

EAST ROCHESTER'S
Favorite Recipes



Compiled by the

W. S. C. S. of the
PARKSIDE METHODIST CHURCH

EAST ROCHESTER, NEW YORK



Expression of Appreciation

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We also wish to express our appreciation to all those who furnished recipes, assisted in the sale of advertising or in any other way contributed to the publication of this book.

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Art Work By

Eric Girard

hors d'
Oeuvres

Pickles
'n

Relishes



TABLE PRAYERS

Bless us, O Lord, and these thy gifts
Which we are about to receive
Through thy bountiful hands.
In Christ's name, Amen.

The eyes of all wait upon Thee, O Lord;
And Thou givest them their meat in due season.
Thou openest Thine hand and satisfieth
The desire of every living thing. Amen.

We thank Thee Lord for this our food,
For life and health and every good;
May manna to our souls be given
The Bread of Life sent down from heaven. Amen.

God is great and God is good,
And we thank Him for this food;
By His hand must all be fed,
Give us, Lord, our daily bread.

For what we are about to receive,
Make us truly thankful.
In God's name we ask it, Amen.

PRAYERS OF THANKS

Father, we thank Thee for the night,
And for the pleasant morning light,
For rest and food and loving care,
And all that makes the day so fair.

For flowers that bloom about our feet,
For tender grass so fresh and sweet,
For song of bird and hum of bee,
For all things fair we hear or see,
We thank Thee.--Emerson.

A PRAYER FOR THE TOTS

Lord, I thank you for today
For my work and for my play;
Keep me sleeping good and tight
And help to make tomorrow bright.

MEAT RELISH (Continued)

4 Tbsp. celery seed

4 Tbsp. mustard seed

Boil 1 hour and can.

BEET RELISH (or salad)

Mrs. Flora A. Nash

1 qt. cooked beets, chopped

1 qt. raw cabbage, chopped

1 c. horseradish, grated

1 c. vinegar

1/2 c. sugar

1 tsp. salt

Will keep awhile in cans.

FRENCH DRESSING

Mrs. Margaret Cooney

Scant 1/2 c. sugar

1/4 c. salad oil

1/2 c. vinegar

1/3 c. catsup

1 tsp. salt

1 tsp. pepper

Juice of 1 lemon

1/2 tsp. paprika

Shake well.

Write Extra Recipes Here:

Soups Salads 'n Vegetables



HOUSEHOLD HINTS

To remove a grease spot caused by hair rubbing against the wall place a blotter over the spot and go over it with a warm iron. The grease will adhere to the blotter.

To brighten tarnished silverware let soak for an hour in water left after boiling potatoes. It will come out bright as new.

Keep a bottle of glycerine by the kitchen sink. It is excellent to prevent chapped hands. A teaspoon full added to each quart of soapy water will help to keep wollens fluffy and soft. It can be used to lubricate food beaters and grinders.

Dip the bottoms of cans of cleaning powder in paraffin wax and they will not rust the shelves.

Do not keep cake and bread in the same box as the cake will absorb the moisture from the bread.

To keep cookies moist and fresh place a slice of bread between layers of cookies.

To prevent a cake from sticking to the plate sprinkle the plate with powdered sugar.

A really delicious whipped cream substitute can be made by adding a sliced banana to the white of an egg. Beat with an egg beater until stiff. The banana will completely dissolve.

Sprinkle a handful of coffee over fish in your refrigerator and there will be no noticeable odor.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

SOUPS, SALADS, VEGETABLES

CORN CHOWDER

Mrs. Lloyd Hopkins

3 large onions	3 large potatoes
1/2 can cream style corn	Salt
1/2 tall can evaporated milk	1/2 tall can water (equal
2 Tbsp. bacon fat	quantity of milk)

Cook onions and potatoes in small amount of water until tender. Add rest of ingredients and heat until hot.

RHYMED SALAD

Mrs. Alice Hieber

To make this condiment, your poet begs
 The pounded yellow of two hard-boiled eggs;
 Two boiled potatoes, passed through kitchen-
 sieve,
 Smoothness and softness to the salad give;
 Let onion atoms lurk within the bowl,
 And, half-suspected, animate the whole
 Of mordant mustard add a single spoon,
 Distrust the condiment that bites so soon;
 But deem it not, thou man of herbs, a fault,
 To add a double quantity of salt,
 And, lastly, o'er the flavored compound toss
 A magic soup-spoon of anchovy sauce.
 Oh, green and glorious! Oh, herbaceous treat!
 'Twould tempt the dying anchorite to eat;
 Back to the world He'd turn his fleeting soul,
 And plunge his fingers in the salad bowl!
 Serenely full, the epicure would say,
 Fate can not harm me, I have dined today!

DUTCH LETTUCE

Mrs. Margaret Cooney

6 medium size potatoes, cooked and mashed	
4 hard boiled eggs	Head lettuce, chopped fine
1/2 lb. or more bacon, diced	Vinegar
Salt	Pepper

Combine potatoes, mashed, chopped eggs, cut-up lettuce and onions. Fry diced bacon, sour with vinegar. Pour over the other ingredients and season.

MOLDED CRANBERRY GELATIN SALAD

Mrs. Dorothea Whitman

2 lbs. cranberries	1 pt. boiling water
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MOLDED CRANBERRY GELATIN SALAD (Continued)

2 apples	1 pt. fruit juices
2 oranges with grated rind	1 c. nut meats
2 c. sugar	1 c. diced celery
2 pkgs. lemon jello	

Grind or dice apples, orange and cranberries. Mix together with other ingredients and mold.

PINEAPPLE and GRAPEFRUIT SALAD

Mrs. Beatrice Hopkins

1 No. 2 can grapefruit	2 envs. Knox gelatin
1 c. boiling water	1 c. cold water
1 c. sugar	1 c. drained, crushed pineapple
Juice of 1 lemon	

Dissolved gelatin in boiling water. Add cold water and sugar. Cut in grapefruit and pour in juice. Add pineapple and lemon juice. Chill.

SURPRISE CABBAGE SALAD

Mrs. Jean Howlett

1 small head of cabbage, chopped
1 c. crushed pineapple, slightly drained
8 or 10 marshmallows, cut in quarters
1/4 c. raisins

Mix ingredients together and moisten with mayonnaise or salad dressing.

HARVARD BEETS

Mrs. George Clark

2 c. cooked beets, diced	1/2 c. sugar
2 Tbsp. flour	2 Tbsp. Parkside butter
1/2 c. vinegar	1/4 c. water
1/2 tsp. salt	

Mix sugar, flour. Add vinegar. Cook over low heat until thick. Add salt, butter and beets. Reheat and serve.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Meat, Fish 'n Poultry



BEAUTY HINTS

NAILS

The first rule in care of nails is gentleness. Never push cuticle back roughly or trim it too close. A good rule to follow on cutting cuticle is "do not cut unless it is ragged."

In filing nails be sure you do not file too far down in corners. This helps to prevent breakage and hangnails.

If you have trouble with polish staying on, check on your next manicure for these points:

- (1) The nail must be clean and dry before applying polish.
- (2) Always apply polish when you will have time for it to dry thoroughly.

A good treatment for rough cuticle and brittle nails is soaking them in hot olive oil for 10 to 15 minutes.



HAIR

Beauty of hair is in the gloss or aliveness of its look. Dull, lifeless hair is never beautiful. Thorough and frequent shampoos and daily brushing are a "must." Neither of these will harm your permanent wave or set. For light hair a lemon or vinegar rinse will have slight bleaching action. Hair that mats or tangles badly or hair with a dry, harsh feel will be aided by a cream rinse after washing.

MEAT, FISH, POULTRY

FRANKFURTERS in BARBECUE SAUCE

Mrs. Ruth Briggs

1 medium size onion, chopped
1/3 c. chopped, sweet pickles
1/2 c. catsup
2 tsp. prepared mustard
10 medium size frankfurters

1 green pepper, chopped
1/3 c. vinegar
2 Tbsp. sugar

Combine all ingredients but frankfurters and heat to boiling. Then simmer gently 5 minutes. Place frankfurters in barbecue sauce and continue heating until they are heated through.

SWISS STEAK

Mrs. Margaret Peterson

2-3 lbs. round steak, cut 1 - 3 Tbsp. fat
1-1/2 inches thick
2 tsp. salt
1/2 c. flour

1 onion (sliced)
1 c. strained tomatoes
1 small, green pepper, sliced

Combine salt with flour and pound seasoned flour into steak (both sides) with meat mallet. Brown steak in fat, browning well on both sides. Brown onion and green pepper. Place meat in baking dish and cover with browned onions and pepper. Pour over tomatoes. Cover and bake in preheated oven 300 degrees for 2 hours.

DEVILED SWISS STEAK

Mrs. William Emler

Mix 1 Tbsp. dry mustard with 1/2 c. flour. Pound this into a piece of round steak, weighing 2 lbs. Season with salt and pepper. Brown well on both sides in hot fat and place in a small roaster or deep frying pan. Cover with the following:

1 c. sliced onion
1 1/2 c. canned tomatoes
1 Tbsp. brown sugar

2 diced carrots
2 Tbsp. Worcestershire sauce

Cover. Bake in moderately slow oven (325 degrees) about 1 1/2 hours.

SWEDISH MEAT BALLS

Mrs. Inez Rosequist

1 lb. round steak, ground with 1 pork chop

SWEDISH MEAT BALLS (Continued)

Soak 1/4 c. bread or cracker crumbs in 1/2 c. Parkside milk until soft. Mix with meat. Add:

1 egg yolk	1 medium size cold, cooked potato, grated
1 tsp. salt	Small amount grated onion
Finely ground pepper	

Mix well together and make in small meat balls. Fry.

QUICK SCALLOPED POTATO and HAM CASSEROLE

Mrs. Jean Howlett

1 c. left over ham, diced	1 1/2 c. cold, boiled potatoes, diced
1 c. white sauce (medium)	

Mix above ingredients together in a casserole dish and put in oven of 350 degrees for about 1/2 hour. Be sure the sauce has a chance to bubble before removing dish from oven as this carries the ham flavor through the dish.

Medium Sauce:

2 Tbsp. Parkside butter	2 Tbsp. flour
1 c. Parkside milk	

Melt the butter and stir in the flour. Add milk gradually and bring to a boil and cook until sauce thickens.

STUFFED ONIONS

Miss Marna O'Neill

6 large onions	4 Tbsp. Parkside butter
1/2 tsp. salt	Pepper, to taste
1 c. bread crumbs	6 Tbsp. cheese, grated or 1 can potted ham

Parboil onions and remove centers. Melt butter in 1/4 c. boiling water and add to bread crumbs with salt and pepper and either grated cheese or potted ham. (With the ham, part of the onion center may be chopped and added, if desired). Mix lightly and fill onion shells. Place in baking dish. Bake 25 to 30 minutes at 350 degrees. 1/2 slice bacon may be placed on top when using cheese mixture, if desired.

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"NANNIE'S SPECIAL"

Mrs. Ruth Smith

1 lb. ground beef
 3 onions, sliced thin
 Pepper

Potatoes, sliced thin
 Salt
 Small piece of Parkside butter
 or Oleo

Put in layers in 3 qt. baking dish. Cover with cold water and bake until potatoes are tender, about 1 hour.

PORCUPINES

Miss Marna O'Neill

1/2 c. uncooked rice
 1 tsp. salt
 1/2 c. chopped celery
 2 Tbsp. chopped onion
 3 Tbsp. Parkside butter

1 lb. ground beef
 Few grains pepper
 2 Tbsp. chopped, green pepper
 2 c. tomato puree (Campbell's soup, if you desire)

Wash and drain rice. Add to meat with seasonings and mix well with fork. Shape into balls, lightly. (Make balls about size of a walnut). Place in well-greased casserole. Saute in butter for 5 minutes the peppers, onion and celery. Add tomato soup to chopped vegetables. Pour over meat balls, cover and bake in slow oven (350 degrees) for 2 hours. Remove cover during last half hour to brown meat and thicken sauce.

BARBECUED BEEF

Mrs. Roy Cromwell

1 lb. ground beef, browned in fat
 1/2 c. chili sauce
 2 Tbsp. vinegar
 1 Tbsp. prepared mustard
 Pepper and salt

2 Tbsp. sugar
 1 Tbsp. Worcestershire
 sauce

Simmer 1 hour and serve on hamburger buns.

POTATO CHIP CASSEROLE

Mrs. John Cairns

1 large bag (25 ¢) potato chips
 1 can shredded tuna fish
 1 soup can of water

1 can cream of mushroom
 soup

Arrange potato chips and tuna fish in layers in greased casserole with potato chips on top. Pour liquid over all. Bake in moderate oven until brown.

Bread Rolls in



astory



HOUSEHOLD HINTS

A piece of bread crust inserted between the teeth when peeling an onion will stop the tears.

When white silk slips have become yellow after washing a number of times, dip them in a pink dye solution and they will look like new again.

A discarded card table makes an excellent frame for hooking rugs. Cut away the top, leaving the framework. It is the right height for working and may be folded and put away when not in use.

When buying stair carpet, buy an extra quarter yard. Turn this extra under at the top of the stairs. When the carpet starts to show wear on the edges of the treads, shift the carpet 2" down the length of the stairs. Three shifts can be made before the full length is worn.

To cut off the top of a small glass bottle to make a vase, wet a piece of string with kerosene. Tie it around the bottle just where you want it cut. Ignite the string and allow to burn all the way around the bottle. Dip the bottle in cold water and the top will drop off leaving a clean even break.

An old shaving brush is ideal for dusting pleated silk lamp shades.

To remove a white spot from mahogany furniture caused by a wet glass, smear the spot with a thick coat of vaseline and allow to stand a few days. When the vaseline is wiped off the stain will have disappeared.

Old pillow cases may be used to cover dresses in the clothes closet. Make a slit in the closed end and draw the case over the garment on the hanger.

BREAD, ROLLS, PASTRY

WHITE BREAD

Mrs. Robert Whitmire

Scald 1 c. Parkside milk. Add and stir in:

2 Tbsp. sugar
2 1/2 Tbsp. shortening

2 tsp. salt

Cool to lukewarm. Measure into bowl 1 c. lukewarm water. Sprinkle or crumble in:

1 pkg. or cake Fleischmann's yeast, dry or compressed

Let stand until dissolved. Stir. Add lukewarm milk mixture. Add and stir in, 3 c. sifted all-purpose flour. Beat until smooth. Add and stir in an additional 3 c. flour. Turn dough out on lightly floured board. Knead. Place in greased bowl. Brush lightly with melted shortening. Cover with clean towel and let rise in warm place, free from draft until doubled in bulk (about 1 hour and 20 minutes). Punch down and divide into 2 equal portions. Shape into loaves and place in greased bread pans (7 1/2 x 3 1/2 x 2 3/4-inches). Cover with clean towel. Let rise in warm place, free from draft, until doubled in bulk, about 55 minutes. Bake in a moderate oven at 400 degrees for about 50 minutes.

GRAHAM BREAD

Mrs. Frances L. Hebblethwaite

2 eggs
2 c. sour Parkside milk
2 tsp. soda
1/2 tsp. salt

2/3 c. of both sugar and molasses
1 c. wheat flour
3 c. graham flour

Recipe makes 2 small loaves.

BROWN BREAD

Mrs Ethel West

2 c. white flour
2 c. whole wheat flour
Salt
1/2 c. sugar

1/2 c. molasses
1 tsp. soda
2 c. sour Parkside milk or buttermilk
Nuts and raisins

Bake at 375 degrees.

APRICOT BREAD

Mrs. Dorothy Marr

2 scant c. dried apricots, cut in small pieces	2 eggs, well beaten
1 c. boiling water	3 c. sifted flour
1 1/2 c. sugar	1/4 tsp. salt
1/4 c. shortening	2 tsp. soda
	3/4 c. chopped nut meats

Add boiling water to chopped apricots and let stand 15 minutes. Cream shortening and sugar together well. Add well beaten eggs to the shortening mixture. Sift the measured dry ingredients together and add to the shortening-apricot mixture. Mix, just to combine well. Add the chopped nuts and bake in greased bread tins at 350 degrees F. for 1 hour. Yield 2 small bread tins.

Make this bread one day before using.

NUT BREAD

Mrs. Ora Straight

3 c. flour	3/4 c. sugar
3 tsp. baking powder	1 beaten egg
1 tsp. salt	1 1/4 c. Parkside milk
3 tsp. Parkside butter	Nut meats

Bake in 2 loaves at 350 degrees for 45 minutes.

DATE and NUT BREAD

Mrs. Ethel Whitmire

1 c. dates, cut fine	Pinch of salt
1 tsp. soda	1 tsp. vanilla
1 c. hot water	1 c. nut meats
1 c. brown sugar	1 egg
2 Tbsp. shortening	2 c. flour

Mix dates and soda. Over this pour hot water. Let cool. Mix brown sugar, egg and shortening. Add date mixture. Then add flour, salt and vanilla. Add nut meats.

BANANA BREAD

Mrs. Marjorie Erwin Munt

1/4 c. shortening	1 tsp. vanilla
1/2 c. granulated sugar	1 1/2 c. all-purpose flour
1 egg, well-beaten	1/2 tsp. salt
1 c. All-Bran	1/2 tsp. soda
1 1/2 c. mashed bananas	Nut meats, if desired

Cream shortening and sugar. Add egg, then All-Bran and mashed bananas. Mix well, then add flour, salt and

BANANA BREAD (Continued)

soda, vanilla and nut meats last. Mix well and bake in greased loaf pan at 350 degrees for about 1 1/2 hours.

*This keeps fresh very well.

DANISH COFFEE CAKE

Mrs. Flora A. Nash

1 c. sugar	1 1/2 tsp. baking powder
1 Tbsp. shortening	1 egg
1 c. Parkside sour milk	1 Tbsp. Parkside butter
1/2 tsp. soda	2 level Tbsp. flour
Pinch of salt	1 c. brown sugar
1 tsp. cinnamon	1 c. chopped nuts
2 c. flour	

Mix first 8 ingredients. Beat in egg, stir smooth and put in baking pan. Melt butter, add 2 Tbsp. flour, brown sugar and cover with nuts. Cover batter in pan with this mixture, sprinkle with water and bake. Serve hot. (Can be heated before serving).

CRUNCHY COFFEE CAKE

Mrs. Robert Bourne

First make a crunchy topping of:

1/4 c. Parkside butter or Oleo	
2/3 c. sugar	1 tsp. cinnamon
1 1/2 c. corn flakes	

Mix and set aside.

1 1/2 c. flour	3 Tbsp. shortening
2 tsp. baking powder	1 well beaten egg
1/2 tsp. salt	2/3 c. Parkside milk
1/4 c. sugar	

Sift flour, measure and add baking powder, salt and sugar. Sift into mixing bowl. Add shortening and cut in with pastry blender until mixture is like coarse meal. Combine egg and milk and stir into flour mixture. Spread in greased pan (8x8x2-inches). Spread topping evenly over batter. Bake in moderate oven 375 degrees for 20 to 25 minutes. Cut into 9 squares.

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SWEDISH COFFEE RING

Mrs. Bernadine Rosequist

Mix until yeast is dissolved:

1 c. Parkside milk (lukewarm)
2 cakes yeast (or 2 pkgs. dry yeast)
1 tsp. salt

Add to first mixture and stir in:

1/2 c. shortening 2 eggs
1/2 c. sugar

Add:

10 cardamom seeds (remove shells and grind seeds with back of knife handle)

Mix with a spoon, then with hands. When mixture stops sticking to side of bowl and becomes firm, knead it on lightly floured board.

Place in greased bowl, cover with damp cloth and allow to rise for about 2 hours in warm place. The volume should double. Again knead dough after punching it down in center and pulling dough from edges toward center.

Place dough in bowl, cover and let rise about 35-45 minutes. Divide dough in half, form in two rings, cut with shears around outside edge at 2-inch intervals. (Or you can make two braided loaves).

Paint top of ring with slightly beaten egg and sprinkle top with sugar. Bake at 350 degrees until well browned (from 20-30 minutes).

DELICIOUS TARTS

Mrs. Marjorie Erwin Munt

Use favorite pie crust and line tart pans. Put in bottom of each lined tart pan 1 tsp. raspberry or strawberry jam. Mix:

2 egg whites 3/4 c. sugar
1 c. shredded cocoanut

Beat egg whites. When fairly stiff, add sugar gradually until mixture is very stiff. Add cocoanut. Cover the jam on each tart with this mixture. Bake at 400 degrees to 425 degrees for 20 to 30 minutes.

RAISIN TARTS

Mrs. Lloyd Hopkins

3 eggs
1/2 c. melted Parkside butter
1 Tbsp. vanilla

2 c. brown sugar
1 1/2 c. raisins
1 recipe plain pastry

Beat eggs slightly. Add brown sugar and butter. Mix well. Then add raisins and vanilla. Roll out pastry. Cut out with large cookie cutter and fit into muffin tins. Fill each tart about 3/4 full of raisin mixture. Bake in slow oven (about 325 degrees).

DINNER ROLLS

Mrs. Herman Lobeck

1 c. Parkside milk
2 Tbsp. sugar
1 tsp. salt
2 Tbsp. shortening

1 pkg. dry yeast
3 c. all purpose flour
1 egg white

Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add yeast and stir until dissolved. Add 1 1/2 c. of the flour. Beat until light and smooth. Add stiffly beaten egg white and remainder of flour or enough to make moderately firm dough. Knead lightly, using as little flour as possible. Place in a greased bowl, cover and let rise in warm place. Shape into rolls. Place in greased pan. Let rise about 40 minutes. Brush with the egg yolk to which 1 Tbsp. of milk has been added. Bake in oven at 400 degrees for 25 minutes. Makes 1 dozen large rolls.

DELICIOUS SWEDISH BISCUITS

Mrs. Robert Bourne

1 c. scalded or boiled Parkside milk
2 eggs
1/2 tsp. salt
4 1/2 c. flour (unsifted)
1/2 c. melted Parkside butter
Oleo or Crisco

1/2 c. sugar
1/2 large yeast cake, dissolved in 1/4 c. lukewarm water

Mix together gently with a spoon. Beat eggs slightly, add sugar and salt, scalded milk and add to first mixture. Add yeast and shortening. Do not have ingredients too hot. Add flour. Let rise. Roll out and let rise again. Bake 10 minutes in moderate oven.

PURPLE BERRY MUFFINS

Mrs. Frances L. Hebblethwaite

1 c. Parkside milk
2 c. flour

PURPLE BERRY MUFFINS (Continued)

1/4 c. sugar	1/2 tsp. salt
3 tsp. baking powder	2 Tbsp. fat

Sift dry ingredients together. Add 1 beaten egg. Add milk and stir together. Add melted fat. Add sweetened berries.

SPICY MOLASSES MUFFINS Mrs. Theodore Wheaton

2 c. enriched all-purpose flour	
3 tsp. baking powder	4 Tbsp. shortening, soft
3 Tbsp. sugar	1 unbeaten egg
1/2 tsp. salt	1/3 c. molasses
1/2 tsp. ginger	3/4 c. Parkside milk

Preheat oven to 400 degrees. Thoroughly grease muffin pans.

Sift flour; measure; add baking powder, sugar, salt and ginger. Sift into mixing bowl. Drop the shortening onto flour at one side. Add egg, molasses and milk.

Use a pastry blender for all mixing. First with up and down cutting motion, cut the shortening into small pieces about the size of large peas. Then stir with blender or fork until all flour is moistened and ingredients just mixed. Batter will be slightly lumpy. Spoon into muffin cups, filling them 2/3 full. Bake until golden brown, about 15-20 minutes. Run spatula around close to edge. Remove muffins from pan. Serve at once, piping hot. Makes 12 medium sized muffins.

LEMON PIE

Mrs. George Clark

Cook together:

1 c. white sugar	4 Tbsp. cornstarch
1 1/2 c. cold water	1/4 tsp. salt

Add 4 Tbsp. lemon juice and grated rind of 1/2 lemon. Cook. Take from fire and add 2 egg yolks beaten with a little of the lemon mixture and a piece of butter. Return to heat and cook about 2 minutes. Pour into baked pastry shell. Beat 2 egg whites with 4 Tbsp. sugar, a little at a time, until stiff. Spread on pie, covering out to edge of crust. Sprinkle a little sugar over meringue and bake at 350 degrees until nicely brown (about 10 minutes).

*Sugar sprinkled on helps to cut meringue without pulling.

APPLE PIE

Mrs. Margaret Peterson

3 1/2 c. tart apples, sliced	1/8 tsp. salt
1 c. sugar	1/2 tsp. cinnamon or nutmeg
1 Tbsp. lemon juice (optional)	(for spicy pie use 1/2 tsp. of each)
2 Tbsp. flour	1 Tbsp. Parkside butter
	1 recipe plain pastry

Combine all ingredients except butter and let stand while preparing pastry. Line pan with pastry, add filling, dot with butter. Cover with rolled dough for top crust. Bake in preheated oven (450 degrees for 15 minutes, then at 350 degrees for 35-45 minutes).

STRAWBERRY CHIFFON PIE

Mrs. Margaret Hageen

1 Tbsp. plain gelatin	1/2 tsp. salt
1/4 c. cold water	2 tsp. lemon juice
3 eggs, separated	1 1/2 c. crushed strawberries
2/3 c. sugar	Baked pastry or crumb shell

Beat egg yolks. Add 1/3 c. sugar, salt and lemon juice. Cool, stirring until thick, 8 to 10 minutes. Remove from heat. Add softened gelatin and stir until dissolved. Add berries. Chill until mixture begins to thicken. Beat egg whites until foamy. Add remainder of sugar and beat until stiff. Fold into first mixture. Pile lightly into shell. Chill. Garnish with whipped cream and whole berries.

LEMON SPONGE PIE

Mrs. Charles Seely

1 c. sugar	Juice and rind of 1 lemon
1 Tbsp. Parkside butter	2 tsp. flour
3 egg yolks	1 c. Parkside milk
3 egg whites	

Cream sugar and butter. Mix with other ingredients. Beat egg whites and add to mixture and bake in uncooked pastry shell.

PEACH SKILLET PIE or PEACH COBLER

Mrs. Herman Lobeck

6 or 8 sliced, fresh peaches (about 4 c.)	
3/4 c. sugar	1/2 tsp. salt
1/2 tsp. cinnamon	2 Tbsp. Parkside butter

PEACH SKILLET PIE or PEACH COBBLER (Continued)

Rich Biscuit Dough:

2 c. sifted all purpose flour 1 tsp. salt
4 tsp. baking powder 6 Tbsp. shortening
1/2 to 2/3 c. Parkside milk, just enough to make soft
dough

Roll out dough and put in skillet, letting dough hang over edge. Fill with the peaches. Sprinkle with the sugar, salt, cinnamon and butter. Then fold extra dough towards center, leaving center uncovered. Bake 25 to 30 minutes using a hot oven (450 degrees) for the first 10 minutes, then reducing to a quick moderate oven (375 degrees) to finish. Serve warm with plain or whipped Parkside cream. Makes 8 to 10 servings.

RHUBARB CUSTARD PIE

Mrs. Harriet Adams

3 c. rhubarb 1/4 c. water
1 1/2 c. sugar 2 egg yolks
1 Tbsp. Parkside butter 1 Tbsp. flour

Cover rhubarb with boiling water. Let stand 5 minutes, drain. Add sugar, butter, flour and water. Cook and stir into smooth paste. Add 2 yolks, cook slightly and pour into crust. Use egg whites for meringue.

ICE CREAM FRUIT PIE

Edwin B. Hoard
(Dairy Queen)

1 1/2 c. fresh raspberries or other fruit
1 1/4 c. water 1 pkg. raspberry flavored
1 pt. ice cream gelatin

Wash berries and drain. Measure water into 2 qt. sauce pan. Bring to boil. Remove from heat. Add gelatin and stir until dissolved. Cut ice cream into hot gelatin and stir until cream is melted. Chill in refrigerator until mixture is thick but not set. This takes about 25 minutes. Fold in berries and pour into pie shell. Chill until firm. Make a border of whipped cream for decoration. It is very good with graham cracker pie shell.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Cakes
'n
Cookies



BEAUTY HINTS

SKIN

It is a mistake to think that one can change an oily skin to a dry, etc. It is better to realize that one has the kind of skin they "were given" and that nominal care will make the oiliest or driest skin appear just as nice as that skin we often refer to as "just right or the skin we love to touch."

Cleansing of the Skin:

If skin is dry, washing twice a day is not too often but be sure to use a soft soap. At night cover the face lightly with an oil base cream. For make-up apply conditioning cream first and then the cosmetics. However too much make up is not good in any event. Lipstick of course, but only a slight amount of rouge.

If skin is oily, washing twice a day is still enough but the individual can cleanse the face more than this without being harmful to the complexion. Just be sure the base of the soap used is not an oil base. Avoid creams studiously. An astringent applied after each cleansing is helpful in this case. Once more it is suggested to avoid make-up but if it is used be sure it is a powder base cosmetic.



To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

CAKES, COOKIES

ONE HUNDRED DOLLAR CHOCOLATE CAKE

Mrs. Roy Cromwell

Mix:

1 c. mayonnaise 1 c. cold water
1 tsp. vanilla

Sift:

2 c. flour 1 c. sugar
4 Tbsp. cocoa 1 1/2 tsp. baking soda

Bake at 350 for 30-35 minutes.

CHOCOLATE UPSIDE DOWN CAKE

Mrs. Howard Case

Mix well:

1 c. flour 3/4 c. sugar
1/2 c. nut meats 2 tsp. baking powder
Salt 1/2 c. Parkside milk

Add:

2 Tbsp. Parkside butter 1 sq. melted chocolate

Pour into buttered cake pan. Sprinkle with:

2 Tbsp. cocoa 1/2 c. brown sugar
1/2 c. white sugar

Pour 1 c. boiling water over all. Bake 350 degrees, 45 minutes. Serve with whipped or ice cream.

DEVIL'S FOOD CAKE

Mrs. Ora Straight

1 c. sugar 1/3 c. shortening
1 egg 1/4 c. cocoa, dissolved in 1/4
1/2 c. sour Parkside milk c. boiling water
1 tsp. soda 1 1/2 c. cake flour

Bream butter and sugar. Add egg and beat thoroughly. Mix dry ingredients and add alternately with sour milk. Add cocoa mixture. Mix and turn in loaf tin and bake at 375 degrees for 45 minutes.

ORANGE COCOANUT

Mrs. Ruth Briggs

Measure into mixing bowl:

2 c. sifted cake flour	1 1/3 c. sugar
1/2 c. Crisco	1 tsp. salt
2/3 c. orange juice	

Blend thoroughly by hand or mixer for 2 minutes. Stir in 3 tsp. baking powder. Add:

2 eggs	1/3 c. water
1 Tbsp. grated orange rind	

Blend by hand or mixer for 2 minutes. Pour into two deep 9-inch layer pans. Bake in moderate oven 375 degrees for about 30 minutes.

Orange Cocoanut Icing:

1 1/2 c. sugar	1/4 tsp. cream of tartar
1/2 tsp. salt	4 Tbsp. orange juice
2 egg whites	1/2 c. shredded cocoanut

Place all ingredients except cocoanut in top of double boiler over hot water. Beat with rotary beater until icing will hold in peaks, about 7 minutes. Sprinkle cake with shredded cocoanut.

NEVER-FAIL CHOCOLATE CUP CAKES

Mrs. Marjorie Erwin Munt

Place in mixing bowl in order given:

1 egg	1 tsp. vanilla
1/2 c. cocoa	1 tsp. soda
1/2 c. shortening	1 c. granulated sugar
1 1/2 c. all-purpose flour	1/2 c. hot water
1/2 c. sour Parkside milk	

After all are in bowl, beat well. Bake in muffin tins, preferably with paper liners, in moderate oven (350) for about 25 minutes, depending on size of muffin tins.

DINETTE CAKE with BROILED COCONUT ICING

Mrs. Dean C. Lawson

Sift together into bowl: 1 1/2 c. sifted cake flour

DINETTE CAKE with BROILED COCONUT ICING (Continued)

1 c. sugar
1/2 tsp. salt

2 tsp. double-acting baking powder

Add:

1/3 c. high grade vegetable shortening
1 tsp. flavoring

2/3 c. Parkside milk

Beat vigorously with spoon or mix with electric mixer on slow to medium speed for 2 minutes. Add 1 large egg unbeaten. Beat 2 minutes more. Pour batter into prepared pan (9x9x2-inches square). Bake for 30 to 35 minutes in moderate oven 350 degrees temperature.

Spread over warm cake the following: Mix together:

3 Tbsp. Parkside butter, melted or Oleo with pinch of salt
2 Tbsp. Parkside cream, top milk or evaporated milk
1/2 c. shredded coconut

1/3 c. brown sugar (packed in cup)

Place very low under broiler with heat turned low. Broil until it bubbles over the surface and becomes brown, but does not burn.

LADY WASHINGTON CAKE

Mrs. Howard Case

1 egg
1/2 c. molasses
3 Tbsp. shortening
1 tsp. cinnamon
1 1/2 c. flour

1/2 c. sugar
1 c. Parkside sour milk
1 tsp. soda
1 tsp. cloves

Ice with a boiled icing containing ground raisins.

MARASCHINO PARTY CAKE

Mrs. Grace King

Sift together into bowl:

2 1/4 c. sifted cake flour
3 tsp. double-action baking powder
1 tsp. salt

1 1/3 c. sugar

Add:
1/4 c. maraschino cherry juice (from 5-oz. bottle)

1/2 c. high grade shortening

MARASCHINO PARTY CAKE (Continued)

16 maraschino cherries (cut in eighths)
1/2 c. Parkside milk

Beat vigorously with spoon or mix with electric mixer on medium speed for 2 minutes. Add 1/2 to 2/3 c. unbeaten egg whites. Beat 2 minutes more. Fold in 1/2 c. chopped nuts. Pour batter into prepared pan (2 round layers) or oblong pan 9x13x2-inches. Bake 30 to 35 minutes in moderate oven 350 degrees.

Cool. Frost with White Icing or delicious with whipped Parkside cream. Garnish with cherries.

HOLIDAY CAKE

Mrs. Ethel Whitmire

1/2 c. shortening, creamed with
1 c. brown sugar 1 1/2 c. applesauce
1 c. chopped walnuts 1 c. raisins
1 small bottle each of red and green cherries, cut in halves

Leave out 4 or 5 of each for top of cake. To 2 1/2 c. flour, add:

1 tsp. baking powder 1 tsp. each of cloves, cinnamon, salt and soda

Place cherries and halves of pecans on top of cake and bake in tube pan.

SPICE CAKE

Mrs. Snow

2/3 c. molasses 1/2 c. shortening
1/4 tsp. salt 1 tsp. soda
1 c. sugar, white or brown 2 eggs, beaten
2 1/2 c. flour 1 tsp. baking powder
1 tsp. cinnamon 1/2 tsp. cloves
1/2 tsp. nutmeg 1 c. strong, cold coffee or Parkside buttermilk

Bake in 325 degree oven 30 to 35 minutes.

BOILED CAKE

Mrs. Flora A. Nash

Boil together 2 minutes:

1 c. seeded raisins 1 c. brown sugar

BOILED CAKE (Continued)

1 c. warm water	1/2 c. lard
1 tsp. cinnamon	1/2 tsp. cloves
Pinch of salt	

Set away to cool, then add:

1 1/2 cupfuls flour	1 tsp. soda
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Bake in loaf in moderate oven.

ICE WATER SPONGE CAKE

Mrs. Charles Seely

4 egg yolks	1 Tbsp. lemon juice
3/4 c. ice water	1 tsp. vanilla
1 1/4 c. sugar	4 egg whites
2 tsp. baking powder	1 1/2 c. flour

Beat egg yolks (with rotary beater) with ice water until it makes about 1 qt. Then add sugar gradually while beating. Add flour, baking powder, lemon juice and vanilla. Fold in egg whites (beaten). Bake 1 hour at 250 degrees. Invert tube pan until cake has cooled. Remove from pan.

PRUNE CAKE

Mrs. Nora Maybee

1/2 c. shortening	1/2 tsp. salt
1 c. sugar	1 tsp. cinnamon
3 eggs	1 tsp. nutmeg
1 tsp. soda	1 c. sour Parkside milk
1 tsp. baking powder	1 c. stewed, prunes, stoned and chopped
2 1/4 c. flour	

Mix shortening, sugar and eggs. Sift the flour, then measure. Sift flour, soda, baking powder and salt and spices together and add alternately with milk. Add prunes. Pour into well greased pan 8x8-inches. Bake for 45 minutes at 350 degrees.

APPLESAUCE CAKE

Mrs. Ruth Nenno

1/4 c. shortening	1 tsp. soda
3/4 c. sugar	1/2 tsp. cinnamon
1/2 tsp. salt	1/2 tsp. cloves
1 egg	1/2 c. chopped nuts
1 c. applesauce	1/2 c. chopped raisins
1 1/2 c. flour	1/2 c. chopped dates

APPLESAUCE CAKE (Continued)

Blend together shortening, salt, sugar and egg. Add applesauce alternately with sifted dry ingredients. Stir in nuts, raisins and dates. Pour into flat pan (6x10x2-inches) lightly greased and dusted with flour. Bake in moderate oven (350 degrees) from 35 to 40 minutes.

JACK ROBINSON CAKE

Mrs. Lois Rothfuss

2 c. flour	3/4 c. Parkside milk
3 tsp. baking powder	1 tsp. vanilla
1 tsp. salt	2 eggs
1 1/4 c. sugar	1/2 c. shortening

Have all ingredients at room temperature before mixing. Sift flour and measure. Add baking powder, salt, sugar and sift together into large bowl. Add shortening, milk, vanilla. Beat 2 minutes with electric mixer at low speed. Add unbeaten egg. Beat 1 minute longer. Pour into rectangular pan which has been greased.

Baked-on-topping:

2 egg whites	Walnuts
1 c. brown sugar	

Beat egg whites until stiff but not dry. Add brown sugar and beat until well combined. Spread on top of cake batter, sprinkle with nuts and bake at 350 degrees for 35 minutes.

DEPENDABLE BOILED ICING

Mrs. Charles Seely

1 egg white	1 c. sugar
1/4 tsp. cream of tartar	1/2 c. hot water

Put all in electric mixing bowl and beat until thick for spreading. Flavor as desired - vanilla, peppermint or wintergreen and color as desired.

OATMEAL COOKIES

Mrs. George Clark

Cream together:

2 egg yolks	1 c. brown sugar (packed)
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Add and mix:	1 tsp. salt
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OATMEAL COOKIES (Continued)

1 tsp. cinnamon

1 tsp. vanilla

Next add:

1 c. melted shortening, plus 2 Tbsp.

Add:

3 Tbsp. warm (not hot) water

1 scant tsp. soda

2 c. quick oats

1 c. seedless raisins

2 c. pastry flour, sifted before measuring

Mix well. Beat and fold in:

2 egg whites

Drop on cookie sheet and press out a little. Bake at 400 degrees for 10 minutes or until done.

SPICE COOKIES

Mrs. Ruth Briggs

2 1/4 c. flour

2 tsp. soda

2 tsp. cloves

2 tsp. cinnamon

2 tsp. ginger

3/4 c. shortening

1 c. sugar

1 egg

1/4 c. molasses

Chill. Roll into balls size of walnuts. Dip in sugar. Bake 10 minutes at 375 degrees.

SUGAR COOKIES

Mrs. Dora Furman

1 c. shortening

2 c. sugar

2 eggs

1/2 tsp. soda

5 c. flour

2 tsp. baking powder

Flavoring

1 c. sour Parkside cream or rich Parkside buttermilk

Cream the shortening and sugar together and add the eggs, slightly beaten. Add soda dissolved in the sour cream. Then add enough flour, sifted with baking powder, to make a soft dough. Flavor with grated nutmeg and 1/2 tsp. lemon extract or grated orange peel. Bake at 400 degrees.

CHOCOLATE DROP COOKIES

Mrs. F. R. Smith

1 c. sugar	4 Tbsp. cocoa
1/2 c. vegetable shortening	1 tsp. salt
3 eggs	2 tsp. baking powder
1 tsp. vanilla	3/4 c. Parkside milk
2 1/2 c. flour	

Bake at 375 degrees.

MOLASSES COOKIES

Mrs. Dora Furman

3/4 c. shortening	1 tsp. salt
1 c. sugar	1 tsp. soda
2 beaten eggs	2 tsp. cinnamon
1 c. light molasses	1 tsp. ginger
4 c. flour	3/4 c. strong coffee

Thoroughly cream shortening and sugar. Add eggs and molasses. Beat well. Add sifted dry ingredients alternately with coffee. Drop from tsp. on greased cookie sheet. Bake in moderate oven (350) for 15 minutes. Makes 7 dozen.

SOFT MOLASSES COOKIES

Mrs. Anna Lawson

2 1/4 c. sifted all-purpose flour	
1 tsp. ginger	1/2 c. soft shortening
1 tsp. cinnamon	1/2 c. granulated sugar
1/4 tsp. salt	1/2 c. molasses
2 tsp. baking soda	6 Tbsp. cold water
2 Tbsp. hot water	1/2 c. seedless raisins
	1 egg

Sift together first 4 ingredients. Dissolve soda in hot water. Mix shortening and next 3 ingredients until creamy. Mix in flour mixture alternately with cold water, then mix in soda and all but a few raisins. Drop by rounded Tbsp. 2-inches apart onto greased cookie sheet. Sprinkle with remaining raisins. Bake at 400 degrees F. until done, about 12 minutes.

PEANUT BUTTER COOKIES

Mrs. Anna Lawson

1/2 c. shortening	1 1/2 c. flour
1/2 c. white sugar	1/4 tsp. soda
1/2 c. brown sugar	1/2 tsp. salt
1 egg	1/2 c. peanut butter

Drop by spoonfuls on greased cookie sheet. Press down

PEANUT BUTTER COOKIES (Continued)

with a fork. Bake about 15 minutes in oven 350 degrees.

PEANUT BUTTER COOKIES

Mrs. Margaret Hagreen

Sift together:

1 c. sifted flour	1/2 tsp. soda
1/4 tsp. salt	

Put into large bowl:

1/2 c. shortening (soft)	1/2 c. brown sugar (packed)
1/2 c. granulated sugar	1 egg, unbeaten
1/2 c. peanut butter	1 Tbsp. water
1/2 tsp. vanilla	

Beat with rotary beater for 2 minutes. Then add sifted dry ingredients. Beat 1 minute. Drop on greased sheet. Press with fork dipped in flour. Bake at 325 degrees for 15-20 minutes.

PINEAPPLE COOKIES

Mrs. William Emler

1 c. brown sugar	1/2 c. crushed pineapple
1/2 c. shortening	1/2 c. dates
1/2 tsp. salt	1/2 c. nuts
1 beaten egg	2 tsp. juice
2 c. flour	1 tsp. baking powder
1 tsp. soda	

Drop from spoon and bake.

JIFFY BROWNIES

Mrs. Jean Howlett

(For electric mixer)

Place all ingredients in mixer bowl:

3/4 c. sifted flour	1/2 c. shortening, soft
1 c. sugar	2 eggs, unbeaten
5 Tbsp. cocoa	1 tsp. vanilla
1/2 tsp. salt	1/2 c. nuts (mixer chops)

Beat at medium speed for 3 minutes. Bake in greased 6-inch square pan in oven at 350 degrees F. for 30 minutes.

DATE BARS

Mrs. Theodore Wheaton

1/4 c. melted shortening
1 c. sugar
2 eggs, well beaten
3/4 c. flour

1/4 tsp. baking powder
Pinch of salt
1 c. dates, cut fine
1 c. nut meats, chopped

Blend all together. Put in square or oblong baking pan. Bake at 350 degrees for 15-20 minutes. When slightly cool cut in bars and roll in powdered sugar, if desired.

PECAN DREAMS

Mrs. Charles Seely

1 c. butter or margarine
4 Tbsp. powdered sugar
2 tsp. water
1 3/4 c. chopped pecans

2 tsp. vanilla
2 c. all-purpose flour, with a
little salt

Mix in order given. Form in a long roll on slightly floured board and cut in 1-inch pieces. Roll in powdered sugar while still warm. Bake until lightly brown. Yield: 4 dozen.

Write Extra Recipes Here:

Desserts



PRESERVED CHILDREN

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

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young, and take only such varieties as have been reared in a good moral atmosphere.

When once decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use.

Some insist on keeping them in a pickle, while others are constantly getting them into hot water.

Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses. Then wrap well in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with the fruits of constant devotion and milk of human kindness.

When thus prepared, they will keep for years.

(We hope this gets desired results, which is to help women who have 'em to keep 'em and those who don't have 'em to get 'em and keep 'em well preserved.)

SCRIPTURE CAKE

4 1/2 c. I Kings, 4:28; flour
2 c. Jeremiah, 6:20; sugar
2 c. Nahum, 3:12; figs
1 c. Numbers, 17:8; almonds
6 Jeremiah, 17:11 eggs
6 Pinches of Leviticus; salt
1 1/2 c. Judges, 5:25; butter
2 c. Samuel, 30:12; raisins
II Chronicles, 9:9; spices,
season to taste
2 tsp. Amos, 4:5; baking powder

DESSERTS

GRAHAM PUDDING

Miss Marybell Hopkins

1/2 c. molasses
1/2 c. Parkside butter
1 egg
1/2 c. Parkside milk
1 c. graham flour

1 c. raisins (seeded and
ground)
1/2 tsp. each cinnamon and
cloves
1/2 tsp. (large) soda

Steam for 1 hour. Serve with lemon sauce or hard
sauce.

FRUIT CORNSTARCH PUDDING

Mrs. Dorothy Pullen

3/4 c. granulated sugar
2 Tbsp. cornstarch
Juice of 1 lemon
Fruit sections of 3 oranges

1/4 tsp. salt
1 1/2 c. water
Juice of 1 orange
1/2 c. diced pineapple

Mix sugar, salt and cornstarch. Slowly add water.
Boil until mixture is clear. Cool. Add juice and pulp.
Make in advance and keep in refrigerator at least 24 hours
before serving. Garnish with colored whipped Parkside
cream and mint leaves or colored cherries.

RAISIN PUDDING

Mrs. Dorothy Marr

1/2 c. white sugar
Parkside butter, size of
walnut
1/2 c. Parkside milk
1/2 c. raisins

1 heaping c. flour
2 tsp. baking powder
Salt
1 tsp. vanilla

Mix together:

1 c. brown sugar
2 Tbsp. Parkside butter

3 c. hot water

Drop above batter into sauce and bake at 350 degrees
for 25 minutes. Serve with Parkside whipped cream.

JIFFY PUDDING

Mrs. George Clark

1/3 c. brown sugar
1 c. pastry flour
2 tsp. baking powder
3/4 c. raisins

2 c. boiling water
3/4 c. brown sugar
1 Tbsp. Parkside butter
1/4 tsp. nutmeg

APPLE DUMPLINGS

Mrs. Clarence Bourne

2 c. flour	7/8 c. sweet Parkside milk
2 tsp. baking powder	1 tsp. cinnamon
1 tsp. salt	2 Tbsp. brown sugar
1 Tbsp. Parkside butter	Chopped apples
1 Tbsp. shortening	

Sift flour with baking powder and salt. Work in butter and shortening. Add milk. Roll 1/2-inch thick. Brush with melted butter, cinnamon and brown sugar, then cover with apples. Roll up and cut in 12 slices. Pour Dumpling Sauce over raw dumplings and bake in a brisk oven for 25 minutes.

Dumpling Sauce:

1 c. sugar	1 Tbsp. Parkside butter
1 Tbsp. flour	Juice of half a lemon
1/2 tsp. salt	1 c. hot water

Mix sugar, flour and salt. Add butter, lemon juice and hot water. Cook 3 minutes and pour over dumplings.

APPLE-CINNAMON PUFFS Mrs. L. Van Dermallie

Boil to a syrup:

1 c. sugar	1 c. water
1/2 tsp. red coloring	

Place in greased dish 4-5 medium size apples. Pour syrup over apples. Place in center of each:

2 Tbsp. Parkside melted butter	
2 Tbsp. sugar	1/2 tsp. cinnamon

Sift together:

1 1/2 c. flour	2 tsp. baking powder
1/2 tsp. salt	

Cut in with pastry blender 1/4 c. shortening. Stir in 3/4 c. Parkside milk. Drop by spoonfuls on apples. Bake 25 to 30 minutes at 450 degrees.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

OLD FASHIONED APPLE JOHN

Mrs. Anna Lawson

1 qt. ripe tart apples slices

Place in deep pie plate. Cover with biscuit dough and bake. Invert on plate, sprinkle with brown sugar, bits of Parkside butter and cinnamon. Serve warm with Parkside cream and sugar.

STRAWBERRY SHORTCAKE

Mrs. Clarence Bourne

2 c. flour

1 egg

3 Tbsp. sugar

1/2 c. Parkside milk

1 Tbsp. baking powder

3/4 tsp. salt

Mix flour, sugar, baking powder and salt together. Beat egg and pour into first mixture. Add milk. Shape into individual biscuits and bake about 15 minutes in a 450 degree oven. After baking, remove the top of each biscuit and butter, then cover with strawberries.

LEMON SPONGE

Mrs. Foster Thayer

1 pkg. lemon jello

1 lemon juice and rind

1 3/4 c. hot water

1 c. sugar

Salt

1 large can evaporated milk

Freeze 1 can evaporated milk and whip. Combine with above ingredients. Put layer crushed graham cracker crumbs in flat dish. Pour in gelatin mixture. Cover with more graham cracker crumbs. Place in refrigerator to set overnight.

GRAHAM DATE ROLL

Mrs. Inez Rosequist

1/4 lb. or 1 doz. graham crackers

Put through food grinder or crushed with rolling pin. Set aside 1/2 c. crumbs.

3/4 c. dates, cut in small pieces

14 marshmallows, cut in fine pieces

1 c. nut meats, broken in pieces

1/2 c. thin cream Parkside cream or evaporated milk

Small bottle maraschino cherries may be added.

Mix thoroughly. Form into a roll and cover with reserved crumbs. Place in refrigerator to chill. Slice and serve with whipped Parkside cream or ice cream

REFRIGERATOR CHEESE CAKE with CORN FLAKE
PASTRY

Mrs. Ruth Smith

2 Tbsp. gelatin	1 tsp. salt
1/2 c. cold water	1/2 c. Parkside milk
2 egg yolks (slightly beaten)	1/2 c. sugar
1 lb. cottage cheese, sieved	1 lemon, grated rind and juice
1 tsp. vanilla	
2 egg whites, stiffly beaten	1 c. Parkside whipping cream (whipped)

Soften gelatin in the cold water. Put egg yolks in double boiler, beat slightly, add salt, milk and sugar. Cook stirring until mixture thickens. Remove from fire, add gelatin, mix thoroughly. Cool. Add cheese, lemon juice, rind and vanilla. Fold in beaten egg whites and whipped cream.

Corn Flake Pastry:

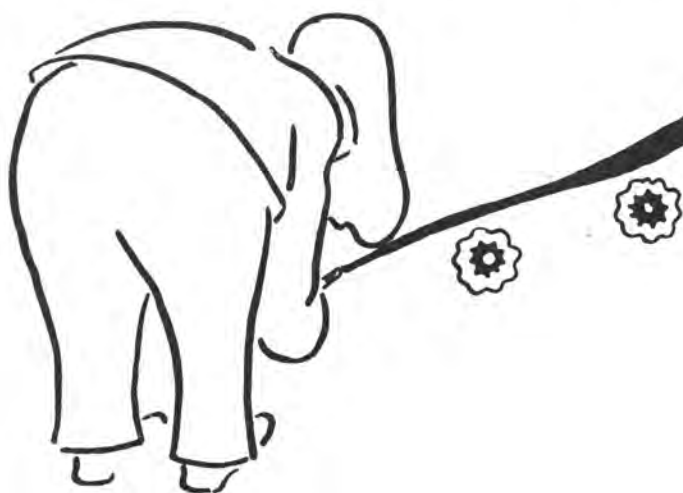
1 c. corn flakes, rolled	1/2 c. melted butter
1/2 c. sugar	1 tsp. cinnamon

Press a generous layer in bottom of spring side pan. Put in cheese mixture. Put remaining corn flakes on top. Set in refrigerator until time to serve.

Write Extra Recipes Here:

Write Extra Recipes Here:

Candy
Jelly
'n
Preserves



TEMPERATURE TESTS FOR CANDY MAKING

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

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

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

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

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

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

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

CANDY, JELLY , PRESERVES

CREAMY CHOCOLATE FUDGE

Mrs. Bernadine Rosequist

2 c. sugar	1/8 tsp. salt
2 or 3 sqs. chocolate	2 Tbsp. Parkside butter
2 Tbsp. corn syrup	1 tsp. vanilla
2/3 c. Parkside milk	

Combine first 5 ingredients in pan. Cook to 114 degrees F. or until a few drops will form a firm ball in cold water.

Remove from stove and cool for 10 to 15 minutes before pouring it into a mixing bowl. Add butter and vanilla. Beat with rotary beater or electric mixer until it loses the glossy surface (about 6 to 8 minutes). Pour the candy immediately into a buttered platter or drop on waxed paper.

If the candy hardens in the bowl and can not be poured, add 1 Tbsp. milk or 2 Tbsp. corn syrup and beat until smooth. Pour immediately.

BARTLETT PEAR MARMALADE Mrs. Alice Hieber

1 pt. can of crushed pineapple
1/2 pk. pears, ground

Measure pulp and add equal amount of sugar, pint for pint. Boil 15 or 20 minutes and seal.

WATERMELON and PINEAPPLE CONSERVE

Mrs. Bernadine Rosequist

Pare away the hard skin from the outside of watermelon rind and the red meat from the inside, leaving only a thin layer of the red for the sake of color. Cut into pieces about 1-inch long and 1/2-inch wide. Let stand over night in a salt-water solution, using 1/4 c. salt to every 3 qts. water. In the morning, rinse thoroughly, cover with fresh cold water and heat gradually to the boiling point. Drain and replace on the fire in hot water to cover. Cook gently until nearly tender, about 50 minutes. Then measure the cooked fruit and add as much sugar as fruit. For each 2 qts. of melon add 1 small lemon and 1 orange, both thinly sliced, 1/2 c. vinegar and 1 qt. raw pineapple, cut to match the melon pieces. (Canned pineapple chunks may be used, 1 large can to 2 qts. melon rind. In this case use only 1/2 to 3/4 as much sugar as measured rind). Heat all

WATERMELON and PINEAPPLE CONSERVE (Continued)

the fruit and thoroughly boil 5 minutes, then pack into sterilized jars and seal.

Write Extra Recipes Here;

Beverages in Miscellaneous



QUANTITY SERVING FOR FIFTY

Juice for Cocktail - 6 1/2 quarts.
Lemons for lemonade - 6 dozen.
Peas, No. 2 1/2 can - 10 to 12.
Potatoes (white) creamed - 16 lbs. Buttered whole, 20 lbs. Au Gratin - 15 lbs. with 4 c. medium sauce, 1 lb. cheese.
Potato Salad - 12 lbs., 2 bunches celery, 2 dozen eggs, pickle, 4 green peppers, mayonnaise and seasoning to taste.
Potatoes (Sweet) souffle - 16 lbs. Candied, 18 to 20 lbs.
Cabbage Salad, Slaw, 8 lbs., 2 bunches carrots, 1 bunch celery, dressing.
Cabbage-Apple Salad, 1/2 doz. apples, 6 lbs. cabbage, 2 boxes raisins, nuts.
Rice - 3 lbs. Grits - 2 1/2 lbs.
Fresh Tomatoes - 10 lbs.
Rolls - 15 dozen or 6 yeast cakes made into rolls.
Beef Roast - 18 to 20 lbs.
Meat cakes - ground meat, 16 to 18 lbs.
Meat loaf - 12 to 15 lbs.
Fresh Ham - 20 to 25 lbs.; tenderized, 17 to 20 lbs.
Sausage, 16 lbs.
Chicken (dressed) Creamed, 15 to 18 lbs., baked 25 to 30 lbs.
Turkey (dressed and drawn) 22 to 25 lbs.
Chicken Stew - 4 hens, weighing 5 lbs. or more.
Brunswick Stew - 14 lbs. beef, 3 lbs. lean pork, 1 fowl, 7 cans tomatoes, 4 cans corn.
Ice Cream - 2 gallons of bulk cream.
Coffee - 1 lb.



BEVERAGES AND MISCELLANEOUS

PUNCH

Mrs. Ora Straight

1 1/2 c. sugar, dissolved in 2 c. tea infusion

Pour 2 c. boiling water over 8 tsp. tea. Let cool.

1 c. lemon juice 5 c. orange juice
2 qts. ice water or ginger ale.

Add ginger ale just before serving. Cool tea, add other ingredients. Garnish with orange or lemon slices. Serve over block of ice in punch bowl, using less water.

RHUBARB JUICE

Mrs. Harriet Adams

Cut rhubarb in pieces. Cover with cold water. Cook until tender. Strain through a sieve. Add 1 c. sugar to 1 qt. juice. When sugar is dissolved, place in cans and seal. If less sweet juice is preferred use 7 c. sugar to 10 qts. juice.

SANDWICH SPREAD

Mrs. Foster Thayer

1 gal. green tomatoes, ground
6 red peppers 6 green peppers

Mix. Add salt and let stand overnight. Drain. Add:

3/4 qt. vinegar 1 qt. sugar
1/4 qt. water 1 c. flour

Boil 20 minutes, stirring. Cool and add:

1 qt. salad dressing 1 small jar prepared mustard

Mix and can cold.

JELLY OMELET

- good

Mrs. Doretha Whitman

4 eggs over family 11/10/22
1 egg, per person 1 Tbsp. boiling water for each
Salt and pepper egg

Beat whites and yolks separately, beating yolks quite stiff and whites until dry. Add water and salt to yolks, then fold in beaten whites. Melt 1 Tbsp. Parkside butter

JELLY OMELET (Continued)

in frying pan, rolling it around the sides of the pan. Pour in the mixture. Keep flame low. Test with silver knife around edge of pan. When mixture falls away from sides, put pan in moderate oven and leave until top feels solid to finger. Each process requires approximately 10 minutes. Spread omelet with tart jelly and flop over half. Serve immediately.

POPCORN BALLS

Mrs. Foster Thayer

14 c. popped corn

Syrup, made as follows:

3/4 c. sugar	3/4 c. water
3/5 c. molasses	2 Tbsp. vinegar
2 Tbsp. butter	1/4 tsp. soda

Cook until a small amount dropped into cold water becomes brittle. Add soda. Let mixture just come to a foam and pour quickly over the popped corn. Use plenty of Parkside butter on your hands when molding the balls. Squares or strips are made by pressing into well greased pan and cutting when cold.

CHOCOLATE SYRUP

Mrs. Margaret Cooney

2 c. sugar	1/2 c. cocoa
1 c. water	1 tsp. vanilla

Boil all together 5 minutes. Store in jar.

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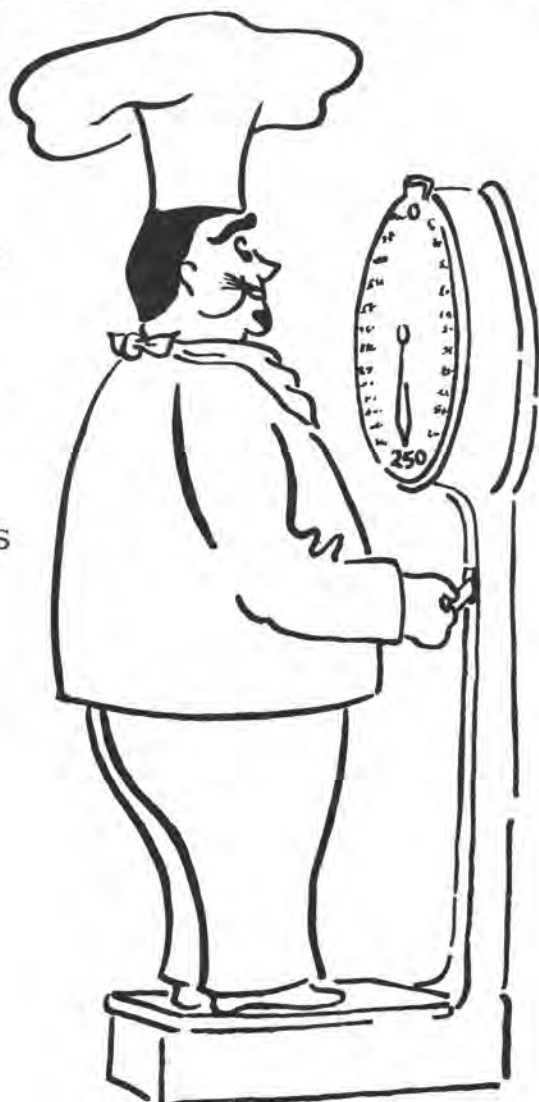
Weight Control

* REDUCING DIETS

* GAINING WEIGHT

* CALORIC TABLES

* WEIGHT CHART





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

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



EIGHTEEN DAY REDUCING DIET

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

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit
1 Egg
6 Slices Cucumber
1 Slice Melba Toast
Tea or Coffee

2 Eggs
1 Tomato
1/2 Head Lettuce
1/2 Grapefruit
Coffee

SECOND DAY:

1 Orange
1 Egg
1 Slice Melba Toast
1/2 Head Lettuce
Tea

1 Small Broiled Steak,
PLAIN
1/2 Head Lettuce
1 Tomato
1/2 Grapefruit
Tea or Coffee

THIRD DAY:

1/2 Grapefruit
1 Egg
8 Slices Cucumber
Tea or Coffee

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

FOURTH DAY:

1 Tomato
1/2 Grapefruit
1 Slice Melba Toast
Cottage Cheese
Tea

1/2 Grapefruit
Water Cress
1 Small Broiled Steak,
PLAIN
Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH

DINNER

FIFTH DAY:

1 Orange
1 Lamb Chop Lean, PLAIN
1/2 Head Lettuce
Tea

1/2 Grapefruit
1 Tomato
2 Eggs
1/2 Head Lettuce
Tea

SIXTH DAY:

1 Egg
1 Orange
Tea

1 Poached Egg
1 Slice Melba Toast
1 Orange
Tea

SEVENTH DAY:

1/2 Grapefruit
1 Egg
1/2 Head Lettuce
1 Tomato
2 Olives

1 Lamb Chop
6 Slices Cucumber
2 Olives
1 Tomato
Tea or Coffee

EIGHTH DAY:

1 Broiled Lamb Chop,
LEAN
1/2 Head Lettuce
1/2 Grapefruit
Coffee

1 Egg
1 Serving Spinach, PLAIN
1/2 Grapefruit
1 Slice Melba Toast
Tea

NINTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Tea

Any Meat Salad

TENTH DAY:

1/2 Grapefruit
1 Lamb Chop Plain
1/2 Head Lettuce
Tea

1/2 Grapefruit
1 Lamb Chop PLAIN
1/2 Head Lettuce
Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast
Tea

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

TWELFTH DAY:

1/2 Lobster
2 Crackers
1/2 Grapefruit
Tea

1 Broiled Steak, PLAIN
Cole Slaw
1 Tomato
1 Orange

THIRTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit

1/2 Grapefruit
1 Small Broiled Steak
1/2 Head Lettuce
1 Stalk Celery
Coffee

FOURTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
1 Slice Melba Toast

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

FIFTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit
Coffee

1 Small Broiled Steak,
PLAIN
1 Small Portion Spinach,
PLAIN
1 Orange
Tea

SIXTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Coffee

1 Small White Fish,
Broiled
1 Small Portion Spinach,
PLAIN
1 Orange
Tea

SEVENTEENTH DAY:

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

EIGHTEENTH DAY:

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

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

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

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

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

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

LUNCH

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

DINNER

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

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

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

LUNCH

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

DINNER

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

Total.....1,030

WEDNESDAY

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

LUNCH

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

DINNER

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

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

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

LUNCH

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

DINNER

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

Total.....1,025

FRIDAY

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

LUNCH

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

DINNER

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

Total.....1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	
LUNCH	
Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	
DINNER	
Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	<u>1,155</u>

SUNDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	
LUNCH	
1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
DINNER	
Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	<u>1,160</u>

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

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

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

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

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

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

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

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

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HIGH CALORIE DIET

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

HIGH CALORIE DIET

BREAKFAST

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

LUNCH

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

HIGH CALORIE DIET

DINNER

- Meat:** Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
-

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds.

(With Regular Clothes)

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

MEN

Weight in Pounds.

(With Regular Clothes)

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

CALORIC CHART

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

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0
BREAD	
Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60
DESSERTS	
Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake.....	300
FISH	
Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125
MEAT	
Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

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

MISCELLANEOUS

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

VEGETABLES

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

P A T R O N I Z E
M E R C H A N T S
A D V E R T I S E D
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