



COOKBOOK

Favorite Recipes From Highland's Best Cooks



A BOOK OF

FAVORITE

Recipes

Compiled by
AUXILIARY AND EMPLOYEES
OF
HIGHLAND HOSPITAL

1977



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In keeping with its warm and friendly traditions, the Highland Hospital through its hard-working Auxiliary, would like to spread its hospitality through the community by sharing this culinary collection with you. Throughout our history, we have emphasized the importance of friends and family and the consoling effect they have on all of us who face the troubled, fast moving society in which we live. Our philosophy is reflected in the Family Centered Maternity Care, the Family Medicine Program, and Multi-Specialty Oncology Service, as well as the primary and comprehensive care which is strongly evident in our Internal Medicine and Surgical Services.

On behalf of all of the Highland Family, we wish you good health and remain at your service when you need us. We sincerely hope that you enjoy our recipes and practice our philosophy which is the best productive medicine we can provide.

John B. Stevens
Executive Director

Favorite Family Recipes



Expression of Appreciation

Highland Hospital Auxiliary wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.



THUMB INDEX



APPETIZERS,
PICKLES, RELISH

SOUPS, SALADS,
DRESSINGS, SAUCES

MAIN DISHES—
MEAT, SEAFOOD,
POULTRY

MAIN DISHES—
EGG, CHEESE,
SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS,
PIES, PASTRY

CAKES, COOKIES,
ICINGS

DESSERTS

CANDY, JELLY,
JAM, PRESERVES

BEVERAGES,
MISCELLANEOUS

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS



ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



APPETIZERS

Pickles & Relish



Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

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.

To whiten laces, wash them in sour milk.

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.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES, RELISH

WELCOME WAFERS

Eleanor Price

3/4 c. butter
1 tsp. parsley
1 tsp. chopped chives
2 c. sifted flour

1/2 c. shredded Cheddar cheese
1/3 c. shredded Blue cheese
1/2 clove minced garlic

Cream butter well with the cheeses. Mix in the remaining ingredients. Shape in a 1 1/2 inch roll and chill thoroughly. Slice and bake 8-10 minutes at 375 degrees.

CHEESE CROCK

Ada Peers

1/4 lb. margarine
8 oz. pkg. cream cheese
dash of Tabasco sauce
2 Tbsp. Worcestershire sauce

1/4 lb. grated sharp Cheddar
cheese
1/4 c. sherry, white wine, or
beer

Put cheese in large bowl. After reaching room temperature, beat well and add margarine, also at room temperature. Beat well together, and slowly add the remaining ingredients. Pack into crocks and refrigerate or freeze.

HOT PARMESAN SNACKS

Alice Martin

1 c. mayonnaise
1 tsp. Worcestershire sauce
1 Tbsp. Solera sherry

1/3 c. grated Parmesan cheese
1/4 tsp. onion salt
paprika

Combine all ingredients. Spread thickly on Ritz crackers. Sprinkle lightly with paprika. Put under broiler until cheese melts, and is very lightly browned. Watch closely. Makes 24.

BAKED ARTICHOKE HEARTS

Cynthia Townson

1 can artichoke hearts
1/4 lb. melted butter
garlic powder

melba rye rounds
salt and pepper
slivered almonds

Drain artichokes and cut in half. Place each half, cut side up on a melba round. Arrange on a flat oven proof dish. Melt butter; add salt and pepper and garlic powder. Spoon into

(Cont.)

artichoke crevices. Sprinkle with almonds. Bake at 350 degrees for 10 minutes, then broil for 3 minutes.

SHRIMP DIP OR SPREAD

Mayora Neve

3 oz. pkq. cream cheese	2 Tbsp. sour cream
1 Tbsp. salad dressing	dash of onion soup mix
dash of Worcestershire sauce	1 can small shrimp - drained

Mix all ingredients together in mixer. Let stand in refrigerator for a short time, to allow flavors to blend, before using as a dip or spread for crackers.

CRAB MEAT APPETIZER

Jean Ragland

8 oz. pkq. cream cheese	6 1/2 oz. can crab meat
1 Tbsp. milk	2 Tbsp. finely chopped onion
1/4 tsp. each salt and pepper	1/2 tsp. cream style horseradish

Mix together in small casserole and bake at 375 degrees for 15 minutes. Keep hot and serve on crackers or party rye bread.

SWEET 'N SOUR MEAT BALLS

Janet Herlau

1 1/2 lb. ground beef	2/3 c. cracker crumbs
1 tsp. salt	1/2 c. evaporated milk
1/3 c. flour	3 Tbsp. shortening
2 Tbsp. cornstarch	1 - 13 1/2 oz. can pineapple chunks
1/2 c. vinegar	1/2 c. brown sugar
2 Tbsp. soy sauce	2 Tbsp. lemon juice
1 Tbsp. chopped pimento	1 c. chopped green pepper

Combine beef, cracker crumbs, onion, milk and salt, mix well. Shape into balls; roll in flour. Brown in shortening. Drain excess fat. Drain pineapple chunks, reserve syrup.

Measure syrup and enough water to make 1 cup. Blend liquid and cornstarch in saucepan. Stir in vinegar, brown sugar, soy sauce and lemon juice. Cook until clear and thick. Add green peppers, pimento and pineapple. Pour over meat balls and simmer covered 15 minutes.

MUSHROOM PINWHEELS

Pat Hale

1 large onion, chopped
1 tsp. butter
1/8 tsp. pepper
1/2 tsp. garlic powder

3/4 lb. fresh mushrooms, chopped
1/4 tsp. salt
3/4 lb. cream cheese

Mix and then fry in pan. Cool. Spread on bread with crusts removed. Roll up and put in waxed paper. Before company comes, cut each piece of rolled bread into four pieces, dip in butter, place on cookie sheet and broil.

GROUND BEEF ON RYE

Betty Colgan

1 lb. ground beef
1 Tbsp. horseradish
1 egg
1/2 c. bread crumbs

1/4 c. chopped onion
3 Tbsp. catsup
1/2 tsp. Nance's mustard
sweet pickle relish - to taste

Mix all ingredients well. Spread on party rye and broil for 10 minutes.

DRIED BEEF DIP

Trudy Durand

1 c. mayonnaise
1 - 3 oz. pkq. chipped beef
1 tsp. parsley flakes
1 round loaf of fresh French bread

1 c. sour cream
1 Tbsp. dried minced onion
1 tsp. beaumont - spiced island

Hollow out bread, and cut what you have taken out, into 1 inch cubes. Put dip into loaf and arrange cubes around. For a crowd, double recipe and buy one more loaf of bread to cut into cubes.

CURRY DIP FOR SHRIMP AND CRAB

Vida Johnson

2 Tbsp. minced onion
1 Tbsp. Wesson oil
1 tsp. salt
1 c. sour cream

1 small clove of garlic, minced
1 Tbsp. curry powder
2 c. mayonnaise
1/4 tsp. hot pepper sauce

Saute onion and garlic in hot oil in saucepan until just tender but not browned. Stir in curry and salt. Cook 1 minute.

(Cont.)

Stir in mayonnaise, sour cream and pepper sauce. Cover and chill. Makes about 1 1/2 pints.

BLACK CHEESE DIP

Karilyn Hansen

2 jars old English cheese	2 tubes Kraft sharp cheese
3 cloves garlic, minced	4 whole scallions, minced
1/4 c. chopped green pepper	dash Worcestershire sauce
1 - 7 oz. can minced clams, with 1/2 the juice	

Combine all ingredients in casserole and bake at 325 degrees for 40 minutes. Stir occasionally to mix all ingredients. Serve hot with chunks of French bread for dipping.

SESAME CHEESE LOG

Vida Johnson

1 - 8 oz. pkg. cream cheese	1 Tbsp. chopped onion
1 - 4 oz. pkg. Blue cheese	1 Tbsp. chopped parsley
1 stick butter	1/4 c. chopped green olives
1/4 c. toasted sesame seeds	2 Tbsp. Worcestershire sauce

In a small bowl combine all ingredients except the sesame seeds. Chill thoroughly. Then shape into roll on waxed paper, sprinkled with the sesame seeds. Chill again until serving time.

BETTY'S EGGPLANT HORS D'OEUVRES

Margaret Major

3 c. peeled and cubed eggplant	1/2 c. chopped green pepper
1 medium onion, chopped	2 cloves garlic, minced
3/4 c. fresh mushrooms, sliced	1/2 c. olive oil
1 - 6 oz. can tomato paste	1/4 c. water
2 Tbsp. red wine vinegar	1/2 c. black olives, sliced
1 1/2 tsp. sugar	1/2 tsp. crushed oregano
1 tsp. salt	1/8 tsp. pepper

Put first three ingredients in each column in skillet. Cover and cook gently for 10 minutes, stirring occasionally. Add remaining ingredients and mix. Cover and simmer gently until eggplant is tender, but not mushy; about 1/2 hour. Makes about 1 1/2 to 2 cups. Make ahead and freeze if you wish. Heat in oven at 350 degrees until hot and bubbly. Serve in chafing dish with crackers or party rye.

SWEET 'N SOUR SPICED CARROT STICKS

Marion Condit

3/4 c. sugar	3/4 c. vinegar
3/4 c. water	1 Tbsp. mustard or celery seed
3 whole cloves	2 1/2 inches stick cinnamon, broken
6 medium carrots, scraped and cut in 3 inch lengths	

Precook carrots 5 minutes. Drain and cut into thin sticks. Combine sugar, vinegar, water and mustard or celery seed. Add cinnamon and cloves into sugar-water mixture. Simmer 10 minutes; remove cinnamon and cloves and pour over carrots. Cool.

Refrigerate 8 hours or overnight. Drain well before serving.

COCKTAIL HOT DOGS

Marjorie Malm

1 lb. skinless hot dogs	1/2 c. rum
3/4 c. catsup	1/2 c. brown sugar

Cut hot dogs into bite-size pieces. Combine remaining ingredients and add to hot dog pieces. Simmer very gently for 1 hour. Serve in chafing dish.

CAVIAR STUFFED EGGS

Jane Tollefson

6 hard boiled eggs	2 Tbsp. softened butter
1 - 2 oz. jar black caviar	dash of pepper

Cut eggs in half lengthwise. Carefully remove and sieve egg yolks. Blend in butter; carefully stir in caviar and pepper. Fill egg whites with yolk mixture. Garnish with parsley or fresh dill. Makes 12.

CLAMS CASINO

Karilyn Hansen

3 cans minced clams	1/3 c. finely chopped green pepper
5 Tbsp. margarine	1/2 c. finely chopped onion
1 c. cracker crumbs	6 slices cooked bacon, crumbled
1/8 tsp. thyme	1/8 tsp. marjoram
1/8 tsp. parsley	1/8 tsp. pepper
1/2 tsp. salt	

Drain clams; reserving 1/2 cup liquid. Saute green pepper and onion in margarine. Remove from heat. Add cracker crumbs, clam liquid, clams, seasonings, and bacon. Mix well.

(Cont.)

Put in baking dish and bake 20 minutes at 375 degrees.
Serve hot with crackers.

MUSTARD BEANS

Marion Condit

1 c. sugar	1/2 c. cider vinegar
3 Tbsp. prepared mustard	1/2 tsp. instant minced onion
1/4 tsp. salt	1 - 1 lb. can yellow wax beans

Combine all ingredients except beans. Bring to boiling point; stirring until sugar is dissolved. Add drained beans and simmer uncovered 5 minutes. Cool. Cover and refrigerate overnight.

CRANBERRY NUT RELISH

An nymous

1 lb. cranberries	1 c. orange juice
2 c. sugar	1/2 c. chopped walnut meats

Cook cranberries and orange juice until the cranberries pop open. Add sugar and stir until dissolved. When cool, add walnut meats.

SAUERKRAUT RELISH

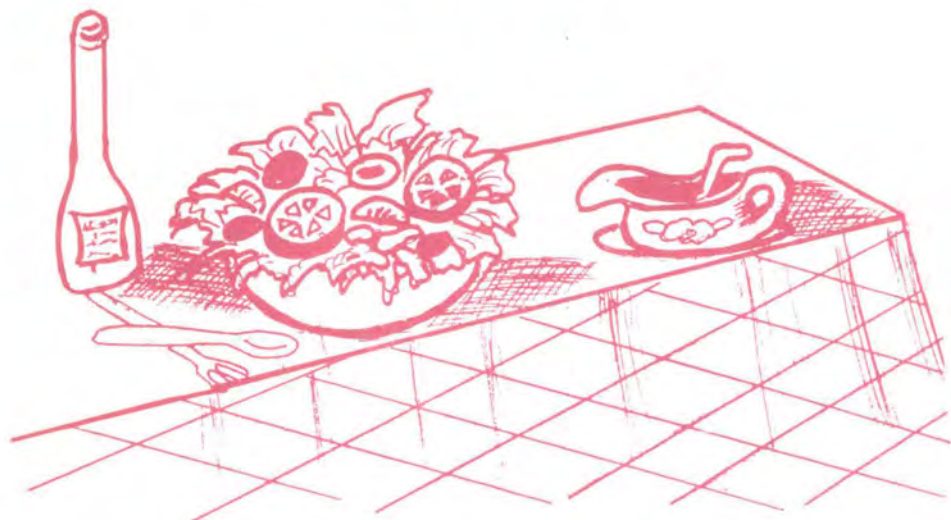
Betty Colgan

2 - 4 oz. jars pimentos	1 c. chopped green pepper
1 c. chopped celery	1 c. chopped onion
1 large glass jar Silver Floss sauerkraut	

Mix above well. Pour 1 cup sugar over mixture; do not stir. Place in refrigerator overnight. Stir well next morning. Put in jars.

Write an extra recipe here:

soups salads sauces & dressing



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

GAZPACHO

Janet Merlau

1 can tomato soup
1 Tbsp. olive oil
chopped cucumber, celery, onion, green pepper and croutons

1 c. water
2 Tbsp. wine vinegar

Blend well, the first four ingredients in blender. Chill 4 hours and serve with the chopped vegetables and croutons.

TOMATO-ONION SOUP

Anonymous

2 c. thinly sliced onions
2 Tbsp. butter
1 can condensed consomme
1 soup can water

1 can tomato soup
1 soup can milk
1/2 tsp. Worcestershire sauce
1/4 tsp. salt

Cook onions in butter. Add consomme and water. Simmer 15 minutes covered. Add remaining ingredients and simmer 15 minutes.

EASY SOUP

Anonymous

1 can tomato soup
1 can green pea soup
splash of sherry

1 can cream of mushroom soup
1 scant can of milk or half & half
1 or 2 cans minced clams

Drain clams. Blend all ingredients well, and heat through. Best to do a day ahead, refrigerate and reheat.

HOT DOG SOUP

Vida Johnson

1 lb. hot dogs, sliced
1 c. chopped onion
2 large carrots, sliced
1 tsp. salt
1 Tbsp. Worcestershire sauce
1 large can corn

2 Tbsp. butter
2 medium potatoes, diced
2 c. water
1 tsp. leaf thyme
1 tall can evaporated milk
1 Tbsp. chopped parsley

Brown sliced hot dogs in butter in Dutch oven; push to one side; add onion and saute until soft. Stir in potatoes; carrots, water, salt, thyme and Worcestershire. Bring to boiling; cover and simmer until vegetables are tender. Stir in evaporated milk,

(Cont.)

corn and parsley. Heat just to boiling and serve.

CHICKEN CORN SOUP

Shirley Likly

1 large stewing chicken	6 ears of corn
1 egg	1 c. flour

Cut chicken into serving pieces. Cover with water and cook until tender; remove from broth. You should have about 2 quarts of broth. Cut corn from cob, and put into the boiling broth. Beat egg with a fork, add flour and stir. Should be thick and rather dry. Pinch into small size bits and add to broth with the corn. Cook 5 to 8 minutes. Season with salt and pepper to taste.

BLENDER CHICKEN SOUP

Katherine Ely

1 - 3 1/2 lb. chicken, cut up	1/4 c. margarine
6 c. water	2 onions, chopped
2 ribs celery with leaves, diced	4 baking potatoes, peeled, diced
1 bay leaf	1/4 tsp. saffron
2 sprigs parsley	1 c. light cream
1 3/4 tsp. salt	1/4 c. chopped parsley
1/2 tsp. pepper	

Put chicken in heavy kettle. Add ingredients from first column. Cook until chicken is tender. Remove chicken and strain broth. Bone chicken and cut meat into large pieces and set aside. Heat margarine and saute onions until transparent. Add potatoes; toss and cook 2-3 minutes. Add to broth with saffron and cook over low heat until potatoes are tender. Puree in blender; stir in cream and add chicken. To serve, reheat, but do not boil. Garnish with parsley.

CREAM OF POTATO SOUP

Fran Diterro

3 c. sliced potatoes	3 c. sliced onions
1 can Campbell's chicken broth	1 c. water
1 carton half and half	chives or parsley

Cook first four ingredients until tender. Then put in blender and blend well. Put in pan or bowl, and add half and half. May be served hot or cold. Garnish as desired with chopped chives or parsley. Serves 4-6.

HEARTY TOMATO SOUP

Jean Updaw

1 clove garlic, minced	1 onion, chopped
1 rib celery, chopped	3/4 c. raw rice
1 - 28 oz. can tomatoes, chopped	2 tsp. salt
1/4 tsp. black pepper	1 Tbsp. sugar
1 tsp. oregano	1 tsp. basil
1 Tbsp. butter	3 c. hot milk
Wesson oil, as needed	

In heavy pot, saute in Wesson oil the garlic, onion and celery until onion is golden. Add rice and saute until lightly browned. Add tomatoes, salt, black pepper, sugar, oregano and basil. Add hot milk and butter, and simmer very gently until rice is tender.

ZIPPY TOMATO ASPIC

Eleanor Price

1 pkg. raspberry jello	1 3/4 c. vegetable cocktail
2 Tbsp. horseradish	juice
1 Tbsp. lemon juice or vinegar	1/2 tsp. celery salt
1/2 tsp. Worcestershire sauce	1/2 c. finely chopped celery
1/4 c. chopped stuffed olives	1/4 tsp. salt

Heat vegetable juice to boiling and pour over gelatin. Cool to room temperature. Stir in remaining ingredients. Pour into individual molds. Serves 6. This is very unusual as to flavor and its color for aspic is odd, but it's very good.

TOMATO ASPIC SALAD WITH SHRIMP Betty Colgan

2 c. tomato juice	1 pkg. lemon jello
2 tsp. horseradish	1/2 c. diced celery
1 small can shrimp	

Add horseradish to tomato juice and heat. Dissolve jello with hot tomato juice. Place in ring mold. When partially set, add the celery and shrimp and mix gently. Serve with mayonnaise.

CREAMY SWISS SALAD

Doris Schauman

4 c. salad greens	1 c. shredded Swiss cheese
1/2 c. sliced green olives	2 hard cooked eggs, sliced

(Cont.)

1/2 c. mayonnaise	2 Tbsp. light cream
1 tsp. dry mustard	1/2 tsp. salt
1/8 tsp. pepper	

Combine greens, cheese, olives, sliced eggs. Blend mayonnaise, cream and seasonings and toss with greens.

HORSERADISH SALAD

Shirley Likly

1 pkg. lemon jello	1 c. hot water
1 Tbsp. vinegar	2 Tbsp. horseradish
1 c. heavy cream, whipped	

Dissolve jello in hot water; add vinegar. Cool till partially set, and fold in whipped cream and horseradish. Pour into mold; refrigerate to set. Good with roast beef.

COUNTRY CUCUMBER SALAD

Ada Pearce

4 cucumbers	1 Tbsp. salt
1/2 tsp. pepper	1/2 c. sour cream
3 Tbsp. tarragon vinegar	1 Tbsp. sugar
1 tsp. paprika	3 Tbsp. minced scallions or chives
leaves from 2 heads of Boston lettuce	

Peel cucumbers and slice paper thin. Place in bowl and sprinkle with salt. Refrigerate for 10 minutes. Gently squeeze out some of the excess juice, sprinkle with pepper. Combine sour cream and vinegar; add sugar. Pour over cucumbers. Sprinkle with paprika and chives. Serve in individual servings over Boston lettuce. Serves 6.

COOL-AS-A-CUCUMBER SALAD

Marion Condit

1 pkg. lime jello	3/4 c. hot water
1/4 c. lemon juice	1 tsp. onion juice
1 c. mayonnaise	1 c. chopped unpeeled cucumber

Dissolve gelatin in hot water. Add lemon and onion juices. Chill until partially set. Fold in mayonnaise and cucumbers. Pour into 6 oiled individual molds and chill until firm. Unmold on crisp lettuce. Garnish with tomato wedges. Pass mayonnaise.

JADE SALAD

Pat Hale

1 pkg. lemon jello	1 1/2 Tbsp. vinegar
1/2 c. mayonnaise	1/4 tsp. salt
1/3 c. chopped celery	1 Tbsp. minced onion
3/4 c. cottage cheese thawed and drained	1 c. chopped frozen spinach,

Dissolve jello in 3/4 cup boiling water. Add 1 cup cold water. Add vinegar, mayonnaise and salt. Put in freezer tray and chill until firm, 1 inch around sides of tray. Turn into bowl and beat until fluffy. Add celery, onion, spinach and cottage cheese. Place in 1 quart mold and chill until firm. Best done a day ahead. Serves 6.

RASPBERRY JELLO SALAD

Margaret Major

2 - 3 oz. pkg. raspberry jello	1 3/4 c. boiling water
1 c. applesauce	juice of one lemon
2 - 10 oz. pkg. frozen red raspberries, thawed.	

Dissolve jello in boiling water. Add raspberries with their juice, applesauce and lemon juice. Pour into 12 individual molds or one ring mold. Serve with mayonnaise.

PINEAPPLE SALAD

Gladys Osgood

1 pt. sour cream	2 Tbsp. lemon juice
3/4 c. sugar	1 - 9 oz. can crushed pineapple
1/4 c. chopped nuts	1/4 c. chopped Maraschino cherries
1 banana, sliced	pinch of salt

Drain pineapple well. Mix together and fill muffin pans lined with paper cups. Place in freezer for several hours. Remove a little while before serving.

SPICED PEACH SALAD

Alice Kress

1 c. canned sliced peaches	1/8 tsp. ground cloves
1 pkg. peach jello	1 c. boiling water
1/4 c. sugar	3/4 c. peach syrup
1/4 tsp. cinnamon	2 Tbsp. vinegar

Drain peaches and reserve syrup. Mix dry ingredients together. Pour boiling water over dry ingredients and mix well. Stir in peach syrup and vinegar. While chilling, stir often to prevent spices from settling to the bottom. When chilled, add peaches and pour into a 3 cup oiled mold. Chill in refrigerator until firm.

24 HOUR FRUIT SALAD

Judy Holt

1 lb. can pitted cherries	1 lb. can sliced peaches
1 1/2 miniature marshmallows	1 c. sour cream
salad greens	1/2 c. chopped walnuts

Drain fruit very well. Mix cherries, peaches, marshmallows and sour cream. Cover and chill for 24 hours. Serve on greens with sprinkling of walnuts.

COLD BROCCOLI MOLD

Marjorie Cary

1 - 3 oz. pkg. cream cheese	2 pkg. frozen chopped broccoli
1 envelope plain gelatin	1 can condensed chicken broth
1 c. mayonnaise	2 hard cooked eggs, chopped
Tabasco sauce to taste	

Dice cream cheese and soften at room temperature. Cook broccoli according to directions. Drain well, add cheese and stir until completely melted. In small pan, pour half of chicken broth; sprinkle with gelatin and allow to soften, 5 minutes. Stir over low heat, dissolving gelatin completely.

Cool. Stir into broccoli; add mayonnaise, eggs, Tabasco sauce and remaining broth. Refrigerate. Stir occasionally until partly thickened. Turn into 6 cup mold and chill until set. Serve with sour cream dressing.

1 Tbsp. minced green onion	1/2 Tbsp. anchovie paste
1 Tbsp. lemon juice	1 Tbsp. white wine vinegar
1/4 c. mayonnaise	1/2 c. commercial sour cream

Mix together and chill several hours before serving.

BLUEBERRY SALAD

Mae Malley

1 pkg. raspberry jello	1 can blueberries
1 small can crushed pineapple	1 pkg. Dream Whip

Drain fruit, save juice. Mix jello with 1 cup boiling

(Cont.)

water. Add 1/3 cup pineapple juice and enough berry juice to make 3/4 cup. Add water if not enough juice. When jello is partially set, add fruits and fold in whipped Dream Whip. Pour into oiled mold and chill until firm.

SALAD DRESSING

Doris Schauman

1 qt. mayonnaise
1 green pepper, chopped
1 carrot, grated fine
1 small can tomato sauce

1 large onion, chopped
1 dill pickle, chopped
dash of Worcestershire sauce
6 drops low-cal sweetener

Mix ingredients thoroughly. Keeps well in refrigerator.

BLUE CHEESE DRESSING

Barbara Shirey

2 c. Hellman's mayonnaise
2 Tbsp. lemon juice
1/4 tsp. pepper
1/2 tsp. Accent

2 Tbsp. vinegar
1 tsp. Lawry seasoned salt
1 Tbsp. sugar
2 oz. Blue cheese

Blend well and serve on tossed salad greens. Keeps well in refrigerator for quite a long time, and is better if made two days before using. Let stand at room temperature a few hours before serving.

SOUR CREAM DRESSING

Marion Condit

1/2 pt. sour cream
juice of 1/2 lemon
1 Tbsp. wine vinegar
1 Tbsp. horseradish
cayenne pepper to taste

1/2 tsp. salt
1 tsp. dry mustard
1/2 tsp. paprika
1 tsp. onion juice

Combine ingredients and chill. May be used as a dressing for tossed salad, or as a dip for raw vegetables.

FRESH FRUIT DRESSING

1/2 pt. sour cream
1/2 c. confectionery sugar

1 tsp. vanilla

Mix ingredients together. Serve as a dressing for fresh fruit.

TOMATO DRESSING

Dorothy Porter

2/3 c. sugar

1 tsp. paprika

2/3 c. vinegar

1 tsp. minced onion

2 tsp. salt

1 c. Wesson oil

3/4 c. catsup

Mix well.....shake in a jar.

Write your extra recipes here:



MAIN DISHES

*meat
fish
poultry*



MAXIMUM STORAGE TIME FOR FROZEN MEATS

Product	Recommended Maximum Storage Time at 0°F. or lower
Beef	6-8 months
Fresh Pork and Veal	3-4 months
Lamb	6-7 months
Ground Beef	3-4 months
Variety Meats (Liver, Heart, Tongue, etc.)	3-4 months
Smoked Hams, Picnics and Slab Bacon (Whole, Halves or Quarters)	Not to exceed 60 days
Other Cured and Smoked Meats	Not to exceed 60 days
Sliced Bacon	Not recommended for freezing
Bologna, Frankfurters or Wieners	Not recommended for freezing
Fresh Pork Sausage	Not recommended for freezing
Poultry	
Giblets	4 months
Chicken	6-12 months
Turkey	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.



MAIN DISHES--
MEAT, SEAFOOD, POULTRY

MUSHROOM HAMBURGERS

Eleanor Price

- | | |
|---------------------------|-------------------------|
| 1 1/2 lb. ground beef | 1 lb. mushrooms |
| butter or margarine | 1 medium onion, chopped |
| 1 tsp. dry mustard | 1 c. sour cream |
| 2 tsp. dry parsley flakes | |

Slice mushrooms and saute them and onion in butter until onion is soft. Stir in remaining ingredients, reserving meat. Heat thoroughly. Form meat into 6 patties and broil them the way you like them. Top with mushroom mixture and serve as open face sandwiches. Serves 6.

BEEF-PEPPER AND RICE SKILLET

Vida Johnson

- | | |
|-----------------------|--------------------------------------|
| 1 1/2 lb. round steak | 2 Tbsp. cooking oil |
| 1 c. sliced onion | 1 c. converted rice |
| 1 can beef broth | 1 can water |
| 3 Tbsp. soy sauce | 1/2 green pepper or more,
chopped |

Cut meat in strips and brown in 10 inch skillet. Stir in onion, rice, green pepper, beef broth and water. Bring to boil; reduce heat, cover and cook until liquid is absorbed, about 25 minutes.

PEPPER STEAK

Cynthia Townson

- | | |
|------------------------------|------------------------|
| 1 lb. round or flank steak | 2 Tbsp. oil |
| 1 medium onion, chopped | 1 clove garlic, minced |
| 2 green peppers, diced | 1 c. bouillon |
| 1 c. drained canned tomatoes | 1 1/2 Tbsp. cornstarch |
| 2 tsp. soy sauce | 1/4 c. water |

Cut steak into thin strips; sprinkle with salt and pepper. In large skillet, heat oil, add steak, onion and garlic, and cook until meat is brown on all sides. Add green pepper and bouillon, cover and simmer 10 minutes. Add tomatoes and simmer 5 minutes more. Mix cornstarch, soy sauce and water; stir into meat mixture. Cook and stir until mixture thickens. Serve with rice.

VEAL SCALLOPINI

Bonnie Lebowitz

1 1/2 lb. veal, sliced thin	1/2 c. flour
4 Tbsp. margarine	1/2 tsp. garlic powder
1/4 c. sherry	1 lemon for garnish
salt and pepper to taste	

Mix the flour, salt and pepper and garlic powder. Dredge the veal slices in the flour mixture. Heat the margarine in a frying pan and brown the veal for 15 minutes. Turn meat over and cook for 10 minutes more. Add the sherry and cover the pan. Simmer gently for 10 minutes more over a very low flame. Serve garnished with lemon quarters. Serves 4.

TOURNEDOS DIANE

Leslie Reynolds

4 tenderloin steaks 1 1/2 - 2" thick	salt and pepper
instant Marchand De Vin sauce	4 large mushroom caps
	butter
	4 thin slices tomato

Sear steaks 2 minutes on each side in butter in hot iron skillet; until well browned, but rare inside. Sprinkle with salt and pepper and arrange in oven proof serving dish. On top of each steak, place 1 slice of tomato and 1 mushroom cap, browned in butter. Pour Instant Marchand De Vin sauce over steaks and place in 350 degree oven for 10 minutes.

Instant Marchand De Vin Sauce:

1/2 c. burgundy or Claret wine	1/2 c. water
1 pkq. French's mushroom gravy mix	2 Tbsp. butter

Combine mushroom gravy mix, wine and water and bring to a boil; reduce temperature and cook until thick. Add butter; stir until melted.

HERBED MEAT BALLS

Vida Johnson

1 lb. ground round	1 small clove garlic, crushed
2 Tbsp. instant onions	1 tsp. Worcestershire sauce
1 tsp. parsley flakes	1 tsp. thyme leaves
1/2 tsp. salt	1/4 tsp. pepper
1 tsp. grated lemon rind	2 tsp. water

(Cont.)

Combine all ingredients; shape into 6 meat balls. Bake on a rack in pan for 20 minutes at 350 degrees. Serves 2-3.

MOUSSAKA

Jane Tollefson
Janet Merlau

2 lb. ground beef	1 large onion, chopped
3 cloves garlic, minced	3 Tbsp. chopped parsley
1/2 c. red wine	1 - 6 oz. can tomato paste
1/2 small can tomato sauce	1/2 tsp. oregano
1/4 tsp. sugar	3 medium size unpeeled eggplant

Wash eggplant and cut off stems. Slice. Brush both sides with cooking oil and broil. Watch carefully and turn as they are cooked. Drain on paper toweling to absorb excess oil. Layer half of eggplant in large baking pan; top with half of meat mixture. Repeat layers. Top with cheese sauce and bake for 1 hour at 350 degrees. To make meat mixture; brown beef with onion, garlic and parsley. Drain liquid, add red wine, tomato paste, tomato sauce, salt, pepper, oregano and sugar.

Cheese Sauce:

1/2 stick butter	4 Tbsp. flour
dash nutmeg	1 tall can evaporated milk
1/2 c. water	1 tsp. granulated chicken bouillon
2 eggs, beaten	1 lb. cream style cottage cheese
1/2 c. grated Parmesan cheese	

Melt butter in medium saucepan; stir in flour and nutmeg. Cook stirring constantly, just until bubbly. Stir in milk, water and chicken broth. Continue cooking until mixture thickens - 1 minute. Slowly beat half of hot mixture into beaten eggs in bowl; then back into mixture in saucepan; continue to beat.

Cook, stirring constantly, 1 minute. Remove from heat, stir in cheeses and blend. Put on top of Moussaka and bake.

BEEF STROGANOFF

Dorothy Stewart

2 lb. beef tenderloin	1/2 c. butter
1 lb. cut mushrooms	1 c. chopped onions
2 cans beef consomme	1/2 c. flour
1 c. dairy sour cream	1 c. light cream

(Cont.)

Brown meat, mushrooms and onions in butter. Add consomme and heat. Blend sour cream and flour well, and add to mixture. Add light cream and heat. Serve over rice.

TEXAS BEEF BAR B Q

Shirley Likly

large beef brisket
garlic salt
1/2 bottle liquid smoke

season salt
lemon pepper
barbeque sauce

Season brisket on both sides with season salt, garlic salt and lemon pepper. Put in shallow pan, pour on liquid smoke, cover and bake at 275 degrees for 6 hours. Drain, cool and slice. Pour on barbecue sauce, and serve warm on large buns.

BAKED CHOPS - VEAL, PORK OR ROUND BONE LAMB

Marjorie Malm

4 thick lean chops
2 medium potatoes, sliced
thick
1/4 c. tomato juice
1/4 tsp. curry powder

2 medium onions, sliced
1/2 c. chicken broth
1 tsp. Worcestershire sauce
salt and pepper

Mix flour, salt and pepper in paper bag; add chops and shake. Brown in hot frying pan. Add onions and sliced potatoes under chops. Add remaining ingredients and bake covered at 350 degrees for about 1 hour.

PORK CHOPS WITH MUSTARD

Barb Shirey Jr.

6 pork chops
1 onion, chopped
1 Tbsp. tomato paste
1 Tbsp. flour
salt and pepper

2 Tbsp. oil
1 Tbsp. prepared mustard
1 chicken bouillon cube
1 c. beer

Brown pork chops in oil over moderately high heat. Remove chops and pour off all but about 1 tablespoon fat. Add onion and cook for 2 minutes or until soft. Add mustard, tomato paste, bouillon cube and flour. Stir to form a paste. Add beer gradually, stirring with a wire whisk. Season with salt and pepper. Replace chops and simmer until tender and well done. Serves 3 hearty eaters.

RAINBOW MEAT LOAF

Lillian Loveland

2 c. fresh bread crumbs
1/4 c. minced celery
1/2 c. grated carrots

1/4 c. minced onion
1/4 c. minced green pepper
1/4 c. snipped parsley

Prepare above mixture and set aside.

2 eggs, unbeaten
2 1/2 tsp. salt
1 tsp. dry mustard

2 lb. ground chuck
2 Tbsp. prepared horseradish
1 c. canned tomatoes

In a large bowl, beat eggs slightly. Mix in ground chuck, then the prepared mixture. Add horseradish, salt, mustard and tomatoes. Bake at 400 degrees for 50 minutes. Serves 8. Good hot or cold.

BARBEQUED PORK CHOPS

Kay Janowski

3/4 c. catsup
1/4 c. Worcestershire sauce
1 Tbsp. celery seed
1/2 c. vinegar

1/4 c. brown sugar
2 c. water
8 pork chops
salt and pepper
1/4 c. sliced onions

Mix first six ingredients in saucepan and simmer for two hours. Brown chops and onions. Add sauce. Bake in 325 degree oven for 1 1/2 hours.

SILVER FOIL POT ROAST

Jo Stem

1 c. vinegar
1 c. catsup
1/2 c. brown sugar
2 Tbsp. Worcestershire sauce
1 Tbsp. soy sauce
1 tsp. dry mustard

6 medium sliced onions
6 carrots, cut in chunks
1 or 2 sliced green peppers
salt and pepper
1/2 lb. fresh mushrooms

In mixing bowl, combine first column of ingredients. Place pot roast in roasting pan, wrapped in aluminum foil. Cover with prepared sauce. Place onions, carrots, and green peppers around pot roast. Salt and pepper to taste. Wrap foil so steam remains inside and cook until tender. Add mushrooms and rewrap and cook 15 minutes longer. Oven temperature 350 degrees.

SWISS STEAK WITH MUSHROOM GRAVY

Genevieve Van Nest

1 1/2 - 2 lb. round steak	1/2 c. flour
1 1/2 tsp. basil	1 scant tsp. onion salt
1/8 tsp. pepper	dash of garlic salt, optional

Cut meat into serving pieces. Mix flour and seasonings. Pour into steak with the edge of a China saucer. Saute meat in vegetable oil until well browned. Place in Dutch oven or small roaster. Rinse frying pan with 3/4 cup hot water and pour over meat. After one hour at 300 degrees, pour small can of mushroom gravy over meat and continue cooking for another hour or until tender.

HAM AND MUSHROOM CREPES WITH MORNAY SAUCE

Janet Merlau

12 crepes	5 c. diced ham & mushrooms, sauted
1 c. basic white sauce	4 c. Mornay sauce

Basic Crepes

1 1/2 c. flour	1 tsp. sugar
1/8 tsp. salt	1 1/2 c. milk
3 eggs	2 Tbsp. melted butter, cooled

Sift flour, sugar and salt together. Add eggs and mix thoroughly. Add milk gradually, then add melted butter. Very important to let this batter stand at least one hour before making crepes. Yields: 15 - 6 inch crepes.

Basic White Sauce:

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

Mix together flour and butter. Add milk gradually, and cook until it bubbles. Mix this white sauce with the ham and mushroom filling for crepes. This is to hold it together.

Mornay Sauce:

1 Tbsp. butter	1 Tbsp. flour
1 c. milk	2 Tbsp. grated Swiss cheese
2 Tbsp. Parmesan cheese	(Cont.)

Melt butter, add flour and milk gradually. Bring to a boil and add cheeses. Use 3 tablespoons of filling for each crepe. Fold over and place seam side down in 3 quart flat casserole. Pour sauce over filled crepes. Heat at 350 degrees for 45 minutes. Serves 6 generously.

CRAB MEAT THIN

Dreda Falk

1 - 6 oz. pkg. Alaskan King crab	1 can cream of shrimp soup
2 hard cooked eggs, sliced	slivered almonds
	1/2 c. water chestnuts, drained and sliced

Thaw crab meat and combine with soup in saucepan or double boiler. Heat thoroughly. Fold in egg slices and water chestnuts. Heat another minute. Serve in patty shell or on rice. Top with slivered almonds.

BAKED SCALLOPS

Gladys Osgood

1 lb. fresh scallops	1 egg
2 Tbsp. cooking oil	plain bread crumbs

Mix egg and oil together. Dip each scallop in mixture, and then in bread crumbs. Place on greased cookie sheet. Bake in preheated 450 degree oven for 12 minutes. Serve with lemon or tartar sauce.

SALMON LOAF

Dreda Falk

1 large can salmon	2 egg yolks
1/2 tsp. salt	1/2 c. cracker crumbs
1/2 tsp. pepper	1/2 c. hot milk
2 Tbsp. lemon juice	3 egg whites
1/2 tsp. paprika	

Remove the skin and bones from the salmon and mash. Mix together, salmon and seasonings, beaten egg yolks, cracker crumbs and hot milk. Fold in egg whites, which have been beaten stiff. Pour into well greased baking dish. Bake at 350 degrees for 1 hour.

SCALLOPED OYSTERS

Gladys Osgood

1 pt. oysters	1 1/2 c. crushed saltine crackers
dash of pepper	1/2 c. melted butter or margarine
4 Tbsp. milk	(Cont.)

Drain oysters and reserve liquid. Combine cracker crumbs with pepper and melted butter. Place 1/3 of crumb mixture in bottom of greased casserole, then 1/2 the oysters, half of the remaining crumb mixture, the rest of the oysters, and the last of the cracker crumbs. Mix oyster liquid with the milk; spoon into the casserole.

Bake uncovered at 450 degrees for 20-30 minutes or until brown on top.

SCALLOPS PARIS STYLE

Jo Stem

2 lb. scallops, washed & drained	1 tsp. lemon juice
1/2 tsp. salt	4 Tbsp. butter
1/3 c. flour	1 - 3 oz. can sliced mushrooms
1 c. light cream	dash of pepper
1 c. grated Gruyere or Swiss cheese	1/2 c. milk
1 Tbsp. lemon juice	1/2 c. dry white wine
	1 Tbsp. chopped parsley
	1 1/2 c. chopped onion

In medium saucepan, combine 1 cup water, 1 teaspoon lemon juice and the salt, bring to boiling. Add scallops; simmer covered for 6 minutes or until tender. Drain on paper towels. In saucepan, saute onion and mushrooms in butter until tender about 5 minutes. Remove from heat, stir in flour and pepper until well blended. Gradually stir in cream and milk. Bring to boiling, stirring, reduce heat and simmer, stirring constantly until quite thick. Add cheese; stir until melted, and remove from heat.

Carefully stir in wine, lemon juice and parsley. Then add scallops. Turn into 8 scallop shells, or 1 1/2 quart casserole. Mix bread crumbs and melted butter. Sprinkle over scallops. Place shells on cookie sheet. Broil 4 inches from heat, until golden brown 3-4 minutes. Or bake casserole at 400 degrees 15 minutes. Finish under broiler.

CREAMY TUNA CRUNCH

Lillian Loveland

6 1/2 can drained tuna	16 oz. can drained Chinese vegetables
10 1/2 oz. can cream of mushroom soup	1/2 c. drained, sliced water chestnuts
1/4 c. chopped green pepper	3 oz. chow mein noodles

(Cont.)

In saucepan, combine tuna, Chinese vegetables, soup, water chestnuts and green pepper. Heat 5-10 minutes. Serve hot over chow mein noodles. Serves 4.

QUICK SHRIMP CURRY

Jane Tollefson

1/2 c. chopped onion	1 Tbsp. butter
1 can cream of shrimp soup	1 c. sour cream
1/2 tsp. curry powder	1 c. cooked or canned shrimp
3 c. cooked rice	

Cook onion in butter until tender, but not brown. Add soup; heat and stir until smooth. Stir in sour cream and curry powder; add shrimp and heat. Sprinkle with paprika; add a sprig of parsley. Serve over hot rice. Offer curry condiments; salted peanuts, chopped hard, cooked egg, chutney and kumquat preserves. Serves 4.

CRISPY CHICKEN

Mary Lyon

1 chicken, cut in pieces	1/4 lb. melted butter
1/2 pkg. Pepperidge Farm Stuffing Mix	salt and pepper to taste

Roll out stuffing mix with rolling pin to make crumbs. Dip chicken, piece by piece, into the butter, then roll it in the crumbs until covered. Place in shallow baking pan or on a cookie sheet and sprinkle with salt and pepper.

Bake at 350 degrees for 1 1/2 hours. May be prepared ahead and refrigerated until ready to bake. Serves 4.

ORANGANO CHICKEN

Dreda Falk

2 1/2 to 3 lb. broiler-fryer, cut up	1 - 6 oz. can orange juice, thawed
1 1/2 tsp. salt	1 juice can water
1/2 c. flour	2 Tbsp. dark brown sugar
1/8 tsp. pepper	1/2 tsp. oregano
1/4 c. shortening	1/2 tsp. nutmeg

Sprinkle chicken pieces with 1 teaspoon salt. Mix flour, remaining salt and pepper in a bag. Add chicken; shake several times to coat evenly. Brown chicken in shortening, spoon off excess fat. Combine remaining ingredients; add to chicken. Cover and simmer for about one half hour, turning several times.

PARTY CHICKEN

Kay Janowski

8 chicken breasts, boned	8 slices bacon
2 oz. chipped beef	1 can mushroom soup
1/2 pt. sour cream	

Wrap each uncooked chicken breast with bacon. Cover bottom of baking dish 8 x 12 x 2 inch with chipped beef. Mix soup and sour cream. Arrange chicken breasts over beef and pour soup mixture over all. Refrigerate until ready to bake at 275 degrees for 3 hours.

WINED PHEASANT

Pat Hale

cut up pheasant	flour, salt and pepper
3-4 carrots, sliced 1/8 inch	1 large onion, sliced
sauterne wine	2 bay leaves

Cut up pheasant and shake pieces in a bag with a quantity of flour, salt and pepper. Fry in deep fat until pieces are deeply browned. Put in a casserole; add onion and carrots. Cover completely with sauterne wine and add bay leaves.

Bake at 325 degrees for 2 1/2 hours. Watch and turn pieces with a fork.

STUFFED CHICKEN BREASTS

Arvilla Archer

1 lb. sweet Italian sausage	8 small chicken breasts
1/2 c. chopped English walnuts	1/4 c. finely chopped celery
1/4 c. finely chopped onion	1 egg
1/4 c. flour	1/2 tsp. paprika
2 chicken bouillon cubes	1/2 c. bread crumbs

Cook uncased sausage, nuts, celery and onion until browned; add bread crumbs and egg. Set aside. Bone and pound chicken breasts until 1/2 inch thick. Place 1 tablespoon of filling onto breast, fold and fasten with picks. On waxed paper, mix flour and paprika; coat chicken, brown on all sides in oil; remove. Add bouillon cubes and 1 1/2 cups of water to pan. Return chicken to pan, simmer 30 minutes.

STICKY CHICKEN

Mae Malley

1 cut up broiler	garlic powder
2 onions, sliced	salt and pepper

(Cont.)

Put chicken in roasting pan; add seasonings and onions. Bake in 375 degree oven for 45 minutes.

1/2 c. honey
1/4 c. soy sauce
1 Tbsp. lemon juice

1/4 c. catsup
4 Tbsp. brown sugar
sprinkle of garlic powder

Mix together the above ingredients. Pour half of the mixture over chicken. Bake an additional hour, using remainder of sauce to baste chicken frequently.

CREAM CHICKEN BREASTS

Leona Stevenson

6 pieces boned and skinned
chicken breasts
1 can cream of chicken soup
1 egg, beaten

1 1/4 c. Chablis wine
bread crumbs
salt and pepper

Combine bread crumbs with salt and pepper. Dip pieces of chicken in egg, then coat well with bread crumbs. Saute in hot oil for a few minutes until lightly browned. Place chicken in baking dish. Combine the wine and chicken soup, and pour over the chicken.

Bake 25-30 minutes at 325 degrees, uncovered.

CHICKEN SUPREME

Ada Peers

1 broiler - fryer, cut up
3 Tbsp. lemon juice
1/4 tsp. paprika
1/8 tsp. pepper
3-4 Tbsp. toasted slivered
almonds

1 medium onion, minced
2 Tbsp. soy sauce
1/4 tsp. salt
1 can mandarin oranges
3 Tbsp. chopped basil or
1/2 tsp. dried basil - optional

Rinse and dry chicken. Place skin side up in a shallow roasting pan. Bake uncovered, in a 450 degree oven for 20 minutes to crisp the skin. Remove from oven and drain off fat. Combine remaining ingredients except oranges and almonds; pour over chicken and turn to coat.

Bake covered, skin side up in a moderate oven 375 degrees for 30 minutes or until chicken is tender, basting once. Just before serving, add oranges and almonds.

WHITE HOUSE CHICKEN

Jo Stem

2 - 2 1/2 lb. broiler, cut up	2 dozen small white onions
3 Tbsp. flour	2 c. sherry wine
1 c. beef consomme	salt and pepper to taste
2 Tbsp. butter	1 c. chopped mushrooms
parsley, 1/4 tsp. leaf thyme, 1 bay leaf, 1 clove garlic tied in bag	

Saute chicken in 1/2 c. butter until golden brown. Add onions. Simmer for 10 minutes. Stir in flour well. Add wine, consomme, mushrooms and seasonings. Cover and cook until tender about 30 minutes, or bake covered at 350 degrees for about 1 hour. Remove herbs and serve.

This recipe was in a hand written cook book given to Martha Washington as a wedding present and used by her in the White House. The recipes have been adapted for modern use.

Write your extra recipes here:

Main Dishes

casserole
cheese
eggs





To preserve leftover 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.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

MAIN DISHES--
CHEESE, EGG, SPAGHETTI, CASSEROLE

GOLDEN SEAFOOD CASSEROLE

Dreda Falk

- | | |
|-------------------------------|---------------------------------|
| 3 hard cooked eggs, sliced | 2 1/2 c. medium white sauce |
| 1 lb. cooked shrimp | 1 can tuna, water pack |
| 1 can mushrooms | 1/2 lb. lump crab meat |
| 1/4 lb. grated Cheddar cheese | 3/4 c. bread crumbs, mixed with |
| salt, lemon pepper, Accent | 2 Tbsp. melted butter |

Season white sauce with salt, lemon pepper and Accent. In a greased baking dish, arrange the sliced eggs in a layer; cover with 1/2 cup white sauce. Cut shrimp in half, lengthwise, arrange in a layer on top of white sauce.

Cover with 1/2 cup white sauce. Then layer thusly; tuna, white sauce, mushrooms, white sauce, crab meat and white sauce. Sprinkle with the grated cheese and top with the buttered bread crumbs.

Bake at 350 degrees for about 45 minutes.

SEAFOOD CASSEROLE

Marjorie Cary

- | | |
|-------------------------------|------------------------------|
| 1 - 6 oz. can shrimp | 2 c. uncooked shell macaroni |
| 1 - 6 oz. can tuna (Albacore) | 1 - 6 oz. can crab meat, or |
| 1 c. ripe olives, sliced | frozen |
| 1 small onion, chopped | 1 1/2 - 2 c. Miracle Whip |
| 1 can shrimp soup | salad dressing |
| 1 green pepper, chopped | 3 hard cooked eggs, chopped |
| | 2 Tbsp. lemon juice |

Mix all ingredients together. Let stand at least 12 hours. Bake at 350 degrees at least, 1 hour, covered. This can stand overnight or longer than 12 hours.

HAM, KIDNEY BEANS AND RED WINE CASSEROLE

Andy Stewart

- | | |
|--------------------------------------|----------------------------|
| 2 - #2 cans dark red kidney beans | 1 - 6 oz. can tomato paste |
| 3 green onions, tops & bulbs chopped | 1/4 c. chopped ham |
| 1/2 green pepper, chopped | 1 c. red wine |
| | salt and pepper |
| | 2 dashes of Tabasco sauce |

(Cont.)

Saute onions, ham and green pepper in butter. Add tomato paste, beans and wine. Put in casserole, bake at 350 degrees for 30 minutes.

MUSHROOM CASSEROLE

Marjorie Cary

1 lb. mushrooms, sliced	1/2 c. chopped onion
1/2 c. chopped celery	2 well-beaten eggs
1/2 c. light cream	1/2 c. milk
1/2 c. mayonnaise	1 can cream of mushroom soup
3/4 c. croutons (2 slices of bread cubed & toasted in pan with butter)	

Saute mushrooms, onion and celery in small amount of butter until onion is limp. Mix together remaining ingredients, except croutons. Add mushroom mixture and croutons to soup mixture and mix well. Place in greased casserole, and bake at 325 degrees for 1 hour. Place slices of Swiss cheese over top and put under broiler until cheese has melted and is slightly bubbly.

LOBLALLY TWIG MUSHROOMS

Shirley Likly

5 lb. mushrooms	1 loaf of bread
1/2 lb. butter	7 1/2 pt. of heavy cream

Clean mushrooms; slice or cut in half, depending on size. Reserve a few whole ones to arrange on top as a garnish. Butter casserole dish. Toast bread, remove crusts, butter generously, and cut in cubes. Layer in the dish alternately as follows; mushrooms, then toast, to the top of the dish, ending with mushrooms. Season with salt and pepper. Pour heavy cream over and refrigerate 24 hours.

Bake at 350 degrees uncovered, for 1 hour. Serves 24.

FUTURE FAMILY HEIRLOOM BEEF

Pat Hale

2 1/2 lb. ground beef	3/4 of an 8 oz. pkg. noodles
1 Tbsp. butter	2 - 8 oz. cans tomato sauce
1 c. cottage cheese	1/4 c. thick sour cream
8 oz. cream cheese	1/3 c. chopped green onion
2 Tbsp. melted butter	1 Tbsp. chopped green pepper

Brown ground beef in 1 tablespoon butter. Stir in tomato sauce and remove from heat. Combine cottage cheese, cream

(Cont.)

cheese, sour cream, onion and green pepper. Cook noodles according to directions on package. In a buttered 2 quart casserole, spread half of the noodles. Cover noodles with the cheese mixture, then add remaining noodles. Pour melted butter over the noodles. Pour hamburger mixture on top.

Bake at 350 degrees for 30-40 minutes or until heated through.

NO PEEK CASSEROLE

Dorothy Leonard

2 lb. stew beef, cut bite-size 1 pkg. onion soup mix
1 can mushroom or celery soup 1 c. wine
1 large can mushroom stems and pieces with juice

Combine ingredients. Cover tightly and bake at 300 degrees for 3 hours. DO NOT PEEK. May need to thicken a little before serving.

CHICKEN ARTICHOKE CASSEROLE

Marjorie Malm

2 - 3 lb. fryers, cut up 2 sprigs parsley
1 carrot, cut up 1 bay leaf
1 tsp. thyme celery tops
1 Tbsp. salt - pepper to taste

Simmer chicken until tender, about 1 hour, with the rest of the ingredients, in 2 cups of water. Remove chicken from the bone and place in 3 quart casserole, surrounded by 2 cans artichoke hearts, in brine. Cover with cheese sauce.

1/4 c. butter 1/4 c. flour
3 c. shredded Cheddar cheese 2 c. chicken stock
1/2 tsp. nutmeg Pepperidge Farm bread crumbs

Cook sauce until thick and pour over chicken. Refrigerate overnight. Sprinkle with bread crumbs.

Bake at 350 degrees for 45 minutes - 1 hour until bubbly. Serves 10-12.

ARTICHOKE CASSEROLE

Trudy Durand

1 can artichoke hearts 4 hard boiled eggs, sliced
1/2 c. sliced green olives 1/4 c. water chestnuts, sliced
1/4 c. milk 1 can cream of mushroom soup
1 c. grated Cheddar cheese 1/2 c. buttered bread crumbs

(Cont.)

Arrange artichoke hearts, drained and halved in a shallow 1 1/2 quart casserole. Add layer of eggs, olives, water chestnuts. Cover with the soup and milk combined. Top with cheese and buttered bread crumbs.

Bake at 350 degrees 20 minutes or until crispy, brown and bubbly. Can be made the day before and baked just before serving. Serves 3-4.

MUSHROOM CASSEROLE

Doris Schauman

1 1/2 lb. mushrooms, sliced	1/2 stick butter
3 Tbsp. flour	1 Tbsp. minced parsley
1 c. half and half	juice of 1/2 lemon
1 egg yolk, beaten	1 Tbsp. cream
1/2 pkg. Ritz crackers, crushed	1/2 stick butter, melted

Saute mushrooms in butter. Add flour, parsley and half and half. Cook 10 minutes covered. Remove from heat. Add lemon juice, plus egg yolk beaten with the cream. Place in shallow casserole; sprinkle with Ritz cracker crumbs.

Bake at 300 degrees for 20-30 minutes. Can be made ahead.

CHICKEN RICE CASSEROLE

Betty Colgan

4 chicken breasts, cooked	1 1/2 c. diced celery
1 c. diced onion	2 c. cooked saffron rice
1 1/2 c. mayonnaise	2 cans cream of chicken soup
1/2 c. water	6 hard cooked eggs, diced
1 tsp. salt	1 tsp. pepper
2 Tbsp. lemon juice	bread crumbs

Cut up cooked chicken breasts. Combine all ingredients; place in one large or 2 small casseroles.

Bake at 350 degrees for 30 minutes. Serves 10-12.

CHINESE VEAL

Judy Holt

1 lb. veal cubes	2 medium onions, chopped
1 can chicken rice soup	1/2 c. uncooked rice
1 c. hot water	4 Tbsp. soy sauce
1 1/2 c. chopped celery	1 pkg. frozen peas
toasted almonds	

Brown veal in 1 tablespoon hot fat. Add onions and saute until browned. Pour into 2 quart casserole. Add soup, rice,
(Cont.)

hot water and soy sauce. Mix well.

Cover and bake 40 minutes at 425 degrees. Stir occasionally. Remove from oven and add celery and frozen peas. Cover and bake 20 minutes longer. One can of mushrooms may be added. Remove and sprinkle with toasted almonds.

CRAB MEAT CASSEROLE

Bonnie Dengler

1 can crab meat
1/4 c. milk
1/4 c. sherry
1/2 tsp. salt

1 can mushroom soup
1 1/4 c. cooked rice
1 small can pimento, chopped
1/2 green pepper, chopped

Combine ingredients in casserole. Bake at 375 degrees, for 30 minutes.

CHICKEN-SOUR CREAM CASSEROLE

Bonnie Dengler

2 large chicken breasts
1 sm. pkg. Pepperidge Farm
Dressing

1 can mushroom soup
1 can celery soup
1 pt. sour cream

Cook, bone and cut up chicken. Combine sour cream with the soups. Layer in casserole starting with some of the dressing mix; then chicken; soup mixture and repeat.

Sprinkle top layer with paprika. Bake at 350 degrees for 30 minutes. Serves 4. May be made ahead and frozen.

CHINESE BEEF CASSEROLE

Doris Schauman

1 1/2 lb. ground beef
2 Tbsp. cream
1 pkg. frozen peas
1 sm. can sliced mushrooms
1 c. crushed potato chips or chow mein noodles

1 can mushroom soup
1 small onion, minced
2 c. thin sliced celery
1/2 tsp. salt - 1/4 tsp. pepper

Cook ground beef until browned and crumbly. Turn into 1 1/2 quart buttered casserole. Put frozen peas over meat. Then cover with celery and mushrooms. Mix together soup, cream, salt and pepper, and minced onion. Pour over. Top with the potato chips or chow mein noodles. Bake uncovered in 375 degree oven for 30 minutes.

CHICKEN AND RICE CASSEROLE

Ruth Hoch

chicken parts, as desired	3/4 c. raw rice
1 can mushroom soup	1 1/2 can of water
1 pkg. onion soup mix	

Skin, bone, and cut as much raw chicken as desired. Grease casserole. Put rice evenly in bottom, with cut up chicken on top. Combine soup with the water, and pour over. Sprinkle onion soup mix on top. Cover tightly with aluminum foil and bake at 325 degrees for two hours.

PORK CHOP CASSEROLE

Jane Steinhausen

6 pork chops	6 thin slices, unpeeled oranges
1/4 c. brown sugar	1 tsp. salt - 1/2 tsp. pepper
6 large 1/2 inch thick slices sweet potatoes - cooked or uncooked	

Heat oven to 350 degrees. Place sliced potatoes in a greased oblong baking dish. Top with orange slices, then pork chops. Season with salt and pepper, then sprinkle with brown sugar. Cover.

Bake for 1 1/2 hours, uncovering for the last 1/2 hour.

SPANISH CHICKEN

Jo Ann Hardin

1 chicken 4 - 4 1/2 lb.	1 small jar pimento
1 lb. grated American cheese	1 can mushroom soup
1 large pkg. noodles	2 small cloves garlic

Cook chicken, bone and cut up meat. Cook noodles in the chicken broth with the garlic. Grease a large casserole; place a layer of noodles, then chicken; sprinkle with cheese and dot with chopped pimento. Alternate these layers.

When dish is full, cover with soup. Bake at 350 degrees for 45 minutes.

DEVEILED CRAB

Mary Lyon

1/4 stick butter	1 large onion, minced
1 1/2 lb. crab meat, shredded	2 stalks celery, chopped fine
1 Tbsp. Worcestershire sauce	dash of cayenne
1/2 tsp. dry mustard	2 or 3 slices toasted bread,
salt and pepper	crumbled
	mayonnaise

(Cont.)

Fry onion and celery slowly in butter until glossy. Remove from heat. Add crab meat. Mix together Worcestershire, cayenne, salt, pepper and dry mustard. Add to crab mixture. Add enough mayonnaise to hold it together. Put in shells or small individual baking dishes. Sprinkle with bread crumbs; dot with butter. Bake at 400-450 degrees for 15 minutes. Serves 6-8.

SHRIMP-CHEESE FONDUE

Genevieve Van Nest

2 c. sharp Cheddar cheese,
grated
2 eggs
5 slices buttered bread, cubed

1 can celery or mushroom soup
milk
2 c. shrimp, cut lengthwise

Place a layer of bread cubes in a 1 1/2 quart buttered casserole. Add a layer of shrimp and cover with a layer of cheese. Repeat with remaining bread, shrimp and cheese.

Add enough milk to soup to make 2 cups liquid. Add eggs to this and beat. Pour over the casserole. Bake in a pan of hot water in a 375 degree oven for 1 hour.

TEXAS EGGS

Betty Mura

2 dozen eggs
1/2 c. milk
2 cans mushroom soup
1/4 c. sherry
mushrooms, fresh sliced or canned, amount optional

1/4 lb. butter or margarine
salt and pepper
1/4 c. water
1/4 c. grated Cheddar cheese

Scramble the eggs with the butter and milk. Season with salt and pepper. Make a sauce with the soup, water, and sherry. In a 13 x 9 x 2 inch pan, scramble eggs, then the mushrooms, and cover with sauce. Cover with the cheese, and sprinkle with parsley flakes. Put in refrigerator overnight.

Bake at 250 degrees for 50 minutes. Serve with ham, sausages or bacon.

CHEESE CASSEROLE

Anonymous

2 c. seasoned croutons
4 eggs
1/2 tsp. salt
2 shakes garlic salt

1 c. sharp Cheddar cheese,
shredded
2 c. milk
1/2 tsp. dry mustard

(Cont.)

Butter shallow baking dish and spread croutons and cheese in it. Beat eggs with the remaining ingredients and pour over cheese and croutons.

Bake at 325 degrees until set 45-60 minutes. Can easily be doubled or tripled. You can scatter cooked bacon, bacos, chipped ham or dried beef on top.

COMPANY CHEESE STRATA

Jo Ann Hardin

12 slices frozen white bread	2 1/2 c. shredded Cheddar cheese
6 eggs, slightly beaten	3 1/2 c. milk
2 Tbsp. minced onion	1 tsp. salt
1/4 tsp. dry mustard	

From the frozen bread slices, cut 12 donuts and holes. Fit the scraps of bread into bottom of greased 13 x 9 x 2 inch pan. Cover with the cheese, then place donuts and holes on top. Combine the eggs with the remaining ingredients and pour over bread. Cover with waxed paper and refrigerate at least 6 hours, or overnight.

Bake uncovered at 325 degrees for 55 minutes. Let stand 10 minutes before cutting. Serves 12.

BRUNCH

Mrs. William Dermody

8 slices dry bread	1/2 lb. grated cheese
3 eggs	1/2 tsp. salt
1/2 tsp. dry mustard	2 c. milk
2 c. cubed ham or Canadian bacon	

Butter and cube bread. Arrange half of it in a buttered casserole. Add ham, and half the cheese. Beat eggs, seasonings and milk, pour into casserole. Add remaining bread and cheese.

Press down. Let stand overnight. Bake 325 degrees for 45 minutes. Serves 6.

REAL EASY QUICHE LORRAINE

Barbara Shirey

2 small onions, chopped	unbaked pie shell
9 strips of bacon	3/4 c. shredded Swiss or Cheddar cheese
5 medium eggs	2 1/4 c. milk
1/4 tsp. nutmeg	3/4 tsp. salt
dash of pepper	

Fry bacon crisp and crumble it. Put bacon, cheese and onion in pie shell. Slightly beat remaining ingredients and pour over. Bake at 450 degrees for 10 minutes; reduce oven temp- (Cont.)

erature to 350 degrees and bake 35 minutes more, or until knife inserted comes out clean. You may substitute fish, ham or left over meat loaf for the bacon.

If you make your own pie crust, brush it with egg white before putting in filling. This prevents crust from becoming soggy.

SPAGHETTI PIE

Vida Johnson

6 oz. spaghetti	2 Tbsp. butter
1/2 c. grated cheese	2 eggs, well beaten
1 lb. ground beef	1/2 c. chopped onion
1/4 c. chopped green pepper	1 - 8 oz. can tomato sauce
1 - 6 oz. can tomato paste	1 tsp. sugar - pinch of thyme
1 tsp. crushed oregano	1/2 tsp. garlic salt
1 c. cottage cheese	1/2 c. shredded Mozzarella cheese

Cook spaghetti and drain. Toss with eggs and grated cheese. Shape into pie shell, form in low casserole or deep dish pie pan. Spread cottage cheese in center. Cook ground beef with onion, green pepper, garlic salt, sugar and spices. Add tomato sauce and paste and put on top of cottage cheese in spaghetti shell.

Sprinkle with Mozzarella cheese. Bake at 350 degrees for 20 minutes. Serve in wedges. For variation, you may add canned mushrooms or a little red wine to meat mixture, or use your imagination.

MACARONI AND CHEESE AND TOMATOES

Vida Johnson

2 c. elbow macaroni	1 can whole tomatoes, undrained
salt	1/2 tsp. oregano
1/2 c. chopped onion	1 c. sour cream, room temperature
5 Tbsp. butter, divided	black pepper
1 c. shredded Cheddar cheese	grated Parmesan cheese

Cook macaroni and drain. Saute onion in 3 tablespoons butter; add tomatoes. Cook and stir 10 minutes. Add macaroni, sour cream, Cheddar cheese, salt, pepper and oregano and mix well. Spoon into shallow 1 1/2 quart casserole. Top with Parmesan cheese and remaining butter.

Bake at 350 degrees for 25 minutes. Serves 4-6.

RICE PILAF

Bern Hartfelder

1 stick butter

1 medium onion, grated

1 c. rice

1 tsp. oregano or thyme

1 can beef bouillon

Melt butter; brown rice and onion in butter about 20 minutes. Place in casserole with the bouillon. Cover and bake at 350 degrees for 45 minutes. Add water from time to time to keep rice from becoming too dry.

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 cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes 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.

SWEET POTATOES—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

CELERY AMANDINE

Ruth Hoch

1 bunch pascal celery	1/4 c. butter
1/4 c. flour	1/2 tsp. salt
dash of pepper	3 green onions with tops, sliced
1 - 2 oz. jar pimento, chopped	1 c. chicken broth
1 c. half and half	1/2 c. grated Swiss cheese
3/4 c. slivered almonds	1 Tbsp. butter
1/2 c. grated Swiss cheese	

Wash and trim celery; cut diagonally into pieces. Cook covered, in boiling water about 5 minutes; drain. Melt the 1/4 cup butter, blend in flour, salt and pepper. Add green onions, pimento, chicken broth, half and half and 1/2 cup Swiss cheese. Cook, stirring constantly, until sauce thickens. In skillet, toast almonds in the 1 tablespoon butter. Mix half of almonds into celery mixture. Place into 6-8 buttered baking dishes or large casserole. Top with sauce and remaining 1/2 cup cheese. Sprinkle with remaining almonds

Bake at 350 degrees for 15 minutes or until bubbly. You may make this in advance, and bake just before serving; allowing a longer baking time if starting cold.

WHITE HOUSE CASSEROLE

Jo Stem

1 pkg. frozen lima beans	2 slices bacon, fried crisp
1 small onion, chopped	1/2 c. sliced mushrooms
1 Tbsp. Worcestershire sauce	1 can tomato soup
1/2 c. burgundy wine	1/2 c. buttered bread crumbs
salt and pepper	

Place beans in greased baking dish. Saute onions and mushrooms in butter. Add to beans, along with remaining ingredients, except crumbs. Top with buttered crumbs. Bake uncovered for 45 minutes in a 350 degree oven.

This recipe was in a hand written cook book given to Martha Washington as a wedding present; and was used by her in the White House. The recipes have been adapted for modern usage.

BROCCOLI-CORN CASSEROLE

Jo Stem

1 pkg. frozen broccoli	1 can cream style corn
1/2 c. milk	1 small onion, chopped
2 eggs, well beaten	bread crumbs

(Cont.)

Place broccoli in greased casserole. Saute onion in a little butter. Add onion and milk to corn in bowl, blend in beaten eggs. Pour over broccoli and cover with crumbs.

Bake covered at 350 degrees until broccoli is tender. Uncover and bake a few minutes longer to brown crumbs.

SWEET POTATO CASSEROLE

Andy Stewart

3 c. cooked mashed sweet potatoes

1/2 c. sugar

1/2 c. butter

2 eggs, beaten

1 tsp. vanilla

1/3 c. milk

Topping:

1/3 to 2/3 c. melted butter

1 c. brown sugar

1/2 c. flour

1 c. chopped pecans

Beat ingredients in left hand column. Put in greased 9 x 13 inch casserole. Mix together topping ingredients and put on top of potatoes.

Bake 25 minutes at 350 degrees. Sprinkle a touch of nutmeg on topping. Serves 10-12.

SPINACH SOUFFLE

Rosalind Rubenfeld

2 pkg. frozen chopped spinach

3 eggs, separated

1 lb. cottage cheese

salt, pepper, nutmeg

Beat egg yolks, add cottage cheese, seasonings and spinach, which has been cooked and drained thoroughly. Beat egg whites until stiff and fold into spinach mixture. Put in greased casserole or 8 inch square pan.

Bake at 350 degrees for 40 minutes or until set.

SPINACH INTRIGUE

Mae Malley

2 pkg. frozen chopped spinach

2 cans tomato paste

1/2 c. canned mushrooms

paprika

1/2 pt. sour cream

2 Tbsp. green onion, optional

1 stick margarine

Cook spinach according to directions. Set aside to drain. Saute onions and mushrooms in margarine and mix well into spinach. Spread in greased 6 x 9 inch Pyrex baking dish.

Spread tomato paste carefully over entire surface, then cover completely with sour cream. Sprinkle with paprika.

Bake uncovered at 350 degrees for about 20 minutes or until firm.

BAKED CREAM CORN

Anonymous

2 - 8 oz. cans cream corn	2 eggs
salt and pepper	4 tsp. sugar
4 heaping Tbsp. flour	

Beat eggs and combine with sugar, salt and pepper and flour. Add corn and mix well. Put in a greased casserole and bake for 30 minutes at 350 degrees.

AUNT FANNY'S BAKED SQUASH Dorothy Stewart

3 lb. yellow summer squash	1/2 c. chopped onions
1/2 c. cracker or bread crumbs	1/2 tsp. black pepper
2 eggs, beaten	1 stick butter
1 Tbsp. sugar	1 tsp. salt

Wash and cut up squash. Boil until tender; drain thoroughly, then mash. Add all ingredients except 1/2 of the butter to squash. Melt remaining butter. Pour mixture into baking dish, then spread melted butter over top, and sprinkle with cracker or bread crumbs. This is in addition to what is used in mixture.

Bake at 375 degrees for approximately 1 hour or until brown on top.

ZUCCHINI SOUFFLE

Anonymous

2 medium size zucchini	1/4 c. sour cream
2 eggs	salt and pepper
grated Cheddar cheese	bread crumbs

Wash and cut up zucchini. Boil until tender and drain well. Put in blender with eggs, sour cream, salt and pepper. Blend thoroughly. Put in a greased baking dish and top with bread crumbs and Cheddar cheese.

Bake at 350 degrees for 45 minutes.

ZUCCHINI CASSEROLE

Mrs. William Dermody

2-3 small zucchini	3 Tbsp. onion soup mix
1 c. grated cheese	1 c. bread crumbs
1 can celery soup	grated Parmesan cheese

In a buttered 1 1/2 quart casserole, put a layer of cubed zucchini, sprinkle half the onion soup mix, half the grated

(Cont.)

cheese and half the bread crumbs. Repeat layers. Spoon cream of celery soup over all, and sprinkle generously with Parmesan cheese. Cover.

Bake at 350 degrees for 1 hour; uncover and bake 1/2 hour longer.

CAULIFLOWER BAKE

Mrs. William Dermody

1 head cauliflower, separated into flowerettes
1 envelope Sloppy Joe mix 1/4 c. dry bread crumbs
1 Tbsp. melted butter 1/2 c. sour cream
1/4 c. mayonnaise 2 Tbsp. milk

Cook cauliflower in unsalted water for 15 minutes. Drain. Place in shallow casserole. Mix 1 tablespoon from the seasoning mix with bread crumbs. Combine remaining seasoning mix with sour cream, mayonnaise and milk. Spoon over cauliflower. Sprinkle with bread crumbs and seasoning mix and butter.

Bake at 350 degrees for 20-25 minutes.

BROCCOLI CHEESE BAKE

Anne Kingsley

1 pkq. frozen chopped broccoli 2 c. sliced celery
1/4 c. butter 1/4 c. flour
2 c. milk salt and pepper
1 c. shredded American cheese

Cook and drain broccoli; cook celery in water until tender, 5-6 minutes. They may be cooked together. Combine in buttered casserole. Melt butter, add flour and blend. Add milk, stirring until smooth and thickened. Add salt and pepper. Pour over vegetables.

Cover with cheese and bake at 350 degrees for 15-20 minutes. Serves 6.

CHEESE POTATOES

Karilyn Hansen

12 large potatoes 1/2 lb. American cheese, cubed
1 green pepper, chopped 1 small jar pimentos, chopped
1 large onion, chopped 1 slice bread, diced
milk 1 c. melted margarine
2 tsp. salt

Cook potatoes until tender and cool. Peel and dice in

(Cont.)

large bowl; add enough milk to moisten. Add remaining ingredients and mix all together. Place in 3 quart casserole and bake for 1 hour at 350 degrees.

POTATO WEDGES

Vida Johnson

1/4 c. butter
1 tsp. prepared mustard
3 large baking potatoes, unpeeled

1/4 c. catsup
1/2 tsp. paprika
1/4 tsp. salt

Forty-five (45) minutes before serving, in small saucepan over low heat, melt butter. Remove from heat; stir in catsup, mustard, paprika and salt. Stir until well mixed. Cut each potato lengthwise into four wedges. Slash each wedge at 1/4 inch intervals; do not cut through skin. Place on cookie sheet; brush with mixture.

Bake 35 minutes or until fork tender in preheated 425 degree oven. Baste occasionally with remaining mixture during baking. Serves 4.

FRENCH POTATO SALAD

Jo Stem

8 medium size potatoes
1/2 tsp. freshly ground pepper
2 Tbsp. consomme
1/2 Tbsp. dried tarragon
1/2 c. oil

1 tsp. salt
1/4 c. wine vinegar
2 Tbsp. dry white wine
1 Tbsp. chopped parsley

Cook potatoes until tender; drain. Peel while still warm and cut into slices 1/4 inch thick. Place in salad bowl. In another bowl, combine salt, pepper, vinegar, consomme and wine. Mix until salt is dissolved. Add tarragon, parsley and oil; mix well. Pour over potatoes and toss gently, but thoroughly until all liquid is absorbed. Serve warm or cold, but room temperature is best.

SCOTCH BARLEY

Ada Peers

1 c. barley
2 Tbsp. margarine
1 small onion, diced
2 Tbsp. snipped parsley
1/2 c. sliced celery

1 tsp. salt
dash of pepper
6 oz. can drained mushrooms
or 1/4 lb. sliced fresh mushrooms
3 c. chicken broth

In a large skillet, combine barley and margarine. Heat

(Cont.)

and stir until barley is lightly browned. Add mushrooms, celery, onion, parsley, salt, pepper and liquid. Pour into casserole.

Bake covered in a 350 degree oven for 80-90 minutes, stirring once after 45 minutes.

GREEN BUTTER BARLEY

Dorothy Leonard

1 c. medium pearl barley
1/2 c. butter
1 tsp. poultry seasoning

1 tsp. salt
1 Tbsp. grated onion
4 Tbsp. chopped fresh parsley

Bring 4 cups water to boil; add salt and barley and return to boil. Reduce heat, cover and simmer about 1 hour until tender. Drain and rinse with boiling water to separate. Saute onion in butter for 5 minutes, and add to barley with the parsley and poultry seasoning.

Keep warm in double boiler or casserole in a slow oven until ready to serve.

BROILED TOMATOES

Helen Norris

4 medium tomatoes
1/4 c. grated Swiss Cheese

1/4 c. mayonnaise
1/2 tsp. paprika

Rinse tomatoes; cut away stem ends and cut each tomato in half crosswise. Cut a thin slice from bottom of any of the tomato halves that do not stand straight. Mix mayonnaise, cheese and paprika; spread over cut surface of tomatoes. Place in a shallow pan.

Broil 4 to 5 inches from high heat until tomatoes are warm through and topping is browned; 4 to 5 minutes. Watch carefully so as not to scorch. Serves 4.

TOMATO CASSEROLE

Alice Phillips

2 c. Pepperidge Farm stuffing
mix

1 can tomatoes

4 oz. sharp Cheddar cheese, sliced

4 Tbsp. butter

1 medium onion, sliced thin
salt and pepper

Butter casserole; add 1 cup stuffing mix. Dot with 2 tablespoons butter, 1/2 sliced onion, 1/2 sliced cheese, salt and pepper. Pour a little liquid off tomatoes and add. Top with remaining stuffing, butter, onion and cheese. Salt and pepper again.

Cover and bake for 1/2 hour at 350 degrees.

MARVELOUS MUSHROOMS

Shirley Likly

1 lb. mushrooms
1/3 c. soft butter
1 Tbsp. Dijon mustard
1 1/2 Tbsp. flour
pinch cayenne

1 Tbsp. minced parsley
1 Tbsp. minced onion
1/2 pt. heavy cream
1 tsp. salt
pinch nutmeg

Cream together butter, parsley, onion, mustard, salt, cayenne, nutmeg and flour. Place mushrooms in 1 quart casserole. Dot with butter mixture and pour on cream.

Bake uncovered for 1 hour at 375 degrees. Stir twice. Serves 4 or 5.

ESCALLOPED MUSHROOMS

Janet Merlau

1 lb. mushrooms
3/4 c. sherry wine
Worcestershire sauce

1 qt. light cream
salt and pepper
1 lb. loaf Pepperidge Farm
bread

Toast, butter on both sides and cube the loaf of bread. Slice mushrooms and layer bread, mushrooms and ending with bread in 2 quart casserole. Season the cream with Worcestershire sauce, and salt and pepper to your taste. Pour over bread cubes and mushroom layers, so that you can see cream through the top layer. Sprinkle with paprika and parsley flakes.

Bake at 350 degrees for 3/4 of an hour; remove from oven and pour sherry over casserole and bake for another 15 minutes. Let stand 15 minutes before serving. Serves 8.

Write an extra recipe here:

Write your extra recipes here:

*Rolls,
Pies,
Pastries &
Breads*





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly. Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'. Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

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.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES, PASTRY

COFFEE CAN BREAD

Katherine Ely

1 pkg. dry yeast
1/2 c. lukewarm water
1/8 tsp. ginger
3 Tbsp. sugar

1 - 13 oz. can evaporated milk
1 tsp. salt
2 Tbsp. salad oil
4 - 4 1/2 c. all purpose flour

Dissolve yeast in warm water. Blend in ginger and 1 tablespoon sugar. Leave in warm place until bubbly, 15 minutes. Stir in 2 tablespoons sugar, milk, salt and oil. With mixer, beat in flour gradually. Use a heavy spoon for last cup. Dough will be heavy, but too sticky to knead. Put dough in 2 well greased 1 lb. coffee cans. Grease lids and put on. Let stand in a warm place until dough rises and pops off the lids, about 1 hour.

Bake at 350 degrees for 45 minutes. Brush tops with margarine. Cool 5-10 minutes on a rack. Loosen crust around edge and slide out bread. Cool in upright position.

MONKEY BREAD

Vida Johnson

4 c. flour
1 pkg. dry yeast
1 1/4 c. milk
1/4 c. Wesson oil

1/4 c. sugar
1 tsp. salt
1 egg
1/2 c. butter, melted

Combine 1 cup flour, the sugar, yeast and salt in large bowl. Mix well. Heat milk and oil until very warm; add to dry ingredients. Beat 2 minutes at low speed. Add egg and 1/2 cup flour and beat 2 minutes. Add enough flour to make soft dough that leaves bowl; knead 10 minutes. Put in greased bowl, cover; let rise to double. Punch down, turn out and let rest for 10 minutes. Divide in half and roll out to 9 x 12 inch; cut in pieces about 1 1/2 x 3 inch, dip in melted butter and put in ungreased tube pan in an overlapping pattern. Cover and let rise to double or nearly so.

Bake at 350 degrees for 40-45 minutes.

OATMEAL BREAD

Alice Kress

1 c. quick rolled oats
1 tsp. salt
5 Tbsp. shortening or margarine
7/8 c. light brown sugar
4 1/2 c. flour

2 Tbsp. molasses
2 c. boiling water
1 pkg. dry yeast
1/4 c. warm water

(Cont.)

Place oats, shortening, brown sugar, salt and molasses in bowl and pour in the boiling water. Stir and cool to luke-warm. Add yeast which has been dissolved in the warm water. Add flour until dough is stiff enough to be kneaded. Knead until smooth and elastic. Let rise in greased, covered bowl until double in size. Punch down, turn over and let rise until double again.

Form into 2 large or 3 small loaves. Let rise until double. Bake at 350 degrees for 45 minutes, approximately, depending on size of loaf.

RAISIN-WHEAT BREAD

Vera Beaucaire

1 1/2 c. boiling water	1 1/2 c. flour
1 c. raisins	1 tsp. salt
3/4 c. sugar	1 tsp. baking soda
1 egg	2 Tbsp. melted shortening
1 c. uncooked whole wheat cereal - Ralston or Maltex	

Combine the raisins and cereal in a bowl; add the boiling water and let stand for 20 minutes. Add remaining ingredients and mix thoroughly. Turn into a greased loaf pan and bake for one hour at 350 degrees. Cool on wire rack. Chopped dates may be substituted for the raisins, and chopped nuts may be added if desired.

SESAME LOAF

Vida Johnson

3 c. all-purpose flour	3 eggs, beaten
1/4 c. sugar	1 3/4 c. milk
2 Tbsp. baking powder	1/4 c. vegetable oil
1 1/2 tsp. salt	sesame seeds

Combine ingredients in first column in mixing bowl; stir well with fork to mix. Combine eggs, milk and oil and add all at once to flour mixture, stirring only until flour is moistened and mixture is blended, but not smooth. Pour into greased 9 x 5 x 3 inch loaf pan and sprinkle with sesame seeds.

Bake 375 degrees for 60 minutes or until done. Cool on cake rack for 15 minutes before removing from pan. Serve warm. The amount of baking powder may seem excessive, but it is correct.

LEMON BREAD

Barbara Shirey

6 Tbsp. shortening
1 c. sugar
2 eggs
1 1/2 c. flour, sifted with
baking powder and salt

1 tsp. baking powder
pinch of salt
1/2 c. milk
grated rind of 1 lemon
1/2 c. chopped nuts

Mix in order given, beat well and pour into a greased 9 inch loaf pan. Bake 1 hour at 325 degrees. While still warm, spoon juice of 1 lemon and 1/2 cup sugar, well mixed, over top of loaf. Cool completely in pan before removing.

DATE NUT BREAD

Bobbie Hargrave

1 pkg. chopped dates
1 1/2 c. boiling water
1 tsp. baking soda
1 3/4 c. granulated sugar
3 c. flour

1 Tbsp. melted butter
1 egg, beaten
1/2 c. walnut pieces
1 tsp. baking powder
1/2 tsp. salt

Pour boiling water over dates; add baking soda and let stand for 15 minutes. In mixing bowl, combine sugar, butter, egg and walnuts and mix until blended. Sift together, baking powder, flour and salt, and add to above mixture with the date mixture. Pour into two greased loaf pans and bake for 1 hour at 325 degrees.

PUMPKIN NUT BREAD

Billie Mingo

2 c. sifted flour
1/2 tsp. baking soda
1 tsp. cinnamon
1 c. solid pack pumpkin
1/2 c. milk
1/4 c. soft butter

2 tsp. baking powder
1 tsp. salt
1/2 tsp. nutmeg
1 c. sugar
2 eggs
1 c. chopped pecans

Sift together dry ingredients except sugar. Combine pumpkin, sugar, milk and eggs in mixing bowl. Add dry ingredients and butter. Mix until well blended; stir in nuts. Spread in well greased 9 x 5 inch loaf pan.

Bake at 350 degrees for 45-55 minutes or until toothpick comes out clean.

BANANA BREAD

Jane Perkins

1 c. sugar	1/2 c. shortening
1 egg	3 ripe bananas, mashed
1 tsp. soda	2 c. flour
1/2 tsp. salt	1 c. chopped nuts

Cream shortening; add sugar and egg and beat well. Add mashed bananas and mix well. Add dry ingredients which have been sifted together. Stir in nut meats. Bake in a greased 9 inch loaf pan, in a 325 degree oven for 1 hour.

COFFEE TIME WALNUT BREAD

Ruth Hoch

1 1/2 c. chopped walnuts, coarse	2 tsp. salt, or less
1 1/2 c. all-purpose flour	1 egg, beaten
1 1/2 c. whole wheat flour	1/2 c. soft shortening
1 c. granulated sugar	1 1/2 c. milk
4 tsp. baking powder	1 tsp. vanilla

Place nuts in shallow pan and toast lightly at 350 degrees for 5 minutes. Set aside while preparing batter. Combine flour with sugar, baking powder and salt into mixing bowl. Stir in walnuts. Add egg, shortening, milk and vanilla. Mix just until ingredients are blended. Turn into greased and floured 9 x 5 x 3 inch loaf pan or two small pans.

Bake 60-70 minutes at 350 degrees. Let stand in pan 10 minutes; then turn out onto wire rack to cool before storing.

PECAN PIE

Sandra Becker

3 egg whites	1 c. sugar
1 c. Ritz cracker crumbs	1 c. chopped pecans
1/4 tsp. vanilla	

Beat whites until foamy. Add sugar a little at a time - beat after each addition. Add vanilla; continue beating until soft peaks form. Mix pecans, save a few to put on topping, and crumbs and fold into meringue. Spoon into pie plate.

Bake at 350 degrees for 30 minutes; let cool.

Topping:

1 c. heavy cream	2 Tbsp. sugar
1 tsp. vanilla	1/4 tsp. almond extract

(Cont.)

Whip cream; add sugar and extracts and spoon onto baked meringue. Refrigerate for several hours.

FRENCH SILK CHOCOLATE PIE Cynthia Townson

8 inch baked pie shell	1 tsp. vanilla
1/2 c. butter	2 eggs
3/4 c. sugar	heavy cream, whipped
2 oz. unsweetened chocolate, melted	walnuts or chocolate shavings

Cream butter in mixer bowl. Gradually add sugar. Blend in cooled melted chocolate; add vanilla. Add eggs, one at a time, beating 5 minutes at medium speed after egg. Turn into cooled baked pie shell. Chill at least 2 hours before serving. Cover with whipped cream and sprinkle either chopped walnuts or chocolate shavings before serving.

CHOCOLATE ANGEL PIE Mayora Neve

4 egg whites	3/4 c. sugar
1/8 tsp. salt	1/2 c. chopped nuts
1/4 tsp. cream of tartar	1/2 tsp. vanilla

Beat until foamy, the egg whites, with salt and cream of tartar added. Add the sugar, a little at a time; continue beating until very stiff and glossy. Fold in nut meats and vanilla. Spoon into greased 9 inch pie pan and build up sides to form shell.

Bake in slow oven 275 degrees for 1 hour, then turn off oven and let shell cool in oven to prevent cracking.

Filling:

1/4 lb. German sweet chocolate	3 Tbsp. hot water
1 c. heavy cream, whipped stiff	1 tsp. vanilla

Melt the chocolate with the hot water, in top of double boiler over hot water, stirring until completely smooth. Cool the chocolate, then fold in the whipped cream and vanilla. Fill the cooled meringue shell with the chocolate mixture and refrigerate at least two hours before serving; longer will not hurt.

IMPOSSIBLE PIE

Arvilla Archer

1/2 c. Bisquick

4 eggs

3 1/2 oz. can coconut

3 Tbsp. butter

1/2 c. sugar

2 c. milk

1 tsp. vanilla

Put all ingredients into blender and blend well. Pour resulting mixture into a well buttered 9 inch pie pan.

Bake at 400 degrees for 25-30 minutes or until custard sets. Serve warm or cold.

PECAN PIE

Fran Di Tirro

1 c. corn syrup

1 Tbsp. butter or margarine

1/8 tsp. salt

1 c. chopped pecans

3 eggs

1/2 c. sugar

1 tsp. vanilla

unbaked 9 inch pie shell

Combine ingredients and mix well with rotary beater. Put in pie shell and bake slowly for about 1 hour at 300 degrees. Serve with or without whipped cream.

PINK LEMONADE PIE

Carol Parker

1 graham cracker crust

1 can Eagle Brand condensed milk

1 can thawed pink lemonade

1 small container Cool Whip

Combine milk, lemonade and half of Cool Whip. Pile into crust. Use rest of Cool Whip to top the pie. Refrigerate until ready to use.

PEANUT BUTTER CREAM CHEESE PIE

Florence Yontz

2 - 3 oz. pkg. softened cream cheese

3/4 c. sifted powdered sugar

1 envelope dessert topping mix

1/2 c. peanut butter

2 Tbsp. milk

1 - 8 inch graham cracker pie shell

In a small mixing bowl, beat together cream cheese and sugar until light and fluffy. Add peanut butter and milk; beat

(Cont.)

until smooth and creamy. Prepare dessert topping according to package directions; fold into peanut butter mixture. Turn into prepared crust and chill 5-6 hours or overnight. Garnish with chopped peanuts if desired.

MYSTERY PIE

Vida Johnson

20 rolled Ritz crackers	1 c. chopped nuts
1 tsp. baking powder	3 egg whites
1 scant cup sugar	1 tsp. vanilla

Combine cracker crumbs, baking powder and nuts. Beat egg whites stiff; gradually add the sugar and vanilla. Fold dry ingredients into this. Put in a greased 9 inch pie pan and bake at 350 degrees for 25-30 minutes. When cool, cover with whipped cream and a little shaved chocolate. Chill 3 hours before serving.

CHOCOLATE ICE CREAM PIE

Kay Janowski

1 1/2 c. vanilla wafer crumbs	1/3 c. melted butter or margarine
1/2 pt. chocolate ice cream	1/2 c. chocolate sauce
1 qt. vanilla ice cream	

Blend crumbs and butter. Press firmly against bottom and sides of 9 inch pie plate. Chill. Spread softened chocolate ice cream in crust. Spoon half the sauce over. Top with vanilla ice cream. Drizzle remaining sauce on top. Freeze.

LIME PIE

Mrs. William Dermody

baked pie shell	1 Tbsp. unflavored gelatin
1/2 c. sugar	1/4 tsp. salt
4 eggs, separated	1/2 c. sugar
1/2 c. lime juice	1/4 c. water
1 tsp. grated lime rind	few drops green food coloring
1 c. whipped cream	

Mix gelatin, 1/2 cup sugar and salt in pan. Beat egg yolks well; add lime juice and water. Stir into gelatin mixture. Cook over low heat until it boils. Remove from heat and stir in coloring and rind. Chill until mixture mounds slightly, stirring often. Beat egg whites to stiff peaks, gradually add 1/2 cup sugar.

Fold into chilled gelatin mixture; then fold in whipped

(Cont.)

cream. Chill at least 3 hours before serving. May be frozen.

PINEAPPLE-MARSHMALLOW PIE Dorothy Leonard

1/2 lb. marshmallows (35) 1/2 c. milk
1/2 pt. heavy cream, whipped graham cracker pie crust
1 c. crushed pineapple, drained

Heat marshmallows and milk in top of double boiler until marshmallows are melted. Fold in the pineapple and whipped cream. Put in graham cracker crust; sprinkle a few graham cracker crumbs on top, and refrigerate overnight.

BUTTERSCOTCH PIE Mary Le Beau

2 c. brown sugar 4 Tbsp. flour
pinch of salt 2 c. milk
2 Tbsp. butter 3 egg yolks

In a saucepan, mix thoroughly, brown sugar, flour and salt. Add the milk, butter and egg yolks. Cook over medium heat until thickened, stirring constantly. Pour into a baked 9 inch pie shell or graham cracker crust. Top with pecans and whipped cream when cool.

CARIBBEAN RUM PIE Dorothy Leonard

1 envelope unflavored gelatin 3 egg yolks
6 Tbsp. sugar 1 c. heavy cream
1/2 oz. unsweetened chocolate 9 inch unbaked graham cracker
late crust
1/4 c. light rum or 1 tsp. rum extract in 1/4 c. water

Prepare pie shell, refrigerate until filled. Sprinkle gelatin over 1/4 cup cold water, let soften. Dissolve over hot water; cool. Beat egg yolks until thick and fluffy. Add sugar gradually, beating well after each addition. Stir in rum. Whip cream; fold carefully into egg mixture, along with gelatin. Pour into pie shell. Refrigerate 2 to 3 hours, or until set. Shave chocolate over top as garnish.

COFFEE CAKE Ruth Fanning

1 stick softened butter 2 eggs
8 oz. cream cheese, softened 1 tsp. vanilla
1 1/4 c. sugar 1/4 c. milk

(Cont.)

2 c. flour
1/2 tsp. soda

1 tsp. baking powder
1/4 tsp. salt

Cream together, butter, cream cheese and sugar. Add eggs, milk and vanilla. Sift together the dry ingredients and add to above mixture. Pour into a greased and floured 9 x 13 inch pan. Sprinkle with the following:

Crumb Topping:

1/3 c. packed brown sugar
1 1/2 tsp. cinnamon

1/3 c. flour
2 Tbsp. butter

Bake in 350 degree oven for 35-40 minutes.

SOUR CREAM COFFEE CAKE

Anne Kingsley

2 c. sifted all-purpose flour
1/2 c. butter or margarine
1 egg
1/2 tsp. soda

2 c. brown sugar
1 c. dairy sour cream
1/2 tsp. nutmeg
1/2 c. chopped nuts

Combine flour and brown sugar. Add butter and blend in mixer until fine and crumbly. Pat half of mixture in greased 8 inch square pan. Beat egg, add sour cream, nutmeg and soda. Add to remaining flour mixture and stir until blended.

Pour over crust. Sprinkle with nut meats. Bake at 350 degrees for 50-60 minutes. Serve warm or cold.

Write an extra recipe here:

Write your extra recipes here:

**Cakes
Cookies
&
Icings**



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES, ICINGS

CARROT CAKE

Marjorie Malm

2 c. flour
1/4 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
3 eggs
1/4 c. chopped nuts

2 tsp. soda
2 tsp. cinnamon
1 c. vegetable oil
1 c. sugar
1 c. raisins
2 c. finely grated carrots,
use blender

Combine sugar and oil; add eggs. Mix dry ingredients, add; beat well. Add remaining ingredients. Let stand 20 minutes before baking.

Bake at 350 degrees for 1 hour if using 9 x 5 x 3 inch loaf pan or 2 - 3 well greased small loaf pans, bake 35-40 minutes.

RASPBERRY DREAM CAKE

Margaret Major

1 - 10 oz. pkg. frozen raspberries
1 - 18 1/2 oz. pkg. white cake mix
4 eggs
1/2 c. salad oil
1 pkg. instant vanilla pudding mix

Defrost raspberries and drain; reserving 1/2 cup syrup. Reserve 2 tablespoons raspberries for frosting, and a few for garnish. Place cake mix, 1/2 cup raspberry syrup, eggs, oil, pudding mix and remaining raspberries in mixing bowl. Beat at medium speed 3 minutes. Pour into greased and floured 8 1/2 inch bundt pan, 10 inch tube pan or 2 - 9 inch cake pans.

Bake at 350 degrees until tests done. Let stand 15 minutes before removing from pan. Cool completely. Frost with raspberry frosting. Garnish with raspberries.

Raspberry Frosting:

2 c. powdered sugar
2 Tbsp. raspberries
1/4 c. soft butter
1/2 tsp. almond extract

Combine ingredients, and beat until blended and smooth.

APPLE PIE CAKE

Mae Malley

1/4 lb. margarine
1 egg

3/4 c. sugar
1 c. flour

(Cont.)

1 tsp. soda
1/2 tsp. salt
1/8 tsp. ground cloves
chopped nuts, any amount

1 tsp. cinnamon
1/2 tsp. nutmeg
2 c. chopped apples

In large saucepan, melt margarine over medium heat; remove from heat. Blend in sugar and egg. Add remaining ingredients; mix until blended. Pour into greased and floured 9 inch pie pan.

Bake at 350 degrees for 40-45 minutes.

CHEESE CAKE

Bonnie Dengler

1 lb. cream cheese
1 pt. sour cream
4 eggs
3 Tbsp. soft butter

1 c. sugar
1 tsp. vanilla
1 1/2 c. graham cracker crumbs

Combine graham cracker crumbs and soft butter, to make crust. Put in bottom of spring form pan. Place cream cheese and sugar in bowl and blend. Add 1 egg at a time; with mixer beat well after each egg. Add sour cream and vanilla and beat well again. Put cheese mixture on top of crust in spring form pan.

Bake for 30 minutes at 375 degrees. Leave in oven 1 hour with door closed and oven off. Then leave in oven 1 hour with door open. Cool. Top with Comstock pie filling; cherry, blueberry, strawberry or pineapple.

CREAM DE MENTHE CAKE

Mary Eddy

8 oz. sour cream
1/4 c. cream de Menthe
1/3 c. salad oil
1 - 6 oz. pkg. chocolate chips

1 pkg. yellow cake mix
1 pkg. instant pistachio pudding mix
4 eggs

Put all ingredients except chocolate chips in a bowl; mix well. Blend in chocolate chips. Bake in a greased and floured tube pan, at 350 degrees for 50 minutes or until toothpick comes out dry. NOTE: A tube pan must be used in order to have the cake bake correctly.

NEVER FAIL CHOCOLATE CAKE

Vida Johnson

1 egg	1 tsp. baking soda
1/2 c. shortening	1/4 tsp. salt
1/2 c. cocoa	1 c. sugar
1 1/2 c. flour	1/2 c. boiling water
1/2 c. sour milk	1 tsp. vanilla

Put into bowl in order given; beginning with the left hand column, then the right. Do not mix until last item has been added. Mix until free from lumps.

Bake at 375 degrees for 30-35 minutes in a greased 9 inch square pan.

DATE CAKE

Mary Le Beau

1 c. chopped pitted dates	1 c. water
1 stick of butter or margarine	1 c. sugar
1 tsp. baking soda	1 1/2 c. flour
1 large egg	1 tsp. vanilla

Cut dates into saucepan; add water, butter, and sugar and cook until butter and sugar are dissolved; stirring constantly. Remove from heat; stir in baking soda. Cool 10 minutes. Stir in flour, egg, and vanilla. Blend well.

Turn into 1 1/2 quart baking dish or 10 x 6 x 1 3/4 inch pan. Bake at 400 degrees for 20-25 minutes.

TOMATO SOUP CAKE

Jane Steinhausen

2 rounded Tbsp. shortening	1 egg
1 c. sugar	1 can tomato soup
1 tsp. soda	1 tsp. baking powder
1/2 tsp. cinnamon	1/2 tsp. ground cloves
1/2 tsp. nutmeg	1 tsp. vanilla
1 1/2 c. flour	dash of salt

Sift together dry ingredients except sugar. Cream shortening, add egg, sugar and soup. Combine everything. Mix well.

Bake in a greased 8 x 8 inch pan at 350 degrees for 30-35 minutes or until tests done.

SOCHER TORTE

Eda Offenberger

5 oz. butter	5 oz. sugar
5 oz. chocolate	8 egg yolks

(Cont.)

10 egg whites
2 oz. apricot jam

4 oz. flour (1 c.)

Beat the butter until quite fluffy; melt the chocolate and add with sugar to the butter. Add egg yolks; beat well. Whisk egg whites; fold in flour lightly. Add to first mixture and blend carefully. Butter and flour a 9 inch cake pan; spoon in mixture and bake in a 350 degree oven until cake tests done, about 25-30 minutes. When cool, split into two layers and fill with apricot jam; cover with top layer.

Chocolate Frosting:

6 oz. sugar

6 oz. chocolate

Bring sugar and 1/2 cup water to boil, and cook until it spins a fine thread. Add melted chocolate. Keep stirring until mixture is thick enough to pour over cake. Serve with whipped cream.

History of Socher Torte

This is the most famous of Vienna cakes; which is rather strange because it differs much from the other Viennese cakes which are very rich and creamy. There are many stories of how and why it was first created. To this, I must add my version. The famous Prince Getterind, who was the leading statesman of Vienna Congress, once said to Mrs. Socher, the founder of the well known hotel; "why don't you make a plainer, more masculine cake? All these rich, creamy cakes are only for sweet toothed women." So Mrs. Socher made up this famous Socher Torte, a most successful creation.

CHOCOLATE TIN LOAF

Eda Offenberger

5 oz. butter
8 eggs, separated
2 oz. spongecake crumbs

6 oz. sugar
6 oz. almonds, ground

Melt the chocolate. Cream butter and sugar; add egg yolks, and beat well. Add stiffly beaten egg whites, cake crumbs, and ground almonds. Stir in carefully. Put in a buttered, floured loaf tin.

Bake in a slow oven, 300 degrees until it tests done. Make icing as in Socher Torte and decorate with almonds.

PUMPKIN BARS

Vida Johnson

4 eggs	1 2/3 c. granulated sugar
1 c. cooking oil	1 can solid pack pumpkin
2 c. all-purpose flour	2 tsp. baking powder
2 tsp. cinnamon	1 tsp. salt
1 tsp. baking soda	1 - 3 oz. pkg. cream cheese
1/2 c. butter or margarine	1 tsp. vanilla
2 c. sifted confectioner's sugar	

In mixer bowl, beat together eggs, granulated sugar, oil and pumpkin until light and fluffy. Stir together flour, baking powder, salt, soda and cinnamon. Add to pumpkin mixture and mix well. Spread in ungreased 13 x 9 inch pan; bake 30 minutes at 350 degrees. Cool, then frost.

Cream Cheese Frosting:

Cream together the softened cream cheese and butter. Add the vanilla, and powdered sugar, a little at a time. Whip until frosting is smooth.

RICE KRISPIES COOKIES

Carol Parker

1 c. Karo light syrup	1 c. sugar
1 c. peanut butter	6 c. Rice Krispies cereal
1 - 6 oz. pkg. chocolate chips	1 - 6 oz. pkg. butterscotch chips

Melt Karo syrup and sugar together over low heat until bubbling. Remove from heat and add peanut butter and cereal. Pat into greased 9 x 13 inch pan. Melt over low heat the two packages of chips and spread on top of first mixture. Cut before they set too hard.

MINCE MEAT BARS

Lillian Loveland

3/4 c. sugar	1 1/2 c. sifted flour
2 eggs	1/2 tsp. salt
1/4 c. softened butter	1/2 tsp. cinnamon
1 3/4 c. mince meat	1/4 tsp. baking soda
1 c. chopped nuts	

Combine sugar, eggs, and butter; beat until creamy. Add

(Cont.)

mince meat and nuts; mix well. Sift dry ingredients and combine with above. Pour into greased 15 x 10 x 1 inch pan.

Bake 25-30 minutes at 350 degrees.

Orange Glaze:

2 Tbsp. milk	2 c. confectioner's sugar
1/2 Tbsp. orange juice	1 tsp. grated orange rind

Stir until blended and smooth; spread over warm cookies. Cool and cut into 3 x 1 inch bars. If desired, you may use half a batch of frosting, and substitute French's dehydrated orange peel.

DATE AND NUT STICKS

Kay Janowski

1/2 c. shortening	1/4 tsp. salt
1 c. confectioner's sugar	1 c. chopped walnuts
2 eggs	1 c. chopped dates
1 c. flour	1 tsp. vanilla
1 tsp. baking powder	

Cream shortening; add sugar and beat. Beat in eggs, one at a time. Sift flour, baking powder and salt, and blend with first mixture. Add walnuts, dates and vanilla.

Bake in a greased 8 inch square pan in a 350 degree oven for 25 minutes. While warm, cut into bars and roll in confectioner's sugar.

EASY COOKIES

Katherine Ely

24 graham crackers	1 c. brown sugar
1 c. margarine	1 c. chopped nuts

Arrange graham crackers to form a solid sheet on greased cookie sheet. Bring to a boil the brown sugar and margarine; boil for 2 minutes and pour over graham crackers.

Sprinkle the nuts over all. Bake 10 minutes at 325 degrees. Cool slightly, and cut.

BUTTERSCOTCH SQUARES

Eleanor Price

1 c. margarine	1/2 c. brown sugar
1/2 c. granulated sugar	2 eggs, separated
1/2 tsp. salt	2 1/4 c. flour

(Cont.)

1/2 tsp. soda
1 tsp. vanilla
1/2 c. brown sugar

1 Tbsp. water
1 - 6 oz. pkq. butterscotch bits

Combine all ingredients except egg whites, one of the half cups of brown sugar and the butterscotch bits. Spread in a lightly greased 8 x 11 inch pan. Sprinkle butterscotch bits over, and pat in. Beat egg whites until stiff, then add remaining brown sugar gradually. Spread over mixture in pan.

Bake 35-40 minutes at 350 degrees. Cut into squares while warm. These may be kept in the pan, covered with foil.

BEST EVER BROWNIES

Vida Johnson

1/2 c. butter
1 c. sugar
1/2 c. flour
2 squares unsweetened chocolate

2 eggs
1 tsp. vanilla
1 c. chopped nuts

Melt chocolate, set aside. Cream butter and sugar, then beat in eggs. Blend in chocolate, vanilla and flour. Add half the nuts to the batter; spread in greased 8 inch square pan, then sprinkle remaining nuts on top.

Bake at 325 degrees for 30-35 minutes. Cool before cutting.

LEMON SQUARES

Janet Merlau

1 c. flour
1/2 c. butter or margarine
1 c. sugar

2 eggs
1/4 c. confectioner's sugar
2 Tbsp. lemon juice

Blend flour, margarine and confectioner's sugar. Press into 8 x 8 inch pan.

Bake 20 minutes at 350 degrees. Beat the eggs, granulated sugar and lemon juice and pour over crust. Bake again 20-25 minutes at 350 degrees.

EASY PEANUT BUTTER COOKIES

Ruth Fanning

1/2 c. brown sugar
1/2 c. shortening
1 egg
1/2 tsp. soda

1/2 c. granulated sugar
1/2 c. peanut butter
1 c. flour
1/4 tsp. salt

Mix both sugars, shortening, peanut butter and egg, in one operation. Add flour, soda and salt, which have been sifted

(Cont.)

together. Drop by teaspoonsful on greased cookie sheet and bake at 350 degrees for 10-12 minutes.

BUTTER NIP COOKIES

Bern Hartfelder

1/2 c. butter or margarine 1/4 c. sugar
1 c. all-purpose flour 1/2 tsp. vanilla
2 hard boiled egg yolks, pressed through a sieve

Cream butter and sugar; add egg yolks, vanilla and flour. Mix with a spoon, and then mix dough with hands like pie crust. Place on floured board and roll and cut in any shape.

Bake at 375 degrees for about 8-10 minutes. Do not let them get too brown. Cool and frost with a soft butter frosting if desired.

GINGERSNAPS

Mary Lyon

3/4 c. shortening 1 c. sugar
1 egg 1/4 c. light molasses
2 c. flour 1 tsp. cinnamon
2 tsp. soda 1 tsp. cloves
1/2 tsp. salt 1 tsp. ginger

Cream shortening with the sugar. Add egg and molasses, and beat thoroughly. Add dry ingredients which have been sifted together and mix well. Add a little more flour if dough seems too sticky. Roll into small balls, dip in sugar, place 2 inches apart on greased cookie sheet.

Bake 8-10 minutes at 350 degrees. Makes over 3 dozen. Similar recipe submitted by Ruth Fanning and Genevieve Van Nest.

CHOCOLATE NUT MERINGUES

Trudy Durand

2 egg whites pinch of salt
1/8 tsp. cream of tartar 1 tsp. vanilla
3/4 c. sugar 1 - 6 oz. pkg. chocolate chips
1/2 c. chopped nuts

Beat egg whites, salt, cream of tartar and vanilla, with electric mixer until stiff. Very gradually, add the sugar; continue beating until smooth and glossy. Fold in chocolate chips and nuts. Drop from teaspoon onto greased cookie sheet.

Bake at 275 degrees for 25-30 minutes. Makes 3 1/2 dozen small cookies.

MERINGUE KISSES

Dorothy Porter

4 egg whites
1/2 tsp. vanilla
1 c. coconut
1 1/2 c. chocolate bits

1 c. sugar
food coloring, if desired
1 1/2 c. chopped nuts

Cover baking sheet with brown paper. Beat egg whites stiff, but not dry. Add sugar, a little at a time. Fold in vanilla. You may add a couple of drops of food coloring if desired, and either the coconut or nuts or the chocolate chips.

Bake in a 250 degree oven for 30-35 minutes.

COCONUT ALMOND MACAROONS

Leona Stevenson

1/2 lb. almond paste
3 egg whites
1/2 tsp. almond extract
1 can flaked coconut

1 c. granulated sugar
1 tsp. vanilla
1/3 c. sifted confectioner's
sugar
colored sugar

Crumble almond paste into bowl; add granulated sugar and mix with fingers. Beat in egg whites, one at a time, until well blended. Stir in extracts, confectioner's sugar and coconut. Drop by teaspoonsful onto cookie sheet, covered with glazed or brown paper. Sprinkle with colored sugar.

Bake in 350 degree oven 15-20 minutes or until lightly brown. Slide paper onto damp cloth, let stand 1 to 2 minutes, then remove. Makes 3 1/2 to 4 dozen.

UNBAKED DATE-NUT BALLS

Genevieve Van Nest

1 c. butter
2 c. finely chopped dates
1 tsp. salt
4 c. Rice Krispies
1 tsp. vanilla

1 1/2 c. sugar
2 Tbsp. milk
2 well beaten eggs
1 1/2 c. chopped nuts
coconut

Melt butter in frying pan. Stir sugar in butter to dissolve. Add dates, cook until mixture leaves sides of pan; cool. Stir in milk, salt and eggs and cook for 2 minutes. Add Rice Krispies, nuts and vanilla. When cool, shape into small balls and roll in coconut. These will freeze very nicely.

CHOCOLATE SOUR CREAM COOKIES

Bonnie Dengler

2 1/2 squares chocolate	1/2 c. butter
1 c. sugar	2 eggs
1 tsp. vanilla	2 c. flour
1 tsp. baking powder	1/2 tsp. baking soda
1/2 c. sour cream	

Melt chocolate and butter over water. Mix sugar, eggs and vanilla. Beat well. Add dry ingredients which have been sifted together, alternately with the sour cream. Drop dough the size of a medium egg on greased cookie sheet. No more than 9 to a sheet as they spread to about 3 inches in diameter.

Bake at 350 degrees for 10-12 minutes. Cool and frost.

Chocolate Icing:

1 1/2 c. confectioner's sugar	1 1/2 squares melted chocolate
2 Tbsp. butter	

Combine ingredients; add milk to reach desired consistency. And beat until smooth.

CRICKETS

Judy Holt

1/2 c. butter	1 1/4 c. flour
1/2 c. sugar	1/2 tsp. soda
1/4 c. brown sugar	1/2 tsp. salt
1 egg	1 tsp. vanilla
1 c. chocolate covered raisins	1 c. chocolate covered peanuts

Cream butter, add sugars, then egg; beat well. Combine dry ingredients and add. Add vanilla, chocolate covered raisins and peanuts. Drop by spoonful on greased cookie sheet.

Bake at 375 degrees for 10-12 minutes.

SUGAR AND SPICE COOKIES

Jane Perkins

3/4 c. shortening	1 c. sugar
1 egg	1/2 c. dark molasses
2 c. flour	2 tsp. soda
1 tsp. cinnamon	3/4 tsp. cloves
3/4 tsp. ginger	1/4 tsp. salt

(Cont.)

Cream shortening and sugar, add egg and beat well. Add molasses and dry ingredients which have been sifted together. Mix well. Form into small balls, the size of a walnut. Dip top in sugar. Place on greased cookie sheet.

Bake at 375 degrees, 10-12 minutes. Do not place too close together, as cookies spread while baking. Allow them to cool a few minutes before removing from sheets, as they break easily when hot.

WHITE BUTTERMILK COOKIES

Jane Perkins

1 1/2 c. sugar	1 c. shortening
2 eggs	1 c. buttermilk
1 tsp. soda	3 c. flour
1 tsp. baking powder	1/2 tsp. nutmeg
1/2 tsp. salt	1 tsp. vanilla

Cream together shortening, sugar and eggs. Add soda to buttermilk. Sift together dry ingredients and add alternately with buttermilk to first mixture. Add vanilla. Drop by teaspoon on greased cookie sheets. Sprinkle with sugar.

Bake 10-12 minutes at 400 degrees.

PEANUT BUTTER BLOSSOM COOKIES

Bern Hartfelder

1 3/4 c. flour	1 tsp. baking soda
1/2 tsp. salt	1/2 c. shortening
1/2 c. peanut butter	1/2 c. brown sugar
1/2 c. granulated sugar	1 egg
1 tsp. vanilla	Hershey Kisses

Cream together shortening, peanut butter and both sugars. Add egg and vanilla and beat well. Sift together flour, soda and salt, and add to first mixture. Shape into balls and place on cookie sheets.

Bake at 375 degrees for 10 minutes. Remove and press Hershey Kisses into cookies, until cookie cracks. Return to oven and bake 3-5 minutes longer.

OATMEAL CRISPS

Marion Huff

1/2 c. shortening, butter or oleo	1 beaten egg
1/2 c. brown sugar	1/2 tsp. vanilla
1/2 c. granulated sugar	3/4 c. flour
1/2 tsp. salt	1/2 c. chopped nuts
1 1/2 c. quick cooking oats	1/2 tsp. baking soda

(Cont.)

Cream shortening and sugars; add beaten egg and vanilla. Beat well. Add dry ingredients and nuts. Form into a long roll. Chill thoroughly; at least several hours, or overnight. Slice, and bake in 350 degree oven for 12 minutes.

CHOCOLATE MOUNTAINS COOKIES Jean Updaw

1 c. shortening	2 c. brown sugar, sifted
2 eggs, well beaten	2 1/2 tsp. vanilla
3 1/2 c. flour	1 tsp. salt
2 tsp. baking powder	1 c. milk
4 oz. chocolate	2 Tbsp. shortening, melted
2 c. chopped nuts	candied cherries

Cream shortening and sugar together; add eggs and vanilla. Sift dry ingredients together, and add alternately with the milk to the creamed mixture. Add melted chocolate and melted shortening. Add chopped nuts last. Drop from a teaspoon onto a greased cookie sheet. Top with candied cherries and bake in a 350 degree oven for 15 minutes. Makes about 126 cookies, 2 1/2 inch diameter.

OATMEAL COOKIES Jo Ann Hardin

3/4 c. shortening	1/2 c. brown sugar
1/2 c. granulated sugar	1/2 tsp. salt
2 eggs	1/2 c. sour milk
2 c. flour	2 c. Post Toasties
1 tsp. soda	1 tsp. nutmeg
1 tsp. cinnamon	2 c. quick cooking oats
2 c. raisins	1 c. chopped pecans

Cream shortening, sugars and eggs; add salt and pour milk. Sift together flour, soda and spices. Mix in Post Toasties, oats, raisins and pecans. Add to first mixture. Mix well. Drop from teaspoon or tablespoon, depending on desired size, onto greased cookie sheets.

Bake at 325 degrees for about 13 minutes.

CHEESE CAKE COOKIES Janet Merlau

2 - 8 oz. pkg. cream cheese	3 eggs
1/2 c. sugar	1/2 tsp. vanilla
1/2 tsp. almond extract	vanilla wafers

(Cont.)

Mix all ingredients except vanilla wafers, for 5 minutes with mixer. Place vanilla wafers in bottom of cupcake cups. Half fill with mixture.

Bake at 350 degrees for 15 minutes. Cool, spoon choice of pie fillings on top of each. Makes 2 1/2 dozen.

WHIPPED FROSTING

Fran Di Tirro

2 1/2 Tbsp. flour

1/2 c. milk

1/4 c. margarine

1/4 c. butter

1/2 c. granulated sugar

1 tsp. vanilla or lemon extract

Combine milk and flour and cook over low heat until thick and smooth. Cool thoroughly. When cool, transfer to mixing bowl and add the margarine, butter, sugar and extract. Mix 10-15 minutes in electric mixer. This frosting always stays creamy. Covers 2 - 9 inch layers.

Write your extra recipe here:

Write your extra recipes here:





A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

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 clothespin 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.

DESSERTS

MEXICAN FLAN

Edwin D. Savlov, M.D.

1 3/4 c. sugar
8 whole eggs
6 Tbsp. brandy or rum, warmed

2 tsp. vanilla
2 tall cans evaporated milk

Put 1 cup sugar into deep pan in which custard will be baked and place over heat, stirring constantly until sugar melts and turns golden. Tip pan around until it's entirely coated with the caramel. Cool while making the custard. Beat eggs, add milk, remaining sugar and vanilla. Mix well. Strain into caramel coated pan, cover and place in larger pan containing hot water.

Bake at 350 degrees for 1 hour, or until knife comes out clean. Chill. To serve, turn out on a platter, pour brandy or rum over Flan, light and send to table flaming. Best when made several hours before and thoroughly chill. Serves 8-10.

RAISIN-RICE PUDDING

Marion Huff

1/2 c. regular rice
1 c. water, salted
1 qt. whole milk
1/2 stick of butter
3 Tbsp. of sugar and 1 Tbsp. cinnamon, mixed

3 eggs
1/2 c. sugar
1 c. white raisins
1/2 tsp. vanilla

Put rice in boiling salted water for 7 minutes. Add milk and butter; stir, bring to boil. Cover and cook slowly over low flame for 1 hour. Beat eggs, add sugar, raisins and vanilla. Pour into rice, stirring slowly until rice starts to thicken. Put into bowl and sprinkle cinnamon, sugar mixture on top.

BREAD PUDDING

Esther Trebert

1 c. brown sugar
2 c. milk
3 slices dry bread

3 eggs, slightly beaten
1/4 tsp. salt
1/2 tsp. vanilla

Butter and cube dry bread. Put sugar in top of double boiler, add cubed bread. Mix eggs and milk; add salt and vanilla, and pour over bread and sugar mixture. Do not stir. Cook over hot water for one hour. Raisins may be added if desired.

(Cont.)

GRAHAM CRACKER PUDDING

Kathleen Welling

1 1/4 sticks butter	3/4 lb. sugar
1/2 lb. graham cracker crumbs	2 eggs
3/4 c. chopped nuts	1 large can crushed pineapple

Drain pineapple, reserve syrup. Cream butter, add sugar, then eggs, beat well. Add pineapple, then nuts. Lightly butter a casserole dish. Put some crumbs in bottom, and sprinkle lightly with pineapple syrup. Spread half of filling; repeat layers, reserving some crumbs for top. Refrigerate overnight before serving. You may use a topping or whipped cream, but it's quite rich as it is.

APPLE TORTE

Esther Trebert

2/3 c. flour	3 tsp. baking powder
1/2 tsp. salt	2 beaten eggs
1 1/2 c. sugar	3 tsp. vanilla
2 c. diced apples	1 c. chopped nuts

Sift together flour, baking powder and salt. Beat eggs, add sugar and vanilla. Mix well. Fold in remaining ingredients and bake in well greased 8 x 12 x 4 inch pan for 45 minutes at 350 degrees. Serve ice cream or whipped cream on top if desired.

CHERRY TORTE

Alice Martin

6 egg whites	3 tsp. cream of tartar
2 c. sugar	2 c. crushed Ritz crackers
3/4 c. crushed walnuts	2 tsp. vanilla
1 large container Cool Whip	1 can cherry pie filling

Beat egg whites until frothy. Add cream of tartar and beat until stiff. Add sugar gradually and beat until mixture peaks. Fold in crackers and walnuts; add vanilla.

Bake at 350 degrees in a 9 x 13 inch greased pan for 20 minutes; a smaller pan bake for 30 minutes. Cool and let chill. Add topping, then add pie filling. Chill and serve; cut into squares.

PINEAPPLE-PISTACHIO DESSERT

Rosalind Rubenfeld

1 pkg. pistachio instant pudding	1 qt. Cool Whip
	1 #2 can crushed pineapple (unsweetened)

(Cont.)

Put pineapple (not drained) in bowl. Add pudding; blend. Let set a minute or two. Add Cool Whip and blend. Refrigerate. Variations: I add fresh unsweetened strawberries or sliced bananas mixed with a tablespoon of lemon juice. Very pretty in sherbet glasses.

PINEAPPLE CHEESE DESSERT

Lillian Loveland

1 - 8 3/4 oz. can crushed
pineapple
1 pkg. jello orange-pineapple
1/4 tsp. orange or lemon rind
1/2 tsp. vanilla
graham cracker crumb crust

1 1/4 c. boiling water
1 - 3 oz. pkg. cream cheese,
softened
3 Tbsp. sugar
1 c. sour cream

Drain pineapple; reserve syrup. Dissolve jello in boiling water; add pineapple syrup, cool slightly. Blend cream cheese, orange rind, sugar and vanilla. Combine 1/2 cup gelatin and pineapple. Blend remaining gelatin into cheese mixture. Fold in sour cream. Pour into crust; chill until set, but not firm.

Spoon pineapple-jello mixture over top and chill until firm, several hours. You can use French's dehydrated orange peel. Serves 8-9.

STRAWBERRY TIMBALE

Jo Stem

4 c. strawberries, fresh or frozen 1/2 c. granulated sugar
1 c. raspberries, fresh or frozen 1 c. whipped cream

In a bowl, combine 3 cups of strawberries and sugar. Let stand in refrigerator for 1 hour. Through a sieve, rub remaining strawberries, and raspberries. Combine with whipped cream; mix thoroughly, but gently. In sherbet glasses, place layer of strawberries from refrigerator. Cover with cream mixture. Serve chilled. Serves 4.

EASY CHOCOLATE MOUSSE

Vera Beaucaire

1/2 lb. chocolate bits
1-3 Tbsp. heavy sweet rum
5 egg whites, beaten

6 Tbsp. strong hot coffee
5 egg yolks, beaten
confectioner's sugar

Melt chocolate bits in coffee; then remove from heat. Stir

(Cont.)

in 1 or more tablespoons of heavy sweet rum, and well beaten egg yolks. Mix well. Fold in stiffly beaten egg whites.

Beat well. Pour into pot de creme and set in refrigerator 4 to 5 hours.

ENGLISH TRIFLE

Ada Goodchild

1 sponge cake
raspberry jam
3 eggs, beaten
almonds

1 c. sherry
3 c. milk
whipped cream
Maraschino cherries

Split sponge cake; spread with raspberry jam and replace top half. Cut up cake into squares, place in a glass bowl and pour sherry over. Let stand while making custard. Put milk in top of double boiler. When milk is hot, add the beaten eggs. Stir until thick; turn off heat and let stand until cool.

When custard is cool, pour it over sponge cake mixture. Refrigerate. Before serving, top with whipped cream and decorate with almonds and Maraschino cherries. Serves 6.

SNOWBALL

Dorothy Stewart

2 envelopes plain gelatin
1 c. boiling water
1 c. fresh orange juice
dash of salt
angel food cake

4 Tbsp. cold water
1 c. granulated sugar
juice of 1 lemon
1 1/2 pt. whipping cream
coconut

Soften gelatin in cold water. Dissolve in hot water. Add sugar and salt, stir until mixed. Add orange and lemon juices. Put into refrigerator until it begins to set slightly. Whip one pint of the cream and fold into the above mixture, alternately with small pieces of angel food cake in a 2 quart, waxed paper or foil lined bowl. Chill for 1 day.

Unmold, ice with remaining 1/2 cup whipped cream. Cover with coconut. This can be made very festive for Christmas, by decorating with holly or sugar bells or in any manner one wishes.

LEMON SPONGE

Bobbie Hargrave

1 pkg. lemon jello
1 lemon, juice and rind
1 - 13 oz. can evaporated milk,
chilled

1 3/4 c. boiling water
1 c. sugar
1 pkg. Lorna Doone cookies,
crumbled

(Cont.)

Mix and chill jello, boiling water, sugar and lemon juice and grated rind, until nearly set. Whip chilled evaporated milk, fold into first mixture. Sprinkle half of cookie crumbs in 12 x 12 inch pan; add lemon mixture. Cover with remaining cookie crumbs. Chill until set.

LEMON SPONGE

Marion Condit

1 c. sugar
1 Tbsp. melted butter
2 eggs, separated
grated rind and juice of 1 lemon

1 Tbsp. flour, heaping
1 c. milk
dash of salt

Mix sugar, flour, butter, lemon and salt together. Add milk mixed with beaten egg yolks. Fold in stiffly beaten egg whites. Pour into buttered baking dish and place in pan of hot water.

Bake at 325 degrees for 40 minutes. When baked, a smooth lemon cream appears at the bottom of the dish and a light cake at the top. Makes 4 large servings.

CHOCOLATE SPONGE

Bobbie Hargrave

1 pkg. Ladyfingers
1 1/2 bars German sweet chocolate
3 eggs, separated
pinch of salt

2 Tbsp. granulated sugar
2 Tbsp. warm water
1/2 tsp. vanilla
whipped cream

Melt chocolate with warm water in double boiler. Add to beaten egg yolks. Add sugar while chocolate is still hot, stirring well. Beat egg whites until stiff and fold into chocolate mixture, add vanilla and salt to mixture. Line a bowl with split Ladyfingers; pour chocolate mixture over Ladyfingers, and put remaining Ladyfingers on top. Top with whipped cream and bits of chocolate.

BROWNIE PUDDING

Mary Mac Keever

1 c. flour
1/2 tsp. salt
2 Tbsp. cocoa
2 Tbsp. melted shortening

2 tsp. baking powder
3/4 c. sugar
1/2 c. milk
nuts if desired

Combine above ingredients and put in squares or oblong cake pan.

(Cont.)

Topping:

3/4 c. brown sugar
1 3/4 c. hot water

1/4 c. cocoa

Mix brown sugar and cocoa and pour over top of brownie mix, and then pour the hot water over this. Bake at 350 degrees for 45 minutes. Serve so that sauce in the bottom of the pan is poured over each serving.

FRUIT SALAD COMPOTE

Betty Colgan

watermelon
honey dew
peaches
plums
1 can lemonade concentrate
1 Tbsp. honey

cantaloupe
bananas
seedless grapes
strawberries
1 c. Roselle or Rose' wine

Cut up fruit in a bowl. Combine lemonade concentrate, wine and honey and pour over fruit.

ORANGE JELLO MOLD

Carol Parker

1 pt. orange sherbet
1 family size pkg. orange jello

1 can mandarin oranges

Add 2 cups of boiling water to jello; stir until dissolved. Add sherbet and entire can of mandarin oranges. Pour into 1 1/2 quart mold. Set until firm.

COFFEE MALLOW JELLY

Janet Merlau

1 lb. marshmallows
1 c. chopped nuts

2 c. very strong hot coffee
whipped cream

Place marshmallows in top of double boiler, and melt over boiling water. Add coffee and stir well. Stir in chopped nuts and pour into treated mold and chill until firm.

Serve with whipped cream, lightly sweetened, and if desired, a liqueur such as chocolate mint, Kahlua, or Creme de Cocoa.

MAINE BLUEBERRY PUDDING

Eleanor Price

3 c. blueberries
1/2 c. water
cinnamon

3/4 c. sugar
6 slices bread

Combine blueberries, sugar and water and cook 10 minutes. If cultivated berries, add the juice of half a lemon. Butter the bread and sprinkle with cinnamon. Put bread and berries in a lightly greased loaf pan in layers, beginning with bread and ending with berries. Chill several hours. Cut in slices and serve with heavy cream or ice cream.

BLUEBERRY PUDDING

Mrs. William Dermody

2 c. fresh blueberries
1/2 tsp. cinnamon
1/3 c. melted butter
1/2 c. sugar

1/4 c. sugar
1 egg
1 tsp. vanilla
1/2 c. flour

Place blueberries in bottom of 8 inch casserole. Sprinkle with the 1/4 cup sugar and the cinnamon. Blend together the egg, butter, vanilla, sugar and flour. Pour over fruit, but do not stir.

Bake at 375 degrees for about 45 minutes. Serve hot with whipped or ice cream.

FLOUR FLAVOR FREEZE

Vida Johnson

1 1/4 c. finely crushed
chocolate cookie crumbs
2 Tbsp. sugar
1 pt. vanilla ice cream
1/2 c. chopped nuts

1/2 c. melted butter
1 c. mashed bananas
1 Tbsp. sugar
2 Tbsp. shaved chocolate
1 c. heavy cream, whipped

Combine cookie crumbs, 2 tablespoons sugar and melted butter. Press in refrigerator tray and chill. Break ice cream into chunks; beat with electric beater until smooth. Fold in bananas and nuts. Pour into crumb crust and freeze until firm. Fold the 1 tablespoon sugar into whipped cream; spread on ice cream, sprinkle on the shaved chocolate and freeze. When ready to serve, place tray on warm damp cloth for a few minutes to loosen crust. Serves 6.

CHOCOLATE MINT FREEZE

Barb Shirey

- | | |
|--|--------------------------------------|
| 1 1/4 c. finely crushed vanilla wafers | 3/4 c. butter, melted |
| 1 qt. peppermint ice cream, softened | 3 squares unsweetened chocolate |
| 3 egg yolks, well beaten | 1/2 c. chopped pecans |
| 3 egg whites | 1 tsp. vanilla |
| | 1 1/4 c. sifted confectioner's sugar |

Toss crumbs and 1/4 cup melted butter. Reserve 1/4 cup crumb mixture. Put remainder in 9 x 9 x 2 inch baking pan. Spread with ice cream and freeze. Melt remaining 1/2 cup butter and chocolate over low heat, gradually stirring in egg yolks, sugar, nuts and vanilla. Cool thoroughly.

Beat egg whites until stiff peaks form. Beat chocolate mixture until smooth; fold in egg whites. Spread this mixture over ice cream and return to freezer. Serves at least 8.

Write your extra recipes here:



 **candies,**

Jellies 



Jams

*&
Canning*



WEIGHTS AND MEASURES

AVOIRDUPOIS

- 1 pound = 16 ounces
- 1 hundredweight = 100 pounds
- 1 ton = 20 hundredweight = 2000 pounds
- 1 long ton = 2240 pounds

EQUIVALENT VALUES

- 1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
- 1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches	Feet	Yards	Rods	Furlongs	Miles
36 =	3 =	1			
198 =	16.5 =	5.5 =	1		
7,920 =	660 =	220 =	40 =	1	
63,360 =	5280 =	1760 =	320 =	8 =	1

APOTHECARIES

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

METRIC

- 1 centigram = 10 milligrams
- 1 decigram = 10 centigrams
- 1 gram = 10 decigrams
- 1 dekagram = 10 grams
- 1 hektogram = 10 dekagrams
- 1 kilogram = 10 hektograms
- 1 metric ton = 1000 kilograms
- 1 kilogram = 2.20 pounds
- 1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/4 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 1/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

CUBIC MEASURE

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cu. feet
- 1 U.S. shipping ton = 40 cubic feet
- 1 cord = 128 cubic feet
- 1 perch = 24 3/4 cubic feet
- 1 cubic yard = 27 cu. feet = 46656 cu. inches
- 1 U.S. liquid gallon = 4 quarts = 231 cu. inches
- 1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
- 1 board foot = 144 cubic inches

DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2.15042 cubic inches
- British bushel = 2.21819 cubic inches

(Metric Units)

LINEAR MEASURE

- 1 centimeter = 10 millimeters
- 1 decimeter = 10 centimeters
- 1 meter = 10 decimeters
- 1 dekameter = 10 meters
- 1 hektometer = 10 dekameters
- 1 kilometer = 10 hektometers
- 1 inch = 2.54 centimeters
- 1 meter = 39.37 inches
- 1 yard = 0.914 meter
- 1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

- 1 square centimeter = 100 square millimeters
- 1 square decimeter = 100 square centimeters
- 1 sq. meter = 100 sq. decimeters = 1 centar
- 1 ar = 100 centars
- 1 hektar = 100 ars
- 1 square kilometer = 100 hektars
- 1 square centimeter = 0.15 square inch
- 1 square meter = 1.20 square yards
- 1 square kilometer = 0.39 square mile
- 1 hektar = 2.47 acres
- 1 square inch = 6.45 square centimeters
- 1 square yard = 0.84 square millimeter
- 1 square mile = 2.59 square kilometers
- 1 acre = 0.40 hektar

CUBIC MEASURE

- 1 cubic centimeter = 1000 cubic millimeters
- 1 cubic decimeter = 1000 cubic centimeters
- 1 cubic meter = 100 cubic decimeters
- 1 cubic yard = 0.76 cubic meter
- 1 cubic meter = 1.31 cubic yards
- 1 liter = 1.06 U.S. liquid quarts
- 1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
- 1 U.S. liquid quart = 0.94 liter
- 1 U.S. liquid gallon = 3.76 liters

1 tsp. grated lemon rind 1/3 c. orange juice
 3 Tbsp. lemon juice 1/2 c. chopped walnuts
 1/3 c. chopped Maraschino cherries

In 4 quart kettle or Dutch oven, combine rhubarb, sugar and corn syrup; let stand one hour. Add fruit rinds and juices; mix thoroughly. Bring to boil, and boil hard stirring occasionally, until syrup sheets from spoon; about 12-15 minutes, or 220 degrees on a candy thermometer. Stir in cherries and nuts. Remove from heat; and stir and skim off foam. Pour into hot sterilized jars and seal with paraffin.

CIDER JELLY

Vida Johnson

4 c. sweet cider 7 1/2 c. sugar
 1 Tbsp. red cinnamon candies 1 - 6 oz. bottle Certo

Put cider in a very large saucepan; add sugar and candies, and mix well. Put over high heat, stirring to dissolve candies. Remove those which do not dissolve completely. Bring to a boil stirring. At once stir in pectin, then return to full rolling boil, and boil hard, stirring, for 1 minute.

Remove from heat, skim off foam, with metal spoon and pour quickly into hot sterilized glasses. Makes 9-10 - 6 oz. glasses.

CRANBERRY-PORT WINE JELLY

Vida Johnson

1 1/4 c. bottled cranberry juice 3 c. sugar
 1/2 - 6 oz. bottle Certo 3/4 c. ruby port wine

Sterilize four 8 oz. jelly glasses; leave in hot water until ready to fill. In large deep saucepan, combine cranberry juice and sugar. Heat, stirring to melt sugar. Over high heat, bring mixture to a full rolling boil; boil 1 minute, stirring constantly.

Stir in Certo, return to boiling and boil 1 minute, stirring. Add wine and return to boiling. Remove from heat and skim off foam. Ladle into hot glasses and cover immediately with 1/8 inch hot paraffin. Let cool, then cover with lid. Allow to ripen at least a week before serving. Best served with poultry, pork or ham.

Beverages & Miscellaneous



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD

Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints

DISTANCE

1 centimeter	0.4 inches
1 meter	3.3 feet
1 meter	1.1 yards
1 kilometer	0.6 mile

AREA

1 sq. centimeter	0.16 sq. inch
1 sq. meter	1.2 sq. yards
1 sq. kilometer	0.4 sq. mile
1 hectare	2.5 acres

TEMPERATURE

0 degree Celsius	32 degrees Fahrenheit
37 degrees Celsius	98.6 degrees Fahrenheit
100 degrees Celsius	212 degrees Fahrenheit

CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 quart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

BEVERAGES, MISCELLANEOUS

RUSSIAN TEA

Betty Colgan

- | | |
|-----------------------------------|-----------------|
| 1 1/2 c. instant tea | 1 1/2 c. Tang |
| 2 1/2 c. sugar | 1 tsp. cinnamon |
| 12 oz. pre-sweetened lemonade mix | 1/2 tsp. cloves |

Combine ingredients. Mix 2 teaspoons for each cup of hot water.

SPICED TEA NECTAR

Dorothy Stewart

- | | |
|--------------------|-------------------------------|
| 2 c. water | 1 - 18 oz. can apricot nectar |
| 1 tsp. lemon juice | 3 Constant Comment tea bags |
| 2 Tbsp. sugar | |

Bring water to boil in saucepan; add tea bags and steep for five minutes. Remove tea bags. Add apricot nectar, sugar and lemon juice. Heat to serving temperature.

FRUIT PUNCH

Mary Le Beau

- | | |
|------------------------------|-------------------------------|
| 4 small cans frozen lemonade | 8 c. cranberry juice cocktail |
| 1 qt. ginger ale | 1 pt. lemon sherbet |

Prepare lemonade according to directions on can. Combine lemonade, cranberry juice cocktail and ginger ale in punch bowl. Float sherbet on top. You may halve the recipe, but do use the quart of ginger ale and pint of sherbet anyway.

ROSE' PUNCH

Vida Johnson

- | | |
|--|----------------------------|
| 1 c. light corn syrup | 1 qt. apple juice, chilled |
| 3 - 4/5 qt. bottles chilled Rose' wine | |

Combine syrup and apple juice in punch bowl. Stir in wine. Garnish with thin apple slices.

CHERRY HEERING

Ruth Hoch

- | | |
|--|-----------------|
| 1 qt. inexpensive gin or vodka | 1 3/4 lb. sugar |
| 2 qt. washed, ripe, sour cherries, with pits | |

Put all ingredients into a glass gallon container and shake every day for about a week, or until sugar is dissolved. Save for five or six months, then pour off.

WHISKEY CUP

Ada Pearce

2 c. fresh pineapple	1 qt. fresh strawberries
3/4 lb. powdered sugar	2 c. dark rum
2 c. lemon juice	1 1/2 c. orange juice
1 c. grenadine	2 bottles 4/5 size bourbon or brandy

In a large bowl, crush the pineapple and add strawberries. Sprinkle powdered sugar over fruit and pour the rum over. Allow mixture to stand covered for 4 hours. Add the juices, grenadine and bourbon or brandy. Place in punch bowl with block of ice.

Stir to blend and chill. Just before serving, add 2 quarts of chilled carbonated water or ginger ale. Serves 20 persons - 2-4 oz. cups each.

GRANOLA

Dorothy Porter

5 1/2 c. natural rolled oats	1 c. safflower oil
1 c. unroasted sesame seeds	1 c. organic honey
1 c. sunflower seeds	1 1/2 tsp. vanilla
1 c. wheat germ	1 c. raisins or currants
1 c. coconut	1 c. unroasted nuts, cashews or other
1 c. skim milk powder	

In large bowl, mix ingredients in first column (including nuts in second column). In separate bowl, stir together oil, honey and vanilla. Pour the oil mixture over the oat mixture, and stir until all is well blended. Spread on two baking sheets, and bake at 225 degrees for 1 hour or longer until nicely browned.

Stir with a wooden spoon every 15 minutes, or ingredients will stick together and brown unevenly. Remove and set on cake racks to cool; stir several times. Add raisin when cooled.

SUNNY GLAZED PEARS

Margaret Major

1 - 29 oz. can Bartlett pear halves	1 c. orange marmalade
2 Tbsp. lemon juice	1 Tbsp. prepared mustard

(Cont.)

Drain pears and reserve 2 tablespoons of syrup. Combine reserved syrup with the orange marmalade, lemon juice and mustard. Place pears cut side up on baking sheet, and brush cut surfaces and fill centers with marmalade glaze.

Bake at 350 degrees for 5 minutes or until heated through. Serve hot with pork or chicken. Pass remaining sauce.

FRUIT BAKE

Janet Merlau

1 can peaches	1/4 lb. butter
1 can apricots	1 1/4 c. brown sugar
1 can pears	4 tsp. curry powder
1 can pineapple chunks	dash of salt
1 can pitted cherries	

Use number 2 1/2 size cans of fruit. Drain very well, and pat dry. Place in 2 quart casserole. Melt together the butter, brown sugar, curry powder and salt. Pour over the fruit and bake for 1 hour at 350 degrees. This is especially good warm with ham, fish or fowl.

Write your extra recipes here:

Write your extra recipes here:

INDEX OF RECIPES

APPETIZERS, PICKLES, RELISH

Welcome Wafers	1
Cheese Crock	1
Hot Parmesan Snacks	1
Baked Artichoke Hearts	1
Shrimp Dip or Spread	2
Crab Meat Appetizer	2
Sweet 'N Sour Meat Balls	2
Mushroom Pinwheels	3
Ground Beef on Rye	3
Dried Beef Dip	3
Curry Dip for Shrimp and Crab	3
Black Cheese Dip	4
Sesame Cheese Log	4
Betty's Eggplant Hors d'oeuvres	4
Sweet 'N Sour Spiced Carrot Sticks	5
Cocktail Hot Dogs	5
Caviar Stuffed Eggs	5
Clams Casino	5
Mustard Beans	6
Cranberry Nut Relish	6
Sauerkraut Relish	6

SOUPS, SALADS, SAUCES, DRESSINGS

Gazpacho	7
Tomato-Onion Soup	7
Easy Soup	7
Hot Dog Soup	7
Chicken Corn Soup	8
Blender Chicken Soup	8
Cream of Potato Soup	8
Hearty Tomato Soup	9
Zippy Tomato Aspic	9
Tomato Aspic Salad with Shrimp	9
Horseradish Salad	10
Country Cucumber Salad	10
Cool-As-A-Cucumber Salad	10
Jade Salad	11
Raspberry Jello Salad	11
Pineapple Salad	11
Spiced Peach Salad	11
24 Hour Fruit Salad	12

Cold Broccoli Mold	12
Blueberry Salad	12
Salad Dressing	13
Blue Cheese Dressing	13
Sour Cream Dressing	13
Tomato Dressing	14

MAIN DISHES--
MEAT, SEAFOOD, POULTRY

Mushroom Hamburgers	15
Beef-Pepper and Rice Skillet	15
Pepper Steak	15
Veal Scallopini	16
Tournedos Diane	16
Herbed Meat Balls	16
Moussaka	17
Beef Stroganoff	17
Texas Beef Bar B Q	18
Baked Chops - Veal, Pork or Round Bone Lamb	18
Pork Chops with Mustard	18
Rainbow Meat Loaf	19
Barbecued Pork Chops	19
Silver Foil Pot Roast	19
Swiss Steak with Mushroom Gravy	20
Ham and Mushroom Crepes with Mornay Sauce	20
Crab Meat Thin	21
Baked Scallops	21
Salmon Loaf	21
Scalloped Oysters	21
Scallops Paris Style	22
Creamy Tuna Crunch	22
Quick Shrimp Curry	23
Crispy Chicken	23
Orangano Chicken	23
Party Chicken	24
Wined Pheasant	24
Stuffed Chicken Breasts	24
Sticky Chicken	24
Cream Chicken Breasts	25
Chicken Supreme	25
White House Chicken	26

MAIN DISHES--
CHEESE, EGG, SPAGHETTI, CASSEROLE

Golden Seafood Casserole	27
Seafood Casserole	27
Ham, Kidney Beans and Red Wine Casserole .	27
Mushroom Casserole	28
Loblolly Twig Mushrooms	28
Future Family Heirloom Beef	28
No Peek Casserole	29
Chicken Artichoke Casserole	29
Artichoke Casserole	29
Mushroom Casserole	30
Chicken Rice Casserole	30
Chinese Veal	30
Crab Meat Casserole	31
Chicken-Sour Cream Casserole	31
Chinese Beef Casserole	31
Chicken and Rice Casserole	32
Pork Chop Casserole	32
Spanish Chicken	32
Deviled Crab	32
Shrimp-Cheese Fondue	33
Texas Eggs	33
Cheese Casserole	33
Company Cheese Strata	34
Brunch	34
Real Easy Quiche Lorraine	34
Spaghetti Pie	35
Macaroni and Cheese and Tomatoes	35
Rice Pilaf	36

VEGETABLES

Celery Amandine	37
White House Casserole	37
Broccoli-Corn Casserole	37
Sweet Potato Casserole	38
Spinach Souffle	38
Spinach Intrigue	38
Baked Cream Corn	39
Aunt Fanny's Baked Squash	39
Zucchini Souffle	39
Zucchini Casserole	39
Cauliflower Bake	40
Broccoli Cheese Bake	40

Cheese Potatoes	40
Potato Wedges	41
French Potato Salad	41
Scotch Barley	41
Green Butter Barley	42
Broiled Tomatoes	42
Tomato Casserole	42
Marvelous Mushrooms.....	43
Escalloped Mushrooms	43

BREAD, ROLLS, PIES, PASTRY

Coffee Can Bread	45
Monkey Bread	45
Oatmeal Bread	45
Raisin-Wheat Bread	46
Sesame Loaf	46
Lemon Bread	47
Date Nut Bread	47
Pumpkin Nut Bread	47
Banana Bread	48
Coffee Time Walnut Bread	48
Pecan Pie	48
French Silk Chocolate Pie	49
Chocolate Angel Pie	49
Impossible Pie	50
Pecan Pie	50
Pink Lemonade Pie	50
Peanut Butter Cream Cheese Pie	50
Mystery Pie	51
Chocolate Ice Cream Pie	51
Lime Pie	51
Pineapple-Marshmallow Pie	52
Butterscotch Pie	52
Caribbean Rum Pie	52
Coffee Cake	52
Sour Cream Coffee Cake	53

CAKES, COOKIES, ICINGS

Carrot Cake	55
Raspberry Dream Cake	55
Apple Pie Cake	55
Cheese Cake	56
Cream De Menthe Cake	56

Never Fail Chocolate Cake	57
Date Cake	57
Tomato Soup Cake	57
Socher Torte	57
Chocolate Tin Loaf	58
Pumpkin Bars	59
Rice Krispies Cookies	59
Mince Meat Bars	59
Date and Nut Sticks	60
Easy Cookies	60
Butterscotch Squares	60
Best Ever Brownies	61
Lemon Squares	61
Easy Peanut Butter Cookies	61
Butter Nip Cookies	62
Gingersnaps	62
Chocolate Nut Meringues	62
Meringue Kisses	63
Coconut Almond Macaroons	63
Unbaked Date-Nut Balls	63
Chocolate Sour Cream Cookies	64
Crickets	64
Sugar and Spice Cookies	64
White Buttermilk Cookies	65
Peanut Butter Blossom Cookies	65
Oatmeal Crisps	65
Chocolate Mountains Cookies	66
Oatmeal Cookies	66
Cheese Cake Cookies	66
Whipped Frosting	67

DESSERTS

Mexican Flan	69
Raisin-Rice Pudding	69
Bread Pudding	69
Graham Cracker Pudding	70
Apple Torte	70
Cherry Torte	70
Pineapple-Pistachio Dessert	70
Pineapple Cheese Dessert	71
Strawberry Tinbale	71
Easy Chocolate Mousse	71
English Trifle	72
Snowball	72
Lemon Sponge	72

Lemon Sponge	73
Chocolate Sponge	73
Brownie Pudding	73
Fruit Salad Compote	74
Orange Jello Mold	74
Coffee Mallow Jello	74
Maine Blueberry Pudding	75
Blueberry Pudding	75
Flour Flavor Freeze	75
Chocolate Mint Freeze	76

CANDY, JELLY, JAM, PRESERVES

Bruce's Peanut Butter Balls	77
Pecan Candy	77
Penucha Fudge	77
Rhubarb Conserve	77
Cider Jelly	78
Cranberry-Port Wine Jelly	78

BEVERAGES, MISCELLANEOUS

Russian Tea	79
Spiced Tea Nectar	79
Fruit Punch	79
Rose' Punch	79
Whiskey Cup	80
Granola	80
Sunny Glazed Pears	80
Fruit Bake	81

Notes:

Basic Kitchen Information



THUMB INDEX



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.

Armour and Co.

Wheat Flour Institute.

EQUIVALENTS,
WEIGHTS and MEASURES,
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE
FOR DINNER?

TIME TABLE FOR
MEAT COOKERY

SEA FOOD COOKERY,
WAYS TO USE LEFTOVERS

QUANTITIES FOR 100 PEOPLE,
SANDWICHES -- QUANTITY and
FAMILY SIZE RECIPES

6 STEPS TO
THE PERFECT PIE

DIET INFORMATION
AND MENUS

CAKE TROUBLE, YIELDS OF
VEGETABLES and FRUIT

FREEZING PREPARED FOODS
and MAXIMUM HOME STORAGE
FOR FROZEN FOOD

METRIC SYSTEM
INFORMATION

STAIN CHART, FIRST AID and
MISCELLANEOUS INFORMATION

EQUIVALENTS

3 tps.	1 tbsp.
4 tps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tps.	$\frac{1}{3}$ cup
8 tps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tps.	$\frac{2}{3}$ cup
12 tps.	$\frac{3}{4}$ cup
16 tps.	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 tpsps.

(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

Corastarch

1 lb. = 3 cups

Cracker crumbs

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

Eggs

1 egg = 4 tpsps. 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 tpsps.
5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

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

Oranges, rind

1 = 2 tpsps. 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

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 $1\frac{3}{4}$ 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.
- $\frac{3}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
- $\frac{7}{8}$ 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.

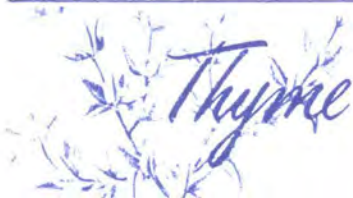


FOUND IN France, United States.

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.



Bay Leaf

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 Tuna-fish 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) Rare Medium Well Done Rolled Rib	6-8 lbs.	325° F.	140° F. 160° F. 170° F.	16-18 min. per lb. 20-22 min. per lb. 25-30 min. per lb. 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) Loin Rack 4-6 ribs Shoulder-bone-in Shoulder Boneless Roll	7-8 lbs. 4½-5 lbs. 2½-3 lbs. 6-7 lbs. 5-6 lbs.	325° F. 325° F. 325° F. 325° F. 325° F.	170° F. 170° F. 170° F. 170° F. 170° F.	25 min. per lb. 30-35 min. per lb. 30-35 min. per lb. 25 min. per lb. 35-40 min. per lb.
LAMB				
Leg Shoulder Bone-in Shoulder Boneless Roll	6-7 lbs. 5-7 lbs. 4-6 lbs.	325° F. 325° F. 325° F.	175-180° F. 175-180° F. 175-180° F.	30-35 min. per lb. 30-35 min. per lb. 40-45 min. per lb.
FRESH PORK				
Loin Cushion Shoulder Shoulder Boned & Rolled Shoulder Butt Fresh Ham Spare Ribs (1 side)	4-5 lbs. 4-6 lbs. 4-6 lbs. 4-6 lbs. 10-14 lbs. 1½-2½ lbs.	350° F. 350° F. 350° F. 350° F. 350° F. 350° F.	185° F. 185° F. 185° F. 185° F. 185° F. 185° F.	30-35 min. per lb. 35-40 min. per lb. 40-45 min. per lb. 45-50 min. per lb. 30-35 min. per lb. 1-1½ hrs. total
SMOKED PORK				
Ham—whole Ham-half Ham—2 inch slice Picnic	10-12 lbs. 14-16 lbs. 6-8 lbs. 2½-3 lbs. 5-8 lbs.	325° F. 325° F. 325° F. 325° F. 325° F.	150-155° F. 150-155° F. 150-155° F. 170° F. 170° F.	18-20 min. per lb. 16-18 min. per lb. 25-27 min. per lb. 1½ hrs. total 33-35 min. per lb.
POULTRY				
Chickens stuffed weight Chickens over 5 lbs. Turkeys stuffed weight Turkey Turkey Turkey	4-5 lbs. 6-10 lbs. 10-16 lbs. 18-25 lb.	325° F. 325° F. 325° F. 325° F. 325° F. 325° F.	185° F. 185° F. 185° F. 185° F. 185° F. 185° F.	35-40 min. per lb. 20-25 min. per lb. 20-25 min. per lb. 18-20 min. per lb. 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 Swiss Steak (round) 1 in. thick Flank Steak Beef Short Ribs Ox Tails Rolled Lamb Shoulder Pot Roast Lamb Shoulder Chops Lamb Neck Slices Lamb Shanks Pork Rib or Loin Chops	3-5 lbs. 2 lbs. 1½-2 lbs. 2-2½ lbs. 1-1½ lbs. 3-5 lbs. 4-5 oz. each ½ lb. each 1 lb. each 4-5 oz. each (¾-1 inch)	Brown then simmer 3½-4 hours Brown then simmer 1½-2 hours Brown then simmer 1½ hours Brown then simmer 2-2½ hours Brown then simmer 3-4 hours Brown then simmer 2-2½ hours Brown then simmer 35-40 min. Brown then simmer 1-1½ hours Brown then simmer 1½ hours Brown then simmer 35-40 min. Brown then simmer 35-40 min.
Pork Shoulder Steaks Veal Rolled Shoulder Pot Roast Cuttlets or Round Loin or Rib Chops	5-6 oz. each 4-5½ lbs. 2 lbs. 3-5 oz. each	Brown then simmer 35-40 min. Brown then simmer 35-40 min. Brown then simmer 2-2½ hours Brown then simmer 45-50 min. 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	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ 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	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ 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	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ 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	¾ lb.	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	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	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

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 (26LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26LBS.)
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 (26LBS.)
VEGETABLES	- 4 NO. 10 CANS (26LBS.)
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

To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

fillings

make the sandwich



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

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

STUDD 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			6 SERVINGS	24 SERVINGS
LIVER SAUSAGE SALAD SANDWICH				CREAM CHEESE CRUNCH			
Mix Well	Liver sausage	1/2 pound	2 pounds	Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Chopped celery	1/4 cup	1 cup		Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Chopped sweet pickle	1/4 cup	1 cup		Sliced stuffed olives	1/2 cup	2 cups
	Chopped onion	1 tablespoon	1/4 cup	CANADIAN DOUBLE DECKER			
	Hard cooked egg, chopped	1	4	<i>First Layer—</i>			
Salad dressing	3 tablespoons	3/4 cup	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)		
TASTY TREAT HAMBURGER				Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)	
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)	<i>Second Layer—</i>			
	Ground beef	3/4 pound	3 pounds	Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)	
	Chopped onion	1/4 cup	1 cup	CHAMPION TWO STORY			
	Chili sauce	2 tablespoons	1/2 cup	<i>First Layer—</i>			
	Worcestershire sauce	1/2 teaspoon	2 teaspoons	Sliced cooked chicken	1/2 pound	2 pounds	
Salt and pepper to taste			<i>Second Layer—</i>				
SPICY HAM SANDWICH				Mix Well	Hard cooked eggs, chopped	4	16
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds		Chopped celery	2 tablespoons	1/2 cup
	Tomato sauce	1 cup (8-oz. can)	1 quart		Chopped olives	2 tablespoons	1/2 cup
	Cloves	1/8 teaspoon	1/2 teaspoon		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			6 SERVINGS	24 SERVINGS
BANANA PEANUT BUTTER WINNER				CHICKEN WALDORF SANDWICH			
	Peanut butter	3/4 cup	3 cups	Mix Well	Cooked, diced chicken	1 cup	1 quart
	Banana, sliced	3 medium	12 medium		Chopped celery	1/2 cup	2 cups
SUNSHINE SPECIAL					Chopped apple	1/2 cup	2 cups
Mix Well	Chopped dates	1 cup	1 quart		Chopped nuts	1/4 cup	1 cup
	Shredded carrots	1 cup	1 quart		Salad dressing	3 tablespoons	3/4 cup
	Chopped nuts	1/2 cup	2 cups				
	Salad dressing	1/2 cup	2 cups	CALIFORNIA DELIGHT			
CALIFORNIA DELIGHT				Mix Well	Peanut butter	3/4 cup	3 cups
	Peanut butter	3/4 cup	3 cups		Orange juice	1/2 cup	2 cups
	Orange juice	1/2 cup	2 cups		Shredded orange rind	1 tablespoon	1/4 cup
	Shredded orange rind	1 tablespoon	1/4 cup	Shredded coconut	1/2 cup	2 cups	
	Shredded coconut	1/2 cup	2 cups	APPLE CHEESE TOASTY			
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)				

for hearty lunching

©OPEN FACE*

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

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

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 (about 3/4 pound)	24 (about 3 pounds)
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



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.

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

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.

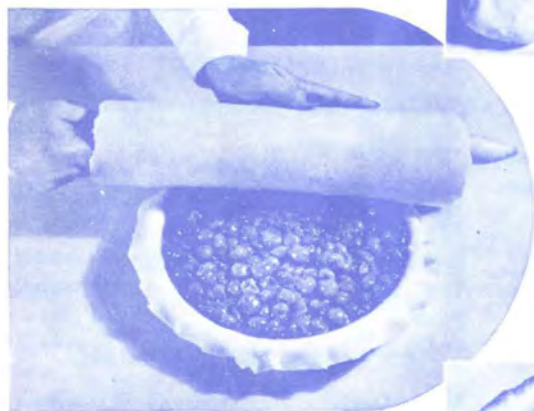
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



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

LUNCH

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

DINNER

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

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

LUNCH

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

DINNER

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

YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<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>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 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

DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 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

HELPFUL INFORMATION

WWW

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

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

LUNCH

<i>Meat (lean)</i>	6 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

DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 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

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
Milk Tea

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

TUESDAY

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

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

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



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
Bread Butter
Grapes
Milk Tea

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



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
Milk Coffee

SUNDAY

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



FRIDAY *

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

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

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

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
Apricots
Milk Coffee



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

* For Meatless Fridays ---

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



Suggested Menus For Your Diet



MONDAY

Breakfast

Poached egg Orange juice
Toast Frizzled dried beef
 Coffee

Lunch

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

Dinner

Roast leg of lamb
Brussels sprouts
Bread Butter
Milk Blueberries Coffee



Breakfast

Shirred Cantaloupe
eggs with diced ham
Whole wheat toast Butter
 Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg Broiled ham slice
Toast Coffee

Lunch

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

Dinner

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

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

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

Dinner

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

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread Butter
Plums
Milk Tea

FRIDAY *

Breakfast

Baked egg in Canadian-style bacon cup
Toast Coffee
 Orange juice Butter

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread Butter
Milk Grapes 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 Butter
Milk Cherries 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
Milk Strawberries Coffee

* For Meatless Fridays ---

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

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 3/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233
Shank	4	Pc. 3 3/4" x 2 1/2" x 3/8"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 1 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 1 1/4"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2 3/4" x 3/4"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 1 1/2"	20.9	332
Round	4	Pc. 3" x 3" x 1 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 3/8"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x 1 1/2"	21.5	276
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348
Pork, 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 1/4" x 3 1/2" 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 3/4" 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 1/4"	10.6	147
Veal				
Chops				
Loin	4	Chop 5/8" th.	23.0	211
Rib	4	Chop 3/4" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2 1/2" x 1 1/2"	22.9	223
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241
Shoulder	4	Sl. 5" x 3" x 1 1/2"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2 1/2" x 1 1/2"	23.4	191
Shoulder	4	Pc. 5" x 3 1/2" x 1 1/2"	23.3	202
Sirloin	4	Pc. 4" x 2 1/2" x 1 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 1/2" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152
Heart (av.)	4	1/8 ht. 3" dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/4" x 1 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" x 2 1/2" x 3/8"	17.1	122
Sweetbread				
Tongue	4	Pc. 4" x 3" x 3/4"	18.2	216
	3	3 sl. 3" x 2" x 3/4"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/2" 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 1/8"	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	1/2 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

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	3/4 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/8"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	3/4 fish 7" lg.	14.3	116
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	3/5 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter			.1	73
Cheese, cottage	2	3/4 c.	9.6	51
Cream, coffee	1/2	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN				
Height		Weight		
Ft.	In.	15-19	20-24	
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	
6	0	158	163	
6	1	163	168	
6	2	168	173	
6	3	173	178	

WOMEN

Height		Weight	
Ft.	In.	15-19	20-24
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
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3 1/2	1/4 head 4" dia.	1.2	18
Evaporated	4	1/2 c.	8.4	167	Leaf	1/2	1 leaf	.2	3
Skim	7	1 gl.	7.0	72	Leaf	1/2	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3 1/2	5 caps 2 1/4" dia.	2.6	15
Eggs	1 1/2	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES,					Onions				
White	2	1 small 2 1/2" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	1/2	3 med.	.2	7
Artichokes	3 1/2	1/2 lge.	2.9	63	Parsley	1	2 sprigs	.1	1
Asparagus	3 1/2	7 stalks 6" long	2.3	27	Pumpkin	3 1/2	1/2 c.	1.2	36
Beans, string	3 1/2	3/4 c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3 1/2	3/4 c.	2.0	33	Rutabagas	3 1/2	1/2 c.	1.1	41
Beets	3 1/2	3/4 c. or 2 1 1/4" dia.	1.6	46	Sauerkraut	3 1/2	3/4 c.	1.1	18
Broccoli	3 1/2	2 stalks 5" lg.	3.3	37	Spinach	3 1/2	3/4 c.	2.3	25
Brussels sprts.	3 1/2	3/4 c.	4.4	58	Squash				
Cabbage	3 1/2	1/5 hd 4 1/2" dia.	1.4	29	Summer	3 1/2	1/2 c.	.6	19
Carrots	3 1/2	2 carrots 5" lg.	1.2	45	Winter	3 1/2	1/2 c.	1.5	44
Cauliflower	3 1/2	3/4 c.	2.4	31	Tomatoes				
Celery	3 1/2	1/2 pc. 8 1/2" lg. or 2 hts.	.2	3	Canned	3 1/2	1/2 c.	1.2	25
Chard, Swiss	3 1/2	1/2 c.	1.4	25	Fresh	3 1/2	1 tomato 2" dia.	1.0	23
Chicory	1	10 sm. leaves	.4	7	Juice, canned	4	1/2 c.	1.2	28
Cucumbers	2	8 sl. 1/2" th.	.4	7	Turnip greens	3 1/2	3/4 c.	2.9	37
Eggplant	2	2 sl. 3 1/2" dia. x 3/8" th.	.7	17	Turnips				
Endive, French	2	2 stalks	.8	11	White	3 1/2	3/4 c.	1.1	35
Green pepper	1/2	1/8 c. or pc. 4" x 1 1/4"	.2	4	Yellow (see rutabagas)				
Kohlrabi	3 1/2	3/4 c. (diced)	2.1	36	PICKLES				

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

BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	3/5	1/5 c.	2.5	67
Cornflakes	3/5	3/5 c.	1.3	56
Farina,				
enriched	3/5	1/2 c. (sc. 2 T. dry)	2.3	71
Oatmeal	3/5	1/2 c. (3/4 c. dry)	3.1	77
Rice				
Puffed	1/5	3/4 c.	.7	36
White	1	1/2 c. (2 T. dry)	2.3	105
Wheat				
Flakes	3/5	3/4 c.	2.4	74
Puffed	3/5	3/4 c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	3/5	Sl. 4" x 3 1/2" x 3/8"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x 1/4"	.6	19
White, enrch	1/5	1 sl. (com'l) thin	1.6	50
Wholewheat	1/5	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	1/5	1 cracker 3" sq.	1.0	54
Saltine	1/5	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2 3/4" x 2 1/2"	.6	25
Zwieback	1/4	1 pc. 3 1/4" x 1 1/4" x 1/2"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Apples	3 1/2	1 apple 2 1/4" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3 1/2	3/4 c.	1.2	62
Blueberries	3 1/2	3/4 c.	.6	68
Cantaloupe	3 1/2	1/4 melon 5" dia.	.8	29
Cherries, sweet	3 1/2	15 cherries 7/8" dia.	1.2	87
Grapefruit	3 1/2	1/2 med. 3 3/8" dia.	.5	44
Grapes				
Concord	3 1/2	34 av.	1.4	78
Green s'dless	3 1/2	40 sm.	.8	74
Malaga or Tokay	3 1/2	21 av.	.8	74
Honeydew melon	4	1 1/2" sl. 7" melon	.9	48
Oranges	3 1/2	1/2 orange 4" dia.	.9	52
Peaches	3 1/2	1 med.	.5	51
Pears	3 1/2	1 sm.	.7	70
Pineapple	3 1/2	1 sl. 4" dia. x 1/2" th.	.4	58
Plums	2 1/2	1 plum 1 3/4" dia.	.5	39
Raspberries	3	3/4 c.	1.1	64
Strawberries	3 1/2	10 strawberries 1" dia.	.8	41
Watermelon	5	1/2 sl. 6" dia. x 3/4" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	1/2 c.	.6	49
Orange	4	1/2 c.	.7	66
Pineapple, can'd	4	1/2 c.	.4	65
Tomato (see vegetables)				

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 ¾ 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	

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

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.)	32 to 40 pt.
	1 box (44 lb.)	29 to 35 pt.
	1¼ to 1½ lb.	1 pt.
Apricots	1 bu. (48 lb.)	60 to 72 pt.
	1 crate (22 lb.)	28 to 33 pt.
	¾ to 1 lb.	1 pt.
Berries ¹	1 crate (24 qt.)	32 to 36 pt.
	1¼ to 1½ pt.	1 pt.
Cantaloupe	1 dozen (28 lb.)	22 pt.
	1 to 1½ lb.	1 pt.
Cherries, sweet or sour	1 bu. (56 lb.)	36 to 44 pt.
	1¼ to 1½ lb.	1 pt.
Cranberries	1 box (25 lb.)	50 pt.
	1 peck (8 lb.)	16 pt.
	¾ lb.	1 pt.
Currants	2 qt. (3 lb.)	4 pt.
	¾ lb.	1 pt.
Peaches	1 bu. (48 lb.)	32 to 48 pt.
	1 lug box (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Peas	1 bu. (50 lb.)	40 to 50 pt.
	1 western box (46 lb.)	37 to 46 pt.
	1 to 1¼ lb.	1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.)	38 to 56 pt.
	1 crate (20 lb.)	13 to 20 pt.
	1 to 1½ lb.	1 pt.
Raspberries	1 crate (24 pt.)	24 pt.
	1 pt.	1 pt.
Rhubarb	15 lb.	15 to 22 pt.
	¾ to 1 lb.	1 pt.
Strawberries	1 crate (24 qt.)	38 pt.
	¾ qt.	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)	15 to 22 pt.
	1 to 1½ lb.	1 pt.
Beans, lima (in pods)	1 bu. (32 lb.)	12 to 16 pt.
	2 to 2½ lb.	1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.)	30 to 45 pt.
	¾ to 1 lb.	1 pt.
Beet greens	15 lb.	10 to 15 pt.
	1 to 1½ lb.	1 pt.
Beets (without tops)	1 bu. (52 lb.)	35 to 42 pt.
	1¼ to 1½ lb.	1 pt.
Broccoli	1 crate (25 lb.)	24 pt.
	1 lb.	1 pt.
Brussels sprouts	4 quart boxes	6 pt.
	1 lb.	1 pt.
Carrots (without tops)	1 bu. (50 lb.)	32 to 40 pt.
	1¼ to 1½ lb.	1 pt.
Cauliflower	2 medium heads	3 pt.
	1½ lb.	1 pt.
Chard	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Collards	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.)	14 to 17 pt.
	2 to 2½ lb.	1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Mustard greens	1 bu. (12 lb.)	8 to 12 pt.
	1 to 1½ lb.	1 pt.
Peas	1 bu. (30 lb.)	12 to 15 pt.
	2 to 2½ lb.	1 pt.
Peppers, green	½ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.)	12 to 18 pt.
	1 to 1½ lb.	1 pt.
Squash, summer	1 bu. (40 lb.)	22 to 40 pt.
	1 to 1¼ lb.	1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	¾ lb.	1 pt.

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 re-usable, or not. If they are re-usable, 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 of 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 Advantage.

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 iced or very cold water; change water to keep it cold.

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.

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 cause dangerous spoilage.

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.

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

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries	12	Meat dinners	3
Peaches	12	Meat pie	3
Raspberries	12	Swiss steak	3
Strawberries	12		
Fruit juice concentrates:		<u>Poultry</u>	
Apple	12	Chicken:	
Grape	12	Cut-up	9
Orange	12	Livers	3
Vegetables:		Whole	12
Asparagus	8	Duck, whole	6
Beans	8	Goose, whole	6
Cauliflower	8	Turkey:	
Corn	8	Cut-up	6
Peas	8	Whole	12
Spinach	8	Cooked chicken and turkey:	
<u>Baked goods</u>		Chicken or turkey dinners (sliced meat and gravy)	6
Bread and yeast rolls:		Chicken or turkey pies	6
White bread	3	Fried chicken	4
Cinnamon rolls	2	Fried chicken dinners	4
Plain rolls	3		
Cakes:		<u>Fish and shellfish</u>	
Angel	2	Fish:	
Chiffon	2	Filletts:	
Chocolate layer	4	Cod, flounder, had-dock, halibut, pollack	6
Fruit	12	Mullet, ocean perch, sea trout, striped bass	3
Pound	6	Pacific Ocean perch	2
Yellow	6	Salmon steaks	2
Danish pastry	3	Sea trout, dressed	3
Doughnuts:		Striped bass, dressed	3
Cake type	3	Whiting, drawn	4
Yeast raised	3	Shellfish:	
Pies (unbaked):		Clams, shucked	3
Apple	8	Crabmeat:	
Boysenberry	8	Dungeness	3
Cherry	8	King	10
Peach	8	Oysters, shucked	4
<u>Meat</u>		Shrimp	12
Beef:		Cooked fish and shellfish:	
Hamburger or chipped (thin) steaks	4	Fish with cheese sauce	3
Roasts	12	Fish with lemon butter sauce	3
Steaks	12	Fried fish dinner	3
Lamb:		Fried fish sticks, scallops, or shrimp	3
Patties (ground meat)	4	Shrimp creole	3
Roasts	9	Tuna pie	3
Pork, cured	2		
Pork, fresh:		<u>Frozen desserts</u>	
Chops	4	Ice cream	1
Roasts	8	Sherbet	1
Sausage	2		
Veal:			
Cutlets, chops	9		
Roasts	9		

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY: *
LENGTH	inches feet yards miles	millimeters centimeters meters kilometers	25 30 0.9 1.6
AREA	square inches square feet square yards square miles	square centimeters square meters square meters square kilometers	6.5 0.09 0.8 2.6
MASS	ounces pounds	grams kilograms	28 0.45
LIQUID VOLUME	ounces pints quarts gallons	milliliters liters liters liters	30 0.47 0.95 3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.

Example : a kilometre is a thousand metres.

centi means a hundredth.

Example : a centimetre is a hundredth of a metre.

milli means a thousandth.

Example : a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5-1/3 tablespoons	79 ml	= 1/3 cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary **BEFORE** drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

1920 — Easter Sundays — 2000



1920	April	4
1921	Mar.	27
1922	April	16
1923	April	1
1924	April	20
1925	April	12
1926	April	4
1927	April	17
1928	April	8
1929	Mar.	31
1930	April	20
1931	April	5
1932	Mar.	27
1933	April	16

1934	April	1	1967	Mar.	26
1935	April	21	1968	April	14
1936	April	12	1969	April	6
1937	Mar.	28	1970	Mar.	29
1938	April	17	1971	April	11
1939	April	9	1972	April	2
1940	Mar.	24	1973	April	22
1941	April	13	1974	April	14
1942	April	5	1975	Mar.	30
1943	April	25	1976	April	18
1944	April	9	1977	April	10
1945	April	1	1978	Mar.	26
1946	April	21	1979	April	15
1947	April	6	1980	April	6
1948	Mar.	28	1981	April	19
1949	April	17	1982	April	11
1950	April	9	1983	April	3
1951	Mar.	25	1984	April	22
1952	April	13	1985	April	7
1953	April	5	1986	Mar.	30
1954	April	18	1987	April	19
1955	April	10	1988	April	3
1956	April	1	1989	Mar.	26
1957	April	21	1990	April	15
1958	April	6	1991	Mar.	31
1959	Mar.	29	1992	April	19
1960	April	17	1993	April	11
1961	April	2	1994	April	3
1962	April	22	1995	April	16
1963	April	14	1996	April	7
1964	Mar.	29	1997	Mar.	30
1965	April	18	1998	April	12
1966	April	10	1999	April	4
			2000	April	23

Birthdays

Monday's child is fair of face,
 Tuesday's child is full of grace,
 Wednesday's child is loving and giving,
 Thursday's child works hard for a living.

Friday's child is full of woe,
 Saturday's child has far to go,
 But the child that is born on the Sabbath day
 Is brave and bonny, and good and gay.

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.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Su	Sa	F	Th	W	Tu	M							
	1700, 2100	1800, 2200	1900, 2300	2000, 2400																																								A	B	C	D	E	F	G
0	*28	*56	*84	C	B	E	G	F	A	G	F	E	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Su	Sa	F	Th	W	Tu	M
1	29	57	85	B	A	D	F	A	G	F	E	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Tu	M	Su	Sa	F	Th	W		
2	30	58	86	A	G	C	E	B	A	G	F	E	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	W	Th	F	Sa	Su	M	Tu		
3	31	59	87	G	F	E	D	F	A	G	F	E	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Th	F	Sa	Su	M	Tu	W			
4	*32	*60	*88	E	D	F	A	G	F	E	D	C	B	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Sa	Su	M	Tu	W	Th			
5	33	61	89	C	B	E	G	F	A	G	F	E	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	G	H	I	K	L	M	N					
6	34	62	90	C	B	E	G	F	A	G	F	E	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Sa	Su	M	Tu	W	Th	F						
7	35	63	91	B	A	D	F	A	G	F	E	D	C	B	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th					
8	*36	*64	*92	G	F	E	D	F	A	G	F	E	D	C	B	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	A	B	C	D	E	F	G					
9	37	65	93	B	A	D	F	A	G	F	E	D	C	B	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	G	H	I	K	L	M	N							
10	38	66	94	E	D	F	A	G	F	E	D	C	B	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th									
11	39	67	95	D	F	A	G	F	E	D	C	B	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	A	B	C	D	E	F	G											
12	*40	*68	*96	B	A	D	F	A	G	F	E	D	C	B	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th										
13	41	69	97	E	D	F	A	G	F	E	D	C	B	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	A	B	C	D	E	F	G												
14	42	70	98	C	B	E	G	F	A	G	F	E	D	C	B	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	G	H	I	K	L	M	N											
15	43	71	99	F	A	G	F	E	D	C	B	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W										
16	*44	*72	*100	D	F	A	G	F	E	D	C	B	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	A	B	C	D	E	F	G	H	I	K	L	M	N										
17	45	73	101	C	B	E	G	F	A	G	F	E	D	C	B	18	19	20	21	22	23	24	25	26	27	28	29	30	31	G	H	I	K	L	M	N														
18	46	74	102	B	A	D	F	A	G	F	E	D	C	B	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W										
19	47	75	103	A	G	F	E	D	C	B	19	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W							
20	*48	*76	*104	F	A	G	F	E	D	C	B	20	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W							
21	49	77	105	E	D	F	A	G	F	E	D	C	B	21	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W						
22	50	78	106	D	F	A	G	F	E	D	C	B	22	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W								
23	51	79	107	C	B	E	G	F	A	G	F	E	D	C	B	23	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W						
24	*52	*80	*108	A	G	F	E	D	C	B	24	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W					
25	53	81	109	F	A	G	F	E	D	C	B	25	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W					
26	54	82	110	E	D	F	A	G	F	E	D	C	B	26	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W				
27	55	83	111	D	F	A	G	F	E	D	C	B	27	28	29	30	31	F	Th	W	Tu	M	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W						

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.

CHART OF SELECTED COMMUNICABLE DISEASES

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Disease	How Spread	Prevention	How Long From Exposure to Onset	Common Symptoms	How Long Communicable	Some Possible Complications
Influenza	By direct contact, through droplet spread, or by articles freshly soiled with nose and throat discharges of infected persons.	Immunity to a specific influenza virus may last for several years after attack, but because there are many strains of influenza viruses, there may be frequent attacks of the disease. Vaccines are effective when they closely match the prevailing strain of virus. Inoculation after exposure is useless.	24 to 72 hours.	Sudden onset; fever for 1 to 6 days; chills; discomfort; aches or pains in back, legs, or shoulders; sore throat; runny nose; cough.	Probably limited to a brief period before onset and 1 week after.	Pneumonia. Deaths concentrated among the old, especially those with long-term illness, among women in late pregnancy, among infants, and among those whose acute illness is neglected.
Meningitis, Meningococcal (Cerebrospinal Fever)	By direct contact with infected persons; droplet spread; human carriers.	No immunization. Avoid contact with infected persons and droplet spread. Prevent overcrowded living conditions; stress personal cleanliness.	Varies from 2 to 10 days, commonly 3 to 4 days.	An acute bacterial infection with sudden onset, fever, intense headache, nausea and vomiting; frequently a rash of small, round, purplish-red spots; dizziness, stiff neck, delirium, and coma.	Until germs are no longer present in discharges from nose and throat of infected persons. Usually disappears in 24 hours after appropriate treatment.	Spread of the infection to the brain tissue; pneumonia; middle ear infection; mastoiditis; chronic heart damage.
Mumps	By droplet spread or direct contact with infected persons; indirectly through articles freshly soiled with the saliva of such persons.	Effective vaccines available but of limited value because immunity probably does not exceed 2 years. Vaccine has value in selected groups of susceptibles, for example, the military.	From 12 to 26 days, commonly 18 days.	An acute viral infection with sudden onset, fever, swelling, and tenderness of the salivary glands.	From about 7 days before distinctive symptoms and persisting as much as 9 days thereafter, or until swelling of the glands has disappeared.	Inflammation of the ovaries or testicles in adults; middle ear infection and sometimes permanent deafness. Meningitis or encephalitis is common. Children under 12 usually free from complications.
Typhoid Fever	Direct or indirect contact with infected persons or carriers. Principal vehicles of spread are water and food contaminated with feces or urine of infected persons. Contamination is usually by hands of a carrier or of an undiagnosed case. Flies may also play a part in spread.	Immunization with typhoid vaccine; periodic reinforcing injections desirable, commonly once in 3 years. A high degree of immunity usually follows recovery from the disease.	Variable; average 2 weeks; usual range 1 to 3 weeks.	Fever; headache; constipation more commonly than diarrhea; abdominal tenderness and distention; rose spots on the trunk.	As long as typhoid bacilli appear in excreta, usually from second week throughout convalescence; thereafter variable. From 2 to 5 percent of patients become permanent carriers.	Hemorrhage or perforation of the intestine; peritonitis; blood clot in a vein; early heart failure; bedsores; bronchitis and pneumonia.

FIRST AID IN HOUSEHOLD EMERGENCIES

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



- Dilute poison with large amounts of liquids—milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with 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.

SHOCK: 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: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an anti-septic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- 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:** 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 (1 tsp. salt to 1 glass water) $\frac{1}{2}$ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.



Planting Chart for Annuals

Name	Height inches	Germ. days outdoors	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	8-24	8-12	6-10	3	5	5
Allysum, Sweet	4-8	12	12		4	
Aster, China	12-36	8-10	15-18	4	5	5-6
Calif. Poppy	12	5-10	8		3-11	
Calendula	12-18	10-12	12	3	3-4	4-5
Calliopsis	8-36	10-12	6-12	3	3-4-11	
Candytuft	6-12	5-8	4-8		3-4-11	
Canterbury Bell (An.)	24-30	12-15	18	2-3	4	5
Celosia (Coxcomb)	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin)	24	5-20	5-10	3	3-6-11	5
Chrysanthemum (An.)	24	6-8	12	3-4	5	5
Clarkia	24	8-10	10		3-4	
Cosmos	36-60	5-15	24-30	3-4	4-5	5
Flax (Annual)	24	15	6-10		3-4	
Four O'Clock	24	12-15	15-24	5	5	5
Galliard	12-18	12-15	12	3	4	5
Larkspur	24-34	15-20	10-12		3-4-11	
Lupine	24-38	25-30	12		5	
Marigold	10-60	5-8	12-30	3-4	4-5	5
Nicotiana	24-38	20-25	12	3	5	5
Petunia	8-12	18-20	10-18	3	3-4-5	5
Phlox Drummond	10-15	20-25	8-10	3	4-5	5
Pinks (Annual)	12	8-8	12	2-3	4	5
Portulaca	2-3	18-20	6		4-5	
Salpiglossis	24-30	15-20	12		3-5	
Scabiosa	24-36	18-20	10	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	
Verbena	8-12	8-10	12-15	3	4	5
Zinnia	12-36	5-8	12-24	3-4	5	5



courtesy Ortho Products

Name	Seeds or plants per 100-ft. row	PLANTING DISTANCES		Depth of planting sand in inches	Ready for use after planting (days)	Yield per 100-ft. row
		Rows apart in inches	Plants apart in inches			
Beans, Bush	1 lb.	18-24	4-6	½-2	45-65	50 lbs.
Beans, Lima	½ lb.	24	6-10	½-2	60-75	60-75 lbs.
Beans, Pole Snap	½ lb.	36-48	36-48	½-2	45-75	50-75 lbs.
Beets	2 oz.	12-18	3	½-1	50-80	100 lbs.
Broccoli	½ oz., 50 pl.	24-30	18-24	¼-½	80-120	50 lbs.
Brussels Sprouts	¼ oz., 50 pl.	24-30	18-24	¼-½	95-120	30 qts.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	½	50-65	100 lbs.
Carrots	½-1 oz.	12-18	3	¼-½	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	½	55-70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	½-1	50-90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	½	60-90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	¼-½	80-90	125 fruit
Endive	1 oz.	18-24	12-18	½-1	90-120	50 lbs.
Lettuce, Leaf	½ oz.	12-18	6-12	¼	40-60	50 lbs.
Onion Plants	300	15-18	3-4	2-3	75-100	100 lbs.
Peas	½ lb.	18-36	1-3	2-3	50-125	40 lbs.
Peppers	¼ oz., 50-75 pl.	18-24	15-24		70-140	120 pep.
Radishes	1 oz.	12-18	1	¼-1	25-50	1200 rad.
Spinach	1 oz.	15-24	2-6	¼-1	40-70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	½	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.



Planting Chart For Bulbs and Bulbous Plants

Name	Height Inches	Color	Bloom Period Months	Planting Time, Depth and Spacing (Inches)	Habit	Time to Divide
Amaryllis	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	May, Shallow 12 apart	Tender, Shade. Sandy, moist soil	Dig and store over winter
Canas	36-80	Various	7-10	May, 4-5 deep 18-24 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 18-48 apart	Tender, Sun. Rich soil	Store after frost. Divide in spring
Glaucous	38-40	Various	7-10	Spring, 6-8 deep 3-5 apart	Sun. Make successive plantings	Dig and store after frost
Nyscieth	10	Various	3-4	Fall, 6-8 deep 6-5 apart	Sun. In beds. Rich soil.	Leave undisturbed
Lily, Canada	36-40	Yel-Orangs	6-7	Fall, 5 deep 12-15 apart	Sun. Damp. Feet or leaf mold	Leave undisturbed
Lily, Madonna	36-80	White	6-7	Fall, 3 deep 12 apart	Sun. Lime Soil. Plant in sand	Leave undisturbed
Lily, Ziegans	18-24	Various	6-7	Fall, 4-8 deep 6-12 apart	Sun. Shade, Lime. Light soil	Leave undisturbed
Lily, Henry	48-58	Orange-Yel	7-8	Fall, 10 deep 12-24 apart	Sun. Shade, Any soil, Lime, Hardy.	Leave undisturbed
Lily, Regal	36-72	White	7	Fall, Spr. 6-8 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	6-8	Fall, 6-8 deep 12-24 apart	Sun. Lt. shade. Grow anywhere	Leave undisturbed
Lily, Concise	26-36	Orange-red	6-7	Fall, 6-8 deep 12 apart	Sun. Lime. Easy to grow	Leave undisturbed
Hardy Amaryllis	24-30	Lilac-pink	8	Fall, 4 deep 10-15 apart	Sun. Lt. shade, any Good Soil	Leave undisturbed
Mossbottle	24-38	Various	7-10	Spring, 3-4 deep 3-6 apart	Shade or Sun. Rich soil	Store in North. Leave undi- sturbed in South
Narcissus	12-18	Various	3-6	Fall, 5 deep 6-12 apart	Sun. Semi-shade. Any soil	Leave undi- sturbed unless crowded
Tulip	10-32	Various	4-6	Fall, 4 deep 4-8 apart	Sun best. Rich soil	Annually or 2-3 years

Perennial Planting Chart

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	60	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
Island 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
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	8	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

courtesy Ortho Products

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—*Job 14; Romans 8.*
Everything is going well—*Psalms 33:12-22; 100; I Timothy 5; 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; Philomon.*
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

1977

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JANUARY							JULY						
						1							1 2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31						31						
FEBRUARY							AUGUST						
	1	2	3	4	5		7	8	9	10	11	12	13
6	7	8	9	10	11	12	14	15	16	17	18	19	20
13	14	15	16	17	18	19	21	22	23	24	25	26	27
20	21	22	23	24	25	26	28	29	30	31			
27	28												
MARCH							SEPTEMBER						
	1	2	3	4	5		4	5	6	7	8	9	10
6	7	8	9	10	11	12	11	12	13	14	15	16	17
13	14	15	16	17	18	19	18	19	20	21	22	23	24
20	21	22	23	24	25	26	25	26	27	28	29	30	
27	28	29	30	31									
APRIL							OCTOBER						
						1 2	2	3	4	5	6	7	8
3	4	5	6	7	8	9	9	10	11	12	13	14	15
10	11	12	13	14	15	16	16	17	18	19	20	21	22
17	18	19	20	21	22	23	23	24	25	26	27	28	29
24	25	26	27	28	29	30	30	31					
MAY							NOVEMBER						
	1	2	3	4	5	6	6	7	8	9	10	11	12
8	9	10	11	12	13	14	13	14	15	16	17	18	19
15	16	17	18	19	20	21	20	21	22	23	24	25	26
22	23	24	25	26	27	28	27	28	29	30	31		
29	30	31											
JUNE							DECEMBER						
						1 2 3	4	5	6	7	8	9	10
5	6	7	8	9	10	11	11	12	13	14	15	16	17
12	13	14	15	16	17	18	18	19	20	21	22	23	24
19	20	21	22	23	24	25	25	26	27	28	29	30	31
26	27	28	29	30									

1978

S	M	T	W	T	F	S	S	M	T	W	T	F	S
JANUARY							JULY						
													1
1	2	3	4	5	6	7	2	3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30	31					30	31					
FEBRUARY							AUGUST						
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28					27	28	29	30	31		
MARCH							SEPTEMBER						
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30	31		24	25	26	27	28	29	30
APRIL							OCTOBER						
						1	1	2	3	4	5	6	7
2	3	4	5	6	7	8	8	9	10	11	12	13	14
9	10	11	12	13	14	15	15	16	17	18	19	20	21
16	17	18	19	20	21	22	22	23	24	25	26	27	28
23	24	25	26	27	28	29	29	30	31				
30													
MAY							NOVEMBER						
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30	31				26	27	28	29	30		
JUNE							DECEMBER						
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29	30		24	25	26	27	28	29	30
							31						

1979

S	M	T	W	T	F	S	S	M	T	W	T	F	S
JANUARY							JULY						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				
FEBRUARY							AUGUST						
4	5	6	7	8	9	10	1	2	3	4	5	6	7
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28				26	27	28	29	30	31	
MARCH							SEPTEMBER						
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30	31	23	24	25	26	27	28	29
APRIL							OCTOBER						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30					
MAY							NOVEMBER						
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30	31			25	26	27	28	29	30	
JUNE							DECEMBER						
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29	30	23	24	25	26	27	28	29
							30	31					

The plastic binding on this book will provide years of endless service, but like all plastic materials it should not be exposed to excessive heat. Examples of this would be direct sun, left in a hot automobile or near the burner of a kitchen stove.

CIRCULATION SERVICE, INC.

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KANSAS CITY, MO. 64113**

**PROGRAMS OF SERVICE AND FUND RAISING PROGRAMS
FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS**

