak for ground beef.

BEEF STROGANOFF WITH GREEN RICE

Jayce Walter

3 lbs. lean round steak or chuck	1 pint sour cream
4 Tbsp. olive oil	1 tsp. paprika
2 Tbsp. flour	1 tsp. pepper
1 tsp. salt	2 Tbsp. butter
	2 cans sliced mushrooms (6 oz.)

1. Trim all fat and gristle from meat and cut against the grain into inch long strips 1/4 inch thick.
2. Heat olive oil and in it cook meat with low flame with the pan covered.
3. Turn meat several times. Cook 35 minutes.
4. Add mushrooms, cook 10 minutes more.
5. Add more oil if pan gets dry.
6. Put meat and mushrooms in top of double boiler and set aside.
7. Add butter and flour to juices left in pan and smooth this into gravy.
8. Mix in sour cream and let all these juices cook slowly together until properly married.
9. Pour this sauce over beef and mushrooms and cook in double boiler 10 minutes.
10. You make it the day before and reheat it a few minutes before you are ready to eat. (or reheat 1 1/2 hours in slow oven - covered)
11. Add sweet cream to make it go together again if it separates.
12. Serve in mold of green rice (recipe follows)

Green Rice:

3 c. fluffy boiled rice	1 c. minced spinach (Cooked)
2 well beaten eggs	1 tsp. Worcestershire sauce
1 c. milk	salt to taste
1/4 c. butter	
1/4 c. grated sharp cheese	
1/2 Tbsp. grated onion	

1. Prepare boiled rice. (I use minute rice)
2. Carefully stir in remaining ingredients.
3. Pour into greased and floured 2 quart casserole or ring mold.
4. Bake at 325 degrees about 45 minutes.

5. Serve with beef stroganoff.
6. This can be made ahead of time and reheated.

BEEF STROGANOFF

Kitty Eberly

- | | |
|--|---------------------------------------|
| 3 large onions, thinly sliced | 2 Tbsp. flour |
| 3 cloves garlic, minced | 1 10 1/2 oz. can consommé |
| 2 Tbsp. butter | 1 pint sour cream |
| 2 Tbsp. salad oil | 1 8 oz. can mushrooms |
| 1 1/3 lb. lean beef, cut in 1/2" cubes | salt, pepper and Worcestershire sauce |

Saute onions and garlic in 1 Tbsp. butter and 1 Tbsp. oil until limp and golden. Meantime in a large skillet saute meat in remaining butter and oil until nicely browned. Add sauteed onions and garlic. Add flour and stir until well blended. Add consommé, sour cream, mushrooms and seasonings. Cover tightly and simmer over low heat for about 1 1/2 hours. Stir occasionally. Serve over rice. Serves 6.

SKILLET FRANKS WITH BARBEQUE SAUCE

Willie Dallam

- | | |
|------------------------------|------------------------|
| 2 Tbsp. bacon drippings | 1/2 c. catsup |
| 1 small onion | 1/8 tsp. chili powder |
| 2 Tbsp. chopped green pepper | 8 franks (about 1 lb.) |
| 3/4 c. pineapple juice | |

Melt fat in pan; saute onion and green pepper 2 to 3 minutes. Stir in pineapple juice, catsup and chili powder. Bring to boil. Score franks with sharp knife; place in frying pan with sauce. Simmer 5 minutes. Serves 4.

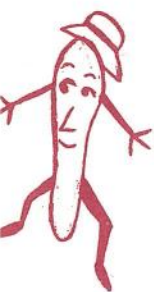
ROMAN TONGUE

Nancy Hoyer

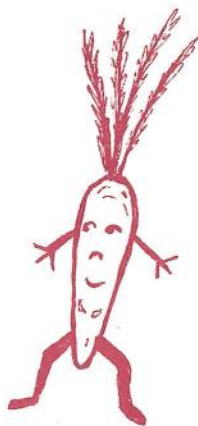
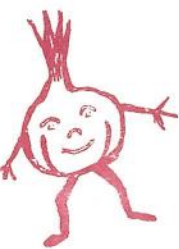
- | | |
|---------------------|-------------------------|
| 1 beef tongue | 1 c. bell pepper |
| 1/4 c. olive oil | 1 can tomato paste |
| 1 med. onion | 1/4 tsp. thyme |
| 1 clove garlic | dash of salt and pepper |
| 1 c. chopped olives | 1/2 c. raisins |

Cook and skin tongue and save 3 cups of juice. Heat olive oil in frying pan. Chop onion and garlic and fry golden brown. Add chopped olives, raisins, bell pepper, juice, tomato paste, salt, pepper, thyme, and sliced or small tongue and heat thoroughly. Serve with fluffy mashed potatoes.

Write your extra recipes here:



Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus.—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, snap.—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries.—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, brussels sprouts, and cauliflower.—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and head lettuce.—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers.—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons.—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, grapefruit, and lemons.—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and lima beans.—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

Root vegetables.—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

Sweetpotatoes.—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

SHRIMP FRIED RICE

Ruth Pariser

4 Tbsp. shortening	1/2 c. thin sliced
2 eggs	scallions (include green tips)
1 lb. cooked, peeled shrimp cut in thirds	4 c. cooked rice
1/2 c. sliced mushrooms	4 Tbsp. soy sauce

Melt shortening. Fry eggs until hard. Shred into small pieces in the pan. Add shrimp, mushrooms, and scallions and cook 15 minutes, stirring frequently. Add the cooked rice and soy sauce and mix well.

CHINESE FRIED RICE

Barbara Clampet

3 c. cold rice

Use one or any combination of the following:

2-3 slices bacon, chopped	1 Tbsp. soy sauce
1/2 c. roast pork	2 eggs, beaten
1/2 c. ham	1/2 c. chopped onion
1/2 lb. cooked shrimp, chopped	2 Tbsp. salad oil
1 small can crab meat, shredded	1/4 c. green onion, sliced
- - - - -	1/2 tsp. salt

Loosen grains of rice. Heat oil in skillet; add chopped meat or fish and onions. Cook until thoroughly heated. Add rice and fry 1 minute, stirring constantly. Add slightly beaten eggs, soy sauce, salt, and green onions. Fry 2 minutes.

PILAFF

Kitty Eberly

1/2 lb. oleo	3 cans consommé
1 onion, chopped	2 cans water
2 rounded tsp. oregano	2 c. rice, uncooked
1 can mushrooms, 10 oz.	

Melt oleo, add onion, mushrooms, oregano and rice and simmer for about 20 minutes. Add consommé and water and cook covered in casserole in oven at 400 degrees. Serves 8 amply.

RICE RING MOLD

Judy Kostin

2 lg. pkg. minute rice, cooked	2 cans mushrooms, diced
2 lg. green peppers, diced	1 can pimiento, diced
1 medium onion, minced	6-8 stalks of celery, diced
1 tsp. salt	
pepper and seasoning to taste	1/2 apple, diced
1/4 lb. butter, melted	1 Tbsp. chopped parsley

Saute all ingredients and mix with melted butter to moisten. Pack solidly into buttered three quart ring mold. Bake at 350 degrees for 40 minutes. Turn out carefully and fill center with a dish of peas.

BROWN RICE

Pat Pine

1/3 c. butter	1 tsp. salt
2 c. quick brown rice	1 tsp. Angostura bitters
2 cans consomme	pinch of m. s. g.
2 c. water	

Melt butter in large frying pan. Add rice and brown, stirring constantly. Add consomme, water, salt and bitters. Cover and simmer until rice is tender. Serves 8.

SCALLOPED CORN

Barbara Gilmore

1 no. 2 can (2 1/2 c.) whole kernel or cream style corn	1/2 small onion, chopped
1/2 to 3/4 c. milk	3 Tbsp. chopped green pepper
1 c. dry bread or cracker crumbs	salt and pepper
	2 Tbsp. butter or marg.

Combine whole kernel corn and 3/4 cup milk, or cream-style corn and 1/2 cup milk. Add crumbs, onion, green pepper, and seasonings. Pour into greased 1 qt. casserole; dot with butter. Bake in moderate oven, 350 degrees, for 30 minutes. Makes 6 servings.

CORN PUDDING

Helen Bakutis
(Kodiak)

2 c. canned, or fresh corn	
1 c. cornmeal	1 qt. milk (heated)
5 eggs	4 Tbsp. sugar (less if too sweet)

1/4 lb. butter

1 tsp. salt

5 tsp. baking powder

Cream butter, sugar and salt; add corn and corn-meal, eggs, and baking powder. Stir well, add heated milk and bake in buttered casserole in moderate oven for 45 to 50 minutes.

This is a good substitute for a starch with seafood, fish or chicken . . .

CHEESE-GRITS CASSEROLE

Ann Phillips

1 c. grits, cooked according to package directions
2 eggs, beaten
1/4 tsp. cayenne pepper
1/2 stick oleo
1/2 lb. (1 1/2 c.) grated sharp cheese

Stir all ingredients into hot grits until blended. Pour into greased 1 quart casserole, buttered. Cook in 350 degree oven for about 1/2 hour, or until brown on top. Serve with any menu instead of potatoes. Serves 6 or 8.

CHEESE AND SPINACH CASSEROLE

Ann Branning

7 slices day old bread
1 pkg. frozen chopped spinach
1 tsp. lemon juice
2 Tbsp. chopped onion
1 c. coarsely grated sharp Cheddar cheese
1 1/2 c. milk
2 eggs, slightly beaten

Remove crust from bread and butter slightly. Cook spinach in boiling water, drain, then salt and pepper. Combine egg and milk. In buttered 2 quart casserole, lay 4 slices of bread - cutting if necessary to fit dish. Do not put up the sides. Pour 1/2 of the egg and milk mixture over the slices.

Mix together the spinach, lemon juice, onion and cheese and add. Cut the 3 remaining slices of bread in 3 strips each and place on top of the spinach. Pour remaining mixture over the bread and let stand for one hour. Bake at 350 degrees for one hour.

SPINACH-BACON TOSS

Jo Winn

1/2 lb. fresh spinach

8 slices bacon

1/4 c. cider vinegar

1 Tbsp. soy sauce

1 tsp. sugar

1/2 tsp. seasoned salt

Remove stems and any coarse ribs from spinach, wash leaves, dry well on paper toweling.

Cut bacon into 1" pieces, saute slowly until very crisp in large frying pan, drain on paper toweling. Pour bacon drippings into a cup. Return 4 Tbsp. drippings to frying pan, stir in remaining ingredients. Heat, stirring constantly just to boiling, turn off heat, but leave pan on range.

Add half of spinach to frying pan, toss with dressing until leaves are well coated. Spoon into a large salad bowl, letting excess dressing drip back into pan, sprinkle with half of bacon. Repeat with remaining spinach, dressing and bacon. Serve warm. 6 servings.

CHEESE-SCALLOPED CARROTS

Jane Straub

12 sliced carrots

1 small onion, chopped

1/4 c. oleo

1/4 c. flour

1 tsp. salt

1/4 tsp. dry mustard

2 c. milk

1/8 tsp. pepper

1/4 tsp. celery salt

1/2 lb. sliced cheese

bread crumbs

1. Cook carrots covered in 1" boiling salted water until barely tender.
2. Simmer onions and butter.
3. Add flour, salt, and mustard.
4. Add milk and cook till smooth.
5. Add pepper and celery salt.
6. In 2 quart casserole arrange layer of carrots, then cheese. Repeat until all are gone.
7. Pour on sauce and top with crumbs, 350 degrees, 35-45 minutes. Serves 8. May refrigerate until baking time.

STUFFED EGGPLANT

Marlene Gleason

1 medium eggplant

salt and pepper

3 Tbsp. melted butter

1/4 c. chopped onion

1 Tbsp. chopped parsley

1/4 c. chopped celery

1/4 c. chopped green pepper

1 c. chopped fresh tomato

1/2 c. packaged herb-seasoned stuffing

1 tsp. salt

1/2 c. corn flakes

1 Tbsp. melted butter

Wash eggplant, cut in half lengthwise and remove pulp to within 1/2 inch of skin. Salt and pepper shell. Dice pulp. Mix with 3 Tbsp. melted butter, vegetables, stuffing and salt. Fill shell. Place in greased baking dish, cover with foil. Bake in 400 degree oven for 40 minutes. Remove foil. Combine corn flakes with melted butter; sprinkle over filling and bake uncovered for 10 minutes longer. Makes 6 servings.

BROILED TOMATOES WITH OREGANO

Helen Bakutis

Select six (6) large, firm, ripe tomatoes. Cut in half and place on broiler pan, cut side up. Top each with some of the following mixture:

1 c. dry bread crumbs	2 tsp. oregano
4 Tbsp. melted butter	1/2 c. grated cheddar cheese

Fresh ground black pepper, salt and garlic salt. Broil under flame until brown on top, then put into oven at 250 degrees for about 20 minutes. Serves 6. This is good as a vegetable with fish.

PEAS AND ASPARAGUS

Joyce DeJullius

2 (15 oz.) cans green asparagus	3/4 c. milk
2 (1 lb.) cans peas	3/4 c. asparagus liquid
3 Tbsp. butter	1/2 tsp. salt
3 Tbsp. flour	1/3 c. American cheese

Arrange 1/2 the asparagus in a buttered 6 cup casserole. Make a cream sauce and add peas. Spoon 1/2 of this mixture over asparagus. Add remaining asparagus and top with remaining sauce and pea mixture. Toss crumbs and butter and sprinkle over casserole. Bake 350 degrees for 30 minutes.

ASPARAGUS WITH CHEESE SAUCE

Lorie Page

2 10-oz. pkg. frozen asparagus spears
dash of salt
4-6 Tbsp. melted butter

Cook asparagus spears according to package directions. Drain and arrange in serving dish. Add salt to the melted butter and pour over the asparagus spears.

Cheese sauce:

2 Tbsp. butter	1/4 tsp. salt
2 Tbsp. flour	dash of white pepper
1 c. milk	1 c. grated American cheese

Melt butter in top of a double boiler over low heat. Add flour; blend. Add milk, stirring constantly. Cook until thick and smooth. Add salt and pepper. Cover and cook 5 to 8 minutes. Add cheese and stir until melted. Pour over asparagus.

FRENCH CUT STRING BEANS

Esther M. Riggs

1/3 c. chopped onions	1 c. sour cream (small carton)
2 Tbsp. butter	
2 Tbsp. flour	2 pkg. string beans
1 tsp. salt	1 c. cheddar cheese
1/4 tsp. pepper	1/2 c. sliced almonds (blanched)

Saute onion in butter. Blend in flour, salt, pepper. Add sour cream, cook till smooth. Add fully cooked beans in shallow pan, top with grated cheese and nuts. Bake at 350 degrees for 15 minutes. Serves 6.

BAKED GREEN BEANS

Janet Tonnesen

1 Tbsp. butter	1 soup can milk
1 onion, sliced	2 cans green beans, drained
1/2 Tbsp. flour	French fried onions
1 can cream of mushroom soup	

Cook sliced onion in butter until transparent. Add flour and stir. Add soup and milk. Stir and cook for 3-4 minutes. Put drained green beans in casserole. Pour mixture over beans. Bake for one hour at 325 degrees. Sprinkle french fried onions over beans if desired.

GREEN PEAS CASSEROLE

Dawn Brown

Thaw 1 package of frozen green peas and mix with 1 cup of undiluted mushroom soup to which add a pinch of rosemary and a dash of garlic salt. Pour mixture into a casserole, sprinkle blanched almonds on top (all of a small can) and bake for about 30 to 45 minutes in moderate oven (300 to 325 degrees) or until peas are done and almonds are slightly browned.

BAKED BEANS

Marilyn M. DeMarche

1 box pea beans - let soak 4 hours before using.
1/4 lb. salt pork - sliced
4 Tbsp. brown sugar (light brown) 1/2 tsp. dry mustard
1 tsp. salt 1 medium onion, cut up
4 Tbsp. molasses 2 Tbsp. chili sauce
 enough water to cover

Mix together in beanpot. Bake till done.

MUSHROOM SCALLOPED POTATOES Fern Ronan

Mix in a 2-quart bowl:

1 can cream of mushroom soup	1/4 c. finely cut pimento (optional)
1/2 c. grated process American cheese	1/2 tsp. salt
	4 oz. can mushroom stems and pieces, drained

Stir in:

2/3 c. evaporated milk	4 c. thinly sliced raw potatoes
------------------------	---------------------------------

Pour in a greased 1 1/2 quart baking dish. Top with 1/4 cup grated cheese. Bake at 350 degrees for 1 hour.

TANGERINE SWEET POTATO CASSEROLE

JoAnne Ashton

2 lbs. (about 6 medium) sweet potatoes, cooked and peeled	1/4 c. butter, melted
6 Tbsp. brown sugar, firmly packed	3 Tbsp. dark rum

1/2 tsp. salt
4 tangerines

2 Tbsp. chopped pecans

Preheat oven to moderate (375 degrees). Whip together the sweet potatoes, 2 Tbsp. butter, 4 Tbsp. sugar, rum and salt. Cut tangerines into sections, removing peelings and seeds. Fold into sweet potato mixture. Turn into a greased 2 quart casserole. Combine remaining butter, sugar, and pecans. Sprinkle over the top and bake 30 minutes.

SWEET POTATOES IN ORANGE CUPS

Barbara Gilmore

4 large oranges
6 med. sweet potatoes
1/4 tsp. salt
3 Tbsp. butter or marg.

1/4 c. brown sugar
1/2 tsp. cinnamon
2 tsp. grated orange peel
3/4 c. miniature marshmallows

To make orange cups, halve oranges and ream, reserving juice. Boil or bake sweet potatoes until tender. Peel and place in bowl of electric mixer. Beat at low speed, adding salt, butter, sugar, cinnamon and orange peel. Add enough orange juice to make potato mixture fluffy. Fold in 1/2 cup marshmallows. Spoon mixture into orange cups, piling fairly high. Bake at 350 degrees 25 to 30 minutes. Remove from oven 5 minutes before mixture is done and garnish tops with remaining marshmallows. Return to oven and continue baking. Makes 8 servings.

SWEET POTATO CASSEROLE

Joyce Ann Harless

This sweet potato casserole combines two popular favorites - pineapple and sweet potatoes.

4 c. mashed cooked or
canned sweet potatoes
1 c. drained, crushed
pineapple
4 Tbsp. melted butter or
margarine

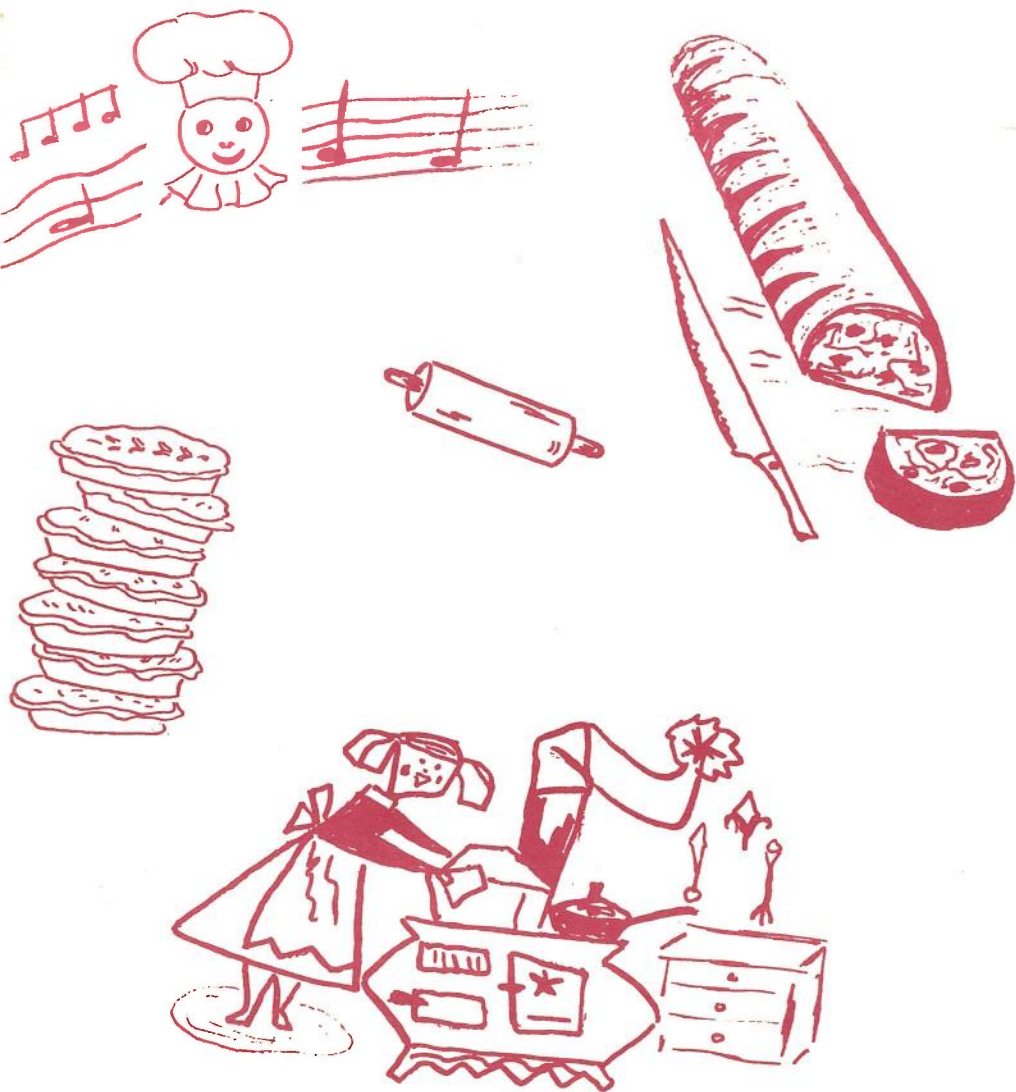
1 tsp. salt
1/4 c. brown sugar
1/8 tsp. cinnamon
1/2 c. coconut

Combine mashed sweet potatoes, pineapple, salt, brown sugar and cinnamon. Beat well. Add melted

butter and coconut. Mix well. Sprinkle coconut over top. Top with marshmallows. Bake at 375 for 40 minutes. Makes 6 servings.

Write your extra recipes here:

Write your extra recipes here:



Bread, Rolls and Pastry



BREAD, ROLLS, PIES, PASTRY

WHITE BREAD

JoAnne Ashton

- | | |
|---|-----------------------|
| 1/2 c. warm water | 1/2 c. sugar |
| 2 pkg. dry yeast or 2
cakes yeast (soak for about
10 minutes) | 2 Tbsp. salt |
| | 11-12 c. sifted flour |
| | 3 1/2 c. warm milk |

Knead until dough becomes smooth and elastic and is no longer sticky, about 5 or 10 minutes. Place in lightly greased bowl and place bowl in warm place. Let rise until doubled, about 1 1/2 hours. Punch down and let rise again until double. Divide dough into 3 or 4 parts. Shape into loaves. Cover and let rise in warm place, 1 to 1 1/2 hours. Bake at 350 degrees for 45 minutes.

IRISH SODA BREAD

Nancy Hoyer

- | | |
|------------------------------------|---|
| 4 c. unsifted all-purpose
flour | 4 Tbsp. (1/2 cube) butter
or margarine |
| 1 tsp. salt | 1 egg |
| 3 tsp. baking powder | 1 Tbsp. caraway |
| 1 tsp. soda | 1 c. raisins |
| 1/4 c. sugar (optional) | 1 3/4 c. cultured butter-
milk |

Combine in a large bowl the flour, salt, baking powder, soda, sugar, raisins and caraway. Add butter or margarine, and cut in with a pastry blender or two knives until crumbly. Beat egg slightly and mix with buttermilk; add to dry ingredients and stir until blended. Turn out on a floured board and knead until smooth, 2 to 3 minutes.

Divide dough in half, and shape each into a round loaf; place each loaf in an 8" cake or pie pan. Press down until dough fills pans. With a sharp knife, cut crosses in tops of loaves, about 1/2 inch deep in the middle. Bake in a moderately hot oven (375 degrees) for 35 to 40 minutes.

BROWN BREAD

K. C. Kingsbury

- | | |
|----------------|-----------------|
| 1 c. corn meal | 1 tsp. soda |
| 1 c. flour | 2/3 c. molasses |
| 1 tsp. salt | 75 |

1 c. graham flour

milk

Sift dry ingredients, add molasses and enough milk to make a fairly thin batter. Steam 3 to 4 hours in well-greased mold or 2 hours in a 1 lb. coffee can.

BANANA BREAD

Liz Cox

1 c. sugar

1 tsp. soda

1 stick margarine or butter

3 bananas (mashed)

2 eggs

1 c. chopped nuts

2 c. flour

Cream sugar and butter, add eggs and mix. Sift in flour and baking soda. Mix in bananas and nuts. Bake at 375 degrees until done.

DATE AND NUT BREAD

Ann Branning

1 c. diced dates

1 c. granulated sugar

3/4 c. nut meats

1 1/2 c. flour

1 1/2 tsp. soda

3/4 tsp. salt

2 eggs

1 c. boiling water

1 Tbsp. butter

Put dates, nuts, soda and butter in a bowl. Add boiling water and let stand. Beat eggs, add sugar, flour and salt. Stir in date mixture, blending well. Pour into buttered loaf pan and bake at 350 degrees for one hour. Cool slightly and turn out of pan. Cool before cutting.

CHERRY-RAISIN NUT BREAD

Ann Phillips

2 1/2 c. sifted all-purpose
flour

1/4 c. salad oil

3 tsp. baking powder

1 1/4 c. milk

1/2 tsp. salt

1/2 to 1 c. chopped wal-
nuts or pecans

1 egg

1/2 c. raisins

1/2 tsp. almond extract

1/2 c. chopped mara-
schino cherries

1 tsp. vanilla or walnut
flavoring

3/4 c. sugar

Preheat oven to 350 degrees and grease well a 9x5x3 loaf pan. Sift flour, baking powder, salt on a sheet of waxed paper and set aside. In a large mixing

bowl, combine egg, flavorings, sugar, and salad oil. Beat until blended; then, gradually beat in milk. Add flour all at once and beat only until smooth. Mix in nuts, raisins, and cherries. Bake for 60-65 minutes until edges are brown and top splits. Cool in pan on rack, running knife around edges when partially cooled. When cool, turn out, wrap in foil, and store in refrigerator for at least 24 hours before slicing. Can also be baked in 6 greased 10 1/2 oz. soup cans, or 4 1 lb. 4 oz. cans, half filled, for 40 minutes at 375 degrees. These small slices are perfect spread with cream cheese or sweet butter.

BUTTERHORN ROLLS

Mary Radell

3 to 4 dozen.

2 cakes compressed yeast	1/2 c. sugar
1 Tbsp. sugar	1 1/2 tsp. salt
1 c. milk	3 eggs, well beaten
1/2 c. butter	5 c. sifted flour

1. Crumble yeast cakes. Add the Tbsp. sugar and stir until liquid. Scald milk; add butter, sugar, and salt; cool to lukewarm. Add yeast, eggs, and 1/3 of the flour. Beat vigorously until bubbles form on surface. Cover and let stand in warm place for 25 to 30 minutes or until sponge is light.
2. Add remaining flour to make a smooth dough. Turn out on floured board and knead until smooth and elastic. Place dough in greased bowl and brush with melted butter. Cover and let rise until double in bulk.
3. Knead down; turn out on lightly floured board. Divide dough into thirds; roll each third into 9-inch circle. Brush with melted butter. Cut each circle into 12 or 16 wedge-shaped pieces. Pull out ends of each wedge and, beginning at broad end roll toward point. Place on greased cookie sheets with point downward to prevent unrolling. Brush with melted butter. Cover and let rise until very light.
4. Bake in hot oven (400 degrees) 12 to 15 minutes. Brush with melted butter when taken from oven.

ORANGE ROLLS

Mary Ellen Husted

1 pkg. yeast	1/2 c. butter or oleo
1/2 c. lukewarm water	1/2 tsp. salt
1 c. scalded milk	5 c. sifted flour
1/2 c. sugar	2 beaten eggs

1. Soften yeast in water.
2. To scalded milk add butter, sugar, salt, stir and cool to lukewarm.
3. Add yeast mix and enough flour to make a rather thin batter. Beat until smooth and elastic.
4. Let stand in warm place until light and full of bubbles.
5. Add beaten eggs and rest of flour to make dough able to be handled and kneaded.
6. Grease dough and place in bowl. Cover and let rise in warm place until more than double.
7. Knead down lightly and let rise again.
8. Place dough on greased surface and roll about 1/2 inch thick.
9. Brush with orange filling and roll like cinnamon rolls.
10. Cut into 3/4 inch slices and place in shallow pans in which orange filling is spread.
11. Let rise until very light and bake in moderate oven (375 to 400 degrees)

Filling:

1 c. sugar	1 Tbsp. flour
------------	---------------

Blend above ingredients. Add:

grated rind of 1 orange	1 Tbsp. lemon juice
1/2 c. orange juice	1/3 c. melted butter

CROISSANTS

Georgie Van Sickle

2 envelopes or cakes of yeast	1 Tbsp. sugar
1/4 c. lukewarm water	1 1/2 c. milk
4 c. flour	3/4 lb. butter
1/2 tsp. salt	

Soften yeast in warm water. Sift flour, salt, and sugar together. Add yeast and water. Gradually stir in milk until thoroughly mixed. Cover with a dry towel and set in a warm place to rise until double in size.

Roll out dough into a long rectangle about 1/2 inch

thick. Work butter into a flat cake and place in center of dough. Fold $\frac{1}{3}$ of dough over center $\frac{1}{3}$ and fold remaining $\frac{1}{3}$ on top to make 3 layers. Turn the folded dough so that the open end faces you. Roll out, fold over as before and turn. This whole operation is called a turn. Make another turn and place dough in refrigerator until chilled. Roll out, fold and turn, chilling between turns to keep butter from oozing out. Make four turns altogether.

Chill dough for one hour. Roll $\frac{1}{8}$ inch thick and cut in 6 inch or 3 inch squares. Cut each square diagonally, making 2 triangles from each. Taking longest side of the triangle, roll loosely to form a cylinder, thicker at center than ends. Shape rolls into crescents and place on floured cookie sheet. Bake at 400 degrees for 5 minutes and 350 degrees for 15-20 minutes, or until golden brown. May be frozen, unbaked, until needed.

SUGAR CRISPS

Barbara Clampet

1 cake or 1 pkg. yeast
 $\frac{1}{4}$ c. lukewarm water
3 $\frac{1}{2}$ c. sifted flour
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. butter
 $\frac{1}{2}$ c. shortening

2 beaten eggs
 $\frac{1}{2}$ c. thick sour cream
3 tsp. vanilla
1 $\frac{1}{2}$ c. sugar

Dissolve yeast in water. Sift flour with salt; cut in butter and shortening. Blend in eggs, sour cream, 1 tsp. of vanilla, and yeast. Mix well. Cover; chill at least 3 hours. (Dough may be stored in refrigerator up to 4 days and baked as needed.)

Mix sugar and remaining vanilla. Sprinkle board with about $\frac{1}{2}$ cup of mixture. Roll out half of dough to a 16 x 8 inch rectangle; sprinkle with 1 Tbsp. more vanilla sugar.

Fold one end of dough over center. Fold opposite end over to make three layers. Turn $\frac{1}{4}$ way around and repeat rolling and folding twice, sprinkling board with additional vanilla sugar as needed. Roll out about $\frac{1}{4}$ inch thick. Cut into 4x1 inch strips; twist each strip 2 or 3 times. Place on ungreased baking sheets. Repeat entire process with remaining dough. Bake in moderate oven (375 degrees) 15 to 20 minutes until light golden brown. Makes about 5 dozen.

BAKED ALASKA - TEXAS STYLE

Liz Cox

Prepare and cook a pastry pie crust. Let a carton of vanilla ice cream soften at room temperature. Form ice cream in pie crust in igloo shape. Freeze. Take out 15 minutes before time to serve. Beat up two egg whites until stiff. Add 6 Tbsp. of sugar one at a time. Spread this meringue over ice cream mound, making sure that there are no gaps between crust. Place in oven at 375 degrees until meringue browns. Slice immediately and serve with strawberries on top.

FROZEN LEMON PIE

Ann Morrissey

1 1/2 c. whipping cream	3/4 c. sugar
1 tsp. grated lemon rind	1/2 c. lemon juice
4 egg whites, stiffly beaten	1/4 c. sugar
4 egg yolks	

Butter 2 pie pans and spread with 3/4 cup graham cracker crumbs. Beat egg yolks and 3/4 cup sugar, lemon rind, and lemon juice, which has been mixed together. Stir and cook over boiling water until thick. Let cool. Whip chilled cream and add 1/4 cup sugar to it. Fold in egg whites and cream. Pour into pie pans. Freeze. Makes two pies.

LEMON MERINGUE PIE

Patti Bondi

Make 8 inch pie crust, cool/

1 c. granulated sugar	2 tsp. grated lemon rind
4 Tbsp. cornstarch	4 Tbsp. lemon juice
1/8 tsp. salt	3 egg yolks
1 c. plus 4 Tbsp. water	1 Tbsp. butter

In saucepan, combine sugar, cornstarch, salt. Slowly stir in water, lemon rind, lemon juice, egg yolks, and butter. Cook, while stirring, until mixture mounds when dropped from spoon. Cool this filling. Spoon filling into baked pie crust.

Meringue:

3 egg whites	1/2 tsp. vanilla
1/4 tsp. salt	80 6 Tbsp. granulated sugar

Beat egg whites, salt, and vanilla till frothy. Gradually beat in sugar until stiff peaks are formed. Spoon over pie, spreading to edges of crust. Bake 12 to 15 minutes in 350 degree oven. Cool on rack.

SPECTACULAR CHERRY PIE

Dawn Brown

Make and chill a graham cracker crust (or any other favorite crust). Drain a large can pitted bing cherries; save the juice; chill the cherries. Add water to cherry juice to make one cup, bring to a boil, then stir into 1 pkg. cherry jello until completely dissolved. Gradually blend half of hot gelatin into an 8-oz. pkg. of creamed cheese, warmed to room temperature. When smooth, pour into chilled crust, chill until set. Arrange cherries on top and spoon remainder of gelatin over all and chill until set.

GRANGER PIE

Mary Radell

3/4 c. white sugar	1/4 lb. butter
1/2 c. brown sugar	1/2 tsp. cinnamon
1 1/2 c. flour	

Mix into crumbs. In mixing bowl combine:

1/2 c. boiling water	1 tsp. baking soda
1/4 c. milk	(dissolved into some of the boiling water)

Add 1/2 cup molasses. The mixture should foam when molasses is added. Pour the mixture into an unbaked pie shell. Drop evenly over this surface the crumbs. Then sprinkle a little brown sugar over the top. Bake at 350 degrees for 40-45 minutes.

This is a surprise pie because it never turns out the same. Sometimes it seems all sugary on top. Other times it has rivulets of gooey texture running through it. It might be called Molasses Funny Pie.

CREME DE MENTHE PIE

Nancy Hoye

20 chocolate wafers (crumbs)
(1 1/4 cups)
1/2 c. butter

Melt butter and combine with chocolate wafer crumbs. Press into 9" pie plate -- refrigerate.

1/2 c. milk

20 large marshmallows

Melt marshmallows in milk over double boiler.
Cool.

1 c. whipping cream

3 Tbsp. creme de cocoa

3 Tbsp. creme de menthe (green) (white)

Whip cream, fold in creme de menthe and creme de cocoa. Blend into cooled marshmallow mixture. Pour into pie crust and refrigerate until firm (at least four hours).

SODA CRACKER PIE

Mickey Haynes

Crust:

whites of 3 eggs

12 soda crackers

1 c. sugar

rolled fine

1 tsp. vanilla

1 tsp. baking powder

3/4 c. chopped walnuts

Topping:

1/2 pt. whipping cream

1 Tbsp. sugar

1 No. 303 can fruit cocktail
or crushed pineapple

Whip egg whites stiff. Add sugar and vanilla gradually. Add baking powder and nuts to fine soda cracker crumbs. Fold gently into beaten egg white mixture. Pour into greased pie pan. Bake at 350 degrees for 15-18 minutes. Remove and cool. When ready to serve, whip cream and add sugar. Fold in drained fruit cocktail and top pie with mixture. Decorate with cherries if desired.

STRAWBERRY PARFAIT PIE

Judy Kostin

FILLING:

1 can evaporated milk

1/2 c. frozen strawberry
juice (from 1 box of
strawberries)

1/4 c. lemon juice

1/4 c. sugar

1/4 tsp. salt 1 pkg. strawberry jello
1 box drained frozen strawberries

Pie Shell:

Graham crackers 4 Tbsp. butter
4 Tbsp. sugar

Chill evaporated milk 24 hours. Bring berry juice, lemon juice, sugar, and salt to a boil and add strawberry jello. Mix well and set aside to cool. Beat milk until stiff like whipped cream. Fold jello mixture into milk. Fold in drained strawberries and pour into shell of crushed graham crackers, butter, and sugar pressed against the sides of a buttered pie plate and chilled. Decorate with graham cracker crumbs and fresh berries. Chill and serve cold.

CHRISTMAS PIE

Joyce Walter

(This does not have to be served at Christmas)

1 baked brazil nut crust	1/8 tsp. salt
1 envelope unflavored gelatin	
1/4 c. cold water	1 tsp. vanilla
1 c. milk	3 egg whites, beaten stiff
3 egg yolks	1 3/4 c. heavy cream
1/2 c. sugar	1/2 oz. unsweetened chocolate whole toasted brazil nuts

- 1.. Make and bake pie shell (Boil nuts 5 min. crack and grind. Pat into 9 inch pan. Brown at 300 - 325. Cool).
2. Soften gelatin in cold water.
3. Scald milk in top of double boiler.
4. Beat egg yolks slightly; add sugar and salt and mix well.
5. Stir in scalded milk.
6. Return to double boiler and cook over hot water for 7 minutes or until mixture will coat a metal spoon. (Will curdle if cooked too long).
7. Remove from hot water.
8. Add gelatin; stir thoroughly until dissolved.
9. Cool stirring occasionally.
10. Add vanilla.
11. Fold in beaten egg whites, then one cup cream,

whipped.

12. Chill in refrigerator about 15 minutes or until mixture will pile lightly when lifted with a spoon.
13. Turn into pie shell, mounding slightly to the center.
14. Chill in refrigerator several hours or overnight.
15. At serving time, whip remaining $\frac{3}{4}$ cup cream stiff, add sugar and vanilla to taste. (I usually make this chocolate whipped cream using instant chocolate or cocoa to taste.)
16. Cut long thin shavings of chocolate with knife and sprinkle a few in center of filling. Tilt a few toasted brazil nuts into the filling around the rim.

DO-NUT BALLS

Lydia Scott

Snip biscuits from a refrigerated tube in halves. Pinch cut ends together to make rounds. Bake as directed. Coat hot biscuits with melted butter or oleo, then shake in sack with $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ tsp. cinnamon. Serve with hot coffee. Makes 20.

FRENCH DOUGHNUTS

Lorie Page

Place in large bowl:

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

Pour 1 cup boiling water over it; add 1 cup evaporated milk and cool to lukewarm. Soften 1 cake compressed yeast in 1 cup warm water and add to cooled mixture along with 2 well beaten eggs.

Stir in 4 cups of flour and beat well, then add $3\frac{1}{2}$ cups more flour and mix well. Place in a greased bowl and grease top of dough. Cover with a lid. Place in refrigerator and chill. Roll out amount you want to use to $\frac{1}{4}$ inch thickness. Cut. Fry at 360 to 370 degrees in deep fat, until golden brown. Then glaze with 2 cups powdered sugar, 4 to 5 Tbsp. hot water and $\frac{1}{2}$ tsp. vanilla.

FRENCH BREAKFAST PUFFS

Nancy Hoye

5 Tbsp. butter ($\frac{1}{3}$ c.)	$2\frac{1}{4}$ tsp. baking powder
$\frac{1}{2}$ c. sugar	
1 large egg	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ c. flour	

1/4 tsp. nutmeg

1/2 c. milk

Cream butter, add sugar gradually and cream; blend egg yolks in and mix well. Sift flour, baking powder, salt and nutmeg together and add to creamed mixture alternately with milk. Fold in stiffly beaten egg whites and drop by spoonfuls into greased muffin pans, each 1/2 full. Bake at 350 degrees for 25-30 minutes. When done, roll in 6 Tbsp. melted butter, then in 1/2 cup sugar mixed with 1 tsp. cinnamon. Serve warm. Makes 1 dozen.

FRENCH COFFEE CAKE

Judy Kostin

1/8 lb. butter	3 tsp. baking powder
1/2 c. shortening	1 tsp. baking soda
1 c. sugar	1/2 tsp. salt
3 lg. eggs or 4 medium - separate	1 tsp. vanilla
3 c. flour - 2 cake, 1 all- purpose	1/2 c. sugar
1 c. sour cream	1/4 c. cocoa
	1/4 c. ground nuts (more if desired)

Cream butter and shortening. Add sugar and egg yolks and beat until smooth. Measure then sift the dry ingredients and add alternately with the sour cream. Add vanilla. Beat egg whites until stiff and fold into main mixture, mixing well. Spoon thick batter into an angel cake pan that has been greased and floured. Sprinkle sugar, cocoa, and nut mixture between spoonfuls for a marbled effect. Sprinkle 1/4 cup chocolate mixture on top of cake before baking. Bake at 350 for one hour. Cool cake on wire rack for 45 minutes. Do not invert to remove from pan until then.

CRISPY COOKIE COFFEE CAKE

Marlene Gleason

1 pkg. yeast	1 1/4 c. sugar
1/4 c. warm water	1 c. margarine
4 c. sifted flour	2 eggs, beaten
1 tsp. salt	1 c. milk, scalded then cooled to lukewarm
1 tsp. grated lemon rind	
1 Tbsp. cinnamon	

In a small bowl dissolve yeast in water. In large bowl combine flour, salt, lemon rind and 1/4 cup of

sugar. Cut in margarine. Combine eggs, milk, dissolved yeast and add to flour mixture. Mix lightly. Cover and refrigerate overnight.

Divide dough in half. On a floured board roll each piece into 18 by 12 inch rectangle. Sprinkle with remaining sugar mixed with cinnamon. Roll up tightly beginning at the wide end. Cut each roll into one inch slices. Place cut side up on greased baking sheet. Flatten with palm of hand. Bake at 400 degrees for 12 minutes. Makes 36.

MOM'S COFFEE CAKE

Jo Ringel

Cream 1/2 cup Crisco and 1 cup sugar, then add 2 eggs and mix. Sift together:

2 c. flour	1 tsp. baking soda
1 tsp. baking powder	1/4 tsp. salt

Add to above mixture. Beat well, then add 1 tsp. vanilla and 1/2 pint sour cream. Beat well.

Grease angel food cake pan and put in half of batter and sprinkle a cinnamon and sugar mixture over, then put in rest of batter and again sprinkle cinnamon and sugar mixture over batter. Bake in 350 degree oven for 45 minutes.

Write your extra recipes here:



Desserts





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

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

To keep handkerchiefs, socks or other small pieces from wrapping around washing machine wringers, fold them inside towel and run through.

To whiten laces, wash them in sour milk.

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

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothes pin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

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

DESSERTS

CHOCOLATE THUMB PRINT COOKIES

Nancy Hanke

1/2 c. margarine	1 egg yolk
1/2 c. sugar	1/2 tsp. vanilla
1 sq. bitter chocolate, melted	1 c. sifted flour
1/4 tsp. salt	1/2 c. chopped nuts

Cream sugar and margarine; add egg yolk, vanilla and melted chocolate. Mix, then add flour and salt. Make small balls and dip in egg white and roll in chopped nuts or granulated sugar. Put on greased cookie sheet and place thumb print in center. Bake at 350 degrees for 12-15 minutes. Fill thumb print with chocolate or colored icing. Makes 2 1/2 to 3 dozen cookies.

CHOCOLATE MACAROONS

Irene Ford

Melt 1/2 cup shortening and 3 squares of chocolate over hot water. Beat in 2 cups of sugar until no longer grainy. Add 4 eggs, one at a time, beating after each addition. Add:

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

Chill 2 to 3 hours. Dip by teaspoonfuls and make into balls. Roll in powdered sugar. Bake at 375 degrees on ungreased pan for 10 to 12 minutes.

BUTTERSCOTCH COOKIES

Georgie Van Sickle

1 c. butter	2 c. flour
1 c. brown sugar, tightly packed	
1 tsp. vanilla	

Mix, form in rolls between waxed paper. Chill. Slice thinly and bake on ungreased cookie sheet in moderate oven (375 degrees) about 10 minutes or until golden brown. Makes 5 dozen cookies.

CHOCOLATE CHOCOLATE CHIP COOKIES Liz Cox

1 pkg. chocolate chips	1 c. brown sugar
1 1/2 c. flour	1 egg
1/4 tsp. salt	1 c. milk
1 tsp. baking powder	1 tsp. vanilla
2 oz. (1 square) unsweetened chocolate	1/2 c. chopped nuts, optional
1/2 c. shortening, melted	

Sift dry ingredients together. Melt chocolate and add to melted shortening. Add sugar, egg, milk and vanilla. Add dry ingredients and then chips. Drop from teaspoon onto greased baking sheet and bake in a moderate oven (375 degrees) for 12-15 minutes.

MERRY MERINGUES Liz Cox

Makes 5 dozen.

2 egg whites	1/2 c. sugar
1 tsp. cream of tartar	cinnamon candies and
1/2 tsp. salt	green candied cherries (sliced in strips)

Beat egg whites and cream of tartar and salt until foamy. Beat in sugar one Tbsp. at a time (about 10 minutes). Quickly shape into wreaths with aid of spoon or spatula. Decorate with red cinnamon candies and sliced green cherries to give effect of Christmas wreath. Other suggested shapes: heart, candy canes, etc. Bake on brown paper at 300 degrees for 20-25 minutes. Loosen carefully when slightly cooled and store in cabinets.

ALMOND RINGS Jackie Jacob

1 lb. butter	6 yolks of hard boiled
1 lb. flour	eggs (20 min.)
1/4 lb. sugar	1/4 c. whisky or brandy
blanched almonds to decorate	

Cream butter and sugar. Add egg yolks (rubbed thru sieve), flour and whiskey. Mix thoroughly. Add enough flour to roll very thin, cut in rings with doughnut cutter. Rub or brush with egg white and place blanched almond halves around cookies. Sprinkle with sugar and cinnamon. Bake in 325 to 350 degree oven for 10-12 minutes or until a nice brown.

SUGAR COOKIES

(Quick and easy)

Barbara Gilmore

2 1/4 c. sifted flour	1 c. sugar
1/4 tsp. salt	2 eggs, beaten
2 tsp. baking powder	1/2 tsp. vanilla
1/2 c. shortening	1 Tbsp. milk

Sift flour, salt and baking powder together. Cream shortening and sugar together, add eggs and vanilla, then add sifted ingredients and milk. Roll and cut. Sprinkle with sugar and bake on baking sheet in moderate oven (375 degrees) for 12 minutes. Makes about 3 1/2 dozen cookies.

PINEAPPLE NUT COOKIES

Janet Tonnesen

1 c. white sugar	1 tsp. baking soda
1 c. brown sugar	3 c. flour
1 c. shortening	1 c. nuts
2 eggs	1 c. coconut
1 small can crushed pineapple, drained	1 tsp. vanilla

Cream shortening and sugars. Add eggs. Beat. Add soda and flour and mix thoroughly. Add pineapple, nuts, coconut, and vanilla. Bake at 400 degrees for 10 minutes or until lightly browned.

ORANGE COOKIES

Ann Branning

1 c. shortening	4 c. flour
1 1/2 c. granulated sugar	3 tsp. baking powder
2 eggs	1 tsp. soda - add to milk
1 c. sour milk	1/4 tsp. salt
juice and rind (grated) of 1 large orange	1/4 tsp. vanilla

Let stand 15 minutes after mixing. Drop on greased cookie sheet. Bake at 350 degrees for 7 minutes. Ice while warm with 3/4 box of powdered sugar, juice and grated rind of one orange.

PENUCHE CHEWS

Jo Ringel

Sift together:

2 c. sifted flour
1 tsp. salt

1/2 tsp. soda

Combine 3/4 c. butter, 1 1/2 cups firmly packed brown sugar, and 1/2 cup milk in a large saucepan. Bring to a boil, stirring constantly. Boil 1 minute and remove from heat.

Stir in 1 cup sifted powdered sugar, 1 cup English walnuts, chopped, and 1 tsp. vanilla. Blend in dry ingredients. Turn into greased 15 by 10 by 1 inch jelly roll pan or two 9 by 9 inch pans. Bake at 375 degrees for 25 minutes to 30 minutes. Do not overbake. Cut into 2 1/2 by 1 inch bars while warm. Cool. Drop 1/2 tsp. frosting onto each cookie. Top each cookie with a walnut half. Makes 5 dozen bars.

Penuche Frosting:

Combine in saucepan 2 cups packed brown sugar, 1/2 cup milk and 1/4 tsp. salt. Cook over medium heat, stirring occasionally, to soft ball stage (236 degrees). Add 1/4 cup butter and 1 tsp. vanilla. Cool to lukewarm. Beat until of spreading consistency. If necessary, thin with milk.

PEANUT BLOSSOMS

Liz Cox

1 3/4 c. flour
1 tsp. soda

1/2 tsp. salt

Cream:

1/2 c. shortening
1/2 c. peanut butter

1/2 c. sugar
1/2 c. brown sugar

Add:

1 egg

1 tsp. vanilla

Add sifted dry ingredients. Shape into balls using rounded tsp. of dough. Roll in sugar and place on greased baking sheet. Bake 10 minutes at 375 degrees. Remove from oven and top with candy kiss, pressing down firmly. Replace in oven for 2-5 minutes.

CARAMEL NUT SLICES

Jo Ringel

These refrigerator cookies, so crunchy with nuts are ready to slice and bake when guests drop in unexpectedly. Dough keeps in refrigerator several weeks.

- | | |
|------------------------------------|---------------------------------|
| 1 c. soft shortening (part butter) | 1/2 tsp. salt |
| 2 c. brown sugar (packed) | 1 tsp. soda |
| 2 eggs | 1 c. <u>finely</u> chopped nuts |
| 3 1/2 c. sifted flour | |

Mix well shortening, sugar, eggs. Sift together flour, salt, soda. Stir in. Add nuts. Shape in 2 rolls 2" across. Chill. Heat oven to 400 degrees. Slice dough 1/8" thick. Bake on ungreased cookie sheet 8 to 10 minutes. Makes about 12 dozen.

Tip: Cookies spread very little during baking, so place fairly close together on cookie sheet.

BROWNIES

Dot Crane

- | | |
|---------------------|------------------------|
| 2 squares chocolate | 3/4 c. sifted flour |
| 1/3 c. shortening | 1/2 tsp. baking powder |
| 1 c. sugar | 1/2 tsp. salt |
| 2 eggs | 1/2 c. chopped nuts |

Heat oven to 350 degrees. Grease a square pan. Sift flour, baking powder, and salt together. Melt chocolate and shortening over hot water. Beat in sugar and eggs; add flour mixture. Mix in nuts and pour into pan. Bake 30-35 minutes. Cool for 20 minutes, frost, cut into squares.

Icing for Brownies:

Melt 1 Tbsp. butter and 1 square chocolate over hot water. Sift one cup confectioners sugar into bowl. Add chocolate mixture and beat until icing is spreading consistency. Spread on brownies.

FUDGE COOKIES

Marty Jones

- | | |
|---------------|--------------|
| 1/2 c. butter | 2 c. sugar |
| 1/2 c. milk | 1/4 c. cocoa |

FRUIT NUT BARS

Dorothy Moore

1 c. sifted all purpose flour
1/4 tsp. baking powder

1/2 tsp. salt

Sift all together. Add:

1 c. sugar
1 c. salad oil

2 eggs

Beat all together 2 minutes.
Add:

1 c. chopped nuts
1 c. chopped dates

1 tsp. vanilla

Grease baking pan 13 x 9 x 1 1/2. Line with wax paper and grease again. Pour in mix. Bake at 350 degrees 30 to 35 minutes. While hot and still in pan lightly frost with powdered sugar icing. Cool slightly -- cut in squares or bars and remove from pan.

Note: These are better one to two days after baked if stored in tightly closed container.

GRAHAM CRACKER FUDGE

Helen Crenshaw

2 c. sugar
1 c. milk
3 sq. baking chocolate
1 c. nuts

6 Tbsp. butter
1 tsp. vanilla
1 jar marshmallows
2 c. graham crackers

Boil sugar, milk, baking chocolate until soft ball forms in cold water. Add butter, vanilla, marshmallow, nuts, graham crackers. Pour into a pan; cut when cool.

MARTHA WASHINGTON BON BONS

Pat Pine

1/4 lb. margarine
(don't use butter)
1 can Eagle brand milk
1 c. coconut

2 boxes sifted powdered
sugar
1 c. nuts
1 tsp. vanilla

Mix and chill until firm. Then roll into balls and chill again.

2 6-oz. pkg. chocolate chips

1 bar paraffin

Melt chocolate and paraffin over hot water. Pour out about a cupful. Dip candy balls into hot mixture by placing on toothpick. Dip only a second, cool a moment and place on cookie sheet. For variation, substitute butterscotch chips for chocolate chips. Food coloring may be added, with a touch of mint, strawberry, etc. for flavoring.

SNOW BALLS

Jo Ringel

Cream together 1 cup oleo and 1 cup powdered sugar and add 2 egg yolks and beat hard. Whip whites of 2 eggs and fold into the above mixture. Add 1 can of well drained crushed pineapple (either small or medium) and 1 c. chopped pecan meats. Chill. Put mixture between vanilla wafers in stacks of 3 wafers and cover with 1 pint unsweetened whipped cream. Sprinkle with coconut if desired.

Makes 16.

These are best if they chill at least 24 hours before serving.

KOLACKI

Liz Cox

1/2 lb. butter

1 pkg. cream cheese

1 c. flour

1/2 tsp. baking powder

2 Tbsp. sugar

1 tsp. vanilla

Cream butter and cheese, add dry ingredients, sifted, and vanilla. Knead to make smooth. Roll out to about 1/4 inch and cut in circles or rectangles, or squares. Fill center with fruit fillings (I prefer dried apricots that have boiled down with enough sugar added for flavor). Bake at 350 degrees for 10-25 minutes, depending on size. These are very good for teas or coffee in miniature form. Sprinkle with confectioners sugar after cooling.

HEART'S DELIGHT

Irene Ford

2 c. crushed vanilla wafers

1 c. chopped walnuts

1 c. shredded coconut

12 marshmallows, cut up

1/2 c. powdered sugar

12 maraschino cherries,
cut small

Blend above ingredients in a mixing bowl. Over this pour 1/2 cup cream and 1 tsp. vanilla. Stir until all cookie crumbs are coated. Place 12 paper cups in muffin tins and pack with mixture. Place in freezer until thoroughly chilled. Garnish with whipped cream and a cherry at serving time.

CHOCOLATE-NUT CRUNCH

Barbara Clampet

2 c. vanilla wafer crumbs	3 well beaten egg yolks
1 c. chopped Calif. walnuts	1 1/2 1 oz. sq. un-
1/2 c. butter or margarine	sweetened chocolate
1 c. powdered sugar	melted

Combine crumbs and nuts. Line bottom of 9 in. square pan with half of crumb mixture. Thoroughly cream butter and sugar; add egg yolks. Add chocolate and vanilla. Mix well. Fold in stiffly beaten egg whites. Spread over crumb mixture. Top with remaining crumbs. Chill overnight. Cut in squares. Serves 9.

STRAWBERRY NABISCO

Irene Ford

1/2 lb. rolled sugar wafers	1 tsp. vanilla
1/2 c. butter	1/2 c. chopped nuts
2 eggs	1 qt. frozen straw-
1 c. powdered sugar	berries
	1/2 pt. whipping cream

Cream butter and sugar until fluffy. Add vanilla and eggs, one at a time. Put 1/2 of wafer crumbs in a 9 by 9 buttered pan. Spread butter and sugar mixture over crumbs. Add a layer of nuts and all the berries. Spread whipped cream over this and place the remainder of crumbs on top. Freeze for 10 to 12 hours. Cut in squares to serve. Vanilla wafers make a good substitute for the sugar wafers.

PINEAPPLE WAFER DESSERT

Barbara Verplaetse

1/2 c. butter or 1/4 lb.	4 egg yolks
2 c. sugar	1 c. chopped nuts
1 c. grated pineapple (drained)	3/4 lb. vanilla wafers

Cream butter and sugar. Add egg yolks, pineapple

and nuts. Line 8 or 9 inch cake pan with wafers. Spread 1/2 of the pineapple mixture over them. Add another layer of wafers and cover with the rest of the mixture. Finally add another layer of wafers. Chill in icebox for 8-9 hours. Serve with whipped cream on top.

RICE PUDDING

Bertha Sabel

1/2 c. rice	1/2 c. sugar
1 quart milk	1 tsp. vanilla
1/2 c. seedless raisins	1/4 tsp. salt
1/3 c. butter or margarine	cinnamon
3 eggs, slightly beaten	

Mix the rice with 2 cups of the milk in top of a double boiler. Place over hot water and cook until rice is tender. Add raisins and butter. Combine eggs, sugar, vanilla, salt and remaining milk; blend well. Stir egg mixture into the hot rice mixture. Pour into a greased 1 1/2 quart baking dish. Sprinkle with cinnamon. Set in a pan half filled with hot water. Bake at 325 degrees for 30 to 45 minutes or until silver knife inserted near edge comes out clean. Makes six servings.

BLACK BING CHERRIES WITH BRANDY SAUCE

Ann Branning

Stir 2 egg yolks and 1 whole egg with 1/4 cup sugar until light. Add a pinch of salt. Mix 1/4 cup brandy (best quality) with 1/2 cup cream and add to egg mixture.

Stir over low heat until thickened, being careful that sauce doesn't curdle. As soon as it thickens remove from heat and cool. Stir occasionally while cooling.

Drain contents of one #2 1/2 can of pitted black Bing cherries. After the cherries are drained, put them on paper towels and blot with additional towels. Pour sauce over the cherries. Chill.

CHOCOLATE SPONGE

Marilyn M. DeMarche

3 eggs	1/4 c. boiling water
1 c. sugar	5 Tbsp. cocoa
1 Tbsp. Knox gelatin	

Soak gelatin in cold water. Beat egg whites; beat

yolks. Add to whites - beat again. Add sugar gradually - beat well. Then add hot water to gelatin - then add cocoa to gelatin and combine two mixtures. Add tsp. vanilla and pinch of salt. Pour in sherbet glasses and place in refrigerator.

LEMON CUPS

Lorie Page

1 c. sugar	5 Tbsp. lemon juice
4 Tbsp. flour	grated rind of 1 lemon
1/8 tsp. salt	3 beaten egg yolks
2 Tbsp. melted butter	1 1/2 c. milk
3 stiffly beaten egg whites	

Add blended sugar, salt and flour to butter. Add lemon juice and rind. Add egg yolks and milk; stir well. Fold in egg whites and pour into greased custard cups. Place in a pan of hot water. Bake at 350 degrees for 45 minutes.

When baked, each cup will have custard on the bottom with sponge cake on top. Serves eight.

FLAMING CHERRY DESSERT

Barbara Conover

2 pkg. angel food cake mix	2 Tbsp. brandy
1 8-oz. jar red currant jelly	6 - 8 sugar cubes
	lemon extract
2 c. whipping cream	
1 pkg. frozen bing cherries	

Make angel cakes according to directions on package. Cool, cut into wedges for serving and place on serving tray in form of one large angel cake. Frost with whipped cream. Place bowl in center. Fill bowl with Bing cherry sauce. Just before serving, soak sugar cubes in lemon extract and place on top of sauce; light with a match. This will flame very high for several minutes. Serve sauce on cake.

Cherry sauce: Simmer currant jelly until it liquifies. Add thawed cherries and brandy. Simmer 20 minutes more.

FROZEN BRIDGE DESSERT

(Low calorie)

Ann Phillips

2 c. fresh (or frozen) orange juice

1 c. pineapple juice
36 whole marshmallows

pinch salt
1 box vanilla wafers
2 envelopes (1 large
box) Dream Whip

Put juices, marshmallows, salt on stove over low heat until marshmallows melt. Cool. Whip 2 envelopes of Dream Whip according to directions on package. Line large square pyrex dish with vanilla wafers. Gently dip small amount of cooled juice mixture over wafers, cover with a layer of Dream Whip. Add another layer of wafers, rest of juice, and top with remaining Dream Whip. Freeze. Cut into squares to serve. Serves 8.

CINNAMON FLUFF

Bertha Sabel

Mix together thoroughly:

1/2 c. soft shortening
2/3 c. sugar

2 eggs

Si together:

1 1/2 c. sifted flour
2 Tbsp. cinnamon

1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt

Stir alternately with:

1 c. sour milk (or 1 cup sweet milk and 1 Tbsp. lemon juice or vinegar)

Pour into a greased and floured 9-inch square pan. Rub together 1/2 cup sugar, 1 Tbsp. butter, and 1 Tbsp. cinnamon and sprinkle over batter. Bake at 325 degrees for 40 to 45 minutes. Serve with cinnamon-flavored whipped cream. Makes nine servings.

CHEESE CAKE

Nancy Hanke

2 large pkg. cream cheese
3 eggs

2/3 c. sugar
1/8 tsp. almond ex-
tract

Beat cream cheese until soft. Add eggs one at a time, beating after each egg. Add sugar and almond extract, beat 5 minutes. Pour into a greased 10-inch

pie plate. Bake at 325 degrees for 45-50 minutes. Remove and cool for 15 minutes.

Topping:

1 pint sour cream 1 tsp. vanilla
3 Tbsp. sugar

Mix thoroughly. Spread over top of cooled cheese cake. Bake at 325 degrees for 15 minutes. Cool and refrigerate.

CHEESE CAKE

Elizabeth Anderson

Crust:

12-14 graham crackers, 2 Tbsp. sugar
 rolled fine
1/2 stick butter, melted

Mix and bake for 8 minutes at 275 degrees.

Filling:

2 eggs beaten stiff (5 minutes at least)
1 8-oz. pkg. cream cheese 1/2 c. sugar
1/4 tsp. or less vanilla

Fill shell and bake at 275 degrees for 25 minutes or until firm.

Topping:

1/2 pt. sour cream 5 Tbsp. sugar
dash of vanilla

Mix and cover filling. Bake at 275 degrees for 5 minutes. Refrigerate.

CHERRY DELIGHT

Shirley Rummel

Have the following at room temperature:

1 graham cracker crust (see
 below) 1 can cherry pie filling
1 8-oz. pkg. cream cheese 1/4 c. sugar
1 tsp. vanilla 2 eggs

Graham Cracker Crust:

Roll 22 crackers (1 pkg.) until fine. Put 1/4 cup white sugar and 1/4 lb. butter in 9 x 12 pan. Add crumbs and mix with fork, making soft mixture. Press against side of pan with hand until firm.

Filling:

Beat eggs well. Add sugar, vanilla, and crumbled cream cheese and mix well. Pour mixture over graham cracker crust (it will look like vanilla pudding). Bake in 375 degree oven 15 minutes. When taken from oven, pour cherry pie filling over pie and spread lightly until even. Refrigerate. Cover with whipped cream before serving if desired. Also delicious with blueberry pie filling.

APPLE-WALNUT COBBLER

Elizabeth Anderson

1/2 c. sugar
1/2 tsp. cinnamon
3/4 c. coarse chopped walnuts
4 c. thinly sliced pared tart
apples or 1 No. 2 can (2 1/2
cups) sliced pie apples
1 c. sifted enriched flour

1 c. sugar
1 tsp. salt
1 well beaten egg
1/2 c. evaporated milk
1/3 c. butter or mar-
garine, melted

Mix sugar, cinnamon, and 1/2 cup of the walnuts. Place apples in bottom of greased 8 1/2 x 1 3/4' round ovenware cake dish. Sprinkle with cinnamon mixture. Sift together dry ingredients. Combine egg, milk, and butter. Add dry ingredients, all at once, and mix until smooth. Pour over apples; sprinkle with remaining walnuts. Bake in slow oven, 325 degrees, about 50 minutes or until done. Cut in wedges. Serve with cinnamon topped whipped cream. Serves 8.

MERINGUE TORT

Annette Perdue

1/2 c. butter
1/2 c. sugar
4 egg yolks, beaten
2 Tbsp. cake flour

1/2 c. cake flour
4 Tbsp. milk
1 Tbsp. baking powder
1/4 tsp. salt

Grease two 8-inch round cake pans and line with

waxed paper. Cream butter and sugar. Add egg yolks and beat. Add 1/2 cup flour alternately with milk. Sift 2 Tbsp. flour with baking powder and salt. Add last and mix. Pour into cake pans.

Meringue Topping:

4 egg whites	3/4 c. sugar
1 tsp. vanilla	3/4 c. chopped nuts

Beat whites until stiff peaks form. Add sugar in small amounts and continue beating until all sugar is added. Add vanilla. Spread on top of unbaked cakes. Sprinkle with nuts. Bake 20 to 25 minutes at 300 degrees. Cool slightly on wire cake racks. Remove carefully from pans, placing one layer with meringue side down on cake plate. Cover with pineapple filling.

Pineapple Filling:

1 c. whipping cream, whipped	1 1/2 Tbsp. powdered sugar
1 c. drained, crushed pineapple	
1/4 tsp. vanilla	

Fold pineapple, vanilla, sugar into whipped cream. Spread on cake (meringue side down). Place other layer over filling with meringue side up. Slice as a pie to serve. This cake should not be refrigerated, as chilling seems to make meringue fall. Filling could be chilled and added to cake just before serving. Plain vanilla custard and one can of cherry pie filling also makes a nice filling.

BLUEBERRY CAKE

Judy Kostin

1 c. milk	2 1/2 tsp. baking powder
1 1/2 c. sugar	2 1/2 rounded c. all purpose flour
1/2 c. shortening	2 c. <u>fresh</u> blueberries
1 egg	1 tsp. <u>vanilla</u>
1/2 tsp. salt	
1 Tbsp. cinnamon mixed with 1/4 cup sugar	

Cream shortening. Add sugar and egg and beat until smooth. Measure dry ingredients and sift together. Add dry mixture and milk alternately beating smooth after each addition. Add vanilla. Fold in

blueberries carefully. Bake in a greased loaf pan 60 minutes at 375 degrees. Use batter for cupcakes but bake only 25 minutes. Sprinkle cinnamon and sugar mixture over cake or cupcakes before baking. This cake is not too sweet and may be served for a summer brunch or coffee.

FROZEN FUDGE CAKE

Jere Lee Kierland

1 c. vanilla wafer crumbs	3 1-oz. squares chocolate, melted
1 1/2 lbs. powdered sugar	1 tsp. vanilla
1/2 tsp. salt	2 Tbsp. cream
1 beaten egg	1 c. chopped pecans
1 pint whipping cream	

Butter a 9 inch square pan and line with wafer crumbs, saving a few for the topping. Sift 1 lb. of the sugar and salt into a bowl. Stir in egg, vanilla and the melted chocolate. Add cream. Sift in remaining sugar and stir until the mixture is the consistency of soft dough. Add nuts. Spread over the crumbs in the pan. Whip the cream and spread over the chocolate mixture. Sprinkle with remaining crumbs. Freeze. This very rich dessert will serve 6-8 people.

BACHELOR CAKE

Phyllis Velker

3 eggs	3 Tbsp. cocoa
1 c. white sugar	3 Tbsp. hot coffee
pinch of salt	1 c. melted shortening
1 tsp. vanilla	1 box graham crackers

Mix all ingredients in order given, except graham crackers. Beat well after each addition. When thick spread between layers of whole graham crackers. A 10 x 10 pan is the best pan for this cake.

CHOCOLATE CHIP DATE CAKE

JoAnne Ashton

1 c. cut up dates	1 3/4 c. sifted flour
1 c. hot water; pour over dates and let sit.	2 beaten eggs
1 tsp. soda	1 Tbsp. cocoa
1 c. white sugar	1 tsp. vanilla
1 c. butter or shortening or 1/2 butter and 1/2 shortening	

Mix all ingredients together. Add 1/2 cup chocolate chips. Pour cake into pan and smooth top of cake. Sprinkle nuts and 1/2 cup chocolate chips on top of cake. Bake at 350 degrees for 30-35 minutes.

LEMON JELLO CAKE (Busy day fooler)

Barbara Conover

1 Yellow cake mix	4 eggs
1 pkg. (small) lemon jello	3/4 c. warm water
3/4 c. Wesson oil	1 lemon

Mix jello in 3/4 cup warm water, set aside. To mix add oil, and eggs one at a time; beat well after each addition. Fold in jello. Bake in ungreased tube pan in 375 degree oven about an hour or until golden brown. Remove from oven, cool in pan completely before inverting pan to remove. Serve plain or dribble with glaze of lemon juice and powdered sugar.

EGGLESS CHOCOLATE CAKE

Barbara Gilmore

1 2/3 c. flour	1/2 tsp. salt
1 c. sugar	1 c. buttermilk or 1 cup
1/2 c. cocoa	milk, soured with 2
1 tsp. soda	Tbsp. vinegar
1 1/2 tsp. vanilla	1/2 c. melted shortening

Sift dry ingredients together. Beat in other ingredients and stir until smooth. Spread in a buttered and floured 9 by 12 inch pan. Bake at 375 degrees for about 30 minutes.

CHOCOLATE VELVET CRUMB CAKE WITH TOPPING

Bertha Sabel

1 1/3 c. Bisquick	3/4 c. sugar
1/3 c. cocoa	3/4 c. milk
3 Tbsp. soft shortening	1 tsp. vanilla
1 egg	

Topping:

Mix 1/2 cup semi-sweet chocolate pieces, melted, with 1/3 cup water.

Heat oven to 350 degrees. Grease and flour an 8

or 9 inch round pan. Mix Bisquick, cocoa and sugar. Add shortening, egg, and 1/4 cup of the milk. Beat vigorously one minute. Stir in gradually the remaining milk and vanilla. Beat 1/2 minute. Pour half of batter into greased pan, then spread half of topping; then cover with remaining batter and topping. Serve warm or cold.

DREAM CAKE

Elenore Bafus

Beat 10 egg whites until frothy. Add 2 rounding teaspoons cream of tartar and beat until stiff. Add 1 1/4 cups sifted sugar gradually, and when well mixed, fold in 1 cup sifted (3 or 4 times) cake flour.

Fold in 10 well-beaten egg yolks and add 1/2 tsp. flavoring. (I am partial to lemon). Turn into ungreased angel cake pan and bake in a moderately slow oven (300 degrees) for about one hour. Invert on wire cake cooler and let stand until cold. Remove from pan and sprinkle with powdered sugar or a thin butter icing. (Can decorate with tiny silver candies).

YUM YUM CAKE

Helen Bakutis
(Kodiak)

1 c. sugar	1 1/2 c. water
1/2 lb. raisins	1/2 tsp. salt
1 1/2 large Tbsp. of butter or shortening	

Boil above together 5 to 8 minutes; allow to cool and add one (1) heaping teaspoon soda.

1 tsp. cinnamon	1/2 tsp. ground cloves
1 tsp. nutmeg	

Add flour suitable for cake consistency about 1 1/2 cups flour - sift into above. Bake in loaf pan. Have oven at 300 degrees, bake about one (1) hour.

This is a change from fruit cake at Christmas. Also for those who do not like citrus fruits. Nuts or citrus may be added if desired. (This was handed down by my grandmother).

FOUR EGG SPONGE CAKE

Pamela Crews

4 eggs	2 c. cake flour
2 c. sugar	

1 t sp. lemon juice
1 c. hot milk

2 tsp. baking powder
1/2 tsp. salt

Sift dry ingredients. Separate eggs and beat egg whites. Add 1/2 cup sugar to whites and beat to soft peaks. Combine lemon juice and egg yolks. Add remaining sugar and heated milk to the yolks, beating until foaming. Add dry ingredients. Fold in beaten whites. Turn into tube pan and bake 50 minutes at 350 degrees.

CHERRY CAKE

Marty Jones

1 Tbsp. butter
1 c. sugar
1 egg
1 c. sifted flour
1 tsp. soda

1 tsp. cinnamon
1/2 tsp. salt
1 can red cherries (#2
can, drained)
1/2 c. chopped nuts

Mix together and bake in 350 degree oven 50 to 60 minutes (9 x 9 pan).

When done put whipped cream on square of above dessert. Mix 1/2 cup sugar, 1 Tbsp. corn starch and cherry juice. Cook until thick. Then pour over the whipped cream.

\$300 CAKE

Barbara Gilmore

1 1/2 c. sugar
1/2 c. shortening
2 whole eggs, beaten
1 tsp. vanilla
2 1/4 c. sifted flour
2 Tbsp. cocoa

2 tsp. soda
1 oz. red cake coloring
2 Tbsp. vinegar in 1
c. milk

Cream shortening with sugar, add eggs and vanilla, mixing well. Sift dry ingredients together and add to creamed mixture alternately with soured milk. Add coloring and mix well. Bake in 9" pans greased and floured, at 350 degrees for about 30 minutes or until done.

Filling:

1 c. milk
3 Tbsp. flour

1 c. granulated sugar
1 tsp. vanilla

1 stick margarine

pinch of salt

1 c. chopped nuts

Cook milk and flour until real thick. Cover and let cool. Cream the margarine and sugar, add to cooled mixture. Add vanilla and pinch of salt. Mix in the chopped nut meats. Put between layers and on top of cooled cake.

GERMAN SWEET CHOCOLATE CAKE

Joyce Ann Harless

1 pkg. German sweet
chocolate

1/2 c. boiling water

1 c. butter, margarine, or
shortening

2 c. sugar

4 egg yolks, unbeaten

1 tsp. vanilla

1/2 tsp. salt

1 tsp. baking soda

2 1/2 c. sifted cake
flour

1 c. buttermilk

4 egg whites, stiffly
beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each. Add melted chocolate and vanilla. Mix well.

Sift together salt, soda, and flour. Add alternately with buttermilk to chocolate mixture, beating well. Beat until smooth.

Fold in beaten egg whites. Pour into three 8 or 9 inch cake layer pans lined on bottoms with paper. Bake in moderate oven, 350 degrees, 30 to 40 minutes. Cool. Frost tops only.

Coconut-Pecan Frosting:

Combine 1 cup evaporated milk, 1 cup sugar, 3 egg yolks, 1/4 lb. margarine, and 1 tsp. vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/3 cups flaked coconut and 1 cup chopped pecans. Beat until thick enough to spread. Makes 2 2/3 cups.

FUDGE CAKE

Dorothy Moore

3/4 c. butter

2 1/4 c. sugar

1 1/2 tsp. vanilla

Cream together. Add:

3 eggs	2 squares melted chocolate
3 c. sifted cake flour	3/4 tsp. salt
1 1/2 tsp. soda	

Sift together.

1 1/2 cup ICE water

Add alternately with dry ingredients to mixture.
Bake in three layers at 350 degrees 30 to 35 minutes.

Date Filling:

1 c. milk	1/2 c. chopped dates
-----------	----------------------

Heat in double boiler. Add:

1/4 c. sugar	1 egg, slightly beaten
1 Tbsp. flour	

Cook until thick. Cool and add 1/4 cup chopped nuts and 1 tsp. vanilla. Spread between layers of Fudge Cake. Frost with Chocolate frosting.

FABULOUS FUDGE CAKE

Annette Perdue

4 eggs	dash of salt
1 c. margarine	1 1/2 c. pecans
2 Tbsp. cocoa	1 tsp. vanilla
2 c. sugar	1lb. miniature marshmallows
1 1/2 c. flour	

Cream eggs and margarine. Add cocoa, sugar, flour, salt and pecans beating until mixed. Spread in greased 13 by 9 inch pan. Bake for 30-35 minutes in a 350 degree oven. Remove from oven and place marshmallows over the top while cake is still very hot. Return to oven long enough to melt marshmallows (2 to 4 minutes). Do not brown them. Allow to cool. Frost when cool or even the following day.

Frosting:

1/2 stick butter, melted

dash of salt

2 Tbsp. cocoa
1 box powdered sugar

1 tsp. vanilla
cream - enough to
give spreading
consistency

Mix all ingredients together and beat until fluffy. Spread over cooled marshmallows. Cut into squares. Men especially like this dessert. To serve as cookies simply bake the same as the cake in a 13 by 15 inch jelly roll pan and slice into 2 by 1 inch bars.

BASIC FROSTING

Pam Crews

1/2 c. shortening
2 Tbsp. butter
1/2 c. sugar

3 Tbsp. flour
3/4 c. milk
1 tsp. vanilla

Mix flour and milk and cook over low heat until thick, stirring constantly. Cool thoroughly and add to butter, shortening and sugar that has been creamed. Beat.

CHOCOLATE VELVET ICING

Beverly Will

2 eggs, well beaten
1 cube soft margarine or butter
2 squares unsweetened chocolate (3 semi-sweet)

1 lb. box powdered
sugar

Melt chocolate with 1/3 cube butter, reserve. Mix beaten eggs, remaining butter, powdered sugar and chocolate mixture. Beat well until creamy smooth. This icing will not dry out.

Write your extra recipes here:

INDEX OF RECIPES

BEVERAGES AND CANAPES

Oriental Ribites	1
Tiny Snax	1
Pickled Shrimp	2
Chicken Liver Pate	2
Crab Meat Dip	2
Hot Seafood Canape	3
Chinese Meatballs	3
Pizza Cracker Snacks	3
Crab Bun-Wiches	3
Hamburger Snacks	4
Hot Olive-Cheese Puffs	4
Cheese Sticks	4
Cheese Roll	5
Cheese Balls	5
Pecan-Coated Cheese Ball	5
Swedish Wine Glogg	6
Wassail	6
Real French Chocolate	6
Coffee Treats	7
Irish Coffee	7
Calypso Coffee	7
Cocktail Punch	7
Hot Buttered Rum	8

SOUPS, SALADS, SAUCES, DRESSINGS

Potato Salad Dressing	9
Piquant Salad Dressing	9
Easy Hollandaise Sauce	9
Roquefort Dressing	10
Lemon Sauce	10
Barbeque Sauce for Ribs or Chicken	10
Bar B-Q Sauce for Spare Ribs or Pork Chops	10
Turkey Dressing	11
Fish Chowder	11
Okra Shrimp Gumbo	11
Cucumber Ring Salad	12
Pickled Eggs and Beets	12
Jellied Borcht Salad	13
Salmon Mold (Cold)	13

Avocados with Chicken Salad	14
Deviled Egg Salad	14
Salmon Salad	14
Crab Combination Salad	15
Shiplessday Salad	16
Sour Cream Jello Salad	16
Three Layer Jello Salad	16
Frozen Fruit Cheese Salad	17
Frosted Fruit Salad	17
Christmas Fruit Salad	18
Frozen Fruit Salad	18
Pineapple-Cream Cheese Molded Salad	18
Tangy Fruit Cup	18
Marshmallow Fruit Salad	19
Cranberry Jello Salad	19
Cranberry Salad	19
Cranberries	20
Orange Mandarin Mould	20
Five Cup Salad	20
Strawberry Lemon Jello Mold	20
Avocado Pineapple Salad	20
Whitecap Raspberry Mold	21

NATIVE ALEUTIAN FARE AND SEAFOOD

Native Aleutian Fare	23
Crab Dishes	23
Clams	23
Salmon	24
Reindeer	25
Crab Curry	25
King Crab Legs	26
Deep-Fried Crab (A la Adak)	26
King Crab Fondue	26
Crab Meat Andalouse	26
King Crab -- Tempura	27
Hot Crab Souffle	27
King Crab Supreme	27
Crab Cakes	28
Spaghetti Crab Sauce	28
Crab Meat Souffle	28
Casserole of Baked Crab Imperial	29
Deviled Crab	29
King Crab Divan	30

Crabmeat Maylie	30
Crabmeat Casserole	30
Deviled Crab and Corn Casserole	31
Baked Crab Meat and Rice	31
Shrimp and Scallope Gruyere	32
Crabmeat Luncheon Dish	32
Shrimp Creole	33
Low-Calorie Shrimp Creole	33
Salmon Chambord	33
Salmon Pie	34
Seaside Supper	34
Salmon Burgers	34
Salmon Loaf	35
Alaska Nuggets (Salmon Balls)	35
Baked Lobster Savannah	36
Chioppino Robertino	36
Tuna Italian	37

MAIN DISHES--

MEAT, POULTRY, CASSEROLE

Turkey Souffle	39
Barbecued Chicken Cubana	39
Chicken Tetrazzini	39
Chicken Curry	40
South Seas Chicken	40
Chicken with Wine	41
Chicken Cashew Casserole	42
Chicken Casserole Supreme	42
Chicken Buffet	43
Royal Chicken Casserole	43
Chicken Spaghetti Casserole	44
Cranberry Puffs	44
Chicken Pancakes	45
Barbecued Ribs	46
Korean Broiled Spareribs	47
Luau Spareribs	47
Chili Meatballs	47
Italian Meat Balls	48
Mushroom Soup Meatballs	48
Swedish Meat Balls	49
Sweet and Sour Meat Balls	49
Company Casserole	50
Tamale Casserole	50

Chinese Pot Pie	50
Italian Delight	51
Mock Chow Mein	51
Meat Loaf	51
Phillips' Family Garbanzo Bean Stew	52
Sloppy Joes	52
Barbeque	53
Chili	53
The Masters Ham & Eggs	53
Country Noodle Casserole	53
Hawaiian Medley	54
Party Ham Casserole	54
South of Border Scrambled Eggs	55
Poached Eggs in Mushroom Sauce	55
Noodle Lasagne	55
Lasagna	55
Enchiladas Supreme	56
Veal Scaloppine	57
Delicious Veal	57
Veal Steak with Sour Cream Sauce	57
London Broil	58
Stuffed Flank Steak	58
Gigot Braise	59
Sukiyaki	59
Teriaki Steak	60
Creamed Beef and Corn	60
Hungarian Goulash	60
Beef and Bitters	61
Petit Pot Roasts	61
Beef Stroganoff with Green Rice	62
Beef Stroganoff	63
Skillet Franks with Barbeque Sauce	63
Roman Tongue	63

VEGETABLES

Shrimp Fried Rice	65
Chinese Fried Rice	65
Pilaff	65
Rice Ring Mold	66
Brown Rice	66
Scalloped Corn	66
Corn Pudding	66
Cheese-Grits Casserole	67

Cheese and Spinach Casserole	67
Spinach-Bacon Toss	67
Cheese-Scalloped Carrots	68
Stuffed Eggplant	68
Broiled Tomatoes with Oregano	69
Peas and Asparagus	69
Asparagus with Cheese Sauce	69
French Cut String Beans	70
Baked Green Beans	70
Green Peas Casserole	71
Baked Beans	71
Mushroom Scalloped Potatoes	71
Tangerine Sweet Potato Casserole	71
Sweet Potatoes in Orange Cups	72
Sweet Potato Casserole	72

BREAD, ROLLS, PIES, PASTRY

White Bread	75
Irish Soda Bread	75
Brown Bread	75
Banana Bread	76
Date and Nut Bread	76
Cherry-Raisin Nut Bread	76
Butterhorn Rolls	77
Orange Rolls	78
Croissants	78
Sugar Crisps	79
Baked Alaska - Texas Style	80
Frozen Lemon Pie	80
Lemon Meringue Pie	80
Spectacular Cherry Pie	81
Granger Pie	81
Creme de Menthe Pie	81
Soda Cracker Pie	82
Strawberry Parfait Pie	82
Christmas Pie	83
Do-Nut Balls	84
French Doughnuts	84
French Breakfast Puffs	84
French Coffee Cake	85
Crispy Cookie Coffee Cake	85
Mom's Coffee Cake	86

DESSERTS

Chocolate Thumb Print Cookies	87
Chocolate Macaroons	87
Butterscotch Cookies	87
Chocolate Chocolate Chip Cookies	88
Merry Meringues	88
Almond Rings	88
Sugar Cookies	89
Pineapple Nut Cookies	89
Orange Cookies	89
Penuche Chews	89
Peanut Blossoms	90
Caramel Nut Slices	91
Brownies	91
Fudge Cookies	91
Toll House Marble Squares	92
Date Nut Bars	92
Fruit Nut Bars	93
Graham Cracker Fudge	93
Martha Washington Bon Bons	93
Snow Balls	94
Kolacki	94
Heart's Delight	94
Chocolate-Nut Crunch	95
Strawberry Nabisco	95
Pineapple Wafer Dessert	95
Rice Pudding	96
Black Bing Cherries with Brandy Sauce	96
Chocolate Sponge	96
Lemon Cups	97
Flaming Cherry Dessert	97
Frozen Bridge Dessert	97
Cinnamon Fluff	98
Cheese Cake	98
Cheese Cake	99
Cherry Delight	99
Apple-Walnut Cobbler	100
Meringue Tort	100
Blueberry Cake	101
Frozen Fudge Cake	102
Bachelor Cake	102
Chocolate Chip Date Cake	102
Lemon Jello Cake	103
Eggless Chocolate Cake	103

Chocolate Velvet Crumb Cake with Topping . .	103
Dream Cake	104
Yum Yum Cake.	104
Four Egg Sponge Cake	104
Cherry Cake	105
\$300 Cake	105
German Sweet Chocolate Cake	106
Fudge Cake	106
Fabulous Fudge Cake	107
Basic Frosting	108
Chocolate Velvet Icing	108

Notes:

