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A DAILY GUIDE TO HEALTHY EATING

1. Drink a quart of whole milk a day.
Fresh, canned, or dried milk, cheese, cream soup, sauce, drinks, casseroles and desserts are all excellent sources of proteins, vitamins and minerals.

Eat butter, fortified margarine - 3-4 tablespoons a day. Spread on bread, or season other foods. Contains fat for energy.

2. Eat meat, fish, poultry - at least 1 serving a day for body-building material.

Eggs - at least 4 a week.

Dried beans or peas or soybeans, nuts, take the place of meat occasionally.

Use in main dishes, sandwich fillings, soups, salads.

3. Eat a green leafy vegetable and a yellow vegetable besides potato every day.

Some vegetables may be eaten raw or cooked, but cook carefully if you do.

| | | |
|----------------|--------|----------|
| Spinach | Chard | Parsnips |
| Parsley | Kale | Beans |
| Sweet Potatoes | Corn | Onions |
| Carrots | Squash | Beets |

Eat oranges, grapefruit or tomatoes once a day for Vitamin C. Whole fruit, juice, fresh, canned, dessert, or salad. Raw cabbage, lettuce, salad greens double when fruits are scarce.

Eat other fruits - one from this group each day:

| | |
|---------|---------|
| Bananas | Peaches |
| Apples | Pears |
| Grapes | Raisins |

4. Eat bread and cereals - 2 servings a day for energy.
Whole grains are best, enriched next best.

| | |
|-----------------------|---------|
| Breakfast cereal | Cookies |
| Plain and fancy bread | Dessert |

*Better
Meals
are
Planned
Meals!*

You will be able to have better meals easier if you plan them for several days or a week ahead. Menus usually follow a definite pattern, but you can provide as much variety as you like. All meals can be fun if you vary them from day to day!

BREAKFAST PATTERN -

(Hit-or-miss breakfasts are lacking in pep)

Fruit or juice

Whole grain cereal with milk

Egg or other "Main Dish" (occasionally)

Toast or other bread

Butter or margarine

Milk or cocoa

Coffee

LUNCH PATTERN -

Soup or other light protein dish

Salad or sandwich

Simple Dessert, if desired

Milk or a milk drink

DINNER PATTERN -

Meat, fish, or poultry

Potato and green or yellow vegetable

Salad

Bread and butter

Dessert

(of fruit or milk if these are lacking in other meals)

Beverage

Give your food "appetite appeal" by an attractive and colorful garnish ---

VEGETABLES

- Fringed cucumber slices
- Green pepper rings
- Celery curls
- Carrot curls
- Onion rings
- Cauliflowerets
- Parsley - dried or fresh
- Celery leaves
- Radish roses
- Curly endive

FRUITS

- Clusters of berries or grapes
- Strawberry with stem on
- Orange slice decorated with mint or currant jelly
- Lemon cut in wedges or slices decorated with parsley, paprika or pimienta
- Spiced crabapples
- Melon balls

NUTS

- Whole nut meats
- Almonds arranged as petals of flower
- Chopped nuts

MISCELLANEOUS

- Cooked egg yolks pressed through a sieve
- Cubes of bright colored jelly or gelatin
- Croutons
- Dash of paprika
- Pimienta

The appearance of foods has a definite effect on appetites!

KITCHEN VOCABULARY

- BLANCH** - Precook in boiling water or steam;
1. Used to inactive enzymes and shrink food for canning, freezing or drying.
 2. Used to aid in removal of skins from nuts and fruits.
- BOIL** - To cook in water or a liquid in which bubbles rise continually and break on the surface.
- BRAISE** - To brown meat or vegetables in a small amount of fat, then to cook slowly in a covered utensil in a small amount of liquid.
- BREAD** - To coat with bread crumbs; or to coat with bread crumbs then with diluted, slightly beaten egg and again with crumbs.
- BROIL** - To cook in contact with direct heat.
- CREAM** - To make very soft and pliable, as with shortening and sugar, using the back of a spoon or slow speed on electric mixer.
- DICE** - To cut into cubes.
- FOLD** - To mix in gently with a wooden spoon or a rubber spatula.
- FRICASSEE** - Cook by braising - usually applied to fowl, rabbit or veal cut into pieces.
- KNEAD** - To mix with the hands using a pressing motion accompanied by folding and stretching motions.
- MARINATE** - To permit a food, as vegetables for a salad, to stand in French dressing an hour or longer to improve the flavors.
- MINCE** - To cut or chop into very small pieces.

PREHEAT - To heat ahead of time. To preheat the oven, turn it on and allow it to reach the desired temperature before baking (approximately 10 min)

SAUTE - To cook in a small amount of fat (pan fry).

SCALD - To heat a liquid just below boiling point.

SIMMER - To cook in a liquid in which the bubbles form slowly and break below the surface.

STEAM - To cook in steam in a steamer or in a covered sauce pan with a small amount of water.

STEW - Simmer in a large quantity of water. Do not boil vigorously.

| Av. Size | COMMON CAN & JAR SIZES | | Principle Use for |
|--------------|------------------------------------|------------------|-------------------------------------------------------------|
| | Av. Net Wt. per can | Av. Cups per can | |
| 8 oz. | 8 oz. | 1 c | Fruits, vegetables |
| No. 1 picnic | 10½-12 oz. | 1¼ c | Condensed soups, fruits, vegetables, meat, fish |
| | 12 oz. | 1½ c | Vacuum pack corn |
| No. 300 | 14-16 oz. | 1¾ c | Pork and beans, Meat products, Cranberry sauce, Blueberries |
| No. 303 | 16-17 oz. | 2 c | Fruits and veg. |
| No. 2 | 1 lb. 4 oz. or 1 pt. 2 fl. oz. | 2½ c | Juices, ready-to-serve soups |
| No. 2½ | 1 lb. 13 oz. | 3½ c | Fruits, some veg. |
| 46 oz. | 3 lb. 3 oz. or 1 qt. 14 fl. oz. | 5¾ c | Fruit & Veg. juices for institutional use |
| No. 10 | 6½ lb.-7 lb. 5 oz. | 12-13 c | Fruits, vegetables for institutional use |

CORRECT MEASUREMENTS - ALWAYS!!

For good results every time, measure accurately with standard measuring cups and spoons. Measurements are always level.

TO MEASURE SHORTENING

Have shortening at room temperature and pack firmly into a cup; level off; scoop out with a rubber spatula.

DRY INGREDIENTS

Spoon granulated sugar lightly into cup, level off with knife.

Pack brown sugar firmly into cup.

Sift flour once; spoon lightly into cup and level off with knife. Do not shake or pack down.

LIQUIDS

Fill glass cup to desired measurement, and check at eye level.

SIGNS AND SYMBOLS

| | |
|----------------|------------|
| t - teaspoon | qt - quart |
| T - tablespoon | pt - pint |
| c - cup | oz - ounce |
| lb - pound | pk - peck |

WEIGHTS AND MEASURES

| | |
|-----------------------|------------------------------|
| 3 t - 1 T | 8 qt - 1 pk |
| 4 T - $\frac{1}{4}$ c | 4 pk - 1 bu |
| 16 T - 1 c | 8 oz - 1 c |
| 2 c - 1 pt | 1 T - $\frac{1}{2}$ fluid oz |
| 4 c - 1 qt | 1 c - 8 fluid oz |
| | 1 oz. - 28.35 grams |

TABLES OF EQUIVALENTS

FLOUR, SUGAR AND CEREAL PRODUCTS

| | | |
|---------------------------|--------|--------------------------------------|
| 1 lb brown sugar | equals | 2 $\frac{2}{3}$ c |
| 1 lb confectioners' sugar | " | $3\frac{1}{2}$ c |
| 1 lb granulated sugar | " | 2 c |
| 1 lb all-purpose flour | " | 4 c |
| 1 lb cake flour | " | 5 c |
| 1 oz flour | " | 4 T |
| 1 c all-purpose flour | " | 1 c plus 2 T cake or pastry flour |
| 2 T flour | " | 1 T cornstarch for thickening |

| | | |
|-------------------------|--------|-------------------|
| 3 T cornstarch | equals | 1 oz. |
| 1 lb. uncooked rice | " | 2 1/3 c |
| 1 c uncooked rice | " | 3 c cooked rice |
| 1 lb. uncooked macaroni | " | 2 1/2 qts. cooked |
| 1 lb. dry beans | " | 6 c cooked |
| 1 lb. noodles | " | 9 c cooked |

If your recipe calls for 1 c granulated sugar, you can use:

- 1 1/3 c brown sugar firmly packed
- 1 1/2 c molasses or maple syrup minus 3 T liquid in recipe
- 3/4 c liquid honey minus 3 T liquid in recipe

DAIRY PRODUCTS

| | | |
|---------------------------------------|-------------------------------------------------------------------------|------------------|
| 1 lb. butter or margarine | equals | 2 c |
| 1 stick butter or margarine | " | 1/4 lb. or 1/2 c |
| 1 lb. vegetable shortening | " | 2 1/2 c |
| 1 oz. butter, margarine, shortening | " | 2 T |
| 1 lb. cottage cheese | " | 2 c |
| 1 whole egg | " | 3 T |
| 5 whole eggs | " | 1 c |
| 8 egg whites | " | 1 c |
| 12-14 egg yolks | " | 1 c |
| 2 T dried egg plus 2 T water | " | 1 egg |
| 1 1/2 T dried egg yolk plus 1 T water | " | 1 egg |
| 1 T dried egg white plus 2 T water | " | 1 egg white |
| 1 c coffee cream | equals 3 T butter plus 7/8 c milk | |
| 1 c heavy cream | equals 1/3 c butter plus 3/4 c milk | |
| 1 c milk | equals 1/2 c evaporated milk plus 1/2 c water | |
| 1 c skim milk | equals 3 T dry skim milk plus 1 c water | |
| 1 c sour milk | equals 1 c buttermilk or 1 c sweet milk plus 1 T lemon juice or vinegar | |
| 1 c sour cream | equals 1 c evaporated milk plus 1 T lemon juice or vinegar | |
| 1 c milk plus 1 t baking powder | equals 1 c sour milk plus 1/2 t soda | |

MISCELLANEOUS

| | | |
|----------------------------|--------|----------------------------|
| 1 sq. chocolate | equals | 1 oz. |
| 1 sq. chocolate | " | 2 T cocoa |
| 1 lb. raisins | " | 2 1/2 c |
| 1 pk. potatoes | " | 15 lbs. |
| 1 lb. almonds | " | 3 c whole blanched |
| 1 lb. American cheese | " | 4 c grated cheese |
| 1 yeast cake | " | 1 pkg. dry yeast |
| 1 medium lemon | " | 2-3 T juice |
| 1 medium orange | " | 1/3 - 1/2 c juice |
| 1/4 lb. chopped nuts | " | 1 c |
| 1 lb. finely chopped dates | " | 1 1/2 c |
| 16 large marshmallows | " | 2 c miniature marshmallows |

TIME AND TEMPERATURE CHART

| BAKED GOODS | TEMPERATURE | TIME |
|-------------------------|------------------------------------|-----------------|
| Biscuits | 450°F | 12-15 min |
| Bread, Boston (covered) | 275°F | 3 hours |
| Cornbread | 425°F | 20-25 min |
| Nut & Fruit Loaves | 350°F | 45-60 min |
| Yeast, White | 425°F 10 min then | 375°F 40-50 min |
| Yeast, Whole Wheat | 375°F | 50-60 min |
| Kuchen, Coffee Cake | 375°F | 25-30 min |
| Cake | | |
| Angel | 325°F 1 hr or 400°F | 30-35 min |
| Sponge | 325°F | 1 hour |
| Cup Cakes | 375°F | 18-20 min |
| Fruit | 275°F 2 to 4 hrs depending on size | |
| Gingerbread | 350°F | 35-45 min |
| Layer | 375°F | 20-30 min |
| Chocolate Layer | 350°F | 25-30 min |
| Loaf | 350°F | 55-60 min |
| Pound | 325°F | 1¼-1½ hrs |
| Sheet | 350°F | 35-40 min |
| Cookies-Brownies | 350°F | 30-40 min |
| Cut-Out | 375°F | 12-15 min |
| Fruit Bars | 350°F | 25-30 min |
| Drop | 375°F | 12-15 min |
| Molasses | 375°F | 12-15 min |
| Refrigerator | 400°F | 8-12 min |
| Sugar | 400°F | 10-12 min |
| Cream Puff Shells | 400°F | 40-45 min |
| Custard-Cup | 300°F | 35-45 min |
| Large | 300°F | 50-60 min |
| Muffins | 400°F | 20-30 min |
| Pie | | |
| Shells | 450°F | 12-15 min |
| Custard - Same as | | |
| Pumpkin, or | 425°F | 25-35 min |
| Meringue | 425°F | 4-4½ min |
| Pumpkin | 450°F 15 min then | 375°F 25-35 min |
| Fruit, 2-Crust | 450°F 15 min then | 375°F 35-45 min |

| BAKED GOODS | TEMPERATURE | TIME |
|------------------|-------------------|--------------|
| Popovers | 450°F 15 min then | 350°F 25 min |
| Puddings - Bread | 350°F | 1 hr |
| Fruit Cobblers | 350°F | 1 hr |
| Fruit | 350°F | 1 hr |
| Rice | 300°F | 3 hrs |
| Souffles | 325°F | 1 hr |

MAIN DISHES

| | | |
|--------------------------------|-----------------|------------------|
| Chops - Pork, Lamb, Veal | 350°F | 1 hr |
| Fish Fillets in Milk | 375°F | 20-30 min |
| Fish - Whole, Stuffed | 425°F 30-40 min | or 10 min per lb |
| Ham Slice in Milk | 375°F | 30 min |
| Macaroni and cheese | 375°F | 25-30 min |
| Meat Loaf | 350°F | 1¼ hrs |
| Meat Pie, Pastry Crust: | 450°F | 12-15 min |
| Biscuit Crust: | 425°F | 20-25 min |
| Scalloped Dishes (Cooked Food) | 350°F | 20-30 min |
| Spanish Rice | 350°F | 1 hr |

FRUIT AND VEGETABLES *

| | | |
|--------------------------------------------------|-------|--------------|
| Apples, Prunes, Rhubarb, etc. | 350°F | 50-60 min |
| Baked Beans | 275°F | 8-10 min or |
| If Parboiled: | 275°F | 5-6 hrs |
| Beets (in covered casserole) | 350°F | 1-2 hrs |
| Carrots (in covered casserole) | 350°F | 1-2 hrs |
| Potatoes, Baked | 450°F | 50-60 min or |
| | 350°F | 1¼ hrs |
| Potatoes, Scalloped | 350°F | 1¼ hrs |
| Sweet Potatoes, Baked | 350°F | 1 hr or |
| | 425°F | 30-40 min |
| Squash-Winter, Whole | 300°F | 2-3 hrs |
| Squash, Individual or squares of Unpeeled Winter | 350°F | 50-60 min |

* These foods, except scalloped potatoes, may be baked at temperatures up to 400°F. If this is used, decrease time by about one-fourth.

Correct oven temperature is very important for good baking results. You can easily check your oven with a reliable oven thermometer.

AUTOMATIC MEALS USING YOUR AUTOMATIC CLOCK

The clock control of your automatic range makes it possible to prepare a main dish, vegetable, hot bread, and dessert all at the same time, with a minimum of attention from you. Suggestions are listed below for easy oven meals.

| <u>OVEN TEMP. AND TIME</u> | <u>MAIN DISH</u> | <u>POTATOES</u> | <u>VEGETABLE</u> | <u>DESSERT</u> |
|--------------------------------|--------------------------------------------------|------------------------------------------------------------|------------------------------------------------|---------------------------------------------|
| 300°F - 2 hrs or | Braised Short Ribs of Beef | Oven Brownd | Baked Acorn Squash | Stewed Fruit |
| 325°F - 1½ hrs | Porcupine Balls Veal Birds | Baked Creamed | Succotash Oven Steamed Vegetables | Apple Betty Baked Rhubarb |
| ----- | | | | |
| 350°F - 1¼ hrs | Meat Loaf Baked Ham Slice Oven Baked Chops | Scalloped Candied Sweet Sweet Potatoes and Apples | Harvard Beets Baked Split Peas Succotash | Apple Dumpling Fruit Pie Stewed Fruit |

THERMOSTATIC UNIT

1. Choose the right temperature for each food.
2. For best cooking results use straight sided, flat bottomed cooking utensils. Except for frying, cover utensils.
3. Use the chart below as a basic guide for the thermostatic unit or electric fry pan.

| <u>SETTING</u> | <u>APPROXIMATE TEMPERATURE</u> | <u>TYPICAL FOODS COOKED AT THESE TEMPERATURES</u> |
|----------------|--------------------------------|-------------------------------------------------------------------------|
| Warm | 125 ^o F | Hold foods to serve; scald milk |
| | 155 ^o F | Melt chocolate and shortening |
| | 190 ^o F | Heat rolls ; warm baby's bottle; chafing dish recipes |
| Boil | 205 ^o F | Braise meat and vegetables; fresh or frozen vegetables; boiled potatoes |
| | 240 ^o F | Coffee; spaghetti |
| | 275 ^o F | Sausage patties |
| Fry | 300 ^o F | Bacon; pork or lamb chops; ham slice; liver |
| | 340 ^o F | Pan broiling; fried fish; hamburgers |
| | 375 ^o F | Deep fat frying; baked potatoes, minute steaks |

QUICK BREADS

MASTER-MIX

9 c sifted all-purpose flour $\frac{1}{4}$ c baking powder
1 T salt 2 c shortening

1. Sift flour with salt and baking powder.
2. Add shortening and cut into flour with a pastry blender until the mixture resembles coarse cornmeal.
3. Store in a covered container on cupboard shelf. Use as desired for the following recipes.

MUFFINS

Temp: 400°F Time: 25 min

2 c sifted all-purpose flour* 1 c milk
4 t baking powder* 2 T melted shortening*
 $\frac{1}{2}$ t salt* 1 egg, well beaten
2 T sugar

1. Sift flour, baking powder, salt and sugar into bowl.
2. Combine milk, shortening and egg. Add to flour mixture, stirring only enough to dampen flour.
3. Fill greased muffin pans $\frac{2}{3}$ full and bake in preheated oven.

* Substitute with 2 cups Master Mix. Proceed as in steps 2 and 3 above, omitting the melted shortening.

VARIATIONS

Add $\frac{1}{2}$ c chopped nutmeats or dried fruit, bits of bacon or 1 c fresh well-drained fruit.

CORNMEAL MUFFINS

Use $1\frac{3}{4}$ c sifted all-purpose flour and $\frac{3}{4}$ c cornmeal for 2 c flour in muffin recipe. Add 1 T more melted shortening.

GRAHAM MUFFINS

Use $1\frac{1}{4}$ c graham flour for 1 c flour in muffin recipe.

OATMEAL MUFFINS

Use 1 c oatmeal for 1 c flour in muffin recipe.

MUFFINS WITH SOUR MILK

Use 2 t baking powder and $\frac{1}{2}$ t soda in place of 4 t baking powder. Use sour milk in place of sweet milk.

BAKING POWDER BISCUITS*Temp: 450°F Time: 12-15 min.*

- 2 c sifted all-purpose flour* 3 T shortening*
 1 T baking powder* 2/3 c milk
 1 t salt*

1. Sift flour with baking powder and salt. Cut in shortening.
2. Add enough milk to make a soft dough easy to handle. Stir until well blended.
3. Turn out on a lightly floured pastry cloth and knead about 10 times.
4. Pat or roll out $\frac{1}{2}$ " thick. Cut with unfloured biscuit cutter. Place on ungreased 10 x 14" cookie sheet.
5. Bake in preheated oven.

*Substitue 2 cups Master Mix and proceed using steps 2 through 5.

CHEESE BISCUITS*Temp: 450°F Time: 12-15 min.*

1. Follow above recipe for Baking Powder Biscuits through step 3.
2. Roll out into a rectangular sheet $\frac{1}{4}$ " thick, sprinkle with grated cheese. Pat cheese into biscuit dough lightly with rolling pin. Cut into $1\frac{3}{4}$ " squares and brush with melted butter.
3. Stack 4 or 5 squares together. Place with cut sides down in greased muffin pans.
4. Bake in preheated oven.

APPLE BUNS*Temp: 450°F Time: 20 min.*

- 1 recipe Baking Powder $\frac{1}{2}$ t cinnamon or nutmeg
 Biscuit Dough 2 T soft butter or margarine
 3 medium sized apples
 $\frac{1}{4}$ c sugar

1. Roll baking powder biscuit dough $\frac{1}{4}$ " thick.
2. Chop apples finely, mix with sugar and spice.
3. Spread apple mixture on dough. Dot with butter.
4. Roll as for jelly roll and cut into slices 1" thick.
5. Place in a greased pan and bake in preheated oven.

FRUIT COFFEE RING*Temp: 425°F Time: 25-35 min.*

- 3 T melted butter or margarine 1 egg
 1 t grated orange rind $\frac{1}{2}$ c sugar
 $\frac{1}{2}$ c sugar $\frac{1}{2}$ c milk
 $\frac{1}{2}$ c whole raw cranberries, 1 $\frac{3}{4}$ c Master Mix
 pineapple tidbits or
 sliced apple

1. Mix butter, orange rind, sugar and fruit. Spread evenly over bottom of ring mold.
2. Beat egg, add sugar, milk and Master Mix. Stir only enough to moisten, spread over fruit; bake in preheated oven.

WAFFLES

$1\frac{3}{4}$ c sifted all-purpose flour* 2 eggs, separated
4 t baking powder* $1\frac{1}{2}$ c milk
 $\frac{1}{2}$ t salt* $\frac{1}{4}$ c melted shortening*

1. Mix and sift flour, baking powder and salt into a bowl.
2. Add egg yolks, milk and melted shortening.
3. Beat egg whites until stiff.
4. Using the same beater, beat first mixture until just smooth, then fold in stiffly beaten egg whites.
5. Pour about 1 heaping tablespoon of batter on each section of the lower grid of waffle iron. Bake 2-2 $\frac{1}{2}$ min.

**Substitute 2 c Master Mix and proceed following steps 2-5, omitting melted shortening.*

WAFFLE VARIATIONS

NUT WAFFLES - To the standard recipe add 1 c finely chopped nutmeats.

BACON WAFFLES - Arrange bits of diced bacon on grids before adding waffle batter.

WAFFLE NUT SUNDAE - Add 1 c finely chopped nutmeats to the standard waffle recipe. Serve warm with a scoop of vanilla ice cream and maple syrup over all.

Waffles can be kept warm by baking in advance and placing on a cooling rack in a 300°F oven until serving time.

TO FREEZE WAFFLES - Bake to light brown, then wrap individually. Reheat from frozen state in toaster or under broiler.

WHAT TO SERVE ON WAFFLES

Butter will go further if melted and mixed with maple or brown sugar syrup. Serve hot.

Brown sugar, jam, applesauce or jelly are delicious and nutritious for all kinds of waffles.

Combine $\frac{1}{4}$ c butter or margarine with $\frac{1}{2}$ c honey and use on waffles, as well as muffins, bread or sandwiches to make the butter go further.

FRENCH TOAST

2 eggs
1½ c milk
¼ t sugar
1 t salt
8 slices bread

1. Beat eggs, add milk, sugar, and salt.
2. Dip bread in mixture, coating both sides.
3. Place on broiler pan and broil 4-5 minutes on each side.

DATE AND NUT BREAD

Temp: 350°F Time: 1 hr.

½ lb pitted dates
1 t soda
¾ c boiling water
1 egg
¾ c light brown sugar
1 t salt
1 t vanilla
½ c sifted all-purpose flour
1 t baking powder
1 c nutmeats

1. Chop dates, add soda and boiling water. Cool.
2. Beat egg, add sugar, salt and vanilla and combine with the date mixture.
3. Sift flour with baking powder. Stir into first mixture with nutmeats.
4. Pour into greased 8½ x 4½ x 2½" loaf pan. Bake in preheated oven.

BANANA BRAN BREAD

Temp: 375°F Time: 1 hr.

¼ c shortening
½ c sugar
1 egg
1 c bran
½ c sifted all-purpose flour
2 t baking powder
½ t soda
½ t salt
½ c chopped nutmeats
½ c mashed banana
2 T water

1. Cream shortening, add sugar gradually, the well-beaten egg and the bran.
2. Mix and sift flour, baking powder, soda and salt, then add nutmeats.
3. Mix banana and water and add alternately with flour to creamed mixture.
4. Pour into a greased bread pan and let stand 30 minutes. Bake in preheated oven.



YEAST BREADS

REFRIGERATOR ROLLS

Temp: 400°F Time: 20-25 min

- | | |
|---------------------------------|------------------------------------|
| 1 yeast cake or 1 pkg dry yeast | 1 t salt |
| $\frac{1}{4}$ c lukewarm water | 2 eggs |
| *1 c milk | 4-5 c sifted all-purpose |
| $\frac{1}{3}$ c shortening | $\frac{1}{8}$ t nutmeg or mace, if |
| $\frac{1}{4}$ c sugar | desired |

1. Crumble yeast cake and soften in lukewarm water.
2. Scald milk and pour over shortening, sugar, salt. When cooled to lukewarm, add softened yeast, eggs and 3 c of the flour. Add nutmeg. Beat until very smooth and light.
3. Add rest of flour and stir until well blended. Brush with melted butter or margarine, cover and place in refrigerator until ready to shape into rolls. This dough will keep in the refrigerator 4 days. As dough rises in bowl, punch down.
4. When ready to bake rolls, punch dough down, shape rolls and let rise until double in bulk. Bake in preheated oven.

NOTE: *If desired, the dough may be allowed to rise double in bulk and then shaped into rolls without refrigeration.*

* *Dried milk can be substituted for fresh milk by using 1 c of water and 3 T of dry milk powder. 5 to 6 T milk powder can be used, if desired, to increase the food value or use regular milk in the recipe and add 3 or 4 T of dry milk to the dry ingredients.*

CINNAMON ROLLS

Temp: 375°F Time: 25-35 min

1. Roll out Refrigerator Roll dough on well-floured pastry cloth or board, brush with melted butter, sprinkle generously with brown sugar, cinnamon, and nutmeats.
2. Roll as for jelly roll and cut into 1" slices. Place cut side down on greased 13" x 9" x 2" pan or in greased muffin pans.
3. Let rise in warm place until light, about 1 hour.
4. Bake in preheated oven. Yield: 18 medium rolls. These rolls are especially nice for breakfast or lunch.

PECAN ROLLS

1. Generously grease muffin pans or square pan with butter or margarine and add a layer of brown sugar and nutmeats.
2. Proceed as for cinnamon rolls.

APPLE KUCHEN

Temp: 400°F Time: 20-25 min

1. Roll Refrigerator dough $\frac{3}{4}$ " thick and place in greased pan. Brush over with melted shortening.
2. Pare 3 or 4 large apples, core and slice. Press apples into dough.
3. Mix $\frac{1}{4}$ c sugar, $\frac{1}{2}$ t cinnamon and 2 T raisins and sprinkle over the apples. Cover and let rise until light.
4. Bake in preheated oven. This is delicious for dessert served with whipped cream.

ROLL MAKING HINTS

TO HASTEN RISING TIME:

Turn oven on for 1 minute. At the end of 1 minute, turn oven off, and place dough in oven. Let dough stand in closed oven about 30 minutes. If dough is not light enough at the end of 30 minutes, remove dough from oven, reheat oven for 1 minute, and repeat procedure.

HOW LONG TO KNEAD DOUGH:

Place your hand on the dough for 30 seconds (while you count 30 slowly). If dough does not stick to your hand, it has been kneaded long enough.

Remember that high temperature kills yeast. Keep all ingredients lukewarm for yeast doughs.

WHEN IS DOUGH LIGHT ENOUGH?

Press dough with finger lightly; if impression remains, dough is light enough to shape.

If cereals or crackers lose their crispness, spread in a shallow pan and place in a warm oven (350°F) for about 15 minutes.

CAKES

TO TEST CAKE FOR DONENESS

1. Press top of cake lightly with tip of finger. The cake should spring back without leaving imprint of finger.
2. "Butter cakes" will shrink a little from sides of pan.

COOLING

1. Place on wire rack to cool.
2. Layer and cupcakes can be removed from pans after standing for 1 or 2 minutes.
3. Large cakes and "New Method" cakes should be allowed to stand 15 to 20 minutes before removing from pans.
4. Cakes, such as "Chiffon", should be cooled in pan and then cut from pan.

PAN SIZES

If recipe calls for --
2-8" layer pans

2-9" layers

You can use --

- 8x8x2" square pan
- 11x7x1½" oblong pan
- 12 large cup cakes
- 9" square pan
- 13x9x2" oblong pan
- 18 large cup cakes

Layer cakes and cup cakes are baked at the same temperature.
Oblong or square cakes are baked at 350°F for 45-55 min.

HOW TO GET BEST BAKING RESULTS -- Correct pans go hand in hand with a well-regulated oven to give good baking results

- Use size pan indicated in recipe.
 - Bright, shiny pans give best baking results. When using glass for cakes, cookies or custards lower oven temperature 25°F.
 - When baking on both racks in your oven, place the racks so they divide the oven in thirds.
 - Arrange pans in oven so the heat can circulate freely -- Do not have pans touching each other or the sides of oven. Be sure baking sheets are at least 2" smaller on all sides than the oven.
- Stagger pans - place 1 layer of cake to back of top rack and second layer to front of bottom rack.

MIRACLE CAKE*Temp: 375°F Time: 25-30 min.*

| | |
|------------------------------------|--------------------------------|
| $\frac{1}{2}$ c shortening | $2\frac{1}{4}$ t baking powder |
| 1 c sugar | $\frac{1}{4}$ t salt |
| 2 eggs | $\frac{3}{4}$ c milk |
| $2\frac{1}{4}$ c sifted cake flour | 1 t vanilla |

1. Cream shortening, add sugar gradually and beat until fluffy. Add eggs and beat well.
2. Mix and sift flour, baking powder and salt. Add alternately with milk to first mixture. Add vanilla.
3. Pour into 2 8" greased pans. (May be covered with wax paper and stored in refrigerator until ready to bake.) Bake in preheated oven.

SPICE CAKE -

Add 1 t cinnamon, 1 t allspice, $\frac{1}{2}$ t cloves, and $\frac{1}{2}$ t nutmeg to the flour in the Miracle Cake.

MARBLE CAKE -

Add 1 sq of melted chocolate to half of the Miracle Cake batter. Pour a little of each batter in cake pan and cut through batter to streak colors through cake.

EASY CHOCOLATE CAKE*Temp: 350°F Time: 40-50 min.*

| | |
|------------------------------|-------------------------|
| 2 c sifted all-purpose flour | 1- $\frac{1}{3}$ c milk |
| 1 c sugar | 2 sqs chocolate |
| $1\frac{1}{2}$ t soda | 3 T shortening |
| $\frac{1}{2}$ t salt | 1 t vanilla |

1. Mix and sift dry ingredients, add milk; mix well.
2. Melt chocolate and shortening, add to batter. Add vanilla.
3. Pour into 8x8x2" greased pan and bake in preheated oven.
4. Let stand 2-3 minutes before removing from pan.

SUNSHINE CAKE*Temp: 325°F Time: 60-65 min.*

| | |
|---------------------------------|--------------------------------|
| 8 egg whites | 1 c sifted cake flour |
| $\frac{1}{2}$ t cream of tartar | 2 T cold water |
| $\frac{1}{2}$ t salt | $\frac{1}{2}$ t vanilla |
| 1 c sugar | $\frac{1}{2}$ t almond extract |
| 5 egg yolks | $\frac{1}{2}$ t lemon extract |
| $\frac{1}{2}$ c sugar | |

1. Beat egg whites, cream of tartar, and salt until stiff. Gradually add sugar.
2. With same beaters, beat egg yolks until thick (at least 5 min). Beat in sugar gradually.
3. Add sifted flour alternately with water and flavorings.
4. Fold egg whites into egg yolk mixture.
5. Pour into an ungreased 10" tube pan. Bake in preheated oven.

GOLDEN LAYER CAKE*Temp: 350°F Time: 30-35 min.*

- | | |
|---------------------------------|----------------|
| 2¼ c sifted cake flour | 1 t vanilla |
| 1 T double-action baking powder | 1 c milk |
| 1 t salt | ½ c shortening |
| ¼ c sugar | 2 eggs |

1. Sift flour, baking powder, salt and sugar into mixing bowl.
2. Add vanilla to milk. Add 2/3 of milk and all of the shortening to the dry ingredients.
3. Mix with electric mixer on slow speed (or beat, with a spoon) for 2 minutes by the clock. During mixing, scrape batter from sides and bottom of bowl occasionally.
4. Add remaining milk and unbeaten eggs. Continue mixing for 2 more minutes. The batter will be thin enough to pour easily.
5. Pour into 2-8" greased layer pans with a square of wax paper in the bottom.
6. Bake in preheated oven.

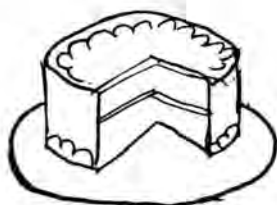
GINGERBREAD*Temp: 350°F Time: 40-45 min.*

- | | |
|-------------------------------|--------------|
| ½ c shortening | 1½ t soda |
| 2/3 c boiling water | ½ t salt |
| 1 c molasses | 1 t ginger |
| 1 egg | 1 t cinnamon |
| 2¼ c sifted all-purpose flour | ¼ t cloves |

1. Melt shortening in boiling water; add molasses and egg.
2. Mix and sift the flour, soda, salt and spices. Add to liquid mixture.
3. Beat enough to mix and pour in greased 8x8x2" pan.
4. Bake in preheated oven.

COOKIES FROM CAKE MIX*Temp: 350°F Time: 10-12 min.*

1. Use only 2 T of liquid in the recipe for the cake mix.
2. Mix according to directions on the box.
3. Drop by teaspoonsful onto a greased cookie sheet.
4. Bake in a preheated oven.



ADD ZEST TO PACKAGED CAKE MIXES

Follow directions on package of your favorite White Cake Mix and add any one of the following:

- Sift into flour mixture: 1 t cinnamon, $\frac{1}{4}$ t nutmeg and $\frac{1}{8}$ t allspice
- Add $\frac{1}{2}$ c crumbled macaroons and $\frac{1}{2}$ t almond extract to batter
- Add 1 t poppy seeds
- Fold in 1 c shredded coconut
- Add 1 T grated orange rind
- Fold in $\frac{1}{2}$ c chopped dates
- Add 1 t cinnamon and $\frac{1}{8}$ t mace to chocolate cake mix
- Add 1 t orange or lemon extract to ginger cake mix

Ice Cream Sandwich

1. Bake a chocolate cake in oblong pan. Cut in squares.
2. Split squares and place peppermint ice cream between layers, sandwich style.
3. Top with chocolate sauce and serve.

Chocolate Boston Cream Dessert

1. Bake 2 layers of chocolate cake. Cool.
2. Spread cream filling between layers.
3. Top with whipped cream and sprinkle with chocolate shavings.

Butterscotch Sundae

1. Bake a yellow cake mix in oblong pan.
2. Serve it in squares topped with a scoop of vanilla ice cream and butterscotch sauce.

Ice Cream Pie

1. Top one layer of cake, made from any of the mixes, with ice cream, garnish with favorite fruit and serve in wedge-shaped pieces.
2. Freeze the leftover layer for another day and another dessert. Just let it thaw, wrapped, then top with a mixture of whipped cream and crumbled peanut brittle or chopped milk chocolate nut bar.

FROSTINGS AND ICINGS

WHIPPED CHOCOLATE FROSTING

- | | |
|--------------------------|--------------------------|
| 2 T butter | $\frac{1}{4}$ c top milk |
| 1 c confectioners' sugar | 2 sqs chocolate |
| 1 egg | 1 t vanilla |

1. Cream butter, add sugar and continue creaming.
2. Add unbeaten egg, top milk and melted chocolate. Beat until thick, add vanilla and place in refrigerator to chill thoroughly. Beat until thick enough to spread.

BUTTER ICING

- | | |
|--------------------------|-------------------------|
| 3 T butter or margarine | 4 or 5 T top milk |
| 2 c confectioners' sugar | $\frac{1}{2}$ t vanilla |

1. Cream butter and blend in sugar.
2. Add milk and vanilla, adding only enough milk to make a spreading consistency.

CHOCOLATE ICING

Add $1\frac{1}{2}$ sq melted chocolate or $\frac{1}{4}$ c cocoa to Butter Icing.

NEVER-FAIL BOILED ICING

- | | |
|-------------------------|--------------|
| $1\frac{1}{2}$ c sugar | 2 egg whites |
| $\frac{1}{2}$ c water | 1 t vanilla |
| $1/8$ t cream of tartar | |

1. Mix sugar, water and cream of tartar. Bring to the boiling point, stirring constantly.
2. Cook until syrup begins to thicken, then beat egg whites until stiff and pour 2 T of hot syrup over eggs, beating constantly.
3. Cook remaining syrup to temperature 238°F (syrup spins a thread).
4. Pour over egg white mixture and continue beating until mixture holds its shape. Add vanilla. Spread over cake.
5. Cover with coconut or grated orange rind, if desired.

QUICK AND EASY FROSTINGS

1. Place a chocolate bar on top of a warm cake, and then spread it around as it melts.
2. Spread cupcakes with red currant jelly and then dip in coconut.
3. Place a paper lace doily on top of sponge cake. Sift confectioners' sugar over it evenly. Then carefully remove the doily. This leaves a powdery white design.

BAKED ICING

1 egg white ¼ c chopped nuts, raisins or
fruit peel
½ c brown sugar

1. Beat egg white until stiff; add sugar gradually.
2. Spread on unbaked cake batter.
3. Sprinkle nuts or peel on top.
4. Bake cake at temperature specified.

BROILED ICING

2 egg whites ¼ c walnut meats
1 c brown sugar

1. Beat egg whites until stiff, add brown sugar and beat until well combined.
2. Add nutmeats and spread on baked cake.
3. Place under broiler until brown.

FRUIT WHIP

1 egg white 1 c fruit (raspberries or
strawberries)
Few grains salt ¾ c sugar

1. Beat egg white until frothy. Add salt.
2. Add fruit and sugar alternately and whip until fluffy and stiff enough to hold its shape.
3. Spread on cake as frosting.

Use wooden spoons when stirring mixtures in a saucepan over heat. They will not become hot, and will not scratch pan.

To soften brown sugar place in a covered container with a glass of water. Let stand 24 hours.

COOKIES

PEANUT COOKIES

Temp: 375°F Time: 10-12 min

- | | |
|-------------------------------------|-----------------------------|
| 1 $\frac{1}{4}$ c melted shortening | 1 t cinnamon |
| 2 c brown sugar | $\frac{1}{2}$ t nutmeg |
| 3 eggs, well beaten | 2 t soda |
| $4\frac{1}{2}$ c sifted cake flour | 1 c salted peanuts, chopped |

1. Mix shortening and brown sugar; add eggs.
2. Mix and sift flour, cinnamon, nutmeg and soda. Add nutmeats and add to first mixture.
3. Pack into paper-lined pans or shape into a roll, wrap in wax paper and chill overnight. Slice very thin, place on greased sheet.
4. Bake in preheated oven until browned.

BROWNIES

Temp: 350°F Time: 30-40 min

- | | |
|-----------------------------------|-----------------------------------|
| 2 sqs chocolate | $\frac{1}{2}$ t salt |
| $\frac{1}{4}$ c milk | $\frac{1}{3}$ c melted shortening |
| 2 eggs | 1 t vanilla |
| 1 c sugar | 1 c nutmeats, chopped |
| $\frac{1}{2}$ c sifted cake flour | |

1. Melt chocolate in milk and cook over hot water until thick. Cool.
2. Beat eggs until light, add sugar and then the chocolate.
3. Sift flour and salt. Fold into the first mixture. Add shortening, vanilla and nutmeats.
4. Pour into a greased 8x8x2" pan and bake in a preheated oven.

MOLASSES COOKIES

Temp: 375°F Time: 8-10 min

- | | |
|------------------------------|----------------------|
| $\frac{2}{3}$ c shortening | 1 t ginger |
| $\frac{3}{4}$ c molasses | 1 t salt |
| 3 c sifted all-purpose flour | $\frac{1}{2}$ t soda |

1. Cream shortening, add molasses and beat until creamy.
2. Sift dry ingredients together and add to first mixture. Chill, if very soft.
3. Roll out $\frac{1}{4}$ " thick on lightly floured pastry cloth. Cut with fancy cutter. Place on greased cookie sheet.
4. Bake in a preheated oven.

COCONUT MACAROONS

Temp: 275°F Time: 25 min

- | | |
|----------------------|----------------------|
| 1 can condensed milk | $\frac{1}{8}$ t salt |
| 1 lb coconut | 1 t vanilla |

1. Pour milk into a bowl. Add rest of ingredients and mix thoroughly.
2. Drop from the tip of a spoon onto a greased cookie sheet.
3. Bake until delicately browned in a preheated oven.
4. Remove from cookie sheet immediately.

OATMEAL COOKIES*Temp: 375°F Time: 15-20 min*

- | | |
|-------------------------------|-------------------------------|
| 1 c shortening | $\frac{1}{2}$ t salt |
| 1 c brown sugar | $\frac{1}{2}$ t cinnamon |
| 2 eggs | 1 c raisins |
| 2 c sifted all-purpose flour | $\frac{1}{2}$ c nutmeats |
| $\frac{1}{2}$ t baking powder | $\frac{1}{2}$ t soda |
| 2 c oatmeal (uncooked) | $\frac{1}{4}$ c boiling water |

1. Measure shortening and melt. Add brown sugar and eggs and beat well.
2. Mix and sift flour and baking powder; add oatmeal, salt, cinnamon, raisins and nutmeats.
3. Dissolve soda in water and add with dry ingredients to first mixture.
4. Drop by spoonfuls onto greased cookie sheet, or spread a thin layer in a greased shallow pan and bake in a preheated oven. Cut in squares.

CHOCOLATE CHIP COOKIES*Temp: 375°F Time: 10-12 min*

- | | |
|----------------------------|-----------------------------------|
| $\frac{1}{2}$ c shortening | $\frac{1}{4}$ c sifted cake flour |
| 6 T sugar | $\frac{1}{2}$ t soda |
| 6 T brown sugar | $\frac{1}{2}$ t salt |
| 1 t hot water | $\frac{1}{2}$ c chopped nutmeats |
| $\frac{1}{2}$ t vanilla | 1 pkg semi-sweet chocolate chips |
| 1 egg | |

1. Cream shortening and sugars.
2. Add egg and beat well. Add water and vanilla.
3. Sift dry ingredients and add to creamed mixture.
4. Fold in nutmeats and chocolate.
5. Drop by spoonfuls on ungreased cookie sheet and bake in preheated oven.

DATE SURPRISE COOKIES*Temp: 375°F Time: 10 min*

- | | |
|------------------------------------------|---------------------------|
| $\frac{1}{2}$ c shortening | $\frac{1}{2}$ t soda |
| $\frac{1}{2}$ c sugar | $\frac{1}{4}$ c top milk |
| 2 eggs | 1 lb dates |
| 1 t vanilla | $\frac{1}{2}$ lb nutmeats |
| $\frac{1}{2}$ c sifted all-purpose flour | |

1. Cream shortening, add sugar and blend well. Add eggs and vanilla.
2. Sift flour with soda. Add alternately with milk to first mixture.
3. Stuff dates with walnut or pecan meats and dip with a fork in cookie batter.
4. Place on greased cookie sheet and bake in preheated oven.
Yield: approx. 70 cookies.

DESSERTS

BREAD PUDDING

Temp: 375°F Time: 45-50 min

- | | |
|-------------------------|------------------------------|
| 2 T butter or margarine | 1 t vanilla |
| 2 eggs, slightly beaten | 1 qt milk |
| $\frac{1}{2}$ c sugar | $3\frac{1}{2}$ c bread cubes |
| $\frac{1}{4}$ t salt | $\frac{1}{2}$ c raisins |

1. Melt butter and combine with eggs, sugar, salt, vanilla and milk. Pour over bread cubes in a casserole.
2. Add raisins and bake uncovered in preheated oven.

DATE-NUT BREAD PUDDING

Substitute $\frac{1}{2}$ c dates for the raisins in the above recipe and add $\frac{1}{4}$ c chopped nuts.

BOILED CUSTARD

- | | |
|-----------------------|-------------|
| 2 c milk | 1 t vanilla |
| 2 eggs or 3 egg yolks | Nutmeg |
| 3 T sugar | |

1. Scald milk, add beaten eggs and sugar and cook over hot, not boiling water, until mixture thickens and coats a spoon.
2. Cool quickly and add vanilla and nutmeg.
3. Serve over stewed or fresh fruit, unfrosted cake, puddings and fruit whips.

NOTE: *Be careful not to over-cook, or the custard may curdle. If custard begins to curdle, beat it up immediately with a rotary egg beater.*

BAKED CUSTARD

Temp: 300°F Time: 35-45 min

Combine milk, eggs, sugar and vanilla in soft custard. Pour into custard cups and sprinkle with nutmeg. Bake in a preheated oven until just set but still quivery.

NOTE: $\frac{1}{2}$ c coconut may be added, if desired.

APPLE CRISP

Temp: 400°F Time: 50 min

- | | |
|-----------------------------------------------------------------------|------------------------------------------|
| 4 c apples, pared and cut into $\frac{1}{4}$ " slices (6-8 apples) | 1 t cinnamon |
| $\frac{1}{2}$ c water | $\frac{1}{2}$ c sugar |
| | $\frac{3}{4}$ c sifted all-purpose flour |
| | 6 T butter |

1. Arrange apples in greased baking dish.
2. Mix water and cinnamon and add to apples.
3. Work together the sugar, flour and butter until crumbly. Spread over apples. Bake uncovered in preheated oven.
4. Serve warm with cream.

CREAM PUFF SHELLS

Temp: 400°F Time: 40-50 min.

$\frac{1}{2}$ c shortening (part butter) | 1 c sifted all-purpose flour
1 c water | 4 eggs

1. Combine shortening and water. Bring to a rolling boil.
2. Add flour all at once, stirring vigorously until mixture leaves the sides of the pan and forms a ball.
3. Cool slightly. Add eggs, one at a time, beating well after each addition.
4. Drop from a spoon onto a well-greased cookie sheet.
5. Bake in preheated oven. Makes 12 average size cream puffs.

CREAM FILLING

2 T flour | 2 c milk
1 T cornstarch | 2 eggs, well beaten
 $\frac{2}{3}$ c sugar | 1 t vanilla
 $\frac{1}{8}$ t salt

1. Combine flour, cornstarch, sugar and salt, mix to a smooth paste with $\frac{1}{2}$ c milk.
2. Scald the rest of the milk and add flour and sugar mixture. Stir until well blended, then cook 10 minutes, stirring occasionally.
3. Add a little of the hot mixture to the eggs and stir until smooth. Add the rest of hot mixture and cook 1 or 2 minutes longer.
4. Cool, add vanilla and when cold, fill cream puff shells. Keep in refrigerator until serving time.

CHOCOLATE CREAM PUFFS

Follow the directions for Cream Filling, adding 3 T sugar. When scalding milk add $1\frac{1}{2}$ sqs. chocolate. When melted, beat well with rotary beater before adding dry ingredients. Finish as directed in recipe.

WHIPPED CREAM FILLING

$\frac{1}{2}$ pt heavy cream | 1 t vanilla
 $\frac{1}{4}$ c sugar | 9 cream puff shells

1. Beat chilled cream until stiff enough to hold its shape. (Do not overbeat or cream will be too stiff and taste buttery.)
2. Fold in sugar and vanilla and fill cream puff shells just before serving.



BROWNIE PUDDING

Temp: 350°F Time: 40-45 min

1 c sifted all-purpose flour
 2 t baking powder
 ½ t salt
 2 T cocoa
 ¾ c sugar
 ½ c milk

1 t vanilla
 2 T melted shortening
 ¾ c chopped nuts
 ¾ c sugar
 ¼ c cocoa
 1 ¾ c hot water

1. Sift together flour, baking powder, salt, cocoa, and sugar.
2. Add milk, vanilla and shortening; mix until smooth. Add nutmeats.
3. Spread into a greased 8x8x2" pan.
4. Mix sugar and cocoa; sprinkle over batter.
5. Pour hot water over entire batter. (This makes a "baked on" sauce for pudding.) Bake in a preheated oven.

NOTE: ½ package of chocolate cake mix can be substituted for cake mixture above. Use sugar, cocoa and hot water over cake as directed above.

BAKED APPLES

Temp: 375°F Time: 45-50 min

4 large baking apples
 ½ c sugar
 4 t flour

4 t butter
 Vanilla

1. Pare apples half way down and core.
2. Fill cavities with a mixture of sugar, flour, and butter, allowing 2 T of sugar for each apple. Add a few drops of vanilla for each apple.
3. Place in a covered baking dish, add enough boiling water to cover bottom of pan to depth of 1 inch. Cover closely and bake until apples are tender. Remove cover the last 10 minutes so apples will brown.
4. Serve plain or with whipped cream.

FRUIT COBBLER

Temp: 400°F Time: 20-25 min

2-3 c canned prunes, plums,
 cherries, peaches, berries
 or rhubarb
 1 c juice
 2 T flour

¼-½ c sugar
 2 T butter or margarine
 Juice and grated rind of
 1 lemon
 1 ½ c biscuit mix
 3 T sugar
 2/3 c milk (about)

1. Place fruit and juice in greased baking dish.
2. Mix sugar, flour and lemon rind, and sprinkle over fruit with lemon juice. Dot with butter.
3. Add sugar to biscuit mix, add milk and stir just enough to mix to a soft dough.
4. Spread dough on top of fruit. Bake in preheated oven. Juice will thicken to make sauce.

GENERAL DIRECTIONS FOR MAKING PASTRY

| TO MAKE | SIFTED ALL-PURPOSE FLOUR | SALT | LARD OR VEGETABLE SHORTENING | WATER |
|-------------------------------|------------------------------|-------|------------------------------|-------|
| 1 Crust Pie or 6 Tart Shells | 1 c | 1/3 t | 1/3 c | 3 T |
| 2 Crust Pie or 12 Tart Shells | 2 c | 2/3 t | 2/3 c | 5 T |
| *Pastry Mix | 8 c | 1 T | 1 lb | |
| 1 Crust Pie from Mix | 1 $\frac{1}{4}$ c pastry mix | | | 3 T |
| 2 Crust Pie from Mix | 2 $\frac{1}{2}$ c pastry mix | | | 5 T |

* For richer pastry, use 7 c flour when using vegetable shortening.

1. Sift flour and salt. See chart above for amounts.
2. Measure shortening and divide in 2 parts. Cut 1 part into flour with mixer on low speed until mixture is as fine as cornmeal. Cut in the rest of shortening but leave in small lumps about the size of peas. (Store pastry mix in closed jar or can in a cool place.)
3. Measure amount of pastry mix needed for pie. Sprinkle in cold water and blend in mixer 1 min. Dough will be dry and crumbly.
4. Shape in ball in wax paper.
5. Roll out on floured pastry cloth.

QUICK 'N' EASY TART SHELLS *Temp: 450°F Time: 10 min.*

1. Roll pastry to 1/8". Cut in 5" circles. Prick with fork.
2. Place a pastry round on top of same size circle of heavy-duty aluminum foil.
3. To shape tart shells, hold pastry and foil together, flute edges. It will take about 5 deep flutes.
4. Place, foil down, on cookie sheet and bake in preheated oven. When baked, remove from foil.
5. Fill with favorite pie filling or use as a shell for creamed dishes.

FRESH FRUIT PIE

Temp: 450°F Time: 15 min
reduced to
375°F for 35-40 min

4 c fresh fruit * seasoning
 $\frac{3}{4}$ to $1\frac{1}{4}$ c sugar 1 T butter or margarine
 * thickening

1. Mix sugar, thickening, and seasoning and combine with fruit.
2. Arrange fruit in 9" pastry lined pie pan.
3. Cover with top crust, tuck top pastry under edge of bottom crust, press firmly down and flute to make an upstanding edge.
4. Bake in preheated oven.

* Apple Pie - Use 1 T flour and $\frac{1}{4}$ t nutmeg or cinnamon. Combine with sugar.

Berry Pie - Use 2 to 3 T cornstarch or granulated tapioca or 3 to 4 T flour. Combine with sugar.

Cherry Pie - Use 2 or 3 T cornstarch or granulated tapioca or 3 to 4 T flour and $\frac{1}{2}$ t cinnamon or $\frac{1}{4}$ t almond extract. Combine with sugar.

Rhubarb Pie - Use $\frac{1}{4}$ c flour and grated rind of 1 lemon or 1 orange. Combine with sugar.

FROZEN FRUIT PIE

Temp: 450°F Time: 15 min re-
duced to 375°F for 35-40 min

2 pkg frozen berries, rhubarb, $\frac{1}{2}$ t cinnamon
 or sour pitted cherries $2\frac{1}{2}$ c pastry mix
 * $\frac{1}{2}$ -1 c sugar 5 T cold water
 2-3 T cornstarch or tapioca 2 T butter or margarine
 or $\frac{1}{4}$ c flour

1. Allow frozen fruit to defrost just enough to break apart easily with a fork.
2. Mix sugar, cornstarch and cinnamon. Add to fruit.
3. Line a 9" pie pan with pastry made from pastry mix and water. Cut pastry even with pan.
4. Pour fruit mixture into pie pan and dot with butter.
5. Cover with top crust, cutting pastry slightly larger than pan, tuck under edge of bottom crust, press firmly down and flute to make an upstanding edge. Strips of pastry can be used in crisscross fashion if desired.
6. Bake in preheated oven.

* If fruit is sweetened when frozen, extra sugar may not be needed. If fruit is unsweetened, use $1\frac{1}{4}$ to $1\frac{1}{2}$ c sugar.

NOTE: When using rhubarb, omit the cinnamon and add 1 T grated orange rind.

PASTRY SHELL

1. With shears trim off Pastry 1" larger than edge of plate. Turn under $\frac{1}{2}$ " and flute, making an upstanding edge.
2. If filling is to be baked in shell, chill shell in refrigerator while making filling, then fill and bake as directed in recipe.
3. If pastry shell is to be filled after it is baked, prick pastry all over bottom and sides with floured fork. Chill well in refrigerator for at least $\frac{1}{2}$ hour before baking. This helps prevent shrinkage.
4. Bake in preheated oven at 450°F for 12-15 minutes. Cool before filling.

2-CRUST SHELL

1. Line pan and trim edge even with rim. Chill at least $\frac{1}{2}$ hour and put in filling.
2. Roll pastry for upper crust into circle 1" larger than pan. Cut gashes in top of crust.
3. Moisten edge of lower crust with cold water.
4. Lift upper crust and lay carefully over filling. Do not tear or stretch.
5. Trim edge, leaving 1" overhang; tuck this underneath lower edge. Press together; turn up and flute with fingers to make a standing rim to prevent juices from bubbling out.
6. Bake as directed in recipe for particular kind of pie.

CANNED FRUIT PIE

Temp: 450°F Time: 15 min reduced to 375°F for 35-40 min

3 c drained fruit (cherries or berries)

1 c fruit juice

1 T melted margarine or butter

$\frac{3}{4}$ -1 c sugar

3 T cornstarch or $\frac{1}{3}$ c all-purpose flour or *3 T granulated tapioca

1. Drain fruit, reserve juice.
2. Combine sugar and cornstarch or flour; add fruit juice and cook until transparent and thickened.
3. Add fruit, butter or margarine and any desired seasoning. Pour into 9" pastry lined pie pan and cover with top crust. Tuck top pastry under edge of bottom crust, press firmly down and flute to make an upstanding edge. Be sure to cut plenty of vents in top crust.
4. Bake in preheated oven.

*NOTE: When tapioca is used for thickening, no cooking is necessary. Merely combine all ingredients and pour into unbaked shell.

LEMON MERINGUE PIE

- | | |
|-----------------------|----------------------------|
| 1 c hot water | $\frac{1}{2}$ c cold water |
| $\frac{3}{4}$ c sugar | 2 egg yolks, beaten |
| $\frac{1}{4}$ t salt | 1 T butter |
| 1 t grated lemon rind | 6 T lemon juice |
| 5 T cornstarch | 1-8" baked pie shell |

1. Combine first four ingredients in a saucepan and bring to the boiling point.
2. Add cornstarch which has been mixed with cold water, stirring constantly until thickened.
3. Add some of the hot mixture to the egg yolks. Combine the two and cook until thickened, about 3 min. longer.
4. Remove from heat. Add butter and lemon juice. Stir until well blended. Cool slightly.
5. Pour into 8" baked pie shell. Cover with meringue and brown in preheated oven.

There are several suggested ways to make meringue. We have found the following method to be most successful.

MERINGUE

Temp: 325°F Time: 15-20 min
or

425°F 4-4½ min.

- | | |
|--------------|-------------------------|
| 2 egg whites | $\frac{1}{4}$ t vanilla |
|--------------|-------------------------|

4 T sugar

1. Beat egg whites until stiff but not dry.
2. Gradually beat in 3 T of the sugar. Fold in the last tablespoon sugar and vanilla.
3. Pile on slightly cooled filling in baked pie shell, being careful to seal the meringue to the edge of the crust to prevent shrinkage. Bake in preheated oven.

CRUMB CRUST

$\frac{1}{4}$ c butter or margarine

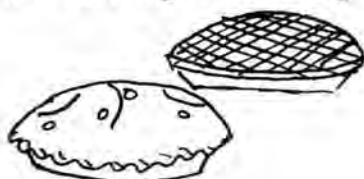
3 T sugar

Temp: 375°F Time: 5-8 min.

1 c fine cornflake, cookie crumbs or graham cracker crumbs

1. Melt butter or margarine, add sugar and crumbs.
2. Using a custard cup pat into well greased pie pan. Bake if desired. Cool thoroughly before adding filling.

NOTE: Omit sugar when using cookie crumbs.



LEMON CHIFFON PIE

| | |
|-----------------------------|-------------------------|
| 1 T gelatine | $\frac{1}{2}$ c sugar |
| $\frac{1}{4}$ c water | 1 t grated lemon rind |
| 4 egg yolks | $\frac{1}{4}$ t salt |
| $\frac{1}{2}$ c sugar | Baked pie shell |
| $\frac{1}{2}$ c lemon juice | Sweetened whipped cream |
| 4 egg whites | |

1. Soak gelatine in cold water.
2. Beat egg yolks until thick, add $\frac{1}{2}$ c sugar and lemon juice. Beat until fluffy. Cook over hot water until mixture thickens.
3. Add soaked gelatine and dissolve. Chill.
4. Beat egg whites until stiff, add sugar gradually, the grated rind and salt. Fold in the lemon mixture.
5. Pour into a baked pie shell. Chill. Spread with sweetened whipped cream.

CREAM PIE

| | |
|-----------------------|-------------|
| $\frac{1}{4}$ c flour | 3 c milk |
| 2 T cornstarch | 3 egg yolks |
| $\frac{3}{4}$ c sugar | 2 T butter |
| $\frac{1}{8}$ t salt | 1 t vanilla |

1. Mix flour, cornstarch, sugar and salt and mix to a smooth paste with $\frac{1}{2}$ of the milk.
2. Scald the rest of the milk and add dry ingredients. Stir until well blended, then cook 10 minutes, stirring occasionally.
3. Add a little of the hot mixture to the slightly beaten egg yolks and stir until smooth. Add butter and cook 1 or 2 minutes longer.
4. Cool; add vanilla and pour into a baked 8" pie shell. Top with meringue and brown.

COCONUT CREAM PIE

Add $\frac{1}{2}$ c coconut to the cream filling and then top meringue with coconut and brown as usual.

BANANA CREAM PIE

1. Slice two bananas and sprinkle with 1 T lemon juice.
2. Fold half of the bananas into cooled cream filling and then, after filling is in pie shell, cover with remaining bananas. Top with meringue or whipped cream.

CHOCOLATE CREAM PIE

1. Add $\frac{1}{4}$ c sugar to cream filling.
2. When scalding milk, add 2 squares chocolate. When melted, beat well with a rotary beater before adding dry ingredients.
3. Finish as directed for Cream Pie.

SALADS

FRUIT SALAD BOWL

1. Wash and crisp carefully one or more kinds of salad greens; place in salad bowl. Use lettuce, endive, romaine, or watercress.
2. Arrange bananas, melon, pineapple, cherries and orange on greens.
3. Serve with Fruit French Dressing or mayonnaise which has been thinned with fruit juice or combined with whipped cream.

FRUIT FRENCH DRESSING

$\frac{1}{2}$ c salad oil
3 T orange juice
1 T lemon juice

1 T sugar
1 t salt

1. Place all of the ingredients in a jar, cover closely and shake well.

MOLDED GELATIN SALAD

1-4 oz. pkg. flavored gelatin $\frac{1}{2}$ -2 c well drained and
1 c boiling water cut up fresh or canned
* 1 c cold water or fruit juice fruit vegetables or
seafood

1. Dissolve gelatin in boiling water. Add cold water or fruit juice.
 2. Chill. When partially set, add fruit, or vegetables or seafood.
 3. Pour into a lightly oiled mold and chill.
 4. To serve, unmold and garnish with greens. Serve with your favorite dressing. Serves 8.
- * (Substitute 2 T lemon juice or vinegar for an equal amount of water if vegetables or seafood are used.)

NOTE: Fresh pineapple cannot be used in gelatin.

Suggested combinations -

Orange gelatin - grapefruit or orange sections with strawberries.

Lemon gelatin - shrimp, lobster, or crabmeat; celery; grapefruit sections, and crushed pineapple.

Lime gelatin - pears with green grapes or apricots.

Lemon gelatin - pears or pineapple with sweet cherries.

**For Quick Setting - dissolve 1 - 4 oz. pkg. of flavored gelatin in 1 c of boiling water. Add 6-8 large ice cubes. Stir constantly 2-3 minutes or until it starts to thicken. Remove unmelted ice. Add fruit if desired. Chill until firm.*

TROPICAL COLE SLAW

| | |
|--------------------------------------|----------------------------------|
| 2 c shredded cabbage | 1 t salt |
| $\frac{1}{2}$ c grated carrot | $\frac{1}{8}$ t black pepper |
| $\frac{1}{2}$ c chopped green pepper | $\frac{1}{2}$ c thick sour cream |
| 1 c drained crushed pineapple | 1 large ripe banana |

1. Mix together cabbage, carrot, green pepper, pineapple, salt and pepper.
2. Add sour cream and mix lightly. Chill 2 to 3 hours.
3. Just before serving, peel and dice banana. Fold into cabbage mixture. Garnish with paprika. Makes 6 servings.

NOTE: Use fully ripe banana - yellow peel flecked with brown.

CHICKEN SALAD

| | |
|------------------------------|--------------------------|
| 3 c diced cooked chicken | 6 stuffed olives, sliced |
| $\frac{1}{2}$ c diced celery | 1 t salt |
| 2 hard cooked eggs, sliced | Mayonnaise |

1. Combine chicken, celery, eggs, olives and salt.
2. Moisten with mayonnaise and chill thoroughly.

NOTE: Cooked veal may be used in place of part of the chicken.

TOSSED SALAD

| | |
|-------------------|-----------------|
| Lettuce | Radishes |
| Endive or spinach | Tomatoes |
| Clove of garlic | French Dressing |

1. Wash greens, drain and chill thoroughly.
2. Rub salad bowl with a clove of garlic. Break lettuce in small pieces and place in bowl; over this break in small pieces the endive.
3. Arrange sliced radishes and tomatoes on top. (Cucumber and onion, if desired.)
4. Just before serving, toss lightly with your favorite dressing.

NOTE: Allow 1 head of lettuce or its equivalent of other salad greens for 6 people.

Add slivers of snappy cheese or cubes of cooked meat, if a hearty salad is desired.

Plan to have leftovers and make clever use of them.

Cut marshmallows, dates, raisins, figs, watercress, chives, pimiento, and parsley with scissors. For dried fruits and marshmallows the scissors should be wet.

CHEF'S DRESSING

| | |
|------------------------------|----------------------------|
| $\frac{1}{4}$ c tomato paste | Few grains pepper |
| 3 T sugar | 2 T horseradish |
| $\frac{1}{4}$ t salt | $\frac{1}{2}$ c vinegar |
| 1 t paprika | 1 c olive oil or salad oil |
| Few grains nutmeg | 1 clove garlic |

1. Combine all ingredients except oil and garlic. Add oil gradually, while beating vigorously.
2. Cut garlic in half and add to dressing.
3. Store in a glass jar. Shake well before using. Makes 1 pint.
4. Remove garlic before serving.

TOMATO CARTWHEEL - Cut 4 vertical slices in tomato and insert 4 slices of cucumber like the spokes of a wheel - or use 4 slices of hard cooked egg instead of cucumber. Serve on bed of greens.

TOMATO SANDWICH - Cut tomatoes in half crosswise, spread with cream cheese or cottage cheese to which chives have been added and put together like a sandwich. Serve on greens.

SPAGHETTI TUNA TOSSED SALAD

| | |
|-----------------------------------------------|------------------------------------|
| 1 T salt | 3 sliced hard cooked eggs |
| 3 qts boiling water | 1 c diced celery |
| 1 c uncooked elbow spaghetti | $\frac{1}{4}$ c diced green pepper |
| $\frac{3}{4}$ c flaked tuna fish (1-7 oz can) | $\frac{3}{4}$ c salad dressing |
| $\frac{3}{4}$ c cooked cut string beans | 2 T French dressing |
| | 2 t salt |
| | 1 t Worcestershire sauce |

1. Add salt to actively boiling water. Gradually add spaghetti and continue boiling until spaghetti is tender (about 9 min). Drain and rinse.
2. While spaghetti is cooking, combine tuna fish, string beans, eggs, celery and green pepper.
3. Mix salad dressing, French dressing, 2 t salt and Worcestershire sauce.
4. Add to fish mixture. Fold in spaghetti. Chill well. Serve on lettuce leaves.



COOKING VEGETABLES

| <u>Vegetable</u> | <u>Amount you'll need for 4 servings</u> |
|---------------------------|----------------------------------------------|
| Frozen | 1 pkg (12-14 oz) |
| Fresh | |
| Asparagus | 2 lbs |
| Beans, green or lima | 3 lbs or 1 pt shelled |
| Beans, snap or string | 1 lb |
| Beets | 2 lbs |
| Broccoli | 2 lbs |
| Carrots | 1 lb |
| Cauliflower | 1 head |
| Celery | 1 bunch |
| Corn | 4-8 ears |
| Greens | 1½-2 lbs |
| Peas | 2 lbs |
| Squash, Summer, or winter | 2 lbs |

FRESH VEGETABLES

1. If vegetables are to be prepared ahead of time, prepare as for table use, cover lightly, and store in refrigerator. Do not let them stand in water.
2. Cook vegetables in a small amount of water. Add $\frac{1}{4}$ c water and salt to season to vegetables like carrots, peas, beans, beets, asparagus, etc. (No water is necessary when cooking greens.) Cover closely and turn burner on full. When steam comes from cover, turn burner low and cook until just tender. Do not remove cover or stir vegetables unless absolutely necessary.

COOKING TIME FOR FRESH VEGETABLES

Start timing after steam comes from cover.

| | | | |
|-------------------------------|------------|------------------------|------------|
| Asparagus, whole | 10-20 min. | Corn, ear | 5- 8 min. |
| Beans, snap or string | 20-25 min. | Onion, small, whole | 15-20 min. |
| Beets, new whole | 30-45 min. | Peas, green | 8-20 min. |
| Broccoli, heavy stalks, split | 15-20 min. | Potatoes, white | 20-30 min. |
| Cabbage, quartered | 8-10 min. | Spinach greens | 3-10 min. |
| Carrots, whole | 20 min. | Squash, summer, sliced | 10-15 min. |

OVEN STEAMED FRESH VEGETABLES *Temp: 350^oF Time: 1-2 hrs.*

1. Wash vegetables and prepare for cooking.
2. Place in a casserole with $\frac{1}{2}$ c water and $\frac{1}{2}$ t salt.
3. Cover tightly and bake in preheated oven.

NOTE: Potatoes, peas, green beans or carrots will require 1-1 $\frac{1}{4}$ hrs.; beets, turnips, onions will require 1 $\frac{1}{2}$ -2 hrs.

CANNED VEGETABLES

1. To heat canned vegetables, drain liquid from vegetable and bring to boiling point. Boil to reduce liquid to half the amount.
2. Add vegetable to liquid and simmer until heated through.
3. Add seasoning and serve.

FROZEN VEGETABLES

1. Cook vegetables without thawing except for corn-on-the-cob, asparagus, greens (spinach), cooked sweet potatoes and cooked squash, which should be defrosted for more uniform cooking.
2. Break up the frozen mass before cooking so that vegetables defrost quickly in the pan. This frost provides some moisture and added food value.
3. Use as little water as possible, just enough to prevent scorching.
4. Cook as for fresh vegetables.

OVEN COOKED FROZEN VEGETABLES *Temp: 350^oF Time: 1 hr.*

1. Place partially defrosted vegetables in casserole.
2. Dot with butter or cover with favorite sauce. Sprinkle with salt and pepper.
3. Cover and bake.

VEGETABLE ACCOMPANIMENTS

1. Add a few small pieces of bacon when cooking spinach, green beans and other greens.
2. Slivered toasted almonds make a dressy dish of cooked green or waxed beans or asparagus.
3. Add chopped green and red pepper to kernel corn for color and flavor.
4. Cheese sauce or a quick cream sauce using a can of cream soup add variety and flavor to cooked vegetables.

CREAM SAUCE

Thin (for soups)

1 T butter or margarine
1 T flour
 $\frac{1}{2}$ t salt
Few grains pepper
1 c milk

Medium (for sauces)

2 T butter or margarine
2 T flour
 $\frac{1}{2}$ t salt
Few grains pepper
1 c milk

1. Melt butter, add flour, salt and pepper and cook 1 min.
2. Add milk and bring just to the boiling point. Keep hot in double boiler over hot water.

CREAM SOUP

For 2 c cream sauce (twice the recipe) add 1-1/3 c pureed (strained) vegetable, as asparagus, spinach, pea, tomato. If tomato puree is used, combine hot puree with cream sauce and serve immediately. Serves 4.

CHEESE SAUCE

$\frac{3}{4}$ c grated cheese
Few grains cayenne
1 t Worcestershire sauce
1 c medium cream sauce

1. Combine these ingredients. Serve over vegetables.

QUICK CHEESE SAUCE - 1 can cheese soup 1/3 c milk.

Grate or grind scraps of cheese, and store in tightly covered jar. Use in cheese biscuits, in pastry for apple pie or sprinkle on top of vegetable casseroles.

LUNCH BOX SUGGESTIONS

Choose foods which will not deteriorate on standing for several hours, sandwich fillings which will not become soggy.

Try to make the lunch as well balanced as if it were a meal eaten at home. Include fruits and vegetables often in sandwiches and salads.

Use small mayonnaise or pickle jars, or paper containers for salads and desserts.

White or pale fillings, such as cream cheese, spread on fruit or dark bread, make a more appetizing appearance.

Remember to include a treat, such as candy, dried fruit, olives, a piece of cheese, a marshmallow, as well as a napkin and salt.

Lunches from the freezer - - use mayonnaise and pickle jars filled with frozen fruit. Make sandwiches, cookies and cake up ahead of time, package, freeze, and use in packed lunches. These will be thawed out by lunch time. Use salad dressing and not mayonnaise when freezing sandwiches.

SANDWICH FILLINGS

MEAT

- Ground leftover meat, moistened with mayonnaise.
- Crisp diced bacon with minced onion or peanut butter, jelly or lettuce.
- Ground bologna, frankfurters or ham with chopped celery and mayonnaise.
- Sardines chopped and mixed with hard-cooked eggs, watercress and salad dressing.
- Chopped cooked liver and bacon, cayenne pepper and mayonnaise.

VEGETABLE

- Grated carrots and chopped apples, currants.
- Shredded lettuce, cabbage, raw spinach, watercress or diced celery, with butter or mayonnaise on bread.
- Shredded cabbage and carrot
- Grated raw carrot, ground peanuts and mayonnaise

PEANUT BUTTER

- Combine peanut butter with orange pulp or shredded carrots, or finely diced fruits, or jam, or jelly, or honey.
- To $\frac{1}{2}$ c peanut butter add 1 c ground ham, 6 T chopped sweet pickles and mayonnaise for spreading consistency.
- Peanut butter and mashed ripe banana

EGG

- Chopped hard-cooked eggs combined with:
 - chopped crisp bacon or boiled ham and mayonnaise
 - chopped olives, cooked salad dressing
 - chopped pickle, mayonnaise
 - minced celery, pimiento, mayonnaise
 - minced onion, mayonnaise
 - chopped boned sardines or anchovies with French dressing

CHEESE

- cream cheese or cottage cheese plus any one of the following: minced nutmeats, minced pimiento, chopped dates, chopped dill pickle, chopped green pepper, peanut butter, chopped olives, chopped prunes or grated onion
- grated cheese combined with chopped bacon, mayonnaise; deviled ham, Worcestershire sauce, cream; chopped stuffed olives, chopped hard cooked egg, and mayonnaise

HAM AND EGG ROLLS

Slice of luncheon meat

Slice of bread

Egg salad spread

1. Place luncheon meat on buttered bread.
2. Cover with egg salad spread.
3. Roll up, skewer with toothpick. Serve with an extra leaf of lettuce or crisp tart pickle.

EGGS FOR BREAKFAST, LUNCH OR DINNER

COOKING EGGS

Eggs should not be boiled. Simmer very gently just below the boiling point. Soft-cooked or coddled eggs take from 2 to 4 minutes, hard-cooked eggs about 20 minutes. Cool and peel immediately to prevent yolks from darkening. Poach eggs in water just below boiling point.

SCRAMBLED EGGS

2 T butter
5 eggs
 $\frac{1}{2}$ c milk

$\frac{1}{2}$ t salt
1/8 t pepper

1. Melt butter in frying pan.
2. Beat eggs slightly, add milk, salt and pepper.
3. Pour into pan and cook slowly until of a creamy consistency, stirring from sides and bottom of pan. Be careful not to overcook. Serve on a hot plate.

NOTE: *To serve eggs as a luncheon dish, use 1 c tomatoes instead of the milk, and add 2 T chopped onion. To extend the eggs, use 1 c toasted bread crumbs in the egg mixture.*

POACHED EGGS

1. Choose a shallow pan. Have water about 1" deep, bring water just to the boiling point, then turn burner low to keep it just simmering.
2. Break eggs into small dish or cup and carefully slip into boiling water.
3. Cover and cook until white is set, 3-4 minutes.

FRENCH OMELET

6 eggs
 $\frac{3}{4}$ t salt

$\frac{1}{2}$ t pepper
2 T butter

1. Beat whole eggs just enough to combine whites and yolks. Add seasonings.
2. Melt butter in a skillet or omelet pan.
3. Pour egg mixture into pan. As mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface and run under the sides.
4. While the eggs are still soft but thickened, fold over.
5. Transfer to a hot platter. Serve immediately. Serves 6.

NOTE: *Crisp bacon, sauteed mushrooms, sea food, heated vegetables or cheese cube sauce may be used as fillings.*

CASSEROLES

SOUTHERN LUNCHEON CASSEROLE

Temp: 400°F Time: 20-25 min

- | | |
|-------------------------------------|------------------------------------------|
| 1 can condensed celery soup | 1 c cooked sliced carrots |
| $\frac{2}{3}$ c milk | 1 c grated cheddar cheese |
| 1 c cooked peas or green beans | 1 pkg cornmeal muffin mix |
| $\frac{1}{2}$ c cooked diced onions | 10 small link sausages, partially cooked |

1. Combine soup with milk. Add cooked vegetables and heat to boiling.
2. Add cheese and heat while preparing cornmeal muffin mix according to directions on box.
3. Pour hot vegetables with sauce into a greased 2 qt baking dish.
4. Spread cornmeal batter thinly over vegetables.
5. Drain fat from sausage and arrange on top of cornmeal topping.
6. Bake uncovered in preheated oven. Serves 6.

ASPARAGUS AND EGG CASSEROLE

Temp: 400°F Time: 20 min

- | | |
|----------------------------------------|----------------------------------------------------------|
| $\frac{1}{4}$ c butter or margarine | $\frac{1}{2}$ t Worcestershire sauce |
| $\frac{1}{4}$ c flour | 1 t grated onion |
| 2 c milk (or half milk and half cream) | *2 lb fresh asparagus or 2 pkgs frozen asparagus, cooked |
| 1 c grated cheddar cheese | 10 hard cooked eggs |
| $\frac{1}{4}$ t dry mustard | 1 c corn flakes |
| 1 t salt | 2 T melted butter or margarine |

Dash of pepper

1. Melt butter, add flour, and mix well.
 2. Gradually add milk and stir constantly until mixture thickens.
 3. Add grated cheese, mustard, salt, pepper, Worcestershire sauce, and grated onion. Stir until cheese is melted.
 4. Place asparagus in bottom of greased baking dish, arrange halves of hard cooked eggs on top, reserving 2 eggs for garnish. Pour cheese sauce over all.
 5. Crush cornflakes and mix with 2 T melted butter. Sprinkle over the top.
 6. Bake in preheated oven until brown. Garnish with sliced hard-cooked eggs. Serves 6-8.
- * *Broccoli may be substituted for the asparagus and 6 slices ham or turkey in place of the eggs.*

CHINESE CHICKEN

Temp: 350°F Time: 1 hr

- | | |
|-------------------------|-----------------------|
| ¼ c butter or margarine | 1 c crushed pineapple |
| 1 c uncooked rice | 2 c chicken broth |
| 3 c diced chicken | ¼ t salt |

1. Melt butter or margarine, add washed and drained rice; cook until slightly browned.
2. Add chicken, pineapple, broth and salt; pour into a greased casserole dish and bake in a preheated oven. Remove cover last 10 minutes of baking.

NOTE: *If desired, Chinese Chicken may be prepared on top of the range. Cover closely and when mixture begins to steam, turn burner very low and cook 40 minutes.*

TUNA FISH AND NOODLE CASSEROLE

Temp: 350°F Time: 20 min

- | | |
|-------------------------|------------------------------------------------------|
| ½ lb noodles (uncooked) | 1 T chopped onion |
| 3 T fat | ¼ c chopped green pepper |
| 3 T flour | 1-7 oz can tuna fish |
| 1½ c milk | ½ c buttered bread crumbs or crushed potato chips |
| ½ t salt | 1/3 c grated sharp cheese |
| Dash of pepper | |

1. Cook noodles in boiling salted water about 9 minutes. Drain.
2. Melt fat, add flour and cook 1 minute. Add milk, salt and pepper and bring to the boiling point. Add onion and green pepper.
3. Arrange half of the noodles in a greased 2 qt. casserole.
4. Flake fish and arrange over the noodles. Top with remaining noodles.
5. Pour white sauce over all lifting noodles up with a fork so sauce will moisten noodles in bottom of casserole.
6. Sprinkle with crumbs and grated cheese. Bake in preheated oven.

NOTE: *To make a quick white sauce mix 1 can of condensed mushroom soup with 1/3 c milk. Use in place of white sauce in recipe.*

SCALLOPED HAM AND POTATOES

Temp: 350°F Time: 1¼ hr

- | | |
|--------------------|------------|
| 5 slices ham | 3 T flour |
| 4 potatoes, sliced | 1 T butter |
| Salt and pepper | Milk |

1. Arrange ham and sliced potatoes in alternate layers in a greased casserole dish, sprinkling each layer with salt, pepper and flour.
2. Dot with butter and add enough milk so that it can be seen through top layer.
3. Cover and bake in a preheated oven. Remove cover last half hour.

NOTE: *1 tall can salmon, flaked may be used in place of ham.*

MEATS

PURCHASING GUIDE

1 SERVING

Boned

Ground meat

Variety meats such as liver, heart, tongue, sausages, tenderloin, and boneless cuts. $\frac{1}{4}$ lb.

Meat with medium amount of bone steaks, ham slices, rib roasts chuck, chops, rump roasts $\frac{1}{2}$ - $\frac{3}{4}$ lb.

Fish

$\frac{1}{3}$ lb.

Shellfish

$\frac{1}{3}$ - $\frac{1}{2}$ lb.

Poultry

$\frac{3}{4}$ -1 lb.

HOW TO ROAST MEAT (tender cuts)

1. Choose a shallow pan that has a rack in the bottom so the meat does not rest on the bottom of the pan.
2. Wipe the meat with a damp paper towels. Check weight after adding dressing. Place on rack in roasting pan.
3. Place uncovered roasting pan in preheated oven.
4. Roast uncovered, without adding water and without basting, for the required time. (See chart).
5. Just before serving, make gravy from drippings in bottom of roasting pan.

GRAVY

$\frac{1}{4}$ c fat (from roast)

2 c liquid (juice from

$\frac{1}{4}$ c flour

roasting pan, or vegetable juice).

1 t salt

1 t Kitchen Bouquet

1. Thoroughly mix fat, flour, and salt in saucepan.
2. Add liquid all at once, stirring vigorously.
3. Bring to boil and cook 2 minutes.

COOKING FROZEN MEATS

Frozen meat may be cooked without thawing. However, there is more "drip" or loss of moisture.

Allow extra time, about $1\frac{1}{2}$ times as long for cooking.

For roasting, allow half again to twice as much time as for fresh meat. A meat thermometer is especially helpful in determining degree of doneness. Insert thermometer after meat is about half done.

TIME TABLE FOR ROASTING MEATS
(Add one extra hour for any roast under 3 lbs.)

| Meat | Position in Pan | Temperature | Approximate Time | Internal Temp. (use meat thermometer) |
|-------------------------|------------------------------------|-------------|--------------------------------------------------------------------------|------------------------------------------|
| Beef (chuck, top round) | On rack, Covered | 300°F-350°F | 35-39 minutes per lb. | 160°F |
| Beef (rolled) | On rack, Covered | 300°F-325°F | Rare: 28-32 min./lb. Med: 35-39 min./lb. Well done: 40-45 min./lb. | 140°F 160°F 170°F |
| Beef (standing) | Fat side up, no rack needed. | 300°F-325°F | Rare: 18-22 min./lb. Med: 25-29 min./lb. Well done: 30-35 min./lb. | 140°F 160°F 170°F |
| (9th) Beef (tenderloin) | On rack. | 450°F | 45-60 min. 45-50 min. | |
| Whole | | | | |
| Half | | | | |
| Chicken | Breast down on rack. | 375°F | 30 min./lb. (weight after stuffing.) | 185°F |
| Lamb | On rack. | 300°F-325°F | 30-40 min./lb. | 170°F-180°F |
| Pork* | Fat side up on rack. | 325°F | 45 min./lb. | 185°F |
| Loin | | | | |
| Chops | Flat on pan single layer. | 325°F | 1 hour total | 185°F |
| Veal | On rack. | 300°F-325°F | 30-40 min./lb. | 170°F |

*Fresh ham is cooked as pork.

COOKING SMOKED MEATS

TO BAKE HAMS

Temp: 325°F

1. Wipe ham with damp paper towel. Place fat side up on a rack in a shallow uncovered roasting pan.
2. Do not sear, do not add any water, do not baste. Bake in preheated oven.
3. $\frac{1}{2}$ to $\frac{3}{4}$ hour before ham should be done, remove skin and score fat. Press cloves about 1" apart over whole surface. Sprinkle with brown sugar and return to oven until glazed.

Uncooked Hams

| | |
|---------------------|----------------|
| 6-8 lbs. (half ham) | 30-36 min./lb. |
| 10-12 lbs. | 18-20 min./lb. |
| 12-14 lbs. | 16-18 min./lb. |
| 14 and over | 15-17 min./lb. |

Cooked Hams (heat to 160°F)

"Cook before eating"

| | |
|-------|----------------|
| Whole | 18-20 min./lb. |
| Half | 25 min./lb. |
| Boned | 30 min./lb. |

Picnic Shoulder or Calli (heat to 170°F)

40-45 min./lb.

Fully Cooked (heat to 130°F)

| | |
|-----------|----------------|
| Whole | 12-15 min./lb. |
| Half | 15-17 min./lb. |
| Boned | 12-15 min./lb. |
| Canned | |
| 8-13 lbs. | 10-15 min./lb. |
| 6 lbs. | 20 min./lb. |
| Picnic | 14 min./lb. |

Most hams sold in retail stores are either fully cooked or "cooked before eating" hams. Fully cooked hams including canned hams, can be served cold or reheated, according to personal preference. "Cook before eating hams" require additional cooking before serving and should be roasted to an internal temperature of 160°F (see chart). Picnics are shoulder cuts and are available both as fully cooked or "cook before eating hams".

BONELESS SMOKED SHOULDER BUTT

1. Cover the meat with water, bring to boiling point, simmer 30 minutes per lb. If cooking directions are given with the ham, follow these directions.
2. Drain the liquid; score the fat in squares and stud with cloves. $\frac{1}{2}$ c brown sugar may be added to the ham, or it may be basted with Cherry Sauce, or slices of pineapple may be baked on it.
3. Bake in preheated oven for 25 minutes at 375°F.

BROILED HAM IN ORANGE SAUCE

2 oranges

$\frac{1}{2}$ c honey

2 T vinegar

1 t liquid smoke

Ham steak, $1\frac{1}{2}$ " thick

1. Shred rind from oranges, then extract juice.
2. Mix orange rind and juice, honey, vinegar and liquid smoke in a jar. Cover tightly and shake thoroughly.
3. Broil ham steak in preheated broiler for 6 min. on each side. Baste frequently with orange sauce. Serve leftover sauce on ham.

NOTE: *Cook smoked pork chops as you would smoked sliced ham. They may be broiled, pan fried or baked.*

HORSERADISH HAM LOAF

1 lb. ham

$\frac{1}{2}$ lb. pork or beef

1 c bread crumbs

2 eggs, beaten

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

Temp: 350°F Time: 1¼ hrs.

$\frac{1}{4}$ c horseradish

2 T finely chopped parsley

$\frac{1}{4}$ t salt

Dash of pepper

1. Have ham and pork ground together. Add rest of ingredients. Mix thoroughly.
2. Pack mixture into a $8\frac{1}{2}$ x $4\frac{1}{2}$ x $2\frac{1}{2}$ " loaf pan.
3. Bake in a preheated oven.

OVEN BAKED BACON

Temp: 400°F Time: 15-20 min.

1. Arrange slices of bacon on a rack in a pan.

2. Bake in a preheated oven until crisp and nicely browned.

OVEN BAKED CHOPS

Temp: 325°F Time: 1 hr.

4-6 chops - pork, lamb*
or veal*

1 egg

1 T water

$\frac{1}{2}$ t salt

$1/8$ t pepper

Fine dry bread crumbs

1. Wipe meat with a clean damp paper towel.
 2. Beat egg slightly, add water. Add salt and pepper to season.
 3. Dip meat first in egg, then in crumbs, and arrange in a well-greased shallow pan.
 4. Bake in a preheated oven.
- *Dot with 3 T fat or drippings.

SMOKED PORK LOIN

Temp: 325°F Time: 20-25 min./lb.

1. Place fat side up on a rack in a shallow uncovered roasting pan. Do not add any water.
2. Roast in a preheated oven.

ROASTING TURKEY

1. Clean, stuff and truss turkey; weigh, rub with vegetable shortening. It is best to stuff a turkey the day it is to be roasted. However, if the stuffing is thoroughly chilled before placing in the bird and turkey is thoroughly chilled, it can be done the day before.
2. Place turkey breast down on rack in roasting pan. Do not cover. Do not sear. Do not add any water.
3. Place in 325°F oven and roast according to weight:
35 min. per lb. up to 6 lbs. - 3 to 3½ hrs.
30 " " " " " 8 lbs. - 3½ to 4 hrs.
25 " " " " " 10 lbs. - 3½ to 4 hrs.
16 " " " " " 15 lbs. - 4 to 4½ hrs.
15 " " " " " 20 lbs. - 4½ to 6 hrs.

NOTE: *For turkeys of 20 lbs. or over, 6 hours roasting is usually sufficient.*

CHICKEN is prepared and roasted in the same way. Use only half of stuffing recipe. Allow 30 min. per lb. for roasting at 375°F

DUCK AND GOOSE - Follow directions given above and use half of stuffing recipe, allowing 20-30 min. per lb. at 350°F. (Do not rub with shortening.) Prick skin of goose in several places.

TO ROAST A FROZEN TURKEY

1. A frozen turkey should be completely thawed before cooking. Place bird on shelf of refrigerator for 48 hours or let stand overnight at room temperature, or place in front of electric fan.
2. After turkey is thawed, stuff, truss and bake as directed.

TO ROAST A TURKEY IN ALUMINUM FOIL

1. Prepare turkey as in step 1 under Roast Turkey.
2. Place turkey on a long sheet of foil. If bird is large, join two pieces lengthwise with a tight double fold, bring foil up over turkey, seal edges and mold to shape of bird.
3. Place wrapped turkey on rack in pan in 450°F oven and roast according to weight:
8 to 10 lbs. - 16 min. per lb. - 2¼ to 2½ hrs.
10 to 12 lbs. - 14 " " " - 2¾ to 3 hrs.
14 to 16 lbs. - 13 " " " - 3 to 3¼ hrs.
18 to 20 lbs. - 10 " " " - 3¼ to 3½ hrs.
22 to 24 lbs. - 9 " " " - 3¼ to 3¾ hrs.
4. Open foil last 20 minutes to brown turkey and juices.

ROASTING TURKEY PARTS

- Breast - rub with shortening, roast in open pan with breast down 23-28 minutes per lb. at 325°F.
- Leg - rub with shortening, roast in open pan with skin side up about 30-35 minutes per lb. at 325°F.

SAVORY STUFFING FOR 10-12 LB. TURKEY

- | | |
|-----------------------------|-------------------------------|
| 8 c soft stale bread crumbs | 2 t salt |
| 1/3 c butter or drippings | 1/2 t pepper |
| 4 T onion, chopped | 1 t sage or poultry seasoning |
| 3 T parsley, chopped | 4 T hot water |
| 3 c diced celery | |

1. Crumb day old bread. It will take 1 large loaf to make 8 cups. Use crusts if desired.
2. Melt butter or drippings. Add onion, parsley and celery. Cook until onion is transparent.
3. Combine with crumbs. Add seasonings and hot water. Chill.
4. Stuff turkey loosely. Do not pack tightly, as stuffing will swell as it cooks.
5. Extra stuffing can be put in casserole, add 2 T drippings from turkey, cover and cook 1 hour at 325°F in oven with turkey.

NOTE: *Vary flavor by adding any of the following:*

- | | |
|---------------------------------|-------------------------|
| 1 pt. raw oysters | 2 c chopped cranberries |
| 2 c chopped apples | 2 c cooked corn |
| 1 lb. cooked chestnuts, chopped | 1 lb. sausage, browned |

CAUTION: *Do not allow cooked turkey to stand at room temperature. Remove stuffing from bird and refrigerate turkey and stuffing promptly.*

HOW TO TELL IF TURKEY IS DONE

1. Drum stick will turn easily in socket.
2. Meat on heavy part of leg feels soft when touched with a paper towel.

With some roasted turkeys the meat around the bone is pink. This may be due to the feed given the turkey. If turkey has been roasted according to weight, the meat will be cooked.

BARBECUED BEEF*Temp: 300°F Time: 35 min/lb.*

- | | |
|-------------------------|-----------------------------|
| 2-3 T drippings | 1 t paprika |
| 1 large onion, chopped | 2-3 t sugar |
| 1 green pepper, chopped | 1/3 c vinegar |
| 1 t salt | 1 c water |
| 1/2 c catsup | 4-5 lb. chuck roast of beef |
| 1-2 t chili powder | |

1. Melt drippings, add onion and green pepper. Cook until onion is transparent.
2. Add rest of ingredients, and simmer slowly for 30 minutes.
3. Arrange beef roast on rack in roasting pan. Brush with barbecue sauce from time to time while roasting.
4. Slice and serve in buns with sauce.

NOTE: This sauce will keep for several weeks, if stored in glass jar in refrigerator. It goes equally well with pork chops, hamburgers or chicken.

CORN CRISPED CHICKEN*Temp: 350°F Time: 1 hr.*

- | | |
|-----------------------|--------------------------------|
| 1 c corn flake crumbs | 1/2 c evaporated milk |
| 1 1/2 t salt | 1 fryer, cut in serving pieces |
| 1/2 t pepper | |

1. Combine corn flake crumbs, salt and pepper.
2. Dip chicken pieces in evaporated milk, then into corn flake crumbs.
3. Line shallow casserole dish with aluminum foil. Place chicken pieces skin side up.
4. Bake uncovered in preheated oven. No need to turn chicken while cooking.

NOTE: May be baked at 325°F for 1 1/4 hours.

Pork, lamb and veal chops cut 1/2" thick can be prepared and baked in same way.

Serving pieces of fish are baked for 25-30 minutes.

SAVORY ONION ROUND STEAK*Temp: 350°F Time: 1 1/4 hrs.*

- | | |
|--------------------------|--------------------------------------------------|
| 1 1/2-2 lbs. round steak | 1/2-1 pkg. dehydrated onion soup |
| A. I. Steak Sauce | 1 can mushrooms plus 2 T drained liquid or water |

1. Place steak in the center of extra wide foil in a baking pan.
2. Brush A. I. Steak Sauce liberally over the meat.
3. Sprinkle meat with onion soup and mushrooms. Complete wrapping meat by bringing edges of foil together and folding over.
4. Cook in preheated oven.

VEAL BIRDS*Temp: 325°F Time: 2 hrs*

- | | |
|------------------------------------------|-----------------------------|
| 2 lbs veal cut in $\frac{1}{4}$ " slices | 1 t salt |
| 1 c soft bread crumbs | 1/8 t pepper |
| 1 T minced parsley | Seasoned flour |
| 2 T minced onion | $\frac{1}{4}$ c fat |
| 1 T lemon juice | 1 $\frac{1}{2}$ c hot water |
| 2 T melted butter | |

1. Cut meat into pieces for serving.
2. Mix crumbs, parsley, onion, lemon juice, butter, salt and pepper.
3. Spread a spoonful of stuffing on each piece of meat, roll up and fasten with toothpicks.
4. Roll in seasoned flour and brown in melted fat.
5. Arrange in a 2-qt. casserole. Add water, cover and bake in preheated oven.

NOTE: Beef Birds may be made also from round steak or flank steak cut $\frac{1}{4}$ " thick.

SAVORY BEEF STEW*Temp: 275°F Time: 3 hours or 300°F for 2 $\frac{1}{2}$ hours*

- | | |
|--------------------------------------------|---------------------------------|
| 2 lb lean beef cut 1 $\frac{1}{2}$ " thick | 1 $\frac{1}{2}$ c chopped onion |
| 1 clove garlic | 1 c diced carrots |
| 2 t salt | 1/8 t marjoram |
| 1/8 t pepper | 1 c tomato sauce |
| 2 T lime juice or 1 T vinegar | 1 bouillon cube |
| | 1 c boiling water |

1. Trim off all excess fat and place beef in well-greased baking dish.
2. Rub with garlic and sprinkle with salt and pepper. Pour on lime juice.
3. Mix together onions, carrots and marjoram and arrange on top of meat.
4. Combine tomato sauce, bouillon cube and water. Pour over meat and vegetables.
5. Cover and bake in preheated oven.

NOTE: This recipe may be made up ahead of time. Store in refrigerator 1-2 days and then reheat before serving.

BRAISED LAMP SHANKS (DRUMSTICKS)

6 - 8 lamb shanks $\frac{1}{2}$ c water
3 T fat or drippings Flour to thicken gravy
Salt and pepper to season

1. Brown the shanks in the drippings. Season
2. Add water, cover closely and simmer until tender, 40-50 min.
3. Remove shanks to a platter and decorate with a frill.
4. Mix flour to a smooth paste with cold water, add slowly to gravy and cook until smooth and of right consistency. Add more seasoning.
5. If desired, the shanks may be rubbed with garlic before browning or some garlic salt may be added to the gravy.

NOTE: *Carrots, onions and potatoes may be cooked with the shanks. Arrange on platter before making gravy.*

SALISBURY STEAK WITH SOUR CREAM SAUCE

$\frac{1}{2}$ lbs. ground beef $\frac{3}{4}$ c water
 $\frac{1}{4}$ t pepper $\frac{3}{4}$ c sour cream
 $\frac{1}{4}$ t salt $\frac{1}{2}$ t horseradish
3 T fat $\frac{1}{4}$ t thyme
3 T flour

1. Combine beef, pepper and salt. Shape into 6 small steaks. Brown.
2. Remove patties. Add flour to drippings in pan and cook until frothy.
3. Add remaining ingredients and bring to the boiling point. Pour over patties. Serves 6.

FLANK STEAK

1 flank steak *Temp: 350°F Time: 1¼-2 hr*
Stuffing $\frac{1}{4}$ c fat or drippings
Seasoned flour 1 c water

1. Wipe steak with a damp cloth.
2. Spread stuffing over steak and roll like a jelly roll.
3. Fasten with skewers or toothpicks.
4. Roll steak in seasoned flour and brown in fat. Place roll in casserole.
5. Add 2 T flour to the drippings. Add water and bring to a boil. Pour over steak.
6. Cover casserole tightly and bake in preheated oven.

SLICED HAM BAKED IN MILK

1 t dry mustard *Temp: 300°F Time: 1 hr*
 $\frac{1}{4}$ c brown sugar 1 slice ham, 1" thick
Milk

1. Mix mustard and brown sugar; spread over ham.
2. Place in shallow casserole, and add enough milk to cover.
3. Bake in preheated oven.

JIFFY DINNER

| | |
|-------------------------------|--------------------------------|
| 1 T fat | 1 can condensed vegetable soup |
| 1 lb ground beef | 1 t salt |
| $\frac{1}{4}$ c chopped onion | $\frac{1}{8}$ t pepper |

1. Melt fat in skillet, add meat and onion, and brown slowly.
2. Add soup, salt and pepper, and cook slowly for 5 min.
3. Serve with hot crisp potato sticks. Serves 4.

MEAT LOAF

Temp: 350°F Time: 1 hr.

| | |
|------------------------------------------------|------------------------------|
| $\frac{1}{4}$ lb ground beef | $\frac{1}{4}$ t black pepper |
| $\frac{1}{4}$ lb ground pork | 1 t dry mustard |
| *1 c rolled oats | 1 egg, beaten |
| $2\frac{1}{4}$ t salt | 1 c milk |
| $\frac{1}{2}$ t celery salt or chili powder | $\frac{1}{3}$ c catsup |
| | 2 T chopped onion |

1. Combine all ingredients and pack into a loaf pan.
2. Bake in preheated oven.

* 1 c bread or cracker crumbs can be used in place of rolled oats.

SPAGHETTI WITH MEAT SAUCE

| | |
|-----------------------------------|------------------------|
| $\frac{3}{4}$ c oil or drippings | 1 #2½ can tomatoes |
| 2 cloves garlic, sliced | 1 can tomato paste |
| $\frac{1}{4}$ c chopped onion | $1\frac{1}{2}$ t salt |
| 1 lb ground beef | $\frac{1}{4}$ t pepper |
| $\frac{1}{2}$ lb ground lean pork | 1 lb spaghetti |

1. Heat oil. Add garlic and when brown remove and discard.
2. Add onion and meat and brown slightly. Add tomatoes and paste mixed with $\frac{1}{2}$ can hot water. Season.
3. Cook slowly 2 hours, stirring occasionally.
4. Toss sauce lightly with spaghetti which has been cooked until tender in boiling salted water. Serve with grated cheese.



CHILI CON CARNE

| | |
|-----------------------------------------|------------------------|
| 2 T fat | 1 stalk celery |
| $\frac{3}{4}$ lb ground beef | 1 can red kidney beans |
| 1 large onion | 2 c canned tomatoes |
| 1 small green pepper | 2 t chili powder |
| $\frac{1}{4}$ lb mushrooms (if desired) | Salt and pepper |

1. Melt fat; add meat and brown.
2. Chop onion, green pepper and mushrooms. Add to meat and cook until onion is transparent.
3. Dice celery and add with kidney beans, tomatoes and seasonings to meat mixture. Cover tightly; bring to a boil; simmer about 45 minutes.

GOURMET MEAT ROLL

Temp: 375°F Time: 45 min.

| | |
|--------------------------------|----------------------------------|
| $1\frac{1}{2}$ lb. ground beef | $\frac{1}{4}$ t dried thyme |
| 1 egg, beaten | $2\frac{1}{2}$ c mashed potatoes |
| 1 t salt | 1 T chopped parsley |
| $1/8$ t pepper | 3 whole cooked carrots |
| $\frac{3}{4}$ t dried marjoram | Tomato wedges |

1. Combine ground beef, egg and seasonings.
2. Pat out on wax paper into a rectangle about 8x10".
3. Combine mashed potatoes with parsley. Spread over meat.
4. Arrange carrots lengthwise along wide end.
5. Starting with the wide end, roll meat jelly roll fashion. Place on heat-proof platter and bake in preheated oven.

NOTE: *If desired, slice unbaked meat roll and brown on broiler 5-6 min. on each side or reheat baked meat slices on broiler.*

SPANISH NOODLES

| | |
|-------------------------------|---------------------------------|
| 2 slices bacon | 1 onion diced |
| $\frac{1}{2}$ lb. ground beef | 1 # $2\frac{1}{2}$ can tomatoes |
| 1 small package noodles | $\frac{1}{2}$ c chili sauce |
| 1 green pepper, shredded | Salt and pepper |

1. Dice the bacon and cook until crisp and brown.
2. Add meat and cook until slightly browned.
3. Add rest of ingredients, cover closely and cook until steam comes from cover.
4. Turn heat low and cook 35 to 45 minutes.

SPANISH RICE

Substitute $\frac{1}{2}$ c uncooked rice for the noodles and 1 T Worcestershire sauce for the $\frac{1}{2}$ c chili sauce in the Spanish Noodles.

If desired $\frac{1}{2}$ lb. ground beef or $\frac{1}{2}$ lb. chopped leftover beef, veal, or pork may be added. Brown in bacon fat.

NOTE: *Spanish Rice or Noodles may be baked in a 350°F oven for 1 hour in a covered casserole.*

HOW TO BROIL

1. Preheat broiler pan or not, according to directions for the range you are using.
2. If oven and broiler are in separate compartments, turn broiler key on full. If broiler is under the oven, or if oven and broiler are in the same compartment, set heat control at "Broil" or at the hottest point.
 In broiling, temperature is regulated by the distance food is placed from the heat. Thick pieces of meat or meat to be cooked well done are placed farther from heat, thin pieces of meat or meat to be cooked rare are placed nearer the heat.
3. Place food on rack. Vary distance from heat according to type of food as indicated in chart below.
4. Broil until top is nicely browned. Season with salt and pepper and turn.
5. Broil second side, season and serve immediately.
6. While meat is being broiled, cooked vegetables may be heated in the bottom of the broiler pan. Drippings from the meat will add flavor.
7. Broil with the oven door slightly ajar in most electric ranges; check range instruction book. When broiling in the modern gas range broil with the door closed.

BROILING CHART

| BROILING CHART | Distance of Top of Food from Heat. | Approx. Time on Each Side |
|-----------------------------|---------------------------------------|------------------------------|
| Sirloin Steak 1" thick | 2-4" | 6-12 min |
| T-Bone Steak 1½" thick | 2-4" | 5-12 min |
| Porterhouse Steak 1½" thick | 2-4" | 12-20 min |
| Smoked Ham Slices | 2-4" | 10-12 min |
| Lamb Chops 1" thick | 2-4" | 5-10 min |
| Beef Patties | 2-4" | 5-12 min |
| Chicken, 1 to 1½ lbs | 3-4" | 15-23 min |
| Bacon | 2-4" | 3-4 min |
| Liver ½ to ¾" thick | 2-4" | 3-5 min |

NOTE: *Pork Chops - may be broiled if they have been frozen at 0°F for one month's time.*

HOT SANDWICHES

BUNSTEADS

Temp: 375°F Time: 20 min

- | | |
|----------------------------------------------|----------------------------|
| $\frac{1}{4}$ lb American cheese (1 c cubed) | 2 T chopped onion |
| 3 hard-cooked eggs, chopped | 2 T chopped stuffed olives |
| 1-7 oz can tuna, flaked | 2 T chopped sweet pickle |
| 2 T chopped green pepper | $\frac{1}{2}$ c mayonnaise |
| | 8 finger rolls |

1. Combine cheese, eggs, tuna, green pepper, onion, olives and sweet pickle. Moisten with mayonnaise. Mix lightly.
2. Split buns and fill.
3. Wrap buns in aluminum foil and place in preheated oven until cheese melts and filling is heated. Serve hot.

NOTE: These buns may be frozen for a two week period. To serve, heat at 375°F for 30 minutes.

CHILI CHEESE BUNS

- | | |
|-----------------------------|------------------------------------|
| $\frac{1}{4}$ lb dried beef | 6 sandwich buns or slices of bread |
| $\frac{1}{2}$ c hot water | |
| 6 T chili sauce | 6 slices American cheese |

1. With scissors, cut dried beef into small sized pieces. Cover with hot water and let stand 2 minutes.
2. Drain well. Add chili sauce and mix thoroughly.
3. Split buns. Spread chili beef on half of each bun. Arrange on broiler rack, 2 to 3" from heat and broil 5 to 6 minutes.
4. Place slice of cheese on toasted beef and place top halves of buns on broiler rack. Broil 1 to 2 minutes or until cheese is melted and bun is toasted.
5. Serve with salad and dessert for luncheon or with sliced pickles for a midnight snack.

STUFFED FRANKFURTERS

Broil Time: 8-10 min

1. Cut a gash in each frankfurter. Insert a strip of dill pickle or sharp cheese in each slit.
2. Wrap a strip of bacon around each frankfurter and fasten with a toothpick.
3. Place in broiler about 2" from heat. Broil until bacon is crisp (about 4 min). Turn frankfurters and broil on the other side.

NOTE: Serve in frankfurter roll or with potato salad.

DEVILED HAMBURGERS

| | |
|----------------------------------|--------------------------------------|
| 1 lb ground beef | $\frac{1}{2}$ t Worcestershire sauce |
| $\frac{1}{3}$ c chili sauce | 1 t salt |
| $\frac{1}{2}$ t prepared mustard | 8 slices of bread or |
| 1 t minced onion | 8 halves of buns |

1. Combine the beef, chili sauce, mustard, onion, Worcestershire sauce and salt.
2. Toast bread on one side in the broiler. Spread the untoasted side of the bread with the beef mixture. Place under broiler and broil 6-8 minutes.

HOT SHRIMP SANDWICH

| | |
|----------------------------------------|-----------------------------|
| 1-7 oz can shrimp, cleaned and chopped | $\frac{1}{2}$ t dry mustard |
| 1 c grated American cheese | 1 t lemon juice |
| 1 egg, slightly beaten | Dash of pepper |
| $\frac{1}{4}$ t salt | 7 slices bread |
| $\frac{1}{2}$ t Worcestershire sauce | 2 T soft butter |

1. Combine chopped shrimp, cheese, beaten egg, salt, Worcestershire sauce, mustard, lemon juice and pepper.
2. Toast bread on both sides, spread with butter. Spread 3 T shrimp mixture on each slice of toast. Place on broiler rack 3" from heat for 4 to 5 minutes or until brown. Cut in triangles and serve.

MIDNIGHTER'S DREAM

| | |
|------------------------------------|----------------|
| $\frac{1}{2}$ c canned baked beans | 6 slices bread |
| 2 T chopped onion | 8 slices bacon |
| 2 T catsup | 2 tomatoes |
| 2 T pickle relish | |

1. Mash baked beans and add onion, catsup and relish. Blend thoroughly.
2. Toast bread on one side. Spread untoasted side with baked bean spread. Top with 2 half slices of bacon, cut crosswise. Broil 5 to 6 minutes.
3. Arrange thin slices of tomato over bacon. Broil 2 to 3 minutes longer.

FISH AND SEAFOOD

BROILED FISH

1. Have whole fish split and cleaned. Or use steaks or slices of large fish.
2. Wipe with a damp cloth or a paper towel. Brush with melted fat and season with salt and pepper.
3. Place skin side up on greased broiler rack 2" from heat and broil until skin is slightly browned.
4. Turn and broil 8-15 minutes, depending on thickness.
5. About 2 minutes before fish is done, dot generously with butter and sprinkle well with paprika. Slip back under broiler to brown.

FRYING FISH

Crumbed fish to be used for frying should be chilled for several hours in the refrigerator before frying. It will hold its shape perfectly while cooking.

CRISPY FISH

Temp: 425°F Time: 20-25 min

1½ lbs fish fillet

1 egg, beaten

1/3 c flour

3 T cold water

½ onion, grated

3 c corn flakes,
crushed

Juice of 1 lemon

½ t salt

3 T bacon fat or drippings

1. Remove skin from fish and cut into pieces for serving. Roll in flour.
2. Combine onion, lemon juice, salt, egg, and water.
3. Dip fish in egg mixture, then roll in corn flakes.
4. Arrange on greased heat proof platter. Melt drippings and pour over fish.
5. Chill several hours. Bake in preheated oven.

TO COOK FRESH (GREEN) OR FROZEN* SHRIMP

1. Rinse shrimp and drop into boiling water. To each quart of water add 1 t salt and 1 T vinegar. For a delicious flavor, add also a stalk of celery, a bay leaf, a dash of thyme, a sprig of parsley and $\frac{1}{2}$ lemon, sliced.
2. Simmer 8-10 minutes. The shells will turn pink.
3. Drain, plunge into cold water and shell. Remove black line (intestine).

1 lb fresh shrimp yields 2 cups cooked shrimp
(this amount will serve 4)

* When cooking frozen shrimp it will take a while for the water to return to a boil.

BAKED STUFFED FISH

Temp: 425°F Time: 10 min/lb
over 5 lbs: 5 min/lb

- 1 fish(3-4 lb)
- 1 onion, chopped
- $\frac{1}{4}$ c fat
- 2 c soft bread crumbs
- 1 t salt
- Few grains pepper
- $\frac{1}{4}$ c hot water
- $\frac{1}{4}$ t poultry seasoning

1. Clean fish, wash thoroughly and dry well. Rub inside with salt.
2. Brown onion in fat and add remaining ingredients. Mix well.
3. Stuff fish and skewer together.
4. Place in a greased shallow baking dish. Brush with melted butter. Bake in preheated oven.
5. Flounder, haddock, halibut, mackerel, salmon, bass, trout and whitefish are common in our markets and can be used for baking.

BAKED LOBSTER TAILS

Temp: 400°F Time: 25-30 min.

- 4 frozen lobster tails
- 4 T butter
- 4 lemon wedges

1. Defrost frozen lobster tails.
2. Cut under-shell around edge, remove membrane, loosen tail meat from shell.
3. Place lobster tails in center of squares of heavy-duty foil. Place butter on top.
4. Complete wrapping by bringing edges of foil together and folding over.
5. Place foil packages on baking sheet and bake in preheated oven.
6. Serve opened packages with wedges of lemon.

NOTE: If tails are frozen, cut down middle of shell side, wrap in foil and bake 40-50 minutes.

CARE AND USE OF REFRIGERATOR AND FREEZER

DEFROSTING

If refrigerator does not defrost automatically, defrost when frost is $\frac{1}{4}$ " thick by following the directions that come with your refrigerator.

DIFFERENCE between a freezer storage compartment and a true zero degree freezer.

You have a true zero degree freezer if the freezing area has a separate outside door (2 door-refrigerator).

You have a freezer storage compartment if the freezer compartment defrosts when you defrost the refrigerator.

CLEANING REFRIGERATOR

1. Wash inside of the refrigerator, shelves, freezer storage compartment, etc., with warm water to which baking soda has been added (1 T soda to 1 qt. water). Wipe interior of cabinet dry.
2. For the outside of the refrigerator, wash with mild soap and water and use a refrigerator wax, if desired.
3. Be sure to keep the rubber gasket around the door dry and free from food particles and grease.

DEFROSTING ZERO DEGREE FREEZER

The food freezer seldom needs complete defrosting but the excess frost should frequently be scraped off the sides of the freezer with a frost scraper or wooden spoon.

To completely defrost the freezer turn the freezer off. Remove food and wrap in newspaper to prevent thawing. Place a tray containing hot water in the bottom of the freezer and let it stand until frost softens so it can be easily removed. Wash freezer using 3 T baking soda in 1 qt. water, then dry thoroughly.

ECONOMICAL USE OF YOUR REFRIGERATOR

1. Allow space around foods so refrigerator isn't overcrowded.
2. Use refrigerator only for storing foods that need refrigeration.
3. Use up leftovers within a few days. No refrigerator will keep food indefinitely!
4. Defrost regularly if not an automatic defrosting refrigerator.

PROPER STORAGE OF FOODS IN REFRIGERATOR

1. In all refrigerators cooked foods should be covered to prevent excessive drying. Raw meat should be removed from store wrappings and covered loosely with wax paper.
2. Wash fruits (except berries) and vegetables and drain well before storing in hydrators. The moisture left clinging to the leaves is just enough to keep them fresh and crisp.
3. Wipe off milk bottles and other jars and bottles before placing in refrigerator. Remove paper wrappings and cartons because paper acts as an insulator against cold.
4. Store frozen foods in freezer storage compartment for not longer than 2 weeks. Foods can be stored longer in food freezer, if properly packaged.

FREEZING IN THE FREEZER STORAGE COMPARTMENT

1. The freezer storage compartment in most refrigerators is intended for making frozen desserts, ice cubes, for short term storage of commercially frozen foods and not for food freezing. In case of emergency where storage for no longer than a week is intended, food may be frozen in the freezer storage compartment if it is carefully wrapped in freezer paper, heavy aluminum foil, or plastic freezer bags.
2. The temperature in this compartment in most cases is not maintained at 0°F and therefore is not cold enough to freeze food quickly or to keep it frozen for long periods.
3. To keep ice cream hard in a freezer storage compartment, remove the ice cream from the carton and place in an ice cube tray. Cover with aluminum foil.

FREEZING IN THE ZERO DEGREE FREEZER

1. Foods should be carefully wrapped in freezer paper, heavy aluminum foil or plastic bags so that the wrappings are moisture and vapor proof. Proper wrapping prevents loss of flavor, nutritive value, color changes and drying out.
2. Freeze just in amounts to be served at one meal.
3. For economy and convenience, freeze baked goods, make up extra amounts of sauces and freeze these to have on hand when needed, and freeze leftover meat.
4. Never refreeze ice cream, fish, seafood or perishables such as meat pies and foods containing gravy or sauce. Cook fish, seafood and meat dishes, use immediately.
5. Almost any food can be frozen and served if properly wrapped and stored for no longer than the recommended time, except for:
 - Boiled potatoes in soups and stews
 - Cream puddings and custards
 - Mayonnaise
 - Salad greens, celery, and tomatoes
 - Whites of hard cooked eggs
6. For further freezing directions, consult the booklet, "Freezing Foods," a copy of which may be obtained from the Home Service Department.
7. Keep frozen food in packages until defrosted.
8. Fruit should be served when still slightly frosted.

CARE AND USE OF THE RANGE

Daily care saves time and wear

PORCELAIN ENAMEL PARTS OF THE RANGE

1. The porcelain enamel is really glass and should be washed only when the range is cool, in order to prevent cracking, crazing or chipping. A dry cloth may be used on the warm range if some food has been spilled.
2. Usually warm soap suds will clean the range, but occasionally a mild cleanser that is not gritty may be used.
3. Any acids like lemon juice, vinegar or the acid in milk will form a ring on the enamel. Wipe up any spillage immediately.

TOP BURNERS

When food comes to the boil, turn down heat to avoid burning and boiling over. The food will cook just as quickly.

Gas

1. The burners can be cleaned with ammonia or a mild cleanser. (Do not soak because of asbestos parts). Be sure ports are free of all foreign matter. Clean with a fine wire or hairpin.
2. The black enamel grating over the burners should be treated like the other porcelain enamel parts of the range, but they will show use in time.

Electric

1. Brush loose food particles off elements. Dust may be wiped off with dry cloth when element is cool. Never use an abrasive on electric elements.
2. The chrome strip around the element can be washed with soap and water. Stubborn stains can be removed with a mild abrasive or steel wool pads.

Thermostatic Burner

Clean the burner or element as you normally would for gas or electric, being sure to clean the temperature sensing unit carefully.

DRIP BOWLS

When cool, soak drip bowls if necessary, clean with soap and water. Hard to remove stains can be treated by using a steel wool pad. Copper cleaner can be used on the copper drip bowls.

OVEN

1. Wash oven interior with a solution of soap, water and ammonia. Rinse well and dry thoroughly.
2. A paper towel soaked in ammonia and left in the oven for a short time will loosen spillovers and cut stubborn grease.
3. After using the oven, turn off heat and leave door ajar until oven is cool.
4. Do not line oven bottom with foil unless specified by the manufacturer. Oven racks should never be completely covered with foil.
5. Baking pans are easier to clean if put in sink and moistened with water. If put back into oven, meat drippings or food particles will burn to pans and make cleaning more difficult.

BROILER

1. Remove broiler pan from oven when you use the oven for baking, to avoid discoloration of broiler pan.
2. The broiler pan and rack should be removed from the oven as soon as you have finished broiling. Drain off juices and fats so they do not burn onto the pan.
3. The broiler pan and rack should be washed each time the broiler is used. This will be made easier if you sprinkle on synthetic detergent and cover with a wet paper towel as soon as you are through using the broiler.

CARE AND USE OF SMALL APPLIANCES

1. Always plug small appliances into wall outlets.
2. Never immerse electrical appliances in water, unless otherwise directed by the manufacturer.
3. Chrome appliances can be kept gleaming bright by wiping with a damp cloth and shining with a dry cloth. For stubborn stains use a silver polish or buffing cloth.
4. Never wrap the electric cord around appliance while it is still hot.
5. Store appliances when cool and clean in a dry place.
6. If covering appliance with plastic or other cover, wait until cool.

ELECTRIC FRY PAN

1. Do not let water stand in fry pan for any length of time or soak in a detergent because of pitting.
2. Wash in hot soapy water, rinse and dry thoroughly, taking care not to get any water into electrical connection.
3. Stubborn stains and food particles may be removed by using steel wool pads. Do not scrape the fry pan with sharp utensils.

TOASTER

Clean crumb tray often, as crumbs will burn to tray and heating elements. Shake gently and use a small soft brush to help loosen crumbs.

COFFEE MAKER

1. Wash coffee maker with hot water and detergent after each use. Thorough washing removes stains and oils causing bad tasting coffee.
2. Use a percolator brush for washing spout, tube and hard-to-reach parts.
3. Do not scour with steel wool or abrasive cleaners, as this will mar the fine finish.
4. There are some commercial cleaners especially made for cleaning coffee makers.

STEAM IRON

1. To prevent rust formation and clogging always use distilled water or water from a dehumidifier.
2. Allow steam to flow freely from holes before starting to iron to prevent spattering and leaking of water.
3. To make iron slide easier, disconnect the iron, but while still warm, clean the sole plate with a mild abrasive. Polish thoroughly. Be careful not to clog the holes. Then heat the iron on a low setting and rub several times lightly over a folded piece of wax paper.
4. To remove melted nylon or plastic from iron - make a paste of a scouring cleanser and glycerine. Cover stain with a thick layer of the paste. Heat iron to smoking point, let cool slightly, then wipe off with crumpled paper. Repeat, if necessary.

DEEP FAT FRYER

1. After each use, strain shortening into original container and wipe inside of fryer with paper toweling or napkins.
2. If fryer is not going to be used for deep fat frying the next time, wash inside with a detergent solution, rinse thoroughly and dry well.
3. Steel wool scouring pads may be used to remove food particles clinging to the inside of the fryer.

WAFFLE IRON - If having difficulty with waffle iron treat as follows:

1. Before using, pretreat waffle iron as follows:
 - a. Heat for 10 minutes with top open
 - b. Allow to cool for 10 minutes
 - c. Oil grids with any unsalted oil or shortening
 - d. Let stand 24 hours before using
2. Always preheat waffle iron for 8-10 minutes with top up before pouring batter on grids.
3. Oil grids after long storage or frequent use.
4. After each use, wipe grids while still warm with wax paper. Then it is ready for the next use.
5. If waffle iron sticks, clean thoroughly with a stiff wire brush, then oil according to directions given above.

ROTISSERIE-BROILER

Consult manufacturer's direction booklet.

HOW OUR HOME SERVICE CAN HELP YOU

Our Home Service Department is made up of a staff of Home Economists. They will be glad to help you with your homemaking problems. New recipes and suggestions are always available. Call us for help with freezing, baking and laundry questions, too. Special telephone service is maintained so that you may call in for recipes or other help with homemaking problems.

When you buy a new appliance from the RGE, a Home Service girl will call at your home to advise you on its care and use.

Cooking demonstrations and talks are available to clubs, church groups and other organizations. If you are a member of a group that would like a demonstration, arrangements can be made for this service free of charge. Our Home Economists are available for consultation. Please call them at LO - 2-7000, when you think they can help you.

HOME SERVICE DEPARTMENT

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89 East Avenue Rochester 4, N.Y.

DISTRICT OFFICES AT:

Bolivar - Belmont - Fillmore - Mt. Morris
Canandaigua - Hilton - Sodus