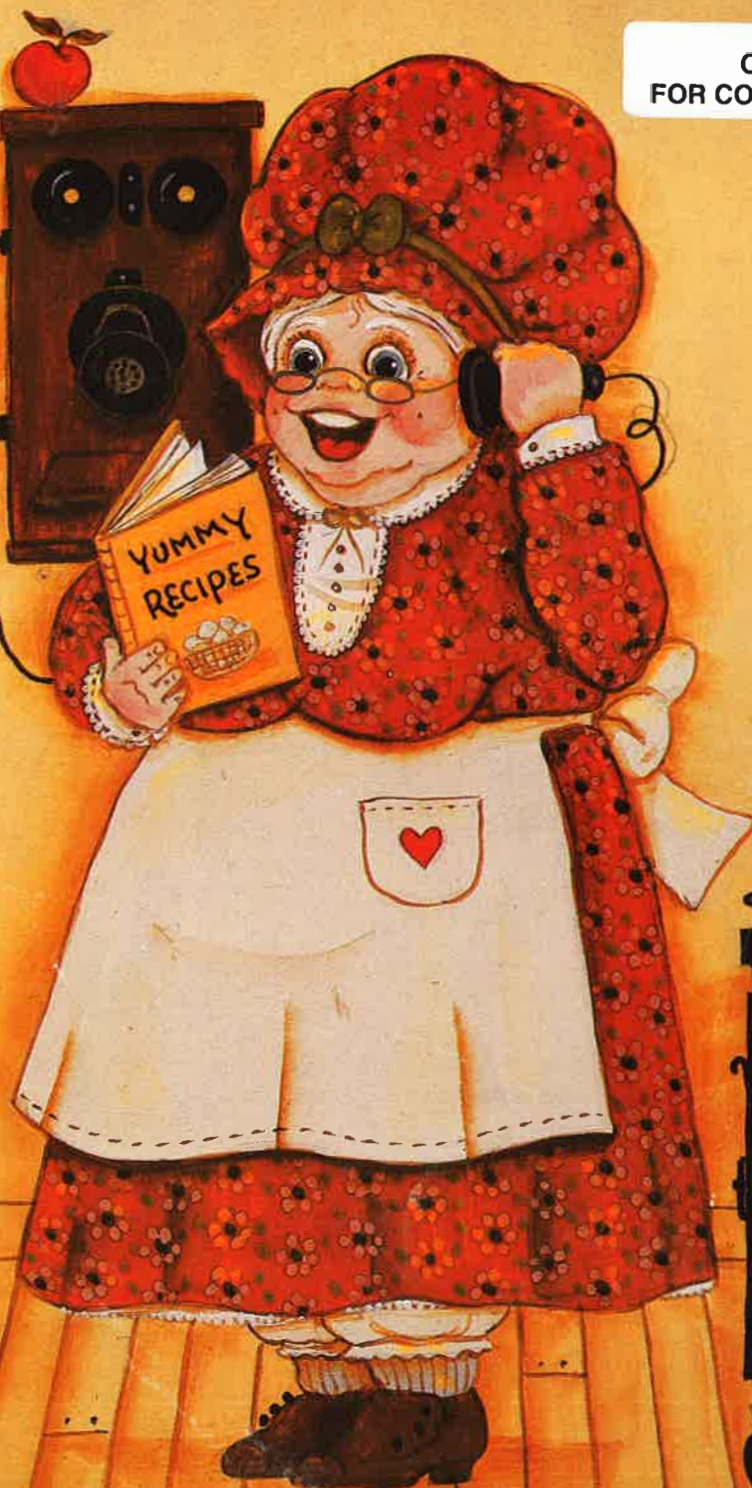


# SHARING RECIPES

C.A.M.I.  
FOR CONSULTATION



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A BOOK OF

FAVORITE

# Recipes

Compiled by

GROSSE ISLE BRANCH

of

THE QUEBEC WOMEN'S INSTITUTE



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IN THE YEAR 1910, THE RESIDENTS OF THE MAGDALEN ISLANDS, STRANDED WITHOUT ANY MEANS OF COMMUNICATION WITH THE MAIN LAND (DUE TO AN UNDERWATER CABLE HAVING BROKEN) SENT OUT SOME MAIL AND AN URGENT REQUEST FOR ASSISTANCE IN A MOLASSES BARREL. THIS WAS FOUND ON THE BEACH AT PORT HASTINGS, N.S., AND ASSISTANCE SENT BY BOAT.

# Basic Kitchen Information



## Expression of Appreciation

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

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno



THUMB INDEX



EQUIVALENTS, WEIGHTS and MEASURES, SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

WHAT SHALL WE HAVE FOR DINNER?

TIME TABLE FOR MEAT COOKERY

SEA FOOD COOKERY, WAYS TO USE LEFTOVERS

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

6 STEPS TO THE PERFECT PIE

DIET INFORMATION AND MENUS

FREEZING PREPARED FOODS and MAXIMUM HOME STORAGE FOR FROZEN FOOD

METRIC SYSTEM INFORMATION

STAIN CHART, FIRST AID and MISCELLANEOUS INFORMATION

## EQUIVALENTS

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

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

## WEIGHTS AND MEASURES

### Baking powder

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

### Cheese, American

1 lb. =  $2\frac{3}{4}$  cups cubed

### Cocoa

1 lb. = 4 cups ground

### Coffee

1 lb. = 5 cups ground

### Corn meal

1 lb. = 3 cups

### Cornstarch

1 lb. = 3 cups

### Cracker crumbs

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

### Eggs

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

### Flour

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

### Lemons, juice

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

### Lemons, rind

1 lemon = 1 tbsp. grated

### Oranges, juice

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

### Oranges, rind

1 = 2 tbsps. grated

### Gelatin

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

### Shortening or Butter

1 lb. = 2 cups

### Sugar

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

## One ingredient for another

### For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

### You may use these

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

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

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

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

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

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

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

4 tablespoons nonfat dry milk plus 1 cup water.

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

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

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

# EVERYDAY HERB GUIDE



**FOUND IN** Yugoslavia, Italy, Greece, Spain.  
**IT IS** shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.  
**TASTES GOOD WITH** stuffings; pork roasts; sausages; poultry and hamburgers.

**AVAILABLE** as leaf; rubbed; powdered.



**FOUND IN** India, France, Argentina.  
**IT IS** dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

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

**AVAILABLE** whole; ground.



**FOUND IN** France, United States.  
**IT IS** leaf and flower-top of plant; has pungent flavor resembling licorice.

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

**AVAILABLE** whole; ground.



**FOUND IN** France, Spain.  
**IT IS** member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

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

**AVAILABLE** whole; powdered.



**FOUND IN** United States, Europe.  
**IT IS** tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

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

**AVAILABLE** whole; ground; as flakes.



**FOUND IN** France, Spain.  
**IT IS** member of mint family; has aromatic odor, pungent flavor.

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

**AVAILABLE** whole; ground.



**FOUND IN** India, United States.  
**IT IS** fruit of parsley family; has aromatic odor with delicate caraway flavor.

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

**AVAILABLE** whole; ground.

# EVERYDAY HERB GUIDE



**FOUND IN** India, Western Europe, United States.  
**IT IS** member of mint family with leaves 1 1/4" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

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

**AVAILABLE** whole; ground.



**FOUND IN** Turkey, Yugoslavia, Portugal, Greece.

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

**TASTES GOOD WITH** vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.

**AVAILABLE** as whole leaf.



**FOUND IN** France, United States

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

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

**AVAILABLE** whole; ground.



**FOUND IN** Mexico, Italy, Chile, France.

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

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

**AVAILABLE** whole; ground.

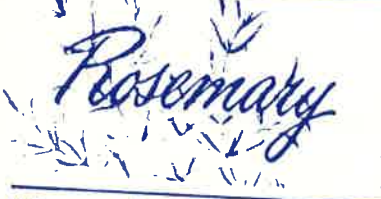


**FOUND IN** all parts of the world.

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

**TASTES GOOD WITH** jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

**AVAILABLE** whole (dried); flaked; as fresh sprigs.



**FOUND IN** France, Spain, Portugal.

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

**TASTES GOOD WITH** poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

**AVAILABLE** whole; ground.



**FOUND IN** France, Germany, Chile.

**IT IS** member of mint family, with aromatic odor.

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

**AVAILABLE** whole; ground.

## What Shall We Have For Dinner??

### WHAT TO SERVE WITH *Meats*

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

### WHAT TO SERVE WITH *Chicken*

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

## What Shall We Have For Dinner??

### WHAT TO SERVE WITH *Fish*

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

### WHAT TO SERVE WITH *Cheese or Eggs*

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

### WHAT TO SERVE WITH *Miscellaneous*

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

# TIME TABLE FOR MEAT COOKERY

## Roasting

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

## Braising

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

# TIME TABLE FOR MEAT COOKERY

## Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			BARE	MEDIUM	WELL DONE
<b>BEEF</b>					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties					
	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
<b>LAMB</b>					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
<b>HAM, BACON &amp; SAUSAGE</b>					
Ham Slices					
	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					
Pork Sausage Links		12-16 to the lb.	—	—	4-5
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	12-15
			—	—	30-35

## Stewing

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

## Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lb.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



# Sea Food COOKERY



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

HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

## Ways to use left-overs

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

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

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

Meat and vegetable pie

Soup

Stew

Stuffed peppers

Stuffed tomatoes

Vegetables in cheese sauce

**Cooked leafy vegetables,  
chopped, in**

Creamed vegetables

Soup

Meat loaf

Meat patties

Omelet

Souffle

**Cooked or canned fruits, in**

Fruit cup

Fruit sauces

Jellied fruit

Quick breads

Shortcake

Upside-down cake

Yeast breads

**Cooked meats, poultry, fish, in**

Casserole dishes

Hash

Meat patties

Meat pies

Salads

Sandwiches

Stuffed vegetables

**Cooked wheat, oat,  
or corn cereals, in**

Fried cereal

Meat loaf or patties

Sweet puddings

**Cooked rice, noodles,  
macaroni, spaghetti, in**

Casseroles

Meat or cheese loaf

Timbales

**Bread**

Slices, for

French toast

Dry crumbs, in

Brown betty

Croquettes

Fried chops

Soft crumbs, in

Meat loaf

Stuffings

**Cake or cookies, in**

Brown betty

Ice-box cake

Toasted, with sweet topping,

for dessert

**Egg yolks, in**

Cakes

Comstarch pudding

Custard or sauce

Pie filling

Salad dressing

Scrambled eggs

**Egg whites, in**

Custard

Fruit whip

Meringue

Souffles

**Hard-cooked egg or yolk, in**

Casserole dishes

Garnish

Salads

Sandwiches

**Sour cream, in**

Cakes, cookies

Dessert sauce

Meat stews

Pie filling

Salad dressing

Sauce for vegetables

**Sour milk, in**

Cakes, cookies

Quick breads

**Cooked potatoes, in**

Croquettes

Fried or creamed potatoes

Meat-pie crust

Potatoes in cheese sauce

Stew or chowder







# Quantities to Serve 100 People



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

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



how to make  
26  
new fillings

QUANTITY  
AND  
FAMILY SIZE  
RECIPES

fillings  
make the  
sandwich



for lunch boxes

for outdoor eating



<b>HAWAIIAN HAM SANDWICH</b>			6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart	
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)	
	Brown sugar	1 tablespoon	1/4 cup	
	Cloves	1/8 teaspoon	1/2 teaspoon	
	<b>O'HARA'S SANDWICH</b>			
Mix Well	Corned beef, chopped	1 cup	1 quart	
	Chopped onion	1/4 cup	1 cup	
	Chopped Kosher pickle	1/4 cup	1 cup	
	Tomato juice	1/4 cup	1 cup	
	<b>TANGY TONGUE SANDWICH</b>			
Mix Well	Sliced tongue	3/4 pound	3 pounds	
	Cream cheese, softened	3-oz. package	3/4 pound	
	Horseradish	1 tablespoon	1/4 cup	
<b>CHEESE PIMIENTO SANDWICH</b>				
Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)	
	Chopped pimiento	2 tablespoons	1/2 cup	
	Salad dressing	2 tablespoons	1/2 cup	

<b>EAST COAST SANDWICH</b>			6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)	
	Baked beans	1/2 cup	2 cups (1 lb. can)	
	Chopped onion	2 tablespoons	1/2 cup	
	Chili sauce	1 tablespoon	1/4 cup	
<b>ALL AMERICAN FAVORITE</b>				
	Sliced roast beef	3/4 pound	3 pounds	
	Sliced sweet onion	1 onion	4 onions	

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

for quick n' easy snacks

## SANDWICHES

### QUANTITY AND FAMILY SIZE RECIPES

	6 SERVINGS	24 SERVINGS
<b>LIVER SAUSAGE SALAD SANDWICH</b>		
Liver sausage	1/2 pound	2 pounds
Chopped celery	1/4 cup	1 cup
Chopped sweet pickle	1/4 cup	1 cup
Chopped onion	1 tablespoon	1/4 cup
Hard cooked egg, chopped	1	4
Salad dressing	3 tablespoons	3/4 cup

	6 SERVINGS	24 SERVINGS
<b>TASTY TREAT HAMBURGER</b>		
American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
Ground beef	3/4 pound	3 pounds
Chopped onion	1/4 cup	1 cup
Chili sauce	2 tablespoons	1/2 cup
Worcestershire sauce	1/2 teaspoon	2 teaspoons
Salt and pepper to taste		

	6 SERVINGS	24 SERVINGS
<b>SPICY HAM SANDWICH</b>		
Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
Tomato sauce	1 cup (8-oz. can)	1 quart
Cloves	1/8 teaspoon	1/2 teaspoon

	6 SERVINGS	24 SERVINGS
<b>CREAM CHEESE CRUNCH</b>		
Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
Diced crisp bacon (8 slices)	1/4 cup	1 cup
Sliced stuffed olives	1/2 cup	2 cups

	6 SERVINGS	24 SERVINGS
<b>CANADIAN DOUBLE DECKER</b>		
<i>First Layer—</i>		
Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
<i>Second Layer—</i>		
Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)

	6 SERVINGS	24 SERVINGS
<b>CHAMPION TWO STORY</b>		
<i>First Layer—</i>		
Sliced cooked chicken	1/2 pound	2 pounds
<i>Second Layer—</i>		
Hard cooked eggs, chopped	4	16
Chopped celery	2 tablespoons	1/2 cup
Chopped olives	2 tablespoons	1/2 cup
Chopped sweet pickle	1 tablespoon	1/4 cup
Salad dressing	2 tablespoons	1/2 cup
Prepared mustard	2 teaspoons	3 tablespoons

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

	6 SERVINGS	24 SERVINGS
<b>BANANA PEANUT BUTTER WINNER</b>		
Peanut butter	3/4 cup	3 cups
Banana, sliced	3 medium	12 medium
<b>SUNSHINE SPECIAL</b>		
Chopped dates	1 cup	1 quart
Shredded carrots	1 cup	1 quart
Chopped nuts	1/2 cup	2 cups
Salad dressing	1/2 cup	2 cups

	6 SERVINGS	24 SERVINGS
<b>CALIFORNIA DELIGHT</b>		
Peanut butter	3/4 cup	3 cups
Orange juice	1/2 cup	2 cups
Shredded orange rind	1 tablespoon	1/4 cup
Shredded coconut	1/2 cup	2 cups

	6 SERVINGS	24 SERVINGS
<b>APPLE CHEESE TOASTY</b>		
Apple sauce, topped with:	1/2 cup	2 cups
American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)



\*FOR SMALL FRY\*



for hearty lunching

## SANDWICHES

### QUANTITY AND FAMILY SIZE RECIPES

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

	6 SERVINGS	24 SERVINGS
<b>ROYAL LIVER SAUSAGE SANDWICH</b>		
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

	6 SERVINGS	24 SERVINGS
<b>FRANKFURTER CHEESE GRILL</b>		
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

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

	6 SERVINGS	24 SERVINGS
<b>CHEF'S CHICKEN SANDWICH</b>		
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts

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

\*BAKED SANDWICHES\*

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

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



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

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



# 6 Easy Steps

TO THE

# Perfect Pie



**1** The ingredients for the perfect pie crust: 1 teaspoon salt, 2/3 cup vegetable shortening, 2 cups flour, and cold water.

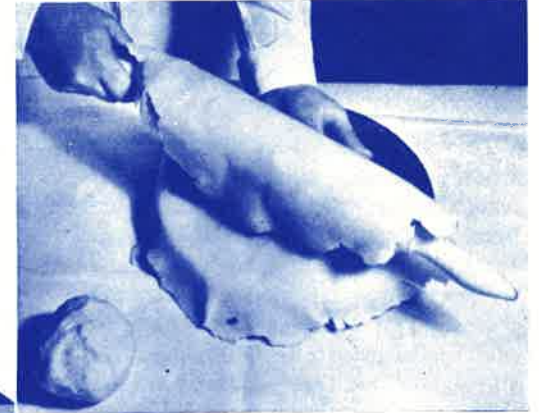
**2** Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



**3** Add 3 to 6 table-  
spoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.



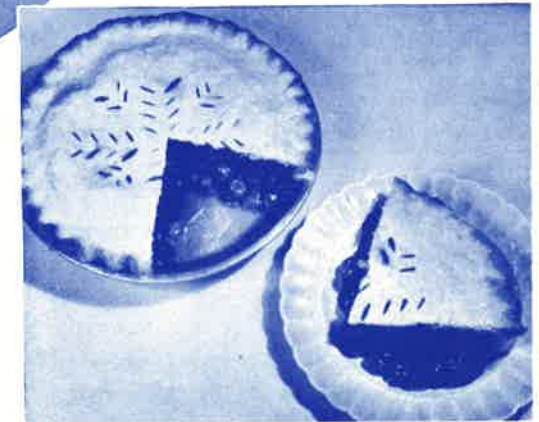
**4** Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



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



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



## YOU can Reduce --- with SAFETY and COMFORT

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

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

### YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST	
Fruit	3 1/2 ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1/2 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired
LUNCH	
Meat (lean)	3 ounces
Vegetable (cooked or salad)	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired
DINNER	
Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3 1/2 ounces
Salad	3 1/2 ounces
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

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

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

### Just a Word of Caution!

Before going on a diet—  
CONSULT YOUR PHYSICIAN

### YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST	
Fruit	3 1/2 ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired
LUNCH	
Meat (lean)	4 ounces
Vegetable (cooked or salad)	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired
DINNER	
Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3 1/2 ounces
Salad	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

## YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST	
Fruit	3 1/2 ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired
LUNCH	
Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired
DINNER	
Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3 1/2 ounces
Salad	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

### HELPFUL INFORMATION WWW

**FRUITS**  
3 1/2 ounces = approximately 1/2 cup

#### BREAD

2/3 ounces = 1 thin slice

#### BUTTER

1/6 ounce = 1/2 pat

#### MEATS

4 ounces = piece 4x3x1 inches

#### MILK

7 ounces = 1 glass

#### VEGETABLES

3 1/2 ounces = approximately 1/2 cup

## YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST	
Fruit	3 1/2 ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired
LUNCH	
Meat (lean)	6 ounces
Vegetable (cooked)	3 1/2 ounces
Salad	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired
DINNER	
Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3 1/2 ounces
Salad	3 1/2 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3 1/2 ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

	WEIGHT RECORD			
	Date	Weight	Date	Weight
Age				
Height				
Weight				
Desired Weight				

### INSTRUCTIONS FOR WEIGHING

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



## Suggested Menus For Your Diet



### MONDAY

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

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

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

### TUESDAY

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

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

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



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



### WEDNESDAY

*Breakfast*  
Tomato juice  
Poached eggs on toast  
Broiled ham  
Coffee

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

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



### THURSDAY

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

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

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

### SUNDAY

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



### FRIDAY \*

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

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

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

### SATURDAY

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

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

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



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



## Suggested Menus For Your Diet



### MONDAY

*Breakfast*  
Orange juice  
Poached egg  
Toast  
Frizzled dried beef  
Coffee

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

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

### TUESDAY

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

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

*Dinner*  
Roast leg of lamb  
Brussels sprouts  
Bread Butter  
Blueberries  
Milk Coffee



*Breakfast*  
Cantaloupe  
Shirred eggs with diced ham  
Whole wheat toast Butter  
Coffee



### WEDNESDAY

*Breakfast*  
Grapefruit juice  
Coddled egg  
Toast  
Broiled ham slice  
Coffee

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

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

### THURSDAY

*Breakfast*  
Apricots  
Poached egg on toast  
Broiled Canadian-style bacon  
Coffee

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

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

### SUNDAY

*Luncheon or supper*  
Broiled frankfurters  
Beets  
Cole slaw  
Bread Butter  
Plums  
Milk Tea



*Breakfast*  
Baked egg in Canadian-style bacon cup  
Toast Butter  
Coffee

*Lunch*  
Devised beef slices  
Seven minute cabbage  
Carrot and celery salad  
Bread Butter  
Grapes  
Milk Tea

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



### SATURDAY

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

*Lunch*  
Broiled kidney  
Diced carrots  
Mixed vegetable salad  
Bread Butter  
Cherries  
Milk Tea

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



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

\* For Meatless Fridays ---

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

\* For Meatless Fridays ---

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



# Freezing Prepared Foods

## PACKAGING MATERIALS

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

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

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

Select containers that pack easily into a little space.

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

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

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

**Bags** are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

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

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

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

*Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.*

## GENERAL INFORMATION

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

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

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

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

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

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

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

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

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

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

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

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

It is best to freeze meat pies and turnovers unbaked.

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

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

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

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

# How To Convert To Metric System

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

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

Here are some examples :

**kilo** means a thousand.

Example : a kilometre is a thousand metres.

**centi** means a hundredth.

Example : a centimetre is a hundredth of a metre.

**milli** means a thousandth.

Example : a millimetre is a thousandth of a metre.

<b>metre</b>	for length
<b>litre</b>	for liquids
<b>kilogram</b>	for weighing
<b>°C</b>	for temperature

## MEASUREMENTS AND WEIGHT

### Equipment

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

### Food

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

### Dry Measure

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

### Liquid Measure

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



## To Remove **STAINS** From Washables

### ALCOHOLIC BEVERAGES

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

### BLOOD

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

### CANDLE WAX

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

### CHEWING GUM

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

### CHOCOLATE AND COCOA

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

### COFFEE

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

### CRAYON

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

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

### DEODORANTS

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

### DYE

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

*CAUTION:* Do not use color remover in washer, or around washer and dryer as it may damage the finish.

## To Remove **STAINS** From Washables

### EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

### FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

### GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

### GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

### INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

### INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. *CAUTION:* HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

### LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

### MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

### MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

*NOTE:* Mildew is very hard to remove; treat promptly.

# To Remove **STAINS** From Washables

## MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

## NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with de-natured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

## PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

## PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

## RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

**CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

## SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

**CAUTION: Severe scorching cannot be removed because of fabric damage.**

## SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

## TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

## Words

The six most important words in the English language:  
I admit I made a mistake.

The five most important words: You did a good job.

The four most important words: What is your opinion?

The three most important words: If you please.

The two most important words: Thank you.

The one most important word: We.

The one least important word: I.

## More Words

Happiness is like potato salad — when you share it with others, it's a picnic.

Just about the time you think you can make ends meet, somebody moves the ends.

Be careful how you live — you may be the only bible some people read.

A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

## Birthdays

Monday's child is fair of face,

Tuesday's child is full of grace,

Wednesday's child is loving and giving,

Thursday's child works hard for a living,

Friday's child is full of woe,

Saturday's child has far to go,

But the child that is born on the Sabbath day

Is brave and bonny, and good and gay.

## PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

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

### EXPLANATION

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

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

### EXAMPLES

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

# FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. **REMEMBER** — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

## CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

### SWALLOWED POISONS

1. Make patient vomit, if so directed, **BUT NOT IF:**
  - Patient is unconscious or is having fits.
  - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
  - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
  - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
  - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

**EYE OR SKIN CONTACT** — Wash thoroughly with tap water.

**INHALATION** — Remove from exposure to fumes.

## CALL FOR HELP PROMPTLY

These common household substances are poisonous:

### Group 1 Induce Vomiting

alcohol  
bleaches  
cosmetics (including nail polish, hair sprays, and permanent wave solutions)  
detergents  
fertilizers  
medicines (including aspirin)

### Group 2 Do NOT Induce Vomiting

fuel oils  
furniture polishes and waxes  
kerosene, gasoline, lighter fluid  
lye and other caustics  
ammonia  
paint removers  
paints, thinners, turpentine  
pesticides, weed killers

### FIRST AID IN HOUSEHOLD EMERGENCIES



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

- Dilute poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

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

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

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

**BURNS:** Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

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

**WOUNDS: Minor Cuts**—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds**—Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

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

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

**Treatment:** Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

### GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

## Where to look in the Bible

### when

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

### If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*  
 Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*  
 Are jealous—*Ps. 49; James 3.*  
 Are impatient—*Ps. 40, 90; Heb. 12.*  
 Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*  
 Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

### when

Desiring inward peace—*John 14; Rom. 8.*  
 Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*  
 Satisfied with yourself—*Prov. 11; Luke 16.*  
 Seeking the best investment—*Matt. 7.*  
 Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*  
 You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*  
 Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*  
 You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*  
 Wanting to live successfully with your fellowmen—*Rom. 12.*

### to find

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

### If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*  
 Have experienced severe losses—*Col. 1; I Peter 1.*  
 Have been disobedient—*Isa. 6; Mark 12; Luke 5.*  
 Need forgiveness—*Matt. 23; Luke 15; Philemon.*  
 Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

### when you

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

courtesy American Bible Society

## Favorite Family Recipes



### Expression of Appreciation

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

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

APPETIZERS,  
PICKLES, RELISH

SOUPS, SALADS,  
DRESSINGS, SAUCES

MAIN DISHES—  
MEAT, SEAFOOD,  
POULTRY

MAIN DISHES—  
EGG, CHEESE,  
SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS,  
PIES, PASTRY

CAKES, COOKIES,  
ICINGS

DESSERTS

CANDY, JELLY,  
JAM, PRESERVES

BEVERAGES,  
MISCELLANEOUS

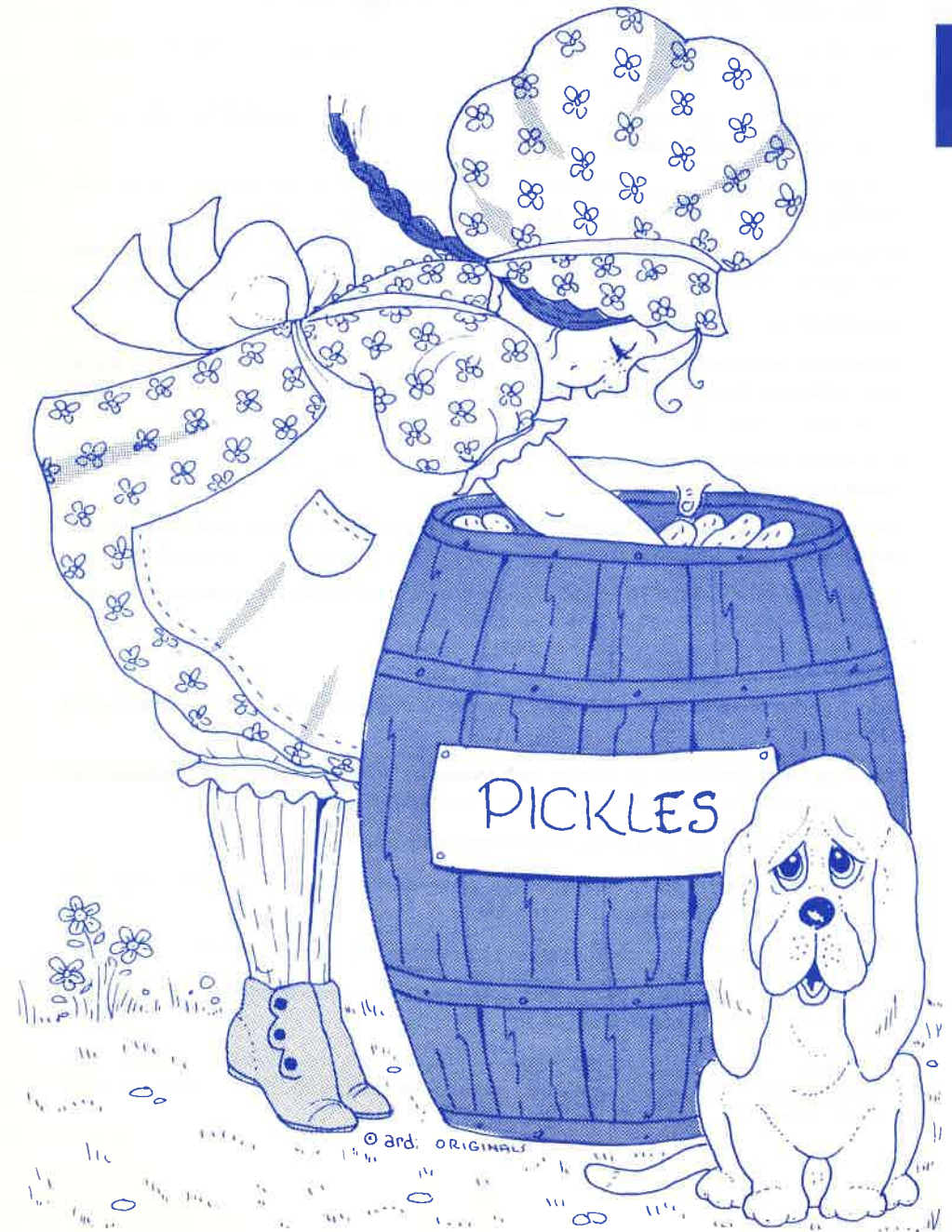
# APPETIZERS PICKLES • RELISH



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



ORDER SEVERAL  
FOR GIFTS  
WHILE THEY ARE STILL AVAILABLE



© and ORIGINALS

# Worth Remembering

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

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

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

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

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

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

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

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

Marigolds will prevent rodents.

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

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

Fresh lemon juice will take away onion scent from hands.

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

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

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

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

## APPETIZERS, PICKLES, RELISH

### SWEET MUSTARD PICKLES

2 qts. cucumbers

1 qt. onions

Cut up and soak overnight, covered in water with 1/3 cup salt added.

Drain the following morning and cover with vinegar. Cook until medium soft. Add sugar to taste.

Add 3 parts flour to 1 part dry mustard.

Mix up as you would a gravy to thicken your pickles. Add turmeric powder to colour, depending on how dark you want them.

Let this boil to the required thickness; let cool and pour into jars.

### BREAD 'N' BUTTER PICKLES

4 qts. cucumbers

5 c. white sugar

6 medium onions

3 c. white vinegar

3 cloves garlic (minced)

1 1/2 tsp. turmeric

1/3 c. salt

1 1/2 tsp. celery seed

ice cubes

2 Tbsp. mustard seeds

Wash and slice cucumbers and onions. Put a layer of cucumbers. Add some onions, a little bit of garlic; sprinkle with salt; add a layer of ice cubes. Repeat until all cucumbers, etc. are gone. The top should be covered with ice cubes. Let set for 3 hours. Then drain and add: vinegar, sugar, turmeric, celery seeds and mustard seeds in a pot. Put on stove and leave it till it starts to boil. Then remove from stove and put in bottles.

### CHRISTMAS PICKLES

8 - 10 cucumbers

1 lb. red peppers (sweet)

1 lb. onions

1 lb. green peppers

Boil:

4 c. white sugar

4 Tbsp. salt

4 c. vinegar

4 Tbsp. mustard seed

Boil for a few minutes. Remove seeds and peel cucumbers. Cut cucumbers, onions and peppers in small pieces. Add to the hot syrup and heat through.

### RHUBARB RELISH

1 qt. rhubarb  
 1 qt. onions  
 1 qt. vinegar

Cook together 20 minutes, then add:

2 lbs. white sugar  
 1 tsp. cinnamon  
 1 tsp. cloves  
 1 tsp. allspice  
 1/2 tsp. salt

Cook together for 1 1/4 hours at medium heat.

### PICKLES-CUCUMBER STRIPS

12 medium cucumbers  
 6 medium onions, sliced  
 paper thin  
 2 green peppers, cut in thin  
 strips  
 1 sweet red pepper  
 1/2 c. coarse pickling salt  
 ice cubes  
 4 c. sugar  
 4 c. cider vinegar  
 1 1/2 Tbsp. mustard seed  
 2 Tbsp. celery seed  
 1 tsp. turmeric  
 1/2 tsp. powdered cloves

Peel cucumbers and cut in half crosswise. Cut each half into 8 strips lengthwise. Put into a large bowl. Add onions, peppers and salt. Cover with plenty of ice cubes. Let stand 3 hours, stirring often and adding more ice cubes as needed. Drain well and discard any pieces of ice.

Combine remaining ingredients in large kettle. Bring to a boil and boil 3 minutes. Drop in the vegetables and heat just until liquid returns to boiling point. Ladle vegetables into hot sterilized jars and fill jars with liquid. Seal.

Makes about 6 pints.

### CUCUMBER RELISH

7 large cucumbers  
 4 onions

Put through a grinder. Sprinkle with salt and leave overnight. Make a paste of:

2 1/2 c. vinegar  
 2 c. hot water  
 3 c. white sugar  
 1/2 c. flour  
 1 tsp. turmeric  
 1 tsp. ginger  
 1 Tbsp. mustard

Boil for 5 minutes. Pour on cucumbers and onions. Boil for 5

minutes longer.  
 Seal while hot.

### MUSTARD PICKLES

7 large cucumbers, cut up fine  
 1 cauliflower  
 3 c. onions, sliced

Sprinkle above ingredients with 1/2 cup salt. Let stand for 2 1/2 hours, then drain and rinse well.

Mix to a smooth paste:

3 c. white sugar  
 1/2 c. flour  
 2 tsp. dry mustard  
 3/4 tsp. turmeric  
 1 tsp. celery seeds  
 1 c. vinegar

Add: 2 cups vinegar.

Boil for 5 minutes. Drain vegetables and simmer for 20 minutes.

### BREAD AND BUTTER PICKLES

6 qts. sliced cucumbers  
 1 qt. onions, sliced  
 9 qts. water  
 1 c. salt  
 3 pts. vinegar  
 3 pts. white sugar  
 1 tsp. turmeric  
 1 tsp. celery seed

Mix onions and cucumbers. Cover with brine made of water and salt. Let stand 3 hours. Drain.

Mix sugar, vinegar, turmeric and celery seed and add to vegetables. Boil 5 minutes.

Bottle while hot.

### ZUCCHINI PICKLES

10 c. zucchini, thinly sliced  
 2 c. onions, thinly sliced  
 6 c. water  
 1 c. sugar  
 2 c. white vinegar  
 1/4 c. salt  
 1 tsp. celery seed  
 1 tsp. mustard seed  
 1 tsp. turmeric  
 1/2 tsp. dry mustard

Combine zucchini, onions, salt and water. Let stand 3 hours and drain (total draining not necessary). Bring remaining ingredients to a boil together, then pour over the zucchini-onion mixture. Let stand 1 hour. Bring entire mixture to a boil for 5 minutes.

Pack in hot jars and seal.

## PICKLED BEETS

1 1/2 lbs. small beets  
1 1/2 c. white vinegar

1/2 c. water  
1 c. brown sugar

Cook beets in salted water until just tender. Peel beets and cut in pieces. Pack into hot sterilized jars.

Combine vinegar, sugar and water. Bring to a boil and simmer 5 minutes.

Pour hot liquid over beets to cover completely.

## CELERY RELISH

12 large cucumbers, peeled  
1 qt. onions  
3 bunches celery  
2 sweet green peppers

2 sweet red peppers  
2 Tbsp. salt  
3 lbs. sugar  
1 qt. vinegar

Chop vegetables.

Heat vinegar, sugar and salt. Add vegetables. Cook until tender.

3/4 c. flour  
3 Tbsp. mustard

1 Tbsp. turmeric

Mix flour, mustard and turmeric to a smooth paste with vinegar. Add to vegetables.

Cook until mixture thickens.  
Bottle and seal when cool.

## CRANBERRY RELISH

1 lb. cranberries  
1 large apple  
1 large orange  
1 large pear

1 large lemon  
2 1/2 c. sugar  
1/2 tsp. cinnamon  
1/2 tsp. ground cloves

Wash fruit well and seed, except for cranberries. Put through medium blade of food grinder. Don't lose juice. Stir remaining ingredients into chopped fruit and mix well.

Place in covered container in refrigerator at least 24 hours before serving.

## CHEESE LOG

8 oz. cream cheese  
8 oz. Cracker Barrel cheese  
3 tsp. chopped onions

3 tsp. chopped bell pepper  
2 Tbsp. chopped pimentos  
dash of cayenne pepper (optional)

Soften cheeses and blend well. Add other ingredients and mix well. Roll in 1/2 to 1 cup chopped pecans.

Chill.

## PIZZA PICK-UPS

1 box Melba toast rounds  
1 small can tomato sauce  
1 pkg. pepperoni

1 c. shredded Mozzarella cheese  
garlic salt  
oregano

Heat oven. Mix spices with sauce. Spread on crackers. Top with pepperoni and cheese.

Place on ungreased pan and bake until cheese melts, 3 to 4 minutes.

## GUACAMOLE DIP

2 large avocados, pureed  
1 small onion, grated  
1/2 tsp. chili powder  
dash of garlic and Tabasco sauce

1/4 c. mayonnaise  
3 Tbsp. chili sauce  
2 Tbsp. lemon juice

Combine and mix well. Cover in a closed quart jar. It will turn dark if it is not covered tightly.

Chill 1 hour before using.

## SAUSAGE BALLS

4 c. Bisquick  
1 lb. regular sausage

1 lb. hot sausage  
1 lb. cheddar cheese

Mix completely.

Bake at 350° 20 - 30 minutes.

## VEGETABLE DIP

2/3 c. real mayonnaise  
1 carton sour cream  
1 Tbsp. seasoning salt

1 Tbsp. onion powder  
2 Tbsp. dill weed

Mix all ingredients together. Serve with fresh vegetables.



Write your extra recipes here:



SOUPS  
SALADS  
SAUCES  
DRESSINGS

♡



# Salads and Salad Dressings



## *For Appeal To The Appetite*

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

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

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

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

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

## *Fruit Combinations*

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

## *Fruit and Vegetable Combinations*

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

## *Vegetable Combinations*

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

## SOUPS, SALADS, SAUCES, DRESSINGS

### CREAM OF CORN SOUP

- |                                |  |
|--------------------------------|--|
| 3 Tbsp. butter                 | 1/4 tsp. mace  |
| 1 onion, chopped               | 1 chicken stock cube   |
| 1 medium potato, finely sliced | 4 to 6 spoons heavy cream                                    |
| 1 1/2 c. fresh or canned corn  | 1 Tbsp. chopped chives or parsley (or sprinkling of paprika) |
| 3 1/2 c. milk                  | fried bread croutons   |
| 1 bay leaf                     |  |
| 3 to 4 parsley sprigs          |  |
| salt and pepper to taste       |  |

Melt butter; cook onion and potato gently with lid on pan 5 minutes. Shake pan occasionally to prevent sticking. Add 1 cup corn; stir well. Add milk, bay leaf, parsley, salt, pepper and mace. Bring to simmer. Add chicken stock cube.

Cook until vegetables are tender.

Put soup in electric blender and blend until smooth; or put through fine food mill. Return soup to pan with remaining corn (which if fresh, should be simmered in salted water until tender). Reheat soup until nearly boiling; adjust seasonings.

Serve in soup cups with a spoonful of cream in each cup, sprinkling of chives, parsley and croutons.

### HEARTY VEGETABLE SOUP

- |                                       |  |
|---------------------------------------|--|
| 1 c. cooked beef, cut in small pieces | 3 c. other uncooked vegetables (green peas, chopped cabbage, diced celery, cut green beans, chopped green peppers, sliced okra, diced turnips, cut corn)** |
| 6 c. beef broth*                      |  |
| 1 c. fresh or canned tomatoes         |  |
| 1 c. diced potatoes**                 |  |
| 3/4 c. diced carrots**                | 1 1/2 tsp. salt  |
| 1/2 c. sliced onions**                | 1/8 tsp. pepper  |

Combine beef and broth in a large saucepan. Add remaining ingredients.

Cook covered, about 35 minutes, or until vegetables are tender. Serves 6.

**N.B.\*** In place of beef broth, use 6 beef bouillon cubes and 6 cups water. (Liquid from canned or cooked vegetables may replace some of the water.)

\*\*Canned or leftover vegetables may be used instead of uncooked vegetables. Add to soup during last few minutes of cooking.

## HAM CHOWDER

2 c. potatoes, pared, diced      3 c. milk  
1/4 c. celery, chopped very fine      1 1/2 c. ham, finely chopped  
1/4 c. onion, chopped very fine      1/4 c. unsifted flour  
1 tsp. salt      1/4 c. water  
1 1/2 c. boiling water

Cook potatoes, celery and onions in boiling salted water until tender. Add milk and ham. Heat to simmering. Mix flour and 1/4 cup water. Stir into milk mixture. Cook, stirring occasionally, until thickened. Serves 6.

## FREE-TO-BE-STEW

1 lb. ground beef      1 (1 lb.) can tomatoes  
1 onion, chopped      1 tomato can of water  
2 small carrots, sliced      salt and pepper to taste  
3 small potatoes, cubed

Brown ground beef in skillet. Pour off fat. Add all remaining ingredients; cover; simmer about 1 hour or until vegetables are done. Serves 3 - 4.

## BEEF AND MACARONI STEW

1 Tbsp. butter or oil      1 c. uncooked macaroni  
1 lb. ground beef      2 tsp. salt  
1/2 c. chopped onion      1/4 tsp. pepper  
1 clove garlic      1/2 - 3/4 c. stock of water  
1 small green pepper, chopped      2 Tbsp. chopped parsley and thyme  
1 large can tomatoes

Melt butter; add meat. Brown gently all over about 10 minutes. Add onion, garlic, pepper, tomatoes, macaroni (broken into pieces), seasoning, stock and half the herbs. Mix in well. Cook in covered pan, stirring occasionally 20 - 30 minutes until macaroni is soft. Sprinkle remaining herbs on top. Serve. Yield: 4 servings.

## ASPARAGUS SOUP

1 (8 oz.) can cut asparagus spears      salt and pepper to taste  
1 c. chicken broth      fresh parsley, minced

In blender, puree asparagus spears with their liquid and chicken broth. Heat, adding salt and pepper. Sprinkle with parsley. Serve hot. Yield: 4 servings.

## POTATO SOUP

2 Tbsp. margarine      salt and pepper  
2 Tbsp. finely chopped onion      1 c. milk  
1 c. diced potato      1 Tbsp. chopped parsley  
4 Tbsp. water      a pinch of nutmeg  
1/2 clove garlic, crushed

Heat margarine in a pan; add onion and potato; saute about 5 minutes. Add water, garlic and a little salt and pepper. Cover; cook over low heat until the potato is quite soft. Add milk; stir until soup boils. Then mash through a sieve. Return to the pan; adjust seasoning; add parsley and a pinch of nutmeg; reheat before serving. Serves 3 to 4.

## CLEAR TOMATO SOUP

1 lb. very ripe tomatoes      1 tsp. salt  
3 pts. chicken stock      1/8 tsp. white pepper  
1 tsp. dried basil

Cut tomatoes in large chunks; place in small saucepan. Add 1/2 cup stock and basil. Simmer 20 minutes. Force tomato mixture through a sieve into a bowl. Let set for several minutes. Pour remaining stock in a medium saucepan; add salt and pepper. Simmer until soup is reduce to about 2 pints. Float a basil leaf on top, if available. Serves 4 - 6.

## CHICKEN NOODLE SOUP

4 or 5 c. well flavoured clear chicken stock (or water and cubes)      4 Tbsp. fine noodles  
seasoning to taste  
2 Tbsp. finely chopped parsley

Bring stock to a boil, stirring constantly. Boil slowly about 15 minutes or time stated on package of noodles. Stir frequently to prevent noodles from sticking. Season to taste. Serve hot in soup cups liberally sprinkled with finely chopped parsley. Serves 4 - 6.

## BEEF STOCK

3 lbs. beef brisket	1 large onion, studded with 10 cloves
2 lbs. medium soup bones	
5 qts. water	1 celery stalk and leaves
4 green onions and tops	2 Tbsp. salt

Place beef and bones in large baking pan.

Bake at 400° F. for about 1 hour or until well browned on both sides. Remove from pan; place in a large stock pot. Add remaining water and remaining ingredients, except salt. Bring slowly to a boil, removing scum as it accumulates on surface. Cover and simmer 1 hour. Add salt. Simmer 3 hours longer. Remove meat and vegetables. Strain through wet muslin.

Chill; remove fat before using.

## HEARTY HAMBURGER SOUP

1 lb. ground beef	1 c. finely sliced carrots
1/2 medium onion, chopped	3 Tbsp. instant beef bouillon
4 c. water	2 Tbsp. snipped parsley
1 (16 oz.) can stewed tomatoes	1 tsp. dried basil, crushed
1 (10 oz.) pkg. frozen whole kernels	1/2 tsp. dried oregano, crushed
1 (9 oz.) pkg. frozen, cut green beans	1/8 tsp. pepper

In a large saucepan or Dutch oven, cook ground beef and onion till meat is browned and onion is tender. Drain off excess fat. Stir in water, undrained stewed tomatoes, corn, green beans, carrots, bouillon granules, parsley, basil, oregano and pepper. Bring to boiling; reduce heat.

Cover and simmer about 15 minutes, stirring occasionally.

Makes 5 or 6 servings.

## BEER-CHEESE SOUP

1/2 c. shredded carrot	1/4 tsp. dry mustard
1/4 c. finely chopped onion	1/8 tsp. ground ginger
1/4 c. butter or margarine	1/8 tsp. pepper
3 Tbsp. all purpose flour	3 c. milk
1 tsp. instant chicken bouillon	1 1/2 c. shredded cheddar cheese
1/2 tsp. salt	1/2 c. beer

In a medium saucepan cook shredded carrot and chopped onion in butter or margarine till tender. Stir in flour, instant chicken bouillon broth granules, salt, dry mustard, ground ginger and pepper. Stir in milk all at once, mixing until smooth. Cook and stir over

medium heat till thickened and bubbly.

Cook and stir 1 minute more. Reduce heat; add cheddar cheese and beer and continue cooking and stirring till cheese is melted and soup is heated through.

Makes 4 servings.

## SIMPLE SEAFOOD SALAD

2 cans (6 1/2 or 7 oz. each) tuna or 1 can (1 lb.) salmon	2 hard cooked eggs
1 c. chopped celery	2 Tbsp. chopped onion
1/3 c. mayonnaise or salad dressing	2 Tbsp. chopped sweet pickle salad greens

Drain fish. Break fish into large pieces.

Combine all ingredients, except salad greens. Toss lightly.

Chill.

Serve on salad greens.

Serves 6.

## HAM SALAD

1 c. macaroni	1 stalk celery
4 c. salted water	1/2 small honeydew melon
2 c. diced, cooked ham	1 small bunch grapes
1 banana	1 c. small peas
2 Tbsp. lemon juice	

### Marinade:

1/2 c. sour cream	salt and pepper to taste
2 Tbsp. mayonnaise	pinch of sugar
1 Tbsp. lemon juice	

Place macaroni in boiling water 12 - 15 minutes. Drain macaroni; cool with cold water; let it stand to dry. Mix cold macaroni and diced ham in large bowl. Peel and slice banana; let stand with half of lemon juice.

Chip celery; mix with rest of lemon juice. Remove seeds from melon; cut into bite size pieces. Seed and halve grapes. Drain liquid from peas. Mix all fruit and peas with banana and celery; combine with macaroni and ham.

**Marinade:** Mix sour cream and mayonnaise well. Add the rest of the ingredients.

Spread marinade over salad; cover.

Refrigerate salad at least 60 minutes before serving.

Serves 6 - 8.

### CHICKEN-APPLE SALAD

2 c. cooked, diced chicken	1 Tbsp. lemon juice
1 c. diced apples, unpeeled	1/2 c. salad dressing (mayonnaise type)
1/2 c. chopped celery	6 lettuce cups
1/2 c. raisins	

Mix all ingredients, except lettuce. Chill thoroughly. Serve in lettuce cups. Serves 6.

### CHEF'S SALAD

2 c. cooked meat (strips or flakes)	1 tomato, cut in wedges
1 1/2 qts. lettuce, cut in bite size pieces	2 green onions, chopped
1/2 c. chopped celery	1/4 c. green pepper, cut in strips
	3 hard cooked eggs, chopped
	1/4 tsp. salt
	1/3 c. French dressing

Combine ingredients; toss gently to mix. Serves 6.

**Notes:** Use pork, ham, beef, veal, chicken, turkey or tuna. If preferred, replace half the lettuce with a mixture of other salad greens. Use prechilled greens and a prechilled bowl for a crisp salad.

**Variation:** Cheese or cottage cheese chef's salad -- Use 1 cup cheese strips or 1 cup cottage cheese in place of 1 cup cooked meat.

### CREAMY FRUIT SALAD

1 pkg. (3 oz.) cream cheese	1 can (13 1/2 oz.) pineapple tidbits, drained
1 Tbsp. syrup from canned Mandarin oranges	1 c. miniature marshmallows
1 can (11 oz.) Mandarin orange sections, drained	1/3 c. halved, drained Maraschino cherries
	lettuce

Beat cream cheese with liquid from Mandarin oranges until creamy. Add oranges, pineapple and marshmallows; combine gently, but thoroughly. Lightly fold in cherries.

Chill.

Serve in lettuce cups.

Serves 6.

**Variation:** Frozen fruit salad -- Blend 1/4 cup mayonnaise with cream cheese and liquid before adding fruits. Whip 1 envelope dessert topping mix as directed on package label. Fold whipped topping and cherries into fruit mixture. Pour into a 1 1/2 quart mold; freeze

12

overnight.

Dip in warm water to unmold.

### TUNA-MACARONI SALAD

1 lb. spirelle (or other fancy macaroni)	1/4 c. lemon juice
2 cans tuna, flaked	1/2 c. chopped pimento or pickled red pepper
1 1/2 c. finely sliced celery	salad greens
2 green onions, finely sliced	1/2 c. milk
1 1/4 c. mayonnaise	3/4 tsp. seasoned salt
	3/4 tsp. seasoned pepper

Cook macaroni until tender. Drain and cool. Add tuna, celery and green onion.

Mix mayonnaise with lemon juice, milk and seasonings; add pimento and mix with macaroni. Chill until serving time.

Garnish with salad greens and vegetables, as desired.

### FRENCH DRESSING

2 Tbsp. white wine vinegar	freshly ground black pepper
salt	6 - 8 Tbsp. olive oil

Mix vinegar with salt and pepper to taste. Add oil; beat with a fork until mixture thickens.

Makes about 1/2 cup dressing.

### FRUIT SALAD DRESSING

1/2 c. sugar	3 Tbsp. lemon juice
1 Tbsp. flour	3/4 c. pineapple juice
1 egg	

Combine all ingredients. Cook over low heat, stirring constantly until mixture is thick and clear. Chill.

Makes about 1 1/4 cups of dressing.

### MAYONNAISE

2 egg yolks	1 1/2 tsp. wine vinegar
1/2 tsp. salt	1 c. olive oil
1/4 tsp. dry mustard	1/2 tsp. lemon juice

Rinse a bowl with hot water; dry well.

Put in egg yolks, salt, mustard and 1 teaspoon vinegar. Beat vigorously or at low speed with electric mixer. Add half the oil,

13

(Cont.)

drop by drop, then remaining vinegar. Beat in rest of oil in steady stream. Add lemon juice.

Makes about 1 cup.

### TOMATO SAUCE

(For serving over cooked baked fish)

3 Tbsp. butter  
1/2 c. chopped onion  
1/2 c. chopped green pepper  
1 small tin tomato paste  
1/2 to 3/4 c. vegetable stock  
2 Tbsp. dried parsley  
1/2 tsp. seafood seasoning

Saute onion and pepper in butter for 5 minutes. Add tomato paste, thinned down with the stock. Add seasoning and parsley.

Simmer and stir.

### SOUR CREAM SAUCE

1 c. sour cream  
1 Tbsp. chopped fresh or frozen chives or green onion tops  
1/4 tsp. salt  
3 drops Worcestershire sauce  
white pepper (as desired)

Combine all ingredients thoroughly at least 2 hours before serving. Refrigerate.

Serve at room temperature or slightly chilled.

May be served with broccoli or baked potatoes.

Yield: About 1 cup.

### WHITE SAUCE

1 Tbsp. polyunsaturated margarine  
1 Tbsp. flour  
1 c. skim milk  
salt and pepper to taste

Melt margarine in small saucepan. Remove from heat. Add flour, stirring with wire whisk. Add milk gradually; return to heat. Stir mixture constantly until mixture has thickened. Season with salt and pepper.

Yield: Approximately 1 cup.

### WHITE SAUCE

1 Tbsp. margarine  
1 Tbsp. flour  
1 c. skim milk  
salt and pepper to taste

Melt margarine in small saucepan; remove from heat. Add flour, stirring with wire whisk. Add milk gradually; return

to heat. Stir mixture constantly until sauce has thickened.

Season with salt and pepper.

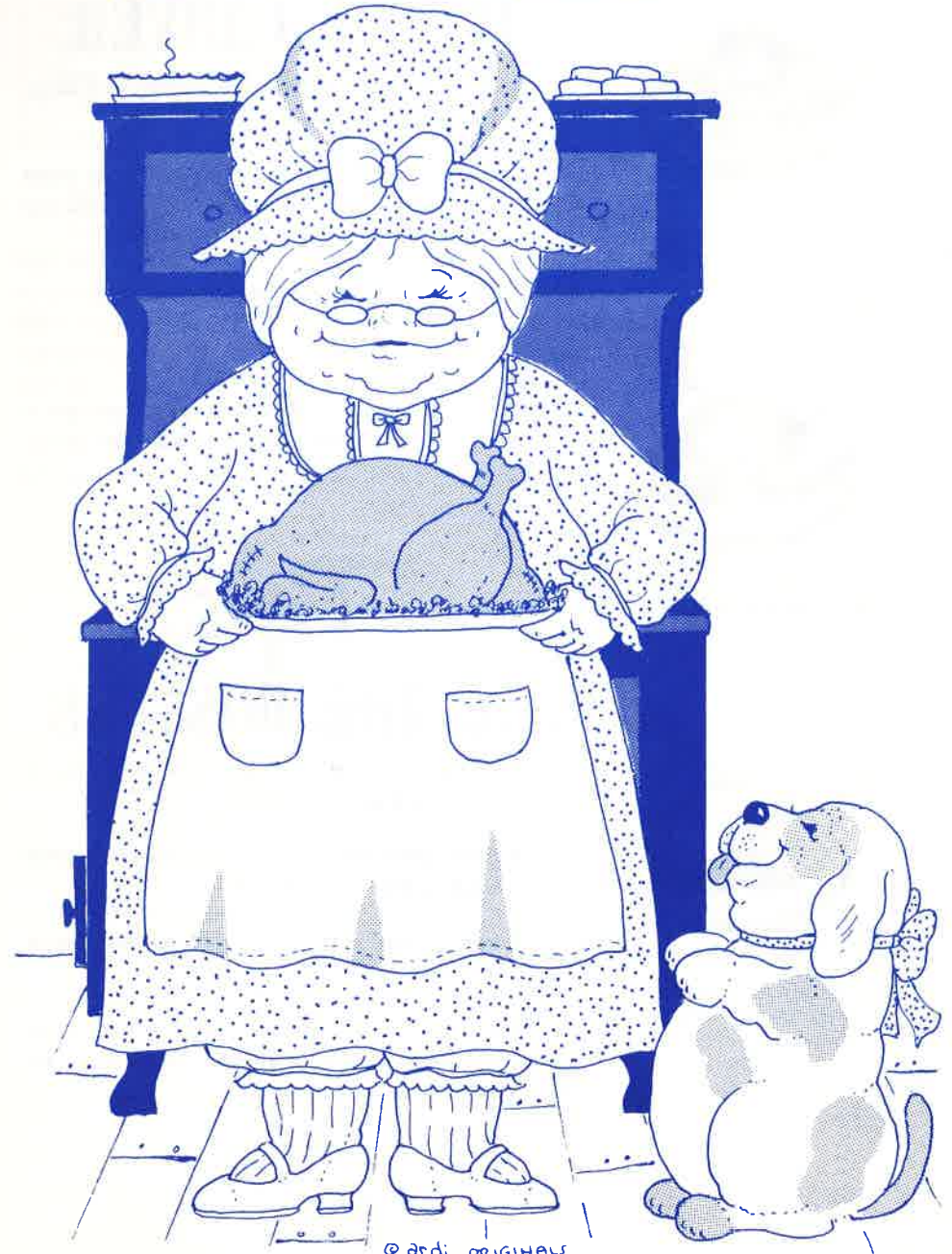
Yield: Approximately 1 cup.

Write your extra recipes here:



Write your extra recipes here:

MAIN DISHES  
MEAT · SEAFOOD  
♡ POULTRY ♡



### How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

## Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .  
"Cut across the grain"  
If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

## Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

## MAIN DISHES MEAT, SEAFOOD, POULTRY

### STUFFED ROLLED FISH

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 lb. thinly sliced fillets    | 2 Tbsp. sesame seeds             |
| 1 Tbsp. oil                    | 1/2 c. cooked brown rice         |
| 1 Tbsp. finely chopped onion   | 2 Tbsp. whole wheat bread crumbs |
| 2 Tbsp. finely chopped parsley | 1 tsp. oregano                   |
| 1 c. pureed tomatoes           | 2 Tbsp. shredded cheddar cheese  |
| 2 Tbsp. wheat germ             |                                  |

Brush fillets with oil.

Combine onion, parsley and oregano. Sprinkle on fillets, then top with cheese. Place rice on top of cheese. Roll each fillet, starting with the narrow end. Fasten with a toothpick and place, side by side, in an oiled baking dish. Pour tomatoes over rolls and sprinkle with a mixture of wheat germ, bread crumbs and sesame seeds.

Bake 30 minutes at 350° F. Remove toothpicks before serving.

### SALMON PIE IN BROWN RICE CRUST

- |                            |                        |
|----------------------------|------------------------|
| 1 1/2 c. cooked brown rice | 1/8 tsp. nutmeg        |
| 1/3 c. chopped onion       | 7 oz. pink salmon      |
| 1 Tbsp. butter             | 1 Tbsp. lemon juice    |
| 2 Tbsp. chopped parsley    | 4 eggs, lightly beaten |
| 1 tsp. oregano             | 1 c. milk              |

Press cooked rice into an oiled 9 inch pie pan.

Bake at 350° F. until just dry (about 5 minutes). Cool.

In a skillet saute the onions in butter until transparent. If using canned salmon, drain and reserve liquid. Add salmon to onion. Combine well and place in bottom of rice shell. Sprinkle with lemon juice. Beat the eggs lightly; add milk and reserve liquid and seasonings. Pour over salmon.

Bake at 350° F. for 50 minutes until firm.

### FISH BALLS

- |                        |                 |
|------------------------|-----------------|
| 1 1/2 lbs. cod fillets | 1 egg           |
| 3/4 c. bread crumbs    | 1 tsp. salt     |
| 2 Tbsp. melted butter  | 1/2 tsp. pepper |
| 1/4 tsp. allspice      | 1 tsp. mace     |
| 1/2 c. milk            |                 |

(Cont.)



Mince fish to a fine pulp. Add other ingredients. Beat very hard. Form into balls. Brown in hot fat.

May be served with curry sauce and rice.

## PIZZA

### Tomato Sauce:

2 cans tomatoes	2 tsp. Italian seasoning
1 can tomato paste	2 tsp. salt
1 can tomato juice	1/4 tsp. red pepper
2 tsp. basil	1/4 tsp. sugar

### Pizza Dough:

1 egg	1 pinch salt
3 Tbsp. oil	1 tsp. baking powder
1/3 c. milk	1 1/4 c. flour or more (as necessary)

**Tomato Sauce:** Bring ingredients to a boil, then let simmer. When the mixture has been reduced by a third (about an hour), take off the burner.

**Pizza Dough:** Make a smooth paste with 8 tablespoons flour plus 8 tablespoons melted margarine. Add to the dough mixture to thicken. Roll out the dough.

Add the sauce, then **ADD** pepperoni, salami, peppers and mushrooms (in that order). Sprinkle with grated cheese.

Bake at 450° F.

## BAKED PORK CHOPS WITH TOMATO

6 pork chops	1/2 tsp. rosemary
2 Tbsp. flour	1 c. water
1 1/2 c. sliced onions	1 c. tomatoes
pepper and salt to taste	1/2 tsp. basil
1/2 tsp. sage	

Flour the chops and pan broil until slightly brown.

Cover with onions, pepper, salt, sage, rosemary and water. Cover pan and simmer for 1/2 hour. Add tomatoes and basil and bake 30 minutes at 400° F.

## SWEET AND SOUR MEAT BALLS

1 1/2 lbs. hamburger or ground steak	1/2 c. cracker crumbs
1/2 c. chopped onion	2/3 c. milk
	salt and pepper (to taste)

1 can pineapple chunks	3 Tbsp. soya sauce
3 Tbsp. cornstarch	1/2 c. vinegar
1/2 c. brown sugar	

Combine hamburger, onions, crumbs, milk, salt and pepper. Shape into balls. Brown and set aside.

Combine pineapple juice, brown sugar, soya sauce, cornstarch and vinegar. Cook over low heat until thickened.

May be thinned with a bit of water. Pour sauce over meat balls and simmer for 30 minutes.

Serve over rice or potatoes.

Serves 6.

## PEPPER STEAK

(Makes 4 servings)

1 1/2 tsp. cornstarch	1 lb. lean steak
1/4 c. soya sauce	2 Tbsp. margarine
1 Tbsp. water	2 1/2 c. diced green peppers
1 1/2 tsp. pepper	2 large tomatoes, cut in wedges
2 cloves garlic (crushed)	3 c. hot cooked rice

In a medium bowl, blend: soya sauce, water, cornstarch, pepper and garlic. Thinly slice steak on an angle across the grain. Mix in soya sauce mixture.

Melt margarine in a large frying pan. Add green peppers and saute; stir occasionally until almost tender. Mix in meat and soya sauce mixture. Cook; stir until meat loses its red color. Stir in tomatoes and simmer until tender.

Serve over cooked rice.

## STACKED BURGER

ground beef patties	single process cheese food slices
Kraft barbecue sauce	sesame seed round buns
onion slices	

**For each burger:** Brush 2 beef patties with barbecue sauce; broil until brown on both sides. Top 1 patty with an onion slice and a second patty with a cheese slice; return to broiler until onion is browned and cheese melts.

Stack patties on bun.

## WHITE LAMB STEW

1 lb. boneless lamb (cut into 3/4 inch cubes)	2 carrots, sliced
1 medium onion, cut into thin wedges	1 medium turnip, peeled and chopped
1 1/2 tsp. salt	1 Tbsp. snipped parsley
1/4 tsp. pepper	1/4 tsp. dried thyme, crushed
2 large potatoes, peeled and sliced	2 or 3 Tbsp. all purpose flour

In Dutch oven combine the lamb, onion, salt, pepper and 3 1/2 cups water. Bring to boiling. Reduce heat; cover and simmer 40 minutes. Stir in potatoes, carrots, turnip, parsley and thyme. Cover.

Cook 20 minutes more until vegetables are tender.

Combine flour and 1/2 cup cold water. Add to meat-vegetable mixture. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Season with salt and pepper, if desired.

Serves 4.

## MEAT LOAF

1 1/2 lbs. hamburger meat	2 (8 oz.) cans tomato paste
1 c. bread crumbs	1/2 c. water
1 onion, chopped	3 tsp. vinegar
1 egg	3 tsp. brown sugar
1 1/2 tsp. salt	2 Tbsp. mustard
1/4 tsp. pepper	2 tsp. Worcestershire sauce

Mix: bread crumbs, egg, onion, 1/2 the tomato paste, salt and pepper. Place in loaf pan.

Combine remaining ingredients and pour over loaf.

Bake at 350° F. for 1 1/2 hours.

## BAR CLAM PIE

2 Tbsp. shortening	1 heaping c. chopped bar clams
2 Tbsp. flour	salt
water	

Melt shortening in skillet. Add flour and brown.

When browned, add water enough to bring it to a consistency of a thick gravy. Add chopped clams and salt to taste. Cook for 10 minutes.

Use favourite pie crust recipe and bake in a preheated oven at 350° F. for 50 minutes.

## MARITIME QUICHE

2 tomatoes, cut in wedges	3 c. cooked rice
French dressing	2 Tbsp. butter or margarine, melted
1 lb. lobster or other fish (canned, fresh or frozen)	1 egg, beaten
1 c. milk	1 c. grated cheddar cheese
	2 eggs, beaten

Grease 9 inch pie plate.

Marinate tomatoes in French dressing. Cut fish into pieces and place into shallow baking dish. Add milk.

Bake in 350° F. oven for 25 minutes. Drain; reserve 3/4 cup of liquid.

Combine cooked rice, butter and 1 egg. Press firmly into pie plate. Sprinkle 1/2 cup grated cheese over rice shell. Arrange cooked fish on top. Add remaining cheese. Combine reserved liquid with eggs. Pour over fish. Add tomato wedges.

Bake in 350° F. oven for 30 minutes.

## LOBSTER STEW

1/2 c. butter	2 c. water
1 can lobster	2 c. milk
1 onion	1 tsp. salt
1 c. cubed potatoes	1/4 tsp. pepper

Melt butter. Fry onions; add potatoes. Cook 10 - 15 minutes. Add lobster, milk, salt and pepper.

## GOOD CLAM CHOWDER

4 slices turnip, diced up small	1 square margarine
4 medium size potatoes, diced up small	2 cans clams
1 large onion	1/2 can of canned milk
1 tsp. salt	6 crackers

Cook turnips until tender. Add potatoes, onions, margarine and salt. When done, take off the stove and let cook for 5 minutes. Add canned milk, the crackers (crushed up fine) and the clams.

Return to stove and heat.

## CREAMED LOBSTER ON TOAST

2 to 3 Tbsp. butter  
1/4 tsp. salt  
dash pepper

2 Tbsp. flour  
1 c. hot milk  
1/2 lb. tin canned lobster

Make cream sauce by melting butter in saucepan, adding salt and pepper and 2 tablespoons flour, blending thoroughly. Add hot milk. Stir constantly until mixture thickens.

Then add the lobster (fresh or canned).

Serve hot, buttered toast.

## LOBSTER CREPES

2 eggs  
3/4 c. flour  
1/2 tsp. salt

1 Tbsp. parsley  
1 Tbsp. chives  
1 c. milk

Beat eggs; add flour and seasoning. Add milk and make a batter. Refrigerate for 2 hours.

Fry as pancakes on a hot pan.

### Lobster Filling:

1 lb. lobster  
1/4 c. butter  
2 tsp. chopped onions  
1/4 c. flour  
1/2 tsp. salt

1/8 tsp. pepper  
1 c. milk  
3 Tbsp. melted butter  
1/4 c. grated cheese  
4 Tbsp. dry bread crumbs

Melt butter and saute onions and mushrooms. Stir in flour and seasonings; add milk and cook until thick. Add lobster, cut up.

Arrange in a casserole. Brush with butter. Sprinkle with crumbs and cheese.

Bake at 425° F. for 5 - 8 minutes.

Serves 6.

## MACKEREL PIE

(2 Servings)

1 or 2 c. cooked fish and juice  
2 beaten eggs

1 Tbsp. vinegar  
salt and pepper  
1 c. undiluted canned milk

Bake in a casserole (quart size). Set it in a pan with an inch or two of hot water, until custard is set. It is done when a knife inserted in center comes out clean.

May also be baked in a pie crust.

## CODFISH CAKES

2 c. salt codfish  
4 c. mashed potatoes  
2 eggs, beaten

1/2 onion (medium size)  
salt and pepper  
fat for frying

Mix flaked, cooked codfish with potatoes and beaten eggs. Add the onion, salt and pepper. Mix and form into cakes.

Fry the cakes until brown in hot fat. Drain well and serve.

## CLAM CHOWDER

1 pt. fresh clams  
3 medium potatoes  
2 medium onions

1 pt. milk  
a small piece of salt pork

Put 2 tablespoons of finely diced pork in saucepan. Cook. Cut potatoes in slices; dice onions. Add both to browned pork.

Cover ingredients in boiling water and simmer 45 minutes.

Add milk and reheat.

Five minutes before serving, add clams.

## LEMON SCALLOPS

1/2 c. fine bread crumbs  
1 lb. scallops  
2 Tbsp. lemon juice

1 tsp. salt  
1 egg, well beaten  
1/4 c. butter

Mix crumbs and salt.

Roll scallops in crumbs and dip in beaten egg, which has been mixed with lemon juice. Roll in crumbs again.

Heat butter in skillet and saute scallops until golden brown and tender.

## POLYNESIAN HADDOCK

1 lb. haddock fillets  
2 Tbsp. lemon juice  
1/4 c. fish or vegetable stock  
1 c. crushed pineapple

4 Tbsp. chopped onion  
1 Tbsp. chopped parsley  
1 tsp. soy sauce  
3 Tbsp. chopped almonds

Spread haddock fillets in baking dish. Sprinkle with lemon juice.

In a saucepan combine stock, onion, parsley, soy sauce and pineapple. Cook over low heat for 5 minutes. Spoon over fish. Top with chopped nuts.

Bake at 350° F. 20 - 30 minutes. Serve over hot brown rice.

## LOBSTER PIE

Pour the following mixture into a **baked pie crust** and bake until top is brown, approximately 10 minutes at 450° F.

### Lobster Filling:

1 lb. lobster, cooked	1/2 tsp. pepper
1/4 c. butter	1 c. milk
1 onion	3 Tbsp. melted butter
1 can mushrooms	1/2 c. grated cheese
1/4 c. flour	1/2 c. crumbs
1/2 tsp. salt	

Break lobster into pieces.

Melt butter and fry onions and mushrooms. Stir in flour; add milk. Cook slowly until thickened. Add lobster.

Sprinkle with cheese and crumbs.

Bake in pie shell for 8 - 10 minutes at 425° F.

## SWEET AND SOUR PORK

Cut 1 1/2 pounds of pork into small pieces, about an inch long. Roll in flour and fry quickly in a little fat until cooked, about 10 minutes.

Mix together:

1/2 c. water	1/4 c. ketchup
1/2 c. brown sugar	1 Tbsp. soya sauce
1/2 c. vinegar	

Pour over ribs and simmer covered for 1 hour and add 2 table-  
spoons of cornstarch to thicken.

## CHICKEN AND PORK ESPANOL

6 chicken legs	2 Tbsp. finely chopped onion
3/4 lb. lean pork, cut into 1/2 inch wide strips	1 clove garlic, finely minced
2 Tbsp. cider vinegar	6 stuffed olives, sliced
1 bay leaf	1 c. canned tomatoes
1/2 tsp. freshly ground pepper	1 Tbsp. salt
	1 c. uncooked rice

Combine chicken, pork, vinegar, bay leaf, pepper, onion, garlic  
and salt. Let stand several hours.

Preheat oven to 350° F.

Combine meat and seasonings with olives, tomatoes and rice.

Pour into casserole and bake for 1 1/2 hours or until the meat  
is tender and rice has absorbed most of the liquid.

Serve hot.

## STEAK WITH LOBSTER TAIL

4 beef top loin steaks, cut 1 inch thick	1/4 c. butter
salt	2 tsp. lemon juice
pepper	1/4 tsp. salt
4 (4 oz.) frozen lobster tails	dash paprika

Slash fat edge of steaks at 1 inch intervals.

In skillet cook steaks over medium-high heat to desired done-  
ness; turn occasionally. Allow 9 - 10 minutes total time for rare or  
11 - 12 minutes for medium. Season with salt and pepper.

Meanwhile, drop frozen lobster tails in boiling salted water to  
cover. Return to boiling; reduce heat. Simmer 8 minutes; drain.  
Snip along each side of thin undershell; remove undershell. Re-  
move meat from shells; cut in chunks. Return to shells. Place 1  
atop each steak.

In saucepan, melt butter; stir in lemon juice, salt and paprika.  
Spoon over lobster.

Makes 4 servings.

## BAKED RICE AND HAMBURGER

2 c. cooked meat, chicken or hamburger	2 medium steaks
2 c. stock	1 can tomatoes
salt and pepper	1/2 c. rice
1 or 2 Tbsp. Worcestershire sauce	2 Tbsp. butter

Fry onions and rice in butter. Brown slightly. Add to other  
mixture. Turn in buttered casserole.

Bake 40 minutes in 350° oven.

## HAMBURGER MEAT IN TOMATO JUICE

1 lb. hamburger meat	savory
3 onions	thyme
4 potatoes	bay leaves
2 medium cans tomato juice	

In a casserole dish cover bottom with hamburger patties.  
Cover hamburger meat with a layer of sliced onions. Cover onions  
with a layer of sliced raw potatoes. Repeat the 3 layers again.

Pour tomato juice over ingredients and add spices to your taste.  
Place in 400° F. oven and cook for 3 hours.

### CABBAGE ROLLS

1 large head large leaf cabbage  
2 or 3 lbs. hamburger  
1 1/2 c. cooked Minute Rice  
2 chopped onions

Steam cabbage head in large pot until tender. Core cabbage and separate leaves.

Mix hamburger, rice, onions, salt and pepper to taste. Place a handful of hamburger on each cabbage leaf and roll leaf around the hamburger. Place cabbage rolls in large roaster and top with tomato sauce or you may bake them plain, with just enough water to cover the bottom of the roaster. Bake in moderate oven, covered, for about 1 hour or until tender.

### HAM SOUFFLE

1 Tbsp. butter  
2 Tbsp. flour  
3/4 Tbsp. salt  
1/8 tsp. pepper  
1/2 c. soft bread crumbs  
2 c. milk  
2 c. ground ham  
3 egg yolks  
3 egg whites

Make white sauce. Bring to boil. Add bread crumbs; cook 2 minutes.

Add ham and well beaten egg yolks. Fold in beaten egg whites. Bake in greased dish 50 minutes in 350° F. oven.

### CORN AND WIENERS

(Servings for 2)

1/2 c. canned corn (creamed)  
1 c. undiluted canned milk  
1 beaten eggs  
salt  
pepper  
2 or 3 wieners, sliced

Bake in a casserole (quart size). Set it in a pan with an inch or two of hot water, until custard is set.

It is done when a knife inserted comes out clean.

### CURRIED COD POTATO SKILLET

1/2 c. butter or margarine  
1 1/2 tsp. curry powder  
1 lb. frozen cod, thawed and cut in 4 or 5 pieces  
salt  
6 medium potatoes (4 - 5 c.) sliced 1/4 inch thick  
1 or 2 medium onions, halved and sliced

pepper  
2/3 c. clam broth, white wine or water

1 lemon  
1 to 2 Tbsp. capers  
dill or parsley

Melt butter in skillet, then stir in curry powder.

Season fish lightly with salt and then roll in butter mixture and set aside. Pour off most of the remaining fat and reserve. Layer potatoes in skillet with onions and carrots, seasoning lightly with salt and pepper. Pour clam broth over top and add fish. Squeeze juice from 1/2 lemon over fish and slice the remaining for a garnish.

Cover and simmer for 30 minutes or until potatoes are tender.

Top fish with reserve fat mixture and garnish with lemon slices, capers and dill sprigs.

### TWIN MEAT LOAVES

4 slices of bread, cubed  
3/4 c. milk  
2 beaten eggs  
1/2 c. chopped onion  
1/4 c. chopped celery  
1 Tbsp. ketchup  
1 tsp. salt  
1/8 tsp. pepper  
1/2 tsp. poultry seasoning  
1 1/2 lbs. ground beef  
1/2 lb. ground pork  
1/4 c. chili sauce or 1/4 c. catsup and 2 Tbsp. corn syrup

In a bowl, soak bread cubes in milk. Add eggs. Beat with beater. Stir in chopped onion, celery, ketchup, salt, poultry seasoning and pepper. Add beef and pork and mix well. Form into 2 small loaves.

Place in 9 x 9 x 3 inch pan. Bake for 1 hour at 350° F.

**For Glaze:** Mix catsup and corn syrup or chili sauce and pour over meat loaves.

Bake 10 - 15 minutes.

### BRACIOLE

2 lbs. beef round steak, cut 1/4 inch thick  
salt  
pepper  
1/2 c. chopped onion  
1/4 c. chili sauce  
1/4 c. condensed beef broth  
1 (3 oz.) can sliced mushrooms  
2 Tbsp. chopped green pepper  
2 Tbsp. sliced pimento-stuffed green olives  
1 tsp. sugar  
1 tsp. Worcestershire sauce  
1/4 tsp. dried oregano, crushed  
1/8 tsp. garlic powder  
1/8 tsp. pepper  
hot cooked spaghetti  
1/2 c. cold water  
3 Tbsp. all purpose flour

(Cont.)

Cut steak into 6 rectangular pieces. Pound each piece flat. Season with a little salt and pepper. Spread onion over meat to within 1/2 inch of edge. Roll up each piece as for jelly roll; secure meat rolls with wooden picks. Place meat rolls, seam side down, in a 10 x 6 x 2 inch baking dish.

Combine chili sauce, condensed beef broth, undrained mushrooms, chopped green pepper, sliced olives, sugar, Worcestershire sauce, oregano, garlic powder and 1/8 teaspoon pepper. Pour over meat rolls.

Bake, covered, at 350° F. until meat is tender, about 1 1/4 hours.

Arrange meat rolls atop spaghetti on serving platter; keep warm. Pour pan juices into measuring cup; skim off excess fat. Add enough water to juices to make 1 1/2 cups. Pour into saucepan. Blend 1/2 cup cold water with flour; add to juices. Cook and stir until thickened and bubbly. Spoon some sauce over meat; pass remaining sauce.

Makes 6 servings.

Write your extra recipes here:

## ·MAIN DISHES. EGG · CASSEROLE CHEESE · PASTA





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## MAIN DISHES

### CHEESE, EGG, SPAGHETTI, CASSEROLE

#### SPAGHETTI AND MEAT BALLS

##### Meat Balls:

3 lbs. hamburger	1 Tbsp. salt
2 c. fine cracker crumbs	1 tsp. pepper
3/4 c. Parmesan cheese	2 garlic cloves, chopped fine
5 eggs	

##### Sauce:

2 (28 oz.) tins tomatoes	2 Tbsp. white sugar
2 Tbsp. corn oil	1 Tbsp. salt
1 large tin tomato paste	1 tsp. pepper
2 tins water (use tomato paste tin)	4 or 5 garlic cloves, chopped fine

Mix first ingredients for **meat balls** and roll into medium size balls.

Mix ingredients for **sauce** and boil for 20 minutes.

Drop in meat balls and simmer slowly for 1 1/2 hours.

Boil **spaghetti** as directed on package, adding **1 tablespoon Mazola oil** to prevent sticking together.

Pour drained spaghetti into sauce and meat balls.

This makes a large amount.

#### HAMBURGER CASSEROLE

1 lb. hamburger	1 onion
1 can tomato soup	1 tsp. ketchup
1 egg	salt and pepper

Mix all together and place in a casserole dish. Sprinkle with cracker crumbs.

Bake 1 hour at 350° F.

#### TUNA CASSEROLE

1 pkg. wide egg noodles	1/2 c. grated cheese
1 can flaked tuna	salt and pepper to taste
1 tin celery soup	1/4 c. margarine
1/2 tin milk	

(Cont.)

Cook noodles as directed on box; drain.

Add margarine; stir, then add tuna, soup, milk and seasoning. Stir well. Turn into buttered casserole dish and cover with grated cheese.

Place in 300° F. oven until cheese melts.

### CHICKEN-CRANBERRY PINWHEEL BAKE

2 c. packaged biscuit mix (or 1 small recipe biscuits)	1 (14 1/2 oz.) can chicken broth
1/2 c. milk	1 1/3 c. milk
1/2 c. cranberry-orange relish	1 1/2 c. cooked chicken or turkey, cut up into bite sized pieces
1/4 c. chopped onion	1 c. shredded cheddar cheese (4 oz.)
1/4 c. butter or margarine	1 (3 oz.) can sliced mushrooms, drained
1/3 c. all purpose flour	

**To prepare Pinwheels:** Combine biscuit mix and the 1/2 cup milk. Stir until well blended. Turn out to a 10 inch square. Spread cranberry relish over dough to within 1/2 inch on all sides. Roll up as for jelly roll. Moisten edges with water; seal. Cut into 8 slices. Set aside.

In a saucepan cook onion in butter or margarine until tender, but not brown. Stir in flour, blending well. Add chicken broth and the 1 1/3 cups milk. Cook and stir until the mixture is thickened and bubbly. Cook and stir 1 - 2 minutes more. Stir in chicken or turkey, cheese and mushrooms. Cook and stir over low heat until cheese melts and mixture is boiling. Turn chicken mixture into a 12 x 7 1/2 x 2 inch baking dish. Arrange pinwheels, cut side down, atop hot mixture.

Bake in a 425° F. oven about 25 minutes or until biscuits are browned.

### ONION MUSHROOM QUICHE

2 Tbsp. butter	1/4 tsp. white pepper
1 onion, thinly sliced	1 1/2 c. shredded cheddar cheese
1 c. thinly sliced mushrooms	3 large eggs, beaten
1 tsp. dried parsley	1 c. milk
1/4 tsp. oregano	

Melt butter. Saute onions and mushrooms 5 minutes. Add parsley and seasonings. Cook 5 minutes to blend flavours. Put into lightly buttered 9 inch pie pan.

Spread cheese evenly on top. Mix beaten eggs and milk well. Pour over the cheese-onion-mushroom mixture. Sprinkle with additional parsley.

Bake in oven preheated to 375° for 30 minutes or until nicely brown. A knife inserted in the center should come out clean.

### POTATO SQUARES

4 Tbsp. soft butter or bacon fat	1/3 c. fine dry bread crumbs
4 medium potatoes (about 1 1/4 lbs.)	1 egg, lightly beaten
1 medium onion, grated	1 tsp. salt
	1/8 tsp. black pepper

Heat oven to 400° F.

Grease a 12 x 7 x 1 inch glass baking dish with 2 tablespoons of the fat. Peel potatoes and grate them on a medium grater. Add next 5 ingredients and toss well with a fork. Spread mixture evenly in baking dish and dot with remaining fat.

Bake until potatoes are tender and top and bottom are golden, about 50 minutes.

Cut in squares to serve.

### TUNA CASSEROLE

1 can tuna	sliced raw potatoes
1 onion, sliced	pepper
1 can mushroom soup	salt

Line casserole dish with tuna and then layer of sliced onion. Spread raw potatoes on top and mix 1 can mushroom soup with equal amount of water and spread on top.

Bake at 350° F. - 375° F. until potatoes are done.

### MARITIME EGGS BENEDICT

4 thin ham slices	1 can (1 1/4 c.) cream of mushroom soup
4 slices buttered toast	1/3 c. milk
4 eggs, poached	1 Tbsp. minced parsley

Place fried ham on buttered toast. Top each with a poached egg. Blend soup and milk. Heat and pour over above. Garnish with parsley. (Serves 4.)



## SEA AND EARTH CRUNCHY CASSEROLE

13 oz. tuna	3 Tbsp. wheat germ
4 c. chopped spinach	2 Tbsp. grated Parmesan cheese
2 c. chopped broccoli	2 Tbsp. butter
1 c. sliced carrots	3 Tbsp. flour
1/4 c. water	1 c. milk (approximately)
1 1/2 c. sliced fresh mushrooms	1/2 tsp. dill weed
1/2 c. chopped cashews, toasted	1/2 tsp. oregano
	1/4 tsp. nutmeg
	2 Tbsp. sesame seeds

Drain tuna.

Combine vegetables (spinach, broccoli and carrots) with 1/4 cup water and cook, covered, for 2 minutes; drain. Reserve the liquid.

Combine vegetables with flaked tuna and mushrooms. Set aside.

In a saucepan melt the butter; stir in the flour until blended. Combine juice from vegetables with milk to make 1 1/2 cups. Add gradually to the saucepan. Add seasonings and nuts. Fold sauce into vegetables. Pour into a 1 1/2 quart ungreased baking dish. Top with mixture of sesame seeds and wheat germ. Sprinkle with cheese and bake uncovered at 350° F. for 30 minutes.

## CURRY CASSEROLE

4 c. cooked brown rice	1 green pepper, chopped
4 c. cooked split green peas	2 carrots, sliced
7 oz. tin tuna	3 celery ribs, sliced
2 Tbsp. butter	1 green apple, chopped
1 onion, chopped	3 cloves garlic

### Curry Mixture:

1 tsp. turmeric	2 tsp. cumin
1 tsp. ginger	3 tsp. coriander

Saute the vegetables and apple in butter until tender. Combine with rice and peas.

Make a medium thick cream sauce using vegetable stock and 3 teaspoons **curry mixture**. Pour over the rice and vegetables and mix lightly.

Place in greased casserole and heat until hot.

## BEANS AND GRAINS CASSEROLE

2 c. white beans	1/2 c. red beans
1/2 c. Ming beans	

Soak beans separately overnight. Cook until tender.

1 1/2 c. brown rice	1/4 c. soy grits
1/2 c. barley	

Cook in 4 cups boiling water.

4 cloves garlic	1 green pepper, chopped
1 c. chopped celery	1 c. chopped onion

Cook in 3 tablespoons oil until tender.

Combine these 3 mixtures.

Mix together:

1 tin tomato sauce	1 tin tomato paste, thinned with a little vegetable stock
--------------------	---

Combine with the bean, grain and vegetable mixtures and place in greased casserole.

Heat in a 350° F. oven until piping hot.

Serve with yogurt-cucumber-dill sauce.

## MEXICAN RICE CASSEROLE

2 slices bacon	1/2 c. Minute Rice
1 large onion, chopped	1 1/2 tsp. salt
2 green peppers, chopped	1/4 tsp. pepper
3/4 lb. ground meat	1 tin mushrooms, if desired
3 c. canned tomatoes	

Cut bacon in pieces; fry. Remove from pan.

Brown chopped onions, peppers and meat in pan. Add tomatoes, rice, salt and pepper. Cover.

Simmer 1/2 to 1 hour until rice is tender. Add a little water, if needed.

## CHICKEN CASSEROLE

3 chicken breasts (split)	1 large onion, sliced
2 Tbsp. butter, oil or Crisco	paprika
salt and pepper (to taste)	

(Cont.)

Sprinkle paprika, salt and pepper over chicken breasts. Brown in butter, oil or Crisco. Place sliced onion on bottom of casserole. Put chicken breasts over that. Cover and place in a 350° oven for 1 hour.

### LASAGNA

(Makes 2 Servings)

1/2 lb. hamburger                      1/2 can tomato soup  
1 onion                                      1/2 c. grated cheese

Fry hamburger (not in patties) and onion.  
Add soup.  
When hot add cheese and heat until cheese melts.

### OVEN OMELETTE

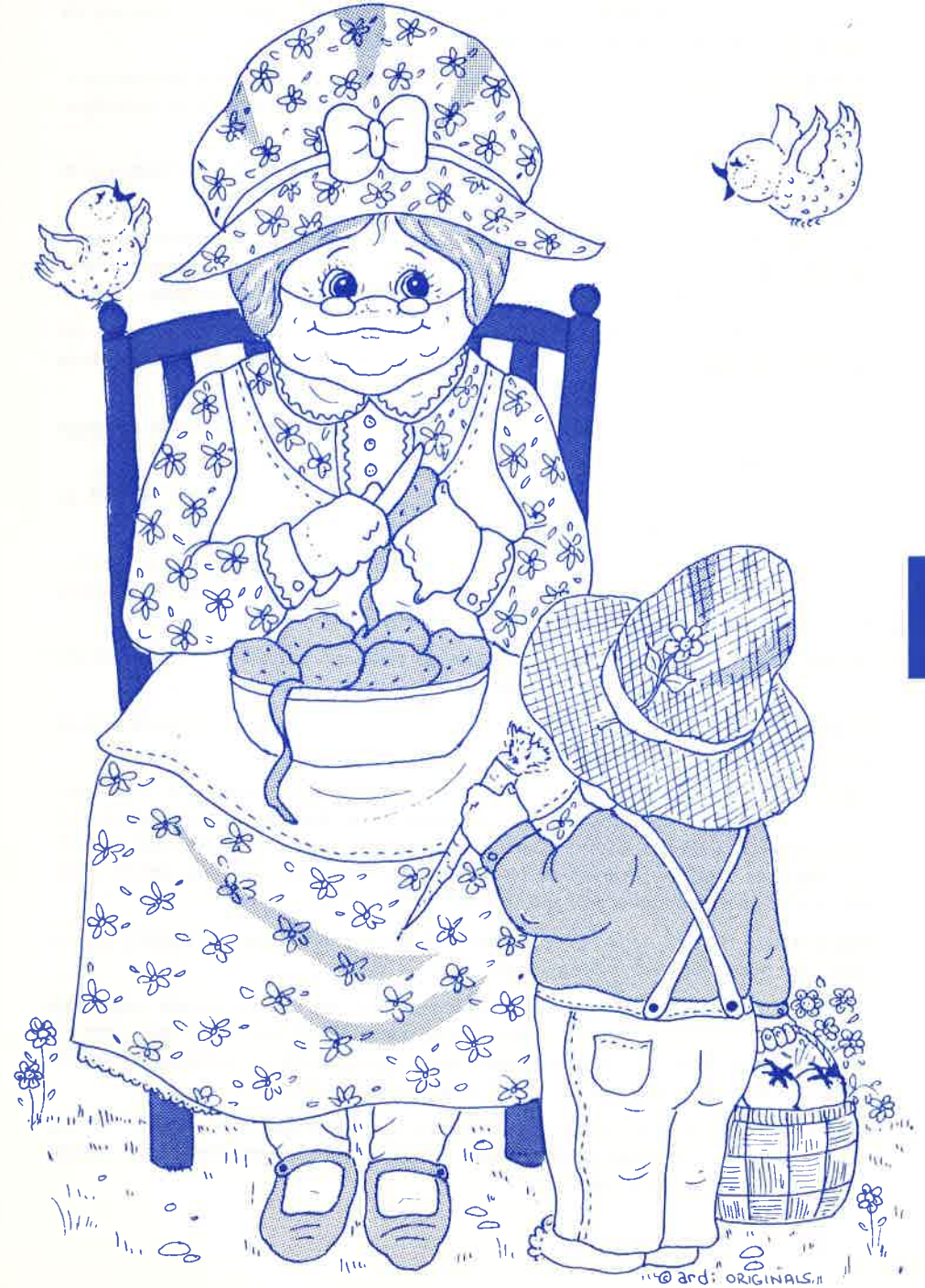
8 eggs, beaten                              6 slices cheese  
1 c. milk                                        12 slices bacon

Cook bacon according to package directions; drain.  
Curl 1 slice; chop 4 slices and leave others as whole slices.  
Cut cheese slices into halves; arrange in bottom of lightly buttered pie pan. Beat eggs and milk together; add chopped bacon. Pour over cheese.

Bake in preheated oven at 350° for 30 minutes.  
Arrange whole bacon slices on top of omelette around bacon curl. Bake 10 minutes longer. Let stand 5 minutes before cutting.  
This recipe is so good for using your imagination for different fillings.

Write an extra recipe here:

# VEGETABLES



# BUYING GUIDE

## Fresh vegetables and fruits

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

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

**BEANS, SNAP**—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

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

**BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER**—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

**CABBAGE AND HEAD LETTUCE**—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

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

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

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

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

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

**PEAS AND LIMA BEANS**—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

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

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

## VEGETABLES

### FRIED CABBAGE

3 small cabbages	2 eggs, beaten
pepper	1 1/2 c. bread crumbs
1 c. flour	2 c. oil

Halve cabbages. Cut out cores. Cook 20 minutes in salted water. Squeeze dry. Flatten out. Season with pepper. Dip in flour, beaten eggs and bread crumbs. Fry until brown. Serves 6 - 8.

### CORN PUDDING

1 Tbsp. butter or margarine	1/8 tsp. pepper
1 Tbsp. flour	1 tsp. sugar
1 c. scalded milk	1 (16 oz.) can cream style corn
1 tsp. salt	

Preheat oven to 375° F. Melt fat; blend in flour. Add milk, salt, pepper and sugar. Add corn. Heat slightly. Blend eggs into warm milk mixture. Pour into casserole. Place casserole in pan of hot water. Bake 1 hour or until set. Serves 6.

### MIXED VEGETABLE SALAD

2 c. finely shredded raw cabbage	2 c. seeded, finely shredded raw cucumbers
2 c. finely shredded raw carrots	1 1/2 c. finely sliced radishes
2 c. finely shredded raw beets	1 1/2 c. tomatoes
	1 1/2 c. French dressing

Crisp cabbage, carrots, beets, cucumbers and radishes in bowls of salt water. Sin, seed and shred tomatoes.

Drain all vegetables and fruit until firm and crisp. Arrange in a deep salad bowl in circular heaps so that colors add to eye appeal of salad.

Just before serving, pour French dressing over all. Serves 8.

## LAYERED SALAD

Shred 1 medium head of lettuce and place in a shallow serving dish (about 4 quart size).

Top with:

1/2 c. thinly sliced green onion	1 can (8 oz.) water chestnuts, drained and sliced
1 c. thinly sliced celery	

Open: **1 package (10 ounces) frozen peas** and sprinkle over salad.

Spread: **2 cups mayonnaise** evenly over the top.

Sprinkle with a mixture of:

2 tsp. sugar	1 tsp. seasoned salt
1/2 c. Parmesan cheese	1/4 tsp. garlic powder

Cover and refrigerate as long as 24 hours.

Before serving, sprinkle with:

3 hard cooked eggs, chopped	1/2 - 3/4 lb. sliced bacon, crisply fried and crumbled
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Arrange around salad: **2 medium tomatoes, cut into wedges.**

Use spoon and fork to lift out each serving to include some of each layer.

(In place of water chestnuts, almonds or other nuts could be used.)

## BROCCOLI

Mix together:

1/3 c. mushroom soup	1/2 c. grated cheese
1/2 c. mayonnaise	1 egg, beaten
1 chopped onion	

Place broccoli in a baking pan and cover with sauce. Sprinkle with cheese and cracker crumbs.

Bake at 350° F. for 45 minutes.

## HARVARD BEETS

12 small beets	1/4 c. vinegar
1/2 c. sugar	1/4 c. water
1 1/2 tsp. cornstarch	2 Tbsp. butter

Cook and dice beets.

Mix sugar, cornstarch, vinegar and water in a pan; boil 5 minutes. Add beets; let stand 30 minutes.

Just before serving, bring to boiling point; add 2 tablespoons butter.

Serves 6.

## CORN FRITTERS

1 (1 lb.) can whole kernel corn, drained	1 c. flour
1 egg	2 tsp. baking powder
1/2 tsp. salt	2 tsp. melted butter or margarine
1/4 c. milk	1/4 tsp. sugar
1 c. milk	deep fat for frying

While allowing corn to drain, mix egg, salt, milk, flour, baking powder, melted butter and sugar. Stir with a wooden spoon. Add drained corn. After corn is mixed in, allow to set 5 minutes.

Drop mixture by teaspoonfuls into hot fat. Cook until puffy and golden brown; drain on paper. Transfer to a warmed platter.

Serves 4 - 6.

## CREAMED MUSHROOMS

2 Tbsp. fat	1/4 tsp. pepper
1 Tbsp. flour	1 tsp. salt
1/2 c. cream or evaporated milk (undiluted)	1/2 c. boiling water
	2 c. mushrooms (fresh or canned)

Make a sauce of the fat, flour, cream and seasoning.

Prepare mushrooms and stew them in boiling water until tender. Add, without draining, to cream sauce.

Serve very hot.

## SCALLOPED CABBAGE WITH CHEESE

1 head cabbage	1 1/2 c. medium white sauce
2 c. grated cheese	1/2 to 3/4 c. bread crumbs

Core cabbage and break into pieces. Boil until tender, adding salt to water just before cooking is completed; drain.

Into a greased baking dish put a layer of cabbage, then a layer of cheese and sauce. Continue to add layers until ingredients are all used.

Cover the top of the mixture with crumbs, which have been mixed with a little melted butter.

Bake in a moderate oven (350° - 400° F.) for about 20 minutes until the crumbs are brown.

**N.B:** Processed cheese spread may be used to flavour white sauce to taste, instead of using grated cheese.

### STUFFED BAKED POTATOES

Preheat oven to 400° F.

Scrub: 4 **baking potatoes**. Prick with a fork.

Bake in preheated 400° oven for 1 hour or until tender. Cut in half and scoop out cooked potato, reserving skins.

Mix together and stir into potato:

1 pkg. sour cream mix	2 Tbsp. butter or margarine
1/3 c. milk	1/4 tsp. salt

Beat until light and fluffy and spoon into shells.

Bake in preheated 400° F. oven for 20 minutes or until golden brown.

### POTATO PUFF

2 c. mashed potatoes	1 c. milk
2 eggs	2 Tbsp. butter or other fat

Add the fat to the mashed potatoes, then the egg yolks, which have been beaten very light, and the milk. Stir until well blended, and then fold in the stiffly beaten egg whites.

Mix lightly and pile the mass in a well greased baking dish. Set in a pan containing hot water.

Bake in a moderate oven (375° F.) 20 - 30 minutes.

Serve at once.

### SCALLOPED POTATOES

6 medium size potatoes	4 Tbsp. butter
salt and pepper	milk
2 Tbsp. flour	

Peel raw potatoes and cut them into thin slices. Place in a baking dish a layer of the potatoes 1 inch deep; season with salt and pepper. Sprinkle a portion of flour over each layer and a part of the butter in bits. Repeat and continue until required amount is used. Add milk until it can be seen between the slices of potatoes.

Bake 1 - 1 1/2 hours in a 400° F. oven.

### SUMMER SQUASH CASSEROLE

2 lbs. summer squash (crook necked or zucchini)	butter
2 onions	1 green pepper
salt	pepper

Wash squash and cut into 1/2 inch slices. Peel and slice onion; cut green pepper in strips.

Melt 3 tablespoons butter in skillet and saute onion and green pepper lightly until about tender.

Butter a casserole and put layer of squash in bottom; season with salt, pepper and dot with butter. Add layer of onion and pepper slices. Repeat layers alternately until all vegetables are used. Pour butter from skillet over casserole and sprinkle with dry bread crumbs.

Bake in 350° oven about 30 minutes or until squash is tender.

### SWEET POTATO CASSEROLE

3 c. mashed sweet potatoes	1 c. white sugar
1 tsp. vanilla	2 eggs
	1/3 c. oleo

Put in mixer and mix well. Spread in casserole dish.

#### Topping:

1 c. brown sugar	1 c. coconut
1 c. chopped nuts	1/3 c. flour
1/3 c. oleo	

Melt oleo and mix in other ingredients. Sprinkle on top of potatoes.

Bake at 350° for 30 minutes.

### CHEESY SQUASH CASSEROLE

12 medium size yellow squash	1 1/2 c. shredded cheddar cheese
6 slices bacon	salt and pepper to taste
3/4 c. chopped onion	1 1/2 Tbsp. Worcestershire sauce
3 eggs, beaten	

Cook squash until tender. Drain well and mash. Cook bacon until crisp. Drain well; reserve drippings. Crumble bacon.

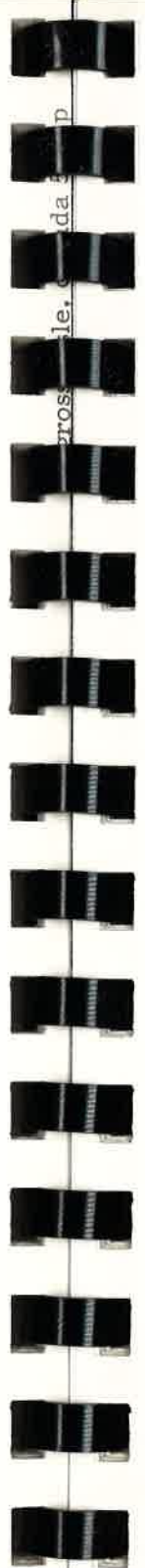
Saute onion in drippings. Combine all ingredients. Spoon lightly into 1 1/2 quart baking dish. Bake 30 minutes at 350°.

# H CASSEROLE

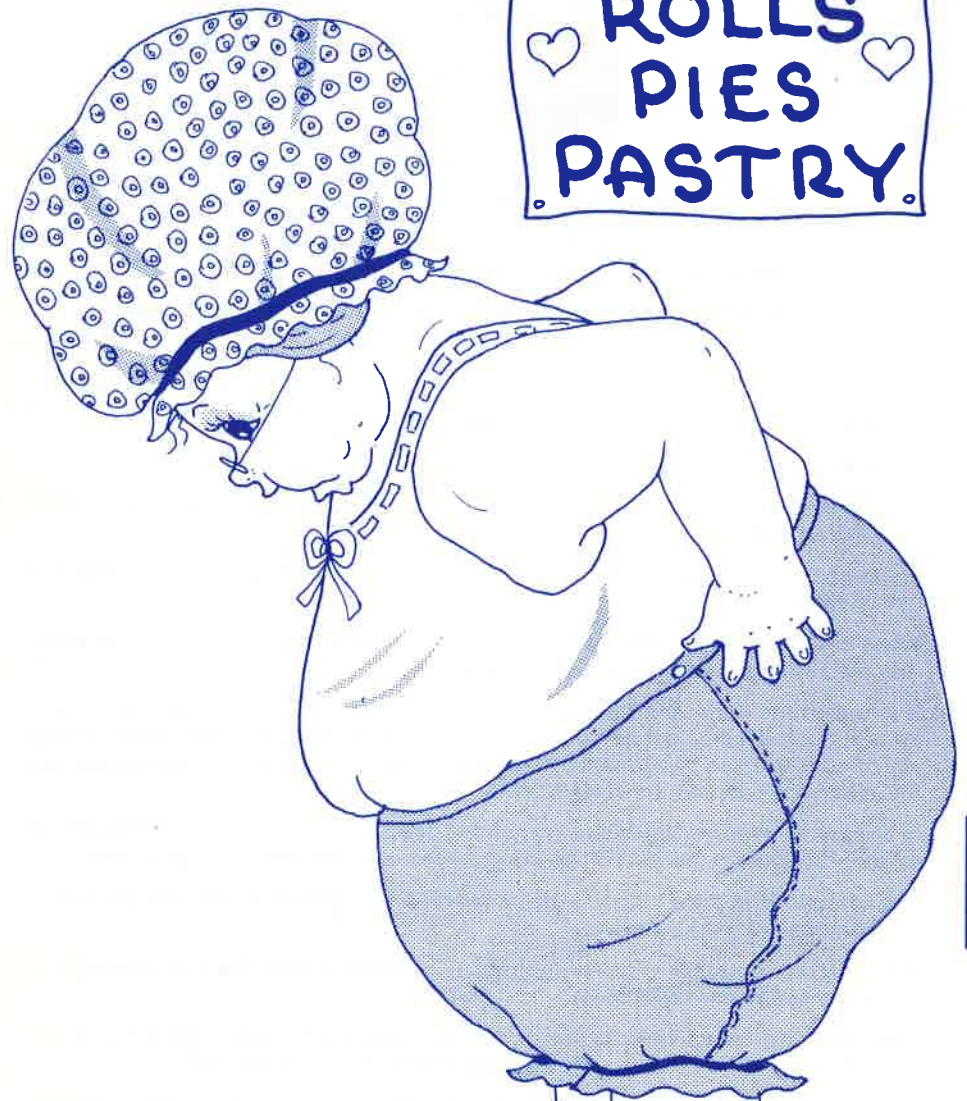
- dozen chopped spinach
- 1/2 lb. Velveeta cheese, cubed
- age cheese
- 1 stick oleo, cubed
- 3 Tbsp. flour

and bake at 350° for 1 hour.

ur extra recipes here:



BREAD  
ROLLS  
PIES  
PASTRY.





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

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

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

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

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

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

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

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

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

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

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

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

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

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

## BREAD, ROLLS, PIES, PASTRY

### IRISH SCONE

4 c. flour  
1 c. sugar  
1 tsp. salt  
2 tsp. baking soda

3 eggs  
1/2 lb. butter or margarine  
1 qt. buttermilk  
1 large box raisins

Pour boiling water over raisins, and let soak for at least 5 minutes.

Mix flour, salt, sugar and baking soda in a bowl. Cut butter into flour mixture and cut with fingers until mealy. Lightly beat eggs with a fork in a 4 cup measuring cup; then add buttermilk until it reaches 3 1/2 cups. Add this to the flour mixture. Mix lightly with a wooden spoon. Drain raisins and add to flour mixture.

Bake in 400° F. oven 1 hour.

### RAISED DONUTS AND GLAZE

Scald: 1 cup milk. Pour in a large bowl and add:

1/3 c. sugar  
2 tsp. salt

1/2 c. shortening

Stir this until sugar melts.

Dissolve together:

1 tsp. sugar  
1/2 c. lukewarm water

1 Tbsp. yeast

Let stand 10 minutes.

Add yeast to milk mixture and 1 beaten egg. Beat in 2 cups flour, then gradually add: 2 1/2 cups to 3 cups flour. Let rise in a greased bowl about 1 1/2 hours.

Punch down and roll to 1/2 inch thickness. Cover and let rise double in bulk. Then fry and dip warm donuts in glaze.

### Glaze:

1/4 c. milk  
2 c. icing sugar

1 tsp. vanilla

This glazes about 20 donuts.

## RAISED DOUGHNUTS AND GLAZE

Dissolve:

2 envelopes yeast  
2 tsp. sugar  
1/2 c. lukewarm water

Let stand for 10 minutes.  
Scald: **1 cup milk.**  
Remove milk from heat and add:

1/2 c. white sugar  
1/2 tsp. salt  
6 Tbsp. shortening

Cool until lukewarm. Put in yeast and mix:

2 c. flour  
1 egg

Beat and add: **1 1/2 cups flour.**

Grease bowl and let rise 1 hour.

Make doughnuts and let them rise for 3/4 hour, then fry. After frying, dip in glaze.

### Glaze:

Mix:

1/4 c. milk  
2 c. icing sugar  
1 tsp. vanilla

## PASTRY MIX

Blend together:

2 lbs. flour  
1 Tbsp. salt

Work in: **2 2/3 cups shortening.**

Store at room temperature in a covered canister until ready to use.

**For Two Crust Pies:** Measure 2 cups pastry mix. One at a time, sprinkle with 3 - 4 tablespoons cold water. Mix lightly with a fork until dough clings together and cleans easily from sides of bowl.

## APPLE PIE

Prepare pastry for **2 crust pie.**

Roll out half the dough, and line pie plate. Trim. Roll out top crust.

Peel, core and slice sufficient apples to make **7 cups cooking apples.**

Mix together and combine with apples:

1/2 c. sugar (white)  
1/4 c. brown sugar  
2 Tbsp. flour  
1/2 tsp. cinnamon  
pinch salt

Turn apple mixture into lined pie plate. Cover with top crust and slit top.

Bake in preheated 450° F. oven for 15 minutes. Reduce heat to 350° and continue baking for 40 - 45 minutes longer.

Makes 1 (9 inch) pie.

## RAISIN PIE

Simmer together for 10 minutes:

2 c. raisins  
2 c. water

Mix together and gradually stir in:

1/2 c. sugar  
2 Tbsp. flour  
pinch of salt

Blend in:

1/2 tsp. vanilla  
1 Tbsp. butter or margarine  
1 Tbsp. lemon juice (optional)

Cool. Turn into pastry-lined pie plate. Cover with top crust. Seal and flute edges, and slit or prick top.

Bake in preheated 450° F. oven for 15 minutes. Reduce heat to 350° F. and continue baking 25 - 30 minutes longer.

Makes 1 (9 inch) pie.

## QUICK DARK BREAD

1 1/2 c. sour milk  
1 egg, beaten  
1/2 c. molasses  
1/4 c. liquid shortening  
1/2 c. all purpose flour  
1 tsp. baking powder  
1 tsp. soda  
1 tsp. salt



2 c. whole wheat or graham flour

**To sour the milk:** Pour 1 1/2 cups of sweet milk into a 2 cup measuring cup. Add 1 1/2 tablespoons vinegar. Set in a warm place while assembling the rest of the ingredients.

Beat the egg in a bowl. Add the molasses, shortening and sour milk.

In a second bowl sift together the white flour, baking powder, soda and salt. Add the whole wheat or graham flour. Mix well.

Combine the 2 mixtures, stirring only enough to moisten the dry ingredients. This will be a lumpy batter. Pour into a greased 9 x 5 inch loaf pan. Let stand 20 minutes.

Bake at 350° F. for about 60 minutes until the top springs back when touched. Remove from pan and cool on a rack.

### BOSTON SWEET BREAD

2 c. cold water  
1 lb. sultana raisins  
3 Tbsp. butter  
1 egg  
1 tsp. vanilla  
1 tsp. salt

2 3/4 c. flour  
1 tsp. soda  
1/2 c. chopped walnuts  
1 (6 oz.) bottle cherries, including juice

Boil first 3 ingredients 5 minutes and cool before adding remaining ingredients.

Bake in a loaf pan, well greased and floured.

Bake 1 1/4 hours at 325° F.

Very moist.

### WHOLE WHEAT BRAN MUFFINS

1 c. whole bran cereal  
1 (6 oz.) container plain yogurt  
1/4 c. cooking oil  
1 egg

1/2 c. brown sugar, firmly packed  
1/2 c. raisins  
1 c. whole wheat flour  
1 tsp. soda  
1/2 tsp. salt

Combine bran cereal and yogurt in large bowl; mix well. Add oil, egg and brown sugar. Beat slightly with hand beater. Stir in raisins. Spoon flour into bowl; add soda and salt. Stir well to blend. Add dry ingredients all at once to yogurt mixture. Mix with fork until dry ingredients are moistened. fill 12 well greased muffin cups.

Bake at 400° F. for 20 - 25 minutes.

Makes a dozen muffins.

### LEMON LOAF

1 c. white sugar  
1/2 c. shortening  
2 eggs (well beaten)  
1 1/2 c. flour

1 tsp. baking powder  
1/2 tsp. salt  
1/2 c. milk  
grated rind of 1 lemon (very fine)

Mix well, alternating milk and flour. Pour into loaf pan.

Bake in 350° F. oven for 1 hour.

While loaf is baking, dissolve 1/2 cup sugar in juice of 1 lemon. Spoon over loaf on removal from oven.

### RAISIN TEA BUNS

4 c. all purpose flour  
3/4 c. sugar  
2 tsp. salt  
6 tsp. baking powder

3/4 c. butter  
1 c. raisins  
1 c. milk  
2 eggs

Measure flour and all dry ingredients in a large bowl. Add butter and blend well. Add raisins and mix. (Beat eggs; add to milk and stir well). Add the mixture of eggs and milk, and combine them with the dry mixture. Turn onto floured board and roll out with a rolling pin. Cut out buns with a round cutter.

Bake 15 minutes at 400° or until golden brown.

### CORNMEAL MUFFINS

3/4 c. cornmeal

1 c. milk

Mix and set aside for a few minutes.

Prepare:

1 c. flour  
3 tsp. baking powder  
1 tsp. salt

1/3 c. sugar  
3 eggs  
1/4 c. oil

Sift dry ingredients. Add eggs to cornmeal and milk. Lastly, add oil.

Bake 20 - 25 minutes with oven at 400° F.

### ANGEL BISCUITS

5 c. flour  
3/4 c. vegetable shortening  
1 tsp. soda  
1 tsp. salt

3 Tbsp. sugar  
3 Tbsp. baking powder  
1 yeast cake  
1/2 c. lukewarm water

2 c. buttermilk

Sift all dry ingredients together. Add shortening, then buttermilk.

Dissolve yeast in lukewarm water. When dissolved, add to above mixture. Mix until all flour is moistened. Cover and put into refrigerator until needed.

Use only as needed and amount required. Roll to 1/2 inch thickness.

Bake at 400° F. for 12 minutes.

### BROWN BREAD

1 c. oatmeal	3 tsp. salt
1 1/2 c. boiling water	2 beaten eggs
3/4 c. shortening	5 1/2 c. flour
3/4 c. molasses	

Soak the yeast in a little warm water and 1 teaspoon sugar.

Put oatmeal, shortening and molasses in bowl. Add boiling water; mix and let cool. Add beaten eggs, salt and yeast. Stir, then add flour; knead well. Set in warm place to rise for 2 hours. Shape into loaf. Place in well greased pans and let rise until double in size.

Bake in moderate oven at 350° for 1 hour.

### OLD FASHIONED BUTTERSCOTCH PIE

2 rounded Tbsp. flour	3 large egg yolks (beaten)
2 rounded Tbsp. butter	1/2 tsp. vanilla
1 1/2 c. brown sugar	1/4 tsp. salt
2 1/2 c. milk	

Brown butter, flour, sugar and salt (in a large iron frying pan, if available). Add milk, stirring constantly. Beat egg yolks thoroughly. Stir a little of the hot mixture into the beaten egg yolks, and then pour into the frying pan. Cook until thick, stirring constantly. Remove from heat. Cool; add vanilla, and stir until well mixed.

Pour into baked and cooled pastry shells.

Meringue may be added, if desired, using leftover egg whites and 6 tablespoons sugar. Beat egg whites until stiff, but not dry. Add sugar gradually, beating after each addition. Beat until mixture holds its shape. Pile gently onto cooled pie filling. Spread to edge of crust.

Bake in 350° F. oven for 7 - 10 minutes until lightly browned.

Makes 2 pies.

### DELUXE RHUBARB PIE

1 c. pastry flour	1 pkg. Philadelphia cream cheese
1/2 tsp. salt	2 c. cooked sweetened tender rhubarb
1/3 c. and 1 Tbsp. shortening	1 pkg. strawberry jello
3 - 4 Tbsp. water	1 pt. commercial sour cream

Prepare pie crust and bake in hot oven until golden. Cool.

Dissolve jello in hot rhubarb sauce. Cool and let jell.

Cream the cream cheese and spread evenly over chilled, baked crust. Cover with jellied rhubarb.

Top with sour cream, topping or ice cream, and chill 2 hours.

### BEER BREAD

Preheat oven to 400° F.

3 c. flour	1 tsp. salt
3 tsp. baking soda	1 bottle beer
2 Tbsp. sugar	

Sift together dry ingredients. Mix with 1 bottle of beer. Form into loaf.

Makes 1 (8 1/2 x 4 1/2 inch) pan.

Bake in preheated 400° F. oven for 30 - 35 minutes.

### CRANBERRY BREAD

2 c. flour	1/4 c. shortening
3/4 c. sugar	3/4 c. orange juice
2 tsp. baking powder	1 Tbsp. grated orange rind
1/2 tsp. baking soda	2 eggs (well beaten)
1 tsp. salt	1 c. coarsely chopped cranberries

Sift flour, sugar, baking powder, baking soda and salt together. Cut in shortening until mixture resembles coarse cornmeal.

Combine orange juice and grated rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Dust chopped cranberries with a tablespoon of flour. Then carefully fold into batter. Spoon into a well greased 1 1/2 quart casserole pan.

Bake in a moderate oven (350°) about 1 hour or until toothpick comes out clean. Cool in pan for 10 minutes, then remove.

## CINNAMON ROLLS

1 c. white sugar	4 c. flour
1 egg	3 tsp. baking powder
1/2 c. shortening	1/2 tsp. salt
1 c. milk	

Roll out and spread with **butter, cinnamon and brown sugar**.  
Bake at 375° F.

## OLD FASHIONED BROWN BREAD

1 c. rolled oats	1 Tbsp. shortening
2 c. boiling water	1 yeast cake
1 tsp. soda	1/2 c. lukewarm water
1/2 c. molasses	1 tsp. sugar
1 heaping tsp. salt	5 c. all purpose flour

Soak the yeast cake in warm water and sugar; let stand aside.  
Put rolled oats in a large bowl and add the boiling water. Add soda, molasses, salt and shortening. Let cool to lukewarm. Add the yeast cake, which is dissolved. Mix well; add the flour. Beat well. This forms a heavy, elastic dough. Set aside in a warm place and let rise 2 hours.

Beat well and divide into 2 loaf pans. let rise again 1 hour.  
Bake in slow oven at 350°.

## EXCELLENT TEA BISCUIT RECIPE

(May be halved)

6 c. flour	1 1/2 c. shortening
12 tsp. baking powder	3 c. milk
3 tsp. salt	

Sift together dry ingredients. Blend in shortening coarsely. Make a well in center of mixture. Pour in milk and stir to make a soft dough. Knead gently on lightly floured surface 8 or 10 times. Pat or roll to desired thickness (biscuits will double in height when baked). Cut with a floured 1 3/4 inch cookie cutter. Place biscuits on an ungreased baking sheet, close together for soft sided biscuits, or about 1 inch apart for crusty sided biscuits.

Bake in preheated 425° F. oven for 12 - 15 minutes.

**N.B:** The dry ingredients may be sifted and the shortening blended in for an instant biscuit mix. Keep in a cool, dry place. When using, add 1 cup milk for every 2 cups of biscuit mix.

## RAISIN TEA BISCUITS

1 c. butter	2 eggs
1/2 c. sugar	3 c. flour
1 c. milk	3 tsp. baking powder

Cream butter and sugar. Add eggs and cream thoroughly. Add raisins, then milk.

Sift together flour and baking powder. Add flour gradually, making sure there is enough flour to make a soft dough. Press dough together with hand on pastry board and cut with cookie cutter.

Bake in 350° F. oven for 25 minutes.

## BUTTERMILK SCONES

3 c. flour	1 tsp. soda
1/2 tsp. salt	4 Tbsp. shortening
3 tsp. baking powder	1 c. sour milk or buttermilk

Roll and cut in squares.

Bake like biscuits about 12 minutes.

## BANANA BREAD

1/2 c. butter	1 tsp. salt
1 c. sugar	1 tsp. soda
2 eggs	1/2 tsp. nutmeg
1 c. mashed bananas	1 c. whole wheat flour
1 c. flour	1/2 c. hot water

Bake for 1 hour at 350° F.

## SIX WEEK BRAN MUFFINS

6 c. bran	2 c. boiling water
1 c. oil	1 qt. buttermilk
4 eggs, beaten	5 tsp. soda
5 c. whole wheat flour	2 tsp. cinnamon
2 - 3 c. sugar	1 1/2 c. raisins

Pour the boiling water over the bran and let set while assembling the other ingredients.

Bake at 350° F. for 20 minutes.

Refrigerated batter keeps for up to 6 weeks.

## WHOLE WHEAT SCONES

4 c. whole wheat flour	1 c. butter
4 tsp. baking powder	1 c. currants
1 c. white sugar	2 eggs, lightly beaten
1 tsp. salt	1 c. milk

Sift dry ingredients. Add butter; mix well. Add currants, and eggs mixed with milk. Roll out as for biscuits.

Cut and place on greased cookie sheet.

Bake for 25 minutes at 350°.

## WHITE BREAD

16 c. flour	1 tsp. salt
2 Tbsp. yeast	1 Tbsp. shortening
2 Tbsp. sugar	3 c. water

Prepare flour in large mixing bowl. Put in a warm place to increase temperature of flour.

Prepare yeast; add **2 cups lukewarm water** and **2 tablespoons of sugar** and let it rise until it's fluffy, approximately 15 minutes.

Mix flour, salt and shortening together with yeast mixture. Add water and mix dough fairly soft and knead well until the dough is uniform. Spread shortening with your fingers over the dough. Cover the dough well and keep in a warm place. Knead the dough every hour for 2 hours. Let rise another hour and put into bread pans. Once into pans, let rise for approximately 2 hours or until it has risen well above the pans.

Let it bake at 375° F. - 400° F. for 1 hour and 15 minutes.

## IMPOSSIBLE PIE

(This pie makes its own crust).

4 eggs	1/2 c. margarine
1 c. flour	1 c. coconut
2 c. milk	2 tsp. vanilla
1 c. sugar	1/4 tsp. nutmeg

Mix thoroughly in blender or by hand.

Pour into greased 10 inch pie plate. Bake at 350° F. for 50 minutes or until center tests firm.

## BLUEBERRY MUFFINS

1/2 c. white sugar	dash salt
4 Tbsp. melted butter	2 c. flour
1 egg, well beaten	3 tsp. baking powder
1 c. milk	1 c. blueberries

Bake at 400° for 20 - 25 minutes.

## FRUITED TEA BREAD

2 1/4 c. flour	1 (8 oz.) pkg. cream cheese
1 1/2 tsp. baking powder	1 1/2 c. white sugar
1 c. mixed candied fruits	4 eggs
1/2 c. raisins	1 Tbsp. lemon juice
1 c. margarine	

Mix sugar, margarine and cream cheese. Add eggs and lemon juice. Mix well.

Sift flour and baking powder. Add mixed fruit and raisins. Add to sugar mixture; mix well. Pour into 12 cup Bundt pan which has been well greased and floured.

Bake at 300° F. for 1 hour and 10 minutes or until done.

May be baked in a 10 inch tube pan at 325° F. in oven for 1 hour and 15 minutes.

## SOUR CREAM PIE

1 c. sugar	1 tsp. cinnamon
3 Tbsp. flour	2 Tbsp. sugar
dash salt	3 c. chopped tart apples or
1 c. sour cream	2 1/2 c. berries

Combine 1 cup sugar, salt and flour. Add sour cream and beat until smooth.

Pour mixture over fruit, which has been put into an unbaked pie shell. Sprinkle sugar and cinnamon over the filling.

Bake at 425° F. for 15 minutes and then reduce the heat to 350° F. for 35 minutes.

## CHOCOLATE MARSHMALLOW PIE

2 squares unsweetened chocolate	12 marshmallows
2 Tbsp. sugar	1 1/2 c. whipping cream
1/2 c. milk	1 (8 inch) baked pastry shell
	1/2 c. toasted almonds

(Cont.)

Put chocolate, sugar, milk and marshmallows into top of double boiler; stir over hot water until melted. Let cool, stirring frequently.

Whip cream; fold into mixture. Pour into pastry shell. Sprinkle with almonds.

Chill thoroughly before serving.

Write your extra recipes here:

# CAKES · ICINGS



# COOKIES



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# Worth Remembering

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

## Candy & Frosting Chart

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

## CAKES, COOKIES, ICINGS

### CRANBERRY CAKE AND GLAZE

(Makes 10 Servings)

#### Filling:

1 c. firmly packed light brown sugar	1 small apple, chopped
1/2 c. water	1/2 tsp. grated orange peel
1 c. fresh or frozen cranberries	1/8 tsp. cinnamon
	dash nutmeg

#### Cake:

3 c. all purpose flour	2 c. sugar
2 tsp. baking powder	3 eggs
1/8 tsp. salt	1 tsp. vanilla
1 c. butter or margarine, softened	1/2 c. orange juice
	1/2 c. water

#### Glaze:

1 c. confectioners sugar	1 Tbsp. and 1 1/2 tsp. water
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**To prepare Filling:** In medium saucepan, combine brown sugar and water; cook and stir over medium-high heat until sugar is dissolved. Add cranberries, apple and orange peel, cinnamon and nutmeg; bring to boil. Reduce heat and simmer, stirring occasionally, about 1 hour or until very thick. Cool to room temperature.

Grease and flour 10 inch fluted tube pan; set aside. Preheat oven to 350° F.

**To prepare Cake:** In small bowl, combine flour, baking powder and salt; set aside. In large bowl with electric mixer, beat butter and sugar until light and fluffy. Beat in eggs and vanilla until smooth. Alternately beat in flour mixture and orange mixture and water, beginning and ending with flour. Stir 2 tablespoons of batter into cranberry mixture.

Pour remaining batter into pan. Spoon cranberry mixture over batter to form a ring without letting mixture touch sides of pan.

Bake 1 hour or until cake tester inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

**To prepare Glaze:** In small bowl, combine confectioners sugar with water until well blended. With spoon, drizzle glaze over top of cake.

### SNOW BALLS

1 c. peanut butter  
1 c. icing sugar  
1 Tbsp. butter

1 c. Rice Krispies  
1/2 c. nuts

Cream peanut butter, icing sugar and butter until smooth. Then add Rice Krispies and nuts.

Dip the balls in icing sugar mixture made up of:

1 c. icing sugar  
3 Tbsp. water

Then dip in coconut.

### CHOCOLATE BROWNIES

1 tsp. shortening  
1 egg  
1 c. white sugar  
3 tsp. baking powder

pinch salt  
1 c. flour  
1/2 c. cocoa mixed with 1/2 c. boiling water

Cream shortening and sugar. Add egg, flour, baking powder, salt, cocoa and boiling water.

Bake at 350° F. for 30 minutes.

### OATMEAL COOKIES

1 c. shortening  
1/2 c. brown sugar  
1 egg  
1/2 c. white sugar

1 tsp. vanilla  
1 c. flour  
2 1/2 c. rolled oats  
1/2 tsp. baking soda

Cream together shortening and sugars. Add egg and beat well. Add vanilla. Blend together dry ingredients. Add to other mixture. Form into balls, and flatten with a fork dipped in flour.

Bake in 350° F. oven until golden brown.

### BROWNIES

3 Tbsp. shortening  
1 c. sugar  
1 egg  
5 tsp. cocoa

1 c. flour  
1/2 tsp. salt  
1/3 c. milk  
1 tsp. vanilla

Cream together shortening and sugar. Mix in other ingredients. Bake at 350° F. for 15 - 20 minutes.

### NEVER FAIL CHOCOLATE CAKE

1 egg  
3 Tbsp. cocoa  
1/2 c. shortening  
1 1/2 c. flour  
1/2 c. sour milk

1 tsp. vanilla  
1 tsp. soda  
1 c. white sugar  
1/2 c. hot water  
1/2 tsp. salt

Put in bowl in the order given. Do NOT mix until last item is added. Beat well.

Bake in moderate oven for 45 minutes.

### JELLY ROLL

Mix:

1 c. flour  
1 tsp. baking powder  
1/4 tsp. salt

Beat:

4 eggs  
1 c. sugar  
1 tsp. lemon juice

Beat in: 1/4 cup hot milk.

Fold in: dry ingredients.

Spread batter in jelly roll pan lined with waxed paper.

Bake at 400° F. for 10 - 12 minutes.

Roll cake in damp cloth sprinkled with sugar. Unroll. Spread with jelly or jam and reroll.

### RAISIN SQUARES

Filling: (Make first)

1 pkg. raisins  
1 c. sugar

3 Tbsp. cornstarch  
1 c. water

Boil raisins and sugar till the raisins are plump. Mix cornstarch in small amount of water and stir into raisin mixture until thickened; cool.

1 c. shortening  
1 c. brown sugar  
2 eggs  
1/2 tsp. salt

2 tsp. baking powder  
3 c. flour  
1 tsp. vanilla

Cream together shortening and sugar. Beat in eggs. Add vanilla. Mix in dry ingredients, which have been sifted together. Put 1/2 of this mixture in pan.

Spread raisin mixture on top and spread remaining mixture on top. Pat down.

Bake in preheated 350° F. oven for 35 to 40 minutes.

### GUM DROP CAKE

1 c. butter	1 c. white sugar
2 eggs	3 c. flour
1 c. applesauce (unsweetened)	1 lb. gum drops (remove black ones)
1 lb. raisins	1/2 tsp. cinnamon
1/2 tsp. salt	1/2 tsp. nutmeg
1/4 tsp. soda	1 tsp. baking powder

Cut gum drops in quarters. Boil raisins 5 minutes, then cool. Cream butter and sugar; add eggs and beat well. Add applesauce and cooled raisins. Add sifted dry ingredients and gum drops. Bake at 300° F. for 1 hour, and then 20 minutes at 350° F. Allow to ripen for 2 or 3 days.

### LEMON SQUARES

1 3/4 c. finely rolled cracker crumbs	1/2 c. sugar
1/2 c. coconut	3/4 c. flour
3/4 c. butter	1 tsp. baking powder

Mix all ingredients together. Pat all but a small amount into a 9 x 12 inch pan.

Cover with lemon pie filling (your own or boxed) and sprinkle with the remaining crumbs on top.

Bake in a moderate oven until golden brown. Cool and cut into squares.

### WAR CAKE

2 c. raisins	2 c. brown sugar
1/2 c. shortening	2 c. boiling water

Boil for 5 minutes and cool.  
Add:

3 c. flour	1 tsp. nutmeg
1 tsp. salt	1 tsp. cloves
2 tsp. soda	1 tsp. cinnamon

Bake at 300° F. for 1 hour or until done.

### PEANUT BUTTER COOKIES

(Makes 4 dozen)

1/2 c. butter (or margarine)	1/4 tsp. salt
1 c. brown sugar	1 tsp. baking soda
1 egg	1 1/2 c. flour
1/2 c. peanut butter	1/2 tsp. vanilla

Sift together dry ingredients.

Cream butter, brown sugar and peanut butter. Beat in egg and vanilla. Stir in dry ingredients.

Shape into small balls. Press 1/2 inch thick with floured fork. Bake in 350° F. oven for 12 - 15 minutes until golden brown.

### CHOCOLATE FUDGE COOKIES (Unbaked)

2 c. white sugar	
1/2 c. margarine	1/2 c. canned milk

Combine and boil for 2 minutes. Remove from heat and add:

6 Tbsp. cocoa	2 c. oatmeal
1 tsp. vanilla	1 c. coconut

Drop by teaspoonful onto wax paper. Cool until firm.

### BLOND BROWNIES

1/3 c. shortening	1 tsp. baking powder
1 1/2 c. brown sugar	1/4 tsp. salt
2 eggs, beaten	1/2 c. walnuts
1 tsp. vanilla	1 c. chocolate chips
1 c. flour	

Mix and put in greased 9 inch pan.

Bake for 30 minutes in a 350° F. oven.

### RICE KRISPIES DATE DAINITIES

1 c. sugar	3 c. Kellogg's Rice Krispies
1 c. finely pitted dates	1 tsp. vanilla
2 eggs	

Combine sugar, dates and eggs in saucepan. Cook about 10 minutes over medium heat, stirring constantly until mixture



thickens and sugar is dissolved. Remove from heat. Stir in vanilla and Rice Krispies.

Dip teaspoon in ice water, then drop teaspoonfuls of mixture on waxed paper.

Chill before serving.

#### Variations:

1. Roll Rice Krispie balls to coat evenly in **2 cups flaked coconut** or **1 cup chopped nuts** before cooling.

2. Add **1/2 cup flaked coconut** or **chopped nuts** with Rice Krispies.

### BUTTER FUDGE SQUARES

Mix:

1/2 c. butter	1 1/2 c. flour
1/2 c. brown sugar	1/4 tsp. salt

Put this batter in a pan.  
Mix and add:

2 eggs	1/4 c. nuts
1 c. brown sugar	1/2 c. coconut
3 Tbsp. cocoa	1 tsp. vanilla
2 Tbsp. flour	

Bake.

### PINEAPPLE SQUARES

2 1/2 c. graham cracker crumbs	1/2 c. butter
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Blend.

Press in pan and bake for 15 minutes at about 300° F.

1 1/2 c. icing sugar	
3 egg yolks	1/2 c. butter

Mix and spread on above mixture.

Whip: **1/2 pint cream.**

Add: **1 can pineapple (drained).**

Pour on above mixture and sprinkle with a few **graham cracker crumbs.**

Keep frozen.

### PEANUT BUTTER SQUARES

In bowl:

3 c. Special K Cereal	1/2 c. coconut
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Melt on stove:

1/2 c. white sugar	1/2 c. corn syrup
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At the first sign of a bubble, remove from heat and add: **3/4 cup peanut butter.**

Blend peanut butter mixture over contents in bowl. Press firmly into 8 x 8 inch pan.

In double boiler, melt:

1 pkg. chocolate chips (6 oz.)	1 pkg. butterscotch chips (6 oz.)
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Spread over squares in pan. Cut when topping is cooled.

### SOFT MOLASSES COOKIES

1/2 c. soft margarine	1 1/2 tsp. ginger
1/2 c. white sugar	1 tsp. cinnamon
3/4 c. molasses	1/4 tsp. salt
1 egg	2 tsp. baking soda
2 1/2 c. flour	1/4 c. water

Cream margarine and sugar until light and fluffy. Blend well. Combine next 4 ingredients. Dissolve baking soda in water and add to dry mixture.

Drop by tablespoon onto greased and floured sheet.

Bake in 400° F. oven for 10 minutes.

### CHOCOLATE CHIP COOKIES

Blend:

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

Set aside.

Cream:

1 c. margarine	
2/3 c. sugar	2/3 c. brown sugar

59

(Cont.)

Beat in:

1 egg                                  1 tsp. vanilla

Beat until light and fluffy.  
Stir in dry ingredients.  
Add:

1 pkg. chocolate chips                  1/2 c. nuts

Drop from teaspoon 2 inches apart on ungreased cookie sheet.  
Bake in 375° F. oven for 8 - 10 minutes.

### MARSHMALLOW BROWNIES

1/2 c. butter                                  3/4 c. sifted flour  
2 squares chocolate                      1/2 tsp. baking powder  
1 c. white sugar                            1/4 tsp. salt  
2 eggs, well beaten                      3/4 c. chopped nuts  
1/2 tsp. vanilla                              20 marshmallows

Set oven at 350° F.

Melt chocolate and butter. Stir in sugar and eggs. Then add the dry ingredients, vanilla and nuts.

Bake for 18 minutes.

Cut each marshmallow into 3 pieces. Then remove brownies from the oven and cover with marshmallows.

Then return to oven for 5 minutes.

Cool and frost with chocolate icing.

### BROWNIES

1/2 c. butter or margarine                  1 1/2 c. flour  
1 1/2 c. brown sugar                      1 c. chopped nuts  
1 tsp. vanilla                                  3 Tbsp. cocoa  
1 tsp. salt                                      1 egg, slightly beaten  
1/2 c. milk                                      1/2 tsp. soda  
    1/2 c. hot water

Cream butter, sugar, vanilla and salt. Add milk alternately with flour to butter mixture. Add nuts and cocoa.

Combine egg, soda and water. Add to the flour mixture. Spread in a greased 10 x 12 inch pan.

Bake for 20 minutes at 325° F.

### DOUGHNUTS

2 Tbsp. melted butter                      3 c. flour  
1 c. sugar                                      1/4 tsp. nutmeg  
2 eggs    1 tsp. salt  
3/4 c. milk                                        1 tsp. soda  
    2 tsp. cream of tartar

Mix, using as little flour as possible.

Fry in hot fat at about 360°. Drain on brown paper.

### COCONUT COOKIES

Preheat oven to 350° F.  
Lightly grease a baking sheet.  
Sift together:

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

Cream together:

1/2 c. butter                                      1 1/4 c. sugar

Beat in: 2 eggs. Beat until light and fluffy. Stir in dry ingredients.

Fold in: 1 cup coconut.

Drop batter from a teaspoon 2 inches apart onto greased baking sheet.

Bake in preheated 350° F. oven for 10 to 12 minutes or until golden brown.

Makes 4 dozen cookies.

### UNBAKED ICE BALLS

2 c. icing sugar                                  pinch nutmeg  
2 Tbsp. butter or margarine                  1/2 tsp. vanilla  
1/2 c. milk                                        coconut

Combine icing sugar, butter, milk, nutmeg and vanilla together until it forms into soft balls.

Take each ball and wrap it in coconut.

Place in refrigerator and keep cool before serving.

### SPICED GINGER MOUNDS

Preheat oven to 325° F.  
Lightly grease a baking sheet.  
Sift together:

2 c. flour (scant)	1 tsp. cloves
1 tsp. baking soda	1 tsp. ginger
1 tsp. cinnamon	1/4 tsp. salt

Cream together:

3/4 c. shortening	1/4 c. molasses
1 c. sugar	

Beat until light and fluffy; stir in dry ingredients. Shape into small balls and roll each ball in sugar.

Place on greased sheet about 2 inches apart.

Bake in preheated 325° F. oven for 12 to 15 minutes or until golden brown.

Makes 4 dozen cookies.

### SUGAR COOKIES

Cream:

1/2 c. shortening	1 c. sugar
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Add:

1 well beaten egg	1 1/4 c. flour
2 tsp. milk or cream	2 tsp. baking powder
1/2 tsp. vanilla	1/2 tsp. salt

Chill dough. Then bake at 375° F. for 6 to 8 minutes.

### CHOCOLATE CHIP SQUARES

1/3 c. brown sugar	1 c. flour
1/3 c. shortening	1 tsp. baking powder
2 egg yolks	1/2 tsp. salt

Cream shortening and brown sugar. Add egg yolks, one at a time. Add flour with baking powder and salt. Press down in pan.

**Filling:**

1 pkg. chocolate chips (6 oz.)

62

Spread chocolate chips over bottom of pan, then cover with meringue, made from:

2 egg whites	1 c. brown sugar
	1 c. coconut

Bake in 350° F. oven for 35 minutes.

### OATIES

1/4 c. margarine	1 tsp. vanilla
1/2 c. brown sugar	1/2 tsp. salt
1/4 c. corn syrup	1/4 c. chocolate chips

Mix these ingredients over a low heat until butter melts and all is blended. Do NOT boil!

Remove from stove and add: **2 cups oatmeal.**

Place in a greased pan (8 x 8 inches) and put in 350° F. oven for 8 - 10 minutes or until mixture boils.

Remove from oven and sprinkle with: **3/4 to 1 cup chocolate chips.** Spread with knife.

Cool and cut.

### DROP COOKIES

2/3 c. shortening	1 tsp. baking powder
1 c. brown sugar	1/4 tsp. soda
2 eggs, well beaten	1/4 tsp. salt
2 Tbsp. milk	1 tsp. vanilla
2 c. flour	1 1/2 to 2 c. nuts (or dried fruit)

Sift dry ingredients. Cream shortening; add sugar gradually, beating between additions. Add eggs and mix well. Add dry ingredients alternately with liquid. Fold in nuts or fruits. Add vanilla.

Drop dough in small spoonfuls on greased baking sheet. Space them to allow for spreading.

Bake at 375° F.

### THIMBLE COOKIES

Cream together:

1/2 c. butter or margarine	1/4 c. sugar
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Add:

1 well beaten egg yolk	1 c. flour
2 tsp. lemon juice, beat well	

63

(Cont.)

Combine ingredients until they are well blended.

Shape dough into balls about 1 inch in diameter. Dip balls in: **1 slightly beaten egg white**, then roll them in: **1 cup of finely chopped nuts or coconut**.

Place on greased baking sheet and make a fairly deep indentation in each cookie.

Bake for another 10 or 12 minutes. Fill with jelly, jam or icing.

**N.B:** 2 teaspoons lemon juice may be substituted by 1 teaspoon of water and 1 teaspoon vanilla.

### ROLLED OAT COOKIES

1 c. shortening	2 Tbsp. milk
1 c. brown sugar	1 tsp. cream of tartar
1 c. rolled oats	1 1/2 tsp. baking powder
2 c. flour	1 tsp. salt
1 egg	1 tsp. vanilla
1 c. chopped dates	

Drop by spoon on cookie sheet.  
Bake in moderate oven.

### FRUIT SQUARES

2 eggs, well beaten

Add:

1 c. brown sugar (beat well)	1 tsp. vanilla
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Sift:

1/2 c. flour	1 c. nut meats
1/2 tsp. baking powder	1 c. dates
1/2 tsp. salt	1 c. coconut

Bake for 20 minutes in 350° F. oven. Cut in squares and roll in white sugar while warm.

### CHOCOLATE BROWNIES

1/2 c. butter, melted	2 eggs
1 c. sugar (white)	1/2 c. flour
2 oz. melted unsweetened chocolate	1/2 c. chopped nuts

Add butter to melted chocolate. Mix well; stir in sugar. When well mixed, add beaten eggs. Add flour; stir to a smooth batter; add nuts. Put in thin pan and bake in 350° F. oven for 25 minutes.

### YUM YUMS

1/2 c. butter	2 tsp. baking powder
1 c. brown sugar	1 1/2 c. flour
yolks of 2 eggs	2 tsp. vanilla

Mix in order given.  
Spread in pan.  
Sprinkle over top:

1/2 c. walnuts	1 c. coconut
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Beat 2 egg whites until stiff. Add 1 cup brown sugar and beat until foamy.

Spread on top.

Bake in oven at 350° F.

### CHOCOLATE CAKE

1 1/2 c. sifted flour	1/2 c. oil
1 1/2 c. sugar	1 c. milk
1 1/4 tsp. soda	1 tsp. vanilla
1 tsp. salt	3 eggs
1/4 c. cocoa	

Sift dry ingredients together. Add oil, milk and vanilla. Beat 2 minutes with mixer or 300 hand strokes. Scrape sides and bottom of bowl constantly. Add eggs; beat 2 minutes more. Pour in prepared pans.

Bake 40 minutes. Do NOT grease the sides of the cake pan.

### DARK FRUIT CAKE

2 c. seedless raisins	1 1/2 tsp. baking powder
1 c. currants	3/4 tsp. salt
1 1/2 c. seeded raisins	1/2 tsp. cinnamon
1/2 c. red cherries and green berries	1/2 tsp. nutmeg
1 c. nuts or almonds, cut fine	1/2 tsp. ginger
1 1/2 c. mixed peel	1/4 tsp. cloves
1/2 c. pineapple (or other fruit)	16 Tbsp. butter
3 c. pastry flour (or 1 2/3 c. all purpose)	1 1/2 c. brown sugar
	6 eggs
	1/2 c. molasses

1/2 c. strong coffee, cooled

Bake at 300° for 2 1/2 hours or at 275° for 3 hours.

### MUM'S MOLASSES CAKE

1 c. molasses	1 c. coffee or tea
1/2 c. shortening	1 c. raisins
1 tsp. cloves	1 egg
1 tsp. cinnamon	enough flour to stiffen batter
2 Tbsp. soda	

Bake at 350° F. in oven for 45 minutes.

### CRUMB CAKE

2 c. flour	1 c. granulated sugar
3/4 c. butter	

Rub flour, sugar and butter to crumbs. Take out 1 cup of crumbs for top of cake.

Mix the remainder with:

1 egg	1 tsp. cloves
1 c. sour cream	1 tsp. cinnamon
1/2 tsp. baking powder	1 c. raisins

Pour mixture into a well greased, fairly shallow pan. Cover top with 1 cup of crumbs.

Bake in a moderate oven (375° F.)

### MOLASSES CAKE

Stir into 1 beaten egg:

1/2 c. molasses	1/2 c. sugar
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Sift:

1 1/2 c. flour	1 tsp. salt
1/2 tsp. cinnamon	1 tsp. ginger
1/4 tsp. cloves	1 tsp. soda

Mix into molasses mixture.

Add:

1/2 c. oil (Crisco or other)	1/2 c. boiling water
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Bake for 35 minutes in a 325° oven.

### QUEEN ELIZABETH CAKE

Pour 1 cup boiling water over:

1 c. chopped dates	1 tsp. soda
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Let stand while following is mixed in usual manner:

1 c. sugar	1 tsp. baking powder
1 beaten egg	1/2 tsp. salt
1/4 c. butter	1 tsp. vanilla
1 1/2 c. sifted flour	1/2 c. nuts

Add all to above mixture.

Bake 35 minutes in moderate oven in 9 x 12 inch pan.

### COCONUT CHEWS

1 1/2 c. coconut	1/4 c. chopped cherries
1/2 c. icing sugar	1 egg white
1/4 c. chopped nuts	1/4 tsp. salt

Drop on a greased cookie sheet.

Bake in 350° oven for 12 minutes.

### CARROT CAKE

2 c. sifted flour	2 eggs
3 Tbsp. baking powder	1 1/3 c. finely grated carrots
1 tsp. salt	2 tsp. grated lemon peel
3/4 c. sugar	1 c. chopped walnuts
2/3 c. oil (Crisco)	2/3 c. raisins

Sift flour, baking powder and salt.

Beat sugar, oil and eggs together. Stir in carrots and lemon peel, then flour mixture, blending until flour is moistened. Add walnuts and raisins.

Put in greased 9 x 5 inch pan. Let stand 10 minutes.

Bake about 1 hour or until tester comes out clean, at 350° F. Let stand in pan 10 minutes. Turn out on wire rack to cool.

### DATE LOAF

1 c. brown sugar	1 tsp. salt
1 egg	1 c. walnuts

1 c. boiling water	2 c. flour
1/2 c. shortening	2 c. dates
1 tsp. soda	1 tsp. vanilla

Cut up dates. Sprinkle soda and salt over them. Add shortening. Pour over 1 cup boiling water. Let cool. Add sugar, egg, walnuts, vanilla and flour.

Bake for 1 hour in 350° oven.

### BANANA CAKE

2 1/4 c. flour	1 1/4 c. sugar (add gradually)
2 tsp. baking powder	2 eggs
1 tsp. soda	1 tsp. vanilla
1/2 tsp. salt	1 c. mashed bananas
1/2 c. shortening	2/3 c. sour milk

Bake in moderate oven at 350° F. for 1 hour.

### PEANUT BUTTER CAKE

1 1/4 c. flour	1 c. brown sugar
1 Tbsp. baking powder	2 eggs
1/8 tsp. baking soda	3/4 c. milk
1/2 tsp. salt	1 tsp. vanilla
1/3 c. peanut butter	

Sift together first 4 ingredients.

Cream shortening and peanut butter. Add sugar and eggs. Combine milk and vanilla. Add flour mixture to creamed mixture alternately with milk.

Bake in 8 inch square greased cake pan.

Bake in 350° F. oven for 45 - 50 minutes. Cool 10 minutes.

Turn out on a wire rack. Cool.

Ice with Peanut Butter Icing.

### MIX-EASY CHOCOLATE CAKE

1/3 c. vegetable oil	1 1/4 c. all purpose flour
2 squares Baker's unsweetened chocolate	1/2 tsp. salt
1/4 c. water	1/2 tsp. baking soda
1 c. sugar	1 tsp. vanilla
1 egg	1 pkg. Baker's semi-sweet chocolate chips (6 oz.)
	1/3 c. chopped nuts

Heat oil and chocolate in 8 inch cake pan in 350° oven for about

4 minutes.

Add water, sugar, egg, flour, salt, baking soda and vanilla. Beat with fork until smooth, about 2 minutes. Spread in pan.

Sprinkle with chocolate chips and nuts.

Bake at 350° F. for 40 minutes or until cake tester comes out clean. Cool.

Makes 8 servings.

### PEANUT BUTTER BALLS

1 c. peanut butter	1 c. Rice Krispies
3 Tbsp. butter	1/2 c. walnuts
1 c. sifted icing sugar	

Make into balls. Roll in icing, and then in **angel flake coconut**.

#### Icing:

1 c. icing sugar	1 Tbsp. butter
------------------	----------------

### FRUIT COCKTAIL CAKE AND SAUCE

1 c. sugar	1 level tsp. soda
1 c. flour	1 can fruit cocktail, drained
1 egg	

Put in 8 x 8 inch pan.

Bake at 350° F. for 40 minutes.

#### Sauce:

1/2 c. evaporated milk	1/4 c. margarine
1 c. sugar	

Bring to full boil for 1 minute. Add: **1 teaspoon vanilla**. Pour over cake while still warm.

Serve warm or cold.

### MOLASSES COOKIES

1/2 c. white sugar	3 tsp. soda
1 egg	1/2 tsp. salt
3/4 c. melted shortening	2 tsp. ginger
1 c. molasses	4 c. flour
3/4 c. milk	

Bake in hot oven at 375 - 400° F.

tuted with: 1 teaspoon  
poon cloves.

our  
ng powder  
lt

l 9 x 9 inch pan.

wn sugar  
alt

d salt and sugars. Spread

ing powder  
a  
illa  
(juice and rind)

range. Put juice of orange  
water. Pour over dates;

at well. Add dry ingre-  
9 inch pan.  
ool in pan.

### CARAMEL SQUARES

1 c. brown sugar  
1 egg  
1/2 c. butter  
1/3 c. milk

Stir until it boils and until it thickens.  
Add:

1 c. coconut  
1 c. walnuts, chopped  
3/4 c. graham cracker crumbs  
1 tsp. vanilla

Line pan with graham crackers. Cover with above mixture and  
add more graham crackers.  
Frost.

### PEANUT BUTTER ICING

1/4 c. margarine  
1/3 c. peanut butter  
1 egg white  
2 c. sifted icing sugar  
1 Tbsp. cream  
1/2 tsp. vanilla

Cream margarine. Blend in peanut butter and unbeaten egg  
white. Add icing sugar alternately with cream to spreadable con-  
sistency. Beat in vanilla.

### SEAFOAM FROSTING

2 egg whites, unbeaten  
1 1/2 c. firmly packed brown  
sugar  
dash of salt  
5 Tbsp. water  
1 tsp. vanilla

Combine all ingredients, but water and vanilla, in top of double  
boiler, mixing thoroughly. Place over rapidly boiling water. Beat  
at high speed with electric beater for 7 minutes or until mixture will  
hold a peak. Remove from water and add vanilla.

Beat until thick enough to spread.

### FUDGE ICING

1/2 c. sugar  
2 Tbsp. cocoa  
2 Tbsp. butter or margarine  
1/4 c. milk  
1 Tbsp. corn syrup  
dash of salt  
1/2 to 3/4 c. icing sugar  
1/2 tsp. vanilla

Mix sugar and cocoa in saucepan. Add butter, milk, corn syrup  
and salt. Heat to boiling, stirring frequently. Boil vigorously 3  
minutes, stirring occasionally. Cool. Beat in icing sugar. Add van-  
illa.

## BUTTER FROSTING

Cream: 3 tablespoons soft butter.

Beat in:

1/2 tsp. vanilla                      dash salt

Blend in: 2 cups sifted icing sugar alternately with 2 to 2 1/2 tablespoons warm cream or milk.

Beat until smooth and of good spreading consistency. Add more sifted icing sugar or milk, if necessary.

Makes sufficient for top and sides of an 8 or 9 inch square cake or about 1 1/2 dozen cup cakes.

Double recipe to fill and frost two 8 or 9 inch layers.

## CHOCOLATE GLAZE

In a small saucepan, combine:

1 (6 oz.) pkg. chocolate chips      1 (6 oz.) can evaporated milk (undiluted)

Cook over low heat, stirring constantly until mixture comes to a boil.

Cook gently, stirring constantly until thickened (about 3 - 5 minutes).

Cool, stirring occasionally.

Makes about 1 cup.

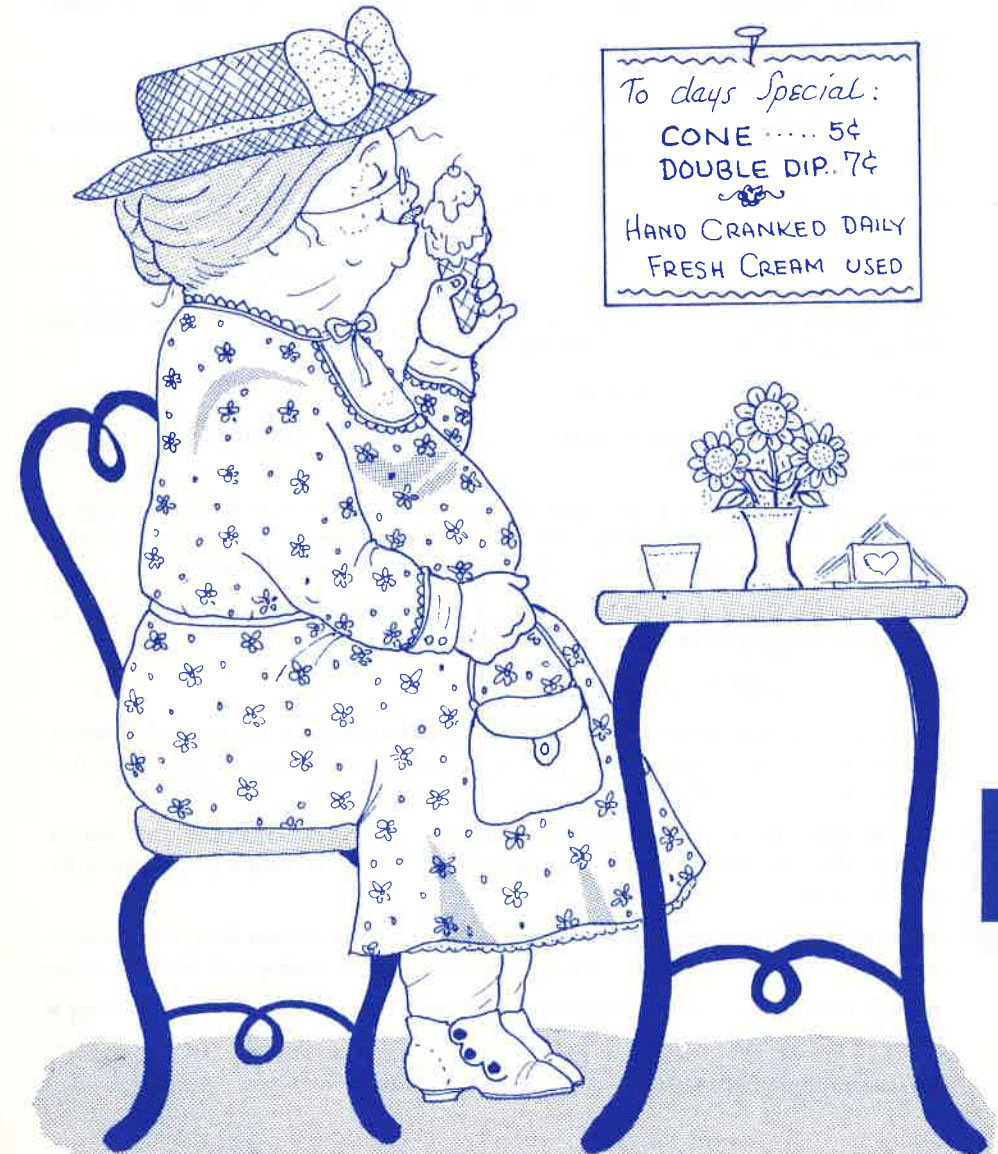
## QUICK FUDGE FROSTING

1 c. sugar (white)                      1/4 c. butter  
1/4 c. cocoa                                1/2 c. milk

Combine all ingredients in a saucepan. Bring to a boil. Cook to soft ball stage.

Add vanilla when cooked.

Write an extra recipe here:



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

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

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

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

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

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

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

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

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

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

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

Chill cheese to grate it more easily.

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

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

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

## DESSERTS

### APPLE PAN DOWDY

4 or 5 tart apples

#### Sauce:

1 c. brown sugar  
1/4 tsp. salt  
3/4 c. water  
1 tsp. vanilla

1/4 c. flour  
1 Tbsp. vinegar  
1 Tbsp. butter

#### Batter:

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

4 Tbsp. shortening  
1/2 c. milk

Slice apples into a greased, shallow baking dish.

**Make Sauce** by mixing sugar, salt, flour, water and vinegar. Boil slowly until thickened; then add butter and vanilla. Keep warm without further boiling.

**Make Batter** by mixing dry ingredients, cutting in shortening and stirring in milk just until moistened. Pour hot sauce over apples. Push batter off spoon as dumplings on top of sauce.

Bake 30 minutes in moderate 350° F. oven.  
Serve hot with cream.

### CHEESE CAKE

1 1/2 c. graham crackers,  
crushed

1/4 c. melted butter  
1/2 c. brown sugar

Mix and spread in 8 x 8 inch pan.  
Then mix:

1 (8 oz.) pkg. cream cheese  
(Philadelphia Brand)

1 c. icing sugar  
1 pkg. Dream Whip

Cream together sugar, cream cheese and Dream Whip (whipped). Spread on top of graham cracker mixture. Let stand in refrigerator.



1 Tbsp. milk  
1/2 tsp. vanilla  
1/2 c. raisins and dates

4 green and red cherries, cut small  
2 Tbsp. brandy  
1 c. grated apple

Cream butter thoroughly. Gradually add sugar. Add beaten egg.

Combine soda, salt, nutmeg and cinnamon with flour. Add alternately with milk. Add vanilla, brandy, raisins, dates and cherries and lastly, grated apple.

Bake in loaf pan for 45 minutes at 325° F.

Keep rolled in foil wrap. Cut off enough to use and steam.

Use your own favourite sauce.

### FRUIT SALAD OR DESSERT

1 pt. whipping cream  
10 oz. sour cream  
2 egg yolks  
1/4 c. sugar

1/4 c. vinegar  
1/2 lb. miniature marshmallows  
fruit (strawberries, bananas, fruit cocktail, pineapple tidbits, etc.)

Combine vinegar, sugar and egg yolks. Heat until pasty over a double boiler. Let cool.

Whip cream; add sour cream. Add egg yolk mixture to whipped cream mixture. Fold in fruit (except bananas). Add bananas (small portion) just before serving.

Good with steak and baked potato, barbecue meats or dessert.

### CRANBERRY PUDDING AND BUTTER SAUCE

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

3 Tbsp. melted butter  
1 c. milk  
2 c. chopped cranberries

Sift together dry ingredients, then stir in melted butter, milk and cranberries.

Bake in 9 x 12 inch pan at 350° F.

Serve with Butter Sauce.

#### Butter Sauce:

1/3 c. butter  
1 c. sugar

1 c. cream or rich milk

Heat ingredients over hot water until blended. Add 1/2 tea- spoon vanilla.

Serve hot.

### ORANGE MERINGUE PUDDING

3 oranges  
2 1/2 c. milk  
3/4 c. sugar  
3 eggs, separated  
1 1/4 tsp. vanilla

3 Tbsp. sugar  
5 Tbsp. cornstarch  
1/8 tsp. salt  
1/2 c. cold milk  
3 Tbsp. sugar

Peel oranges; slice into baking dish. Sprinkle with 3/4 cup sugar. Let stand while preparing custard.

Scald 2 1/2 cups milk (do NOT boil) in top of double boiler.

Mix cornstarch, 3 tablespoons sugar, salt, egg yolks and 1/2 cup cold water together. Add to scalding milk, stirring well to avoid lumps. Cook over boiling water until thickened, and spread on meringue made with the egg whites, beaten until stiff with the 3 tablespoons sugar.

Brown lightly in 325° F. oven.

### BANANA ROLLS WITH LEMON SAUCE

4 bananas, peeled and cut in half  
pinch of cinnamon

1 Tbsp. sugar  
8 oz. short crust pastry

#### Lemon Sauce:

8 oz. sugar  
1 level tsp. cornstarch  
1/2 oz. butter

juice and rind of lemon  
pinch of salt  
4 Tbsp. water

Roll the 8 halves of banana in the sugar and cinnamon and then wrap each piece in an oblong of short crust pastry, sealing all the edge well.

Bake for 20 minutes at 400° F.

Meanwhile, make the **Lemon Sauce:** Heat the 8 ounces sugar with the cornstarch, lemon juice and rind, pinch of salt and 4 table- spoons water. Bring to a boil, stirring all the time; simmer for 5 minutes. Take off the stove and stir in the butter. Leave to cool.

Serve the banana rolls hot with the lemon sauce and ice cream.

### DEEP FRIED ICE CREAM

2 c. graham cracker crumbs

2 eggs, beaten

#### Batter:

2 egg yolks  
1 c. milk

1 Tbsp. melted butter  
1 c. flour

2 tsp. sugar

2 egg whites

Beat egg yolks with milk and butter; add flour and sugar. Fold in beaten egg whites.

Bring the ice cream from freezer and dip until coated with butter and put back into freezer again. When completely frozen, deep fry in shortening.

You may use your favourite sauce.

### APPLE DUMPLINGS

1 c. white sugar  
2 c. water

3 Tbsp. butter  
1/4 tsp. cinnamon

Bring to boil.

6 medium apples, peeled and cored  
1 1/2 tsp. cinnamon

1 Tbsp. butter  
1/2 c. white sugar

Make pie crust for 2 crust pie. Roll pastry out 1/8 inch thick. Cut into 6 squares (7 x 7 inches).

Combine 1/2 cup sugar and 1 1/2 teaspoons cinnamon. Place apple on each square of pastry. Fill cavities of apples with sugar mixture. Dot with butter. Bring opposite corners of pastry up over apple; overlap; moisten and seal. Place 1 inch apart in baking dish.

Pour hot syrup around dumplings.

Bake at 425° F. in oven for 40 - 45 minutes.

### ECONOMICAL PUDDING

1 c. bread crumbs  
1 c. chopped apples  
1 c. sugar

1 tsp. cinnamon  
2 Tbsp. butter

Butter a deep dish and put in a layer of apples. Sprinkle with sugar, a few bits of butter and a little cinnamon. Proceed in this manner, ending with crumbs on top.

Bake 45 minutes in a 350° F. oven.

### ICE CREAM SNOWBALLS

1 qt. ice cream

1/2 c. flaked coconut

Shape ice cream into 6 balls; roll into coconut. Place on tray covered with waxed paper. Return to freezer until firm.

Yield: 6 snowballs.

### SUMMER PUDDING

1 tsp. butter  
2 lbs. raspberries, hulled and washed  
4 oz. castor sugar (superfine)

1/2 c. milk  
8 slices stale white bread (crusts removed)  
10 fl. oz. light cream

Using the 1 teaspoon of butter, grease a deep pie dish or pudding basin. Place the raspberries in a large mixing bowl and sprinkle the sugar over. Set aside.

Using a small spoon, sprinkle a little of the milk over each slice of bread to moisten it.

Line the dish or basin with 6 of the bread slices, overlapping the edges slightly. Pour the raspberries into the dish or basin and arrange the remaining bread slices on top to cover the raspberries completely. Place a sheet of greaseproof or waxed paper on top of the dish and put a plate which is smaller in diameter than the dish on top. Place a heavy weight on the plate and put the pudding in the refrigerator for at least overnight.

After removing the plate and weight, invert the dish over a serving plate. Beat the cream until it is thick, but not stiff. Serve the pudding immediately, with the cream.

Write your extra recipes here:

Write your extra recipes here:



PRESERVES  
JELLY • JAM  
CANDY



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# WEIGHTS AND MEASURES

## AVOIRDUPOIS

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

## EQUIVALENT VALUES

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

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

## APOTHECARIES

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

## METRIC

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

## (English Units)

### LINEAR MEASURE

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = 5 1/2 yards = 16 1/2 feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = 1/8 mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

### SQUARE MEASURE

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = 30 3/4 sq. yards = 272 1/4 sq. inches
- 1 acre = 160 sq. rods = 43560 sq. feet
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

### CUBIC MEASURE

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

### DRY MEASURE

- 2 pints = 1 quart
- 8 quarts = 1 peck
- 4 pecks = 1 bushel
- 1 bushel = 4 pecks
- 32 quarts = 64 pints
- U.S. bushel = 2,150.42 cubic inches
- British bushel = 2,218.19 cubic inches

## (Metric Units)

### LINEAR MEASURE

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

### SQUARE MEASURE

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

### CUBIC MEASURE

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

## CANDY, JELLY, JAM, PRESERVES

### BOSTON CREAMS

- 3 c. sugar
- 1 3/4 c. evaporated milk
- 1 Tbsp. light corn syrup
- 1 tsp. vanilla
- 3 doz. walnut or pecan halves

Melt 1 cup of sugar until it has turned caramel and all lumps are dissolved, stirring constantly. Add 1/3 of the milk to sugar remaining, and stir until smooth. Alternate sugar and milk by thirds. Add syrup. Boil until it forms soft ball when dropped into cold water. Add vanilla.

Drop by teaspoonfuls on waxed paper and top with walnuts. Store in airtight container.

### FRUIT AND NUT BARS

- 1 (11 1/2 oz.) pkg. chocolate chips
- 1 c. chopped prunes
- 1 c. chopped almonds
- 1/2 c. raisins

Grease 8 inch square baking pan.

In top of double boiler, over hot (not boiling) water, melt chocolate chips, stirring often. Remove from heat. Stir in prunes, 2/3 cup of almonds and raisins. Spread in baking pan. Sprinkle with remaining almonds. Chill until firm (about 2 hours).

With a sharp knife, cut into pieces.

### HAY STACKS

- 1 (4 oz.) pkg. Philadelphia cream cheese
- 2 Tbsp. milk
- 2 c. sifted icing sugar
- 2 oz. unsweetened chocolate, melted
- 1/4 tsp. vanilla
- pinch salt
- 3 c. miniature marshmallows
- 7 oz. pkg. coconut

Combine cream cheese and milk until soft. Gradually add sugar. Stir in melted chocolate, vanilla and salt. Fold in marshmallows. Drop a teaspoon of mixture in coconut, and cover well.

Place on cookie sheet and chill. Keep refrigerated.

## CHOCOLATE FUDGE

3 c. white sugar  
1/2 c. cocoa  
1/2 tsp. vanilla  
1/4 c. butter or margarine  
3 Tbsp. marshmallow cream  
1/2 c. canned milk

Mix the sugar, cocoa, vanilla, butter and milk together. Cook at high heat until it's boiling, then cook at low heat. When it reaches the soft ball stage, add marshmallow cream and beat. Spread in pan and cool before cutting.

## FUDDLE DUDDLE FUDGE

3 c. brown sugar  
1 c. milk  
1 Tbsp. butter  
1 (6 oz.) butterscotch Chip-Its  
pinch of salt  
2 tsp. corn syrup  
1 tsp. vanilla  
1/2 c. chopped nuts

Bring first 6 items to a boil on a medium heat. Boil until soft ball stage. Remove from heat and add nuts and vanilla. Beat well.

Place in a greased pan. Cool and cut into squares.

## DIVINITY FUDGE

2 c. brown sugar  
1/2 c. maple syrup  
1/2 c. water  
2 egg whites

Mix together first 3 ingredients and cook on stove until it reaches hard ball stage (when it becomes hard like toffee in cold water, it is finished cooking).

Beat 2 egg whites until fluffy. Add into sugar mixture and beat until unable to beat further by hand.

Drop onto waxed paper in little balls.

## PEANUT BRITTLE

2 c. sugar  
1 c. light corn syrup  
1/3 c. water  
2 Tbsp. butter or margarine  
1/4 tsp. salt  
2 c. roasted, blanched peanuts  
1 tsp. baking soda  
1 tsp. vanilla

In a large heavy saucepan combine sugar, corn syrup, water, butter and salt. Stir constantly over medium heat until sugar dissolves. Continue cooking, stirring occasionally, until syrup reaches 300° F. on candy thermometer (hard crack stage). Stir in peanuts. Mix soda and vanilla (this will be foamy) and quickly stir into

candy. Turn out onto greased cookie sheet. Cool completely, then break into pieces.

Makes about 2 pounds.

## CHOCOLATE BALLS

1/2 c. margarine  
3 c. dessicated coconut  
2 c. icing sugar  
1/4 c. evaporated milk

Mix and cover. Put in refrigerator for about 2 hours. Form into balls and dip into:

16 oz. pkg. chocolate chips  
1/4 square paraffin wax

Keep in refrigerator.

## POTATO CANDY

Boil: 1 medium size potato.

Drain well. Mash fine.

Add: 1 teaspoon vanilla.

Quickly add as much icing sugar as it will take. Stir in chopped nut meats, as desired.

Make into little balls or pats. Dip into melted Baker's chocolate.

Cool on waxed paper.

Note: A few drops of peppermint or other flavouring may be used instead of vanilla. The potato mixture may also be spread in a pan like fudge and cut into squares.

## MAPLE CREAM FUDGE

3 c. lightly packed brown sugar  
1 c. granulated sugar  
1/2 tsp. salt  
1 c. undiluted evaporated milk  
2 Tbsp. butter

Stir over medium heat until sugar dissolves. Continue cooking until it reaches soft ball stage. Remove from heat, and cool, without stirring, until bottom of pan is lukewarm. Beat until the fudge loses its gloss.

Then quickly stir in:

1/2 c. chopped nuts  
1 tsp. vanilla

Pour into pan. When cool, cut into squares.

## RHUBARB MARMALADE

1 lb. rhubarb  
1 lemon  
2 1/2 c. sugar

Wash rhubarb and cut into thin slices, without peeling. Wash lemon and shave off thin yellow rind. Add the rind to rhubarb with sugar and let stand overnight.

Add juice of lemon and cook quickly until thick. Pour into hot glasses and seal with paraffin.

Makes 3 (6 ounce) glasses.

## LORNA'S RASPBERRY JAM

2 c. raspberries  
1 c. sugar

Mash raspberries and sugar. Put on stove and cook until thick.

## STRAWBERRY JAM

5 lbs. strawberries, hulled  
and washed  
3/4 c. lemon juice  
8 3/4 c. sugar

Put the strawberries into a preserving pan or a very large heavy based saucepan and add the lemon juice. Place the pan over low heat and simmer the fruit until it is soft, stirring occasionally with a wooden spoon. Pour the sugar into the pan and bring the mixture slowly to a boil, stirring frequently until the sugar is dissolved.

Using a slotted spoon, remove any scum from the surface.

Increase the heat to moderately high and boil the jam, without stirring, for 15 to 20 minutes, or until setting point is reached.

Pour into sterilized jars and seal.

## BANANA JAM

6 c. crushed bananas  
1 pkg. powdered pectin  
1 1/2 c. water  
3 c. sugar  
2 pkgs. strawberry gelatin

Bring 1 1/2 cups water and bananas to a boil, stirring constantly. Add pectin; continue boiling for 5 minutes. Add sugar and gelatin. Bring to a rolling boil. Remove from heat; skim. Pour into sterilized jars and seal.

## ORANGE-PINEAPPLE MARMALADE

4 large oranges  
1 lemon  
1 can crushed pineapple  
1/2 c. water  
7 c. sugar  
Maraschino cherries

Cut oranges and lemon and squeeze.

Put juices and pineapple, sugar and water in large jam pot. Grind orange and lemon rind in meat grinder until fine. Add to first mixture. Cook for roughly 1/2 hour after mixture comes to a boil. Watch carefully to prevent scorching. Add cut up cherries at the last.

Bottle in small jars for "give aways".

Mixture should have a glossy appearance and have thickened at the end of cooking time.

Write your extra recipes here:



Write your extra recipes here:

# BEVERAGES MISCELLANEOUS

A decorative banner with a hand-drawn border. The word "BEVERAGES" is written in a bold, blue, sans-serif font at the top, and "MISCELLANEOUS" is written in a similar font below it. To the left and right of the banner are two small, stylized birds. Below the text is a small heart symbol flanked by two decorative swirls.

## EVERYDAY USE WITH THE METRIC SYSTEM

### FOOD

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

### DISTANCE

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

### AREA

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

### TEMPERATURE

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

### CLOTHING

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

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

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

## BEVERAGES, MISCELLANEOUS

### TOM COLLINS

Dissolve together:

1 tsp. powdered sugar                      3/4 jigger lemon juice

Add:

1 jigger gin                                      soda (to fill glass)  
ice cubes

Stir well. Decorate with orange and cherry.

### SINGAPORE SLING

1 jigger gin                                      1/2 oz. grenadine (or benedictine)  
1/2 oz. cherry brandy                      1 oz. lemon juice

Shake well with cracked ice and pour unstrained into glass. Top with soda. Decorate with fruit pieces.

### FIG WINE

2 lbs. figs                                      3 lbs. brown sugar  
2 lbs. raisins                                      5 qts. lukewarm water

Chop figs up fine. Put in crock with raisins and sugar. Cover with water.

Add: **2 yeast.** Let stand 14 days. Then strain and put back in crock for 3 more days and then bottle.

### HARVEY WALLBANGER

Put ice cubes in a glass.

Fill: **3/4 full of orange juice.**

Add:

1 jigger of vodka                                      1 jigger of Galliano

### SPICED APPLE JUICE

2 (48 oz.) cans apple juice                      1/4 tsp. nutmeg  
15 whole cloves                                      2 - 3 Tbsp. sugar  
4 sticks cinnamon                                      2 lemons, thinly sliced

Combine all ingredients and bring to a boil. Reduce heat; cover and simmer for 15 minutes. Strain.

Serve hot or chilled.

Decorate with apple slices, studded with cloves.

Makes about 12 cups.

### CUP OF CHEER

1 qt. cranberry juice	1 qt. apricot nectar
1 qt. grapefruit juice	1 qt. pineapple juice

Combine juices and chill.

### DAIQUIRI

1 jigger light rum	
juice of 1/2 lime or lemon	1 tsp. powdered sugar

Shake with cracked ice. When shaker frosts, strain.

### RHUBARB COCKTAIL

3 c. cold water	1 Tbsp. grated orange rind
3/4 c. white sugar	1 tsp. grated lemon rind
1/4 tsp. cream of tartar	2 Tbsp. lemon juice
6 c. rhubarb, diced	1/2 c. orange juice
1 (3 inch) stick cinnamon	

Measure 1 cup of water, the sugar and cream of tartar into a saucepan and boil for 5 minutes.

Combine remaining water with rhubarb. Add cinnamon stick and grated rinds. Simmer for 8 minutes. Strain. Add the syrup and fruit juices. Chill.

Before serving, add an equal amount of water or ginger ale.

### CRANBERRY JUICE

1 pt. cranberries	2 c. water
-------------------	------------

Cook until skins pop open, about 5 minutes. Strain through cheesecloth. Bring the juice to a boil and add:

1/4 - 1/3 c. sugar	3 cloves
--------------------	----------

Cook for 2 minutes. Cool. Add:

1/4 c. orange juice or 1 Tbsp. lemon juice

Serve chilled.

### BLUEBERRY JUICE

**To prepare Juice:** Wash blueberries. Place in a large container and heat to 140° F., stirring often. Transfer heated berries to cheesecloth bag. Allow juice to drain freely, without squeezing. When almost all free juice has drained, squeeze bag lightly from the top. If squeezed too hard, pulp will be forced through cloth into clear juice, making it cloudy. If this happens, filter juice through several layers of cheesecloth.

**To Pasteurize Juice:** Place in kettle or large pan; heat to 190° F. for 10 minutes. Immediately transfer to clean jars or bottles. Cap containers and turn on their side for 10 minutes to sterilize caps. Cool containers under a spray of water. Store in a cool place or place in the refrigerator.

### CRANBERRY TEA

1 qt. cranberries	6 oranges
1 qt. water	3 lemons
2 sticks cinnamon	2 c. sugar

Cook together the cranberries, water and cinnamon. Mash and put through a sieve. Add sugar and the juice from the oranges and lemons.

To increase quantity, 1 large (frozen) can of orange juice may be added, with additional water to taste.

Basic recipe serves 6.

### FRUIT PUNCH

1 1/2 c. white sugar	2 Tbsp. grated lemon rind
1 1/2 c. water	2 Tbsp. grated orange rind
1 1/2 c. lemon juice	1 1/2 c. ginger ale
1 c. orange juice	3 qts. ice water
1 qt. grape juice (unsweetened)	coloured ice cubes
2 c. pineapple juice (unsweetened)	

Make syrup of sugar and water. Boil 5 minutes. Cool. Add fruit juices and grated rinds. Let stand 2 hours; strain.

Just before serving, add ginger ale and ice water. Pour over coloured ice cubes in individual glasses or in punch bowl.

**To tint ice cubes:** Add green, yellow and rose vegetable colouring to water and freeze as usual.

Serves 24 generously.

## PUNCH

2 (40 oz.) Lamb's light rum      2 qts. Canada Dry Ginger Ale  
2 (48 oz.) cans grapefruit juice      2 (48 oz.) cans orange juice

Mix all together. Add ice cubes.  
Prepare about 2 hours before serving.  
Serves about 100.

Write your extra recipes here:

## INDEX OF RECIPES

### APPETIZERS, PICKLES, RELISH

Sweet Mustard Pickles.....	1
Bread 'n' Butter Pickles.....	1
Christmas Pickles.....	1
Rhubarb Relish.....	2
Pickles-Cucumber Strips.....	2
Cucumber Relish.....	2
Mustard Pickles.....	3
Bread and Butter Pickles.....	3
Zucchini Pickles.....	3
Pickled Beets.....	4
Celery Relish.....	4
Cranberry Relish.....	4
Cheese Log.....	5
Pizza Pick-Ups.....	5
Guacamole Dip.....	5
Sausage Balls.....	5
Vegetable Dip.....	5

### SOUPS, SALADS, SAUCES, DRESSINGS

Cream of Corn Soup.....	7
Hearty Vegetable Soup.....	7
Ham Chowder.....	8
Free-to-be-Stew.....	8
Beef and Macaroni Stew.....	8
Asparagus Soup.....	8
Potato Soup.....	9
Clear Tomato Soup.....	9
Chicken Noodle Soup.....	9
Beef Stock.....	10
Hearty Hamburger Soup.....	10
Beer-Cheese Soup.....	10
Simple Seafood Salad.....	11
Ham Salad.....	11
Chicken-Apple Salad.....	12
Chef's Salad.....	12
Creamy Fruit Salad.....	12
Tuna-Macaroni Salad.....	13
French Dressing.....	13
Fruit Salad Dressing.....	13

Mayonnaise.....	13
Tomato Sauce.....	14
Sour Cream Sauce.....	14
White Sauce.....	14
White Sauce.....	14

**MAIN DISHES**  
**MEAT, SEAFOOD, POULTRY**

Stuffed Rolled Fish.....	17
Salmon Pie in Brown Rice Crust.....	17
Fish Balls.....	17
Pizza.....	18
Baked Pork Chops with Tomato.....	18
Sweet and Sour Meat Balls.....	18
Pepper Steak.....	19
Stacked Burger.....	19
White Lamb Stew.....	20
Meat Loaf.....	20
Bar Clam Pie.....	20
Maritime Quiche.....	21
Lobster Stew.....	21
Good Clam Chowder.....	21
Creamed Lobster on Toast.....	22
Lobster Crepes.....	22
Mackerel Pie.....	22
Codfish Cakes.....	23
Clam Chowder.....	23
Lemon Scallops.....	23
Polynesian Haddock.....	23
Lobster Pie.....	24
Sweet and Sour Pork.....	24
Chicken and Pork Espanol.....	24
Steak with Lobster Tail.....	25
Baked Rice and Hamburger.....	25
Hamburger Meat in Tomato Juice.....	25
Cabbage Rolls.....	26
Ham Souffle.....	26
Corn and Wieners.....	26
Curried Cod Potato Skillet.....	26
Twin meat Loaves.....	27
Bracirole.....	27

**MAIN DISHES**  
**CHEESE, EGG, SPAGHETTI, CASSEROLE**

Spaghetti and Meat Balls.....	29
Hamburger Casserole.....	29
Tuna Casserole.....	29
Chicken-Cranberry Pinwheel Bake.....	30
Onion Mushroom Quiche.....	30
Potato Squares.....	31
Tuna Casserole.....	31
Maritime Eggs Benedict.....	31
Sea and Earth Crunchy Casserole.....	32
Curry Casserole.....	32
Beans and Grains Casserole.....	33
Mexican Rice Casserole.....	33
Chicken Casserole.....	33
Lasagna.....	34
Oven Omelette.....	34

**VEGETABLES**

Fried Cabbage.....	35
Corn Pudding.....	35
Mixed Vegetable Salad.....	35
Layered Salad.....	36
Broccoli.....	36
Harvard Beets.....	36
Corn Fritters.....	37
Creamed Mushrooms.....	37
Scalloped Cabbage with Cheese.....	37
Stuffed Baked Potatoes.....	38
Potato Puff.....	38
Scalloped Potatoes.....	38
Summer Squash Casserole.....	39
Sweet Potato Casserole.....	39
Cheesy Squash Casserole.....	39
Spinach Casserole.....	40

**BREAD, ROLLS, PIES, PASTRY**

Irish Scone.....	41
Raised Donuts and Glaze.....	41
Raised Doughnuts and Glaze.....	42

Pastry Mix.....	42
Apple Pie .....	43
Raisin Pie.....	43
Quick Dark Bread.....	43
Boston Sweet Bread.....	44
Whole Wheat Bran Muffins.....	44
Lemon Loaf.....	45
Raisin Tea Buns.....	45
Cornmeal Muffins.....	45
Angel Biscuits.....	45
Brown Bread.....	46
Old Fashioned Butterscotch Pie.....	46
Deluxe Rhubarb Pie.....	47
Beer Bread.....	47
Cranberry Bread.....	47
Cinnamon Rolls.....	48
Old Fashioned Brown Bread.....	48
Excellent Tea Biscuit Recipe.....	48
Raisin Tea Biscuits.....	49
Buttermilk Scones.....	49
Banana Bread.....	49
Six Week Bran Muffins.....	49
Whole Wheat Scones.....	50
White Bread.....	50
Impossible Pie.....	50
Blueberry Muffins.....	51
Fruited Tea Bread.....	51
Sour Cream Pie.....	51
Chocolate Marshmallow Pie.....	51

**CAKES, COOKIES, ICINGS**

Cranberry Cake and Glaze.....	53
Snow Balls.....	54
Chocolate Brownies.....	54
Oatmeal Cookies.....	54
Brownies.....	54
Never Fail Chocolate Cake.....	54
Jelly Roll.....	55
Raisin Squares.....	55
Gum Drop Cake.....	56
Lemon Squares.....	56
War Cake.....	56
Peanut Butter Cookies.....	57
Chocolate Fudge Cookies (Unbaked).....	57
Blond Brownies.....	57

Rice Krispies Date Dainties.....	57
Butter Fudge Squares.....	58
Pineapple Squares.....	58
Peanut Butter Squares.....	59
Soft Molasses Cookies.....	59
Chocolate Chip Cookies.....	59
Marshmallow Brownies.....	60
Brownies.....	60
Doughnuts.....	61
Coconut Cookies.....	61
Unbaked Ice Balls.....	61
Spiced Ginger Mounds.....	62
Sugar Cookies.....	62
Chocolate Chip Squares.....	62
Oaties.....	63
Drop Cookies.....	63
Thimble Cookies.....	63
Rolled Oat Cookies.....	64
Fruit Squares.....	64
Chocolate Brownies.....	64
Yum Yums.....	65
Chocolate Cake.....	65
Dark Fruit Cake.....	65
Mum's Molasses Cake.....	66
Crumb Cake.....	66
Molasses Cake.....	66
Queen Elizabeth Cake.....	67
Coconut Chews.....	67
Carrot Cake.....	67
Date Loaf.....	67
Banana Cake.....	68
Peanut Butter Cake.....	68
Mix-Easy Chocolate Cake.....	68
Peanut Butter Balls.....	69
Fruit Cocktail Cake and Sauce.....	69
Molasses Cookies.....	69
Pineapple Squares.....	70
Date and Orange Squares.....	70
Caramel Squares.....	71
Peanut Butter Icing.....	71
Seafoam Frosting.....	71
Fudge Icing.....	71
Butter Frosting.....	72
Chocolate Glaze.....	72
Quick Fudge Frosting.....	72

**DESSERTS**

Apple Pan Dowdy.....	73
Cheese Cake.....	73
Cherry Cheese Cake.....	74
Baked Rice Custard.....	74
Lime Snow.....	74
Mystery Pudding.....	75
Chocolate Pudding (Microwave).....	75
Special Pudding.....	75
Fruit Salad or Dessert.....	76
Cranberry Pudding and Butter Sauce.....	76
Orange Meringue Pudding.....	77
Banana Rolls with Lemon Sauce.....	77
Deep Fried Ice Cream.....	77
Apple Dumplings.....	78
Economical Pudding.....	78
Ice Cream Snowballs.....	78
Summer Pudding.....	79

**CANDY, JELLY, JAM, PRESERVES**

Boston Creams.....	81
Fruit and Nut Bars.....	81
Hay Stacks.....	81
Chocolate Fudge.....	82
Fuddle Duddle Fudge.....	82
Divinity Fudge.....	82
Peanut Brittle.....	82
Chocolate Balls.....	83
Potato Candy.....	83
Maple Cream Fudge.....	83
Rhubarb Marmalade.....	84
Lorna's Raspberry Jam.....	84
Strawberry Jam.....	84
Banana Jam.....	84
Orange-Pineapple Marmalade.....	85

**BEVERAGES, MISCELLANEOUS**

Tom Collins.....	87
Singapore Sling.....	87
Fig Wine.....	87

Harvey Wallbanger.....	87
Spiced Apple Juice.....	87
Cup of Cheer.....	88
Daiquiri.....	88
Rhubarb Cocktail.....	88
Cranberry Juice.....	88
Blueberry Juice.....	89
Cranberry Tea.....	89
Fruit Punch.....	89
Punch.....	90

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FEBRUARY

1 2 3 4  
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MARCH

1 2 3  
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## DATES TO REMEMBER

	1984	1985	1986
NEW YEAR'S DAY	Sunday January 1	Tuesday January 1	Wednesday January 1
LINCOLN'S BIRTHDAY	Sunday February 12	Tuesday February 12	Wednesday February 12
VALENTINE'S DAY	Tuesday February 14	Thursday February 14	Friday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 20	Monday February 18	Monday February 17
ASH WEDNESDAY	Wednesday March 7	Wednesday February 20	Wednesday February 12
ST. PATRICK'S DAY	Saturday March 17	Sunday March 17	Monday March 17
EASTER	Sunday April 22	Sunday April 7	Sunday March 30
PASSOVER (First Day)	Tuesday April 17	Saturday April 6	Thursday April 24
MOTHER'S DAY	Sunday May 13	Sunday May 12	Sunday May 11
NATIONAL MEMORIAL DAY <small>Traditional—Always Observed May 30</small>	Monday May 28	Monday May 27	Monday May 26
FATHER'S DAY	Sunday June 17	Sunday June 16	Sunday June 15
INDEPENDENCE DAY	Wednesday July 4	Thursday July 4	Friday July 4
LABOR DAY	Monday September 3	Monday September 2	Monday September 1
ROSH HASHANAH	Thursday September 27	Monday September 16	Saturday October 4
YOM KIPPUR	Saturday October 6	Wednesday September 25	Monday October 13
COLUMBUS DAY <small>Observed</small>	Monday October 8	Monday October 14	Monday October 13
HALLOWEEN	Wednesday October 31	Thursday October 31	Friday October 31
VETERAN'S DAY	Sunday November 11	Monday November 11	Tuesday November 11
THANKSGIVING	Thursday November 22	Thursday November 28	Thursday November 27
CHANUKAH	Wednesday December 19	Sunday December 8	Saturday December 27
CHRISTMAS	Tuesday December 25	Wednesday December 25	Thursday December 25

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