

WHAT FOOD THESE MORSELS BE



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— Committee on Cookbook —

Ruth Groat
Florence Kenyon
Gladys Love
Ruth Rand
Helen Summermatter
Marjorie Taylor, Editor
and
Sam Pipitone, Art Work

Recipes were contributed by members of the staff, each member being asked to submit favorite recipes. The committee assumed that "favorite recipe" implied personal trial by the staff member, so no attempt was made by the committee to try personally the recipes here printed. We hope our confidence will prove justified!

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PREFACE

Because this is a library staff cookbook, we have tried to arrange it in much the same way that a modern library is organized. Therefore instead of the more usual divisions of a cookbook, you will find the recipes arranged under such headings as MAIN dishes, BRANCHES (foods that go with the main dish to make a more unified whole), EXTENSION DEPARTMENT (soups and desserts, to extend the meal beyond the central portion), CHILDREN'S DEPARTMENT (candies, cookies and ice cream) and so on.

A modern library has also an Administration Department and an Acquisitions and Preparations Department. For this "cookbook library," the editorial committee stands as ADMINISTRATION, and YOU must be the ACQUISITION and PREPARATION DEPARTMENT - to acquire the necessary ingredients and prepare the meal.

We wish for you the same satisfaction in getting the right meal to the right person as librarians always feel when they can get the right book to the right reader. It is a satisfaction that goes deep, and we hope you will find it.

HAPPY COOKING!

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"MAIN DISHES"

Recipes to provide for the
main dish at a meal - -

Dinners

Luncheons

Suppers

Breakfasts

"Always have an eye to the main,
Whatsoever thou art chanced at the buy"
- John Lyly

MEAT



MEAT

"New meat begets new appetite"

- John Ray

MEAT LOAF

| | |
|----------------------------|-----------------------------------|
| 2 lbs. ground beef | 1 tsp. salt |
| 2 cups crushed corn flakes | Pinch of celery salt and of curry |
| 1 egg, beaten | 1 cup boiling water |
| 1 cup tomato soup | 4 strips bacon |

To the ground beef, add the corn flakes, and the egg, tomato soup and the seasoning. Mix thoroughly and pack firmly into a bread pan to shape. Turn out of bread pan into a small roasting pan. Pour the boiling water over the meat loaf and place bacon strips on the top. Bake in a moderate oven 30 to 35 minutes.

Christine Sullivan

MEAT LOAF

| | |
|---|-----------------------------------|
| 1-1/2 lb. ground meat (beef, pork and veal mixed) | 1/2 cup milk |
| 8-10 tbsp. bread crumbs (can be from a package) | 1-1/2 tsp. salt |
| 2 eggs, lightly beaten with a fork | 1/2 tsp. pepper |
| | 1/2 tsp. each of thyme and savory |

Mix all well together, put in a loaf tin and bake in a 350° oven for about an hour, or until the loaf begins to come away from the sides of the pan and looks browned and done.

A. M. Taylor

MEAT LOAF

| | |
|-----------------------------------|-----------------------------|
| 1-1/2 lbs. ground round steak | 1/2 tsp. black pepper |
| 1 cup dry bread crumbs | 1 tsp. celery salt |
| 1 cup tomatoes (cooked or canned) | 1 tbsp. margarine or butter |
| 1 small onion cut in small pieces | 4 slices bacon |
| 1 tsp. salt | 2-3 tbsp. flour |
| 1 tsp. poultry seasoning | 1 cup water |

Mix all ingredients together. Shape into a loaf in the center of a pan large enough for juices to run into pan. Place the slices of bacon over the top, anchored with toothpicks.

Bake 1-1/2 hours in a moderate oven, until nicely browned. Remove from pan and make gravy by adding 1 cup water mixed with the flour. Cook and stir until smooth and thickened. Serves 6-8. This is a moist meat loaf, and delicious.

Ruth B. Groat

HAMBURGER SPECIAL

| | |
|------------------------|-----------------------|
| 1-1/2 lbs. ground beef | 2 tbsp. cream mustard |
| 1-1/2 tsp. salt | 1 egg |
| 2 tbsp. minced onion | 1/4 tsp. pepper |

Knead ingredients thoroughly. Form into cakes and either fry or broil.

Clara Neal

BROILED HAMBURGERS

| | |
|---|---|
| 1 lb. ground round steak | 1/2 tsp. prepared mustard, generous measure |
| 1/4 cup sherry wine | |
| 1 egg, unbeaten | 1 small onion, finely diced |
| 1/4 cup crumbled cornflakes, or rice crispies | Salt and pepper to taste |

Mix all ingredients thoroughly, form into patties and broil until well browned on both sides. These hamburgers are very moist and tasty. This amount makes 4 medium sized patties, so would serve 4 moderately, or 2 generously.

A. M. Taylor

MOR

| | |
|--|---|
| 1 lb. hamburger, or ground round steak | Chili powder, about 2 tbsp. (to your taste) |
| 1 can tomato paste | |
| 1 can tomato sauce (purée) | 2/3 pkg. noodles (medium size) |
| 1 small can kernel corn | 1/3 lb. cheese (cheddar is good) |

Crumble hamburger in frying pan and allow to brown slowly. Add chili powder, tomato paste and tomato sauce and 3/4 cup water. Simmer. Add corn and cook until sauce is very thick.

Cook noodles in boiling salted water. Drain. Put layer of noodles in a greased casserole, then a layer of the meat sauce. Alternate the layers, ending with top layer of the meat sauce. Shred cheese over the top, and put in a moderate oven until cheese is melted. Serve with a green salad.

Dorothy H. Stimpson

MINCE

| | |
|--------------------------------|------------------------|
| 1 lb. ground round steak | Green pepper, optional |
| 1 lb. onions (4-6 medium size) | Flour or cornstarch |
| Salt and pepper to season | |

Place steak in heavy saucepan over medium heat and keep stirring until meat is thoroughly browned. Remove from heat, pour off excess fat, add a little cold water. Place the whole, peeled onions dotted around in the pan, (cut up green pepper, if desired), and add salt and pepper. Put cover on pan, bring to boil, and let simmer over very low heat for about 1 hour, being careful that the water does not all boil away. Before serving, remove onions and thicken

mince by stirring in about 2 dessert spoons of flour or cornstarch mixed with sufficient cold water to form a smooth creamy liquid. Cook over medium heat, stirring constantly, for about 2 or 3 minutes until mixture thickens. Then serve with the onions, which are still whole and well cooked through. Serves 4.

Marian Simpson
Scottish interne, 1948-49

POLONI

| | |
|--|-------------------------------|
| 1-1/2 lbs. ground round steak | Salt and pepper |
| 1 large onion, finely chopped | 2 eggs |
| 1/2 tsp. each of sage, savory and thyme | Breadcrumbs, about 1-1/2 cups |

Mix ingredients together till thoroughly blended and shape into a roll. Wrap in cloth and tie ends. Boil in large pot, with sufficient water to cover, for 1-1/2 hours. This makes a firm meat loaf which is equally good served hot or cold. Being firm, it would slice well, when cold, for sandwiches.

Marion Simpson
Scottish interne, 1948-49

We wondered about the name of this - poloni - and then found the following information in Mencken's American Language. "Bologna, in American use . . . has been reduced to balony. The English commonly make it polony." Look up Gilbert and Sullivan's song by Little Buttercup and you will meet the word again:

"I've chickens and conies, and pretty polonies
And excellent peppermint drops."

ROMAN HOLIDAY

| | |
|---|----------------------------|
| 1/4 cup shortening (Crisco, bacon drippings, or oil) | 1 tsp. salt |
| 1 onion, chopped | 1/8 tsp. pepper |
| 2 cups cooked elbow macaroni | 1-1/2 cups canned tomatoes |
| 1 lb. ground round steak | 3/4 cup grated cheese |

Fry onion in shortening. Add meat and seasonings. Cook 5 minutes. In the bottom of a greased casserole put a layer of macaroni, then a layer of the meat and drippings, then a layer of macaroni. Pour in the tomatoes. Sprinkle the cheese over the top. Cover and bake at 350° for 35 min. Remove cover and bake 10 min. longer. Serves 4-6, depending upon how hungry you are.

Ruth B. Groat

DEVILED STEAK

| | |
|----------------------|------------------------------|
| 2-3 lbs. round steak | 3 green peppers, cut up |
| Crisco | 1 can Campbell's tomato soup |
| 9 onions, diced | 1 tbsp. vinegar |

MEAT

Pound the steak well on both sides, sprinkle with salt and pepper, cut in small portions and brown quickly in hot crisco in a skillet or Dutch oven. In a separate frying pan fry the onions and peppers until brown. Add them to the steak, then add the tomato soup and vinegar. Cover and simmer over a slow fire for about an hour, or until meat is tender.

Gerald J. Parsons

MOCK BIRDS (BENLØSE FUGLER)

| | |
|---------------------|----------------------------|
| Suet or bone marrow | Ground beef |
| Onions | Beef sliced in thin slices |
| Salt and pepper | |

Have the thin beef slices about the size of a small saucer. Mix the other ingredients well and use as filling in the beef slices. Roll up and fasten with toothpicks. Brown well in hot fat, add some meat stock and let simmer until tender. When ready to serve, thicken the gravy with a little flour and water, well stirred together.

Asgjerd Moen
Norwegian interne, 1950-1951

SPAGHETTI AND MEAT SAUCE

| | |
|---------------------------|------------------------------|
| 2 tbsp. fat | Salt, pepper and garlic salt |
| 1-1/2 cups chopped celery | 2 cans tomato paste |
| 2 medium onions, chopped | 1 large (#2½) can tomatoes |
| 1/2 green pepper, chopped | 1 pkg. spaghetti or macaroni |
| 1-1/2 lb. hamburger | |

Melt fat in bottom of Dutch oven or deep skillet. Brown the celery, onion and pepper in the melted fat. Add the hamburger to above and brown it, also. Add the salt, pepper and garlic salt to taste. Add the tomato paste, cover and let simmer 1 hour. Then add the tomatoes, heat through, and serve over the previously cooked and drained spaghetti or macaroni. A dish of grated Italian cheese may be served for optional use on top. Serves 8.

Ruth Rand

SAUCE FOR SPAGHETTI AND MEAT BALLS

| | |
|-----------------------|-----------------------------|
| 1/4 cup salad oil | 2 slices of lemon |
| 1/2 cup chili sauce | 1 tsp. Worcestershire sauce |
| 1/2 cup vinegar | 1/2 tsp. chili powder |
| 1 tbsp. chopped onion | 1/4 cup brown sugar |
| 1 small clove garlic | 1 can tomato paste |
| 1 tsp. lemon juice | |

Combine all these ingredients and cook for five minutes. It may be cooked in a deep frying pan or sauce pan. Combined with spaghetti and meat balls, it makes enough to serve 4-5 people.

This recipe appeared in the Boston Sunday Herald and was said to be a favorite dish of Dominic DiMaggio, the baseball player.

For a casserole dish, boil 2 cups shell macaroni until tender. Grease a pyrex baking dish and put a layer of the cooked macaroni in the bottom. Then add a layer of meat balls and some of the sauce. Repeat these layers until dish is full. Sprinkle generous amount of grated cheese over the top and bake in a 350° oven for about an hour.

Donald Nims

KALDOLMAR (FILLED CABBAGE ROLLS)

1 medium sized cabbage

FILLING

1/4 cup rice
1 cup water
1 cup milk
1/3 lb. beef, ground
1/4 lb. pork, ground
1 egg
1/3 cup milk or cream
2 tsp. salt
1/4 tsp. white pepper

TO FRY

2 tbsp. butter
1 tbsp. brown sugar, or molasses
2 cups bouillon, or water

GRAVY

1-1/2 tbsp. flour
1/2 cup cream
Salt, white pepper

Discard wilted leaves of cabbage and cut out core. Place cabbage in boiling salted water (2 tsp. salt to each quart of water) and cook until leaves separate easily. Drain. Rinse and scald rice. Bring water to boiling point, add rice and simmer until water disappears. Then add milk and cook slowly until rice is tender (about 30 min.), stirring occasionally. Cool and mix with ground meat, egg, milk and seasoning. Trim thick center vein of cabbage leaves and put 2 tbsp. mixture on each leaf. Fold leaves and fasten with string or toothpick. Heat butter in skillet and brown cabbage rolls on both sides. Place in Dutch oven and sprinkle with brown sugar. Rinse skillet out with boiling water and pour over the rolls. Add more bouillon or water and cook slowly - 1-1/4 hrs. or until tender. Baste occasionally. Arrange in deep serving dish, removing toothpicks and/or string. Mix flour and cream and add to pan juice while stirring. Simmer 10 min., season, and pour over rolls.

This is a main dish, and will serve about 8.

Jane Walker

STEAK AND KIDNEY PIE

1-1/2 lb. beef (chuck or round)
2 lamb kidneys
3 tbsp. flour
Salt, pepper and herbs

Bacon fat or drippings
3 cups stock
Pastry for crust

Cut beef and kidneys into 1-1/2 in. cubes, roll in flour seasoned with salt, pepper and any favorite herbs. In a Dutch oven or similar kettle, brown the

meat in the drippings, pour in stock, cover and let simmer on top of stove about 2 hours, or until meat is tender. Thicken stock with flour to make a gravy, add seasoning if necessary and to taste, place in a baking dish and cover with a pie crust. Bake in a hot oven, about 450° about 20 minutes.

Especially nice served with fresh peas and new potatoes. Serves 6.

Adapted by Ruth Groat from a recipe furnished by Dorothy Bowsher, English interne, 1949

BEEF STEW

| | |
|--|--|
| 3 lbs. stewing beef, cut into 2 in. square pieces. (If the butcher will do the cutting for you, it's much easier). | 6 small carrots, sliced or quartered |
| 6 small onions, cut up | Some potatoes cut in cubes (Omit this if plan to serve potatoes as an extra vegetable) |

Method: Melt 3 tbsp. fat or cooking oil, and heat until very hot. Roll pieces of meat in flour seasoned with salt and pepper and brown them in the hot oil. Do only a few pieces at a time, so that the oil stays good and hot throughout the process of browning. Remove browned pieces as they are done to another pot. Add oil as needed. After all the meat is browned and removed, add the onions to the remaining fat and brown them, or lightly cook. Then combine the meat and onions in one of the pots, preferably a Dutch oven, cover with boiling water and simmer, covered for about 1-1/2 hours. Then add the carrots (and potatoes if you decide to have them in the stew) and cook about 1-2 hour longer, or until the meat and the vegetables are tender. More salt and pepper may be needed as you add the vegetables. Taste to check on this. When meat and vegetables are done, thicken the gravy with flour stirred up in cold water. Start with 1/4 cup flour stirred into 1/4 cup water. Add this gradually to gravy while it continues to simmer. Increase amount if necessary.

Jean McIntosh, Canadian interne, 1947-48

ROAST BEEF

This quick cooking method was recommended to me by a very good cook. She thinks this is the best way to roast beef, because all the natural juices are retained and the beef comes out moist and tender.

Scrape the beef, but don't wash it. Put it into a covered roaster with no water added, and put into a very hot oven. When partially done, turn, season with salt and pepper, and continue cooking in the same hot oven and still covered, until done. A bay leaf may be added to the roaster, if desired.

A. M. Taylor

BACON AND LIVER CASSEROLE

| | |
|----------------------------|----------------------------------|
| 1-1/2 cups potatoes, diced | 1 cup fresh or canned mushrooms |
| 3 slices bacon | 1 small onion, grated (optional) |
| 1/2 lb. liver | Salt and pepper |
| 1-1/2 tbsp. flour | |

Peel and dice potatoes, enough to make 1-1/2 cups. Set aside. Pan fry, slowly, the bacon, diced not too fine. Remove bacon from pan and sauté the liver, cut in fairly small chunks, in the bacon fat. Grease thoroughly a pyrex casserole. Put in the bacon, liver, mushrooms, potatoes, and onion if desired, in layers. Mix the flour with 1-1/2 cups water and stir (or shake in a covered shaker) until smooth. Pour this into the hot bacon grease, stirring in well, then add 1-1/2 cup more water, 1/2 tsp. salt, a dash of pepper and cook until it thickens like gravy. (Add more salt and pepper, if necessary). Pour the gravy into the casserole and bake covered at 325° for one hour or until the potatoes seem done when tested with a fork.

Marian Ross Harrold

HAM, COOKED IN MILK

| | |
|---|--------------------|
| 1 slice of ham, large enough to serve 4 | 2 tsp. dry mustard |
| 4 tsp. brown sugar | Milk |

Put the slice of ham in a dripping pan, and add milk to cover the bottom of pan, but not to cover the ham. Have oven at about 350° to 375°.

After cooking about 15 min., baste ham with the milk. After another 15 min. mix well the brown sugar and mustard and sprinkle over the top of the ham. Continue cooking another half hour or so. If milk looks as though it were not being absorbed by the ham, make the oven a little hotter.

A. M. Taylor

HAM LOAF

| | |
|-------------------------|---------------------|
| 1 lb. ground ham | 1/2 cup milk |
| 1 lb. ground fresh pork | 2 eggs, beaten |
| 1 cup bread crumbs | 2 tbsp. lemon juice |

Mix all together, form into a loaf, roll in brown sugar. As it bakes, baste with pineapple juice. Bake about 1-1/2 to 2 hours in a 350° oven.

E. B. Gurney

LAMB AND CABBAGE (FÅR I KÅL)

| | |
|---------------------------------|--------------------------------|
| 1 head of cabbage | 1 tbsp. whole black pepper |
| 3 lbs. lamb, breast or forepart | 1/2 tbsp. salt |
| Butter | 1-1/2 cups water or meat stock |
| 2 tbsp. flour | |

Cut meat in pieces suitable for serving, wash, dry in a towel, brown in butter in skillet or Dutch oven, add water or meat stock and let simmer for half an hour (or longer, if the cabbage you have is young and tender).

Cut the cabbage head in 8 wedges, place in boiling water in another kettle, let come to a boil and drain. (This makes cabbage easier to digest).

Place the meat and cabbage in layers in the Dutch oven, sprinkle with salt and flour and add the pepper (tied in a spice bag). Pour meat stock over and let simmer for about 2 hours or until the meat is tender.

If desired, a few medium sized potatoes and carrots may be placed with the stew after the first hour and a half cooking time. If green tender cabbage is used, do not add until 3/4 of an hour before the meat is done, then place cabbage on top of meat, rather than in layers. In this way the cabbage gets well steamed through.

Asgjerd Moen, Norwegian interne, 1950-51

BAKED PORK CHOPS

Grease a casserole and spread a layer of sliced onions in the bottom. Wipe pork chops with a damp cloth, dip in flour seasoned with salt and pepper, and a little marjoram and oregano if desired. Put the pork chops in the casserole on top of the onions, add water to just cover the chops. Bake covered in a medium oven for about an hour and a half, or until tender and done.

A. M. Taylor

KRAUT BALLS

| | |
|----------------------|------------------------|
| 1 lb. bulk sausage | 1 egg |
| 1 cup washed rice | 1 large can sauerkraut |
| 1 large onion, diced | |

While Kraut is coming to a boil, mix all the other ingredients. Use tablespoon to mold balls. Drop balls into boiling kraut. Cook until done, about one-half to three-quarters of an hour. This will serve six as a main dish.

Betty J. Shafer

TONGUE A LA MODE

Soak a corned tongue overnight. In the morning put it on in cold water and boil slowly and steadily until tender. When done, skin while it is hot. When cold, slice thinly and let simmer in sauce in double boiler. Save broth in which tongue was boiled.

SAUCE

| | |
|--------------------------------|------------------------|
| 1 pt. can tomatoes | 2 tbsp. flour |
| 2 medium onions, thinly sliced | 1 can button mushrooms |
| Cassia buds, and 2 bay leaves | |

Cook the tomatoes and onions together, add a few cassia buds and the bay leaves. Boil all these together for half an hour. Strain.

Brown the 2 tbsp. flour, add 1/2 cup of broth in which tongue was boiled, and add the liquor from the can of mushrooms. Strain and add to the tomatoes. Add the mushrooms, add the thin slices of tongue and let simmer in top of double boiler.

Emma Swift

MEAT

9

CHOW MEIN

| | |
|--|-------------------------------------|
| 1 slice of veal cutlet | Salt and pepper to taste |
| 2 slices salt pork or 2 slices bacon, diced | 1 tbsp. (or a little less) of flour |
| 1 cup diced onions | 1 can bean sprouts |
| 2 cups diced celery | Rice |
| 2 tbsp. choy sauce | Chinese noodles |

Cover the veal cutlet with about 2 cups of water and cook for ten minutes. Drain off liquor and save. Dice the veal.

Cook the salt pork (or bacon), diced, in frying pan until done. Add the diced veal and brown over a low fire so meat will not be toughened.

Add the liquor in which veal was cooked, then the onions, celery and choy sauce, and cook slowly until tender. Season with salt and pepper, and thicken with the flour. Just before removing from fire, add 1 can bean sprouts (drained) and heat through. Serve with plain boiled rice, and sprinkle Chinese noodles over the top.

Emma Swift

VEAL PAPRIKA

| | |
|--|---|
| 1-1/2 lbs. veal shoulder (cut in large cubes) | 1/2 cup blanched almonds (be generous) |
| 3 tbsp. bacon fat | 1/2 pt. thick sour cream |
| 2 cloves of garlic | 2 tbsp. paprika |
| 1/2 cup water | 1 tbsp. sherry |
| Salt and pepper | Flour for gravy |
| 1 tbsp. poppy seeds | Noodles |

Brown the veal in the bacon fat and garlic. Add the next four items (water, seasoning, poppy seeds and almonds). Cover and cook slowly, 1 to 1-1/2 hours, adding more water if necessary. Remove meat, thicken gravy with flour. Add the sour cream, paprika and sherry. Replace meat. Serve on bed of fine cooked noodles.

This makes a good, filling, party supper dish. It can be prepared the day before and reheated. But if so, omit the sherry until the last minute. The veal dish will reheat while the noodles are cooking.

Elizabeth G. Bowerman, ex- R.P.L.

CHICKEN, FISH, LOBSTER

"The chicken is the country's,
but the city eats it"

- George Herbert

"If I eat lobster, 'tis so warming,
That every man I see looks charming"

- John Gay

CHICKEN

Get chicken cut as for fricassee, or buy parts, such as breasts, legs, etc. according to taste. Wash, dip in flour seasoned with salt and pepper, and brown in plenty of hot butter. When all pieces are browned, add a little hot water, cover and steam cook for about an hour and a half or two hours, or until tender. They can be done in a covered Revere Ware type skillet on top of the stove over low heat, or in a covered roaster in the oven at about 325°. If desired, add a bay leaf and a little marjoram before covering for the steaming process.

A. M. Taylor

CHICKEN DIVAN

Chicken, large pieces of cooked
(preferably white meat)
Broccoli

White sauce
Parmesan cheese

Have ready some nice big pieces of cooked chicken (white meat slices are best). Grease a shallow casserole, or oven-proof platter. Prepare 1 bunch broccoli for cooking - cutting in slices lengthwise. Cook, drain, and arrange in a layer in the greased dish. Season with salt and pepper. Cover broccoli with the chicken slices. Then cover the whole with 2 cups rich well seasoned white sauce, to which has been added 1/4 cup Parmesan cheese. Sprinkle about 1/4 cup more of the cheese on top and put under broiler, but not too near the heat. When sauce bubbles and is brown, it's ready to serve.

Serves 6 (or less, depending on how much chicken you had. Turkey may be substituted for the chicken, if desired, and asparagus, when in season, may be substituted for the broccoli).

Hazelle R. Mummey

CHICKEN PIE

| | |
|----------------------|--------|
| 2 cups chicken meat | Salt |
| 2 cups chicken stock | Pepper |
| 2 hard boiled eggs | Nutmeg |
| 1-1/2 cups Bisquick | |

To make dumplings:

Put chicken stock on stove to start boiling. Make dough of 3/4 cup Bisquick and either milk or water to consistency of thick waffle batter. Drop dough by teaspoonfuls into boiling chicken stock. Let boil gently for five minutes.

The pie itself:

Into greased casserole put a layer of dumplings, a layer of chicken, a layer of sliced hard boiled eggs. Sprinkle with salt, pepper and nutmeg. Continue making additional layers until all ingredients have been used. Pour any remaining stock into casserole.

With 3/4 cup Bisquick and 2 or 3 tbsp. of cold water (as needed) make crust for pie. Crust may be a criss-cross one or cover the top completely. Bake in a 400° oven for 20 min. or until crust is lightly browned.

If you have no chicken stock, 2 chicken bouillon cubes dissolved in 2 cups of hot water make a good substitute.

Margaret Browne, ex- R.P.L.

SMOTHERED CHICKEN

Have chicken cut up as for fricassee. Roll each piece in flour seasoned with salt and pepper. Put about 1/2 cup of shortening in the roaster, and let it melt. When pan is hot, add the prepared chicken. Cover and let simmer in the oven at about 350° for 30 minutes. Then turn chicken pieces over and let cook about 30 minutes more. Then add about 2 cups of water and continue to cook another 30 minutes. The gravy will be thick. Serve all on a hot platter, and garnish with parsley if desired. Keep cover on roaster all through the cooking process.

Marian Ross Harrold

MOCK CHICKEN CASSEROLE

| | |
|--------------------|------------------------------|
| 4 tbsp. shortening | 1 flat can tuna fish, flaked |
| 4 tbsp. flour | 1 3-oz. pkg. potato chips |
| 1/4 tsp. pepper | 1/2 cup mushrooms, sliced |
| 2-1/4 cups milk | |

Make a white sauce of the first 4 ingredients. Combine the flaked tuna, sliced mushrooms and 3/4 of the potato chips with the white sauce. Put into buttered casserole. Sprinkle with the remaining potato chips (crumbled). Bake 30 minutes at 350°.

This will taste even more like chicken, and be less rich if tuna is rinsed off in very hot water first.

Ruth B. Groat

BOSTON FISH CHOWDER

| | |
|-------------------------------------|------------------------|
| 1/4 lb. cubed salt pork | 4 cups milk |
| 1 or 2 onions, sliced | 3 tbsp. butter |
| 4 cups cubed or sliced raw potatoes | Boston common crackers |
| 1 lb. cod or haddock | |

Try out salt pork. Remove pork cubes and drain on brown paper. Fry onions in pork drippings until tender. Add 2 cups boiling water and the potatoes. Place the fish on top of the potatoes and steam 15 minutes. Remove fish, and when cool, bone and skin it. Place fish back in chowder and simmer 10 minutes. Add the 4 cups milk, and salt and pepper to taste. Heat until piping hot. Before serving, add the butter and 8 Boston crackers, split. Garnish top with crisp pork cubes. If possible, prepare the chowder an hour or more before serving, as the flavor improves with standing. Serve with freshly heated Boston common crackers and pickles. This amount serves 4 to 6.

Mary Carleton Moore, ex- R.P.L.

SALMON LOAF

| | |
|-------------------------------|-------------------------|
| 3 tbsp. butter | 1 cup flaked salmon |
| 3 tbsp. flour | 1 tbsp. lemon juice |
| 1 cup milk | 1 tbsp. minced parsley |
| 1/4 tsp. salt, dash of pepper | 2 eggs, slightly beaten |

(Approximately 1 small tin of salmon makes the 1 cup. The parsley may be either fresh or dried.)

Melt butter, add flour, and stir to a smooth paste. Add milk gradually, stirring and cooking until thickened. Add salt and pepper. Combine salmon, lemon juice and parsley and fold into the white sauce. Add eggs and blend. Turn into greased loaf pan. Place in pan of hot water and bake in moderate oven (350°) about 40 to 50 minutes. Serves 2 to 4. The loaf may be reheated or served cold, if there is any left over. The parsley and lemon juice make this loaf better than most salmon loaves. Do not omit!

Jean McIntosh, Canadian interne, 1947-48

BROILED LIVE LOBSTER

Select 1 to 1-1/2 lb. chicken lobster.

(To determine health of lobster, grasp it above the large claws and lift it, observing movements of claws and tail. If tail falls limp, the lobster is probably no longer alive and does not offer lobster at its best.)

Sever all claws from lobster. Pierce lobster on underside between points where larger claws join body, cut down toward tail. Finish cutting in opposite direction (through head) taking care not to cut through the "lady." Remove lady and discard. Crack open lobster so that it will lie flat, but not breaking shell entirely. Fill with dressing made of 2 tbsp. cracker crumbs moistened with olive oil and seasoned with salt, pepper, and/or herbs suitable for fish seasoning. Broil about 15 minutes or until meat is loosened from shell which will have turned red.

Norman B. Moore

SALADS, VEGETABLES

WAFFLE-PANCAKE GROUP

Suitable as main dish of the meal

TUNA SALAD

- | | |
|--------------------------------------|--------------------------|
| 1 7-oz. can tuna fish | 2 tbsp. minced onion |
| 2-1/2 - 3 cups cooked elbow macaroni | Salt and pepper to taste |
| 2/3 cup celery, cut in small pieces | 3/4 - 1 cup mayonnaise |
| Several lettuce leaves, shredded | |

Combine ingredients; toss lightly. Chill and let stand 2 hours or more. Serve garnished with sliced hard-boiled eggs, radishes, watercress, parsley, etc. This is a hearty, main-dish salad and can be stretched to serve more by adding more macaroni. Ingredients as given serve about 6 people. This, with hot rolls, plenty of iced tea and a simple fruit dessert, is the perfect supper for a hot summer day.

Ruth B. Groat

TUNA SALAD

- | | |
|--------------------------------------|---|
| 1 small can grated tuna | 2 medium sized or 1 large stalk celery |
| 1 medium sized carrot, grated | 1/4 cup mixed pickles <u>or</u> olives, |
| 2 hard boiled eggs | cut up (optional) |
| 1/2 tsp. salt | Salad dressing to mix it to moist |
| 1 tbsp. Durkee's dressing (optional) | consistency (about 1/3 cup) |

Mix all ingredients, and serve on lettuce. It improves the flavor to let it stand two or three hours in the refrigerator before serving.

Makes 4 generous or 6 medium servings.

Margaret Browne, ex- R.P.L.

VELVET SALAD

- | | |
|--------------------------------------|-------------------------|
| 1 large can sliced pineapple, cut up | 3/4 cup pineapple juice |
| 2 large oranges, peeled and cut up | 1/2 cup sugar |
| 24 marshmallows, quartered | 2 eggs, beaten |
| 1/2 lb. malaga grapes, cut in half | 2 tbsp. flour |
| and seeded | Pinch of salt |
| 1/2 cup nut meats, chopped | 1/2 pt. cream, whipped |

Put the pineapple juice in top of a double boiler, and let come to a boil, then add the sugar, the beaten eggs, the flour and the salt and stir well. Cook and stir until it forms a custard, then put it aside to cool. Combine the pineapple, oranges, marshmallows, grapes and nuts and mix into first mixture. Fold in the whipped cream. Let stand for 2 hours. Better still if it stands overnight.

Gerald J. Parsons

STAR CHICKEN SALAD

- | | |
|--|--|
| 1 cup white meat cooked chicken, diced. Save the broth. | 1 cup celery, cut in small pieces |
| 3 eggs, hard boiled | 1 cup shelled brazil nuts, peeled and cut in small pieces |
| 2 tbsp. salad oil | 1 tbsp. gelatine, soaked in 1/4 cup cold water and dissolved over hot water |
| 1 tbsp. vinegar | 1 cup mayonnaise dressing, plus extra for completed salad |
| 1/4 tsp. salt, 1/8 tsp. pepper | |
| 1 cup peeled white mushroom caps | |

Mix together the chicken and the hard cooked whites of eggs, diced. Marinate with the oil, vinegar, salt and pepper. Cook mushrooms in the white stock until tender, drain, chill, and cut in small pieces. Add the celery and the nuts. When gelatine is dissolved, add it slowly to 1 cup mayonnaise. Then mix the dressing with other ingredients, pack in a star shaped mold and chill. Turn out on a bed of lettuce leaves. Fill center and cover outside with Mayonnaise dressing and sprinkle with the yolks of eggs, rubbed through a strainer. This is a rich salad, so servings need not be large. Should serve 6-8. This recipe came from a supper course given at the Rochester Athenaeum and Mechanics Institute, now the Rochester Institute of Technology.

A. M. Taylor

BAR ROOM SALAD

- | | |
|-------------------------------------|--------------------|
| 6 potatoes, boiled in their jackets | 2 dill pickles |
| 1 bunch celery | 1 can kidney beans |
| 3 large onions | Salt and pepper |

Peel and dice the potatoes, cut up the celery, onions and pickles. Add the kidney beans, salt and pepper to season, toss all together lightly and add the following dressing.

SALAD DRESSING

- | | |
|---------------|-----------------|
| 1 egg, beaten | 1/2 cup vinegar |
| 1/4 cup sugar | |

Cook until thick, and cool before adding to the salad. This salad serves 8.

Eunice Mullan

FRUIT SALAD

- | | |
|---|----------------------------------|
| 2 grapefruit, peeled and sectioned, without skin | 12 marshmallows, cut in quarters |
| 5 oranges, peeled and sectioned, without skin | 2 bananas, sliced |
| 1 small can pineapple, cut in pieces | Maraschino cherries, for color |
| 1 large bunch small seedless grapes | Salad dressing |
| | 1 cup cream, whipped |

Combine fruits, put them in colander and let drain in refrigerator for at least an hour. The secret of a good fruit salad is to have the fruit as dry as

possible, and chilled. Just before you are ready to serve the salad, add the marshmallows and then add the salad dressing into which the whipped cream has been folded.

Marion D. Mosher

VEGETABLE LOAF

| | |
|-----------------------------|-----------------------|
| 1 cup cooked mashed carrots | 2 eggs |
| 2 cups boiled rice | 6 tbsp. peanut butter |
| 1-1/2 cups milk | Salt to taste |

Grease an oven baking dish. Beat the eggs and salt together in it. Add carrots, rice, peanut butter and milk and blend together, using a large spoon. Bake in moderate oven (350°) until set or custard-like and a golden brown.

Ruth Fischer

BOSTON BAKED BEANS

| | |
|--|--|
| 1 lb. dried beans (pea, yellow-eyed, kidney, or Jacob's cattle beans) | 1/2 to 1 cup sugar (according to sweet tooth) |
| 3/4 lb. salt pork | 3/4 tbsp. salt |
| 1 medium sized onion | 1 tsp. mustard |
| 1/2 to 3/4 cup molasses | 1/8 to 1/4 tsp. pepper |

Pick over beans, wash, cover with an inch or two of water, and soak over night. Drain, cover with fresh water, parboil until skins crack when blown upon. With perforated spoon put beans in pot with peeled onion. Add other ingredients. Score pork and place in pot, with rind side up. Barely cover beans with hot water.

Cook uncovered at 300° to 325° for two hours. Then cover pot and bake 4 hours, keeping beans nearly covered with water until the last 2 hours. Remove cover and do not add any more water in order that the pork rind may become crisp.

Serve with chili sauce, ketchup or piccalilli.

(If pressure cooker is used for first 20 minutes, beans may be baked only 3 or 4 hours.)

Mary Carleton Moore, ex- R.P.L.

WAFFLES

| | |
|----------------------|--------------------|
| 2 cups flour | 3 eggs |
| 4 tsp. baking powder | 1-1/4 cups milk |
| 1 tsp. salt | 1/3 cup shortening |
| 2 tbsp. sugar | |

Sift flour, salt and baking powder together; add eggs beaten slightly (to mix yolks and whites), stir in milk. Stir until smooth and add melted shortening.

This makes five waffles about 7 inches in diameter.

Polly Tyler

WAFFLES

| | |
|--|---------------------------------------|
| 2 cups flour | 2-1/2 tsp. baking powder |
| 2 cups buttermilk or sour milk (buttermilk preferred) | 1 tsp. salt |
| 1 tsp. soda | 7 tbsp. melted butter or other fat |
| | 1 or 2 eggs (white beaten separately) |

Sift together the dry ingredients. Add egg yolk and buttermilk. Then add grease, and fold in beaten egg white.

If you have no buttermilk or sour milk on hand, sweet milk can be used, in which case, use 3 tsp. baking powder instead of 2-1/2. But buttermilk makes a superior waffle.

This recipe is for an aluminum waffle iron of the type that does not need greasing. If you have an iron waffle iron which does need greasing, the amount of melted butter or fat may be reduced to about 1 tbsp. If the waffles are to be eaten with sausage, sausage grease is excellent to use for the shortening in place of the butter.

Bernice E. Hodges, ex- R.P.L.

EGG PANCAKES

| | |
|---------------|-------------------|
| 1/2 cup flour | 4 eggs, separated |
| 3/4 cup milk | Pinch of salt |

Mix the flour and milk well. Add salt and the egg yolks. Beat the whites of the eggs stiff and fold into first mixture, stirring slowly. This makes about 3 cups of batter. Pour 1 cup of the batter into a well-buttered and very hot skillet. When slightly brown, flip over and put into a hot oven for a few minutes. This makes a pancake very like a soufflé. It should be served immediately, and on a hot plate, because it tends to fall when taken from the oven.

The pancakes may be served with loganberries, applesauce or jelly of any flavor. Recipe serves 2.

Ruth Fischer

GERMAN POTATO PANCAKES

This recipe was given to me by my grandmother. It has been handed down (by word of mouth) in our family for several generations. The ingredients are few, and the procedure extremely simple.

| | |
|-----------------------|-----------------------|
| 1 or 2 large potatoes | 1/2 tsp. salt |
| 1 egg | 1 heaping tbsp. Spry |
| 1 scant tbsp. flour | or Crisco, for frying |

Grate the potatoes. Add to the potatoes the flour, milk, salt and egg (in any order). Heat the fat in a frying pan. For each pancake, drop a spoonful of mixture into the hot grease and flatten into a thin cake with the back of the spoon. Fry slowly until brown and crisp on each side. This recipe makes between 4 and 6 average size pancakes.

Serve HOT with catsup or pickles. 1 serving!

Muriel B. Moran, ex- R.P.L.

PENNSYLVANIA DUTCH POTATO PANCAKES

| | |
|-----------------------------|------------------------|
| 3 medium sized raw potatoes | 1-1/2 tbsp. flour |
| 2 eggs, separated | 1/2 tsp. baking powder |
| 1 tsp. salt | |

Grate (or grind fine) the raw potatoes and add the beaten egg yolks. Stir in the flour, baking powder and salt (sifted together). Stir well. Fold in the stiffly beaten egg whites. Cook immediately by dropping by spoonfuls into hot fat. Use a heavy iron skillet.

These may be served with apple sauce, or, if preferred, with beef gravy.

Marion C. Steinmann, ex- R.P.L.

“BRANCHES”

Vegetables, breads and salads
to accompany “Main” dishes

VEGETABLES



VEGETABLES

"Nourish life with vegetable food"

- Ovid

PANNED BEETS

Here is a quick way of cooking beets, especially quick if you have a shredder attachment on your electric mixer. Use raw beets, washed and peeled before shredding. Allow 1 or 2 beets per person, depending on size (size of beets and size of appetites). Melt 2 tbsp. butter or margarine in frying pan, add the shredded raw beets, cover and cook over low heat 8 to 10 minutes, stirring once or twice. Season with salt and pepper and serve.

Eleanor Jones, ex- R.P.L.

CABBAGE

This is a good way to cook cabbage. Slice or shred a medium sized cabbage, boil until tender in a small amount of water. (Try to guess the right amount so that the cabbage won't burn, and yet you won't have to pour any water off.) Then add a generous amount of butter, salt and pepper to taste, and sprinkle on some marjoram. Keep it over a low heat and cook the butter and seasonings well into the cabbage. If there is any left over, it is good warmed up in cream or milk.

A. M. Taylor

PICKLED CABBAGE (SURKĀL⁰)

| | |
|--------------------------------|-----------------------|
| 1 head medium size red cabbage | 1 tart apple |
| 1 tsp. caraway seeds | 2 tbsp. pork fat |
| 1 tsp. salt | 2 tbsp. cider vinegar |
| 1 tbsp. sugar | |

Slice the cabbage finely. Place in a kettle, alternating with caraway seeds, salt, sugar and grated apple. Add just enough water to enable it to boil, and let simmer slowly over low flame until fairly tender. Then add the pork fat and continue cooking. When almost done, add the vinegar and a little more sugar if necessary.

This dish is usually served with roast pork or pork chops. It keeps for several days, and the flavor improves with reheating.

Asgjerd Moen, Norwegian interne, 1950-51

RED CABBAGE WITH APPLES

| | |
|--|-------------------------------|
| 2 tbsp. fat | 2 medium sized apples, sliced |
| 1 medium sized onion, chopped | 1 tbsp. lemon juice |
| 1 medium sized head red cabbage, shredded | 1 tbsp. sugar |
| | Salt and pepper |

Cook onion in fat until golden brown. Add cabbage and apples, and salt and pepper. Cover and cook over low heat about 15 minutes. Add lemon juice and sugar. Serves 3 to 4.

Dorothy Fleig, ex- R.P.L.

CORN PUDDING

| | |
|----------------------------------|------------------------------|
| 1 can creamed corn (medium size) | Season with salt, pepper and |
| 1 small can evaporated milk | a little sugar |
| 3 eggs, separated and beaten | |

Mix egg yolks with corn, milk, and seasonings. Fold in stiffly beaten egg whites and bake about 45 min. in a moderate oven, 325° - 350°. Serve immediately.

A. M. Taylor

SQUAW CORN

| | |
|-----------------------|-------------------------|
| 3 slices bacon, diced | Dash of pepper |
| 1 can corn (Niblets) | 3 eggs, beaten slightly |
| 1/2 tsp. salt | |

Pan-broil bacon until crisp, add corn, and heat thoroughly, allowing each kernel to become covered with bacon fat. Add salt and pepper to the beaten eggs and pour over the corn. Cook slowly, stirring occasionally until eggs are cooked. Serves 3 to 4.

Dorothy Fleig, ex- R.P.L.

SCALLOPED SQUASH

| | |
|-----------------------------------|-------------------------|
| 2 small summer squash | Butter, salt and pepper |
| 1 cup, or more, of cracker crumbs | Milk |

Remove seedy part from the squash, and chop fine. Into a greased casserole put alternate layers of cracker crumbs and chopped squash, ending with cracker crumbs. Dot each layer with butter and season with salt and pepper. (Start with the cracker crumbs as well as ending with them). Then pour in milk until it comes to the top, and bake in a moderate oven (about 350°) for an hour or more. This is a recipe that has been in Mrs. Martin Van de Visse's family for many years, and is included here with her permission.

A. M. Taylor

SUMMER SQUASH

Wash but do not peel a summer squash, and cut into 1/4 inch thick slices. Sprinkle each slice with salt and pepper and dot with bacon fat. Put into a greased baking dish, 2 or 3 slices deep.

Add a little warm water, about 1 tbsp., to start the steaming process. Cover and bake in a moderate oven 30-45 minutes. When slices are tender enough to pierce easily with a fork, remove cover, let brown on top, and serve.

Gladys E. Love

SCALLOPED POTATOES

| | |
|--------------------------------------|---|
| 5 or 6 medium sized potatoes, sliced | Green pepper, about 1/2 tbsp., cut fine |
| 1 or 2 medium sized onions, sliced | 2-3 tbsp. grated cheese |
| Salt, pepper | 3 tbsp. buttered bread crumbs |
| Flour | Milk |
| Parsley, about 1 tbsp. | 1 tbsp. butter |

Grease a casserole. Put in a layer of potatoes, sprinkle on salt, pepper and flour, then add a layer of the sliced onions with a sprinkling of parsley and green pepper. Repeat these layers. Pour in milk until you can see it, (or up to within a half inch or so of the top.) Over the top put buttered bread crumbs, the cheese (which may be in thin slices, if you don't have any grated.) Dot with butter. Cook until a fork goes easily into the potatoes. The slower the cooking the better. Oven should be at about 300° to 350°, and the baking process should take 45 min. to an hour. Be liberal with the salt.

To be really elegant, skip the flour and milk, and use a medium white sauce instead.

Dorothy Stimpson

TOMATO CASSEROLE

| | |
|------------------------------|----------------------------|
| 1 qt. peeled sliced tomatoes | Stuffing (used as topping) |
| 2 tbsp. margarine | 2 cups soft bread crumbs |
| 1 tsp. sugar | 1/4 tsp. salt |
| Salt, pepper | Dash of pepper |
| | 1/8 tsp. thyme or marjoram |
| | 1 small onion, minced |
| | 3 tbsp. melted margarine |

Place a layer of tomatoes in bottom of a greased baking dish, dot with margarine, sprinkle with sugar, salt and pepper. Then repeat with another layer.

Combine bread crumbs, seasonings, onion and add melted margarine slowly, tossing mixture lightly with fork. Spread crumb mixture on top of tomatoes and bake in a moderate oven (350°) for one hour.

Approximate yield: 6 portions.

This recipe won a prize in a large newspaper's Victory Garden Recipe Contest (1945). Used by permission.

Ruth B. Groat

SCALLOPED ONIONS

| | |
|---|------------------------------|
| 5 or 6 medium sized onions, sliced thin | 1 cup milk |
| 2 tbsp. butter or margarine | 1/4 tsp. salt |
| 2 tbsp. flour | 1 cup grated American cheese |

Melt butter, add flour and blend. Add milk slowly and cook until thick. Add salt and cheese, stir until cheese melts. Put onions in a greased casserole, pour the cheese sauce over them and bake in a moderate oven (about 350°) for one hour.

Dorothy H. Stimpson

SCOOTING-LONG-THE-SHORE

| | |
|---------------------|----------------------------|
| 1/4 cup bacon fat | 4 cups sliced raw potatoes |
| 1 cup sliced onions | Salt and pepper |

Heat bacon fat in frying pan. Add onions and potatoes, salt and pepper. Cover and cook slowly, stirring occasionally, until potatoes are tender and browned. Favorite dish of the old New England fishermen who cooked it on the shore over an open fire.

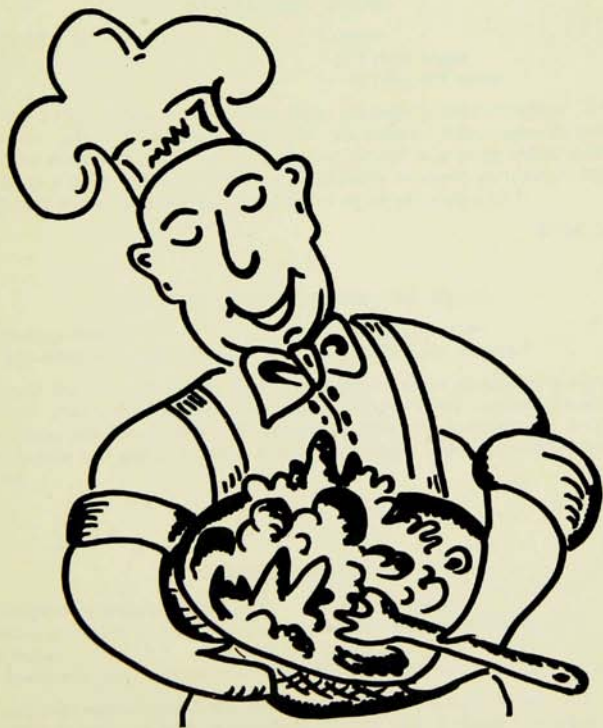
Christine Sullivan

TURNIPS

Wash and peel turnips and cut into small diced pieces. Boil in salted water until tender. Do not mash them. Pour off the water, add butter, salt and pepper. Let the butter simmer into the turnips, then add a sprinkling of mace for flavor, and paprika for looks. Turnips cooked this way are very pleasant.

A. M. Taylor

SALADS



SALADS

"According to the Spanish proverb,
four persons are wanted to make a
good salad: a spendthrift for oil,
a miser for vinegar, a counsellor
for salt, and a madman to stir
all up"

- Abraham Hayward

CRANBERRY SALAD

| | |
|------------------------|----------------------|
| 1 pkg. lemon jello | 1 apple |
| 2 cups raw cranberries | 1-1/2 cups sugar |
| 1 orange | 1-1/2 cups hot water |

Put the cranberries, orange and apple through a food chopper. Add hot water to the jello. When dissolved, add the sugar. When jello is partially set, add the fruit and put in ice box. It may be put in a large mold, individual molds, or in a square tin, and then cut in squares to serve on lettuce. Whipped cream folded into a mayonnaise dressing is good with this salad.

A. M. Taylor

PINEAPPLE COTTAGE CHEESE SALAD

| | |
|-------------------------------|------------------------|
| 1/2 lb. cottage cheese | 1 pkg. lemon jello |
| 1 large can crushed pineapple | 1/2 pt. cream, whipped |

Pour off the juice from the canned pineapple (there should be a cup of it). Heat it and pour over the jello. Set aside to cool. When cooled enough to be slightly thick, add the cheese and pineapple. When thoroughly cold, fold in the whipped cream and put in a salad mold, or in small individual salad molds, if preferred.

Emily Rowe

FRENCH DRESSING

| | |
|----------------------------------|--------------------------------|
| 1 can Campbell's tomato soup | 3/4 cup vinegar |
| Small onion grated | 2 tbsp. Worcestershire sauce |
| 3/4 cup sugar | 1 tsp. salt |
| 1 tbsp. mustard, dry or prepared | 1-1/2 cup Wesson or Mazola oil |

Put all ingredients together, beat well with a beater. Shake well before using. This dressing keeps indefinitely, except that it doesn't because it's so good and gets used up quickly.

E. B. Gurney

SALAD SUGGESTIONS

Salads are largely a matter of individual initiative and imagination, but we list here a few suggestions, which you may follow or adapt, or simply use as a "springboard" to original ideas of your own. Lettuce is used as a base for most salads and should always be fresh and crisp. Wash and separate leaves, shake off moisture, wrap loosely in a clean towel and keep in refrigerator until ready to use.

Slices of orange and onion, a dash of marjoram, and French dressing.

.....

Sections of grapefruit and wedges of avocado pear, with French dressing. Use a dash of paprika for color.

.....

Diced apple, cut up celery and raisins. If apples are nice red ones, wash and leave skin on for a touch of color. Mix with mayonnaise. Grated carrots may be substituted for the raisins.

.....

Banana, cut in lengthwise quarters, rolled in chopped nuts, or in crumbled corn flakes. Serve with mayonnaise garnished with maraschino cherry.

.....

Sliced bananas, pineapple, and cut up nuts served with a whipped cream dressing, or just plain whipped cream.

.....

Cantaloupe wedges.

.....

Peach or pear halves, served with cottage or cream cheese, garnished with chopped nuts, mint jelly or maraschino cherries.

.....

Slices of pineapple. Roll edges in paprika and put cream cheese on slices in such a way as to suggest spokes of a wheel.

.....

Dates, celery, pecans or dates, cream cheese and nuts.

.....

Cottage cheese balls rolled in chopped nuts or in chopped chives or parsley.

.....

Chopped, or diced, cooked beets, celery and onion.

.....

Cabbage, cucumber pickle, cheese and pimiento. A boiled dressing is good with salads made from cabbage.

Cabbage, carrots and raisins

.

Cabbage and pineapple.

.

Watercress and sliced radishes make a fresh looking salad when served on crisp lettuce, with French dressing.

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With a mixed (or tossed) green salad, thinly sliced raw cauliflower buds make a nice addition. For herbs with this salad, use marjoram, tarragon and oregano.

A. M. Taylor

JELLIED VEGETABLE SALAD

| | |
|----------------------------|-------------------------------|
| 1 pkg. lime or lemon jello | 2 small onions |
| 4 carrots | 1/4 medium size green pepper |
| 4 stalks celery | 4 or 5 drops of Tabasco sauce |

Prepare jello as directed on the package. Grate the carrots, cut finely the celery, pepper and onions. This amount of vegetable should make something over 2 cupfuls. When the jello is partially set, add the vegetables, shake in the Tabasco sauce, mix well and put in molds, either individual or one large one. Unmold on lettuce and serve with any desired salad dressing. Using a large amount of vegetable as stated makes the salad good, and the few drops of Tabasco sauce give it just that added tang that pleases the palate. You can't be in too much of a hurry when you make this salad, because it takes quite a long time for the jello to set enough to add the vegetables. Allow about 2 hours.

A. M. Taylor

MAYONNAISE

Guaranteed not to separate and keeps well.

| | |
|----------------------|------------------------------|
| 3 tbsp. flour | 1 egg, unbeaten |
| 1 tbsp. mustard, dry | 2 cups Mazola (or other oil) |
| 1 tbsp. sugar | 2 tbsp. vinegar |
| 2-1/2 tsp. salt | 2 tbsp. lemon juice |
| Dash of paprika | 1 tsp. Worcestershire sauce |
| 2 cups cold water | |

Mix flour, mustard, sugar, salt, paprika; add slowly the cold water. Cook mixture 20 minutes in double boiler, stirring until smooth. Cool. Add egg. Beat in. Add oil gradually, beating as added. When all the oil has been added and beaten in well, add vinegar, lemon juice and Worcestershire sauce. Beat until smooth. Put in a jar and store in a cool place or refrigerator. This makes a very large amount, about a quart or more.

Jean McIntosh, Canadian interne, 1947-48

FRENCH DRESSING (simple, but good)

| | |
|--------------------|------------------------------|
| 2 tsp. salt | 2/3 cup oil (Peanut, Mazola, |
| 2 tsp. sugar | Wesson or Olive) |
| 1 tsp. dry mustard | 1/3 cup vinegar |
| 1 tsp. paprika | |

Mix dry ingredients thoroughly, then add the oil and vinegar. Stir well, put in a jar or bottle, keep in icebox, and shake well before using. This dressing is improved by adding garlic. Cut a garlic clove in two, and let the pieces stay in the dressing. If the garlic flavor gets too strong, remove the pieces. In any case, be careful when you put the dressing on a salad that the garlic stays in the bottle!

A. M. Taylor

BREADS



BREADS

"What hymns are sung, what praises said
For home-made miracles of bread?"

- Louis Untermeyer

BUTTER BISCUITS

| | |
|------------------------------|-----------------------------|
| 1 lb. (3-1/2 cups) flour | 2 level tsp. salt |
| 4 heaping tsp. baking powder | 1 full teacup boiling water |
| 1/2 lb. (1 cup) margarine | |

Sift flour, baking powder and salt together into a bowl. Cut up margarine in another bowl and add the boiling water to melt the margarine thoroughly. Mix this very well into the flour mixture, and turn out on to a well-floured bread board. Keep mixture well-floured, as it is sticky at first, but it gradually firms up after it is rolled out. Roll fairly thin, cut into rounds with a cooky cutter or teacup, prick with a fork, and bake in a hot oven for 20 minutes.

Mary A. Brebner, Scottish interne, 1949-50

DANSKA WIENERBROD (DANISH PASTRY)

| | |
|-----------------------------------|-----------------------------|
| 1-1/2 cup butter or oleomargarine | FILLING |
| 3-3/4 cup flour | Apple sauce, almond paste, |
| 1-1/4 cup milk | vanilla cream, or berry jam |
| 1-1/2 yeast cakes | |
| 1/4 cup sugar | |
| 1 egg | |

Sift 1/3 cup flour on to baking board. Cut butter into flour with 2 knives or pastry blender. Let stand in cold place.

Mix yeast with 1 tbsp. sugar. Add cold milk, egg and sugar. Add flour gradually and beat with wooden spoon until smooth and glossy. Roll out on well floured baking board to 14 in. x 14 in. square. Roll out the butter dough (first process above) to 6 in. x 12 in. rectangle. Place this on top of other dough at one side and fold other side over. Roll out and fold in 3 parts from left to right as in folding a napkin, 3 times. Leave in cold place 1/2 hour.

CRESCENT TYPE. Roll dough out thin, cut in strips 5 in. wide. Cut triangles 3 in. wide at base. Place filling on base and roll up.

ENVELOPE TYPE. Roll dough out thin and cut in 4 in. squares. Spread with 1 tbsp. filling. Fold corners in toward center and press down edges.

Put pastries on baking sheet and leave in cold place to rise. Brush with lightly beaten egg. Bake in hot oven (450°) until golden yellow. When cold, spread with icing made of confectioner's sugar and water.

Jane Walker.

PARKER HOUSE ROLLS

| | |
|--------------------|------------------------------|
| 2 cups milk | 1/4 tsp. salt |
| 4 tbsp. shortening | 1 yeast cake |
| 2 tbsp. sugar | 5 cups flour (approximately) |

Add shortening, sugar and salt to the milk. Heat to scalding point. Cool to luke warm. Add yeast cake which has been dissolved in 1/3 cup luke warm water. Add flour gradually to the point where dough ceases to adhere to fingertips. Allow to rise to double its volume or more.

Roll to 3/4 in. thick, cut with round cookie cutter and stretch into oval shape. Dot with butter. Fold. Arrange on baking sheets and allow to rise for 45 minutes. Bake in hot oven, 425°, for 10 to 12 minutes.

Norman B. Moore

GIRDLE SCONES

N.B. The name of this recipe may cause a little confusion in these United States. 'Girdle' is the Scottish equivalent of the American 'griddle.' Substitute griddle for girdle and the name may seem to make more sense.

M.B.

| | |
|-------------------------------------|----------------------------------|
| 1/2 lb. (1-3/4 cup) flour | Pinch of baking soda |
| 2 tsp. baking powder (heaping tsp.) | Milk to mix (about 1 to 2 tbsp.) |
| 2 oz. (1/4 cup) margarine | preferably sour milk |
| Good pinch of salt | |

Mix flour, baking powder, salt and soda together and then add margarine, mixing until all the margarine has blended into the dry ingredients. Add the milk and make into a dough. Turn on to a floured bread board and roll into a round. Cut into 8 pieces and place on hot buttered girdle. Cook until brown.

Mary A. Brebner, Scottish interne, 1949-50

FRUIT-NUT SNACK LOAF

| | |
|---------------------------|---------------------------|
| 2 cups flour | 3/4 cup finely chopped |
| 4 tsp. baking powder | dried apricots |
| 1 tsp. salt | 1 egg, well beaten |
| 2/3 cup sugar | 1 cup milk |
| 1/2 cup chopped nut meats | 2 tbsp. melted shortening |

Sift together flour, baking powder, salt and sugar. Add the nut meats and apricots. Combine the egg, milk and shortening. Add the liquid to the dry mixture, stirring only until the flour is dampened.

Turn into a well greased 9 x 4 x 3 loaf pan. Push batter up into corners of pan, leaving center slightly hollowed. For a well-rounded loaf, allow batter to stand in pan 20 minutes before baking.

Bake in moderate oven (375°) for 1 hour.

Hilda Atterberg

SWEDISH TEA RING

| | |
|-------------------------------|---------------------|
| <u>Foundation sweet dough</u> | 6 tbsp. shortening |
| 2 cakes Fleishmann's yeast | 1/2 cup sugar |
| 1 tbsp. sugar | 1 tsp. salt |
| 1 cup lukewarm water | 7 cups sifted flour |
| 1 cup milk | 3 eggs, beaten |

Dissolve yeast and the 1 tbsp. sugar in lukewarm water. Scald milk, add shortening, sugar and salt. Cool to lukewarm, add 2 cups flour to make a batter. Add yeast and beaten eggs. Beat well. Add remaining flour or enough to make a soft dough. Knead lightly and place in a greased bowl. Cover and set in a warm place, free from drafts. Let rise until doubled in bulk (about 2 hours). When light, punch down dough and shape into Swedish Tea Ring, as follows:

| | |
|---------------------------------|-----------------|
| 1 recipe Foundation Sweet Dough | 1 cup raisins |
| 1/2 cup melted margarine | 1 tsp. cinnamon |
| 1-1/2 cups brown sugar | |

Divide dough into 3 equal portions and round up each portion into a ball. Roll out into oblong pieces 1/4 in. thick. Brush with melted margarine, sprinkle with brown sugar, raisins and cinnamon. Roll each piece as for jelly roll and place each in a circle in a large shallow greased pan. With scissors, cut 1 in. slices almost through. Turn each slice partly on its side pointing away from center. Cover and let rise in warm place about 1 hour. Brush with egg yolk beaten with 2 tbsp. cold milk. Bake at 350° about 30 minutes. While still warm, ice tops with plain icing. Makes 3 rings.

Ruth B. Groat

HOT BREAD

| | |
|--------------------------|---------------------------------|
| 1 loaf of unsliced bread | Butter, celery salt and paprika |
|--------------------------|---------------------------------|

Cut off all sides of the loaf of bread. Then slice down lengthwise of the loaf, and slice crosswise as though you were slicing the bread (but into very thick slices) and not sliced completely through. Then with soft butter, butter the loaf outside and between the slices, sprinkle with celery seed and paprika.

Bake in a slow oven (about 300°) for about 2 hours. Serve hot with soups.

Marian Steinmann, ex- R.P.L.

OATMEAL BREAD

| | |
|----------------------|--------------------------------|
| 1 cup oatmeal | 1/2 cup brown sugar |
| 2 cups boiling water | 1/2 cup nut meats (if desired) |
| 1/2 yeast cake | 1 tbsp. butter |
| 1 tsp. salt | 4 cups flour |

Scald oatmeal with the boiling water. Cool and add dissolved yeast and other ingredients. Knead. Let rise once. Form into 2 loaves. Let rise, and then bake at 375° to 425°, 45-55 minutes.

Mrs. John Adams Lowe

OATMEAL BREAD

| | | |
|-----------------|---|-------------------------|
| 2 cups water | } | Cook as you do a cereal |
| 1 cup oatmeal | | |
| 1-1/2 tsp. salt | | |

Put one square or one envelope of yeast to soak in

1/2 cup warm water

To the cereal, removed from stove and cooled slightly, add

1/2 cup molasses

1 tbsp. shortening

1 cup flour

Then add the yeast, being sure that the above mixture is lukewarm, not hot. Let the dough rise until it is soft and bubbly, about one hour. Stir and knead 5 more cups of flour into it. Form into 2 loaves, let double in bulk, then put into an oven, set at 350° and bake about an hour.

Bernice E. Hodges, ex- R.P.L.

BLUEBERRY MUFFINS

| | |
|---|----------------------|
| 2-1/2 cups flour (reserve 1/2 cup for berries) | 1/2 cup milk |
| 1 cup sugar | 3 tsp. baking powder |
| Butter size of an egg | 1/4 tsp. salt |
| 2 cups blueberries | 1 egg |

Cream butter and cream sugar into it. Add flour, with baking powder and salt sifted with it, and the milk gradually. Add the egg well beaten and at the last the blueberries mixed with the 1/2 cup of flour.

Bake in greased muffin tins (or in paper baking cups) for about 20 minutes in a 350° oven.

Emily Rowe

MUFFINS, 1 EGG

| | |
|--|---|
| 1-1/2 cups flour (or substitute 1/2 cup corn meal plus 1-1/4 cup flour) | 1 cup milk |
| 3 tsp. baking powder | 2 (or 3) tbsp. melted butter (or Spry or Crisco) |
| 1/4 tsp. salt | Nuts or raisins or blueberries or anything you like! |
| 1 (or 2) tbsp. sugar | |
| 1 egg, beaten | |

Sift together the flour, baking powder, salt and sugar. Add the other ingredients and bake in a 400° oven about 25 min. (in greased muffin tins).

This is a recipe of Dorothy Stimpson's mother, Mrs. Haney, from Georgia.

Dorothy Stimpson

WHOLE WHEAT BREAD

2 cups whole wheat flour
3/4 cup sugar
1-1/2 cups white flour
1 tsp. soda
3 tsp. baking powder
1 tsp. salt
1-1/2 cup raisins or nut meats
2 cups sour milk or buttermilk

} Sift these together

Mix in order given. Stir well. Put in greased tins. Bake about an hour and ten minutes in a 350° oven. This recipe makes 2 loaves.

This is one of my sister's recipes, which I haven't tried myself, but she always has good luck with it.

A. M. Taylor

DATE AND NUT BREAD

| | |
|--------------------------|--------------------------------------|
| 2-1/2 cups sifted flour | 2 tbsp. vinegar, plus enough boiling |
| 1 tsp. salt | water to make 1-1/2 cups |
| 1 tsp. baking soda | 1 cup pitted dates, cut in halves |
| 1 tsp. baking powder | 1 egg, beaten |
| 1 cup nut meats, chopped | 1-1/2 cups brown sugar |
| 1/4 cup shortening | |

Sift flour, salt, soda and baking powder together and mix in nut meats. Add the shortening to the vinegar and boiling water mixture, pour it over the dates, and let stand ten minutes. Combine egg and brown sugar. Add the dry ingredients to the egg mixture, alternately with the date liquid mixture.

Turn into a greased loaf pan. Bake in a moderate oven 350° for about 1 hour and 15 minutes.

Virginia Trombetta

"EXTENSION DEPARTMENT"

Both ways from the Main dish, i.e.

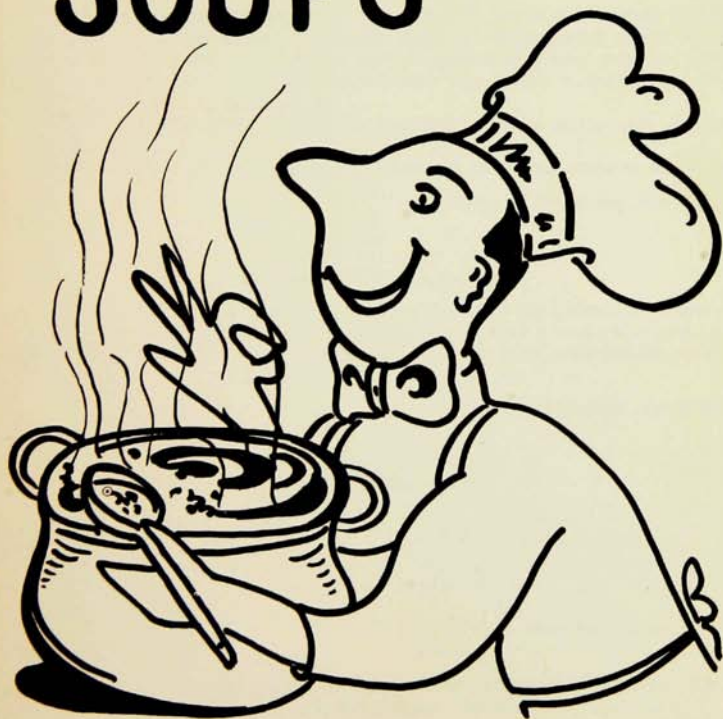
Appetizers

Soups

Desserts

Pies, Pastries, Cakes

APPETIZERS & SOUPS



APPETIZERS and SOUPS

"Now, good digestion wait on appetite"
or, in non-Shakespearian language
"Soup's on"

CANAPE SPREAD (easy to do)

| | |
|--|---|
| 1 pkg. cream cheese thinned slightly with cream | Add: finely chopped stuffed olives celery salt |
| Add: finely chopped onion and the onion juice | salt and pepper to taste |

Use on potato chips or crackers. (If spread is put on potato chips too long in advance of serving, it may make them limp. If the spreading cannot be left to do at the last minute, the spread may be served in a bowl with the potato chips on the side; then let people spread their own, or the hostess can do it on the side as drinks are being served.)

This spread will keep for days in the ice box and is better after standing for a few hours.

Pretzel sticks may also be used in place of the potato chips or crackers.

Marion C. Steinmann, ex- R.P.L.

SHRIMP COCKTAIL SAUCE

For a quick and easy sauce for shrimp cocktail, buy a bottle of prepared cocktail sauce from the grocery store, pour the desired amount in a bowl, add prepared horseradish to suit your taste. It may be used immediately, or kept in the refrigerator for a few hours.

Margaret Browne, ex- R.P.L.

BAKED BEAN SOUP

| Combine | Blend |
|------------------------|--|
| 2 cups baked beans | 1-1/2 tbsp. butter, melted (bacon fat may be substituted) |
| 1 qt. water | 1-1/2 tbsp. flour |
| 1/2 cup diced onion | Add |
| 1/2 cup diced celery | 1/2 cup chili sauce or tomato ketchup |
| Cook slowly 30 minutes | |
| Rub through strainer | |

Combine these two mixtures. Season to taste with salt and paprika. Serve with Johnnie cake or brown bread, and pickles. Serves 4.

Mary Carleton Moore, ex- R.P.L.

HOT CANAPES

1 pkg. snappy cheese
 1/4 cup butter
 1/2 cup flour

Cream the cheese and the butter; add the flour. Roll into a ball and place in the refrigerator for 24 hours. Remove from refrigerator, form into small balls and bake in a hot oven (450°) for 7-11 minutes. Serve hot.

Marion C. Steinmann, ex- R.P.L.

ONION SOUP

| | |
|---|-----------------|
| 1 lb. onions, sliced | Salt and pepper |
| 4 tbsp. butter, or substitute | French bread |
| 1 tbsp. flour | Grated cheese |
| 1-1/2 qts. chicken or beef stock (left over gravies may be used, thinned down with water) | |

Sauté the onions in the butter. When brown, sprinkle with the flour. Stir until blended. Add the stock slowly, and salt and pepper to taste.

1 or 2 slices of French bread sprinkled with cheese should be placed in each individual serving. Serve additional grated cheese with the soup, for sprinkling on top. Soup should be made several hours before serving, since flavor improves with standing. Serves 8.

Mary Carleton Moore, ex- R.P.L.

MUSHROOM SOUP

| | | |
|-------------------|--------------|----------------------|
| 1/2 lb. mushrooms | } per person | Celery salt |
| 1 cup cream | | Onion salt |
| Butter | | Bay leaf, if desired |

Chop mushrooms and brown in a generous amount of butter. Meanwhile put cream in top of double boiler, season with the celery salt and onion salt, and heat. Add the cooked mushrooms and serve. (Some people like the bay leaf added, some don't. Use your own taste to decide.) This makes a delicious soup, rich and expensive. The librarian handing it in prefers to have her name left off. (Perhaps she is afraid you will blame her if the recipe wrecks your budget.)

DESSERTS



DESSERTS

"Sweets with sweets war not,
joy delights in joy"

- Shakespeare

APPLE BROWN BETTY

| | |
|----------------------------|------------------------------------|
| 5 or 6 medium sized apples | 1-1/2 cups flake cereal (e.g. Pep, |
| 1 tsp. lemon juice | Wheaties, Grape-nuts flakes) |
| 4 tbsp. butter | 1 tsp. cinnamon |
| 3/4 cup brown sugar | 1/4 tsp. salt |

Pare and slice the apples, put in a buttered casserole and sprinkle with lemon juice.

For the topping: Cream the butter and sugar and add the cereal, cinnamon and salt.

Pat the topping mixture firmly over the apples. Bake covered at 350° for 35 minutes. Uncover and bake 15 minutes longer.

Serve warm or cold with whipped cream.

Ruth Rand

CHOCOLATE PEPPERMINT ROLL

| | |
|------------------------|---------------------|
| 1 cup granulated sugar | 1/4 tsp. salt |
| 4 eggs, separated | Vanilla |
| 2 tbsp. water | 1/2 pt. heavy cream |
| 1/3 cup flour | Sugar to sweeten |
| 1/3 cup cocoa | Peppermint essence |
| 1 tsp. baking powder | Green coloring |

Beat the egg whites and fold in 1/2 of sugar. Add water to egg yolks, beat well, add rest of sugar and fold this mixture into the egg whites. Sift the flour, cocoa, baking powder and salt together and fold into the egg mixture. Add vanilla. Bake in a shallow pan about 7 in. x 14 in. lined with heavy greased paper, 20 to 30 minutes in about a 350° oven. Turn out on a sugared cloth, cut off edges and roll up and leave until it cools. Then unroll and spread with a filling, roll up again, and it can be left in refrigerator overnight.

FILLING: Whip the cream and sweeten to taste. Add a drop or two of peppermint essence and tint with green coloring.

If you don't like the peppermint, use 1 pkg. butterscotch pudding, made with 1-1/2 cup milk and chilled before spreading on cake. Serves about 6-7.

Carolyn M. Castle

APPLE CRISP

8 tbsp. butter
1 cup brown sugar
1 cup flour

Cinnamon, nutmeg
4-6 tart apples, pared and cut
in thin slices

Put the sliced apples into a greased casserole. Melt the butter and mix with it the sugar, flour and spices. Spread this mixture on top of the apples and bake in a moderate oven (about 350°) until the apples are soft and topping is browned. To make the dish a little extra special, sprinkle cut-up walnuts or pecans over the top before baking.

Eleanor Kidder, ex- R.P.L.

BANANAS IN BLANKETS

2 cups sifted all-purpose flour
3/4 tsp. salt
3/4 cup shortening (I prefer Spry)
4 tbsp. cold water

2 bananas
4 tbsp. brown sugar
1 tsp. cinnamon
4 tbsp. butter

Sift together flour and salt. Cut in about 2/3 of the shortening with pastry blender until mixture is as fine as meal. Then cut in remaining shortening to size of large peas. Sprinkle 4 tbsp. cold water over mixture. Mix well with fork until a ball of dough is formed. Roll out on floured board and cut into four 6 in. squares.

Peel bananas, slice in half crosswise. Place a half banana on each of the pastry squares. Then put brown sugar, butter and cinnamon on each. Roll pastry around banana and fold ends under, prick with a fork, and bake in hot oven (450°) about 15 minutes or until nicely browned. Serve warm with hard sauce, whipped cream or plain cream.

Ruth B. Groat

CHOCOLATE COFFEE SPONGE PUDDING

1 envelope Knox gelatine
1/4 cup cold coffee (or cold water)
1/4 cup boiling water
1 tsp. vanilla
1/3 cup sugar

3 eggs, separated
1/4 tsp. salt
1-1/2 sq. bitter chocolate
(or 4 tbsp. cocoa)

Put sugar, melted chocolate (or cocoa), salt and boiling water together and bring to boiling point. Remove from fire. Soften the gelatine in the cold coffee (or cold water if you don't like the coffee flavor), add to the hot chocolate mixture and stir until dissolved. Cool somewhat, and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water, chill, and when firm, unmold. Serve with whipped cream if desired. Nuts may be added to the pudding, if you like, or may be used as garnish on the whipped cream.

Serves 6.

Dorothy H. Stimpson

CHOCOLATE PUFF SOUFFLE

| | |
|------------------------|-------------------|
| 1/2 of a 7-oz. package | salt |
| semi-sweet chocolate | 1 tsp. vanilla |
| 1 cup milk | 3 eggs (unbeaten) |
| 3 tbsp. sugar | |

Melt chocolate in top of double boiler. Beat until smooth. Add all of the other ingredients. Beat with egg beater for one minute. Cover and cook over boiling water 20 minutes without removing lid. Serve with cream. Serves about 4. Easy to make, and quick.

Elizabeth G. Bowerman, ex- R.P.L.

DENVER CHOCOLATE PUDDING

| | |
|----------------------|---------------------------------------|
| Sift together: | Melt over hot water and add to above: |
| 3/4 cup sugar | 1 sq. chocolate |
| 1 cup flour | 2 tbsp. butter |
| 2 tsp. baking powder | To this add: |
| 1/8 tsp. salt | 1/2 cup milk |
| | 1/2 tsp. vanilla |

Put in buttered pyrex or other baking dish about 9" x 9". Over the top sprinkle without mixing:

| | |
|--------------------------|---------------|
| 1/2 cup brown sugar | 4 tbsp. cocoa |
| 1/2 cup granulated sugar | |

Then pour over the whole thing 1 cup cold water. (Sounds wrong, but it isn't. Don't be alarmed.)

Bake 40 minutes at 325°. Let stand at room temperature for 1 hour or more. Spoon out of pan and serve with whipped cream. You will find that the sugar, cocoa and water have joined to form a rich chocolate syrup at the bottom of the pan and the cake has risen to a very light-textured cake. Very rich, but very good. Being rich, the servings should not be too large. This easily serves 6.

A. M. Taylor

GINGERSNAP DESSERT

| | |
|---------------------|-----------------------------|
| 25 gingersnaps | 3 tbsp. confectioners sugar |
| 1/2 pt. heavy cream | 1 tsp. vanilla extract |

Whip the cream and stir into it the sugar and vanilla. Spread the whipped cream generously on each gingersnap and stack them up on a platter. For easier handling, pile them up in stacks of about 5 'snaps' each. Then, as deftly as you can, place the stacks together on their sides to make one long roll. Cover the entire roll with the remaining whipped cream, and place in refrigerator over night. May be garnished with chopped nuts or maraschino cherries, if you like.

To serve, slice diagonally. Makes about 6 servings. Caution. Keep this dessert beyond the reach of those on a reducing diet.

Ruth B. Groat

INDIAN PUDDING

| | |
|------------------------------------|-----------------|
| 4 cups milk | 1 tsp. salt |
| 1/2 cup yellow corn meal | 1 tsp. cinnamon |
| 2 tbsp. melted butter or margarine | 1/4 tsp. ginger |
| 1/2 cup molasses | 2 eggs |

Scald milk. Pour slowly on corn meal, stirring constantly. Cook over hot water 20 minutes. Combine butter or margarine, molasses, salt, cinnamon and ginger. Beat eggs well; add with molasses mixture to the corn meal. Pour into greased baking dish. Place in pan of hot water. Bake in moderate oven (350°) for 1 hour. Serve hot, with hard sauce, plain or whipped cream, or ice cream. Serves 4 to 6 people.

Howard Brentlinger

(He prepared it himself, with good results!)

MAPLE SYRUP PUDDING

| | |
|------------------------|-------------------------|
| 2 tbsp. Knox gelatine | 1 pint whipping cream |
| 1-1/2 cups maple syrup | 1 cup salted pecans |
| 1/2 cup milk | 8 or 10 graham crackers |

Dissolve gelatine in a little cold water. Heat syrup to boiling point, add to softened gelatine, let cool a few minutes, and add milk. When mixture begins to thicken, add cream whipped quite stiff, and nuts chopped, but not too fine. Line a shallow pan with graham cracker crumbs and pour in mixture. Cover with more crumbs and let stand in refrigerator for about 4 hours.

Serves 10 to 12, and any left over is quite good the next day.

Florence Van Hoesen, ex- R.P.L.

LEMON PUDDING

| | |
|--------------------------|------------------------------|
| 1 cup sugar | 1 tsp. grated lemon rind |
| 1/4 cup flour | 2 egg yolks beaten |
| 1/8 tsp. salt | 1 cup milk, scalded |
| 2 tbsp. melted margarine | 2 egg whites, stiffly beaten |
| 4 or 5 tbsp. lemon juice | |

Combine sugar, salt, flour and melted margarine. Add lemon juice and grated rind. Stir in egg yolks and milk. Mix. Fold in stiffly beaten egg whites. Pour into greased shallow 1-1/2 qt. casserole. Set casserole in pan of hot water, and bake in a slow oven (about 325°) for one hour.

To serve, cut in squares and invert on pudding dishes. Invert, because this makes its own sauce. Makes about 6 average size servings.

Ruth B. Groat

LEMON SPONGE

- | | |
|--------------------------------|-----------------------------|
| 1 pkg. lemon jello | 1 large can evaporated milk |
| 1 cup hot water | (have very cold) |
| 1 lemon, grated rind and juice | 1 pkg. vanilla wafers |
| 3/4 cup sugar | |

Dissolve jello, water, juice, rind and sugar together. Cool. Whip the chilled evaporated milk and add to the first mixture when it starts to set.

Roll out the vanilla wafers, and spread the crumbs in a buttered dish 8-1/2 x 10 in. On top of the crumbs, spread the jello mixture, having first reserved some of the crumbs to sprinkle on top.

Put in refrigerator until set. Better if made the day before you plan to serve it.

Gerald J. Parsons

DUTCH APPLE CAKE

- | | |
|----------------------|--------------------------------|
| 2 cups flour | 2 eggs, separated |
| 3 tsp. baking powder | 3 tbsp. sugar (may be omitted) |
| 1 tsp. salt | 3 tbsp. melted butter |
| 1 cup milk | Apples |

Mix and sift dry ingredients. Add beaten yolks of eggs, butter and milk. Beat well. Fold in the stiffly beaten egg whites. Sugar may be added if desired. Spread dough one half inch thick in buttered pan. Cover with apples cut in eighths. Sprinkle well with sugar and powdered cinnamon.

Bake 30 minutes, or until apples are tender, in a hot oven.

Emma Swift

ORANGE PUDDING

- | | |
|-------------------------------|--------------------|
| 1 pt. milk | 1/2 cup cold water |
| 4 eggs, separated | 2 large oranges |
| 1 cup sugar | Whipping cream |
| 2 tbsp. (scant) Knox gelatine | |

Let the milk come to a boil. Beat the 4 egg yolks and the sugar to a light cream, and stir this into the milk a spoonful at a time. Remove from heat and add the gelatine which has been dissolved in the cold water. Fold in the stiffly beaten whites of the eggs. Add juice of the four oranges and some of the orange rind grated. Chill until set, in sherbet glasses. Serve with whipped cream, sweetened with a little sugar if desired.

Emily Rowe

BAKED LEMON PUDDING

2 eggs, separated
1 cup sugar
1/3 cup flour

1 cup milk
2 tbsp. melted butter
Juice and rind of 1 lemon

Beat yolks until light. Add sugar and lemon juice. Grate rind of lemon before squeezing and add this to above. Add other ingredients. Fold in beaten whites.

Bake in casserole set in pie plate of water. It takes about 45 minutes at 350°. Serves 4 to 6.

M. B. Hallock

PEACH SNOW

1 cup sugar
1 cup cream

1 qt. sliced peaches
Whites of 2 eggs

Add half the sugar to the peaches. Stir other half of sugar into the cream until dissolved. Add stiffly beaten whites of eggs. Chill thoroughly. Put peaches into glass bowl, and pour the mixture, when ice cold, over them.

Emma Swift

CHOCOLATE CUSTARD

1-1/2 squares unsweetened chocolate
4 cups milk
4 eggs, slightly beaten
1/3 cup sugar

1/4 tsp. salt
1 tsp. vanilla
Marshmallows (optional)

Add chocolate to milk. Heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine eggs, sugar and salt. Add chocolate mixture gradually, stirring until sugar is dissolved. Add vanilla and pour into custard cups in each of which a marshmallow has been placed. Set cups in a pan of hot water. Bake in a slow oven (325°) for 45 minutes, or until a knife inserted in custard comes out clean. Chill.

Serve plain, or topped with whipped cream and a dash of cinnamon.

Serves 8.

Ruth B. Groat

OZARK PUDDING

1 egg
3/4 cup sugar
2 tbsp. flour
1-1/4 tsp. salt

1/2 cup nuts, chopped
1/2 cup apples (tart), chopped
1 tsp. vanilla

Beat egg, add sugar and beat until light and fluffy. Add flour, baking powder, salt. Beat. Add nuts and apples. Bake in a greased pan 35 minutes at 350°. Serve with whipped cream or ice cream. Serves 4.

Elizabeth G. Bowerman, ex- R.P.L.

SNOW BALL CUSTARD

4 eggs, separated
9 tbsp. sugar
Salt

3 cups milk
1/2 tsp. lemon extract

Beat egg whites until stiff, adding 6 tbsp. sugar and 1/8 tsp. salt. Heat milk to boiling in shallow heavy skillet. Drop teaspoonfuls of egg white mixture into hot milk; simmer one minute; turn each egg white snow ball and continue cooking one minute. Remove with slatted spoon and put in glass bowl. Continue until all egg white is used.

Beat egg yolks with remaining 3 tbsp. sugar and a pinch of salt; pour hot milk over yolks and cook over boiling water until custard coats a spoon. Add lemon extract. Pour sauce over snow balls and chill.

Serves 6.

Ruth B. Groat

STEAMED BLUEBERRY PUDDING

1 cup flour
1 tsp. cream of tartar
1/2 tsp. soda
1/2 tsp. salt

Lard size of a walnut
(about a heaping tbsp.)
Milk
1 cup blueberries
Flour to put on berries

Knead as for biscuit dough. Add milk enough so batter won't stick. Add 1 cup blueberries dredged with flour. Steam in a greased and floured tin for 1-1/4 hours. Serves 4. If you double the recipe, steam for 1-1/2 hours.

FOAMY SAUCE FOR BLUEBERRY PUDDING

1 egg
3/4 or 1/2 cup granulated sugar

vanilla to flavor
1 tbsp. heated milk

Beat white of egg stiff. Drop unbeaten yolk in and beat again. Beat in sugar, add vanilla and milk and serve at once. This is a New England recipe, which came from an aunt of

Ruth Adams, ex- R.P.L.

MOTHER'S BLÅBÄRS SOPPA (BLUEBERRY SOUP)

1 qt. fresh blueberries
1 qt. water
1/2 cup sugar

1 tbsp. cornstarch
1 tsp. lemon juice

Cook blueberries and water until blueberries are soft. Add sugar. Mix cornstarch in a little cold water; add to blueberries and let come to a boil. Add lemon juice. Serve cold. Good as a dessert.

Hilda Atterberg

STEAMED SHORTCAKE

| | |
|---------------|-----------------------|
| 2 eggs | 1/3 tsp. salt |
| 1/3 cup sugar | 2 tsp. baking powder |
| 1 cup milk | 1/2 cup melted butter |
| 2 cups flour | |

Beat together the eggs and sugar, then add the milk alternately with the flour, salt and baking powder sifted together. Add the melted butter last. Steam for 3/4 to 1 hour. Serve hot with the following:

SAUCE

| | |
|----------------|-----------------------|
| 1 cup sugar | 1 box berries, mashed |
| 1/2 cup butter | |

Cream the butter and sugar and add the mashed berries. If butter is inclined to curdle, heat the sauce a little.

This same batter, with sour cherries cooked and drained added to it, or uncooked raspberries, may be baked (instead of steamed) in individual molds and served with a clear sauce.

Carolyn M. Castle

SUMMER PUDDING

Grease the bottom and sides of a pudding basin (or bowl) and line with medium thick slices of white bread. Stew some raspberries, loganberries, or a mixture of red and black currants with sugar to sweeten. Fill the lined pudding basin with the stewed fruit and completely cover the top with more bread. Place a plate on top with a weight on top of that and put in refrigerator to chill and set. When ready to use, turn upside down onto a serving plate and serve with whipped cream. The pudding basin should act as a mold, and the pudding should retain its shape on the serving plate.

Dorothy Bowsher, English interne, 1949

N.B. A pudding basin is a pottery basin with a small base and a wider top, like an inverted cone, except that the base is flat, somewhat like a small mixing bowl with a small top, or like a plain mold. In England, pudding basins are used for cooking many dishes and puddings, especially Christmas puddings and steamed puddings.

D.B.

BUTTERSCOTCH SAUCE

| | |
|----------------------------|----------------------|
| 1-1/6 cup granulated sugar | 1/2 pint light cream |
| 1 tbsp. butter | Pinch of salt |
| 3/4 cup corn syrup | |

Mix ingredients together and cook to soft ball stage. If sauce seems too thick, dilute with milk. Will keep for days in refrigerator.

Dorothy Stimpson

TRIFLE

1. Place some sponge fingers (or cake of any sort), spread with *jam at bottom of a large bowl
 2. Soak this foundation in sherry. *Can also add a little jello (in pouring stage, not already jelled)
 3. Cover with fruit (canned fruit may be used)
 4. Pour the remaining jello over this and leave the whole thing to set.
 5. This next step is optional and can be omitted.
Make a custard flavoured with vanilla, pour over the jello when set, then leave this to set.
 6. Apply whipped cream lavishly, when serving
 7. Decorate with nuts, glace cherries, hundreds and thousands, or anything similar.
- * means items that can be left out.

To make a really "stoopendous" trifle, when you have completed items 1, 2, 3, 4, repeat the cycle, and then finish up with 5, 6, 7.

N.B. Provide lots of bicarb. for guests if necessary.

N.B. 2. The R.P.L. staff thinks the title of this dessert is a good example of the well known British understatement.

Mary Manuel, English interne, 1948-49

CHOCOLATE SAUCE

- | | |
|----------------------------------|----------------|
| 2 squares unsweetened chocolate, | 1/2 cup milk |
| cut in pieces | 1 tbsp. butter |
| 1-1/2 cup sugar | |

Boil about 6 minutes, until smooth. Remove from fire and add 1 tbsp. butter. Do not overcook. Will keep for days in the refrigerator.

Dorothy H. Stimpson

FOAMY SAUCE

- | | |
|-----------------|-------------------|
| 1/2 cup butter | 2 eggs, separated |
| 1 cup sugar | Vanilla to season |
| 1 cup hot water | |

Beat the egg yolks with 1 tbsp. cold water. Mix butter, sugar and egg yolks, add hot water, and boil until clear. Remove from stove, but keep it warm until ready to serve. Just before serving, fold in the egg whites, stiffly beaten.

Delicious on suet, or other steamed puddings.

Gladys E. Love

PIES, PASTRIES, CAKES

"The making of the cake, the heating of the oven and the baking; nay, you must stay the cooling too, or you may chance to burn your lips"

- Shakespeare

ANGEL PIE

This is a lemon flavored pie in a meringue crust.

For the Meringue:

4 egg whites, beaten. To this add gradually 1/4 tsp. cream of tartar and 1 cup sugar. Beat until glossy. Put in greased cake pan (Pyrex) and bake at 250° for 20 min., then at about 225° for 40 min. Cool.

For the Filling:

4 egg yolks. Beat until creamy. Add gradually 1/2 cup sugar, juice and rind of 1 lemon. Beat. Cook in top of double boiler until thick. Cool. Beat 1/2 pt. whipping cream, or 1 small can of evaporated milk which has been chilled. Add to the custard mixture and put in the meringue shell. Chill.

This may be made the day before you plan to serve it.

A. M. Taylor

CHOCOLATE CHIFFON PIE

3/4 cup sugar
2 tbsp. (rounded) cocoa
2 eggs, separated
3 tbsp. water
1 tsp. vanilla
Pinch of salt

1 envelop of unflavored gelatin,
(1 tbsp.) dissolved in
1/4 cup cold water
1/2 pint cream, whipped
Baked pie crust,
or graham cracker crust

In top of double boiler, mix the sugar, cocoa, beaten egg yolks, water, vanilla and salt. Place over boiling water and cook 10 minutes, stirring occasionally. Remove from fire. Dissolve the gelatin in the cold water and add to the chocolate mixture. Cool, but don't let it set. Beat the egg whites stiff, and fold into the cooled mixture. Fold most of the whipped cream into the mixture, but reserve a little to garnish pie when serving.

Pour mixture into the pie crust, 9 or 10 in. size. Sprinkle chopped nuts on top. Chill in refrigerator. Serve plain, or with the whipped cream which has been reserved.

Ruth Rand

CHOCOLATE CHIP CHIFFON PIE

| | |
|---|---|
| Baked 9 in. graham cracker or pastry crust | 1 envelop of unflavored gelatin, (1 tbsp.) dissolved in |
| 2 beaten egg yolks | 1/4 cup cold water |
| 2-1/2 tbsp. sugar | 2 beaten egg whites |
| 2/3 cup milk | 2-1/2 tbsp. sugar beaten into egg whites after whites are fluffy |
| Pinch of salt | 1/2 cup chopped semi-sweet chocolate bars or chocolate bits |
| 1 tsp. vanilla | |

Mix egg yolks and sugar in top of double boiler. Add the milk and salt, place over boiling water, cook and stir until thick. Remove from heat. Add vanilla and dissolved gelatin, and cool but don't let it set. Fold in the beaten egg whites and sugar mixture, then the chocolate bits.

Pour into the baked crust. Chill in refrigerator. Serve with whipped cream, decorated with a little shaved chocolate or small bits.

Ruth Rand

JELLO CHIFFON PIE

| | |
|---|--|
| Baked 9 in. graham cracker or pastry crust | Juice of 1 lemon |
| 1/2 pkg. (1/4 cup) jello | Small can of evaporated milk (thoroughly chilled) |
| 1/2 cup boiling water | Fruit, 2 or 3 tbsp. |
| 1/2 cup sugar | |

Cherry, strawberry, raspberry or pineapple jello may be used. Fruit should match the jello flavor, and may be fresh or frozen, except for the pineapple, which must be canned. Dissolve the jello in the boiling water. Add the sugar and lemon juice, and let cool until it thickens, but don't let it set. Beat the chilled evaporated milk with a rotary beater until the milk is foamy. Fold into the jello. Drain the fruit and fold in. Pour into the baked crust and chill in the refrigerator. On the pineapple pie, sprinkle cocoanut which has been toasted light brown in a frying pan. The berry pies can be garnished with whipped cream and a few berries.

Ruth Rand

LEMON MERINGUE PIE

| | |
|-----------------|--------------------------------------|
| 1 cup sugar | Juice and grated rind 1 lemon |
| 2 tbsp. flour | Juice and grated rind 1 small orange |
| 1 cup hot water | 1 tsp. butter |
| 2 egg yolks | 2 egg whites, 4 tbsp. sugar |

Put the sugar, flour, egg yolks and water in the top of a double boiler and cook until good and thick. Add the juice and grated rind of the lemon and orange and the butter. Let cool.

When cold, put in a baked pastry shell, cover with a meringue made with the egg whites beaten up with the sugar until stiff. Brown in a 300° oven.

Mary N. Thomas

LEMON CAKE PIE

1 unbaked pie crust
1 cup sugar
2 tbsp. flour
2 eggs, separated

Butter size of a walnut
1 lemon
1 cup sweet milk

Mix the sugar, flour, egg yolks, butter and the juice of the lemon together well. Then add the sweet milk and mix. Fold in the egg whites, beaten to a stiff froth. Pour into the pie shell and bake in a moderate oven 25 to 35 min. or until a knife inserted comes out clean.

Gerald J. Parsons

LEMON PIE

2/3 cup sugar
1 cup water
Juice of 1 lemon
1 very heaping tbsp. cornstarch,
dissolved in 1/3 cup water

3 eggs, separated
5 tbsp. sugar
Baked pie crust

Boil together in saucepan the 2/3 cup sugar, water and lemon juice. Then add the cornstarch and boil until clear. Beat the 3 egg yolks in a cup with a fork, add a little of the hot lemon mixture and mix well before adding the yolks to the mixture in the saucepan. (Makes smoother). Let mixture simmer over a tiny flame, while making a meringue of the 3 egg whites, beaten stiff with a rotary egg beater. Beat in the 5 tbsp. sugar until the eggs stand in peaks.

Pour lemon filling into baked pie crust. Pour meringue over filling, touching crust completely, and swirl spoon around in a circle to make an attractive top.

Bake at 350° for 10 minutes until meringue is a delicate brown.

Ruth Rand

PUMPKIN PIE

1/2 large can pumpkin
3/4 cup milk
1 scant tsp. ginger
3/4 tsp. cinnamon

Pinch of salt
Pinch of cloves
2 eggs
1/2 cup sugar

Mix all ingredients well together, pour into an unbaked pie crust. Bake at 400° for 20 minutes. Reduce heat to 350° and bake 1 hour longer.

May be served plain or with whipped cream, or if desired, you may top with marshmallows, cut in half the broad way, and then put under the broiler long enough to melt a bit and get delicately browned, immediately before serving.

Ruth Rand

PECAN NUT PIE

| | |
|----------------|------------------------------|
| 1/2 cup sugar | 1/4 tsp. salt |
| 2 tbsp. flour | 1/2 tsp. vanilla |
| 2 tbsp. butter | 1 cup Karo syrup, brown |
| 2 eggs, beaten | 1-1/2 cup pecan nuts, cut up |

Mix in order mentioned. This is a single crust pie. Use any good pastry recipe for the pie crust. Put crust in pie tin, add the pecan mixture and bake about 40 minutes in a moderate oven, about 350-375°.

May be served plain or with whipped cream.

A. M. Taylor

GRAHAM CRACKER CRUST

| | |
|-------------------------|-----------------------|
| 12 graham crackers | 1 tbsp. sugar |
| (12 single or 6 double) | 1/4 tsp. cinnamon |
| 1 tbsp. flour | 1/4 cup melted butter |


Crumb the graham crackers (roll on bread board or between sheets of waxed paper with a rolling pin, a few at a time). Mix the flour, sugar and cinnamon into the crumbs. Add the melted butter and mix well. Pour into a greased 9 in. pie tin, press into shape with back of a tablespoon, make firm and smooth. Bake at 350° for 5 minutes.

For filling you may use a prepared chocolate pudding, butterscotch pudding with bananas, vanilla with cocoanut, or, etc. Improved by topping with whipped cream.

Ruth Rand

TRIANGLE PASTRIES

| | |
|----------------------|-------------|
| 1/4 lb. butter | 1 cup flour |
| 1/4 lb. cream cheese | Jelly |

Mix together as you would any pastry and put in icebox overnight. Roll out, cut in two-inch squares. Put a spoonful of jelly on the pastry and fold over in  shape. Sprinkle with sugar, crimp edges with fork, prick with fork and bake 6 or 7 minutes in a very hot oven.

J. L. Sauer

MRS. LANGDEN'S BAKEWELL TARTS

| | |
|--------------------------|---------------------------------|
| 1/4 cup granulated sugar | Small amount of almond extract, |
| 4 tbsp. butter | if desired |
| 1/4 cup ground almonds | Short pastry |
| 1 egg | |

Cream butter and sugar together until thick and white. Stir in egg, and almonds, and beat well. Line patty tins with rolled out short pastry, and fill with the almond mixture. Bake in a moderate oven for about half an hour.

Joy Wilson, English interne, 1949-50

ENGLISH MINCEMEAT

| | |
|--------------------------------------|-----------------------------------|
| 1-1/2 lbs. currants | 2 lbs. brown sugar |
| 1-1/2 lbs. Sultanas (yellow raisins) | 2 tsp. mixed spices |
| 1-1/2 lbs. raisins | 2 oranges (juice and grated rind) |
| 4 lbs. apples | 2 lemons (juice and grated rind) |
| 1 lb. mixed peel | 2 tsp. salt |
| 1 lb. suet | 4 tbsp. marmalade |

Mix in all dry ingredients, adding the juice and rind of the oranges and lemons last. Raisins, apples, peel and suet should be ground (currants don't need grinding).

Donald Nims

ANGEL FOOD CAKE

| | |
|----------------------------|---------------------------------------|
| 1-1/2 cups egg whites | 1-1/2 cups granulated sugar |
| 1-1/3 tsp. cream of tartar | 1-1/4 tsp. flavoring |
| 1/4 tsp. salt | 1 cup cake flour (sifted three times) |

Beat egg whites with flat whip until frothy. Beat in cream of tartar and salt. Continue beating until egg whites are glossy, fine-grained and will stand up in a point (but not dry). Measure sugar by spooning lightly into cup. Sift and gradually beat in 1 cup of the sugar and the flavoring. Gently fold in the flour with the remaining 1-2 cup of sugar.

Bake in deep 9 inch tube pan (ungreased) for 1 hour - 30 min. at 300° and 30 min. at 325°. Remove from oven and invert until cake is entirely cold.

This recipe won a (New Hampshire) state prize for Mrs. Clyde Green of Dover, N. H. It is included here with her permission.

Mrs. Groat

CHOCOLATE CAKE

| | |
|-------------------------------|-----------------------|
| 1 egg | 1/2 tsp. salt |
| 1/2 cup cocoa | 1/2 cup sour milk |
| 1/2 cup shortening, melted | 1 cup sugar |
| 1-1/2 cups flour, sifted with | 1/2 cup boiling water |
| 1 tsp. baking soda and | 1 tsp. vanilla |

Put ingredients in mixing bowl in the order stated. Do not mix until the last item is added. Then beat well until all lumps are dissolved. Pour into a greased 9 in. square cake tin. Bake in moderate oven, 350° about 40 minutes, or until done when tested with a toothpick.

(This batter will be thin - don't worry. It's supposed to be that way.) When cool, frost with any favorite icing. This cake stays moist several days.

Ruth B. Groat

CHOCOLATE CAKE

| | |
|---------------------|---------------------|
| 2 cups cake flour | salt |
| 1 cup brown sugar | 2 eggs |
| 1 cup white sugar | 1 cup boiling water |
| 1/2 cup shortening | 1 tsp. soda |
| 1/2 cup sour milk | vanilla |
| 2 squares chocolate | |

Cream sugar and shortening. Beat eggs and add to first mixture. Add melted chocolate and beat thoroughly. Add milk and sifted flour alternately, beating well. Add boiling water in which soda is dissolved. Add vanilla. Add a little salt, to help bring out the chocolate flavor. Stir until of an even consistency; pour into a greased pan lined with waxed paper. Bake in a moderate oven, about 350° for about 25 minutes or until done.

Eleanor Kidder, ex- R.P.L.

CHOCOLATE CAKE

| | |
|--------------------|----------------------|
| 1 tbsp. butter | 1 tsp. baking powder |
| 1-1/2 cups sugar | 1/2 tsp. salt |
| 2 eggs | 1/2 cup cocoa |
| 1 tsp. vanilla | Hot water |
| 2 cups flour | 3/4 cup sour milk |
| 1 tsp. baking soda | |

Cream butter, add sugar gradually and blend together until creamy. Beat in, one at a time, the two eggs. Add vanilla and mix. Sift, then measure, 2 cups flour. Resift with baking soda, baking powder, and salt. Add sifted ingredients to butter mixture alternately with sour milk. Beat until smooth, after each addition. Put the cocoa in measuring cup, fill cup with hot water to the one cup mark, stir until dissolved. Mix this into the batter.

Bake in 2 greased 9 in. layer tins in moderate oven (375°) about 25 minutes. Spread with frosting.

FROSTING

| | |
|---------------------------|--------------------------------|
| 1 lb. confectioners sugar | Sufficient cream to make right |
| Butter, size of an egg | for spreading |
| 1 tsp. vanilla | |

Cream butter, add sifted confectioners sugar alternately with small amounts of cream, beating until of right consistence to spread. Add vanilla.

Dorothy Perkins

WACKY (CHOCOLATE) CAKE

| | |
|----------------------------|------------------------------|
| 1-1/2 level cups flour | 1 tsp. vanilla |
| 1 level cup sugar | 1 tsp. vinegar |
| 2 level tbsp. cocoa | 5 level tbsp. Spry or Crisco |
| 1 level tsp. soda | 1 cup warm water |
| 1 level tsp. baking powder | |
| 1/2 level tsp. salt | |

Place flour sifter in an ungreased pan 8 x 8 or 9 x 9. Into the sifter put all the ingredients in left-hand column. Sift them into the pan, and shake pan a little to level off. Then make 3 depressions in the sifted mixture. In one put the vanilla, in another put the vinegar and in the third put the shortening. Over the shortening pour the warm water. This helps to soften it. Then stir all very thoroughly, to remove all lumps. Bake in a 375° oven about 25 minutes. Test with straw.

FROSTING (which is put on while cake is still in pan)

About 1/2 box of 4x confectioners sugar
 1 heaping tsp. cocoa (or more if stronger chocolate flavor is desired)
 Butter or oleo the size of a walnut
 Vanilla
 Hot coffee

Mix all together. The hot coffee which is used to thin the frosting helps to melt the oleo and makes the frosting easier to mix. Add nuts if desired.

A. M. Taylor

WELLESLEY FUDGE CAKE

| | |
|-----------------------|-------------------|
| 2 sq. chocolate | 1/4 cup sour milk |
| 4 tbsp. butter | 3/4 tsp. soda |
| 1/2 cup boiling water | 1/4 tsp. salt |
| 1 cup sugar | 1-1/4 cup flour |
| 1 egg | 1/2 tsp. vanilla |

Melt chocolate and butter in double boiler, pour on water, stirring constantly, add sugar, mix, add egg well beaten, then sour milk. Sift dry ingredients, add to first mixture. Add vanilla and beat.

Put into two 8 in. greased layer cake tins. Bake about 45 minutes in a 350° oven.

FILLING AND FROSTING

| | |
|---------------|------------------|
| 1 cup sugar | 1/4 cup butter |
| 1/4 cup cocoa | 1/2 tsp. vanilla |
| 1/4 cup milk | |

Mix, boil one minute. Cool and spread.

Donald Gibbs (or wife June), ex- R.P.L.

\$100.00 CHOCOLATE CAKE

How did this cake get its name? There's a story here. A lady went to New York and in a very fashionable hotel dining room she was served the "very best chocolate cake" she ever tasted. Her appeal to the waiter for the recipe was relayed to the head waiter and at dinner the next day, there at her place was the recipe neatly typed on hotel stationery. Imagine her joy! But also imagine her husband's consternation when he received the hotel bill! The last item on the bill was:

1 chocolate cake recipe. . . . \$100.00

No redress, the lawyer said, because the lady had asked for the recipe. Ever since that memorable N. Y. visit, the story* and the recipe have been circulating together. And the cake really is GOOD.

| | |
|----------------------|--------------------------------|
| 2 cups sugar | 1/2 tsp. salt |
| 1/2 cup butter | 4 sq. bitter chocolate, melted |
| 2 eggs | 1-1/2 cup sweet milk |
| 2 cups bread flour | 1 cup chopped nuts |
| 2 tsp. baking powder | 2 tsp. vanilla |

Cream butter and sugar together, add eggs, dry ingredients sifted together, then the chocolate, milk, vanilla and nuts. Use a greased tube pan. Bake at 350° for about an hour and 10 minutes or until done. Let stand 24 hours before cutting

\$100.00 CHOCOLATE CAKE - FROSTING

| | |
|----------------------------|---------------------------|
| 1-1/2 sq. bitter chocolate | 1 tbsp. lemon juice |
| 1/8 lb. butter | 1-1/3 cup powdered sugar |
| 1/4 tsp. salt | 1 cup nuts, cut in pieces |
| 1 egg, beaten | (walnuts or pecans) |
| 1 tbsp. vanilla | |

Melt together the chocolate and butter and add salt. Cool, then add the other ingredients. This frosted cake is very moist and will keep a long time.

*We don't believe a word of the story!

Julia L. Sauer

CHERRY CAKE

| | |
|--|--|
| 8 oz. (1-3/4 cup) flour, self-raising, or add baking powder | 1/2 tsp. vanilla |
| 6 oz. (3/4 cup) butter | 6 oz. glacé cherries, cut into quarters or halves |
| 6 oz. (1 cup) sugar | Milk, if required |
| 3 eggs | |

Cream the butter and sugar together, and beat in eggs. Sift in the flour, then add the vanilla and cherries. Mix together and add milk if dough seems too stiff. Put in a tin lined with waxed paper, and bake in a moderate oven for 1-1/2 to 2 hours.

Dorothy Bowsher, English interne, 1949

CREAM SPONGE CAKE

| | |
|----------------------|--------------------------|
| 5 eggs, separated | 1-1/2 tbsp. cornstarch |
| 1 cup sugar | 1-1/2 tsp. baking powder |
| 3 tbsp. cold water | 1/4 tsp. salt |
| 1 tsp. lemon extract | 1 cup sifted flour |

Beat yolks of eggs until light yellow. Sift sugar, add to yolks and beat. Add the cold water and beat.

Mix and sift together three times the cornstarch, baking powder, salt and flour. Add the sifted dry ingredients to the egg yolk mixture and beat until light. Add the lemon extract. Beat the egg whites until thick and fold lightly into the batter. Put into an ungreased loaf pan or a regular sponge cake pan. Bake in a 325° - 350° oven for about an hour. Invert pan until cool.

Hazel Hutchinson

CRUMB TORTE

| | |
|----------------------------------|------------------------------|
| 15 graham crackers, crushed fine | 1 cup well drained pineapple |
| 1/3 cup butter | 1/2 pint cream, whipped |
| 1-1/2 cups confectioners sugar | 1 cup chopped nuts |
| 2 eggs, beaten | |

A delicious and rich refrigerator dessert. Have the butter at room temperature. Cream butter and sugar until fluffy. Add eggs and mix well. Spread the crushed graham crackers in the bottom of a greased 8 x 8 pan. Spread the butter mixture over the crumbs in an even layer. Then spread the pineapple evenly. Add the nuts to the whipped cream and spread over the pineapple. Garnish with a few of the cracker crumbs and chill 8 hours.

Gerald J. Parsons

SUNSHINE CAKE (SPONGE CAKE)

| | |
|-----------------------------|-----------------------------------|
| 1-1/4 cups granulated sugar | 1 tsp. cream of tartar |
| 1/2 cup cold water | 1 cup cake flour - sifted 3 times |
| 7 eggs (8 if small) | 1 tsp. lemon extract |

Cook sugar and water until hair stage. Beat egg yolks until thick and fluffy. Pour syrup slowly over yolks and continue beating until cool. Beat egg whites, adding cream of tartar, and beat until stiff but not dry. Then add the beaten egg whites and the sifted flour alternately into the first mixture, folding in lightly but thoroughly. The pan the cake is baked in should not be greased. Moisten it with cold water, shake out the drops, pour in the batter and bake 55 minutes - 20 min. at 300° and 35 min. at 350°. Remove from oven and invert on cake rack until cold, or until cake comes out by itself.

This recipe, also (see ANGEL FOOD CAKE) won a state prize for Mrs. Clyde Green of Dover, N. H. It is included here with her permission.

Ruth B. Groat

DAFFODIL CAKE

White Part

| | |
|--------------------------|---------------------------------|
| 6 egg whites | 3/4 cup sugar |
| 1/2 tsp. cream of tartar | 1/2 cup flour (cake flour only) |
| Pinch of salt | 1/2 tsp. vanilla |

Beat egg whites, cream tartar and salt until stiff. Sift flour and sugar together four times. Fold dry ingredients into egg whites, add vanilla, and pour into an angel food cake tin.

Yellow Part

| | |
|------------------------|---------------------------------|
| 6 egg yolks | 3/4 cup flour (cake flour only) |
| 3/4 cup sugar | 1 level tsp. baking powder |
| pinch of salt | 1/4 cup boiling water |
| 1/2 tsp. lemon extract | |

Beat egg yolks, sugar and salt three minutes. Sift flour and baking powder four times. Add the flour and water alternately to the beaten eggs and sugar. Add the lemon extract. Place by spoonfuls on top of the white part of cake. Bake 60 minutes in a 325° oven. Invert until cool.

Donald Gibbs (or wife June), ex- R.P.L.

LAZY DAISY CAKE (or BROILED COCOANUT CAKE)

| | |
|-------------------------------|----------------------------|
| 2 eggs | Topping for cake |
| 1 cup sugar | 5 tbsps. brown sugar |
| 1 cup cake flour | 2 tbsps. butter |
| Pinch salt | 3 tbsps. cream or top milk |
| 1 tsp. baking powder, heaping | 1/2 cup cocoanut |
| 1/2 cup milk | |
| 1 tbsp. butter | |
| 1 tsp. vanilla | |

Beat eggs with rotary beater until fluffy. Sift sugar and beat into eggs. Sift together the flour, salt and baking powder and add to first mixture. Heat the milk to boiling point (skin forms on top and starts to bubble). Add butter to milk after removing milk from flame. When melted together, beat into the cake mixture. Add the vanilla and beat well. Bake in ungreased 8 in. square pan at 350° for 35 minutes. While cake is baking, prepare the topping as follows: Cream together the brown sugar and butter, add the cream or milk and stir in the cocoanut.

While cake is still hot, spread topping mixture on the cake and broil under medium flame for 2 minutes until it bubbles through and browns a little. Let it cool and cut into squares when ready to serve.

Ruth Rand

GRAHAM CRACKER TORTE

| | |
|--------------------------------|-----------------------|
| 1/2 cup butter (scant measure) | 23 graham crackers, |
| 1 cup sugar | rolled to fine crumbs |
| 3 eggs, separated | 2 tsp. baking powder |
| 1 cup ground nut meats | 1 tsp. vanilla |

Cream butter and sugar together, and add beaten egg yolks. Then add the graham cracker crumbs and baking powder, sifted together twice. Add nut meats and vanilla, and last, fold in the stiffly beaten egg whites. Bake in a buttered square tin, about 10x10, in a slow oven (about 300°) for about 30 minutes.

ICING

| | |
|--------------------|----------------------------------|
| 2 tbsp. butter | 1 tsp. vanilla |
| 1 egg yolk, beaten | 6 (or more) tbsp. powdered sugar |

Mix well and spread when torte is cold.

Emma Swift

HICKORY NUT CAKE

| | |
|-----------------|----------------------|
| 1/2 cup butter | 2 tsp. baking powder |
| 1 cup sugar | Whites of 4 eggs |
| 1/2 cup milk | 1-3/4 cup flour |
| Flavor to taste | |

Cream butter and sugar, add milk, then add the flour and baking powder sifted together. Fold in the stiffly beaten egg whites. Pour into two greased layer cake tins, and bake at about 375° for about 25 minutes.

FILLING

| | |
|------------------|-----------------------------------|
| 1 cup sour cream | 1 cup finely chopped hickory nuts |
| 1 cup sugar | |

Boil the cream and sugar together for a few minutes, add nuts, and spread between the layers and on top while cake is still warm.

Emma Swift

ENGLISH FRUIT CAKE

This is not a rich fruit cake, such as we would make for a birthday or Christmas, but an everyday fruit cake of pre-war times. D.B.

| | |
|--|------------------------------|
| 12 oz. (2-5/8 cup) self-raising flour (or flour with baking powder) | 3/4 cup currants |
| 8 oz. (1-1/8 cup) sugar | 1 cup sultana raisins |
| 8 oz. (1 cup) butter | 2 oz. candied peel, cut up |
| 4 eggs | A little milk to mix |
| | Some mixed spice, if desired |

Cream butter and sugar and beat in each egg separately. Stir in flour, sugar and fruit, and add a little milk to mix, but do not make too wet, or cake will be heavy. Put the mixture in a tin lined with waxed paper, and bake in a moderate oven for 2 hours.

Dorothy Bowsher, English interne, 1949

FRUIT CAKE

1 lb. brown sugar
 1/2 lb. lard
 1/4 lb. butter
 6 eggs
 2 tbsps. molasses
 4 cups flour
 1 tsp. salt
 1 tsp. cinnamon
 1 tsp. nutmeg
 1/2 tsp. allspice

1 tsp. baking powder
 1 tsp. baking soda
 1 cup sour milk
 1/2 cup cold coffee
 1 lb. seeded raisins
 1 lb. seedless raisins
 1 lb. currants
 1/2 lb. mixed peel
 1/2 lb. dates

Sift brown sugar. Beat lard and butter until soft. Add brown sugar gradually and blend until creamy. Blend in the eggs and molasses.

Sift flour, measure, and reserve one cupful. Resift the 3 cups flour with salt, spices, baking powder and soda.

Add sifted dry ingredients to creamed mixture alternately with sour milk and coffee, combined.

Sprinkle the reserved flour over the dried fruits and stir these into the batter.

Pour batter into loaf pans lined with heavy waxed paper. Bake in very slow oven (300°F.) 1-1/2 to 2 hours. Yield: 11-12 lb. fruit cake.

Florence R. Van Hoesen, ex- R.P.L.

FRUIT CAKE

1 lb. butter
 1 lb. sugar
 10 eggs
 2 lb. currants
 2 lb. raisins
 3/4 lb. mixed peel

1/4 lb. candied cherries
 1 tsp. ground mace
 1/2 tsp. salt
 2 tsp. baking powder
 1/2 lb. each almonds, pecans
 flour to make it stiff

Cream the butter and sugar, add the eggs well beaten, then the flour, baking powder, salt, spice, sifted together, then the fruit and nuts. Bake in cake pans lined with greased paper. Bake in a very slow oven about 4-1/2 hours. (The secret of this cake is in cooking it at a very low oven for a long time.) This makes two large cakes and one small one. The recipe may be reduced to make less, but the cakes keep well. If wrapped in waxed paper and put in a covered container, they can be kept for several months.

This recipe has been in Mrs. Herbrand's family for many years. It came originally from a master baker in Toronto, Canada.

Edward Herbrand

UNCOOKED FRUIT CAKE

| | |
|-------------------------|--------------------------------------|
| 1/2 lb. graham crackers | 1/2 cup currants |
| 3/4 tsp. cinnamon | 1/2 cup chopped raisins |
| 1-1/4 tsp. cloves | 1 cup chopped dates |
| 1/4 tsp. nutmeg | 2 tbsp. shredded candied orange peel |
| 1/4 tsp. allspice | 1/2 cup shredded citron |
| 1/4 tsp. salt | 1 cup cut-up marshmallows |
| 1 cup thick sweet cream | 2 tbsp. candied cherries |

Roll graham crackers until finely crushed and to them add the spices and salt. Wash the currants thoroughly, let stand in hot water (covered) until soft. Then drain well. To the crackers and spices, add the currants, raisins, etc. as given in right-hand column above. Add the cream and mix thoroughly.

Pack in pan lined with wax paper and let stand in icebox overnight. Turn out, remove paper and serve with whipped cream or foamy sauce.

Helen Baybutt Summermatter

SCOTCH BUN (BLACK BUN)

PASTE

| | |
|------------------------|-----------------|
| 2 cups flour | 3/4 cups butter |
| 1/2 tsp. baking powder | 1 egg, beaten |

Sift the flour and baking powder. Rub in the butter (as for pastry) and mix with some of the beaten egg and sufficient cold water to make a stiff paste. Roll out about 2/3 of the dough and line a greased cake tin. Add the filling (see below), then roll out the remaining third of the dough and place on top to cover the filling. (Scottish directions call for a cake tin about 7-1/2 in. across and 3 in. deep. Since American cake tins are seldom as deep as this, I suggest using a loaf tin. Ed.)

FILLING

| | |
|--------------------------|----------------------------------|
| 2 cups flour | 2 oz. candied orange peel |
| 1/2 tsp. cream of tartar | 1/4 tsp. black pepper |
| 1/2 tsp. baking soda | 2 oz. almonds, blanched, chopped |
| 1/2 cup sugar | 1 tsp. ginger |
| 1 lb. raisins | 1 tsp. cinnamon |
| 1 lb. currants | 1 small teacup milk |

Mix all ingredients together and use as filling between the two layers of the dough. Bake in a slow oven, about 200°-225° for about 2-1/2 hours. Cake should be a golden brown.

This cake is rather rich and heavy, even for Scottish cakes, and should be offered in small pieces. For American tastes it may be found rather highly flavored.

It is normally eaten only at New Year, when it is always offered with shortbread and wine or whiskey when anyone enters a home; a friendly gesture, reminiscent (or possibly a relic) of the one-time custom of sharing bread and salt.

George A. Malley, Scottish interne, 1950-51

ICE CREAM CAKE

| | |
|------------------|----------------------------|
| 3 tbsp. butter | 1-1/2 cups pastry flour |
| 2/3 cup sugar | 2 tsp. baking powder |
| 1/2 cup milk | 2 egg whites, beaten stiff |
| 1 tsp. flavoring | 1/8 tsp. salt |

Cream the butter, add sugar gradually. Add flavoring. Sift flour, measure and sift again with the baking powder and salt. Add to first mixture, alternately with the milk. Fold in the beaten egg whites. Bake in greased tin, either loaf or round, at 350°, 40-45 minutes, or until done when tested with a toothpick.

Frost with a confectioners sugar icing, tinted if desired, and decorated. I have often used this as a birthday cake. It is good served with ice cream.

Variation in flavoring: Use lemon extract and grated rind of orange and/or lemon - 2 tsp. in cake batter and 1 tsp. in icing.

Ruth B. Groat

ORANGE NUT CAKE

| | |
|-------------------|---------------------------|
| 1/2 cup butter | 3/4 cup sour milk |
| 1-1/2 cup sugar | Rind of 1 orange, ground |
| 2 eggs | 1 cup raisins, chopped |
| 1/4 cup hot water | 1 cup nuts, cut in pieces |
| 1 tsp. soda | 2 cups sifted cake flour |

Cream butter, add sugar, then beaten eggs. Beat. Dissolve soda in hot water and add to first mixture. Beat again. Add sour milk, ground orange peel, chopped raisins and nuts. Beat in flour. Bake 45 minutes at 300°. When cooked, spoon over the top of the cake 1/4 cup orange juice mixed with 2/3 cup sugar as soon as the cake is removed from the oven.

If you prefer a cake a little less sweet, you may use only one cup sugar in the cake and 1/3 cup sugar for the frosting. This recipe was given to me by a friend from Flint, Michigan. It makes a delicious cake.

A. M. Taylor

TOMATO SOUP CAKE

| | |
|----------------------|-----------------------|
| 1 cup tomato soup | 1 tsp. nutmeg |
| 1 egg | 1 cup raisins or nuts |
| 1 cup sugar | 2 tsp. baking powder |
| 1 large tbsp. butter | 1/2 tsp. soda |
| 1 tsp. cinnamon | 2 cups flour |

Cream shortening and sugar. Add egg and soup, and the dry ingredients sifted together. Then add raisins or nuts. Bake in a moderate oven (300° to 350°) about 50 minutes, or until done.

This tastes like a spice cake, is moist, and keeps well.

Marion D. Custer

MARBLE CAKE

| | |
|----------------------|-----------------------------|
| 1 cup shortening | 1 cup milk |
| 2 cups sugar | 1 tsp. vanilla extract |
| 4 eggs | 2 sq. unsweetened chocolate |
| 3 cups flour | 3 tbsp. boiling water |
| 4 tsp. baking powder | 1/8 tsp. baking soda |
| 3/4 tsp. salt | 1/4 tsp. almond extract |

Cream together shortening and sugar. Add eggs, one at a time, beating after each. Sift together flour, baking powder and salt. Add alternately with milk to the first mixture. Add vanilla. Melt chocolate over hot water and add the water and soda.

Divide the cake mixture into two parts. To one half of the batter add the chocolate and the almond extract. Place the batter by alternate spoonfuls into a greased 9 in. tube pan. Bake in a moderate oven (350°) 1-1/4 hours. Cool 10 minutes. Remove cake from pan and cool on a wire rack. Frost with a confectioners sugar icing.

This recipe was not original with me, but the mistake I made and how I corrected it was entirely original! Instead of the baking powder, I accidentally used 4 tsp. baking soda so then I added 1/8 tsp. baking powder, and the cake came out OK.

Howard Brentlinger

PRUNE CAKE

| | |
|--|-----------------|
| 1/2 cup butter, scant | 1 cup sour milk |
| 1-1/2 cups sugar | 1 tsp. cloves |
| 2 eggs, beaten together | 1 tsp. cinnamon |
| 2-1/2 cups flour | 1 tsp. allspice |
| 1 cup cooked prunes - pulp chopped fine | 1 tsp. soda |

Cream butter and sugar, add beaten eggs and beat. Add the prune pulp and mix well. Sift flour and spices together and add alternately with the milk, into which the soda has been stirred.

This makes a good sized layer cake. May be either 2 or 3 layers. Put in greased tins, and start with a medium oven. As the cake rises the oven may be turned up a little higher. When the cake is done, it begins to shrink away from the edges of the pan. You may test it with a broom straw, or wet the finger and try it against the bottom of the pan as you would test a hot iron. If it sizzles, the cake is done.

Frost with any good white icing.

Harriet Edmonds Miles
ex-R.P.L.

CHEESE PIE

1-1/4 lbs. cottage cheese
 4 tbsp. cornstarch
 5 yolks of eggs

1 cup sugar
 1 pint thick sour cream
 5 egg whites, beaten stiff

Press cheese dry, put through a ricer, add cornstarch and a little salt. Mix and stir in yolks, add cream, beating well until all is smooth. Add sugar and fold in beaten egg whites. Place at once in a spring form (pan with a loose bottom along which a knife can be run) lined with pie crust. Place in a 350° oven and bake one hour until well set and browned at the bottom.

June Gibbs, wife of Donald Gibbs, ex- R.P.L.

MOCK CHEESE CAKE

Graham cracker crust, unbaked
 3 eggs, separated
 1/2 can condensed milk
 (1 can equals 1-1/3 cups)

Juice of 1 lemon
 1/2 cup applesauce

Beat egg yolks well. Add condensed milk, lemon juice and applesauce, and stir in. Beat egg whites until stiff, but not too dry, and fold into mixture. Pour into the graham cracker crust and bake at 325° about 40 to 45 minutes. It will nearly double its height and possibly crack on top. When slightly brown and done, turn off oven, open oven door, and let cake remain there until cool. It will drop down to original height and should be allowed to settle slowly. Serves 5 or 6. For large cake, double amount of filling and bake in a spring form for one hour.

Ruth Rand

LAPLANDER FROSTING

1 square chocolate, cut fine,
 and softened at room temperature
 3 tbsp. cream

1 cup sugar
 1 whole egg
 2 tbsp. butter

Stir the first four items together well and cook slowly just until it comes to a boil. Remove from the fire, add butter, and beat as you would fudge, until of the right consistency to spread.

This makes only a small amount. For a layer cake, it would be necessary to double the recipe.

Julia L. Sauer

ORANGE BUTTER FROSTING

| | |
|----------------------------|-----------------------|
| 1 egg | 1/4 cup melted butter |
| 2 cups confectioners sugar | Orange flavoring |

Put in a bowl and beat all together with a fork until of right consistency to go on cake.

Gerald J. Parsons

UNCOOKED FROSTING

In a soup plate beat until soft 1-1/2 tbsp. butter. Add gradually 1 cup confectioners sugar and 1 tbsp. liquid (cream, milk, water or cold coffee). Blend together with fork until smooth and of good spreading consistency. Add more sugar or liquid if necessary. (It's a good idea to substitute about 1/8 cup of flour for same amount of sugar. This helps to avoid an oversweet taste.) Flavor with 1 tsp. vanilla or other flavoring, if preferred. It may be tinted with vegetable coloring, or decorated with nut meats or raisins. This recipe makes enough to cover the top of an 8 or 9 inch cake.

Ruth B. Groat

CONFECTIONERS SUGAR ICING

| | |
|--|------------------------|
| 5 tbsp. butter or margarine | About 6 tbsp. milk |
| 1 lb. (3-1/2 cups) confectioners sugar | A little salt |
| | 1 tsp. vanilla extract |

Cream the butter or margarine. Sift sugar and add gradually to the creamed butter. Continue creaming until light and fluffy. Add enough milk to make the mixture of the right consistency for spreading. Add salt and vanilla.

This makes enough to frost two 9 inch layers. For the marble cake one half of this frosting recipe was sufficient.

Howard Brentlinger

“CHILDREN’S DEPARTMENT”

BY

CANDY

COOKIES

ICES

CANDY



CANDY

"Candy is dandy"
- Ogden Nash

CHOCOLATE FUDGE

Makes good fudge, but requires a Taylor Instrument candy thermometer. (This is not an advertisement).

| | |
|--|------------------|
| 2 squares Baker's chocolate cut in pieces | Dash of salt |
| 2/3 cup milk | 2 tbsp. butter |
| 2 cups granulated sugar | 1 tsp. vanilla |
| | Nuts, if desired |

Put chocolate and milk in saucepan over a low flame. Cook, stirring constantly, until mixture is smooth and blended. Then add the sugar to which a dash of salt has been added.

Continue cooking and stirring until sugar is dissolved and mixture starts to boil. Cover pan for two minutes by the clock. Remove cover, insert thermometer and continue cooking undisturbed until thermometer registers a good 230°. Don't take pan off the stove the instant thermometer gets to 230°, but try to get it off before thermometer goes to 232° which is the next mark. Then remove from fire, add butter and vanilla and let stand until thermometer goes down to 110°.

Beat until candy begins to lose its gloss and looks a little dull instead of shiny, and pour out on to wax paper. (Wax paper saves greasing a tin).

Nuts are optional. If you like chocolate peppermint flavor, substitute one tsp. peppermint extract for vanilla.

A. Marjorie Taylor

FUDGE

| | |
|--------------------------------|-------------------------------------|
| 2 cups granulated sugar | 3 squares unsweetened chocolate |
| 1 cup water | 1 cup nut meats (optional), chopped |
| 1 cup sweetened condensed milk | |

Mix sugar and water in large saucepan and bring to a boil. Add condensed milk and boil over low flame until mixture will form a firm ball when tested in cold water. Stir constantly while cooking to prevent burning. Remove from fire, add chocolate cut in small pieces, and the chopped nuts. Beat until thick and creamy. Pour into buttered pan. When cool, cut in squares.

This makes a moist delicious fudge.

Ruth B. Groat

POTATO CANDY

| | |
|--------------------------------------|---------------------------------|
| Leftover mashed potato, about equiv- | 1 tsp. vanilla |
| alent to 1 medium sized potato | 1 lb. confectioners sugar |
| 2 tsp. butter | 3 squares unsweetened chocolate |
| 1/4 lb. cocoanut | |

Mix the first five ingredients until creamy (no cooking necessary) and spread one inch thick in a pan. Let stand two hours. Melt the chocolate and pour it over the first mixture. When cool, cut in squares.

Ruth B. Groat

PUFFED RICE CANDY

| | |
|------------------|-----------------------|
| 1 cup sugar | 1 tbsp. butter |
| 1/2 cup water | 1/2 tsp. salt |
| 1 tsp. vinegar | 1/2 pkg. puffed rice, |
| 2 tbsp. molasses | crisped in the oven |

Boil together the sugar, water and vinegar for 5 minutes. Then add the molasses, butter and salt. Boil until a few drops in cold water become hard and brittle. Take from fire, stir in the puffed rice and spread on a buttered platter to cool.

Emma Swift

CANDIED ORANGE OR GRAPEFRUIT PEEL

Remove peel from 4 oranges or 3 grapefruit in lengthwise sections. Cover with cold water and boil 20 minutes. Drain, and repeat once for orange peel and three times for grapefruit. Cook in the last water until soft. Drain and cut in narrow strips. Weigh peel, add equal amount of sugar and 1 cup water. Boil to 230° or until peel looks clear. Remove peel to platter, draining away as much of the syrup as possible. Cool, then roll in granulated sugar and spread out to dry. (Instead of rolling, another method is to put sugar in a paper bag, add the peel, hold the bag shut and shake). When dry and cool, store in glass jars to keep it moist.

A. M. Taylor

PECAN CHEWS

| | |
|----------------------------|----------------------------------|
| 1 cup sugar | 1/2 cup soft butter |
| 2/3 cup white corn syrup | 1/8 tsp. soda |
| 1/2 cup light brown sugar | 2-3/4 cups pecans, cut in pieces |
| 1-1/2 cups evaporated milk | 1/8 tsp. salt |
| 1/3 cup water | |

Mix together the first 7 items. Heat to boiling point, stirring constantly, then continue boiling, stirring frequently, until a candy thermometer goes to 246° (firm ball stage). Take from fire, add nuts and salt and pour at once into a buttered pan 8 inches square. Smooth over with a spatula. Let stand until firm. Cut into squares and wrap each piece in wax paper.

A. M. Taylor

COOKIES



COOKIES

"Run! run! as fast as you can!
You can't catch me, I'm the
Gingerbread Man!"

- Fairy tale

APPLESAUCE FUDGE SQUARES

| | |
|------------------------------------|------------------------|
| 1/2 cup vegetable shortening | 1/2 tsp. baking powder |
| 1 cup sugar | 1/4 tsp. baking soda |
| 2 unbeaten eggs | 1/2 tsp. salt |
| 1/2 cup applesauce | 1 tsp. vanilla |
| 2 squares bitter chocolate, melted | 1/2 cup cocoanut |
| 1 cup sifted cake flour | 1/3 cup chopped nuts |

Cream shortening and sugar together. Add eggs, applesauce and melted chocolate and beat well. Sift together the flour, baking powder, soda and salt, add to first mixture and beat well. Then add vanilla, cocoanut and nuts and beat well. Pour into a greased 8 x 8 pan about 2 in. deep. Bake in a 350° oven about 35 to 40 minutes. Cool a bit and cut into squares while still in pan.

If kept in a covered container, these cake squares (or cookies) will keep fresh and moist for several days.

Ruth Rand

CONGO SQUARES (or CHOCOLATE BIT SQUARES)

| | |
|-------------------------------------|----------------------------------|
| 2/3 cup vegetable shortening | 2-1/2 tsp. baking powder |
| or butter | 1/2 tsp. salt |
| 2-1/4 cups (1 lb.) dark brown sugar | 1 cup chopped nuts |
| 3 eggs, unbeaten | 1 pkg. semi-sweet chocolate bits |
| 2-3/4 cups sifted flour | 1 tsp. vanilla |

Melt the shortening, add the sugar and stir well together. Add the eggs one at a time and blend each one well into the mixture. Sift the flour, baking powder and salt together and beat into the mixture. Add the nuts, vanilla and chocolate. Mix well. The mixture will be thick. Put into greased pan 10-1/2 x 15-1/2 x 2 in. Bake at 350° 25 to 30 minutes. When almost cool, cut into squares.

If mixing by hand instead of in an electric mixer, put all the ingredients into the sauce pan in which the shortening was melted, and beat with a wooden spoon.

Ruth Rand

CARMEL SQUARES

| | |
|-------------------|----------------------|
| 1 cup brown sugar | 1 tsp. baking powder |
| 1/4 cup butter | 1/4 tsp. salt |
| 1 egg | 1/4 cup chopped nuts |
| 1 cup flour | 1/2 tsp. vanilla |

Melt together the sugar and butter in a saucepan, stirring until sugar is well dissolved. Stir in the egg. (Can beat right in saucepan, use a wooden spoon). Sift the flour, baking powder and salt together and beat into mixture in saucepan. Add nuts and vanilla and stir well. Mixture will be thick.

Spread in a 9 in. square greased pan. Bake at 300° 25 to 30 minutes. Cut into squares and cool in pan.

Ruth Rand

DATE BARS

| | |
|----------------------------------|-----------------------------|
| 2 eggs | 1/4 tsp. salt, scant |
| 7/8 cup brown sugar, packed down | 1 cup dates, cut fine |
| 2/3 cup flour | 1/2 cup nut meats, cut fine |
| 1 tsp. baking powder | |

Beat eggs, add sugar; add flour, baking powder and salt sifted together, then dates and nuts. Stir. Put in a greased pan, about 8 x 8 or 9 x 9 in. and bake in a moderate oven (350°) about 30 to 35 minutes. Cut into squares or bars before removing from pan.

Variations: Chopped raisins may be substituted for the dates. Fewer dates may be used, which will make the result lighter and spongier.

Gladys E. Love

NOVA SCOTIA DATE SQUARES

| | |
|------------------------|--------------------------------------|
| 1-1/2 cups flour | Salt (a very little) |
| 1-1/4 cups rolled oats | 1 cup brown sugar |
| 2/3 cup shortening | 1 tsp. soda sifted in with the flour |

Work up with fingers, then divide mixture and put half in bottom of a greased pan. Pat down, and spread on filling (see below). Then pat the remaining crumbs down on top of the filling and bake in a slow oven between 30 and 40 minutes. Cut into squares while hot.

FILLING

| | |
|---------------------------|-----------------------|
| 1 lb. dates, chopped fine | 2/3 cup boiling water |
| 1/2 cup granulated sugar | |

Boil together until thick like jam, and cool before spreading.
These are not recommended for a person on a reducing diet.

Julia L. Sauer

DATE TORTE

| | |
|-----------------------|----------------------|
| 1 cup sugar | 1 cup dates (cut up) |
| 1 heaping tbsp. flour | 1 cup nuts (cut up) |
| 1 tsp. baking powder | 1 tsp. vanilla |
| 2 eggs | |

Separate eggs. Mix sugar, flour, baking powder and egg yolks. Beat the whites of the eggs and fold in lightly with the dates and nuts. Add vanilla. Pour into a greased baking pan, about 9 x 9 in. Preheat oven to 400° about ten minutes. Then turn heat down to 325° and bake 30-40 minutes. Cut in squares and serve with whipped cream.

Emily Rowe

FRUIT BARS

| | |
|-----------------------------|-----------------------------|
| 1-1/8 cup all-purpose flour | 3 oz. glazed fruit, chopped |
| 3/4 tsp. baking powder | 2 eggs |
| 1/2 tsp. salt | 1 cup brown sugar |
| 1/2 cup raisins | 1 tsp. orange extract |

Beat the eggs, then beat in the sugar gradually. Add raisins and diced fruit. Gradually stir in the sifted dry ingredients and add extract. Spread mixture in a shallow pan, well greased. Bake in a moderate oven (350°) for about 30 min. When cool, cut in squares or oblong strips. Good served with punch.

Ruth Fischer

CHOCOLATE COOKIES

| | |
|------------------------|----------------------------|
| 1 cup brown sugar | 1-1/2 cups sifted flour |
| 1 egg, beaten | Dash of soda, and salt |
| 1/2 cup butter | 1 tsp. baking powder |
| 2 sq. bitter chocolate | 1 tsp. vanilla |
| 1/2 cup sweet milk | 1 cup walnut meats, cut up |

Melt the butter and chocolate together and add to the beaten brown sugar and egg. Then add the milk, and the dry ingredients sifted together. The sifted flour mixture should be added about a third at a time, beating well after each addition. Finally add the vanilla and nuts. Drop by spoonfuls on a greased cookie sheet and bake about 20 minutes in a moderate oven (about 350°). If you want the cookies to be extra special, frost with the following:

FROSTING

Melt butter the size of a walnut with 2 squares of bitter chocolate. Mix in about 1 cup of confectioners sugar and enough cream to make it thick and smooth and the right consistency to spread.

Thelma C. Jefferies

FUDGE COOKIES

| | |
|--------------------------------------|------------------------------|
| 1 cup brown sugar | 1-1/2 cups all-purpose flour |
| 1/2 cup butter (or other shortening) | 2 squares chocolate, melted |
| 1/2 cup sour milk | (Optional) |
| 1 egg | 1/2 cup seedless raisins |
| 1/2 tsp. baking soda | 1/2 cup nut meats, chopped |

Cream butter with sugar. Stir in egg. Add sour milk alternately with the flour and soda sifted together. Stir in melted chocolate. (If you decide to add the raisins and nut meats, dust them with flour and stir them in after the chocolate has been added.) Mix well. Drop by spoonfuls on greased cookie sheet. Bake at 325°, for about 20 minutes.

This recipe makes about 2 dozen cookies, and you may frost them if you like.

Ruth B. Groat

CHOCOLATE JUMBLES

| | |
|--------------------------------|------------------------------------|
| 1 cup shortening | 5 cups pastry or all-purpose flour |
| 1 cup sugar | 1 tsp. cloves |
| 3 egg yolks | 1 tsp. ginger |
| 1 pint molasses (2 cups) | 1 tsp. cinnamon |
| 1 tsp. soda | 1/2 tsp. salt, if shortening |
| 1/2 cup boiling water | other than butter is used |
| 4 sq. bitter chocolate, melted | |

Cream shortening with sugar. Add egg yolks and beat in. Add molasses and the soda dissolved in boiling water. Then add the melted chocolate. Sift the flour and spices together, add to the first mixture. The batter will be fairly stiff. Drop by teaspoonfuls on a greased cookie sheet and bake at about 350° until done. Baking time takes about 18 minutes, but cookies can be tested by poking lightly with a finger. If cookie springs back, it's done.

Frost with a boiled icing. This utilizes the egg whites.

Recipe can be varied by adding raisins. Peppermint flavor added to the icing makes an interesting variation, also.

Mary N. Thomas

GINGER CAKES

| | |
|---|---------------------------|
| 1/2 lb. (1-3/4 cups) flour | 4 oz. (1/2 cup) margarine |
| 4 oz. (2/3 cup) sugar | 1 egg |
| 1/2 tsp. baking soda | 1 tbsp. syrup |
| 1 tbsp. each of mixed spice, ginger and cinnamon | 1/2 pint (1 cup) milk |

Thoroughly mix all the dry ingredients. Beat egg, and beat in separately the milk and syrup, until well mixed. Add to dry ingredients, mix together, and divide the batter into 2 round butter tins. Bake in a moderate oven for about 1/2 hour.

Mary A. Brebner, Scottish interne, 1949-50

GINGER SNAPS

| | |
|---------------------------------|---------------------------|
| 1 cup melted lard | 4 level tsp. soda |
| 1-1/2 cups New Orleans molasses | Ginger, salt and cinnamon |
| 1/2 cup brown sugar | About 5 cups of flour |
| 1/2 cup warm water | |

Warm the molasses and add the shortening, warm water and soda. Add the sugar, spices and flour. Mix and let stand over night. Roll very thin. Bake 8-10 minutes in a moderate oven (350°). Two secrets to good ginger snaps - be sure to roll the dough very thin, and try to get the good old-fashioned New Orleans molasses, the kind that used to come out of a barrel in the country store!

Mrs. John Adams Lowe

ICE BOX COOKIES

| | |
|---|---|
| 1 cup brown sugar | 1/2 level tsp. soda |
| 1/2 cup butter (margarine can be substituted, but cookies will be less crisp) | 1-3/4 cups flour, sifted before measuring |
| 1 egg | 1/2 tsp. vanilla |
| 1/4 tsp. salt | 1/2 cup cut up nut meats |

Cream butter, add sugar, cream thoroughly, add egg lightly beaten, and vanilla. Then add the flour salt and soda sifted together, then the nuts.

Shape into a roll (about 8-10 inches long), wrap in waxed paper and leave in ice box over night. Slice thin with a sharp knife, bake on a greased cookie tin about 10 minutes in a 450° oven. Have them lightly browned and be careful not to let them scorch on the bottom. Remove to a clean paper and when cool, they will be crisp and delicious. Good to have a roll on hand in the ice box, because you can have fresh cookies at about 15 minutes notice.

A. M. Taylor

REFRIGERATOR COOKIES

| | | |
|-------------------|---------------------------|-------------------|
| 1/2 cup Crisco | 1-1/4 cups flour | } sifted together |
| 1 cup brown sugar | 1/4 tsp. salt | |
| 1 egg, beaten | 1/2 tsp. soda | |
| | 1/2 cup chopped nut meats | |
| | 1-1/2 tsp. vanilla | |

Cream Crisco and sugar together thoroughly, then add the beaten egg and beat all together well. Then add the sifted flour mixture and the nuts and the vanilla. Mix all well together, shape into a roll, wrap in waxed paper and put in ice box overnight. Slice very thin and bake in a 375° oven. Baking time varies from 7 to 12 minutes. They should be nicely browned when finished, but don't let them scorch on the bottom.

Edith B. Gurney

SOFT MOLASSES - RAISIN DROP COOKIES

| | |
|------------------|---------------------------------------|
| 1/2 cup sugar | 1/2 tsp. each salt, ginger, vanilla |
| 1/2 cup Spry | 1 tsp. soda in 1/4 cup cold coffee |
| 1/2 cup molasses | 2 cups sifted flour |
| 1 egg | 1/2 cup seeded raisins, cut in pieces |

Cream together sugar and Spry. Stir in molasses and the egg. (Not necessary to beat the egg first.) Add vanilla and the soda stirred into the coffee. Sift the flour, salt and ginger together and add to first mixture. Last add the raisins and drop by spoonfuls on a greased cookie sheet. Bake at 350° for about 10 minutes.

Using a teaspoon for dropping the cookies, this makes about three dozen cookies. They are also good without the raisins.

A. M. Taylor

PRALINE COOKIES

| | |
|-------------------------------------|------------------------------|
| 2/3 cup margarine | 1/2 tsp. baking powder |
| 1 cup sugar | 1/4 tsp. mace |
| 1/2 cup molasses | 1/4 tsp. salt |
| 2 eggs | 2 cups coarsely broken pecan |
| 1/2 tsp. vanilla | nut meats |
| 1-3/4 cups sifted all-purpose flour | |

Slowly melt margarine - cool. Add sugar and molasses. Mix well. Add eggs and vanilla; beat well. Sift together flour, soda, mace and salt. Add to first mixture. Add nut meats. Mix well.

Drop by scant teaspoonfuls on greased cooky sheet two inches apart. Bake in a 375° oven 8 to 10 minutes. Remove from sheet immediately. Makes about 8 dozen.

Carol Hoehn, ex- R.P.L.

SWISS TREATS

| | |
|----------------------------|------------------------------------|
| 1 cup vegetable shortening | 1/2 tsp. salt |
| 1-1/4 cups sugar | 1/2 cup chopped nuts |
| 1 egg, beaten | 1/2 cup chopped maraschino |
| 1 tsp. vanilla | cherries |
| 2-1/2 cups cake flour | 1/2 cup cocoanut |
| 1-1/2 tsp. baking powder | 1 pkg. chocolate bits (semi-sweet) |

Cream sugar and shortening. Add the beaten egg and vanilla and beat in well. Sift the flour, baking powder and salt together and add to first mixture. Beat. Then add the nuts, cherries, cocoanut and chocolate. The mixture will be stiff. Grease a large (about 11 x 15 in.) rimmed cookie sheet. Pat mixture firmly into tin, using palm of hand or wide spatula. Bake at 375° for 18 to 20 minutes. Cool a bit, and cut into squares (in tin) before cooled completely.

Ruth Rand

SUGAR COOKIES

- | | |
|--|---|
| 1/2 cup soft shortening (half butter or oleo) | 1 tsp. flavoring (half lemon and half vanilla) |
| 3/4 cup sugar | 1-1/4 cups sifted Gold Medal flour |
| 1 egg | 1/4 tsp. baking powder |
| 1 tbsp. milk or cream | 1/4 tsp. salt |

Mix thoroughly the shortening, sugar and egg. Stir in the milk or cream and the flavoring. Sift the flour, baking powder and salt together and mix in to the first mixture. Chill dough. Roll very thin (1/16 in.). Cut into desired shapes. Sprinkle with granulated or colored sugar if desired. Place on lightly greased baking sheet, and bake until lightly browned, about 5 to 7 minutes at 425°.

Jane Walker

For a staff Christmas party, Jane attached little loops of string to the cookies (inserted before baking) and wrote names on the baked cookies with frosting and a cake decorator. They could be used for Christmas tree decorations.

BRAZIL NUT COOKIES

- | | |
|----------------------------|----------------------------------|
| 2 eggs, separated | 1/8 tsp. salt |
| 4 tbsp. thin cream | 3 cups finely ground Brazil nuts |
| 2 cups confectioners sugar | (measured after grinding) |

Beat egg yolks and add to sugar, cream and salt. Mix in nuts and fold in whites of eggs which have been beaten stiff. Line pans or cookie sheet with waxed paper and drop mixture by teaspoonfuls.

Bake in a 350° oven until lightly browned - about 25-30 minutes. Cool somewhat before removing from paper. This makes a very delicate, rather crisp cookie, good to serve with tea or ice cream. I believe I found the recipe originally in a magazine, but it was several years ago. I hope having it here is no infringement of any copyright.

A. M. Taylor

DOUGHNUTS (or FRIED CAKES)

- | | |
|-----------------------|----------------------------|
| 1 cup sugar | Flour to make batter stiff |
| 1 tbsp. butter | enough to handle. |
| 2 eggs, beaten light | 1 tsp. salt |
| 1 cup mashed potatoes | 1 tsp. soda |
| 1 cup sour milk | 1 tsp. baking powder |
| | 1/4 tsp. nutmeg |

Mix thoroughly, turn on to floured board. Roll to 1/4 inch thickness. Cut with doughnut cutter. Fry in deep fat at 365°.

Dorothy I. Perkins

COOKIES

COFFEE BUNS

| | |
|--------------------------------|-------------------------------------|
| 8 oz. (1-3/4 cups) flour | 3 oz. (2/3 cup) currants or raisins |
| 3 oz. (1/2 cup) sugar | 1 egg |
| 3 oz. (3/8 cup) margarine | 2 tsp. coffee essence |
| 3 oz. (3/8 cup) lard or crisco | Milk to make a stiff dough |
| or spry or etc.) | |

Rub fats into flour very thoroughly, add sugar and fruit. Beat egg and milk together and add coffee essence, again beating well. Pour this into dry ingredients and mix thoroughly to a stiff dough. Place in heaps about the size of a walnut on a well-buttered baking tin, and bake in a moderate oven for 15 to 20 minutes. Before placing in oven, brush over buns with a little of the egg and milk without the coffee essence.

N.B. Americans would call these cookies.

Mary Brebner, Scottish interne, 1949-50

SHORTBREAD

| | |
|---------------------------------------|-------------------------|
| 1 lb. all-purpose flour | 1/4 lb. superfine sugar |
| 3/4 lb. shortening | (do not use granulated) |
| (equal parts of butter and margarine) | |

Mix ingredients in bowl and knead by hand until mixture forms solid compact dough. Roll out on floured board to 3/8 inch thickness and cut into fingers (oblong pieces about 1 x 1-1/2 in.). Prick surface with fork. Bake in greased tins at 350° for about 15 minutes or until lightly fired (a delicate brown). Do not overdo firing. Remove from oven and while still hot sprinkle generously with more superfine sugar.

Marion Simpson, Scottish interne 1948-49

SHORTBREAD

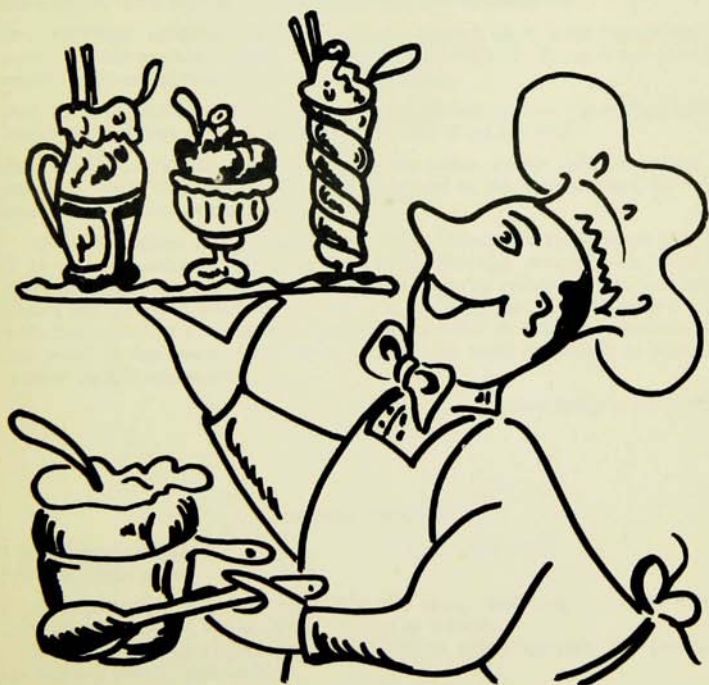
| | |
|--------------------------|----------------------|
| 8 oz. butter | 2 oz. rice flour |
| 6 oz. powdered sugar | 1 tsp. baking powder |
| 14 oz. best pastry flour | |

Mix well together the butter and sugar. Sift in flour, rice flour and baking powder. Knead well together. Divide into two, roll out or knead on a sheet of white paper. Pinch around the edges with the finger and thumb. Prick all over with a fork. Place with paper on cake tray and bake. Time: 40 minutes.

(The oven has been given as "Regulator, setting mark 3." My mother evidently forgot that the recipe was going abroad. Mark 3 is a fairly low setting, equivalent to about 300°-325° in American ovens.)

George A. Malley, Scottish interne 1950-51

ICES



ICES

"With ices 'tis equally wrongful to haste;
You ought to go slowly and dwell on each taste"

- Carolyn Wells

ONE-MAN MOUSSE

This is one of those varied recipes, the basic ingredient being about 1/3 cup of whipping cream, and the finished product makes a generous serving for one person. (The one-man might just as well be one-woman.)

For COFFEE MOUSSE, whip the cream to which a scant level tsp. of instant coffee powder has been added. Then whip in 2 level tbsp. of sugar and 1/4 tsp. vanilla. Freeze in freezing tray of refrigerator.

For RASPBERRY MOUSSE, to the whipped cream, fold in 1 generous tablespoon of raspberry jam. It is better if the jam is not too stiff.

For CHOCOLATE MOUSSE, in place of the coffee powder, add the amount of chocolate malt (like Bosco) which is indicated on the can as being the right amount for one cup of chocolate drink.

Other variations will probably occur to you. This is a good recipe because it is not necessary to stir it up during the freezing process, and because whipped cream freezes quickly, the mousse can be started before you start dinner and should be ready by the time you are ready for dessert. If you have milk that comes in a cream-top bottle, it is possible to whip the cream after it has stood in the icebox a day or so. The cream from one bottle is approximately the 1/3 cup needed.

Bernice Hodges, ex- R.P.L.

MAPLE MOUSSE

1 pt. whipping cream
3/4 cup maple syrup

2 eggs, separated

Beat yolks slightly, add warmed maple syrup, and cook in double boiler until mixture coats a spoon. Cool, beating as it cools.

Whip cream, add beaten egg whites, fold in maple mixture, and freeze in ice box 4-5 hours. Serves 8.

Ada J. White, ex- R.P.L.

LEMON SHERBET

2 cups milk
1 cup sugar
Pinch of salt

Juice of 1 lemon
1/2 cup whipped cream

Mix first four items together, fold in whipped cream and freeze in refrigerator tray. Beat once or twice during the freezing process.

E. B. Gurney

LEMON SHERBET

Juice of 2 lemons
Juice of 1 orange
1/2 cup sugar

2 cups milk
1 cup heavy cream

Whip cream until stiff. Mix juice with sugar, add to milk, and mix thoroughly. Fold in whipped cream and pour into freezing tray of refrigerator. When mushy, beat again to mix juice thoroughly with milk and cream.

Emma Swift

"SPIRIT OF SERVICE"

or

Service of Spirits

"If all be true that I do think,
There are five reasons we should drink:
Good wine - a friend - or being dry -
Or lest we should be by and by -
Or any other reason why"

- Dr. Aldrich, from the Latin

DANDELION WINE

| | |
|--|--------------|
| 1 gal. dandelion flower petals | 1 orange |
| 1 gal. boiling water | 1 lemon |
| An inch of whole ginger, well bruised | 3 lbs. sugar |
| 1/2 oz. yeast spread on a slice of toast | |

Wash the dandelion flowers as they are always gritty, then cover them with boiling water. Let them stand 3 days, stirring often, before squeezing all the flowers out.

Put the liquid into a pan, add the thinly pared rind from the lemon and the orange, the sugar and the ginger, and the lemon and the orange sliced. Boil for 30 minutes. Let cool.

Then spread the yeast on the toast and float in the liquid. Ferment for six days, then strain and bottle, corking loosely, until all fermentation ceases.

Donald Nims

ELDERBERRY PORT

| | |
|---------------------|--------------------------------------|
| 2 qts. elderberries | 1/2 lb. large raisins |
| 1 gal. water | 1 oz. yeast, spread on a large slice |
| 3 lbs. sugar | of toast |

Strip the berries off the fleshy stalks. Put them with the water and boil for 15 minutes when all the goodness will be in the liquor. Strain, throw the pulp away.

Add the sugar and chopped raisins to the liquid and simmer gently for 20 minutes. Let it cool, then add the toast with the yeast spread on it, and leave to ferment for 14 days, then skim and bottle.

Cork lightly, then after fermentation has ceased, cork firmly. Keep twelve months, before using.

Donald Nims

ELDER FLOWER WINE

| | |
|-----------------------------|-----------------|
| 1 pint elder flowers | 1/2 lb. raisins |
| 8 pints water | 3 sliced lemons |
| 3-1/2 lbs. granulated sugar | 1/2 oz. yeast |

Pick the flowers off the thick main stems and put them in a pan with the water and simmer for 15 minutes.

Put in a bowl and add sugar, chopped raisins and lemons. Stir until the sugar is dissolved. When lukewarm sprinkle the yeast on top.

Leave to ferment 14 days, then remove scum and strain very gently into another jar, being careful not to disturb the sediment. Then bottle. This has the tang of champagne.

Donald Nims

SHERRY

| | |
|--------------------------|----------------------|
| 1/2 lb. green grapes | 2 lbs. brown sugar |
| 1/2 oz. yeast | 3 large potatoes |
| 1/2 lb. seedless raisins | 4 pts. boiling water |

Dissolve sugar in the boiling water; when cold, add raisins and crushed grapes. Wash, peel, and cut potatoes in thin slices. Add them to liquid with yeast. Ferment 21 days, stirring daily. Filter twice and bottle.

Leave for six months or more before using. This recipe makes approximately three bottles.

Suggested use: To locate lost optimism, and to camouflage pudding sauces.

Marion Simpson, Scottish interne, 1948-49

STRAWBERRY WINE

| | |
|-----------------------------|------------------------|
| 1 gal. ripe strawberries | 1/4 lb. large raisins |
| 1 gal. water | 1 oz. yeast |
| 3-1/2 lbs. granulated sugar | 1 large slice of toast |

Hull the strawberries and put them in the preserving kettle with the water. Bring to a boil and let simmer gently for 15 minutes.

Strain and add the sugar and stir until it is dissolved. Add the raisins (pulled apart) and the yeast spread on the toast, and leave to ferment 8 days. Then skim, and put into bottles.

This is a fine wine but needs keeping to mature.

Donald Nims

MULLED OR SPICED CIDER

| | |
|--------------------------|------------------------|
| 1 gal. sweet cider | 1 pkg. cinnamon sticks |
| 1 small can orange juice | 1 pkg. whole cloves |
| 2 cups brown sugar | |

Put the spices in a bag, because these have to be removed during the simmering process. Add the sugar and orange juice to the cider, put in the bag of spices. Bring to a boil, then let simmer for about half an hour. Remove the spices after 15 minutes of simmering. Serve hot.

This amount makes about 32 punch glasses of the cider.

Marion D. Mosher

"V. F."

SANDWICHES

PRESERVES

ODDS AND ENDS

"V.F." may look as if it means Very Fine, but to a librarian it always means

Vertical File

'Vertical' of course is easy - upright, at right angles to the horizon, and 'File' (according to Webster) is "an orderly collection of papers," and (according to librarians) spaces in which to put the papers.

"V.F." then, becomes, in the library, a place to put odds and ends, pamphlets, etc. - in other words, miscellaneous items. So that's what we have in this section of the cook book.

SANDWICHES

"Named after John Montague, Fourth Earl of Sandwich (1718-1792) who once spent twenty-four hours at the gaming-table without sitting down to a regular meal. The legend goes that he ordered his man to bring him bread and roast-beef which he united to make...an institution"

- Ernst. In a Word

ORANGE AND GINGER SANDWICHES

| | |
|--|---------------------------------|
| 1 pkg. Philadelphia cream cheese | Orange juice |
| 2 tbsp. candied ginger, finely chopped | Bread, sliced thin and buttered |
| Grated rind of 1/2 orange | |

Add the ginger and grated orange rind to the cheese, and moisten with orange juice until of the right consistency to spread.

Emma Swift

WATER CRESS SANDWICHES

| | |
|----------------|---------------------------------------|
| Water cress | Mayonnaise |
| Sweet pickle | Bread, sliced thin, and cut in rounds |
| Stuffed olives | |

Chop the water cress, pickle and olives, mix with mayonnaise and spread on the buttered rounds. If desired a small round may be cut out of the upper slice of bread, and the sandwich garnished with a bit of the water cress or a stuffed olive.

Emma Swift

FLUFFY EGG SANDWICH

Whip one egg white till it is stiff but not dry. Pile high on a piece of toast. Make a hole in the middle of the egg white to cushion the yolk. Sprinkle with cheese, salt, and pepper to taste, and bake in moderate oven until golden brown.

Helen Summermatter

OPEN-FACED EGG SANDWICH

Cut a round hole from the center of a slice of bread. Heat butter in a frying pan, put slice of bread into the hot butter, drop an egg into the hole in the bread, and fry until egg is done. Baste with hot fat, if necessary. Salt and pepper the egg while it is cooking. A good sandwich, because there isn't too much bread.

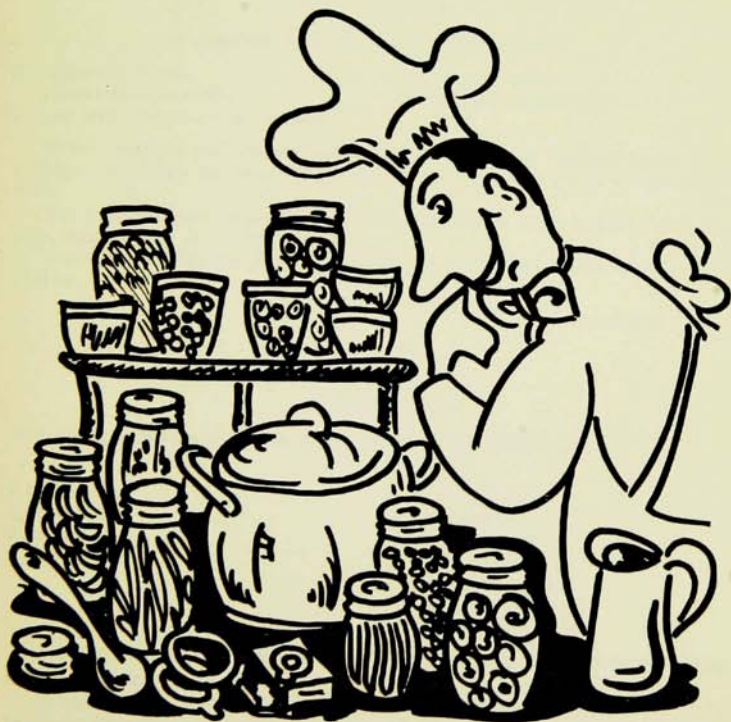
A. M. Taylor

CHEESE - TOMATO SANDWICHES

Toast bread on one side. Butter slices on the untoasted side, put slice of tomato on it, add salt and pepper - then a slice of cheese and put under broiler until cheese melts and gets brown. If you like onion, put a thin slice of Bermuda or other large onion under the tomato and proceed as above. A slice of bacon can be added on top, if desired.

A. M. Taylor

PRESERVES



PRESERVES

"Talking of the butter for
The Royal slice of bread,
Many people
Think that
Marmalade
Is nicer"

- A. A. Milne

CRANBERRY ORANGE MARMALADE

| | |
|---|-------------------------|
| 2 medium oranges, quartered and seeded | 2-1/4 cups water |
| 2 cups fresh cranberries, washed | 3 cups granulated sugar |

Grind oranges and cranberries together, using the medium blade of the grinder, and catch the juice in a bowl. There should be about 3 cups ground fruit.

Put fruit and juice together, add water and sugar. Cook stirring occasionally, until thick - about 30 minutes.

Pour into hot sterile glasses and seal at once. This makes about 6, 6-oz. glasses.

Carolyn M. Castle

PICKLED RIND

May use watermelon, cantaloupe, citron, or ripe cucumber

| Rind | Syrup |
|--------------|-----------------------|
| 2 lbs. rind | 4-1/2 cups sugar |
| 2 tbsp. salt | 2 cups water |
| 1 qt. water | 1 lemon, sliced |
| | 1 stick cinnamon |
| | 1 tsp. whole cloves |
| | 1 tsp. whole allspice |
| | 2 cups vinegar |

Peel the rind and cut in pieces. Let stand overnight in a weak brine (2 tbsp. salt to 1 qt. water).

Drain, cook in clear water until tender. Drain again. Meanwhile the syrup has been brought to a boil. Add rind and boil together until rind is clear-looking. Pack in sterile jars. Fill with syrup. Seal hot.

Carolyn M. Castle

CINNAMON PEARS

| | |
|--------------------------------------|---------------|
| 8 lbs. pears, cut in half and peeled | 1 qt. water |
| 1 lb. sugar | 1 qt. vinegar |
| 2 tsp. cinnamon | |

Mix cinnamon and sugar, add liquids and bring to a boil before adding pears. Cook rapidly until pears are tender. Then simmer about 4 hours. Pack in sterile jars and seal.

Carolyn M. Castle

CURRANT JELLY

Wash and pick out leaves etc. but do not stem. Weigh fruit. Put 1 pt. water in kettle and add a bowl of fruit. Press down until there is enough juice to cover bottom of kettle. Add rest of currants and crush. Boil 20 minutes and put in bag to drip over night.

Boil juice 3 or 4 minutes, then add half as many pounds of sugar as you had pounds of fruit. The moment the sugar is dissolved, the jelly is done. Put in sterile jars and seal.

This pt. of water will do about 6-8 qts. of currants. For less currants, use less water. This recipe came from a very old cook book.

Carolyn M. Castle

SPICED CRABAPPLE JELLY

| | |
|----------------------------------|-----------------------------|
| 1 qt. strained juice (see below) | |
| 1/2 cup vinegar | |
| 1/2 oz. whole cloves | } tie spices in cheesecloth |
| 1/2 oz. stick cinnamon | |
| 2 lbs. sugar | |

Boil juice, vinegar and spices 20 minutes. Remove spice bag, add sugar. Boil 10 minutes, or until liquid sheets from spoon. Add a little red coloring if desired. Don't try to do more than a quart and a pint at a time.

JUICE

Start with about 5 lbs. of crabapples, quarter them, cut out stem and bud ends but do not peel or take out seeds. Then quarter 2 or 3 tart apples.

Put in kettle and add enough water to not quite cover fruit. Cook, stirring occasionally to prevent sticking until fruit is tender. Drain through a jelly bag or cheesecloth.

After the juice has drained, it is possible to return the pulp to the kettle, add more water and a couple more tart apples, cook up once more and drain this. The juice will not be quite so heavy as the first, but it's good. Put in sterile jars and seal.

Carolyn M. Castle

PEACH BUTTER

Peaches
Sugar

Water
Cinnamon

Scald, peel and remove pits from peaches. Cook to pulp using very little water. Press pulp through strainer. Measure.

To each cup of pulp, add 1/2 cup sugar. Cook until thick and clear, stirring frequently to prevent burning. Add cinnamon in the amount of 1/2 tsp. to each 3 cups of pulp. Pour into sterilized jars and seal while hot.

This is very much on the order of marmalade, and makes a delicious spread for toast. It may also be used as a relish.

Marian Ross Harrold

PEACH CONSERVE

3 or 4 oranges
10-12 peaches
1 bottle maraschino cherries

Blanched almonds, cut in pieces
2-1/2 cups sugar

Wash oranges, cut in thin slices, then quarter the slices. Cover with water and cook about half an hour. Peel and cut up the peaches, cut up the cherries. Add the peaches, the cherries (juice and all) and the sugar and cook until thick. Remove from fire, add almonds, and put in sterilized jars and seal.

A. M. Taylor

ODDS & ENDS

EXOTIC GARNISH (FOR MEAT)

Use either halves of canned peaches or canned apricots. Place in a pie tin, dot each half with butter, and sprinkle on a little curry powder. Put under broiler for a few minutes before serving. If you don't like curry, you may substitute ginger or clove. Personally I think the curry gives a much more distinctive and interesting flavor. This garnish is good served with ham, lamb or beef.

A. M. Taylor

This recipe is adapted from a similar one, (using peach halves instead of the apricots) which appeared in a Rochester newspaper. It was originated by the DeBoth Features, N.Y.C. and is used here by permission of Jessie M. DeBoth.

EASTER EGGS

Preparations for this must begin well in advance of Easter, by saving empty whole eggshells. To get an empty shell, puncture a small hole in the pointed end of the egg and force the contents out. Handle with care! Rinse the shells, allow to dry, and save until you have the desired number.

On the day before Easter prepare several flavors and colors of jello (cherry, orange, lemon, lime) as directed on the packages. Half a package of each color may be sufficient). Use slightly less water than stated on package, to insure good firm eggs.

Using a small pitcher, pour the still-liquid jello into the egg shells and stand them upright in the compartments of an egg carton. Place in refrigerator overnight. At serving time, peel off the shells, leaving colored jello eggs. Arrange on serving plate with lettuce leaves and fruit if desired and serve with mayonnaise as a salad. Or serve with whipped cream, as dessert.

Ruth B. Groat

TOAST CUPS

Cut bread into slices 1/4 inch thick. Remove crusts and brush both sides lightly with melted butter or margarine. Press a bread slice into each section of 3-inch size muffin tins. Bake in moderately hot oven (375°) for about 12 minutes. Remove from pans and use instead of patty shells for creamed chicken, tuna, or other dishes.

Ruth B. Groat

SUNDAY PARTY BREAKFAST

MENU: Tangerine juice
 *Scrambled eggs
 Crisp bacon strips
 *Coffee cake
 Coffee

*recipes included here

| | | |
|----------------|--------------|-----------------|
| Scrambled eggs | 4 large eggs | 1 tsp. butter |
| | 4 tbsp. milk | salt and pepper |

Beat eggs just enough to blend yolks and whites, add milk, butter and seasonings. Melt a small amount of butter (1/2 tsp.) in top of a double boiler, add egg mixture and cook covered until eggs are puffy and dry. This gives the eggs somewhat the consistency of an omelet, but they won't fall when removed for serving.

| | | |
|-------------|-----------------------|----------------------|
| Coffee cake | 1 cup sugar | 1-1/2 cup flour |
| | 1 egg | 2 tsp. baking powder |
| | 3 tbsp. melted butter | 1/2 cup milk |

Beat egg. Add sugar and butter. Add sifted flour and baking powder alternately with the milk. Put in greased baking pan 8 x 8 x 2 in., cover with cinnamon topping (see below) and bake in a 350° oven 20-30 minutes.

| | |
|------------------|-----------------------|
| Cinnamon topping | 2 tbsp. melted butter |
| | 5 tsp. brown sugar |
| | 1/2 tsp. cinnamon |

Mix well and spread on coffee cake.

Gladys E. Love

"READY REFERENCE FILE"

Every library has one of these, a place to tuck away bits of information to be found quickly.

So here you will find basic recipes for pie crust, white sauce, gravy - coffee, tea and cocoa - (salad suggestions.) *see p. 26*

BASIC RECIPES

PIE CRUST

| | |
|------------------------------|----------------------------|
| 1-1/2 cups all-purpose flour | Generous 3/4 cup vegetable |
| 1/2 tsp. salt | shortening |
| 1/3 tsp. baking powder | 3 or 4 tbsp. cold water |

Mix the flour, salt and baking powder in bowl. Cut the shortening in with a fork or pastry cutter. Add the water and mix through just until the mixture adheres together.

Roll and proceed according to pie recipes.

Ruth Rand

PIE CRUST PROCEDURE, FOR BAKED CRUST ALONE

Having made the pie crust mixture, roll it out on a well-floured board or pastry canvas. Place inverted pie tin over the rolled pastry. Cut a circle with a knife, making the circle about 1 inch larger in outline than the tin. Place tin on table, lift the cut pastry into it, after folding it in half for easier lifting and handling. Press pastry around bottom of tin with well-floured fingers, fit it against the sides, and flute the edge with thumb and forefinger. Prick all around sides and bottom with fork. Bake in a 425° oven.

After about 5 minutes, remove from oven, press down around bottom of pan with a clean towel or pot holder to prevent shrinking. Return to oven and bake about 7 to 10 minutes longer, or until brown.

This is the crust that you use for lemon pies, chiffon pies, etc. - any pie which calls for a pre-cooked crust.

Ruth Rand

WHITE SAUCE

| | |
|----------------|-----------------|
| 2 tbsp. butter | 1/2 tsp. salt |
| 2 tbsp. flour | 1/8 tsp. pepper |
| 1 cup milk | |

Melt butter in top of double boiler over boiling water. Let butter get good and hot. Add flour, blend well, and let mixture cook at least three minutes. Scald the milk and add it to the hot butter and flour mixture gradually, stirring constantly, and continue to cook, stirring constantly until mixture is smooth and thickened. Add salt and pepper, mix well and taste. Add more seasoning if desired. If the sauce must wait till serving time, keep it covered. Yield:

about 1 cup of sauce. A thin white sauce can be made as above by reducing the flour and butter to 1 tbsp. each. For a thicker sauce, increase flour and butter to 3 tbsp. each.

For variations in flavor, add any of the following:

| | |
|-----------------------------|--------------------------------------|
| 1/2 to 1 tsp. dry mustard | Snappy cheese, cut up and melted in. |
| 1/2 tsp. celery salt | Minced canned pimientos |
| 1/2 tsp. onion salt | Minced parsley |
| 1 tsp. Worcestershire sauce | Chopped olives |
| | Chopped chives |

This was adapted from P. K. Newill. Good food and how to cook it.

Ruth B. Groat

TEA

The British internes who have worked in our library insist that no American knows how to make tea. Tea balls, naturally, are frowned upon, but primarily, I believe, because they are first met with by the British in a restaurant where they are often served on the side of a cup of hot water. This water may have been boiling when it was first poured into the cup, but certainly is not "freshly boiling" when it meets the tea and the consumer. And everyone (!) knows that tea to be good must be made with freshly boiling water. And it must be strong, if you follow the British custom and serve it with milk. Here then is the proper procedure.

Preheat the tea pot. Put tea in, to the amount of 1 tsp. tea per person. Then pour in water which is really boiling, and not just hot or simmering. Let steep for at least 5 minutes; or, as Sir Kenelm Digby has said:

"The hot water is to remain upon it no longer than whiles you can say the Miserere Psalm very leisurely."

COCOA

| | |
|---------------|-------------------------|
| 2 tbsp. cocoa | 2 cups hot water |
| 3 tbsp. sugar | 1/3 cup evaporated milk |
| Dash of salt | 1/4 tsp. vanilla |

Put cocoa, sugar, salt and 1/2 cup of hot water in a saucepan and bring to a boil. Then add the evaporated milk and the remaining 1-1/2 cups hot water. Stir and heat thoroughly, add vanilla and serve. Makes plenty for 2 persons.

N.B. Be sure to use evaporated milk. It makes all the difference in flavor. This is cocoa with character.

Ruth B. Groat

COFFEE

The way of coffee making depends upon the type coffee pot you use.

DRIP COFFEE

Preheat bottom part of coffee maker by pouring in boiling water. In the coffee part put 1 tbsp. drip grind coffee for each cup, plus one extra. Pour boiling water in top, 1 cup per person to be served, and when partially dripped through, keep over low flame, to keep hot.

PERCOLATOR COFFEE

Use 1 cup cold water for each cup wanted plus "one for the pot." In coffee compartment, put 1 generous tbsp. perc. ground coffee for each cup water, plus "one for the pot." When coffee starts percolating, reduce flame so that percolating will be slow and leisurely and continue this for 5-8 minutes.

SILEX COFFEE

Best advice on this is to follow the directions that come with your Silex.

OLD FASHIONED BOILED (OR PICNIC) COFFEE

On a picnic, the easiest way to make coffee is to put the coffee in a cheese cloth bag. Use percolator grind coffee and have the bag large enough to allow for a doubling in bulk of the coffee. Tie bag securely with string. One pound of coffee in about 8 qts. of water. will serve about 40 people. Put the coffee bag in the kettle of cold water, bring to boil, then remove from direct heat. Remove the coffee bag and keep coffee hot but not boiling until serving time. Some authorities advocate putting the coffee bag into briskly boiling water, allow to boil 2-3 minutes, then let stand in the hot water about 10 minutes, remove bag and serve.

If you don't have a cheese cloth bag, stir an egg, shell and all, into the coffee grounds, add a little cold water and mix, then add the rest of the cold water and bring to a boil. Don't let boil more than 2 or 3 minutes. Remove from heat, add about half a cup of cold water to help settle the coffee grounds, let stand in a warm place about 5 minutes, then serve.

"FOREIGN LANGUAGE DEPARTMENT"

ARMENIAN

FRENCH

HAWAIIAN

ITALIAN

MEXICAN

POLISH

SWEDISH

These foreign meals were "cooked up" by Elizabeth deSylva, and were first published in the Rochester, N.Y. Democrat and Chronicle. Mrs. deSylva not only agreed to having them reprinted here, but was kind enough to say she was "flattered to have them wanted" in our library cook book. So here are our thanks, not only for the permission but even more for the friendship expressed in it.

ARMENIAN TREAT

When you think of Armenian cooking, two dishes usually suggest themselves. One is shish kebab, the other eggplant, cooked in a dozen or more ways.

If you were to give an Armenian dinner, lamb and vegetables would feature the menu. You'd have a wide range of vegetables from which to choose. Armenians relish cabbage and cucumbers, beans of all kinds, endive and lettuce, okra and onions, tomatoes and squash and peppers. Most of all, they like eggplant. You can not give a truly Armenian meal unless you include one recipe which calls for eggplant. For fruits you could offer your guests apricots, cherries, dates and figs, grapes, pears, plums and melons and be quite correct.

But the meat should be skewered with vegetables and cooked over an open fire. For terrace entertaining it's safe to say that a kebab is the most popular of all meat dishes.

It's difficult to give an exact recipe for a kebab. For a truly Armenian one, you would cut lamb into 2 inch squares, allowing four pieces to each serving, alternating the meat on skewers with slices of onions, and tomatoes. Add large mushrooms if you wish a gala touch. You also may use bacon between vegetables and still be correct, and green pepper slices to taste.

Because beef is a more popular meat with Americans than lamb, you may want to substitute it for the more Armenian recipe. Prepare your favorite marinade a few hours before and let the beef cubes stand in it. A wine vinegar, highly seasoned with herbs is hard to beat for the marinade. Use either green sticks or regular kebab skewers for broiling.

All you'll need to serve with this is a tossed salad and some fresh fruit, with a cool drink.

And here's a tip to add to your fame as a cook. Along with salt and pepper, take a canister of monosodium glutamate out to the terrace. (You buy it under a variety of trade names.) Sprinkle it the entire length of each kebab. Then brush the kebabs with oil or drippings and broil over your picnic fire or under your broiler.

THREE TASTE-TEMPTING DISHES FOR YOUR FRENCH PARTY

Once upon a time when you considered giving a French party, you had the choice of two types.

You might give an elegant little dinner, at which time you discarded your colored luncheon sets and gay pottery and used your best white linen cloth and serviettes, your crystal and silver. Or you went to the other extreme and gave an "attic" party, a la Bohemian, with candles set in bottles on a table covered with a red checked cloth.

At the former you served Coquilles St. Jacques and amazed your friends with your worldliness. If you entertained "La Boheme" style, your guests got just as big a thrill when they ate onion soup from your most battered pottery casseroles.

Today there's nothing more difficult to give than a "French party." That's because, along with the rest of the world, Americans have taken over the best French cooking and made it their own.

We still have much to learn from the French. They have ways with vegetables that will introduce you anew to such familiar garden products as carrots and spinach, lettuce and green beans.

But "war brides" who have come to America both after the recent war and World War I have brought recipes which will add more samples to the French cuisine which we already cherish.

Two young French women who are now making Rochester their home are Mrs. Gerard G. Walsh of Merrill St. and Mrs. John Schubert of Ramona Pk. Mrs. Walsh comes from Alsace, Mrs. Schubert from Paris.

Perhaps you'd like to try the tempting-sounding luncheon dish which Mrs. Walsh brought from Alsace. It's called "Les oeufs soleil" which, translated, means "Sunny Eggs."

| | |
|---------------------------|----------------------|
| You need: | 1/4 lb. Swiss cheese |
| 1 box of frozen asparagus | 6 eggs |
| 1/4 lb. ham | 3 tbsp. butter |

Cook the asparagus and save the tips. Dice the remainder and put into a buttered pan on top of a thin slice of ham. Spread grated cheese on this, pour melted butter over, and cook in a slow oven until cheese has melted. Fry the eggs, sunny side up, and arrange them on the mixture with the asparagus tips to make rays. Return to oven to brown the cheese and finish cooking the eggs.

From Paris comes Mrs. Schubert's appetizing recipe for "Blanquette de Veau." The recipe serves 4 people.

| | |
|---------------------------------|----------------------|
| 1-1/2 lb. of veal, cut for stew | 10 very small onions |
| 2 tbsp. butter | 1/4 lb. mushrooms |
| 2 tbsp. flour | 2 tbsp. cream |
| Salt, pepper, parsley, thyme | yolk of one egg |
| and bay leaves | juice of 1/2 lemon |

Put the pieces of veal in a pot and pour salted boiling water on them, covering them well. Let them soak 20 minutes and then pour water off.

In another pot put the butter and flour and blend with a wooden spoon, being careful that it does not burn. Add 2 glasses of water, 1/2 teaspoon salt, a dash of pepper and the herbs. When the sauce is thick, add the veal and the little onions and let cook gently for an hour and a half.

One half hour before serving, add mushrooms and just before serving (when meat is off the fire), add cream, egg yolk and lemon juice to sauce. Mix well before putting on the meat. Serve with boiled potatoes.

To complete your French luncheon or dinner, serve onion or watercress soup, a tossed green salad, French green beans or petit pois, and for dessert a Chocolate Marquise.

For the marquise you will need:

| | |
|-------------------|----------------------|
| 1/2 lb. chocolate | 1/2 cup sugar |
| 4 eggs | 1/2 teaspoon vanilla |
| 1/4 lb. butter | |

Melt the chocolate over hot water in a double boiler. Separate the eggs, beat yolks light and add sugar, beating till it froths. Add chocolate and continue beating. Soften butter until almost melted and add slowly, still beating.

Beat egg whites stiff and fold them into the egg mixture. Add vanilla and pour into a mold which you have painted with olive oil. Chill overnight and unmold to serve.

HAWAIIAN DISHES (AMERICAN STYLE) EASY TO FIX, GOOD TO EAT

If you were to invite your guests to a Hawaiian dinner and serve the traditional roast pig and taro root, it might be good for a laugh, but hard to prepare in a modern kitchen. But if you were to invite them to a Hawaiian dinner and modify the menu, you'd be sure to provide the elements not only of a delicious meal, but of good fellowship, too.

Give a Hawaiian party when you have something to be gay about! It would be fun to have a low table and let your guests sit about the table on floor mats. But unless they're very young and agile, they may prefer a regulation table and chairs. In that case, hang a lei of flowers on each chair, to be put around the neck of each guest.

In Hawaii fruit is so all-important it is used, rather than flowers, as a centerpiece. But the table should be scattered with fern leaves and blossoms. At each plate set a series of small dishes, containing chopped scallions, chopped nut meats, some chili pepper, even some dried fish and some chopped cocoanut. Not having palm leaves handy for place mats, you'll probably have to use doilies, but have them colorful and use wooden platters and bowls for serving.

You can't go wrong when you cook Hawaiian if you serve fish or pork, beef, chicken, eggs or shellfish, sweet potatoes, tomatoes, onions, peppers, cabbage, cucumbers, lettuce, spinach or rice. And as for fruits, you can choose from a list that ranges from avocado to watermelon. But whatever fruits you choose, be sure there's a pineapple for pineapples and Hawaii are practically synonymous.

Mrs. Kenneth Geiwitz of the Princeton Apts., Main St. E., (you may know her by her professional name of Louise Wilson) is known to her intimates as a lady who's equally good on the radio or cooking and serving a dinner. In fact, her dinners are talked about for years after by guests who attended them. And one of her specialties is just the thing for dessert when you entertain at a Hawaiian party. It hasn't any special name, she says, and it's simple to make and inexpensive. The ingredients are:

1 pineapple
fresh mint

confectioners sugar
grated cocoanut

Cut through the pineapple, the long way, leaves and all. Then quarter it, also the long way. With a sharp knife, remove the fruit, leaving only a shell. Remove the hard part of the fruit and dice the remainder. Add confectioners sugar to taste and chopped fresh mint leaves. Chill for 24 hours in the refrigerator. Pile the chilled fruit in the pineapple shells, arrange on a chilled glass plate and sprinkle with fresh grated cocoanut just before serving.

Another Hawaiian dish worth trying is Duck Hawaiian, although chicken may be substituted in this recipe. The ingredients are:

| | |
|--------------------------------|---|
| 1 4-lb. Long Island duckling | 1-1/2 tsp. curry powder |
| 1/4 cup salad oil or other fat | 1 cup chicken broth |
| 1 tbsp. cornstarch | 1 cup pineapple juice |
| 1/2 tsp. salt | 2/3 cup water |
| 1 tsp. soy sauce | 1 cup pineapple cubes or wedges |
| 1/2 tsp. powdered ginger | 1 bunch scallions, cut into 1-inch pieces |
| 1/2 tsp. onion salt | |

Cut duck into serving pieces. Brown in oil. Place in greased baking pan or casserole. Mix cornstarch and seasonings and make into a paste with a little chicken broth. Add remaining ingredients except scallions. Pour over duck. Cover and bake in moderate oven (350 degrees F.) 1-1/2 to 2 hours. Add a little more water if necessary. Ten minutes before duck is done, sprinkle scallions on top. Finish baking. Serve with rice garnished with a sprinkling of toasted shredded almonds. Serves 4.

Hawaiians are poets in cooking, for they associate food with religion and believe their daily sustenance comes as a gift from God. In the preparation of their foods, the Islanders are seasoning conscious. Each national group that emigrated to the island brought its own favorite spices. Today curry powder is one of the island's main seasonings. They not only use it in curries but also in fish and seafood recipes. Lobster, considered elegant the world over, also is prepared with curry in Hawaii and you can well follow the Hawaiian custom and add a speck of curry to dressing for fish, meat or even vegetables.

And here's a final hint when you tackle a native recipe which calls for island-grown foods. When the recipe calls for taro root, use bananas. When it lists wong nga bok, use Chinese cabbage, when cocoanut milk, use grated cocoanut which has been soaked and simmered in milk. Green corn husks make a good substitute for ti leaves and lentils for mungo beans. Lobster is a stand-in for octopus, green beans for Chinese peas, white squash for flowered gourds, salad oil for peanut oil, sweet potatoes for breadfruit or poi and spinach for sweet potato or taro leaves.

ITALIAN COOKING NEEDS SERIOUS APPROACH

Arturo Toscanini, noted conductor, called a chef on his private train and ordered a bowl of minestrone. The chef was horrified.

"Maestro!" he protested. "I cannot serve it on less than 24 hours notice! It takes that long to make a good minestrone!" And Toscanini canceled the order, realizing at once the impossibility of asking an Italian cook to risk his reputation by preparing a dish that was inferior.

And that's how you'd better feel when you approach the subject of Italian cooking. So if you feel that anybody can boil some spaghetti and add a few tomatoes, perhaps you'd better go no further. For the Italians take their cooking seriously.

The idea behind these articles, we confess, was to tell you how to cook and serve foreign foods out of cans. And you can get a hundred different things, including ravioli, hearts of artichokes, peperoni can salsa, lupini beans, and even antipasto, in cans. But we went skirmishing to see what the grocery stores in Rochester, which specialize in Italian foods, have to offer. And we were so fascinated by the array of wares that we've turned our back on many of the canned things.

If you step into such a store it's going to be hard to choose from among the boxes and baskets which crowd the doorways and the sausages and cheese which roof the ceiling like grapes in an arbor in Naples.

You'll want to start with antipasto and for this, make your own, instead of depending upon cans. It's nothing more than a plate of cold appetizers. The minestrone in a can is better than you can make, unless you have Latin blood, and you'd better stick to the tomato paste in cans, too. The ingredients must simmer two hours to taste right, and they've already been cooked that long when they go into the cans.

You can, of course, choose some fancy featured Italian dish for the main part of your menu, but for the average guest you couldn't choose anything better than spaghetti, if you make it well. In Italy, they usually serve spaghetti as an incidental dish, but it's satisfying enough to be the main part of the menu. For guests you might have two kinds - made with the same sauce - but half of it served with grated Parmesan cheese, which they use in Northern Italy, and the other with grated Romano, which they like in the south. Let your guests try both.

You'll want a huge tossed green salad, made with more than a touch of garlic and for dessert why not a rich ice cream? The Italians have been adept in the art of making rich frozen desserts ever since the days when slaves brought snow from the mountains to Rome to chill fruit juices. Bisque tortoni, spumoni or tutti frutti will lend an Italian touch to your meal. With it you can serve Italian cookies. The recipe which we give comes straight from Italy and, after the fashion of cooks who prepare for big families, gives large proportions. But the cookies will keep.

ITALIAN CHOCOLATE COOKIES

Mix together five pounds of flour with six teaspoons baking powder, two pounds of sugar, seven teaspoons of cocoa, one teaspoon each of cinnamon, allspice and salt, and one-half teaspoon each of cloves and nutmeg. Add nuts and raisins if desired. Add eight eggs, slightly beaten and two pounds of lard. (If vegetable shortening is used, add one heaping teaspoonful more.) Gradually add three to four cups of warm milk until it forms a soft dough, stirring all the time. Shape by hand into balls, giving them a slight twist that will make them S-shaped. Bake in 425 degrees oven, in ungreased pans, for 15 to 20 minutes.

To frost, use two pounds of confectioners sugar with seven teaspoons of water and one teaspoon of vanilla, which will make a thin frosting. Put the frosting in a bowl and add six or eight cooled cookies at a time, mixing them with the frosting. Then place on waxed paper to dry. The cookies will have a mottled look. Store in an air-tight container.

FOR A COLORFUL, TASTE REFRESHER
SERVE A MEXICAN DINNER

If you've ever lived in Mexico or along the border, the word "tamale" will remind you of hot evenings when the ringing of the tamale man's bell brought you out with a dish and a few pennies, all set for a feast.

And if you think about it too long, you'll decide you have to sample some once more. And you'll call up your friends and invite them over for "la comida Mexicana" - A Mexican dinner!

That's what you'll do if you know how to cook Mexican! But suppose you're a very young cook or a very inexperienced one, who wouldn't know a tortilla from a sombrero. If that's the case, all the better, for this article is for you.

Did you know that right here in untropical Rochester you can get almost all of the things you'd eat if you were to sit down to dinner tonight in Sonora? They come in cans! And it's all so much simpler getting a Mexican dinner together from tins than it would be if you had to follow the true Mexican pattern and slap - slap - slap out your own tortillas!

We know you can do it, for we served one last weekend. And here's the menu: We had caldo re frijoles negros, tacos, chile con carne con frijoles, platanos, tamales, enselada de aguacate, albaricoques de crema, and chocolat!

Unscrambled, that's simple black bean soup; tacos are tortillas filled with hot enchilada sauce, chile (which doesn't need translating to anybody), banana fritters, tamales, avocado salad, apricot cream and Mexican chocolate.

The soup, the tortillas, the enchiladas, the chile and the tamales come in cans you can buy right here in town. Use any recipe for banana fritters and flavor your hot chocolate with a dash of vanilla and a sprinkle of cinnamon. Serve little dishes of grated cheese and sliced onions, to sprinkle over the tacos.

We'll admit we had a bit more trouble with dessert. But almost any Southern fruit will do. We chose apricots (the albaricoques) because Mexicans relish them. We made a Bavarian cream with heated apricot juice (also in a can), into which we stirred an envelope of gelatin moistened with a little cold water. When it had cooled, we stirred in a half-pint of cream, whipped, with a little sugar, and poured it into sherbet glasses which stayed in the refrigerator overnight. (It does not need to be frozen--just chilled.) If you want to add a Mexican touch, sprinkle on some cocoanut, too. But it's a marvelous dessert as is, and just the right one after a heavy - and spicy - dinner!

Of course there are a dozen ways to vary the meal. You can make Mexico's famous chicken with rice and saffron, which you'll find in almost any cookbook, or chicken mole. You may substitute beans or tomatoes or squash dishes, Mexican style, and serve a green salad, and use the avocados beaten up with lemon juice for dessert.

But whatever you decide, set a colorful table, with the red, white and green colors of Mexico predominating. Have flowers on the table, even if they're only paper ones. We're not one to advocate a paper flower under ANY conditions. But that doesn't count at a Mexican dinner as you'll be following a native custom if you deck your vases with ugly red and yellow paper roses!

One last bit of advice: If you're dieting, forget about it this one night. Enjoy your Mexican supper, remembering the while that every man at the table, if he is truly in the fiesta spirit of things, is bound to tell you, as the caballeros do South of the Border:

"Senora, each time we meet, you grow more plump and more beautiful!"

POLAND OFFERS DELIGHTFUL FOODS

The compositions of Chopin and Paderewski should furnish a musical background when you entertain at a Polish supper. But you'd better not depend upon cans, for the only thing Polish that you'll find in a can (and we searched Rochester Polish sections) are the famous hams, shipped over from Poland.

You can, however, if you're willing to cook, prepare a dinner that will be a pretty fair semblance of those served in... we were going to say in Polish homes. But some of the leaders in the Polish colony told us you're not likely to find them appearing often on the tables of the younger generation. They have, lament their elders, become completely Americanized.

There are exceptions to the rule. You'll still find a wife serving Bigos or looking up an ancestor's old recipe for stuffed cabbage rolls, because it's such a delicious dish that it mustn't be forgotten.

We got our recipe for the cabbage rolls from Mrs. John Ptaszek of Weyl St. whose husband is of Polish descent and who finds the famous dish popular with him.

STUFFED CABBAGE ROLLS

Take one large cabbage and cut away the core. Steam it a few minutes, taking off the leaves as they begin to soften.

Mix together three quarters of a cup of cooked rice, a 1/2 pound of ground pork and 1 lb. ground beef with one medium sized onion which has been chopped and browned in bacon drippings. Season the mixture and fold a portion in a cabbage leaf. Fasten with toothpicks and repeat process until all mixture is used. Put in a deep kettle, add a can of tomatoes, lay 2 strips of bacon across it and cook slowly, covered, for 1-1/2 to 2 hours.

If you have that as your main dinner or supper dish, you won't need much else, though you can start the meal with Kanapki, which is nothing but canapes, and finish it up with a rich torte. And that you'd better buy in a Polish bakery, unless you want to spend an entire day making it.

It was sampling a little of this and a bit of that in a Polish bakery which decided us on the way we'd entertain our friends at a Polish meal. Polish people, in their homeland, they tell us, follow the French custom of petit déjeuner, or little breakfast. Then, about 11 o'clock, a substantial breakfast is served. So what could be more suitable for company Sunday breakfast than one in which Polish kuchen are featured.

First of all, to be really right, you'd serve an assortment of cheeses, with cold cuts, and, while it's a Western World touch, we couldn't think of a better addition than a genuine imported Polish ham.

And then the kuchen! It makes you hungry just to describe them. There's stollen--some with poppy seed, some with cheese or cottage cheese and some with almond paste filling which is the sort of breakfast bread that makes you forget your dieting and slice another piece and yet another. Brushed with egg, the shiny crust resists the knife, but inside the almond type has the flavor of rich marzipan. And don't forget to order one of the giant parzona raisin babka. You'd better call it old-fashioned butter kuchen with raisins, because, "the young girls no longer recognize the old names." But THINK of it as parzona babka, because that means "the kind of coffee cake that grandma used to make."

You can serve both tea and coffee--the Polish people do. But don't make too much coffee and don't let it stand. You've never tasted ANYTHING better

than Polish coffee, rightly made. And Mrs. Walter M. Wojtczak told us exactly the right way to make it.

Use about 1 cup of coffee grounds to 7 cups of water. Break an egg, shell and all, into the coffee grounds and stir to a paste. Then add boiling water, stirring to keep the grounds from sticking to the bottom of the pot. Cover and wait a minute or two to make sure it won't boil over. Then let it boil slowly five or six minutes. You may add a dash of cold water to make it settle, and it is ready to serve. (This makes a very strong coffee, which can be diluted with hot water, if your taste favors a weaker coffee.)

And you'll have to have will power if you don't find yourself having another cup of coffee and another slice of stollen or parzona babka to go with the coffee and then another cup of coffee . . . and so on!

TRY A SMORGASBORD SUPPER OF TASTE-TICKLING TIDBITS

You may not be able to pronounce smorgasbord - nobody can say it right but a Scandinavian - but you can serve it right. And there are two excellent reasons why you should choose the Swedish way when you entertain. The first is the wide variety of foods which you will be able to offer your guests; the second is that you will be able to get so much of the cooking done ahead of time.

The Swedish people themselves regard smorgasbord somewhat as we do hors d'oeuvres. They partake of it, sparingly, before dinner. Americans, on the other hand, like to make smorgasbord and dinner synonymous. And inasmuch as that's the popular way with most people, you'd best follow it.

For a perfect smorgasbord supper, you'll serve at least two hot dishes and as many cold ones as you wish and follow them up with a delicate dessert and strong coffee.

Here are a few suggestions for the menu. And some of the foods, you'll be glad to know, come in cans and you have nothing to do but heat them. You can get Norwegian fish balls in cans, made with potato flour and spices, and the fact that they are packed right at Trondheim should lend as much atmosphere to the meal as a music background from the "Peer Gynt" suite. Or you might choose Swedish meat balls, also canned.

You can find, in stores which specialize in them, cardamon seed beads, lingonberry jam, Iceland herring, Swedish coffee and Nord ost and Kummer ost which are Swedish cheeses.

Long before you start your hot dishes the completed cold ones will have vanished into your ice box. To be correct, the smorgasbord should begin with herring. There may also be plates of stuffed eggs, Swedish breads, cheese, jellied, smoked or pickled meats and fish, spiced beets, sliced cucumbers, aspics, fruit in sour cream and salads.

One typically Swedish dish is a herring and potato salad. Mrs. John Wihlen of Post Ave., who is a fine Swedish cook, gave us her recipe, which calls for 1-1/2 herring, two cups of cooked, chopped meat and 2-1/2 cups of cooked

potatoes. Soak, clean and bone the herring and remove the skin. Combine with meat and potatoes and two cups of cooked beets, a dill pickle and two chopped apples, and serve with a dressing made with sour cream, vinegar, white pepper and a tiny bit of sugar.

If you wish to go very Swedish in your menu, you must serve plattar, small very thin pancakes which are cooked in a special pan of cast iron called a plattlag.

But, after smorgasbord, both you and your guests are pretty certain to have little appetite left for anything so hearty. You might substitute another popular dessert, which is simply a layer cake, with jelly spread on each layer, the whole put together with whipped cream, topped with cream and decorated with angelica and glaze cherries. Served in wee pieces, it is just the right ending to the three helpings which your guests will undoubtedly apologize for, but take.

And don't forget the good, strong coffee!

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