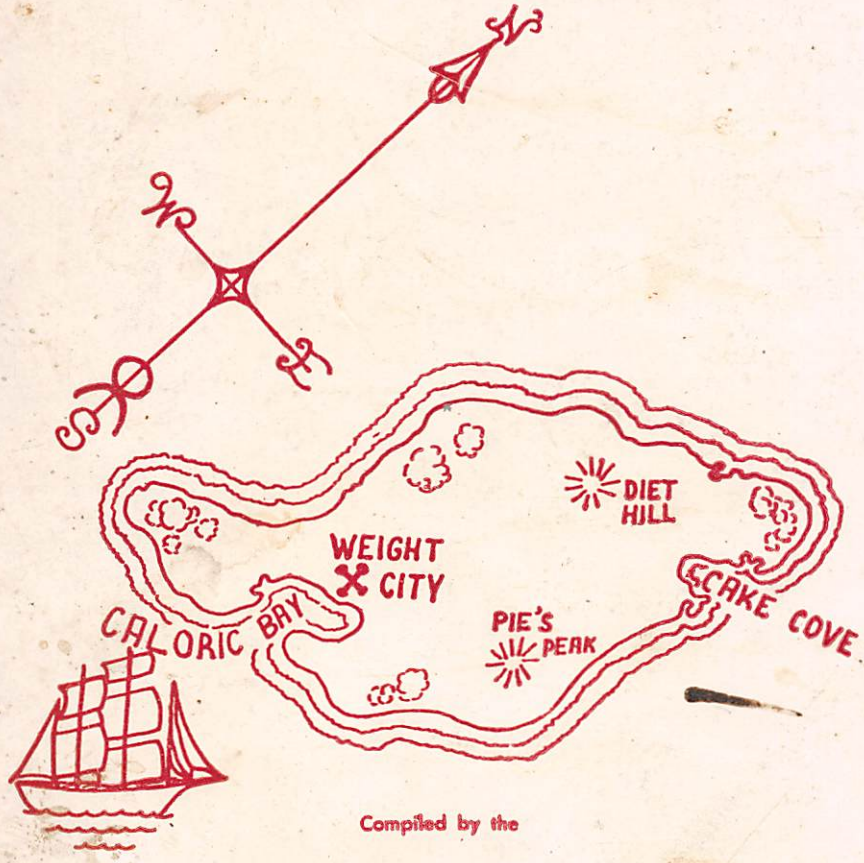
WILTON MANORS'

TREASURE

OF PERSONAL RECIPES



Compiled by the

WOMEN'S CLUB

WILTON MANORS, FT. LAUDERDALE, FLORIDA

Expression of Appreciation

Our organization, the compilers and sponsors of this Cook Book, do here publicly thank and express our appreciation to the owners and proprietors of the business firms whose splendid and generous cooperation has made possible its publication and wide distribution by our organization.

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

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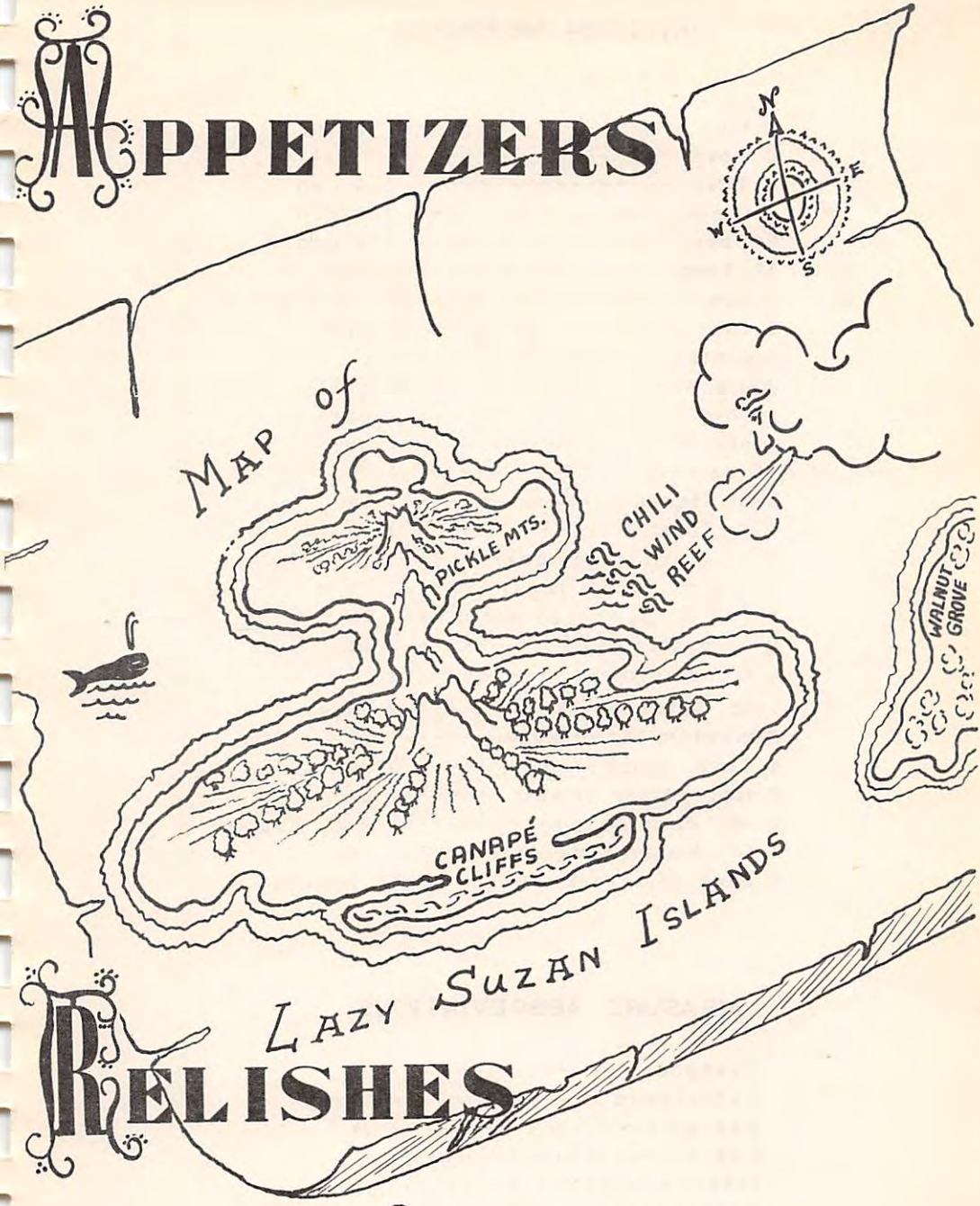
APPETIZERS



RELISHES

GARNISHES

KITCHEN MEASURES

3 tsp.	1 Tbsp.
2 Tbsp.	1 fluid oz.
4 Tbsp.	1/4 cup
6 Tbsp.	3/8 cup
8 Tbsp.	1 2 cup
16 Tbsp.	1 cup
1 cup	8 fluid ounces
2 cups	1 pint
2 pints	1 qt.
4 qts.	1 gal.
11 qts.	1 peck
4 pks.	1 bu.
16 oz.	1 lb.
2 c. liquid	1 lb.
4 c. flour	1 lb.
2 c. granulated sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
3 1/2 c. powdered sugar	1 lb.
2 c. butter	1 lb.
2 c. solid meat	1 lb.
1 lb. brick butter	2 cups
9 medium sized eggs	1 lb.
4 Tbsp. flour	1 oz.
2 tsp. butter or salt	1 oz.
1 oz. chocolate	1/4 c. cocoa
1 sq. bitter chocolate	1 oz.
1 peck tomatoes	15 pounds

MEASURE ABBREVIATIONS

Teaspoon	tsp.
Tablespoon	Tbsp.
Ounce	oz.
Cup	c.
Pint	pt.
Quart	qt.
Gallon	gal.
Peck	pk.
Bushel	bu.
Pound	lb.
Square	sq.

APPETIZERS, RELISHES, GARNISHES

BACON-TOMATO AND PEANUT BUTTER SQUARES

Mrs. Ethel Gallup

Toast slices of white sandwich bread in oven until very crisp. Spread on each slice a medium thin layer of peanut butter, on top of peanut butter very thin slices of tomato, a little salt and tabasco over this, next cover tomato with very crisp bacon strips.

Serve at once with your breakfast coffee or tea. As appetizers: cut bread in small pieces any shape you like, before toasting and follow method as for whole slices, only crumble crisp bacon for last layer.

CORNED BEEF TIDBITS

Mrs. Olin Shenod

pickled cocktail onions (small size)
1 egg
cracker crumbs

Mold corned beef around onions, until the size of marbles. This can be done hours before you are ready to serve. Dip in beaten egg, then roll in crumbs made from Ritz or Hi Ho crackers.

Fry in deep peanut oil, only few seconds to brown. Serve on cocktail picks.

SHRIMP CARNATIONS

Mrs. H. A. Johnston

Cut with biscuit cutter small rounds of white bread, spread with mayonnaise on which place a jumbo shrimp. Put a small piece of parsley between ends of shrimp with stem protruding.

Result - when placed on tray resembles flowers.

BREAD AND BUTTER PICKLES

Cora Lane

3 large onions, sliced
1/2 green pepper, sliced
1 1/2 c. sugar
6 c. cucumbers
2 c. vinegar
2 c. boiling water
4 c. cold water
1/2 c. salt
1 hot pepper
1 tsp. mustard
1 tsp. celery seed

Combine cold water and salt, cucumbers, peppers, and onions, let stand 2 hours. Combine vinegar, hot water, sugar, celery and mustard seed, add pickles, cook until tender.

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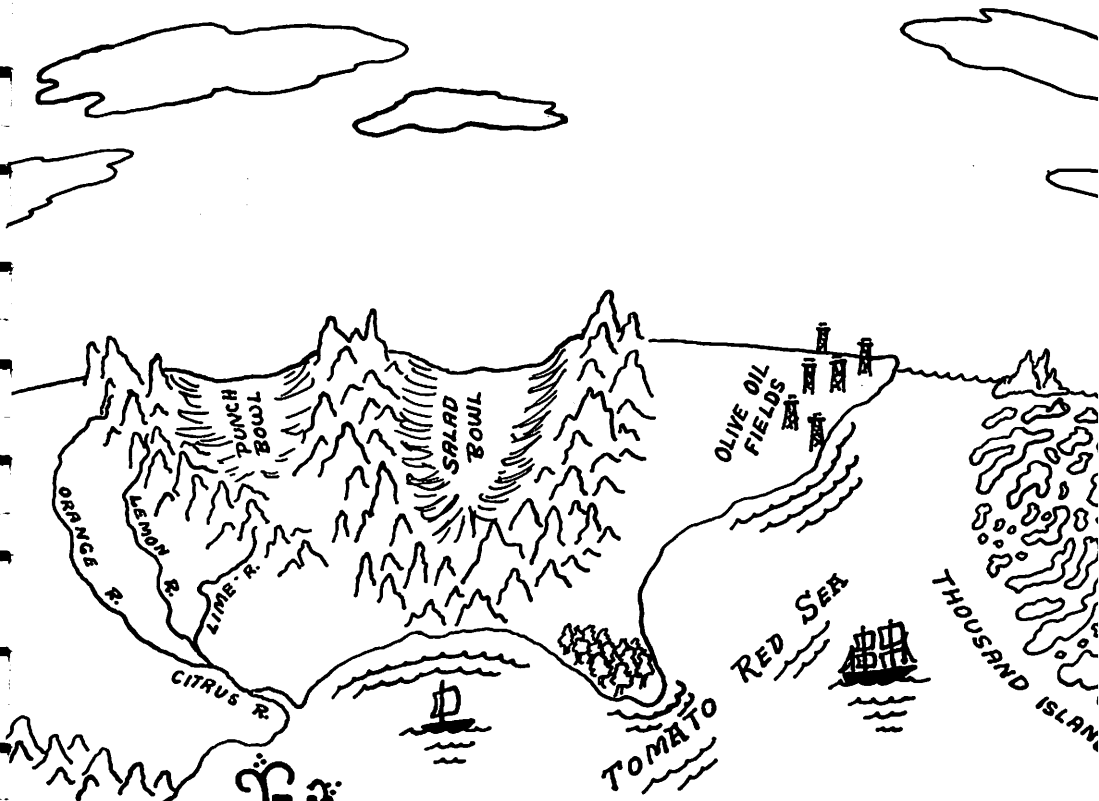
SOUPS SALADS



VEGETABLES

QUANTITY SERVINGS FOR FIFTY

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

SOUPS, SALADS, VEGETABLES

FISH CHOWDER

Mrs. Delcia Sullivan

1/4 lb. salt pork, diced
6 small potatoes, sliced
3 c. boiling water
1 pt. milk
2 c. raw fish, diced
2 med. onions, chopped fine

Fry pork in deep kettle, when crisp remove, add fish, potatoes and onions, cover with boiling water, simmer 1/2 hours, or until potatoes are tender, add milk and cook 5 minutes, season with salt and pepper.

FRENCH ONION SOUP

Mrs. O. V. Mahan

6 bouillon cubes
6 c. water
3 Tbsp. butter or margarine
6 large onions, sliced

Cook onions in butter until light brown, not too soft. Dissolve cubes in water, add onions, peppers and salt to taste.

Serve 1 slice of toast on top of each plate of soup and cover with grated parmesan style cheese.

Four servings.

BAKED BEANS

Mrs. J. M. Thacker
Miami, Fla.

Soak overnight, 1 1/2 pounds great northern beans, boil until done, put in a baking pan, salt to taste, add:

1 small onion, chopped fine
3 Tbsp. honey
1 Tbsp. vinegar
1 Tbsp. sugar
3/4 bottle catsup

On top, sprinkle heavy with cinnamon, and 3 or 4 slices of bacon. Bake slowly.

SWEET POTATO PUFFS

Mrs. Kay Freudenthaler

4 large cooked sweet potatoes or yams
1/4 tsp. salt
1 stick butter
16 marshmallows
2 c. mashed cereal (corn flakes or wheat germ)

Mash sweet potatoes, add salt and pepper, cover marshmallows with sweet potatoes, and roll into balls, then roll into mashed cereal. Bake in oven 10 minutes

SWEET POTATO PUFFS (Continued)

at 350 degrees.

CHEESE SOUFFLE — Mrs. Norman Malcolm

3 Tbsp. butter
3 Tbsp. flour
1/4 tsp. dry mustard
1 c. milk
1 c. grated cheese
paprika, a dash of salt
3 eggs

Blend butter, flour, mustard; add milk gradually and cook, stirring constantly until boiling. Cool slightly, add cheese, paprika, salt if required, depending on salt of cheese.

Add yolks of eggs, which have been beaten until thick. Fold in stiffly beaten egg whites, turn into oiled mold, bake in moderate oven, 350 to 375 degrees 20 to 35 minutes.

Serve at once. It beings to fall as soon as removed from oven.

CORN PUDDING — Mrs. Fred Troy
Gotha, Fla.

1 can corn (cream-style)
1 Tbsp. sugar
2 Tbsp. flour
2 eggs, separated
1/2 c. milk
1 tsp. salt
butter, size of an egg

Beat whites until they fold into peaks, fold in last. Bake 45 minutes or until knife comes out clean. For best results, place baking dish in pan of water, while baking.

CORN MEAL PANCAKES — Mrs. G. A. Gilbertson

1 c. pancake mix
1/3 c. corn meal
1 tsp. baking powder
1 c. milk

Sift the dry ingredients together and add milk. Cook on greased griddle.

BOILED SALAD DRESSING — Mrs. Chas. Horn

1/2 c. sugar
1 heaping tsp. dry mustard
1 egg, beaten light
2 heaping Tbsp. flour
1 tsp. salt
1/2 c. vinegar

BOILED SALAD DRESSING (Continued)

butter, size of walnut
3/4 c. water

Put vinegar and water in a sauce pan, boil, mix dry ingredients together, add boiling vinegar water (slowly); add egg and mix well, last add butter.

Stir well and pour dressing into dish and cool.

FRENCH SALAD DRESSING — Mrs. Mabel Snyder

1/2 c. salad oil
1/2 c. vinegar
1/2 c. catsup
1/2 tsp. Worcestershire sauce
3 heaping Tbsp. sugar
1 Tbsp. grated onion
1 tsp. salt

Beat well.

FRENCH DRESSING — Jeannette Terry

3/4 Tbsp. salt
3/4 Tbsp. paprika
1/2 Tbsp. wet mustard
1/2 Tbsp. Worcestershire sauce
2 c. olive oil
1 1/2 c. vinegar
1/2 c. orange juice
1 can tomato soup
1/2 c. sugar

Place large clove of garlic cut in half, in jar and let stand until dressing is used up.

GREEN TOSS SALAD — Mrs. E. Etherton

Crush clove of garlic with 1/4 teaspoon salt, keep working it, until it is very fine. Pour over this 3 teaspoons salad oil, let stand 15 minutes.

Tear lettuce into small pieces and put into bowl. Toss lightly until every piece is coated with oil. Then sprinkle greens with 1 tablespoon vinegar and a little black pepper.

WALDORF SLAW — Mrs. G. A. Merton

Toss:

4 c. shredded cabbage
1/4 c. broken nut meats
1/2 c. seedless raisins (plumped in hot water, then chilled, or use 1/2 c. seeded grapes)
1/2 c. diced unpared apple (red)

SHRIMP MOLD

Mrs. A. B. Hagen

1 pkg. lemon jello
1 c. mayonnaise
1 small onion, chopped fine
1 can tomato soup (heat soup) (beat in 3 pkg. cream cheese and cool)
1 c. hot water
1 c. celery (cut fine)
2 c. shrimp
1 c. peas or pepper and cucumber, cut fine

Put in mold.

24 HOUR SALAD

Mrs. R. E. Barnes

2 eggs, beaten
4 Tbsp. vinegar
2 Tbsp. butter
1 c. cream
4 Tbsp. sugar
2 c. white cherries
2 c. pineapple
1 can fruit salad
2 c. marshmallows, cut

Put eggs in double boiler, add vinegar and sugar, beating constantly until thick and smooth. Remove from fire and add butter and cool.

When cold fold in whipped cream and add fruit and marshmallows. Let set 24 hours.

GOLDEN GLOW SALAD

Mrs. John Hanrahan

1 pkg. lemon jello
1 c. pineapple juice (canned)
1 Tbsp. vinegar
1 tsp. salt
1 c. nuts
1 c. boiling water
1 c. canned pineapple (diced and drained)
1 c. raw carrots, grated

Dissolve jello in boiling water, add pineapple juice, vinegar and salt. Chill. When slightly thickened, add pineapple, carrots and nuts.

Turn into molds.

MOLDED CREAM SALAD

Mrs. Robert Sawallis

1 can tomato soup
2 Tbsp. gelatin
1/2 c. water to moisten gelatin
3 pkg. Philadelphia cream cheese
1 c. cooked mayonnaise
1/2 c. each, chopped olives, celery, onion

Bring soup to boiling point, add cheese and stir until smooth. Add gelatin and mayonnaise. When almost cool,

MOLDED CREAM SALAD (Continued)

add other ingredients and turn into mold. Chill and serve with dressing on lettuce.

FROZEN FRUIT SALAD — Marilyn Cawley

1 pkg. cream cheese
1 1/2 ripe banana

Cream together with fork. Add:

2 Tbsp. mayonnaise
1 #1 can fruit cocktail
2 Tbsp. maraschino cherries

Freeze above ingredients for about 1/2 hour, and then add:

1 small bottle of heavy cream, whipped

Freeze another 3 hours. Cut in squares and serve on lettuce.

SUMMER SALAD — Mrs. W. J. Robinson

2 cakes cream cheese
1/4 tsp. salt
1/2 c. mayonnaise
1 Tbsp. gelatin
1/4 c. cold water
1/2 c. celery, diced
1/2 c. nuts, chopped
1 small can crushed pineapple

Dissolve gelatin in cold water, heat mayonnaise and gelatin and add cream cheese and salt, then pineapple, celery, and nuts.

Put in molds until firm. Serve with pear halves, pineapple, or sliced tomatoes or alone on lettuce.

FROZEN SALAD — Mrs. W. Bryan Davis

1/2 pt. whipping cream
1 small can crushed pineapple (drained)
1 small pkg. marshmallows
1/4 lb. American cheese (grated)

Whip cream, cut marshmallows into small pieces. Add marshmallows, pineapple, and cheese to whipped cream and freeze in refrigerator.

Cut into slices and serve.

PERFECTION SALAD MRS. BRYANT STRICKLAND

1 envelope gelatin
1/2 c. cold water
1/2 c. mild vinegar
juice of 1 lemon
1 c. celery, cut in small pieces
1 c. pineapple cubes
1/2 c. sugar
1 pimento, chopped fine
1 c. finely shredded cabbage
1 tsp. salt
1 c. boiling water

Add vinegar, lemon juice, sugar and salt to gelatin soaked in cold water and dissolve in boiling water and cool.

Strain and when mixture begins to set, add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with salad dressing.

GRAPEFRUIT SHRIMP SALAD MRS. DAVID DOBBS

1 c. grapefruit sections, cut in pieces
1 c. shrimp, cut in pieces
lettuce
1/3 c. cucumber, diced
1/3 c. mayonnaise
3/4 c. celery, diced
pimento

Add ingredients in order given. Chill in refrigerator and serve on crisp lettuce. Garnish with small pimento strips.

Six servings.

TUNA MOUSSE MRS. S. T. FREED

1 Tbsp. unflavored gelatin
1/4 c. cold water
3/4 c. hot water
1/4 c. vinegar
1-7 oz. can tuna fish, flaked
1 c. chopped celery
2 hard-cooked eggs, chopped
8 stuffed olives, sliced
2 sweet pickles, chopped
1 Tbsp. minced onion
1/4 tsp. salt
1/8 tsp. pepper
1/2 c. mayonnaise

Soften gelatin in cold water; dissolve in hot water. Add vinegar and chill partially set. Add remaining ingredients.

Chill in large or individual molds, oiled with salad oil, until firm. Unmold on crisp lettuce; garnish with ripe olives.

Additional mayonnaise may be added.

Serves 6.

CHICKEN SALAD

Mrs. Dave Turner

Combine:

3 c. boiled salted chicken, diced
1 c. diced celery
1 c. chopped nuts (pecans)
1/2 c. diced sweet pickles
6 diced olives
1 small green pepper, diced
dressing for same, 1 1/4 c. mayonnaise
1 Tbsp. juice from olives
1 tsp. lemon juice
6 drops Tabasco sauce
1/8 tsp. black pepper

Beat with fork until thoroughly blended. Pour over chicken mixture and mix well.

Chill before serving.

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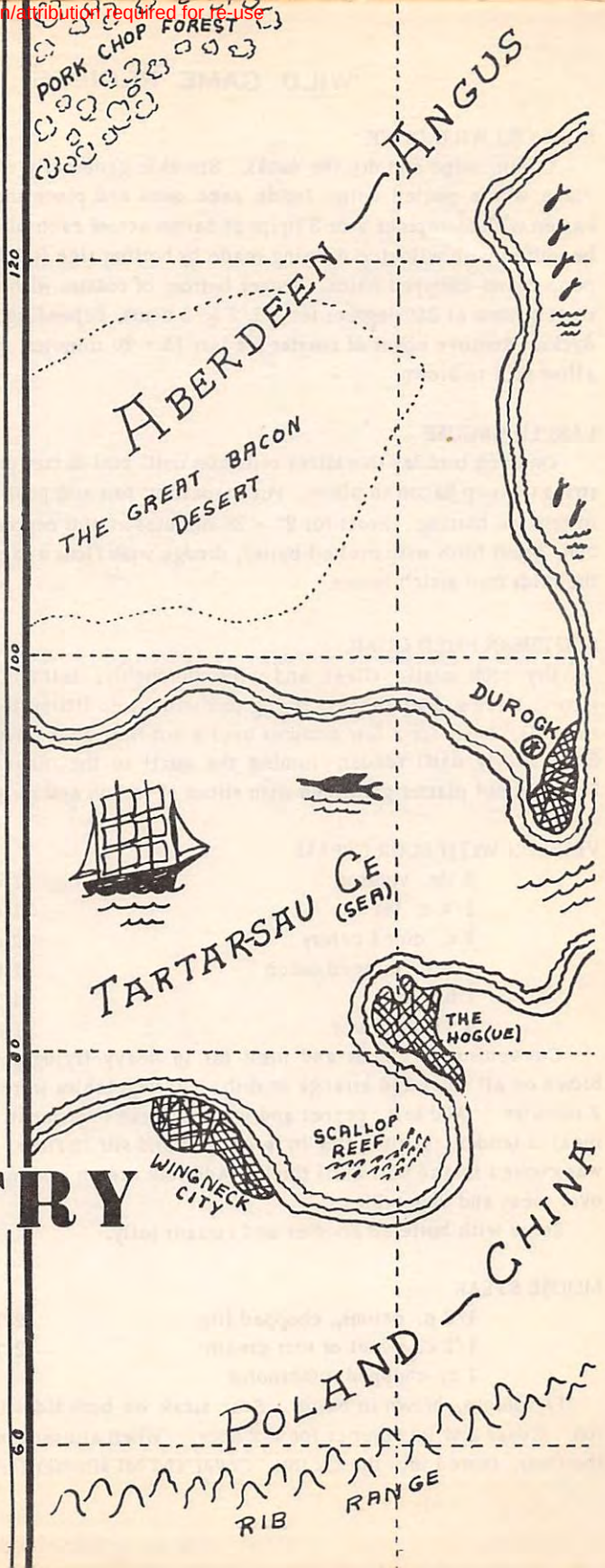
MEAT

FISH

POULTRY



WILD GAME RECIPES

ROASTED WILD DUCK

C'ean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the brids turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter
1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms
2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender add the mushrooms & the flour, stirred into the cream. Cover and let simmer for 20 minutes.

MEAT, FISH, POULTRY

POT ROAST-SWEET AND SOUR

Mrs. E. Weseloh

About 4-5 lb. roast, chuck, rump, etc.

Sprinkle meat with salt, pepper and flour. Brown in pot, add about 2 medium onions brown.

Add:

1/2 bottle Heinz chili sauce
1/2 c. vinegar
2 tsp. sugar

Simmer in covered pot for 3 hours, or until meat is tender.

HAM AND PORK LOAF AND SAUCE

Mrs. Gladys Turner

1 lb. lean pork, ground
1 lb. raw smoked ham, ground
1 c. softed bread crumbs
1/2 c. tomato sauce
1/4 c. milk
2 eggs

Bake 2 hours in moderate oven, in pan placed in water.

Sauce:

1 Tbsp. flour
1/4 c. sugar
1 c. top milk
salt
2 Tbsp. dry mustard
1/2 c. vinegar
1 egg

Cook in double boiler like salad dressing.

HAMBURGER CRUMBLE

Mrs. E. R. Sargent

1 1/2 lb. ground beef
3 Tbsp. chopped onion
3 Tbsp. shortening
2 1/4 c. water or vegetable liquid
3 Tbsp. green pepper, chopped
3/4 c. sliced carrots
3/4 c. peas
6 Tbsp. water
2 1/4 tsp. salt
1/4 tsp. pepper
3 Tbsp. flour

Frozen combination of vegetables may be used.

HAMBURGER CRUMBLE (Continued)

Brown beef and onion well in shortening, add salt and vegetables, simmer 20 minutes, combine flour and water and add slowly.

Cook until thickened. Serve over split muffin squares or corn bread. If cooked peas are used, add with thickening.

MEAT LOAF — Mrs. Gorden E. Stewart

1 1/2 lb. ground meat
1 1/2 c. bread crumbs (soak in 1 c. milk)
1 egg
1/4 tsp. sage
1/2 tsp. salt
1 onion
1/8 tsp. pepper

Combine ingredients, form into loaf, pour sauce over meat loaf, and bake 1 hour at 350 degrees.

Sauce:

1/4 c. tomato catsup
1/2 tsp. mustard
3 Tbsp. brown sugar
1/4 tsp. nutmeg

"POOR MAN'S STEAK AND MUSHROOMS"
Mrs. John Freudenthaler

1 lb. fresh ground beef
1 egg
1 tsp. salt
1/2 c. wheat germ

Make patties any size desired, dredge with flour, fry in butter or Crisco, until golden brown. Clean and slice 1 large bunch or more, white radishes over patties, add 2 cups water. 1/2 teaspoon brown sugar and salt to taste.

Cover and simmer until radishes are tender, serve with mashed potatoes and tossed green salad.

SPICED POT ROAST — Mrs. Z. H. Pilcher, Sr.

3 or 4 lb. chuck roast

Brown in a Dutch Oven:

2 onions, cut fine
about 4 large pieces of celery

Add:

SPICED POT ROAST (Continued)

1/4 tsp. marjoram

1/8 tsp. thyme and nutmeg and any other herb spice you like

Put in the pot roast and when browned on both sides, add 3 tablespoons of Milani's 1890 dressing to top side of roast.

Cook very slowly 2 1/2 or 3 hours; add no water unless necessary. One half hour before meat is done, add 1/2 cup of port wine or sherry. I add potatoes and carrots, but this is optional.

BAKED READY TO SERVE HAM — Mrs. W. W. Brown

Trim off excess fat. Place lengthwise on a long sheet of aluminum foil. Make a mixture of brown sugar, pepper, a little cinnamon, grated orange or lemon rind.

Put several tablespoons of muscatel or port wine in this mixture. Put over your ham, bring the aluminum foil edges together.

Place in a 400 degree oven and bake allowing 15 minutes per pound for a whole ham and 10 minutes per pound for half a ham, if tenderized ham is used.

If old fashioned ham is used, soak and then bake, allowing 20 minutes per pound for half ham and 25 minutes per pound for whole ham.

Remove ham from oven foil and lift ham out. Carefully pick up the foil and pour off fat. Replace ham, stick with cloves and cover with a mixture of:

1 c. brown sugar

1 tsp. dry mustard, mixed to spreading consistency with wine or fruit juice

Again place ham in oven and bake just long enough to brown.

BEEF IN CASSEROLE — Mrs. Roy C. Lent

1 1/2 lb. round steak

2 onions

Brown cut up onions in butter, or shortening, then place in greased casserole. Pound flour into steak, cut into serving portions, add salt and pepper.

Brown meat in sauce pan, then place in casserole. Take the stock, add enough water and flour to thicken.

BEEF IN CASSEROLE (Continued)

Cook until done, pour over meat, and bake at 350 degrees for 1 hour.

Serves 4.

MAMA'S SAUSAGE DUMPLINGS

Mrs. Francis E. Gates

Boil 4 or 5 medium potatoes, mash and season with salt and pepper. Add about 1/2 cup of flour and enough milk (a few drops at a time) to make a dough the consistency of pie crust.

Cut in squares about 4 inches square. Using roll or bulk, sausage, shape with the hands into pieces about the size of small link sausages.

Roll the sausage in the squares, seal the edges of the dough. Bake in a moderate oven, basting with the fat which collects in the pan, until nicely browned.

JOHNNIE MOXETTI

Mrs. T. H. Strong

3/4 lb. ground beef
1 pkg. wide noodles
3/4 c. diced celery
1 green pepper
1/2 c. onion (2 fair sized)
1 small tin mushrooms
1/2 bottle olives, stuffed
1 can tomato soup
1/2 can tomato sauce
1/2 can tomato paste
1/2 can Arturo sauce
1/2 clove of garlic, minced and cut fine

OLD FASHIONED BEEF STEW WITH DUMPLINGS

Have 1 1/2 pounds lean beef, boned chuck, round, flank or rump, cut in 1 1/2 inch pieces.

Blend together:

1/2 tsp. salt
3 Tbsp. flour
1/8 tsp. pepper

Roll pieces of meat in blended mixture. Put 3 tablespoons fat in heavy kettle; add beef and brown on all sides.

Add:

1 qt. water or 3 c. water and 1 c. red wine
1/2 tsp. salt
1/2 tsp. Tabasco

Cover and simmer 2 or 2 1/2 hours, or until meat is

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OLD FASHIONED BEEF STEW WITH DUMPLING (Continued)

almost tender, add:

1/2 tsp. salt
6 med. carrots, scraped and quartered
12 small white onions, peeled

Cover and cook until vegetables are tender. For dumplings, sift together:

1 1/2 c. sifted all-purpose flour
2 tsp. baking powder
3/4 Tbsp. salt

Add:

3/4 c. milk

Stir only until blended, drop by spoonfuls on top of pieces of meat or vegetables in stew, cook uncovered 10 minutes, then cover tightly and cook over low heat 10 minutes longer.

Remove dumplings carefully. Serve hot.

MEAT LOAF

Mrs. John Knaggs

1 lb. chopped round steak
1 c. tomatoes, not much juice
1/2 c. uncooked Quaker oats
1 small onion, chopped
salt and pepper to taste

Make into loaf and bake in medium oven 350 degrees.

DINNER IN DISH

Mrs. Ray Coleman

4 tsp. lard
2 med. onions, chopped
2 green peppers, sliced
1 lb. hamburger
4 med. tomatoes, sliced
1 1/2 tsp. salt
1/2 tsp. pepper
2 eggs
2 c. corn (creamed corn)
1/2 c. dry bread crumbs

Put lard in skillet, fry peppers and onions for 3 minutes, add meat, and blend well, add salt and pepper, take from fire. Add eggs, mix well, 1 cup of corn in a dish.

Add half the meat mixture and a layer of sliced tomatoes, then another of corn, meat and tomatoes; cover with bread crumbs, dot with butter.

Bake 35 minutes.

TAMALE PIE

Mrs. Guy Smith

1 1/2 lb. ground beef
1/2 lb. ground pork sausage
1 large onion
1 1/2 tsp. chili powder
2 cans water
1 tsp. salt
1/2 tsp. black pepper
2 c. white round corn meal
2 cans tomato paste

Brown meat and onion in 3 tablespoons fat. Add paste and water, chili powder, salt and pepper, simmer until meat is tender, about 1 hour.

Make paste of corn meal and water, and line heavy skillet; for crust, then put in meat, cover top with corn meal paste, and brown in oven, until golden brown.

Serve with green beans, and salad. Serves 6.
"If you like chili, this is delicious."

SAVOY MEAT LOAF

Mrs. Robert Newton

1 1/2 Tbsp. diced salt pork or ham
1 1/2 c. crushed canned tomatoes
1/4 c. finely chopped onion
2 lb. round beef, ground
1/3 c. quick-cooking tapioca
3 1/2 tsp. salt
1/4 tsp. pepper

Fry salt pork or ham until crisp; add onion and cook until golden brown. Add to other ingredients and mix thoroughly.

Pack into 10 by 5 by 3 inch loaf pan. Bake in moderate oven 350 degrees 1 hour, or until done.

Serve hot or cold. Garnish with parsley. Makes 8 to 12 servings.

If desired, add 1/2 cup drained cooked peas to the meat mixture and mix lightly.

BAKED PORK CHOPS

Mrs. Nadine Sulte

Pan fry 4 big lean pork chops until brown and almost tender. Arrange in baking dish to cover bottom as nearly as possible.

Place 1 heaping tablespoon rice on each chop, then add raw onion rings to make a one inch layer.

Heat canned tomatoes, season with salt, pepper and sugar. Pour over layers so that only top onion rings are left exposed.

Cover and bake 60 minutes in 400 degree oven.
Serves 4.

CHICKEN WITH WHITE WINE — Mrs. Galen Lund

Take as many breasts and legs as you would like. Sprinkle them with salt and nutmeg. Fry until brown in oleo.

Put pieces as you fry them in a casserole. Take 2 cans cream of mushroom soup and add 1/2 cup white wine. Allow the soup and wine to boil up in the pan, where you fried the chicken (to get all the good brown in the pan).

Add 1 can mushrooms and pour soup mixture over chicken pieces. Bake 1 hour or until chicken is tender at 350 degrees. Be sure to cover casserole.

CHICKEN FRICASSEE — Mrs. Leslie Stafford

1 chicken and 1 egg (and it doesn't make any difference in this case which comes first)
2 Tbsp. flour
2 Tbsp. butter
1 c. milk
salt and pepper
2 hard boiled eggs

Boil the chicken until done, then cut it up for serving. Make a sauce of the butter, flour, milk and 1 well beaten egg, seasoned with salt and pepper.

Add to this 2 hard boiled eggs, cut up, and pour over chicken. Let cook together a few minutes and serve.

JAMBALAYAH — Mrs. Shirley Cain

1 1/2 c. cold chicken or other meat
1 c. boiled rice
2 large stalks celery
1 1/2 c. stewed tomatoes
1/2 green pepper
1 large onion

Salt, pepper and buttered crumbs; mix together chicken, rice and tomatoes and let cook 10 minutes.

Chop and add the onions, green pepper and celery. Turn mixture into a baking dish and cover with buttered crumbs, and bake one hour in moderate oven.

Serve hot.

MINERCAN STEW — Mrs. "Doc" Williams

1 1/2 or 2 lb. stew meat, or any left-over cold meat
1 can tomatoes
1 green pepper
2 good sized onions
1 Tbsp. each, thyme, poultry season and sage, mixed together

MINERCAN STEW (Continued)

While meat is stewing, fry onions and green pepper not brown; add tomatoes and seasoning. Let cook down to a thick gravy, add to meat and put in as many potatoes as desired.

MEAT LOAF SUPREME — Mrs. L. A. Kedzerski

2 lb. ground meat
1 c. seedless raisins
1 c. water
1 egg
1 1/2 tsp. salt
1/2 tsp. pepper

Mix together all ingredients, shape into loaf. Bake at 325 degrees for 2 hours.

TUNA CASSEROLE — Mrs. L. L. Dameron

1 1/8 c. evaporated milk
3/4 c. water
1 1/2 c. grated American cheese
1 1/4 c. soft bread crumbs
1 No. 1/2 can tuna
1/4 c. pimento
salt and pepper
3 eggs
3 c. cooked macaroni
2 1/2 Tbsp. butter

Combine milk, water, cheese and butter. Heat; melt cheese. Remove mix in crumbs, onion, pimento, tuna, salt and pepper.

Stir macaroni and beaten eggs into tuna mixture. Bake in loaf pan 325 degrees.

SPAGHETTI SAUCE WITH MEAT BALLS
Frances Tamburrino

Mix and form into 1 1/2 inch balls:

1 lb. ground beef
1 c. fine dry bread crumbs
salt and pepper to taste
1 egg, unbeaten
1 tsp. minced parsley

Pan fry until browned in 4 tablespoons hot fat. Fry in 1/2 cup olive oil or salad oil:

3 large onions, minced
1 clove garlic

Then add to the above and simmer for 2 hours:

2 1/2 cans tomatoes
1 can tomato paste

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SPAGHETTI SAUCE WITH MEAT BALLS (Continued)

1 can mushrooms or package dried mushrooms (if dried are used, cook before adding)
3 Tbsp. sugar
1/2 c. Parmesan cheese
6 Tbsp. minced green pepper
2 1/2 tsp. salt
pepper to taste
1 tsp. Worcestershire sauce

Serve hot over hot drained boiled spaghetti, rice or macaroni. Sprinkle with grated cheese.

Six servings.

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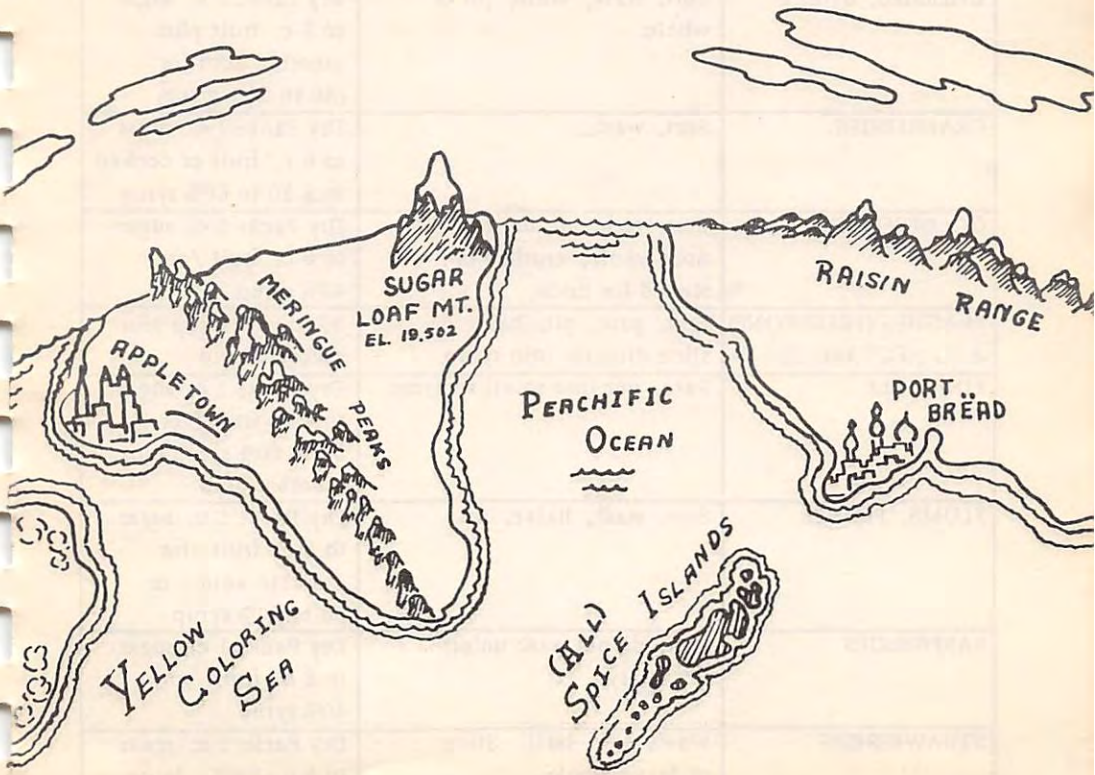
BREAD ROLLS

STRATOSPHERE

PASTRY



TO QUICK—FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole.. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
APPLES	Pare, core, slice into uniform sections, scald in hot syrup 180° F. for 3 min. Chill before packing.	Dry pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
BLACKBERRIES	Sort, wash gently.	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
CHERRIES, SOUR	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
CHERRIES, SWEET	Sort, wash, drain, pit or whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
CRANBERRIES	Sort, wash.	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup
GOOSEBERRIES	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directly into syrup.	50 to 60% syrup plus ascorbic acid
PINEAPPLE	Pare, cut into small sections.	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid
PLUMS, PRUNES	Sort, wash, halve, pit.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60% syrup
RASPBERRIES	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
STRAWBERRIES	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sguar to 5 c. fruit. Juice must cover berries

QUICK BISCUITS

Mrs. W. C. Leaver

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

Mix well and roll on floured board, to 1/2 inch thickness. Cut in squares and bake 12 to 15 minutes at 450 degrees.

CRANBERRY NUT BREAD

Mrs. Alvar Hagen

1 c. cranberries
1 c. sugar
3 c. flour
4 tsp. baking powder
1 tsp. salt
1/2 c. cut nut meats
grated rind of 1 orange
1 egg
1 c. milk
3 Tbsp. melted shortening

Chop cherries and add 1/4 cup sugar. Sift other 3/4 cup sugar with flour, baking powder and salt. Mix in nut meats and rind.

Add milk and melted fat to beaten egg, then add dry materials all at once. Stir until blended only.

Bake 1 hour in moderate oven.

SHORTCAKE BISCUITS

Mrs. Evelyn Echhardt

2 c. flour
3 tsp. baking powder
1 tsp. salt
2 Tbsp. sugar
1/2 c. shortening
1 egg
6 Tbsp. milk

Sift together flour, baking powder, salt, sugar; cut in shortening, add beaten egg and milk.

Knead on floured board for a few seconds, roll out and cut. Bake in oven 450 degrees for 12 minutes.

BANANA BREAD

Mrs. G. A. Metcalf

1 c. sugar
2 c. (scant) flour
1 tsp. soda
1/2 tsp. salt

Sift above together. Beat 2 eggs, add:

1 Tbsp. milk
1/2 c. melted butter

Add wet ingredients to dry ones, add 3 or 4 mashed

BANANA BREAD (Continued)

bananas, 1 teaspoon banana extract and 2/3 cup finely chopped nut meats. Bake in greased and floured loaf pan for 1 hour, in 350 degree oven.

STREUSEL-FILLED COFFEE CAKE

Mrs. James L. Bell

Filling and Topping:

1/2 c. brown sugar
2 Tbsp. flour
1/2 c. chopped nuts
2 tsp. cinnamon
2 Tbsp. melted butter

Mix together with a fork before mixing coffee cake.

Coffee Cake:

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

Sift dry ingredients, cut in shortening, blend in well beaten egg mixed with milk. Spread half the batter in greased and floured 6 by 10 inch pan.

Sprinkle with half the streusel mixture. Add the other half of batter, and sprinkle remaining streusel over top.

Bake 25 minutes at 375 degrees.

GINGERBREAD

Mrs. C. Wilson Brown

1/2 c. sugar
1 egg
1/8 tsp. salt
1 tsp. soda
1 tsp. ginger
3 Tbsp. butter or margarine
1 tsp. cinnamon
1 1/2 c. flour
1/2 c. hot water
1/2 c. Grandma's molasses

Mix butter and sugar to a soft creamy paste; add beaten egg, mix spices, salt and soda, with flour and add small portion. Add molasses and hot water and flour alternating.

Pour into shallow cake pan. Bake 30 to 35 minutes in 375 degree oven.

Serve hot with butter or cold with whipped cream.

VIRGINIA SPOON BREAD

Mrs. Charles H. Lindfors

2 1/2 c. scalded milk
1 c. corn flour
1 tsp. salt
2 Tbsp. melted butter
4 eggs, separated
1 tsp. baking powder

Add scalded milk to corn flour, stirring until smooth. Add salt, cook over hot water until thick like mush; add butter, cool. Beat egg yolks and add to cooled corn flour mixture with baking powder.

Mix well; fold in stiffly beaten egg whites, turn into hot buttered casserole and bake in moderate oven until firm and crust is brown.

Serve from casserole. Makes 8 portions.

BANANA TEA BREAD

Mrs. Merie Beaney

1 3/4 c. sifted all-purpose flour
2 tsp. baking powder
1/4 tsp. soda
1/2 tsp. salt
2 eggs, well beaten
1 c. ripe bananas, mashed
1/3 c. shortening
2/3 c. sugar

Heat oven to 350 degrees. Sift first four ingredients. Work shortening with a spoon until fluffy and creamy. Add sugar gradually, continuing to work until light; add eggs and beat well.

Slowly add flour mixture alternately with bananas, beating smooth after each addition.

Turn into greased 9 by 5 by 3 inch loaf pan. Bake 1 hour or until done.

Variations: add 1/2 cup nut meats or 1 cup chopped dates.

BANANA BREAD

Mrs. William Weiss

1 3/4 c. flour
1/2 tsp. soda
1/4 tsp. baking powder
3/4 tsp. salt

Sift together. Add:

2/3 c. sugar
2 eggs
1 tsp. grated lemon rind
1/3 c. shortening
1/2 c. broken walnut meats
2 or 3 bananas

Bake 55 minutes at 350 degrees.

PUMPKIN CHIFFON PIE

Mrs. Arthur Chabot

1-9 inch baked pie shell
1 envelope unflavored gelatin
4 Tbsp. cold water
1 c. brown sugar, firmly packed
3 eggs, separated
1 1/2 c. canned pumpkin
3 Tbsp. granulated sugar
1/2 c. milk
1/4 c. cold water
2 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. allspice
1/2 tsp. salt

Prepare and bake shell in hot oven of 450 degrees for 15 to 18 minutes. Soak gelatin in 4 tablespoons water for 5 minutes.

Combine the brown sugar, egg yolks, milk, water, pumpkin, cinnamon, ginger, allspice, and salt in top of double boiler and cook over hot water until thickened, about 10 minutes.

Remove, add gelatin, stirring until thoroughly dissolved. Cool until mixture begins to congeal. Beat the egg whites until stiff; slowly add granulated sugar, while continuing to beat. fold this meringue into the pumpkin mixture.

Pour into the baked shell, and chill several hours, until firm enough to cut.

GEORGIA PECAN PIE

Mrs. W. J. Cherney
Atlanta, Georgia

4 eggs
2 c. white sugar
1 stick ole
2 Tbsp. vinegar

Beat whole eggs, add sugar to eggs, melt oleo and add vinegar and mix all together.

Pour into 2 uncooked pie shells. Sprinkle 1/2 cup of chopped pecans on each pie, and bake at 300 degrees for 1 hour.

Makes 2 pies.

LEMON PIE

Mrs. Jennie Lee Milliman

6 eggs
3 Tbsp. water
1/2 c. sugar
juice of 1 lemon or lime and a little rind
piece of butter size of walnut

Cook egg yolks, lemon or lime, water and sugar in a double boiler until thick. Beat whites a little, add 1/2 cup sugar, beat until stiff, then add 1 tablespoon water.

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LEMON PIE (Continued)

Fold in half of the egg whites to the above, 1 tablespoon sugar and a little cream of tartar to the whites, for the top and brown meringue in oven.

Let stand 4 or 5 hours.

BUTTERMILK PIE — Mrs. Cecelia Sweeney

3 eggs
1 c. sugar
1/2 tsp. salt
1 tsp. vanilla
2 c. buttermilk
3 Tbsp. flour
4 Tbsp. butter

Beat egg yolks, add buttermilk, sift together sugar, flour, salt; add to first mixture. Add butter, and vanilla.

Fold in stiffly beaten whites of the 3 eggs. Bake at 450 degrees for 10 minutes, reduce to 325 degrees for 35 minutes.

LIME PIE — Mrs. M. M. Mattmuller

1 can Eagle Brand milk
1/3 c. lime juice, beaten into eggs and milk
3 egg yolks, beaten; added to milk

Lastly, fold into this 3 stiffly beaten egg whites to which 2 tablespoons sugar has been added.

Pour into pie shell and chill. Before serving, add whipped cream as meringue.

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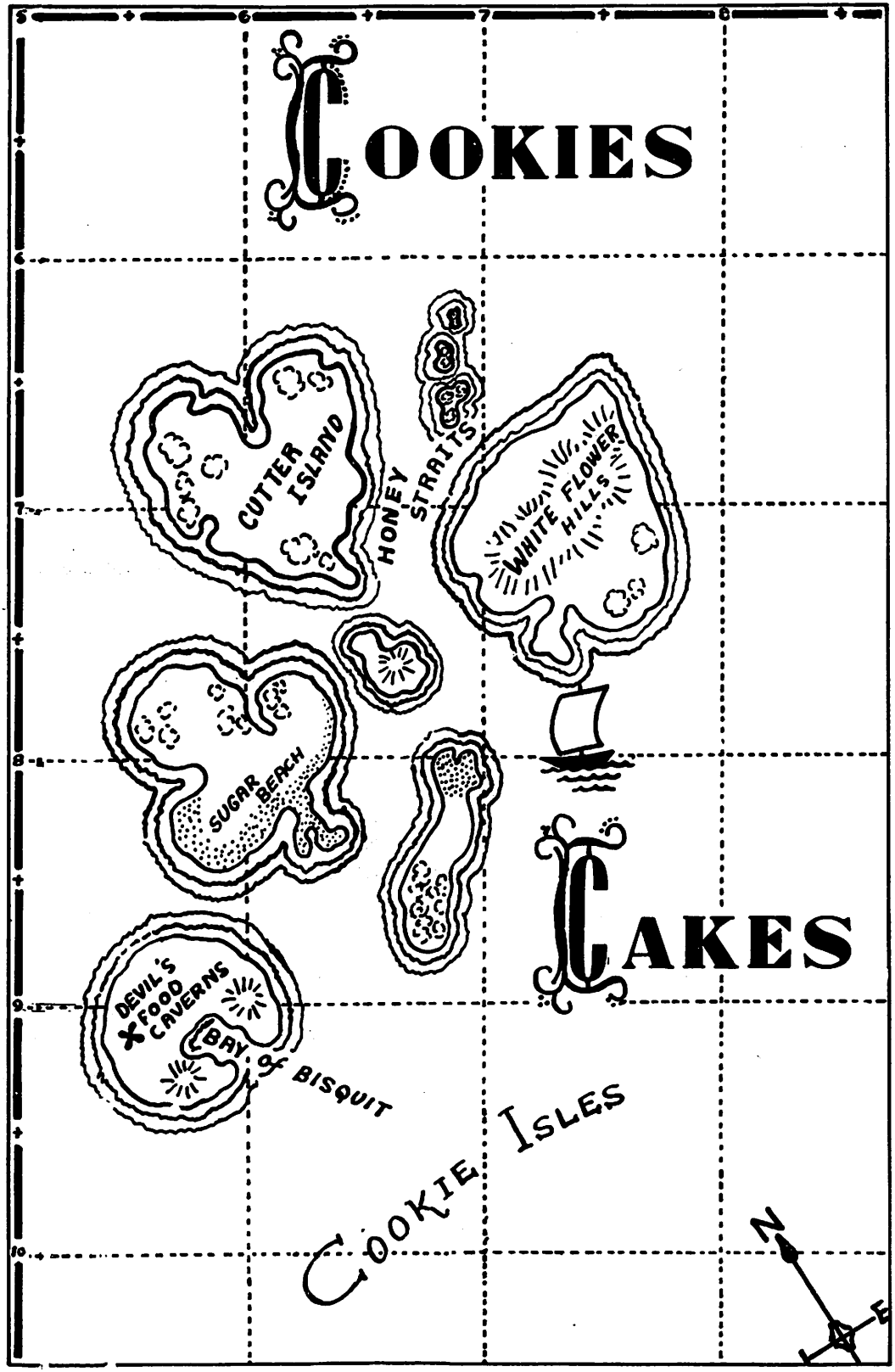


COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown eavenly.

•

Flour should be sifted once before measuring. Fill the cup without packing.

•

Do not grease the sides of cake pans, grease only the bottoms.

•

When beating egg whites do not tap beater on bowl of egg whites. The jar of the beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

•

If home churned butter is used, use equal parts of butter and lard or other shortening.

•

Eggs should be at least three days old before using in cakes.

•

SLOW OVEN ------- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN -------- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

•

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

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

COOKIES AND CAKES

CINNAMON BUTTER CAKE — Mrs. Virginia Marini

1 1/2 c. cake flour
2 tsp. baking powder
1/4 tsp. salt
1/3 c. butter
2/3 c. sugar
2 eggs, well beaten
1/2 c. milk
1/2 tsp. vanilla

Sift flour, measure; sift 3 times with baking powder and salt. Cream butter until soft and gradually blend in sugar. Add well beaten eggs and beat until smooth and fluffy.

Add dry ingredients and milk alternately, beating well after each addition (begin and end with flour). Bake in a well buttered 8 inch square cake pan in a moderate oven 350 degrees for 30 minutes, or until golden brown.

When cool, spread top and sides with cinnamon butter frosting.

1 1/2 c. confectioners sugar
1 Tbsp. cream
1 tsp. vanilla
1 tsp. cinnamon

Sprinkle with chopped nuts.

DATE NUT CAKE — Mrs. Abbie Randall

1 pkg. dates

Add 1 level teaspoon soda and 1 cup boiling water, let cool.

1 c. sugar
1 1/2 c. flour, add date mixture
1/4 c. shortening
1 tsp. vanilla
1 c. chopped nuts

Bake in pan with 3/4 inch thickness of dough. Bake for 25 or 30 minutes.

BROWNIES — Mrs. W. P. Hartman

1/2 c. shortening
1 c. sugar
2 eggs
2 sq. (2 oz.) unsweetened chocolate
1/2 c. flour
few grains salt
1 c. chopped nuts
1/2 tsp. vanilla

BROWNIES (Continued)

Cream shortening and sugar; beat eggs; add melted chocolate over hot water. Add and beat thoroughly. Mix flour, salt and nut meats; add vanilla; mix well.

Spread in greased pan 8 by 8 by 2 inches. Bake in moderate oven 350 degrees 30 minutes.

Cool; cut in squares.

CHOCOLATE CAKE (that is different) — Mrs. Margaret Tamburrino

2 c. sifted flour
1 c. sugar
1/2 c. cocoa
2 tsp. baking powder
3/4 c. mayonnaise (Miracle Whip preferred)
1 tsp. vanilla
1 c. water

Bake in 350 degree oven for 25 minutes or until done. Bake in layers or 8 by 12 inch pan.

Creamy Frosting:

2 1/2 c. powdered sugar
2 Tbsp. Spry or Crisco
1 tsp. vanilla
1 egg*

*For all white frosting, use only white of egg, otherwise use whole egg in chocolate or white.

Add 1/4 cup milk or enough to make frosting thin enough to spread. (For chocolate frosting, use 3 squares of bitter chocolate.)

Top with nut meats or coconut.

QUICK AND EASY CAKE — Mrs. P. J. Laine

Sift:

2 c. flour

Add:

1 c. sugar
1 1/2 tsp. soda
5 Tbsp. cocoa
1 1/2 tsp. baking powder

Sift together and add 1 cup water and 2 teaspoons vanilla. Beat smooth and add 1 cup Miracle Whip mayonnaise.

Bake at 350 degrees for 30 to 35 minutes.

BANANA CAKE

Mrs. T. A. Miller

1/2 c. shortening
1 1/2 c. sugar
2 eggs
1/2 tsp. baking powder
1 c. mashed bananas
1 tsp. vanilla
1/4 c. sour milk
3/4 tsp. soda in 2 c. flour

Mix shortening, sugar, eggs, milk; add soda and baking powder with flour. Add vanilla and last bananas (do not peel bananas until you are ready to use them, they get dark so quickly.)

Bake at 350 degrees.

RAISIN COOKIES

Mrs. John Mullock

Add 1 cup water to 2 cups seedless raisins and boil 5 minutes; cool. Cream 1 cup shortening and add 2 cups sugar.

Add 3 eggs and beat well. Now add 1 teaspoon vanilla, and cooled raisins, and 1 cup chopped nuts. Sift together:

4 c. all-purpose flour
1 tsp. soda
1 tsp. cinnamon
1/4 tsp. allspice
1 tsp. baking powder
2 tsp. salt
1/4 tsp. nutmeg

Add to raisin mixture and blend. Drop by teaspoons on greased cookie sheet. Bake in hot oven 400 degrees 12 to 15 minutes.

Makes 60 or more cookies.

ORANGE COOKIES

Mrs. M. M. Mollenkopp

2/3 c. shortening
1 1/2 c. brown sugar
2 tsp. milk
2 eggs
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. salt
2 c. flour
1 c. dates
1/2 c. broken nut meats
grated rind of 1 orange

Cream shortening and sugar, add beaten eggs, add spices, soda, and salt to flour. Mix together, add milk, dates and nut meats.

Drop by teaspoons on cookie sheet. Bake 10 to 12 minutes in oven 400 degrees.

CHOCOLATE DROP COOKIES

Mrs. Kathryn Burke

1 3/4 c. flour
1/2 tsp. soda
1/4 tsp. salt
1/2 c. shortening
3/4 c. sugar
1 egg
2 sq. chocolate
1/2 c. milk
1/2 c. nut meats
1 tsp. vanilla

Sift flour, then measure, sift again with soda and salt. Cream shortening and sugar, add egg and melted chocolate (cooled). Add dry ingredients alternating with milk. Add vanilla and nuts.

Drop by spoonfuls on cookie sheet, bake 375 degrees. Frost with a square of melted chocolate, and 4X sugar mixed with a little melted butter and milk.

PEANUT BUTTER COOKIES

Mrs. Lida Baker
Sergeant Bluffs, Iowa

1/2 c. shortening
1/2 c. peanut butter
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1 3/4 c. sifted flour
3/4 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
2 Tbsp. hot water

Mix and form into small balls or pat in cookie sheet, use fork to level them, bake in moderate oven until done, but not until dry and crumbly.

They can be cut in squares, instead of forming in balls, this saves time.

HERMITS

Mrs. James Boyd

1 c. Crisco
1 1/2 c. sugar
3 eggs
1/2 tsp. soda
2 tsp. water
3 c. flour
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. allspice
1 tsp. cloves
1 tsp. nutmeg
1 1/2 c. raisins
1/2 c. nut meats, cut in pieces; also raisins

Cream Crisco, sugar and eggs together, dissolve soda in water, and add to above ingredients. Mix and sift flour, salt, and spices; add to the first mixture.

Add raisins and nuts and mix together. Drop by teaspoons on greased pans. Bake in moderate 350 degree oven 15 to 20 minutes. These cookies improve in keeping, in cookie jar. Makes about 70.

SUGAR N' SPICE COOKIES — Mrs. Carl Beimly

Mix together the following:

3/4 c. soft shortening
1 egg
1 c. sugar
1/4 c. molasses

Stir in the following:

2 c. sifted flour
1/4 tsp. salt
3/4 tsp. cloves
2 tsp. soda
1 tsp. cinnamon
3/4 tsp. ginger

Roll into balls size of walnuts. Place 2 inches apart on baking sheets, bake about 10 minutes in 375 degree oven.

Roll in confectioners sugar when baked.

LEMON CHEESE CAKE — Betty Axford

2 c. sugar
1 c. buttermilk
4 eggs
2/3 tsp. salt
1 tsp. lemon flavoring
1 c. butter (about 1/2 lb. or less)
1 tsp. baking powder
3 c. cake flour

Use layer pans, bake in 375 degree oven. Cool, then use this icing:

2 whole eggs
2 c. sugar
1/4 tsp. salt
butter
1 c. warm water
3 Tbsp. flour with sugar and grated rind and juice of 2 lemons

Cook in double boiler until it thickens, then spread on layers.

FRESH COCONUT CAKE — Mrs. Margaret Sanderson

Sift together in bowl:

3 c. white Lily flour
1 tsp. salt
1 1/2 c. sugar

Add:

3/4 c. shortening
1 c. milk

Blend well, (3 minutes mixer). Add:

FRESH COCONUT CAKE (Continued)

3 whole eggs
1 tsp. vanilla
2 yolks (save whites for icing)

Beat just enough to blend well, add 5 teaspoons baking powder and blend.

Remove from mixer and fold in:

1/2 c. fresh grated coconut

Makes three 8 inch layers, one loaf cake or 3 dozen cup cakes.

Icing:

In top of double boiler, blend:

1 1/2 c. granulated sugar
5 Tbsp. water
2 egg whites
1 tsp. white Karo

Beat over boiling water 7 minutes or until it holds a peak. Remove top of boiler from heat, add 1 teaspoon vanilla, salt, beat with spoon until icing is satin in texture, about 5 to 8 minutes.

Spread on cool cake and cover with fresh grated coconut.

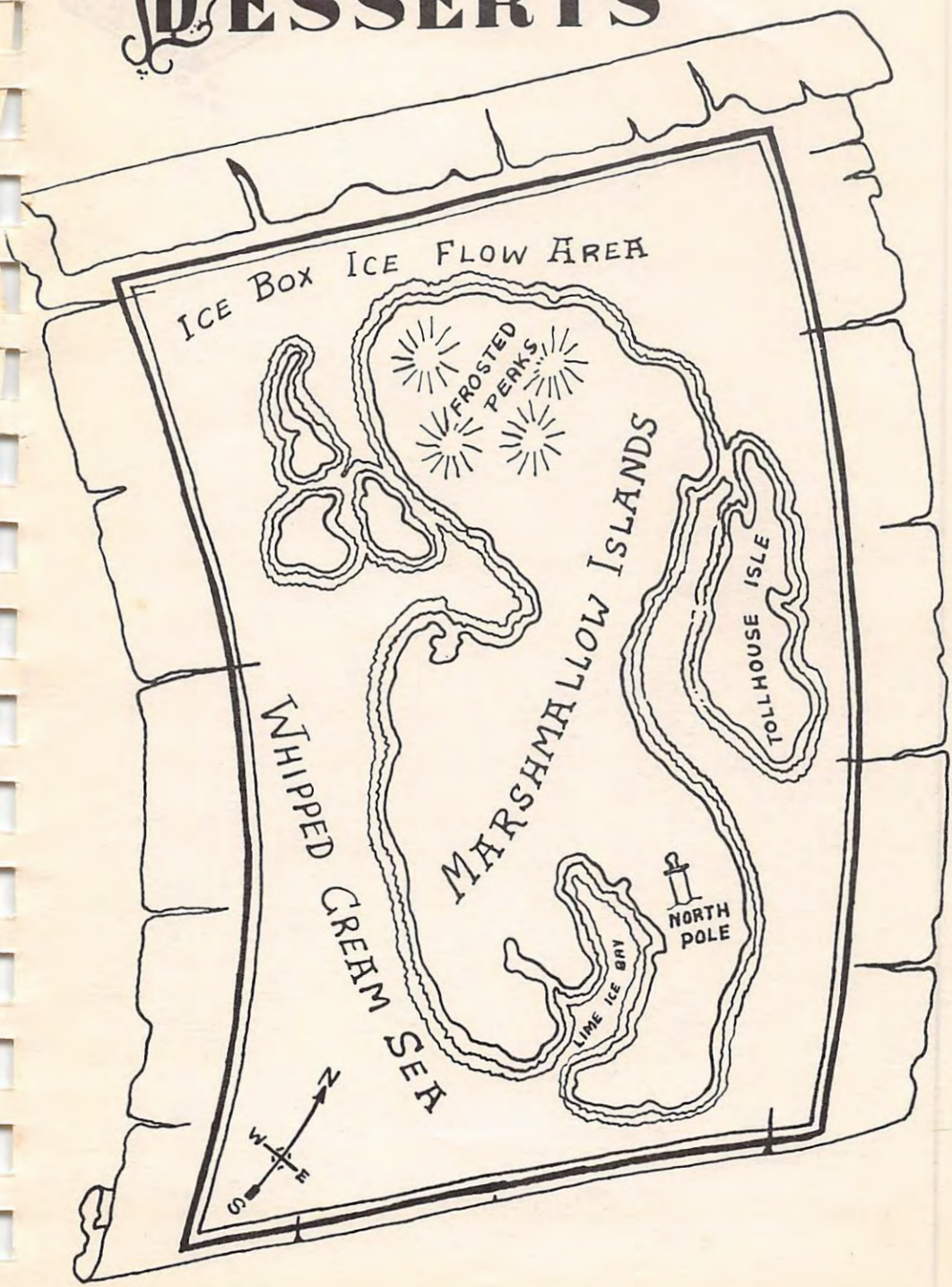
PARTY CAKE — Mrs. H. L. Brolliar

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

Sift flour once, measure, add baking powder and salt and sift together twice. Cream shortening thoroughly; add sugar gradually, and cream together until light and fluffy. Add flour alternately, with milk, a small amount at a time, beating after each addition until smooth.

Add flavoring, beat egg whites until stiff and fold into cake mixture.

DESSERTS



EXTRA TREASURED RECIPES

DESSERTS

LEMON CAKE TOP PUDDING

Mrs. Mildred Caro

Blend:

2 Tbsp. flour
1 Tbsp. butter
1/4 c. sugar

Add:

2 beaten egg yolks
1 c. milk
1/4 c. lemon juice

Fold in 2 stiffly beaten egg whites. Bake in 8 inch unbuttered dish, standing in pan of water. Bake for 35 minutes in 375 degree oven.

DATE TORTE

Mrs. Mabyn H. Thomas

1/4 c. flour
1/2 tsp. baking powder
1/8 tsp. salt
3/4 c. sugar
1/2 tsp. vanilla
1 c. chopped dates
1 c. broken walnut meats
2 eggs, well beaten

Mix and sift flour, baking powder, salt; beat sugar into eggs; add vanilla and stir in date and nut mix, then add flour mixture.

Turn into shallow glass baking pan, bake in slow oven 250 degree to 300 degrees for about an hour, or until mixture springs back when pressed with finger.

Serve cold in squares, topped with cream.

RICE PUFFS

Mrs. Paul McElhatten

1 c. cold rice
1/2 c. milk
1 well beaten egg
1 Tbsp. melted butter
1/4 tsp. salt
flour enough to make stiff batter

Drop by tablespoons in hot grease and brown.

Maryland Sauce for Rice Puffs:

2 Tbsp. butter
yolks of 2 eggs
4 Tbsp. brown sugar
small piece of cinnamon bark

Cook until thick. Serve hot on rice puffs.

MOLDED CUSTARD

Mrs. Ralph Barrow
Old Chatham, N.Y.

1-3 oz. cream cheese
3 c. milk
1 Tbsp. plain gelatin
4 eggs, separated
1/2 c. sugar
1/4 tsp. salt
1 tsp. vanilla

Blend all ingredients except 2 cups milk and egg whites. Add 2 cups milk, place in double boiler and cook until spoon coats.

Remove and cool, beat egg whites until stiff and fold in. Rinse mold with cold water. Fill, place in refrigerator.

Unmold on platter, serve alone or with strawberries,, apricots, or caramel sauce.

GRAHAM CRACKER COBBLER

Mrs. M. L. Stafford

16 to 18 graham crackers, crushed
1/2 c. sugar
1 tsp. baking powder
1/8 tsp. salt

Mix these 4 things together and add 1/4 cup margarine and 1/4 cup milk.

1 egg yolk and 1 egg white, beat stiff (this is a stiff batter)

Place in baking pan:

1 can sliced apples
cinnamon to taste
1/2 c. sugar

Pour batter over apples and bake 30 minutes at 400 degrees. Can be served hot or cold with whipped cream.

Serves 6 to 8 persons.

SUNSHINE REFRIGERATOR CAKE

Mrs. Robert L. Moore

2 Tbsp. unflavored gelatin
1/2 c. cold water
3 well beaten egg yolks
1/2 c. sugar
2 ten inch loaf angel cakes
2 c. milk
2 c. heavy cream, whipped
1/2 c. chopped nuts
2 c. crushed pineapple, drained

Soften gelatin in cold water, combine egg yolks, sugar

and milk; mix well. Cook over hot, not boiling water, until mixture coats spoon. Add softened gelatin and stir until dissolved.

Cool, add drained pineapple; fold in cream, egg whites and nuts. Remove crusts from angel cake and break into large pieces.

Line bottom of oiled tube pan with 1/2 the pieces, pour 1/2 of gelatin mixture over cake, add another layer of cake, then remaining gelatin mixture.

Chill and unmold and garnish with pineapple and cherries. Fill center with whipped cream; makes 10 to 12 large servings.

OLD FASHIONED BREAD PUDDING

Mrs. Orley M. Dunton

Can add 1/4 c. meyers rum for flavor

2 c. bread crumbs
3 c. hot milk
2 eggs, beaten (use 3 eggs)
salt pinch

1/2 c. sugar
1 t. vanilla and raisins 1/2 c.
1 Tbsp. melted butter
1/2 c. coconut (angel flake (ground) Baggett)
1/4 t. cinnamon / perhaps 1/4 t. nutmeg

Bake in pan of water until knife comes out dry.
350° for 45 min.

CINNAMON APPLES

Mrs. Clayton R. Leaver

Select 6 or 8 uniform apples, preferably Yorks. Pare and remove the core out of center, leaving the apples whole.

Boil in water not to exceed the top of apples and in that water, put:

1 1/2 c. sugar
2 or 3 oz. red cinnamon beans

Cook until tender and apples are red; when done, remove and put in individual dishes. Serve with whipped cream with a pecan nut meat on top.

CREAMED RICE PUDDING

Mrs. Desneiges Dery
Webster, Mass.

1 qt. milk
4 Tbsp. washed rice

Add:

3 Tbsp. sugar
pinch of salt

CREAMED RICE PUDDING (Continued)

Stir all together. Bake in a moderate oven 2 hours, stir once during the first hour. One half cup of raisins may be added.

GREEN MANGO SHERBET

2 1/2 c. sugar
3/4 c. water
2 c. thick unsweetened mango sauce
3 c. milk
1 egg white
6 Tbsp. lime juice

Combine 2 cups sugar and water. Heat to boiling to dissolve sugar; cool. Mix mango sauce with lime juice. Stir in cooled sugar syrup. Gradually stir fruit-sugar mixture into cold milk.

Turn into freezing tray, when partly frozen, beat egg white stiff. Gradually add 1/2 cup sugar, beating in thoroughly.

Fold into mango mixture. Return to freezing unit. Freeze until firm, stirring every half hour.

GREEN MANGO BETTY

6 Tbsp. butter or margarine
1 c. bread crumbs
4 c. sliced, peeled green mangoes
2 c. brown sugar
2 tsp. cinnamon
1/4 c. lime or lemon juice
1/4 c. water

Melt butter or margarine, add bread crumbs in a greased baking dish, add a layer of sliced mangoes.

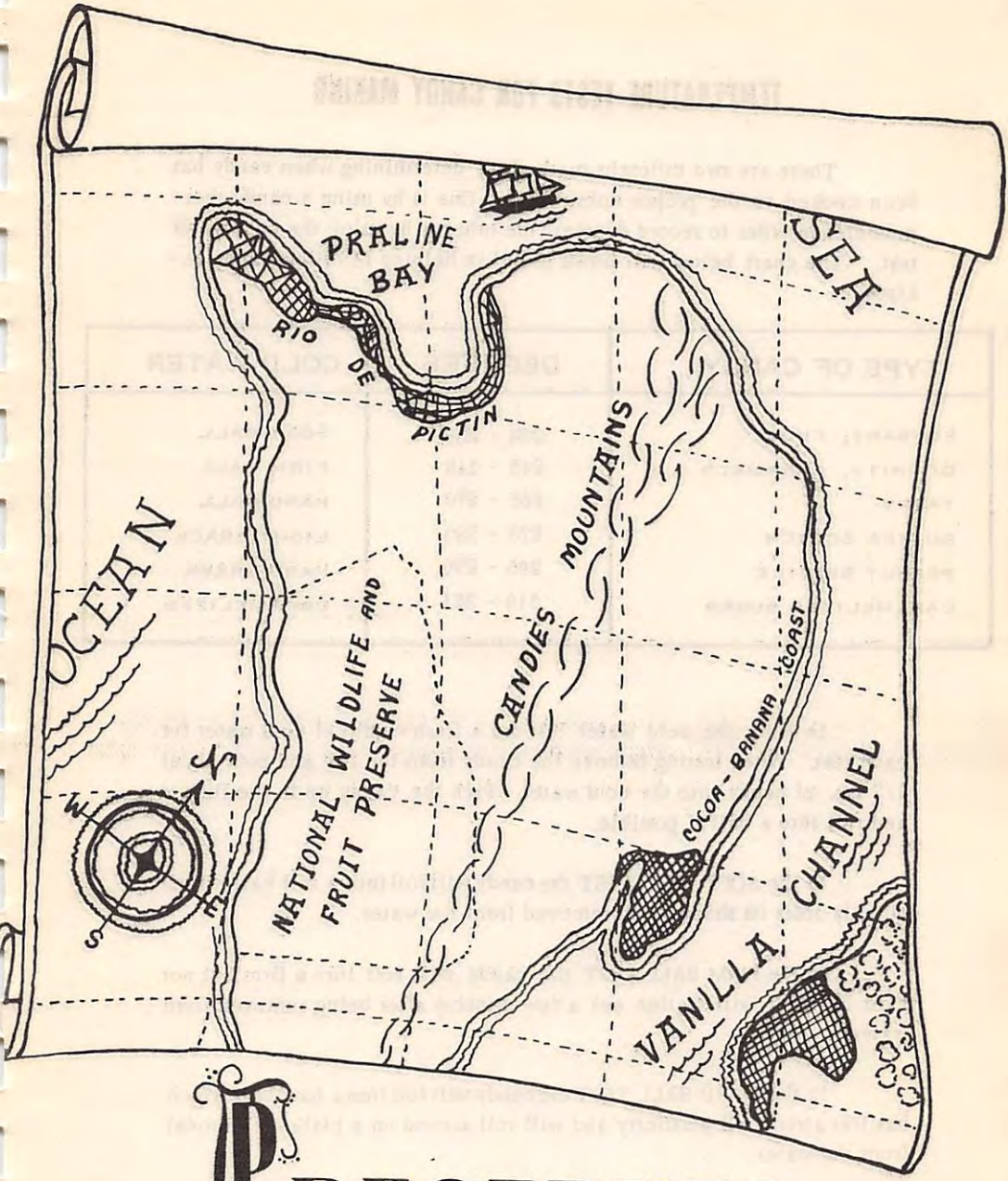
Sprinkle with sugar, cinnamon and lime juice. Add another layer of crumbs, then mangoes, sugar and lime juice.

Top with remaining crumbs, add water. Bake 350 degree oven 1 hour or until mangoes are tender.

HEAVENLY HASH — Mrs. S. H. Stevens, Sr.

1 c. confectioners sugar
2 c. chopped pecans or shredded coconut
2 pts. whipped cream
4 doz. marshmallows
1 c. sliced candied Kumquats
2 c. Papaya cubes

Add cut marshmallows to whipped cream and let stand until very cold. Add papaya, sugar, nuts and sliced kumquat. Pile in tall glasses, serve cold.



PRESERVES

JELLY CANDY

TEMPERATURE TESTS FOR CANDY MAKING

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

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238°	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

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

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

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

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

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

PRESERVES, JELLY, CANDY

DATE AND NUT KISSES

Mrs. Arthur Morey

2 egg whites, beaten stiff
1 c. powdered sugar, add gradually
1 tsp. vanilla
1 c. nut meats, small pieces
1 c. dates, small pieces

Pour into shallow greased pan. Bake in moderate oven, until light and firm, or may be dropped on greased cookie sheet with teaspoon to look like kisses.

KUMQUAT MARMALADE

Mrs. Sidney Sandler

Wash kumquats, cut off butt and stem ends of peel. Slice very thinly, removing seeds. Measure equal parts water, sugar, and prepared fruit (2 cups each).

Bring sugar and water to a rolling boil, add fruit and boil briskly until kumquats are transparent in appearance and syrup threads.

Ladle into jars at once, and paraffin while still very hot.

MANGO JAM

Mrs. Perry Mickel

Peel and slice mangoes, cover with water and cook uncovered until tender; rub through coarse sieve.

Measure pulp, place in deep kettle and add equal amount of sugar to pulp. Boil until small amount on a cool plate will hold its shape.

This does not jell, but reaches a setting stage. If added flavor is desired when about half way through cooking, add grated pineapple (canned) or juice of limes and some peel.

SEA GRAPE JELLY

Mrs. Chas. H. Saxer

Wash and pick over the grapes making sure all are perfect and unspoiled. Put in pot and cover with 1 inch of water.

Boil until meat falls away from the pits. Put in colander to drain and use a wooden spoon to press the juice from the grapes.

Then put the juice through 2 layers of cheese cloth. Use cup of sugar to cup of juice, and boil hard until the jelly spins a thread. Put in jelly glasses and cover with paraffin. Jelly has a wonderful flavor, slightly tangy.

MANGO CHUTNEY

Mrs. W. R. Freed

10 large firm ripe mangoes
1/2 pt. raisins, seeded
1/2 pt. vinegar
1/2 pt. lime juice
1 1/2 c. brown sugar
2 garlic buttons, grated
2 chili peppers
1 Tbsp. mustard seed
1 Tbsp. mustard
1 Tbsp. ground ginger
1 1/2 Tbsp. salt

Pare and cut the mangoes in small pieces. Put all ingredients together in a bowl, cover and let stand over night; the next morning, cook for 3 hours.

Seal in sterilized jars.

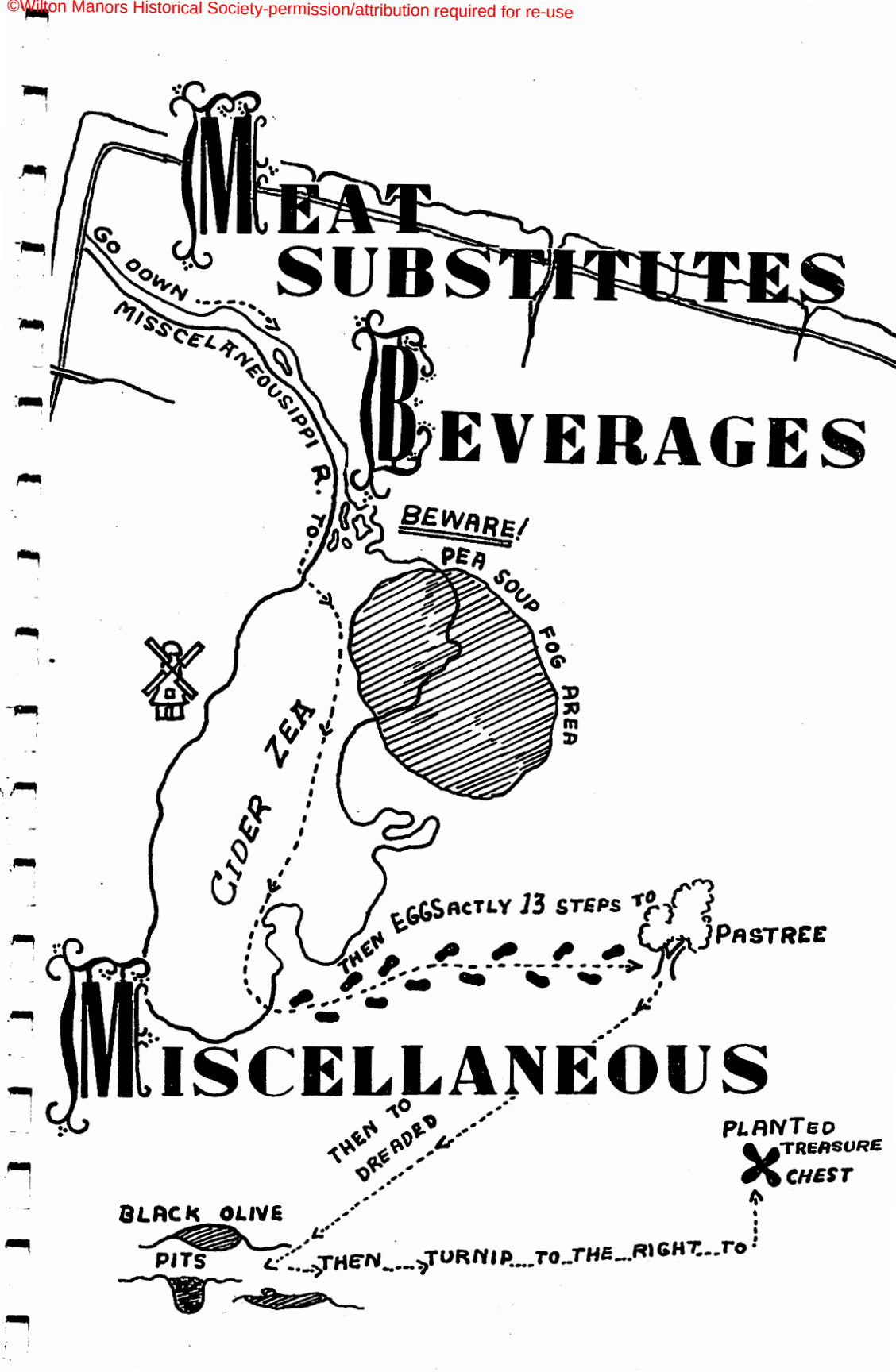
GREEN MANGO CHUTNEY

2 1/2 c. vinegar
7 c. sugar
12 c. sliced peeled mangoes
1/2 c. chopped green ginger roots
1/2 c. chopped candied ginger
4 chili peppers, chopped
2 cloves garlic, chopped
3 c. seedless raisins
2 large onions, sliced
1 tsp. salt

Boil vinegar 5 minutes with sugar in a large sauce pot. Add remaining ingredients. Simmer 30 minutes or until fruit is tender and chutney thick.

Put in sterilized jars, seal immediately.

Write an Extra Recipe Here:



TO QUICK–FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When complete ly chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 ro 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lenghwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boing water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water

COFFEE ICE CREAM

"Our Girl Scouts"

1 1/2 tsp. plain unflavored gelatin
1 egg yolk
1 tsp. salt
1 c. heavy cream or evaporated milk, whipped
1/4 c. cold milk
1 1/4 c. milk
1/2 c. sugar
3 1/2 tsp. 100% Instant Coffee

Soften gelatin in 1/4 cup cold water. Scald 1 1/4 cups milk. Beat egg yolk, add sugar and salt. Dissolve instant coffee in scalded milk and add hot coffee mixture slowly to egg mixture, stirring.

Return mixture to top of double boiler, and cook over hot water until mixture thickens, stirring constantly. Remove from heat and stir in gelatin until dissolved.

Cool and when mixture starts to thicken, fold in whipped cream or milk. Pour into freezing tray and freeze until ice cream stiffens 1/4 inch from edges of tray.

Remove to bowl and beat until smooth. Return to refrigerator and continue freezing.

Six servings.

CHOCOLATE MILK SHAKE

"Our Girl Scouts"

4 c. cold milk
2 Tbsp. sugar
1 pkg. Instant Chocolate Dessert

Pour milk in large bowl; add sugar and instant chocolate dessert and whip rapidly with a rotary beater 30 seconds, until smooth.

Serve in tall glasses plain or topped with whipped cream, marshmallows, or vanilla ice cream.

Makes 4 milk shakes.

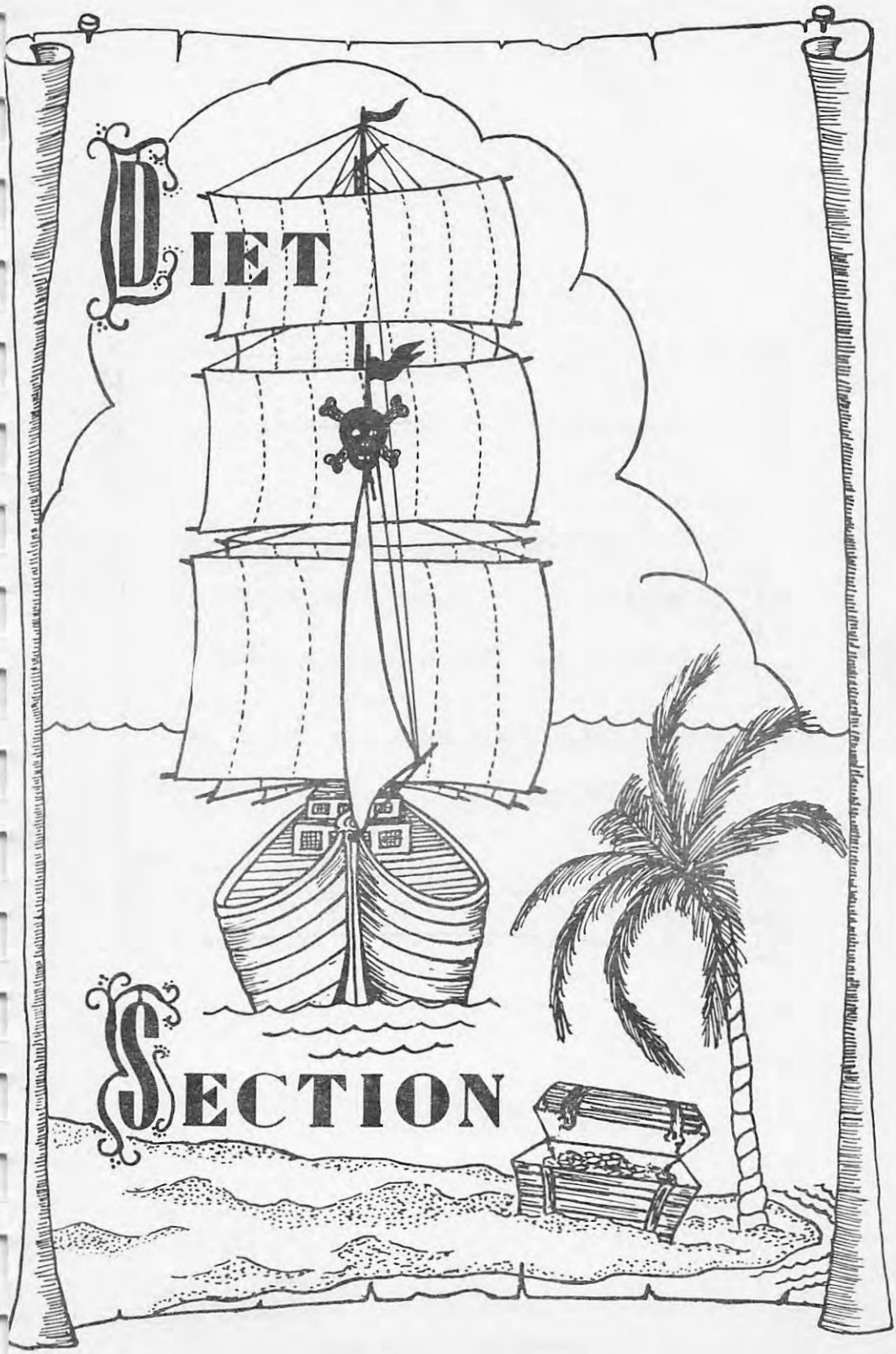
WHITE ROCK FRUIT DRINK

"Our Girl Scouts"

Place 2 or 3 cubes of ice in a 10 or 12 ounce glass. Fill halfway with your favorite bottled or canned fruit juice-grape-pineapple-grapefruit-orange-apple etc.

Sweeten to taste, fill remainder of glass with White Rock Sparkling Water. Serve with a clip of fresh lemon, orange or lime.

Write Extra Recipes Here:



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

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

EIGHTEEN DAY REDUCING DIET

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

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee
SECOND DAY:	
1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee
THIRD DAY:	
1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee
FOURTH DAY:	
1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	
Tea	Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast
Tea

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

TWELFTH DAY:

1/2 Lobster
2 Crackers
1/2 Grapefruit
Tea

1 Broiled Steak, PLAIN
Cole Slaw
1 Tomato
1 Orange

THIRTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit

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

FOURTEENTH DAY:

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

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

FIFTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit
Coffee

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

SIXTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Coffee

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

SEVENTEENTH DAY:

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

1 Small Broiled Steak, PLAIN
1 Tomato
1 Stalk Celery
Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled
1 Tomato
1/2 Grapefruit
1 Glass Lemonade NO SUGAR

1/2 Can Pink Salmon
1 Serving Spinach, PLAIN
1/2 Grapefruit
Coffee

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

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

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

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

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

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

DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	
Total	1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

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

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

DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,030

WEDNESDAY

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

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

DINNER	
Tomato Juice	50
Sirloin Steak--3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black.	
Total	1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

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

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

DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	
Total	1,025

FRIDAY

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

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

DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	

LUNCH	
Bacon and Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	

DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,155

SUNDAY

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

LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	

DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	
Total	1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

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

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

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

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

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

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

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

HIGH CALORIE DIET

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

HIGH CALORIE DIET

BREAKFAST

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

LUNCH

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

HIGH CALORIE DIET

DINNER

Meat: Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

Vegetables: Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.

Salad: Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.

Beverage: Light tea or coffee, cocoa, malted milk.

Dessert: Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

WEIGHT CHART

WOMEN

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

MEN

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

CALORIC CHART

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

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

CALORIC CHART

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

MISCELLANEOUS

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

VEGETABLES

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

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MERCHANTS

ADVERTISED

PATRONIZE

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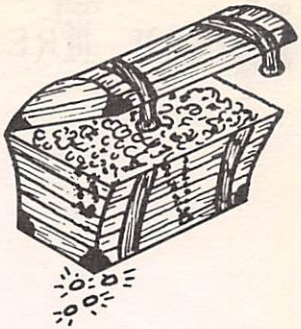

Extra Treasured Recipes