

What's Cooking

AT COLUMBIA



A RECIPE BOOK

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**ON MORNINGSIDE HEIGHTS
NEW YORK, 1942**

*The recipes in this book have been contributed
by persons connected with Columbia University.
They are favorite recipes from faculty kitchens,
not necessarily original.*

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VEGETABLE SOUP

The best time to make vegetable soup is a day or so after you have had fried chicken and out of which you have saved the necks, ribs, backs, *un-cooked*. (The chicken is *not* essential, but does add something.)

Procure from the meat market a good beef soup bone—the bigger the better. It is a rather good idea to have it split down the middle so that all the marrow is exposed. I frequently buy, in addition, a couple pounds of ordinary soup meat, either beef or mutton, or both.

Put all this meat, early in the morning, in a big kettle. The best kind is heavy aluminum, but a good iron pot will do almost as well. Put in also the bony parts of the chicken you have saved. Cover it with water, something on the order of 5 quarts. Add a teaspoon of salt, a bit of black pepper and, if you like, a touch of garlic (one small piece). If you don't like garlic put in an onion. Boil all this slowly all day long. Keep on boiling till the meat has literally dropped off the bone. If your stock boils down during the day, add enough water from time to time to keep the meat covered. When the whole thing has practically disintegrated pour out into another large kettle through a colander. Make sure that the marrow is out of the bones. I advise you to let this drain through the colander for quite a while as much juice will drain out of the meat. (Shake the colander well to help get out all the juice.)

I usually save a few of the better pieces of meat to be diced and put into the soup after it is done. The rest of it can be given to your dogs or your neighbor's chickens. Put the kettle containing the stock you now have in a very cool place, outdoors in the winter time or in the ice box; let it stand all night and the next day until you are ready to make your soup.

You will find that a hard layer of fat has formed on top of the stock which can usually be lifted off since the whole kettle full of stock has jelled. Some people like a little bit of the fat left on and I know a few who like their soup very rich and do not remove more than about half of the fat.

Put the stock back into your kettle and you are now ready to make your soup.

In a separate pan, boil slowly about a third of a teacupful of barley. This should be cooked separately since it has a habit, in a soup kettle, of settling to the bottom and if your fire should happen to get too hot it is likely to burn. If you cannot get barley use rice, but it is a poor substitute.

One of the secrets of making good vegetable soup is not to cook any of the vegetables too long. However, it is impossible to give you an exact measure of the vegetables you should put in because some people like their vegetable soup almost as thick as stew, others like it much thinner. Moreover, sometimes you can get exactly the vegetables you want; other times you have to substitute. Where you used canned vegetables, put them in only a few minutes before taking the soup off the fire. If you use fresh ones, naturally they must be fully cooked in the soup.

The things I like to put into my soup are about as follows:

1 quart canned tomatoes; 1/2 cup peas or cut green beans, 2 potatoes diced, 3 branches celery, 1 large sliced onion, 3 large carrots diced, 1 turnip diced, 1/2 cup canned corn, 1 handful raw cabbage chopped.

Your vegetables should not all be dumped in at once. The potatoes, for example, will cook more quickly than the carrots. Your effort must be to have them all nicely cooked but not mushy, at about the same time.

The fire must not be too hot but the soup should keep bubbling.

When you figure the soup is about done, put in your barley which should now be fully cooked, add a tablespoonful of "Kitchen Bouquet" and taste for flavor, particularly salt and pepper and if you have it, use some onion salt, garlic salt and celery salt. (If you cannot get "Kitchen Bouquet", use one teaspoonful of Lee and Perrin's "Worcestershire Sauce".)

Cut up the few bits of the meat you have saved and put about a small handful into the soup.

While you are cooking the soup do not allow the liquid to boil down too much. Add a bit of water from time to time. If your stock was good and thick when you started, you can add more water than if it was thin when you started.

As a final touch, in the springtime when nasturtiums are green and tender, you can take a few nasturtium stems, cut them up in small pieces, boil them separately as you did the barley, and add about one tablespoonful of them to your soup.

Dwight D. Eisenhower

AVGOLEMONO (*Greek Soup*)

Prepare chicken or beef broth to serve 4. Add 4 tablespoons rice and cook until tender. Beat 2 eggs to a froth in a mixing bowl, add juice of $\frac{1}{2}$ lemon, drop by drop. Pour mixture into hot soup, beating all together. Reheat and serve at once.

Mrs. La Rue Van Hook

BLACK BEAN SOUP

- | | |
|---------------------------|--------------------------------|
| 1 pt. black beans | 2 teaspoons salt |
| 2 qts. water | $\frac{1}{4}$ teaspoon pepper |
| 2 stalks celery | $\frac{1}{2}$ teaspoon mustard |
| 1 onion browned in butter | $\frac{1}{8}$ teaspoon thyme |

Soak the beans in water overnight. Add all the other ingredients and cook until the beans are soft (about 6 hours). Add more water as it boils away. Put through a sieve, keeping back the skins of the beans. Heat until boiling and add 2 tablespoons butter and $1\frac{1}{2}$ tablespoon flour rubbed together. Boil 3 minutes. Add 2 tablespoons vinegar. Keep hot. On each serving place a slice of lemon and a slice of hard cooked egg.

May B. Van Arsdale

SOUP ELEANOR KELLER

- | | |
|------------------------------------|-----------------|
| $\frac{1}{2}$ lb. fresh lima beans | 1 clove garlic |
| 3 potatoes | 5 yellow onions |

Cook these together and put through a fine sieve. Five minutes before serving add finely chopped watercress and a bit of parsley. Add a lump of butter or some cream.

Marguerite Mespoulet

MEAT CABBAGE SOUP (*Tchie*)

- | | |
|-----------------------|--------------------------|
| 2 lbs. breast of beef | 2 marrow bones |
| 3 tomatoes | 4 sprigs parsley |
| 1 leek | 2 lbs. cabbage |
| 1 bundle soup greens | 1 German parsley root |
| 4 qts. cold water | Salt and pepper to taste |

Cut tomatoes and carrots in small pieces. Cut (not shred) cabbage in 2 inch pieces. Put everything in pot with 4 qts. cold water. Boil for $2\frac{1}{2}$ to 3 hours. When cooked, separate meat from other ingredients. Serve soup. The meat may be used as a separate course and is usually served with strong horse-radish.

Soia Mentschikoff

VIENNESE MUSHROOM SOUP

½ lb. fresh mushrooms
2 tablespoons pearl barley
3 tablespoons butter

1 medium onion cut very fine
Stock

Brown onion in butter. Add 1½ qts. of stock, or bouillon, the barley, and the mushrooms (caps and stems), which have been washed and put through the meat grinder, using a fine cutter. Add salt and pepper. Simmer gently for 2 hours.

Mrs. Selig Hecht

ONION SOUP

3 or 4 large onions
2 heaping tablespoons butter
3 bouillon cubes

2½ cups hot water
Salt, pepper, cheese

Sauté onions in butter until they are a rich golden brown. Sprinkle with salt and pepper while cooking. Dissolve bouillon cubes in hot water and add to onions. Simmer for at least a half hour. Serves 4. The soup may be made beforehand and reheated just before serving. Serve with Parmesan cheese.

Mrs. E. R. Dodge

OYSTER SOUP

24 oysters
1 pint cream
2 cups of milk
¼ lb. of butter

3 tablespoons Worcestershire sauce
Salt
Paprika

Stew slowly and for 20 minutes 12 oysters, salt, paprika and Worcestershire sauce in the butter. Mash through strainer to make a sauce. Heat cream and milk in double boiler and add the oyster sauce. More Worcestershire sauce may be added if desired. Two minutes before serving add 12 oysters. Serve in bouillon cups. Yields 6 cups.

Mrs. Lindsay Rogers

HUNGARIAN BEET BORSCHT

Cold Beet Soup for Summer

- | | |
|---|---|
| 6 medium size beets | 2 tablespoons vinegar |
| 2 qts. of water | 1 tablespoon sugar |
| 1 tablespoon salt | Juice of $\frac{1}{2}$ lemon |
| 2 eggs beaten well with Dover
egg beater | 1 tablespoon sour cream
for each serving |

Peel beets and cut into shoe-string pieces or put through food chopper with coarsest cutter. Cook until tender in water to which has been added salt. When beets are tender, pour the hot boiling beet liquor very slowly onto the beaten eggs, stirring constantly. Then add the cut beets. Add juice of $\frac{1}{2}$ lemon, 2 tablespoons vinegar and 1 tablespoon sugar. Stir well. Chill. When cold, pour into soup bowls and garnish each with 1 large tablespoon sour cream.

Mrs. Selig Hecht

PEA SOUP

- | | |
|----------------------|------------------------------------|
| 1 No. 2 can peas | 1 sprig parsley |
| 3 cups chicken stock | Bit of bay leaf |
| 1 slice onion | $\frac{1}{2}$ teaspoon peppercorns |
| 1 piece celery | 1 tablespoon sugar |
| 1 slice carrot | 1 teaspoon salt |

Simmer the above ingredients together for 20 minutes. Strain through a purée sieve. Bind with 3 tablespoons butter and 3 tablespoons flour. Bring to a boil. Add 1 cup cold cream and bring to the boil quickly. Set over hot water to keep hot.

Sarah G. Alling

VEGETABLE SOUP

- | | |
|---|-------------------------------|
| 1 square inch salt pork or
3 tablespoons other fat | 1 egg |
| 1 carrot | 1 onion |
| 1 stalk celery with leaves | 2 sprigs parsley |
| 2 leaves cabbage | 3 pints water |
| 2 medium bunches of spinach | 2 tablespoons tomato paste or |
| Any other left-over vegetables | 1 cup canned tomato |
| Any chopped-up cold meat | 1 cup egg noodles |
| | Grated cheese |

Chop fine pork, carrot, onion, celery and parsley; cook a few minutes but not to browning point. Chop other greens, except spinach, (beet leaves, radish leaves, broken lettuce leaves, broccoli) left over vegetables, and add to first part. Add water and tomato paste and boil fast for 15 minutes. Add chopped spinach, meat (if any), and noodles. Cook 5 minutes more. Drop egg in and turn off fire. Stir well. Serve with grated cheese. Serves 6 or 7.

Mrs. Mario A. Pei

PEPPER POT

3 lbs. stewing beef
1 marrow bone

3 qts. water

Cook together until meat is done. Strain broth. Cut meat into $\frac{1}{2}$ inch cubes. Prepare half as many potato cubes as meat cubes. Break 1 cup medium size noodles in small pieces. Place meat, potatoes and noodles in broth and cook until potatoes and noodles are done. Season with salt and pepper.

Mr. Fackenthal says the essential accompaniment is sliced pan-roast potatoes.

Frank D. Fackenthal

POTATO SOUP

Cut up 1 slice bacon and fry out. Brown 1 large onion in fat. Turn mixture into 6 boiled mashed potatoes and 1 tablespoon butter. Slowly add warm milk until consistency is that of purée. Season with salt, pepper, and paprika. Simmer for 15 minutes, adding more milk occasionally. Thin to right consistency with hot milk and add 1 teaspoon Worcestershire sauce. Makes 6 large servings.

Mrs. Ralph Alexander

VICHYSOISE

2 bunches leeks
2 tablespoons butter
1 stalk celery
 $\frac{1}{2}$ pt. heavy cream
1 shake of nutmeg
1 pt. chicken broth

2 medium sized potatoes
1 cent's worth parsley
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{1}{4}$ teaspoon Worcestershire sauce

Clean white parts of leeks and chop very fine. Put into a pot with butter and cook for 10 minutes over a very slow fire to prevent coloring. Slice potatoes very thin and add to leeks together with the broth and the celery and parsley tied together. Boil for 30 minutes. Pass through a very fine strainer and add cream, salt, pepper, nutmeg, and Worcestershire. Stir well. Chill in a china bowl (metal will affect the flavor), and serve with finely chopped chives on the top of each serving. In France Vichy-soise is served ice-cold.

Mrs. Ernest Hunter Wright

MARROW BALLS FOR SOUP

3 or 4 marrow bones
1 egg

Matzoth meal
Salt and pepper

Cook marrow bones in soup with other soup accompaniments. Remove marrow from bones. Mash thoroughly with a fork. Add 1 egg, salt and pepper, and continue to stir until all is well blended. Add enough matzoth meal (buy in 1 lb. package at any grocer's) to make a stiff paste. When cold, roll between palms into small balls, and drop into strained boiling soup. Boil slowly for 10 minutes. Serve hot.

Mrs. Selig Hecht

"KLEMPA" SERVED WITH HOT BOUILLON

2 tablespoons butter
6 tablespoons flour
1 1/3 cups milk
1 tablespoon sugar

2 unbeaten eggs
8 thoroughly pounded almonds
1 teaspoon chopped parsley

Melt butter and add flour, then milk. Cook in double boiler for 15 minutes, then add eggs and sugar, blending thoroughly. Add well pounded almonds and parsley. When cool serve a heaping teaspoon of this mixture in each bowl of hot bouillon and serve immediately. Serves 12 people.

Mrs. John F. C. Richards

JAMAICA PEPPER POT

1/2 can or 6 fresh tomatoes
1/2 lb. pork
1/2 lb. spinach
1/2 lb. beef
2 onions
3 potatoes

Thyme
Parsley
Savory
Celery
Red (cayenne) pepper
White pepper and salt

Boil meats in 2 or 3 quarts of water with a little rice and salt. When done, chop and return to soup. Chop other vegetables (except spinach) and add to soup. Boil spinach, chop fine, add to soup. Stir and let all simmer slowly.

Make very small dumplings (size of a marble, soda biscuit recipe), drop into soup and let them boil in it for 10 minutes. This should be a rather thick soup.

Richard Henry Butler



STEAMED CORN BREAD

- | | |
|-------------------------|-----------------------------|
| 1 cup sweet milk | 1 cup molasses |
| 1 cup sour milk | $\frac{1}{2}$ teaspoon salt |
| 2 cups yellow corn meal | 1 teaspoon soda |
| 1 cup flour | |

Mix together sweet and sour milk with molasses, then the sifted dry ingredients and corn meal, stirring only enough to combine. Steam 3 hours. Bake in moderately hot oven (400°) about 30 minutes.

Mrs. Harold A. Fales

RICH CORN CAKE

- | | |
|---------------------------|---------------------------------|
| 1 cup corn meal | $\frac{1}{2}$ teaspoon salt |
| 1 cup white flour | 1 cup milk |
| 4 teaspoons baking powder | 2 eggs |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ cup melted butter |

Cook in moderate oven $\frac{1}{2}$ hour.

Anna Ballard

DOUGHNUTS

- | | |
|-----------------------------|---------------------------------------|
| 2 beaten eggs | $\frac{1}{4}$ teaspoon nutmeg |
| 1 cup sugar | $\frac{1}{4}$ teaspoon cinnamon |
| 5 teaspoons melted butter | Pinch of ginger |
| 1 teaspoon soda | 1 cup milk |
| 2 teaspoons cream of tartar | 4 or $4\frac{1}{2}$ cups sifted flour |
| $\frac{1}{2}$ teaspoon salt | |

Beat together first 3 ingredients. Add milk and remaining dry ingredients. Set in ice-box for several hours or overnight. Roll to $\frac{1}{4}$ inch thickness, cut and fry in fat 360° - 380° until brown, turning frequently.

Mrs. Edward T. Kennedy

ICE BOX ROLLS OR CINNAMON-BUNS

1 heaping tablespoon butter or
other shortening
1 teaspoon salt
1 yeast cake dissolved in
 $\frac{1}{2}$ cup lukewarm water

1 cup boiling water
 $\frac{1}{4}$ cup (or less) sugar
1 egg
4 cups sifted flour

Mix shortening, salt, and sugar, and pour boiling water over all; let stand until it cools to room temperature. Then beat egg and add to mixture. Add dissolved yeast cake; work in flour and beat well. Pour into covered vessel with capacity for twice the amount of the mixture and place in ice box until you want to make rolls. Can be kept for several days. Take out as much as you want, and shape into rolls—cloverleaf and parker-house or whatever you prefer, brushing all surfaces with melted shortening to keep rolls separated. Allow $2\frac{1}{2}$ to 3 hours (according to temperature of room) for rising. They should rise to more than twice their size. Bake in oven 350° for 30 minutes.

For Cinnamon-buns take dough from ice box and spread on well-floured pastry board—patting into long rectangular shape as thin as possible. Brush with melted butter and sprinkle with sugar and cinnamon. Then roll into long cylindrical shape and slice off sections $\frac{1}{2}$ inch to 1 inch for individual buns. Brush with shortening, let rise, and bake as you do for other rolls. Will make about 2 dozen medium sized rolls or buns.

Mrs. Edward H. Reisner

SALENA'S COFFEE CAKE

$1\frac{1}{2}$ cups flour
3 tablespoons brown sugar (level)
1 teaspoon cinnamon (heaping)
2 teaspoons baking powder
(rounded)

Grated rind of 3 oranges
1 egg
 $\frac{3}{4}$ cup of milk
2 tablespoons crisco (not melted)

Beat egg. Add milk and whip. Add dry ingredients to wet. Add crisco before all milk is added. Bake 25 minutes in moderate oven. Sprinkle with powdered sugar and cinnamon as served.

Lucia Neare

GNOCCHI

Boil 1 large potato per person (*not* new potatoes), peel and mash. (A well-beaten egg may be added if desired). Add enough flour to hold potatoes together in a soft dough. With hands, work into long roll about 1 inch thick. Cut into pieces about 1 inch long. With thumb roll each piece lightly along prongs of floured fork. Cook in rapidly boiling, salted water. When gnocchi come to top, remove and serve as spaghetti; i.e., with tomato, mushroom or meat sauce, or plain melted butter and cheese.

Gabriella Cazzola

GRAPE NUT BREAD

½ cup grape nuts	1 cup sour milk
3 tablespoons sour cream	1 teaspoon soda
1 teaspoon salt	½ cup sugar
1 egg	1 teaspoon baking powder
2 cups flour	

Soak grape nuts in sour milk for ½ hour. Stir salt and soda into sugar and mix with cream. Sift baking powder into flour. Beat egg slightly. Mix and let rise for 20 minutes. Bake in moderate oven for 40 minutes. Makes loaf 8 x 4 inches.

Helen Atkinson

HOMEMADE BREAD

Mixed flours; without yeast

1 cup white flour	1 cup sour milk
1 cup graham flour	1 teaspoon soda dissolved in
1 teaspoon salt	¼ cup hot water
¼ cup brown or white sugar	

Bake in moderate (cool) oven. When bread rises, increase heat. Bake 30 or 40 minutes.

Mrs. C. W. Keyes

NUT BREAD

2 cups flour	1 cup of milk
2 teaspoons baking powder	1 cup walnuts (chopped)
3 tablespoons sugar	½ cup of dates (chopped)
Pinch of salt	

Let rise 20 minutes. Bake 1 hour in a moderate oven.

Mrs. E. S. Evenden

DATE NUT BRAN BREAD

2 cups dates, chopped	2 cups boiling water
2 eggs	¾ cup brown sugar
2 cups whole wheat flour	2 teaspoons baking powder
1 teaspoon soda	1 cup walnuts, chopped
2 cups bran	

Mix dates with boiling water; cool. Beat eggs and add brown sugar. Mix whole wheat flour, baking powder, and soda. Add ½ of flour mixture to egg-sugar mixture; then add ½ of date mixture. Add rest of flour mixture, dates, bran, walnuts. Mix well. Bake in 2 small greased loaf pans for 1 hour at 350°.

Corinne Hogden

OATMEAL BREAD

1½ cups oatmeal
2 cups boiling water
2 teaspoons salt
½ cup sugar

5 cups flour
2 tablespoons shortening
1 yeast cake dissolved in ¼ cup
warm water

Pour boiling water over oatmeal. Let stand 1 hour. Then mix ingredients. Put in batter bowl and let rise in warm place about 2 hours. Divide in 2 parts, knead a little, place in greased pans and again let rise until double. Bake about 40 to 45 minutes in moderate oven 375°.

Mrs. James Kemp

ORANGE BREAD

⅝ cup sugar
1 cup candied orange peel
1½ cups milk
1 tablespoon fat

2 teaspoons salt
1 egg
3 cups flour
6 teaspoons baking powder

Cream fat and sugar, add beaten egg, then orange peel. Add milk alternately with sifted dry ingredients—flour, salt, and baking powder. Mix well and let rise 20 minutes in greased loaf pan. Bake about 50 minutes in slow oven.

CANDIED PEEL

Cut peel of 2 or 3 oranges into small pieces. Cover with cold water and bring to a boil. Pour off water and repeat process 3 times. Make syrup of ½ cup sugar and 1 cup water. Cook peel until tender—about 20 minutes. Drain off syrup which is not used (may be used for a sauce).

Mrs. Carter Alexander

SCOTCH OATCAKES

¼ lb. Scotch oatmeal
¼ teaspoon salt
Pinch of baking soda

1 dessert spoon bacon fat
(melted)
Hot water

Mix oatmeal, soda and salt. Make a well in center and add melted bacon fat and enough hot water to make a soft mixture. Have plenty of oatmeal on the baking board. Turn mixture on board and form into a smooth ball; knead and roll out thinly. Rub well with meal to make cakes white. Cut in triangles, place on hot griddle and bake steadily until cakes turn up at the edges. Toast in a moderate oven until slightly brown.

Scotch oatmeal is almost unobtainable now and is very expensive. A good substitute is "Irish" steel-cut oatmeal which can be bought at Health Food Stores.

Mrs. John E. Bell

POP-OVERS

1 cup flour	2 eggs
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon melted shortening
$\frac{7}{8}$ cup milk	

Mix salt and flour, add half the milk; beat until smooth. Add remaining half of milk, well beaten eggs and shortening. Beat 2 minutes with Dover eggbeater. Turn into *hot* greased pans and bake about 35 minutes in a hot oven.

Mrs. Norman K. Bryant

SCONES

2 cups flour (sift before measuring)	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup fat
4 level teaspoons baking powder	1 egg

Mix and sift dry ingredients and cut in shortening until well mixed. Add milk and well beaten egg. Roll dough lightly into a sheet $\frac{1}{2}$ inch thick. Cut in triangles and place on greased cooky sheet; bake at 450° about 12 minutes. Remove from oven, split and butter while hot and add jam if you wish. Makes 20 scones.

Mrs. Benjamin R. Andrews

VIRGINIA SPOON BREAD

1 cup corn meal	$1\frac{1}{2}$ tablespoons of melted butter
1 cup boiling water	and crisco mixed
1 level teaspoon salt	2 eggs
1 cup milk	

Sift meal and salt together, add boiling water and beat until smooth. Add milk, then crisco and butter mixture and at the last 2 *well-beaten* eggs. Bake and serve in pyrex dish. Cook 30 minutes in 375° oven. Will serve 4 amply.

Mrs. George W. Mullins

WHOLE WHEAT BREAD

2 cups scalded milk	1 cake compressed yeast dissolved in warm milk
2 teaspoons salt	1 cup Wheat Heart cereal
3 tablespoons honey	$3\frac{3}{4}$ cups whole wheat flour
1 tablespoon strained peanut butter	
3 tablespoons butter or substitute	

Mix first 6 ingredients. Add cereal and flour. Knead dough, place in a greased bowl. Cover and let rise about 2 hours or until double in bulk. Mold into loaves and place in well greased pans. Cover and let rise about 1 hour. Bake in oven 375° 1 hour. This makes 2 small to medium sized loaves. The temperature of room while bread is rising should be about 75°.

Mrs. Bernard O. Koopman

YORKSHIRE PUDDING

1 pt. of milk
3 eggs

$\frac{3}{4}$ cup of flour
Pinch salt

Mix milk with the eggs which have been slightly beaten. Add flour a little at a time so as not to get it lumpy, and then add the salt. The complete mixture can finally be put through a strainer to insure smoothness. Take a little of the hot fat taken from the roast beef and put it into the baking dish or casserole dish to be used, rubbing the inside of the dish thoroughly with the hot grease. It is best also to have the baking dish quite warm too. Put the pudding into a very hot oven, 450° to 500°, for 35 to 40 minutes. The perfect Yorkshire Pudding will rise slowly but surely while cooking and will be sizzling and crackling when removed from the oven. Try to avoid opening the oven door while the pudding is baking. This pudding has to be served *immediately* it is out of the oven. Otherwise it will fall and will spoil not only the appearance of the pudding, but also the taste as it will get soggy. It is a good thing, therefore, to have your meat in the process of being carved before the pudding is brought to the table. The delicious brown gravy that goes with roast beef goes perfectly with this pudding, too.

Mrs. Clarence E. Lovejoy

WAFFLES

2 eggs
2 cups flour
2 cups sour milk
1 teaspoon soda

4 teaspoons baking powder
6 tablespoons shortening
 $\frac{1}{4}$ teaspoon salt

Separate the eggs and beat well. Add sour milk (or buttermilk) in which soda has been stirred to beaten egg yolks. Next add flour sifted with baking powder and salt. Stir in slowly melted shortening and lastly fold in stiffly beaten whites. Serves 4 people.

Mrs. George T. Harness

"WENTEL JEEFTJES"

Take 12 slices of thinly cut stale white bread, butter well, soak in milk (not too much) then whisk up 8 eggs. Lay the bread in the egg; then fry in hot fat. Serve with sugar and cinnamon.

This recipe is said to have been brought to the Cape, South Africa, by the old Batavian State prisoners.

Mrs. Alfred Jacoby

HARRY'S OWN GRIDDLECAKES

Put 1 quart sweet milk in batter-bowl; break in 2 fresh farm eggs. Beat and beat with Dover eggbeater. Add buckwheat flour gradually, beating all the time with Dover eggbeater, until batter reaches a consistency to pour on griddle—which should be *medium hot*. If too hot the cakes will stick. Serve with honey or maple syrup.

Harry J. Carman

RAW POTATO PANCAKES

3 medium size potatoes
Salt to taste

1 egg yolk
2 or 3 tablespoons milk

Grate the potatoes. Stir in unbeaten yolk. Add salt and enough milk so that the batter pours easily. Fry in deep fat until each cake is well browned and crisp at the edges. Serve hot with jelly or syrup. This makes sufficient for the main dish for 2. Apple sauce or stewed tomatoes are a suitable side dish.

Mrs. James L. Dohr

Fish and Fowl.

CREAMED CODFISH

Cut salt codfish in $\frac{1}{4}$ inch slices across the grain and soak in lukewarm water overnight, to draw out salt and soften. Drain. Let simmer in fresh water for 10 minutes. Stir 1 cup of thin hot white sauce onto 1 beaten egg. Add drained fish. Serve with baked Idaho potatoes.

Philip M. Hayden

FINNAN HADDIE

Soak whole finnan haddie (with bone and skin) for an hour in cold water. Put fish, skin down, in baking pan. Cover with cold milk, a bay leaf, a pinch of thyme, and five whole black peppercorns. Heat fish slowly over low fire for about 30 minutes not letting milk boil. Drain off and save. Spread fish with butter and place in moderate oven to bake for 20-25 minutes. Baste frequently. During baking mix 1 cup of cream with $\frac{1}{2}$ cup of reserved milk and pour it over the fish shortly before it leaves the oven. Sprinkle the top with paprika before serving.

Mrs. Gordon Ridings

FISH SOUFFLÉ

$\frac{3}{4}$ lb. haddock filet (chop raw)	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ pint condensed milk (or cream)	Pepper
$1\frac{3}{4}$ cups stale bread crumbs	3 eggs
Small onion scraped	

Cook first 4 ingredients together. Cool. Beat egg whites stiff. Fold egg whites into cooked mixture. Bake in bread pan 350° oven for 20 minutes to $\frac{1}{2}$ hour.

Make sauce of beaten egg yolks, 1 cup of milk, and juice of 1 lemon. If desired, sprinkle loaf with chopped almonds.

Mrs. L. P. Hammett

HALIBUT STEAKS

2 steaks 1 in. thick
2 cups soft bread crumbs
1 teaspoon salt
2 tablespoons grated onion
1 tablespoon minced parsley

Juice and rind of 1 lemon
 $\frac{1}{4}$ cup melted butter
2 $10\frac{1}{2}$ oz. cans condensed vegetable soup

Make stuffing of bread crumbs, salt, onion, parsley, lemon juice and rind and melted butter. Spread on one steak and place other steak on top. Cover with the condensed vegetable soup. Bake in 350° oven about 30 minutes on oven-proof platter.

Mrs. Charles C. Tillinghast

FISH À LA FRANÇAISE

$1\frac{1}{2}$ lbs. fish (filet of sole or
filet of flounder)
1 chopped onion—fine
Parmesan (grated) cheese

Butter
A can of small peas
Boiled new potatoes (small)

Fry fish in butter and place in a pyrex dish. Pour cheese over. Fry onion in butter left. Pour over. Put in oven to warm (if you prepare this early in the day). Heat peas and strain. Pour over before serving. Put boiled potatoes around with some warm butter on top. Serves 6 or 8. It is a nice dish to prepare early (part of it).

Mrs. Angel Del Rio

BROILED FISH WITH WHITE WINE

2 lbs. fish
Salt and pepper
1 teaspoon lemon juice
1 onion sliced thin

2 tablespoons butter
1 cup sauterne, chablis, or
hock wine

If whole, have fish split lengthwise for broiling. Place skin down in buttered shallow pan. If filets or slices place flat in buttered shallow pan. Sprinkle with salt and pepper and lemon juice and spread onion slices over entire surface. Dot with butter. Place under broiler. When butter melts, begin basting with wine. Broil, basting frequently, until fish flakes easily (15-20 minutes depending on thickness of fish and kind of fish. Haddock filets about $\frac{3}{4}$ inch thick take 15 minutes). Remove onion slices—do not serve these. Remove to hot platter. Thicken liquid in pan with 1 tablespoon flour mixed with 3 tablespoons warm water. Add a few sliced stuffed olives and pour sauce over fish. This is especially good with haddock and makes an inexpensive company dish. Serves 5-6.

Mrs. J. M. B. Kellogg

FILET OF SOLE MAISON

- | | |
|---------------------------------|------------------------------|
| 1 lb. filet of sole | 1 clove garlic |
| 1½ cups chicken broth | 1 small bit bay leaf |
| 1 small pinch marjoram or thyme | 1 clove, or 1 or 2 allspice |
| ¼ teaspoon salt | Dash or two of pepper |
| ¾ cup Sauterne wine | 2 tablespoons butter |
| ¼ cup heavy cream | 1 teaspoon cornstarch, mixed |
| ½ lb. mushrooms | with 1 tablespoon wine |
| 1 small white onion | |

Butter a pie plate or flat baking dish (not metal) and arrange the filets flat upon it. Or they may be rolled and stood upright in a small pudding dish. Sprinkle them with the thyme, the salt and the pepper. Pour the wine over them (there should be enough just to cover them) and set them up to poach in a moderately hot oven (400°) for about 15 minutes, or until they are cooked. They should be firm and white, but should keep their shape.

Meantime put the remainder of the butter in a saucepan and add the finely minced onion, and the peeled clove of garlic into which a toothpick has been inserted for later identification and removal. Cook until the onion is soft, but be very careful not to let the butter brown. When the onion is cooked, remove the garlic from the saucepan, and add the mushrooms, sliced, the chicken broth, the cream, the clove (or allspice), and the bay leaf. Drain the wine from the fish into the saucepan, being careful not to break the filets; set the fish aside.

Now reduce the sauce by about ½, which will take about an hour. Taste the sauce, and if a bit more salt is needed, add it. If the sauce needs thickening, stir in one teaspoon cornstarch mixed with one tablespoon wine. Pour the sauce over the filets and return to the oven to heat through. Serves 4 to 6.

Mrs. Giles S. Rich

SALMON LOAF

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|----------------------------|----------------------------------|
| 1½ cups of canned salmon | 2 tablespoons of butter (melted) |
| 1 cup of soft bread crumbs | ½ teaspoon of salt |
| ½ cup of mashed potatoes | ¼ teaspoon of paprika |
| 2 eggs | ¼ teaspoon of celery salt |
| 1 cup of milk | |

Flake salmon with a fork, add bread crumbs and mashed potatoes. Mix well, using a fork instead of a spoon, for lightness. Beat eggs and milk together slightly and add to mixture. Stir in seasonings and finally add melted butter. Pack into a buttered loaf pan. Bake at 325° for 35 minutes. Unmold and garnish with parsley.

Mrs. Erik Barnouw

PUNGENT FISH

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|--|--------------------------|
| 1 fish with firm white flesh, large flakes (white fish, bass, sea trout, carp) | 1 cup water |
| 3 pieces ginger root | 3 tablespoons soy sauce |
| 2 onions | 6 tablespoons vinegar |
| 1 green pepper | 7 tablespoons sugar |
| | 2 tablespoons cornstarch |

Wash fish and clean well. Cut bias slits in side and rub fish all over with salt. Rub salt and place small pieces of ginger root in slits. If fresh ginger root is not available, use preserved ginger or dried ginger soaked in water until soft. Fry fish in plenty of fat turning only once. Slice onions and fry until translucent but not browned. Fry remaining ginger diced with onions. Slice a green pepper into thin lengths. Add to onions; heat but do not wilt. Make a sauce of cornstarch dissolved in water with vinegar, sugar and soy sauce. Heat until thick. Pour sauce over fish on serving platter, top with cooked onions and green peppers. Serves 8.

Mrs. Carrington Goodrich

STUDENTS' NIGHT TUNA LOAF

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|--|---|
| 2 6-oz. pkgs. noodles | $\frac{1}{2}$ cup butter or margerine |
| 6 shelled, hard cooked eggs | $\frac{1}{2}$ cup flour |
| 1 13-oz. can tuna fish, coarsely flaked | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons grated onion | $\frac{1}{2}$ teaspoon celery salt |
| 2 tablespoons minced green pepper or parsley | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons diced canned pimienta | 2 cups canned chicken broth |
| $\frac{1}{4}$ lb. fresh mushrooms | 2 cups milk |
| | 1 teaspoon Worcestershire sauce |
| | 1 5-oz. pkg. potato chips crushed, or 3 cups crackers |

Cook noodles in large amount of boiling salted water until tender—about 10 minutes. Drain. Add eggs, tuna, onion, green pepper or parsley, pimienta, and mushrooms sliced and sautéed in butter.

SAUCE

Melt butter in saucepan; blend in flour and seasonings; stir in chicken broth, milk and Worcestershire, and cook, stirring constantly, until it is smoothly thickened.

Add sauce to noodle-tuna mixture and toss. Grease a large pan, or pans, and over bottom spread a thin layer of the crushed potato chips or cracker crumbs. Put in half the noodle-tuna mixture, then a sprinkling of the potato chips, the remainder of the mixture, and finally the rest of the chips. Store the loaf in the refrigerator until the next day, removing it a few minutes before baking time. Bake in a moderately hot oven of 375° for 45 minutes. Cut into squares and use a pancake turner or broad spatula to transfer portions from baking pan to plates so they will keep their shape. Serves 25.

Mrs. Hollis L. Caswell

POTTED SHAD

Have the shad cut in thick steaks and the eyes removed. Wash in salt and water and drain. Place in a jar, with salt enough to season it, 2 whole red peppers, a heaping teaspoonful of whole black pepper, a half tablespoonful of allspice, and 3 or 4 bay leaves. Cover well with the best cider vinegar, diluting it to the proportion of half a pint of water to 1 quart of vinegar. Tie stout brown paper around the top of the jar to make it air-tight. Cover and leave it in a slow oven all day. If the bones have not dissolved, put the jar again in the oven the next morning for a few hours. Serve cold.

Mrs. Maud Nathan

DEVEILED CRABS

1 dozen crabs, cooked and flaked
1 pt. milk
2 tablespoons flour

1 tablespoon butter
 $\frac{1}{4}$ lb. grated cheese
Salt and pepper

Make a cream sauce of flour, butter, and milk. Cook until smooth. Add to this half of the grated cheese and the crab meat. Cool. When ready to use put mixture into the crab backs for a baking dish. Cover with bread crumbs and remainder of cheese and dot with butter. Place in oven and brown. This will fill 9 backs.

Mrs. A. V. Williams Jackson

LOBSTER À L'ARMORICAINE

Boil 6 medium sized live lobsters for 15 minutes in salted water. Remove and cut off tails. Cut each tail in three pieces, taking care that meat remains in shell. Fry these pieces slowly for about 10 minutes in a little less than $\frac{1}{2}$ inch olive oil or good quality vegetable oil. Remove from heat and pour 1 cup of brandy in pan and light it. Place pieces of lobster tails with claws and legs in kettle with $\frac{1}{2}$ can of Italian tomato paste and 1 quart of sherry. Season with salt and black pepper, cayenne and Spanish saffron.

In the meantime put in a bowl all lobster livers and eggs (if any) together with whatever shreds of meat remain. Put through a meat grinder and mix with $\frac{3}{4}$ lb. butter and finely chopped parsley. Place in kettle and allow the whole to simmer for $2\frac{1}{2}$ hours, stirring occasionally. Serves 6.

Robert Valeur

LOBSTER NEWBURG SAUCE

2 cups coarsely cut lobster meat	4 egg yolks
6 tablespoons butter, or substitute	2 cups thin cream
2 tablespoons flour	$\frac{1}{3}$ cup sherry
$\frac{1}{2}$ teaspoon salt	Few grains cayenne
Few grains nutmeg	Few grains pepper

Cook lobster in butter for 2 minutes, sprinkle with flour, stir well. Add sherry gradually, cook 2 or 3 minutes longer. Combine egg yolks and cream, add slowly to lobster, stirring. Reduce heat, or place over hot water; cook, stirring until it thickens. Add spices.

To serve, place on each plate hot deviled egg halves on toast circles, pour sauce over.

Mrs. R. B. Pitkin

LOBSTER PAN ROAST

1 cup clam juice	Dash paprika
4 tablespoons butter	1 tablespoon Worcestershire sauce
1 teaspoon celery salt	4 tablespoons Heinz chili sauce
Dash red pepper	$\frac{1}{2}$ cup cream

Heat all together, then add lobster meat broken into not too small pieces. Add more cream if desired. Serve on toast. Serves 4.

Mrs. George Acheson

OYSTERS IN CHAFING DISH

10 oz. butter	Minced celery
Salt	1 quart cream
Mustard	Cracker dust
30 large oysters	Madeira wine

Put butter, salt, mustard, celery and cream together; thicken with cracker dust; heat to boiling point, then drop in oysters. Cook 1 minute, then add wine glass of best madeira and serve.

Mrs. Howard Lee McBain

CAPE COD OYSTERS

Sift $1\frac{1}{2}$ cups flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon shortening; add 1 cup drained chopped oysters and 6 tablespoons oyster liquor. Spread in greased shallow pan. Top with small pricked sausages. Bake in hot oven (450°) about 30 minutes. Serves 8.

Mrs. L. Thomas Hopkins

OYSTER FRICASSÉE

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| 1 qt. medium-sized oysters | 1 tablespoon chopped parsley |
| 1 cup light cream or top milk | 1 teaspoon salt |
| 4 tablespoons butter | Dash cayenne pepper |
| 4 tablespoons flour | 1 egg beaten |

Put oysters in sieve and pour 1 cup cold water over them into a bowl. Heat this to boiling point and skim off all foreign matter. Run oysters through fingers to remove any pieces of shell. Add oysters to liquor and heat until oysters curl, being careful not to boil.

Heat butter bubbling hot, add parsley and flour, salt and cayenne and stir until smooth. (If butter browns a little it adds to flavor.) Then add 1 cup of the oyster liquor and the cup of cream; stir until thick and smooth; then add oysters. Lastly stir in beaten egg.

Serve on piping hot buttered toast or in "boxes" of bread buttered and toasted in the oven. Serves 6 or 8.

Mrs. James H. Oliver

BAKED EGGPLANT, STUFFED WITH SHRIMP

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| 1 large eggplant | 1 egg |
| 1 can of shrimp (or crabmeat,
minced ham, etc.) | Bread crumbs |
| 1 large onion | Butter (or cooking oil) |

Scoop out the inside of the eggplant, after having sliced it in half the long way, leaving about $\frac{1}{4}$ inch shell—place the 2 halves in salted water, while the pulpy portions removed from them are placed in a stew pan with very little water, and set to boil over a moderate fire until tender. Sauté the onion in butter, or oil, until clear over a low flame. Drain the cooked eggplant, add to the onion, and add the shrimp; heat all this together for a few minutes, then add a beaten egg, mix well, add salt and pepper to taste, and fill the two shells. Sprinkle bread crumbs over the top, dot with butter, and place in a shallow pan to bake in a moderate oven for 30 to 40 minutes, until brown on top. A little water should be put in the bottom of the pan.

Jane Gaston

SHRIMP, CREOLE

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|--------------------------|---------------------|
| 1½ lbs. of cooked shrimp | 1 pimienta |
| 1½ cups canned tomato | 1 onion sliced thin |
| 1 beef cube | ½ lb. mushrooms |
| 2 tablespoons butter | 1 tablespoon flour |
| Salt and pepper to taste | Sauce |

Cook tomatoes, onions, and pimienta for ten minutes; then add beef cube. Fry mushrooms in butter, blend in flour, gradually add tomato mixture. Then add cooked shrimp and serve in a border of steamed rice. Serves 5 people.

Mrs. C. O. Beckmann

SHRIMPS AND SNOW PEAS

1 lb. shrimps (peeled and diced)	3 tablespoons cornstarch
½ lb. snow peas (cut each into 3)	3 tablespoons water
8 water chestnuts (sliced small)	Salt
5 tablespoons vegetable oil	

Smear shrimps with mixture of cornstarch, salt and water. Put 3 tablespoons oil in hot pan. Fry shrimps for 5 minutes. Remove and drain. Add 2 tablespoons oil and cook the rest of the ingredients for 5 minutes, adding the prepared sauce made from:

⅓ teaspoon chopped ginger	1 tablespoon wine
½ teaspoon sugar	2 tablespoons soy sauce
1 teaspoon salt	2 teaspoons cornstarch

Add shrimps, cover pan and simmer a few seconds. Serves 6.

Snow peas or Holland peas are found only in a Chinese grocery. They are eaten in the pod. Green peas can be substituted.

Mrs. Chi-chen Wang

SHRIMPS À LA NEWBURG

1 pt. shrimps	1 teaspoon flour
3 tablespoons butter	½ cup cream
½ teaspoon salt	Yolks of 2 eggs
Few grains cayenne	2 tablespoons sherry
1 teaspoon lemon juice	

Clean shrimps and cook 3 minutes in 2 tablespoons of butter. Add salt, cayenne and lemon juice and cook one minute. Remove shrimps and put remaining butter in chafing dish (or boiler), add flour and cream; when thickened, add yolks of eggs slightly beaten, shrimps and wine. Serve with toast.

Mrs. Howell A. Inghram

CUCUMBER SAUCE FOR FISH

4 large cucumbers	1 small onion
1 teaspoon pepper	1 teaspoon salt
2 tablespoons tarragon vinegar	6 tablespoons whipped cream

Pare and grate the cucumbers, taking out all seeds. Drain and turn the pulp into a bowl. Add the pepper, salt and vinegar. At serving time mix in the whipped cream lightly.

Lucia Neare

IOWA PANNED CHICKEN

1 3-lb. frying chicken
1 cup cracker crumbs
1 egg

5 tablespoons fat, $\frac{1}{2}$ lard,
 $\frac{1}{2}$ butter

Clean chicken, cut into pieces and then chill. When ready to cook, beat egg thoroughly and dip each piece in beaten egg and roll in cracker crumbs. Put fat in pan to melt, and before it becomes too hot place chicken in pan and sprinkle with salt and pepper to taste. Cook in moderate oven (400°) turning chicken just one time in order to brown on both sides. When both sides are a golden brown (about 30 minutes of cooking), lower temperature to 350° and continue cooking for about 15 minutes. When done arrange the pieces on a platter and garnish with water-cress or parsley. To make gravy, pour all the fat, but about one tablespoon, from the pan; then add a tablespoon flour, mix and add $\frac{1}{2}$ pint milk or water (cold), stir and season with salt and pepper. Cook a very few minutes until of desired consistency.

Mrs. Emerson Gentzler

CHICKEN MALAY CURRY

1 frying chicken
2 teaspoons ground onion
1 teaspoon ground turmeric
1 pinch dried chillies
1 shake ground garlic
2 cucumbers
 $\frac{1}{2}$ teaspoon ground ginger

3 cloves
3 ground cardamons
1 stick cinnamon
 $1\frac{1}{2}$ teaspoons salt
2 oz. butter
2 cups cocoanut milk

Brown all condiments in butter and stir well. Divide chicken into 8 or 10 joints, add to condiments and cook to a light brown. Add cucumber peeled and cut into 2 inch chunks, then cocoanut milk and simmer all together for 30 or 40 minutes. Curry powder may be added, if you like it hot, but is not necessary.

This curry should be served with plenty of piping hot dry, fluffy rice and a series of extra dishes to be sprinkled over the curry: riced hard cooked eggs, fried onion rings, ground peanuts, fried currants, fresh cocoanut, Bombay duck, hot and sweet mango chutney. Make a bed of rice on center of your plate, put curry on top, sprinkle a spoonful of each of the extras, stir together, tackle with a generous spoon and cool the burning throat with good ale or beer. Then, feeling like a contented boa constrictor, retire for a nap.

Mrs. Carleton S. Cooke

CHICKEN GIBLETS AND PEAS

1 set chicken giblets (or shrimp)	¼ lb. pork
1 lb. fresh peas	Salt
½ lb. mushrooms	Cornstarch

Cut giblets, mushrooms and pork into pieces approximately the size of the peas. Mix giblets and pork together and season with salt and a little pepper or a little wine. After mixing, add a little cornstarch.

Put a little fat in frying pan, over low flame. When melted add giblets and pork, stirring so that they will not become too brown. When meat is cooked, lower flame and add mushrooms, cooking until the mushrooms shrink. Pour mixture out of pan, wash pan, put a little fat in the pan, and as soon as it sizzles, add the peas and a little water, covering pan and cooking until peas are soft. Then add pork, giblets and mushrooms, mix well, heat and serve. Enough for 6 servings.

Mrs. Yu-Chieh Yang

NORAH'S FRIED CHICKEN

Wash, wipe and salt the pieces of chicken. Mix pepper into a tablespoon of flour. Roll chicken in flour and put in a frying pan in which is melting fat about the size of a medium sized banana. Use bacon and other drippings if possible. The fat should be only warm when the chicken goes in. Put in the undesirable pieces first and fry till the chicken is a golden brown. This should be done under a cover and over a low flame. Give about half an hour to frying the whole chicken. As the pieces brown, put them in a kettle, with the odds and ends at the bottom. Add 1½ cups water to the grease in the pan and boil for a moment. Pour the liquid over the chicken in the kettle and place on an asbestos mat over the flame. Cover the pot, and after the contents begin to steam reduce the heat to the lowest possible flame. Steam in this way for at least an hour and a half (2 hours is not too long, especially if the chicken is not very tender). Water may be added if necessary.

Mrs. Ernest Hunter Wright

HOT CHICKEN MOUSSE

2 cups thick rich cream sauce	1 tablespoon chopped parsley
4 cups finely ground chicken (white)	4 egg yolks
Salt and pepper to season	4 stiffly beaten egg whites

Combine in order given. Put in well greased ring mold, place in pan of hot water and bake in moderate oven about 30 minutes or until firm. Serve with creamed mushrooms. Serves 6.

Mrs. Henry Lee Norris

BREAST OF CHICKEN WITH HAM

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|--|----------------------|
| 4 breasts of chicken | 1 lb. mushroom caps |
| 4 thin slices baked
cob-smoked ham (from
Rutland, Vermont) | 1 cup cooking sherry |
| 3 tablespoons butter | 1 cup heavy cream |
| | Seasoning |

Have butcher remove bones, veins, and skin from chicken breasts. Sauté these in the hot butter; add the mushroom caps and simmer for about 12 minutes, until golden in color. Pour off liquid, add sherry and cream to it gradually, cook about 10 minutes. Season sauce and chicken to taste. Serve breast of chicken on slice of baked ham, top with mushrooms, pour sauce over each serving. Serves 4 amply.

Mrs. Robert L. Carey

CHICKEN SAYER

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|--|-----------------------------|
| 1 4-5 lb. roasting chicken | 1 bunch carrots |
| 1 green pepper | 2 cloves of garlic |
| 3 or 4 stalks of celery | 8 strips of bacon |
| 1 cup bouillon, canned undiluted,
or made with a cube, or
homemade | 3 medium sized onions |
| | 1 No. 2 can peas and liquid |
| | Salt and pepper |

Have chicken cut up as for fricassee. Have giblets cooked, cut up, and the liquid saved before preparation of the casserole. Brown chicken pieces and sprinkle to taste with salt and pepper. The ingredients will fill 2 ordinary sized (1½ quart) casseroles or 1—3 quart. If 2 casseroles are used, naturally it is assumed that each ingredient must be halved and each ½ assigned to a casserole. Scrape carrots, peel onions, and cut both into small pieces and mix with cut celery and green pepper and peas. The garlic can be minced and added here, although it is safer and convenient to place whole clove of garlic in a metal teaball and hang in casserole during the cooking.

Lay the bacon strips on the bottom of the casserole, place giblets and cut up vegetables on it, and top with the pieces of chicken. Pour on giblet liquid, pea liquid and bouillon to within an inch from the top of the casserole. Add water if necessary, cover and bake at 350° for about 2 hours, removing the cover during the last ½ hour if the chicken seems cooked enough. The liquid will be very thin for gravy; it can be partially poured off and mixed with a flour paste and served separately if desired. If the chicken is fat, it may be advisable to remove a layer of fat from the casserole and mix with flour before adding the rest of the liquid for gravy.

(This recipe was obtained from Dorothy Sayer's mystery novel "Strong Poison.")

Mrs. Robert Challman

SPANISH CHICKEN

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|--------------------------------------|--------------------------------|
| 3 cups cooked rice | 2 tablespoons chopped pimiento |
| 1 5-lb. chicken, cooked and seasoned | 4 tablespoons butter |
| 3 tablespoons chopped green pepper | 4 tablespoons flour |
| $\frac{3}{4}$ cup sliced mushrooms | 2 cups milk |
| | 1 cup thin cream |
| | 1 cup blanched almonds |

Cook rice; remove chicken from bones and dice. For sauce fry green pepper and mushrooms in butter a few minutes, blend in flour, add milk and cream gradually stirring constantly until thickened. Add chicken and pimiento and season with more salt if needed. In greased baking dish put a layer of rice, moisten with tablespoon of chicken broth. Next a layer of chicken. Sprinkle a few almonds over chicken. Repeat alternating layers until casserole is filled. Sprinkle bread crumbs over top, dot with butter and remaining almonds. Bake in oven 400° about 25 minutes. Serves 10.

Mrs. Carl J. Merner

CHICKEN SAUTÉ À LA PORTUGAISE

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|---|--|
| 1 chicken cut in pieces as for fricassee | 2 or 3 onions |
| $\frac{1}{4}$ pound bacon | 1 bunch carrots |
| $\frac{1}{2}$ cup brown sauce (made with browned butter and meat stock) | 3 tomatoes, or 1 small can of tomatoes |
| | 1 or 2 cloves of garlic (optional) |

Dice the bacon, fry lightly, lift out cooked bacon (and save); brown the cloves of garlic and then remove same. Sauté the pieces of chicken until golden brown and set them aside after seasoning with salt and pepper. Slice tender carrots thin and the onions also thin. Fry these vegetables in the bacon fat without browning them. If you use fresh tomatoes quarter them and stew them a little to get rid of the excess water; if you use canned tomatoes drain slightly. Combine all the vegetables and allow them to simmer slowly, with the addition of the brown sauce, for a few minutes. Add the chicken and let the whole thing cook slowly for $\frac{1}{2}$ hour to $\frac{3}{4}$ of an hour. Add the cooked bacon before serving. Mushrooms may also be added—put them in uncooked, with their stems cut in slices but the caps left whole and unpeeled (unless they are too big and tough) about 10 minutes before the end.

You may cook this entirely in a "Dutch Oven" (a covered iron pot) on top of the stove or after the chicken has been browned and the vegetables fried you may transfer everything to a covered casserole and cook in a moderate oven (about 375°). Serves 6.

Mrs. Philip C. Jessup

SHAKASIR (*Egyptian*)

4½ lb. young chicken
2 teaspoons salt
¼ teaspoon pepper
2 onions
2 quarts water
1 cup butter

1 lb. rice
½ lb. walnut meats
1 clove garlic
2 slices bread
2 tablespoons vinegar
½ teaspoon paprika

Cut chicken into serving pieces, season with salt and pepper, slice 1 onion and add with chicken to water; cook slowly about 1½ hours or until almost tender. Remove from fire (allow chicken to remain in stock while rice cooks). Melt ½ cup butter, add washed and drained rice, cook about 5 minutes. Add 3 cups chicken stock; cover and allow to simmer until tender. Put walnuts through food grinder until very fine. Slice garlic and remaining onion, sauté 5 minutes or until yellow in 3 tablespoons butter. Strain and return butter to pan. Remove crusts from bread, lay slices of bread in the butter and stir until broken. Add walnuts and enough stock to make sauce, consistency of gravy, blend, season with salt, pepper, and cayenne. In small saucepan melt remaining butter, add vinegar, paprika, and 2 tablespoons water, heat. Place rice on large platter and arrange chicken on it. Pour on the walnut sauce and then the thin tart sauce.

Mrs. Menelaos Hassialis

DUCK WITH ORANGES

Place 1 orange in sections in each duck (2 ducks) and truss for roasting. Place in pan in hot oven without cover for 15 minutes. Rub over outside of ducks with soft butter. Roast covered for 1¼ hours, basting frequently. In the meantime boil orange skins in several waters until transparent. Scrape out all white part and cut orange skins into thin strips. Place half of orange strips in a mortar with duck livers and pound to a paste. Heat 1 pint veal broth. Make a paste of 2 teaspoons butter and 2 teaspoons flour. Add veal broth slowly. Add 1 teaspoon beef extract and cook. Into the livers stir a liqueur glass of curaçao and juice of 1 orange. Add salt to season and add to sauce and cook together. Force through a sieve. Add remainder of orange peel and heat gently. Serve as sauce for the ducks.

Mrs. John F. C. Richards

CHICKEN BAKED IN MILK

Cut up chicken as for frying. Roll in flour, fry until brown. Place in roaster. Season with salt and pepper. Scatter bits of butter plentifully over chicken and cover with warm milk. Add a little cream, cover and bake until tender. Remove cover and brown before serving.

Mrs. Ben Wood

CURRY (*Hawaiian*)

1 qt. milk	1½ tablespoons butter
1 fresh cocoanut	1 large onion
1 clove garlic minced	1 tablespoon curry powder
1 small root fresh ginger	½ teaspoon brown sugar
(use preserved if fresh is unobtainable)	2 tablespoons flour

Grate cocoanut meat; add to scalded milk. Let stand 1 hour. Strain through cloth and squeeze until cocoanut is dry. Melt butter in iron pan. Add onion, garlic, and ginger. Fry until brown; add curry and sugar. Mix well, then add flour. Add cocoanut milk a little at a time. Just before serving add chicken, lobster, veal or lamb. Salt *after* leaving fire or curry will curdle. This is better if made the day before. Add meat after heating the next day. Serves 8.

Serve with chopped crisp bacon, chopped peanuts, grated cocoanut, chutney and hard boiled eggs, put in separate dishes.

Mrs. Henry E. Garrett

DRESSING FOR TURKEY

Pour 1 cup hot water over 2 cups water ground yellow corn meal. Add salt and 1 cup milk. When soft enough add 2 well-beaten eggs and a heaping teaspoon of baking powder. Pour into hot pan, with about 2 tablespoons bacon fat, and bake quickly.

To 6 cups boiling water, add 2 cups of washed rice (wild rice is sometimes preferred). Let boil rapidly for 20 minutes. Drain in colander, and let lukewarm water run through it for a few minutes to remove starch.

Combine rice and cornbread, add chopped celery, chopped green onions (or shallots), 2 chopped hard-boiled eggs, 1 raw egg (beaten), chopped giblets, and soften with either chicken or turkey stock. To this may be added either pecans or oysters. NOT BOTH. Stuff turkey and bake with breast of turkey down.

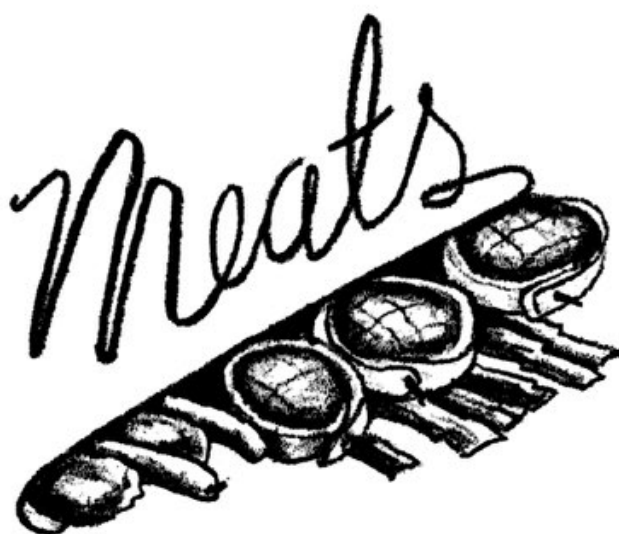
John Angus Burrell

CUMBERLAND SAUCE FOR DUCK

Juice and rind 1 orange	1 tablespoon grated horse-radish
2 tablespoons melted currant jelly	1 cup powdered sugar
Juice and rind 2 lemons	

Mix the orange and lemon juices and grated rind. Add the currant jelly, the powdered sugar, and then the horse-radish. Beat thoroughly, heat, and serve.

John Angus Burrell



POT ROAST WITH RED WINE

To $1\frac{1}{2}$ cups claret add 2 large sliced onions, 1 sliced lemon, 2 tablespoons sugar, 1 tablespoon salt, 1 teaspoon ginger, and 12 whole black peppers. Soak a 4 pound piece of lean beef in mixture for 18 to 24 hours, leaving in a cold place and turning meat two or three times. Remove from liquid, drain and brown all over in 2 tablespoons hot fat in heavy kettle. Add wine in which meat marinated, cover and let simmer 3 to 4 hours, adding more water as the liquid cooks down. When tender, lift out meat; strain remaining liquid. Melt 2 tablespoons fat, stir in two tablespoons flour and brown lightly. Add liquid and cook stirring until slightly thickened. Return meat to gravy and heat 5 minutes longer. Serve sliced, on hot platter, pouring the gravy over roast. Approximate yield: 8 to 12 portions.

Mrs. George Acheson

BEEF BOURGUIGNON

2 lbs. lean beef
12 small cubes salt pork
12 small onions
 $1\frac{1}{2}$ tablespoons flour

$\frac{1}{2}$ pound mushrooms
Generous pinch of salt, pepper,
marjoram and thyme
1 cup red wine

Cut beef into 2-inch pieces. "Try" onions and salt pork until brown. Remove and fry beef in same pan until brown. Now sprinkle beef with flour and salt, pepper, marjoram and thyme. Put meat in heavy saucepan, adding red wine and $\frac{1}{2}$ cup water. Cook 4 hours as slowly as possible. $\frac{3}{4}$ of an hour before serving add onions and $\frac{1}{2}$ pound of sliced mushrooms. Serve with crusty French bread.

Lucia Neare

BOILED BEEF WITH HORSERADISH SAUCE

3 lbs. short ribs of beef
 $\frac{1}{2}$ gal. water
2 onions

3 lbs. green cabbage
3 carrots
Salt

Put the short ribs of beef in a special boiling pot with the water. Add salt to taste. When boiling add the carrots and onions. Allow to boil slowly for 3 hours, then add the green cabbage which has been well washed. Cook altogether for 45 minutes. Serve the short ribs on a platter with the green cabbage, carrots and onions arranged around the meat. Serve with horseradish sauce made as follows: $\frac{1}{2}$ pint cream sauce (butter, flour and milk), remove from fire and add egg yolk, then stir in 1 heaping tablespoon grated horseradish. Season and stir well over flame; do not boil.

Rev. George Barry Ford

BEEF STROGANOV

1 lb. round steak
1 tablespoon flour
2 tablespoons butter
4 onions

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ pint sour cream
2 tablespoons catsup
 $\frac{1}{2}$ lb. fresh mushrooms

Cut steak in small oblong pieces and dredge in flour. Slice onions. Fry onions and sear steak in butter in frying pan; then put in a pot with the water and cook gently. Add mushrooms, cut up and boiled in a small quantity of water. Mix catsup with sour cream and put into pot. Cook all together over a low fire, stirring frequently, for about $\frac{1}{2}$ hour.

Boris Stanfield

BEEF STEWED WITHOUT WATER

Put a saucer upside down on the bottom of a saucepan, place on it a layer of thickly sliced onions, seasoned with salt and pepper. Cut the steak into square blocks and put a layer of it on the onions. Repeat the layers of steak and seasoned onions until the saucepan is closely packed. Place dots of butter on top of steak. Cover tightly, weigh the lid down, and let it simmer three hours gently. Shake the saucepan occasionally without raising the lid. The sauce should be almost saffron yellow, the onions nearly melted, and the steak melting. This will not happen if the heat is too great.

Mrs. C. W. Keyes

LAMB WITH DILL

3 lbs. breast of lamb	4 tablespoons flour
1 qt. water	1½ tablespoons sugar
1 tablespoon salt	3 tablespoons vinegar
3 coarse stalks fresh dill	Chopped fresh dill
1½ tablespoons lamb fat	

Cut lamb into 2 inch pieces. Partially cook in water and salt the day before using. Cool, skim off solidified fat.

Cook lamb until tender. Melt lamb fat with flour. Stir into hot liquid in which lamb is cooking. Add vinegar and sugar. Add chopped fresh dill just before serving. Serves 6.

Nelda Ross Larsson

ROAST LEG OF LAMB WITH POTATOES

Make 6 incisions in lamb with sharp pointed knife; insert a bit of salt pork or bacon and a sliver of garlic in each. Sprinkle leg with salt, pepper and rosemary. Put potatoes around roast; pour a little oil over them, salt lightly, do not add water. For 6 lbs. of meat, roast without cover for about 1¾ hours, a hot oven for the first 10 minutes, reduce heat for remaining time.

This recipe is also good for roast veal, or roast pork, cooking time somewhat longer for these meats.

Mrs. Mario A. Pei

LAMB DINNER

6 lamb shanks	2 cloves
4 large onions	15 whole peppercorns
4 stalks celery	1 bayleaf
5 sprigs parsley	6 tablespoons large barley
4 tablespoons butter	4 level tablespoons flour
2 cups milk	Capers

To 4 quarts of boiling salted water, add the following: cloves, peppercorns and bayleaf in a teaball; parsley and celery tied into a bundle so that they can easily be removed; onions cut small so that they will cook away; lamb shanks nicely trimmed. Skim. After ½ hour, ladle out 3 cups of broth and pour into a pot through a strainer. Add washed barley. Simmer for 1 hour or more, adding more broth if necessary.

Boil shanks for about 2 hours. Add water if necessary. When meat is tender, ladle off 6 cups broth, strain, skim, and add to barley. This is the first course.

Arrange shanks on a platter. Make a cream sauce of butter, flour, milk, and 2 cups broth. Add capers (with a little brine if desired), salt and pepper. Pour over shanks. Serve with boiled rice or potatoes, and a vegetable; a combination of small white onions, white turnips and carrots is suggested. Yield: 6 portions.

Mrs. Leopold Arnaud

BARBECUED LAMB

12 thin slices cold roast lamb	Salt
2 tablespoons butter	$\frac{1}{4}$ cup currant jelly
1 tablespoon vinegar	$\frac{1}{4}$ teaspoon prepared mustard

Reheat lamb in sauce made by melting butter and adding other ingredients.

Mrs. Arthur Jeffrey

LAMB OR VEAL CUTLET

With Green Beans

1 lb. lamb steak or veal cutlet	Chinese soy bean sauce
1 lb. string beans	

Slice meat in very thin slivers crosswise of the cutlet. "French" the beans or put them through mechanical bean slicer. Put enough olive oil in heavy pan to cover the bottom. Heat to moderate temperature; add meat and cook until it takes on color. Increase heat, add beans, salt and pepper to taste, and soy sauce. Cover tightly. Reduce heat when the whole begins to cook well and continue cooking, without water, for about 20 minutes. Serve with boiled rice.

Mrs. Carol Schneider

MOUSAKA (*Greek*)

$\frac{1}{2}$ lb. chopped lamb	Flour
1 large eggplant	1 egg
1 large onion (chopped)	1 cup milk
1 tablespoon tomato paste	1 table poon chopped parsley
(this can be omitted)	Salt and pepper
Cracker crumbs	Butter or crisco

Brown meat and onion well in butter or crisco. Add tomato paste, parsley, salt and pepper and a little water (white wine is sometimes used instead of water). Cover and boil slowly until meat is cooked and juice practically absorbed. Meanwhile cut eggplant into $\frac{3}{8}$ inch slices and fry a golden brown. Butter a baking dish, cover bottom and sides well with cracker crumbs, and put in a generous even layer of eggplant. Add egg white and 1 tablespoon cracker crumbs to meat and mix well. Spread evenly over the eggplant; top with another layer of eggplant. Make a white sauce with 1 tablespoon butter, 1 tablespoon flour, and 1 cup of milk. Add egg yolk to this and pour over contents of baking dish. Set in a pan of hot water and bake with moderate heat until top is set. Before it is entirely done sprinkle some grated cheese over the surface if desired. (The egg can be omitted entirely if one uses more flour in the sauce). Serves 4 people.

Mrs. Clarence H. Young

PORK CHOPS FLORENTINE

6 pork chops
Cooked spinach
1½ cups white sauce

2 egg yolks
Grated cheese

Dredge chops well with flour. Sear on both sides, then cook 30 minutes on reduced flame. Put in a casserole a layer of cooked spinach; lay chops on this, and then add another layer of spinach. Pour over all 1½ cups white sauce to which 2 well beaten egg yolks have been added just before taking from fire. Sprinkle grated Parmesan or Swiss cheese over this, and put into oven long enough to brown on top.

Mrs. Clarence H. Young

PORK AND VEGETABLES

2½ lbs. loin of pork
1 bunch celery
2 green peppers
1 cabbage
6 pieces fresh ginger

2 tablespoons soy sauce
1 tablespoon cornstarch
1 teaspoon salt
3 tablespoons chicken soup

Cut pork and vegetables into thin 2 inch long pieces. Mix other ingredients into a sauce. Use ½ of this to spread on pork, reserve other ½ for thickening.

Heat 4 tablespoons vegetable oil until smoking hot; add meat and ginger. Cook 3 minutes. Add a little water to prevent scorching. Add celery, cook 3 minutes. Add cabbage. Cover pot; reduce heat and cook for 10 minutes. Add green peppers and cook for 5 minutes. Add remaining sauce mixture, stir well, salt to taste. Serves 6.

Mrs. Chi-chen Wang

BALINESE RICE-PORK

½ cup butter
⅓ cup lard
1 medium sized onion
2 cups diced roast pork
½ teaspoon chili powder
1 teaspoon salt
Dash white pepper

6 cups boiled rice
1 egg broken
2 tablespoons milk
½ cup diced boiled ham
Tomato slices
Cucumber slices

Melt fat, add onion, and sauté until lightly browned. Add pork and seasonings and sauté until browned. Add rice and mix well. Combine egg and milk, season to taste and fry over low heat to make a thin omelet. Cut omelet in narrow strips. Arrange rice and meat mixture on platter, sprinkle with diced ham: garnish with egg strips, tomato and cucumber slices. Yield: 6 good portions.

Mrs. Robert M. MacIver

HAM STEAK WITH CLOVES

2 slices center cut ham
cut $\frac{3}{4}$ inch thick
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup vinegar
2 teaspoons dry mustard
2 tablespoons sugar

Place 14 cloves on each side of ham. Place in a flat oven pan and cover with sauce made from remaining ingredients. Bake in a moderate oven until crisp and tender (about 45 minutes) basting frequently.

Mrs. Barbara Duffy

GRILLED HAM WITH JELLY SAUCE

1 slice of smoked ham about
 $\frac{1}{2}$ inch thick
2 tablespoons of vinegar

1 teaspoon of mustard
1 teaspoon of brown sugar
 $\frac{1}{3}$ glass of spiced grape jelly

Remove part of the outside layer of fat from the ham. Put ham in frying pan, cover with warm water and let stand for an hour. Remove and wipe dry. Pan-fry 3 minutes, turning once, and remove to platter. Cut discarded fat in dice and try out in frying pan. Add vinegar, mustard, brown sugar and jelly and simmer until jelly is melted. Add ham, cook 1 minute and remove to platter. Strain sauce over ham.

Rose Boots

STUFFED SPARERIBS

6 cups soft bread crumbs
1 cup chopped celery
 $1\frac{3}{4}$ teaspoons salt
 $\frac{1}{2}$ cup melted butter
2 cups chopped apple

1 cup minced onion
 $\frac{3}{4}$ teaspoon sage
8 slices pineapple
2 sides spareribs ($3\frac{1}{2}$ lbs.)

Combine all ingredients (except meat and pineapple) in order given. Have breastbone of ribs cracked. Parboil if desired. Spread stuffing on one side of sparerib, cover with other side and skewer together. Brown in a hot oven (450°) for 10 minutes. Pour Barbecue Sauce over meat and cover. Bake in a moderate oven (375°) until tender (about $1\frac{1}{2}$ hours). Baste frequently. Add pineapple slices during last 10 minutes of baking. Pour sauce remaining in pan over spareribs before serving. Serves 8.

BARBECUE SAUCE

$\frac{1}{2}$ cup tomato catsup
1 cup bouillon (canned, or 1
bouillon cube dissolved in
hot water)
2 tablespoons Worcestershire

$\frac{1}{2}$ teaspoon onion juice
Dash cayenne
1 teaspoon mustard
1 clove minced garlic
1 tablespoon minced parsley

Bring all ingredients to a boil before pouring over meat.

Mrs. Gordon Ridings

BARBECUED SPARERIBS

For the Apartment Dweller

Allow 1 lb. spareribs (fresh) per person. Cut up, about 2 ribs to the piece. Wash, and brush gently with clove of garlic (or omit this, and instead cut up an onion in the sauce). Make sauce of the following:

1 medium can tomato juice	4 tablespoons Worcestershire sauce
1 small can spaghetti sauce	(or less, to your taste)
Salt and pepper	

Soak spareribs in above sauce for 2 hours. Put in large, low baking dish. Bake for 1½ hours in 375° oven. Baste occasionally with sauce. Spareribs should be crisp and brown when served. Serve with plenty of paper napkins, as they should be eaten with fingers. Recommended for best friends only!

Mrs. Carl Kayan

ROAST PORK

Salt and pepper a loin of pork and put a generous quantity of dried rosemary between the chops. Brown in a hot oven for ½ hour in an open roaster on which a little butter or olive oil has been placed. When the roast is well browned fill the roasting pan half full with water or broth and lower the gas. There must be enough heat, however, to keep the water boiling and the tradition is that when the water has boiled completely away the pork is done. In the average city gas stove this is not always so and if the water boils off before the pork seems well done, add more water. Pork cooked in this fashion is usually tender and digestible. If the butcher has cut through the bone and divided the loin into chops it can be carved very easily on the table.

Mrs. Dino Bigongiari

SWEETBREADS CHAMPENOISE

3 sweetbreads	¼ cup butter
1 lb. cooked ham	2 tablespoons vinegar
4 carrots	Salt and pepper
1 lb. mushrooms	1 tablespoon flour
1 glass white wine	1 cup chicken stock

Soak sweetbreads in luke warm water containing 1 tablespoon vinegar for 15 minutes. Remove skin. Cook in boiling salted water with a tablespoon of vinegar for 15 minutes. Plunge into cold water and drain. Slice mushrooms and boil in water for 5 minutes. Strain. Cut ham in cubes and fry in butter until golden brown. Mix mushrooms, ham, carrots cut in small pieces, and sweetbreads. Dredge with flour, add stock and white wine and cook slowly for ½ hour. Strain the sauce. Serve on a platter with carrots, mushrooms and ham. Serves 6.

Mrs. Arthur W. Thomas

BEEF STEW WITH DUMPLINGS

Dredge, season, brown 3 lbs. (round) beef cut in 2 inch cubes. Add big peeled onion, 1 bay leaf, cover with cold water, simmer until almost done. Add diced potatoes, little carrots, small onions. Cook until all is done. Drop dumplings in the stew, cover tightly, cook 15 minutes.

DUMPLINGS

2 cups flour	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter

Mix well, adding enough milk to blend well, about 1 cup.

Mrs. George T. Renner

IRISH LAMB STEW

Put 4 pounds of shoulder of lamb in a pot, add 3 cups of boiling water and cook slowly for 2 hours, or until tender. Add carrots, yellow turnip, and onions. Season with salt and pepper. At the end of the cooking add

DUMPLINGS

2 cups of flour	1 cup of cold water
1 teaspoon baking powder	Salt and black pepper

Mix with knife and drop on top of stew and cook 12 minutes without lifting cover, which should be tight fitting.

Marie, housekeeper for Irwin Edman

HUNGARIAN MEAT AND CABBAGE

1 large head of cabbage	1 lb. chopped meat
2 large onions	$\frac{1}{4}$ cup white rice
2 tablespoons fat	1 cup cold water
1 No. 2 can tomatoes	1 tablespoon salt
1 lb. sauerkraut	Pepper
1 cup hot water	

Steam cabbage in large kettle with 2 cups of water for 10 minutes. This softens the leaves and makes it easy to remove them one by one. Slice and brown onions in fat. Add tomatoes, add sauerkraut and hot water and mix thoroughly.

Mix chopped meat, rice, cold water, salt and pepper thoroughly. Into each softened cabbage leaf place 1 large tablespoon of meat mixture, roll up like a cigar, lap ends over, pin with toothpick, and place gently into kettle where the first mixture is cooking gently. Cut any unused cabbage into small pieces and add to the above. Cover and cook very slowly about 4 hours. This is a hearty winter dish. Serve with plain boiled parsley potatoes. Serves 6.

Mrs. Selig Hecht

GOULASH

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| 1 cup fat | 3 lbs. sliced onion |
| 3 lbs. top round (cut in cubes) | 1 can tomato paste |
| Salt, pepper and paprika | 1 pt. ale |

Melt fat, sear meat in it; add onions and keep mixing through meat until slightly tan. Then add tomato paste and seasoning, then ale. Cook slowly for 1½ hours. Serve with boiled noodles.

Mrs. Andrew J. Coakley

VEAL GULYAS

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| 3 lbs. veal (from shoulder or leg) | 1 cup sour cream |
| 1 large onion, chopped very fine | 2 tablespoons flour |
| 4 tablespoons butter | Salt to taste |
| 2 tablespoons Hungarian paprika | |

Sauté onion in butter until yellowish. Add veal cut into large cubes, salt and paprika. Sauté until slightly browned, then add a little hot water, cover and cook slowly for 1½ hours. Stir flour into sour cream and beat until smooth. Add to meat and cook a little more. Remove meat from pot, place in deep dish and strain gravy over meat. Serve with boiled potatoes, egg noodles or rice.

Mrs. Nathaniel Peffer

LIVER STEW

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| 1 lb. beef liver | 2 cups canned tomatoes |
| 2 tablespoons flour | 3 onions |
| ½ teaspoon salt | 1 stalk celery |
| 2 tablespoons bacon fat
or any other fat | 4 carrots |

Cube the liver and dredge in flour and salt. Brown the sliced onions in the melted fat. Add the liver and brown. Add the vegetables and simmer slowly until the liver is tender, about 45 minutes. 6-8 servings.

Grace G. Reeves

CHILE CON CARNE

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| 2 tablespoons butter | 1½ lbs. ground steak |
| 1 can tomato soup | 1 can kidney beans |
| 1 bay leaf | 1 tablespoon chili powder |
| 1 tablespoon Worcestershire sauce | Salt to taste |
| 1 or 2 onions | |

Fry onion in butter. Add steak and fry until meat is crumbly. Add soup, kidney beans, salt, bay leaf, Worcestershire sauce, and chili powder. Simmer an hour or longer.

Mrs. Alan Brown

RUSSIAN BETOCHKI

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| 2 hard rolls | ½ lb. beef |
| Sour cream | 1 egg |
| ½ lb. veal | 1 onion |
| ½ lb. pork | Salt and pepper |

Chop meat or run it through grinder and mix together. Place two hard rolls in cold water; squeeze water out to mix through meat. Grate onion and add to other ingredients. Mix egg through mass. Form into flat patties, roll in breadcrumbs and fry in butter or other fat. Serve with sour cream.

Soia Mentschikoff

FRENCH MEATBALL STEW

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| 1 lb. ground beef (chuck or round steak) | 5 medium-sized potatoes |
| 2 onions | 3 stalks of celery |
| 5 carrots | 1 bay leaf |
| 4 branches parsley chopped fine | 2 peppers |
| 1 can tomato soup | Any other left over vegetable such as string beans, peas, lima beans, etc. |
| Salt and pepper to taste | |

Shape meat into small balls. Brown with onion in skillet. Alternate in a casserole layers of potatoes, carrots, celery, and other vegetables which have been cut into small pieces, with the browned meatballs and onion. Last add tomato soup which has been diluted with 1 cup of water. Salt and pepper. Place in a 300° oven and bake covered for 1 hour. Serves 4.

Mrs. Ralph Marcus

TROPICAL STEW

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| 1½ lbs. lean lamb, cut in cubes | 1 qt. of water |
| 2 tablespoons of flour | ½ cup brown rice, sautéed lightly |
| 3 tablespoons of fat | 2 lemons sliced thin |
| 1 clove garlic, minced | 1½ cups lima beans |
| 2 onions, cut in eighths | 1 cup celery |
| 1 tablespoon Worcestershire sauce | 3 large tomatoes cut up |
| 1 teaspoon of chili powder | 2 cups corn |
| 1 teaspoon of salt | 3 green peppers cut in eighths |

Wipe lamb with damp cloth, roll in flour and sauté in fat with garlic and onion. When browned, add Worcestershire sauce, chili powder and salt, and water to cover. Cover pan and let simmer 30 minutes. Add rice and remaining water, let simmer 10 minutes. Add lemon slices and lima beans and simmer 30 minutes longer. Add remaining ingredients and more water if necessary and let simmer 10 minutes longer or until most of the liquid is evaporated. Remove lemon slices before serving. Approximate yield 6-8 large portions.

Mrs. N. M. McKnight

CHOP SUEY FOR CHILDREN

½ lb. chopped meat
1 stalk celery
1 onion

Soy sauce
Any left over peas or
string beans

Sauté meat, stirring to keep in small pieces. Add sliced onions and cook until tender. Add celery diced, left over vegetables, 1 tablespoon soy sauce and serve on rice or noodles. Serves 4 or 5.

Mrs. Carrington Goodrich

TAMALE PIE

1 can tomatoes
1 cup yellow cornmeal

2 lbs. round steak cut into
stewing pieces

Drop slowly 1 cup yellow cornmeal into 4 cups boiling salted water. Cook 30 minutes, stirring constantly. Pour into greased tins, allow to cool and cut into 2-inch squares. Brown meat in fat, add water and simmer 2 hours or until tender. Line bottom of buttered baking dish with the squares of cornmeal. Dot with butter, sprinkle with pepper, salt, and very *warily* with *cayenne pepper*. Over this put one layer of meat, and on top of this another layer of cornmeal squares, similarly seasoned. Pour over this the thickened gravy of the meat and from ½ to 1 can of tomatoes. All this can be done early in the morning. Before dinner, bake 20 minutes to ½ hour in slow oven. The red pepper on the cornmeal is the glory or the ruination of this dish. Serves 6 to 8.

Mrs. John H. Randall

JAMBALAYA LAFITTE (New Orleans)

1 lb. raw ham (cheap end)
1 tablespoon bacon drippings
1 cup peeled and chopped tomatoes (or canned)
½ lb. raw shrimp
½ lb. breakfast sausage
½ cup chopped onions
1 clove garlic (mashed)

½ pod red pepper
1 tablespoon flour
2 cups stock
¾ cup raw rice
2 tablespoons chopped parsley
½ teaspoon chopped thyme
Salt and pepper
1 doz. oysters (optional)

Heat bacon grease in a heavy pot or casserole that can come to the table. Add chopped onions; when slightly browned add flour and brown some more. Add ham cut in bite-size pieces, skinned sausages, washed raw shrimp (shelled of course) and tomatoes. Simmer covered for ½ hour; then add mashed garlic, finely chopped red pepper, parsley, thyme, stock, well-washed raw rice, and salt. Cook with cover on until rice is done but not gummy. Then add oysters if desired, well cleaned and wiped, and cook two minutes longer. This is an inexpensive and excellent dish for Sunday supper-in-the-lap. A green salad is all that is needed to keep it company.

Mrs. Horace Friess

DESERT STEW (*Monument Valley Trading Post*)

4 or 5 strips of bacon	1 can tomatoes
1 medium onion, chopped fine	1 can pork and beans
1 can Dinty Moore beef stew	

Cut bacon and fry in an iron kettle. Brown onion in bacon fat. Add other ingredients and simmer gently for about 30 minutes. Serve with tossed green salad, pilot crackers, snappy cheese, and coffee—and a very good supper is had by all.

Mrs. Herbert E. Hawkes

KOORMAH CURRY

1 lb. fat lamb	1 tablespoon curry
2 oz. butter	1 cup thick sour milk or buttermilk
$\frac{1}{4}$ lb. of onions	1 teaspoon salt
2 cardamon seeds	2 small pieces cinnamon
12 peppercorns	2 bay leaves

Cut meat in small pieces. Fry the butter slowly till most of water has left it; put in onions and fry them till crisp; remove them, and fry curry till brown; then add the meat, spices, milk, and onions and simmer for 2 hours. There is very little to this but the flavor is excellent. This makes enough for 2 hungry people. Serve with rice.

Mrs. Bryce Wood

"JOE BOOKER"

A hearty stew that is an old favorite down on Cape Cod

$\frac{1}{2}$ lb. salt pork, diced	2 cups carrots, diced
2 cups lean veal or beef diced	1 cup onions, sliced
2 cups turnips, diced	8 cups water
2 cups potatoes, diced	Salt and pepper to taste

Try out salt pork; then remove cracklings. Add to the fat the meat vegetables, and water. Simmer 2 hours, or until meat is tender. Season to taste. Serve with or without dumplings. Serves 8.

Mrs. Russell Potter

HORSERADISH SAUCE

$\frac{1}{4}$ cup applesauce	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup horseradish	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon sugar

Mix together these ingredients and add $\frac{1}{2}$ cup of whipped cream or $\frac{1}{2}$ cup of mayonnaise.

Mrs. Clarence E. Lovejoy

DAUBE FROIDE

1 veal shank and knuckle	3 lbs. round steak
2 tablespoons bacon reducings	1 onion
3 qts. water	$\frac{1}{4}$ teaspoon thyme
$\frac{1}{4}$ cup chopped parsley	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ cup chopped celery	6 peppercorns
1 teaspoon salt	2 whole allspice
$\frac{1}{4}$ teaspoon pepper	1 whole clove

Put bacon reducings and finely cut onion into a well heated iron pot. When onion is well browned remove it for later use. Brown round steak in fat, adding salt and pepper as it browns. Then add water, veal shank, parsley, celery, browned onion, and spices, which can be put in a small cloth bag if desired. Boil gently for 5 or 6 hours, until liquid is reduced by $\frac{1}{2}$ and meat detaches thoroughly from the veal shank.

Arrange a glass baking dish as a mold with *very* thin slices of lemon in the bottom. Remove round steak carefully, to hold its shape as far as possible, place it in bottom of dish on top of lemon slices. Pick out pieces of lean veal, discarding fat and sinews, and arrange around steak. Strain liquor over all and put in refrigerator to jell.

To serve, turn out on platter, garnish with parsley and lettuce. Slice down through meat and jelly. This must be made at least 1 day before serving.

Alma Le Duc

PECAN NUT LOAF

Meat substitute used during World War I

1 cup hot cooked rice	1 cup milk
1 cup finely chopped pecans	$\frac{1}{2}$ teaspoon salt
1 cup coarse cracker crumbs	$\frac{1}{4}$ teaspoon pepper
1 egg, slightly beaten	1 tablespoon melted butter

Add milk to beaten egg. Combine balance of ingredients, adding egg-milk mixture last. Bake in greased loaf tin in slow oven for 1 hour. Serve with well-seasoned white sauce. Serves 6.

Margaret Hatty

HAM LOAF

1 lb. ground ham	$\frac{3}{4}$ cup milk
1 lb. ground pork	$\frac{3}{4}$ cup bread crumbs
$\frac{1}{2}$ teaspoon salt	2 eggs beaten

Mix into a loaf and baste with sauce made with $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup vinegar, fill up cup of vinegar with water; $\frac{1}{4}$ teaspoon dry mustard. Let boil just a minute. Bake $1\frac{1}{2}$ hours at 350° . Put pineapple rings (or crushed pineapple) on top and serve hot.

Mrs. Ralph Alexander



BAKED CAULIFLOWER AND HAM

1 large head cauliflower
 $\frac{3}{4}$ lb. boiled ham, chopped fine
 Grated Italian cheese

1 cup thick sour cream
 2 egg yolks
 Salt to taste

Cook cauliflower in boiling salt water until almost done. Drain thoroughly and separate into flowerets. Butter deep baking dish. Fill with alternate layers of cauliflower and chopped ham, sprinkling each layer with grated cheese. Top layer should consist of cauliflower. Sprinkle top thickly with grated cheese. Beat together egg yolks and sour cream and pour over dish. Bake in medium oven until nicely browned, about $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Mrs. Nathaniel Peffer

BLAKE SPECIAL

1 egg (per portion)
 Cooked ham
 American cheese (grated)

Bread or cracker crumbs
 Butter (little dabs)
 Milk (small quantity)

Butter a large casserole dish, or use individual ones allowing one egg per portion. Put cooked ham through the meat grinder and fill the dish half full; make a depression in center (or at intervals) and drop in a raw egg; cover with grated American cheese, sprinkle with bread or cracker crumbs and little dabs of butter; just before cooking in a hot oven, pour over a small quantity of milk. The time in the oven depends on how well-done you like your eggs. We leave ours 15 minutes. If short on ham make foundation of cooked spinach, then ham, etc.

Mrs. William H. Blake

BEVERIDGE SPECIAL

1½ lbs. hamburger
2 cans prepared spaghetti
1 can red kidney beans

1 small can tomato paste
Onion if desired

Cook hamburger well in butter in frying pan. Remove to large kettle and add the remaining ingredients. Serve with grated Parmesan cheese. Serves 6 to 8.

Mrs. Lowell Beveridge

BEANS SAWBUCK

A remarkably good camp dish

In a large casserole place a layer of canned kidney beans, then a layer of sliced raw tomatoes, and then a layer of raw sliced onions. Repeat until dish is almost full. Place in slow oven and let cook for 2 hours. Remove and fit pieces of raw bacon so that surface is completely covered; return to oven and cook till bacon is crisp and brown; remove once more, poke bacon down so that none is left on top and recover surface again with more raw bacon. Replace casserole in oven and let cook till the bacon is entirely browned and crisp. Serve very hot.

Mrs. Willard C. Rappleye

CHEESE FONDUE

2 cups of scalded milk
2 cups of soft bread crumbs
2 cups (½ lb.) grated cheese

2 tablespoons of butter
1 teaspoon of salt
5 eggs

Add bread to scalded milk and let it soak 5 minutes, then add cheese, butter and salt and stir to mix thoroughly. Separate yolks and whites and beat yolks until thick and lemon colored and add them to the cheese mixture. Beat whites stiff but not dry (care needs to be exercised to not beat the whites too much) and fold them into the first mixture. Turn into a greased baking dish and bake in a 350° oven 40 to 50 minutes depending upon the depth of the baking dish. 6 to 8 servings.

Mary Agnes Davis

WELSH RAREBIT

1½ lbs. soft American cheese
(preferably sharp)
1½ tablespoons butter
¼ cup ale or beer

Pinch of salt
3 teaspoons dry mustard
1 teaspoon red pepper
1 tablespoon Worcestershire

Put butter in chafing dish. When melted add cheese previously shaved thin. Add ale. While cooking add the salt, pepper, mustard, mixed with a little water and Worcestershire. Stir continuously while cooking. As soon as cheese is melted, serve on hot toast or toasted crackers. *Eat at once.* Warranted not to cause indigestion. Serves 6 to 8 people.

Mr. Clarence H. Young

CHEESE SOUFFLÉ WITH A DIFFERENCE

4 eggs	3 slices bread, cubed
1 pint milk	Salt
1 to 1½ cups shredded cheese	Paprika on top

Beat eggs and add other ingredients in the order given. Turn into a baking dish and bake 35 minutes in moderate oven (300°). It should be delicately browned, and of the consistency of a soft custard throughout. If very stale bread is used, it requires more milk. Tart preserves or jelly are good with it. This serves 2 liberally. When the recipe is increased allow 1½ eggs for each person, other ingredients in proportion, and bake in a dish not too deep, or for a longer time—45 or 50 minutes. Use of heated milk shortens the time. It is best taken from oven to table the minute it is browned and set, but it will not fall so quickly as a soufflé. Real cheese lovers like it reheated.

Mrs. Hal Trueman Beans

CHICKEN SOUFFLÉ

2 cups cooked chicken	¼ teaspoon salt
2 teaspoons lemon juice	½ cup bread crumbs
½ cup of milk	3 egg yolks
3 egg whites	

Cook bread crumbs in milk for 5 minutes; add chicken and egg yolks beaten; then add beaten whites. Mix well. Add lemon juice and salt. Turn into a buttered baking dish, set in pan of hot water, and bake for 30 minutes in hot oven (400°).

Marie, housekeeper for Irwin Edman

BAKED EGGS

4 to 6 eggs (two per person)	Grated cheese
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Have shallow baking dish well greased. Separate eggs, keeping yolks whole. Beat egg white stiff and spread in pan. Carefully place yolks nested in whites. Sprinkle with salt and grated cheese. Bake in moderate oven until puffy and brown on top, about 15 minutes.

Mrs. Clifford B. Wright

EGG CROQUETTES

6 hard cooked eggs	¼ lb. mushrooms
1 cup thick white sauce	Salt and pepper

Cut eggs and mushrooms into fine dice. Add to white sauce and season. Divide into portions the size of an egg. Spread out on buttered plate and allow to cool and harden. Roll each croquette in well beaten raw egg and then in fine bread crumbs. Fry in hot fat for 5 minutes. Drain and serve in a napkin or on a platter with white sauce.

Mrs. Nicholas Murray Butler

CHICKEN-ALMOND CASSEROLE

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|---------------------------------------|-----------------------|
| ½ cup cooked rice | ⅔ cup evaporated milk |
| 1 cup shredded cooked chicken | 1 beaten egg |
| 1 tablespoon minced green pepper | ⅓ cup chicken broth |
| ½ cup chopped almonds | Bread crumbs buttered |
| ¼ cup finely chopped canned mushrooms | Dash of cayenne |

Arrange in greased casserole alternate layers of rice, shredded chicken and mixture of almonds, mushrooms, and pepper. Sprinkle with a dash of salt and a dash of cayenne, and pour over all the milk mixed with beaten egg and chicken broth. Top with buttered crumbs and bake 30 minutes at 350°.

Mrs. P. M. Symonds

JAMBAU LARUE

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|----------------------|------------------|
| ½ cup wild rice | ¼ cup butter |
| 4 cups boiling water | Mushroom caps |
| 1 tablespoon salt | ½ cup sour cream |
| 4 slices baked ham | 1 cup white wine |

Boil rice. Melt butter, add mushrooms, cook about 8 minutes. Put ham in casserole, add mushrooms and well drained rice to pan in which mushrooms were cooked. Add sour cream and wine. Pour over first mixture and bake about 20 minutes.

Mrs. George Acheson

CASSEROLE OF KIDNEYS

- | | |
|----------------------|---------------------|
| 1 lb. onions | 3 tablespoons flour |
| 1 green pepper | 12 lamb kidneys |
| 1 cup tomato juice | Salt and pepper |
| 3 tablespoons sherry | |

Cut up onions and pepper and simmer in tomato juice until very soft, about 1 hour. If juice boils away add more tomato or any sort of stock or plain water. Split kidneys, remove any fat or skin which has been left on them, wash and dry them, then roll them in seasoned flour. Put them in a casserole. Rub the onion and green pepper mixture through a sieve, add sherry and pour over the kidneys. Cover tightly and cook in a slow oven at least 1½ hours. Serves 4.

Mrs. Harold Barger

FRANKFURTER CASSEROLE

Butter a baking dish. Put in a layer of thinly sliced raw potatoes, then a layer of sliced frankfurters, alternately, until dish is full. Sprinkle each potato layer with salt and pepper. Top final layer with dots of butter and paprika. Add 1 cup of water. Cover tightly and bake in a moderate oven 30 to 40 minutes.

Eleanor Carroll

MEXICAN SUPPER DISH

2 slices of lean bacon	4 eggs
1 can of tomatoes (or 1 pint of cooked tomatoes)	4 slices of buttered toast
	Salt and red pepper

With scissors cut 2 slices of lean bacon into $\frac{1}{4}$ inch squares and fry it at a moderate temperature until brown. Have hot a pint of tomatoes; add the 4 eggs, stirring all the time until the mixture begins to thicken. Then stir in the bacon and fat, seasoning with salt and a dash of red pepper. Pour the mixture over 4 slices of hot buttered toast arranged on a platter. This will make 4 servings.

Mrs. F. A. Patterson

ADAPTABLE DEVILLED RICE

1 cup cooked rice	4 tablespoons butter
2 cups chopped green pepper	Bread crumbs
$\frac{1}{2}$ cup strained tomatoes	

Mix first 4 ingredients, put in a buttered pudding dish, cover lightly with bread crumbs dotted with butter and bake till crumbs are brown. Any other cooked vegetable at hand may be added, as celery, carrots, onion, etc. Also any cooked meat, chopped. Or use gravy or any sauce. A delicious way to serve is as follows: cook $\frac{1}{2}$ a small sized hubbard squash, steaming first and then baking to dry it out. Heap the cavity of the squash with the above mixture and continue baking until the crumbs are brown.

Mrs. Allan Abbott

BAKED POLENTA

2 cups water	3 cloves
1 teaspoon salt	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ teaspoon sugar
1 oz. salt pork or	1 small piece bay leaf
2 tablespoons fat	$\frac{1}{4}$ lb. cheese, grated
1 onion, minced	1 can tomatoes

Bring $1\frac{1}{2}$ cups water and the salt to the boiling point. Add the corn meal which was mixed with the remaining $\frac{1}{2}$ cup cold water. Cook, with constant stirring, until thick. Fry the onions in the fat. If salt pork is used, mince it and try out the fat. Remove pork and fry onions in fat. Add tomatoes and seasonings and cook 5 minutes. Remove cloves and bay leaf. Put a layer of the corn meal mush in a baking dish, cover with a layer of the tomato sauce, sprinkle with grated cheese and pork. Repeat layers until dish is $\frac{3}{4}$ full. Reheat in oven at 380° until cheese is melted. Yield: 5 servings.

Ruth P. Casa-Emellos

ECONOMY BAKED NOODLES

- | | |
|--|------------------------|
| 1 package medium sized noodles | 1 ¼ cups milk |
| 1 small bottle stuffed olives,
sliced | ½ lb. mushrooms sliced |
| | 1 pkg. Velveeta cheese |

Cook noodles in boiling salted water. Drain. Make cheese sauce by melting cheese in milk in double boiler. Sauté mushrooms in butter a few minutes. Add mushrooms, olives and cheese sauce to noodles. Put in greased casserole. Cover top with layer of corn flakes and dot with butter. Bake in 350° oven for ½ hour. Serves 8 amply.

Mrs. Carl J. Merner

MICHIGAN MACARONI

- | | |
|--------------------------------|-----------------|
| 1 box elbow macaroni | 2 eggs |
| 4 frankfurters | ½ cup milk |
| ¾ lb. American cheese (grated) | Salt and pepper |

Beat eggs and add milk. Boil macaroni till soft and drain. Into 2 quart casserole put alternate layers of macaroni, grated cheese, and doggies cut into slices ¼ inch thick. Pour over this the egg and milk. Bake in medium oven about 20 minutes.

Mrs. William Gies

POTATO NESTS (*Picard Style*)

Left over meat of any kind can be used. Chop it fine, add bread broken small and soaked in milk, a little chopped parsley, and salt and pepper to taste.

Peel several big potatoes, cut them in two lengthwise and carve out hollows like nests. Stuff meat and bread mixture into hollows. Put a little water and a lump of butter the size of a walnut into bottom of baking dish. Arrange stuffed potatoes in dish and cook in a slow oven about 1 hour until potatoes are done and golden brown.

Mrs. Pierre Cornell-Dechert

OYSTER-SHRIMP CASSEROLE

- | | |
|----------------------------|-------------------------|
| 3 tablespoons butter | 2 dashes tabasco |
| 3 tablespoons flour | 2 cups cooked peas |
| 1 ½ cups milk | 1 dozen oysters drained |
| ¾ teaspoon salt | 1 cup canned shrimp |
| ½ teaspoon pepper | Pastry |
| 1 teaspoon condiment sauce | |

Melt butter in top of double boiler; stir in flour, then milk; cook, stirring, until thickened. Add seasonings; blend. Place peas, oysters, and shrimp in layers in a 1½ quart casserole; cover with the sauce. Top with pastry rolled ⅛ inch thick and cut into small circles. Bake in very hot oven, 475°, for 17 minutes, or until brown. Serves 4.

Mrs. Harold E. Lowe

VEGETABLE CASSEROLE

$\frac{3}{4}$ cup rice
2 bunches carrots
1 can mushroom soup

1 cup milk or water
Grated cheese

Drop rice into salted water, boiling for about 20 minutes. Rinse rice with cold water and drain. Grind carrots, drop them into salted boiling water, cook until tender. Mix carrots and rice in buttered casserole dish. Mix soup with milk or water and add pepper and salt and pour over rice and carrots. Grated cheese sprinkled over the top. Heat and serve. Any cooked vegetable may be substituted for carrots. Serves 4.

Mrs. Donald Frame

SCALLOPED TOMATOES

1 large can tomatoes
2 slices white bread
2 rings green pepper
1 thick slice onion
2 stalks celery

2 teaspoons sugar
1 teaspoon salt
6 saltines
1 tablespoon butter

Pour tomatoes and juice into a buttered baking dish and let stand uncovered for 1 hour. Remove crusts from bread and crumble it into tomatoes. Add pepper, celery, and onion, chopped. Add sugar and salt. Roll crackers fine. Sprinkle over dish and dot with butter. Bake in a moderate oven for 20 minutes. Serves 6.

Mrs. Elliot Cheatham

ROYAL SCALLOP.

3 hard cooked eggs, cut in pieces
 $\frac{1}{3}$ cup chopped cooked ham

2 cups medium white sauce
1 cup buttered bread crumbs

In a buttered baking dish put alternately white sauce, eggs, ham, having sauce as top layer. Cover with buttered crumbs. Bake in a 350° to 375° oven for about 30 minutes, until crumbs are brown and sauce bubbles around edges.

Mrs. Roy Anderson

ZUCCHINI AU GRATIN

3 zucchini
4 tablespoons cream
1 egg

4 tablespoons melted butter
 $\frac{3}{4}$ cup grated cheese (Parmesan)
Salt and pepper

Cut zucchini into $\frac{1}{4}$ inch slices. Steam until slightly tender. Place in a buttered baking dish. Mix with butter, cream, beaten egg, salt and pepper and half the cheese. Sprinkle remaining cheese on top, dot with butter, brown in oven. Serves 4.

Mrs. Herbert Bruner

SPAGHETTI AND SAUCES

Many crimes are committed in the name of spaghetti and spaghetti sauce. You can buy spaghetti half cooked with pre-grated so-called Parmesan cheese which no Italian mouse in those happier pre-war days would even have looked at. You can buy spaghetti in tins, and in glass jars, looking as appetizing as a zoologist's specimens. Spaghetti must be cooked in a very generous quantity of boiling salted water, and it must be frequently stirred for the first five minutes. Do not overcook it. In most north Italian households they use the following:

SAUCE

- | | |
|---------------------------------|-------------|
| 1 large can solid pack tomatoes | ½ cup broth |
| 1 large onion | Parsley |
| 2 stalks celery | 4 cloves |
| Olive oil or butter | Nutmeg |
| 2 carrots | |

Chop onion and add it to butter and cook until it is brown. Add the can of tomatoes, the parsley, celery, and carrots chopped. Salt and pepper to taste; add powdered tops of four cloves and a sprinkling of nutmeg; also the broth if you have it. If you have none, make some from a bouillon cube—or skip it entirely. Let this mixture boil for a full hour, then strain and cook again, if necessary, until it is thickened. A few mushrooms may be added and this may be made into a meat sauce by adding a quarter pound of chopped meat browned in butter. Grated Parmesan cheese was added to the spaghetti and sauce at the table, in pre-war days.

Mrs. Dino Bigongiari

MEXICAN SPAGHETTI

- | | |
|--------------------|--------------------------|
| 4 tablespoons oil | 1 lb. ground meat |
| 2 tablespoons fat | 1 small can mushrooms |
| 1 can tomato soup | 1 clove garlic |
| 1 can tomato sauce | 2 onions |
| 1 green pepper | 1 teaspoon paprika |
| 1 can water | ¼ lb. grated cheese |
| 1 box spaghetti | Salt and pepper to taste |

Cut onions, green peppers and garlic in small pieces and brown slowly in oil. Then brown meat slowly in lard or bacon grease. Add cooked meat to first mixture, then add tomato soup, tomato sauce, water, and chopped mushrooms, salt, pepper and paprika. Simmer slowly for 1 hour. To boiling water salted to taste add spaghetti which has been broken in small pieces; boil for 15 minutes uncovered; drain and mix with few drops oil to prevent sticking. Mix with meat-vegetable part, cover with grated cheese, and put in oven for few minutes. Serves 10.

Mrs. L. Carroll Adams

NOODLE RING

- | | |
|-------------------------|----------------------|
| 1 box noodles | ½ cup grated cheese |
| 4 eggs | ¼ cup butter, melted |
| 1 pint of milk | ¼ teaspoon salt |
| ½ green pepper, chopped | Dash of paprika |

Boil noodles ½ hour in salted water,—rinse in cold water. Beat eggs thoroughly and add remaining ingredients. Pour into buttered ring mould, and bake in a pan of hot water until cooked (about 30 minutes). Turn out on a hot platter and fill with creamed chicken and mushrooms, or with crab meat or sweetbreads. This makes 8-10 servings.

Mrs. Wilhelm Braun

SPAGHETTI À LA LOS PIÑOS

- | | |
|---------------------|---------------------------|
| 10 strips bacon | 1 pkg. spaghetti, cooked |
| ½ cup chopped onion | 1 lb. sausage, wieners or |
| 1 can tomatoes (2½) | hamburger |
| 1 cup grated cheese | |

Cut bacon in small pieces and fry. Fry onion in bacon fat. Combine all ingredients, except cheese, in greased baking dish. (If wieners are used they should be cut up.) Sprinkle cheese over top and bake in moderate oven about 40 minutes.

Mrs. Herbert E. Hawkes



MENESTRA

- | | |
|---------------------------|---------------------------|
| 2 lbs. peas | 1 can artichokes |
| 1 lb. string beans | 10 cents worth of ham for |
| 1 can asparagus tips (or | seasoning, in pieces |
| fresh ones) | 1 onion chopped fine |
| 2 hard-boiled eggs cut in | 4-6 tablespoons olive oil |
| small pieces | Salt to taste |

Boil peas and beans separately. Heat artichokes and asparagus, separately. Strain all, but keep a little water of the beans. Mix all in a pot and pour over the oil in which you have fried the ham and the onion, and to which you have added the chopped eggs. You may omit the asparagus and artichokes, for economy's sake, substituting small boiled new potatoes. Serves 8.

Mrs. Angel Del Rio

VEGETABLE LOAF

- | | |
|---------------------------------------|-------------------------------------|
| 2 tablespoons bacon or | 1 cup stewed carrots |
| chicken fat | $\frac{3}{4}$ cup dry bread crumbs |
| 1 cup cooked string beans | 1 egg |
| 2 teaspoons grated onion | 1 teaspoon salt |
| 1 tablespoon chopped celery | $\frac{1}{8}$ teaspoon black pepper |
| $1\frac{1}{2}$ cups cooked lima beans | $\frac{1}{2}$ cup canned tomato |

Chop all vegetables and combine; add crumbs, melted fat, beaten egg and tomato. Bake about 45 minutes at 350°. Unmold on a hot platter and put crisp slices of bacon on top. If desired, serve with a sauce made by heating a cup of undiluted mushroom soup (canned); or a mushroom sauce made by cooking floured sliced mushroomstems in butter or butter substitute (2 tablespoons) for 10 minutes. Serves 4 or 5.

Mrs. Merle Curti

PUERTO RICAN BEAN STEW

- | | |
|-------------------------|------------------------------|
| 1½ cups water | ½ cup fresh or canned tomato |
| ½ cup kidney beans | 1 teaspoon salt |
| ½ teaspoon salt | 1 onion, chopped |
| 1 oz. smoked ham or | ¼ teaspoon pepper |
| 2 strips bacon, chopped | 2 cups cooked rice |
| ½ green pepper, chopped | (⅔ cup uncooked) |
| 1 clove garlic, minced | |

Wash, soak and cook beans in salt water. When half done, add ham or bacon, onion, pepper, garlic, tomatoes, salt and pepper. When beans are well done, add rice, mix well, reheat and serve. Yield: 4 servings.

Ruth P. Casa-Emellos

NEW ENGLAND (Not Boston) BAKED BEANS

- | | |
|--------------------------------|-----------------|
| 1 qt. white medium sized beans | 1 teaspoon soda |
| 1 cup molasses | Pinch pepper |
| 1 lb. salt pork | |

Soak beans over night. In the morning drain off water. Cover with cold water and let come to a boil slowly. Put in soda. Boil two or three minutes. Drain again. Cover with hot water. Boil until tender but not mushy. Pour into baking pan. Add molasses and pepper. Stir slightly. Slice through rind only of pork. Place in center of beans. Bake about 3 hours in a slow oven or until beans are nearly dry.

Mrs. C. W. Keyes

BAKED LIMAS

- | | |
|------------------------------|--------------------------|
| 3 cups dried limas | 1 teaspoon salt |
| 2 tablespoons light molasses | ½ teaspoon dried mustard |
| 3 tablespoons brown sugar | 4 slices bacon |

Soak limas overnight. Cook in fresh water until tender—pressure cooker about 20 minutes. Place in greased casserole or bean pot. Combine molasses, brown sugar, salt and mustard; add bean liquor to make 1 cup; pour over limas. Arrange bacon over top, cover. Bake in moderate oven (350°) 1½ hours. Uncover and brown. Serves 6-8.

Mrs. L. Thomas Hopkins

RED CABBAGE AND APPLE

- | | |
|-----------------------------|-----------------------|
| 3 tablespoons butter | 1 tablespoon sugar |
| 2 onions | 1 teaspoon salt |
| 2 lbs. red cabbage shredded | ½ teaspoon pepper |
| 2 tablespoons vinegar | Red wine, if possible |
| 1½ lbs. cooking apples | |

Cook onion in butter until yellow. Add cabbage, sliced apples, seasonings. Cover, steam gently 1 hour. Add water. Serves 6.

Mrs. N. Eldred Bingham

EGG PLANT (*Mock Oyster*)

1 egg plant
5 tablespoons butter
 $\frac{3}{4}$ cup cracker crumbs

1 egg
1 can minced clams
Salt and pepper

Peel, dice and parboil egg plant. Drain. Add melted butter, crumbs, beaten egg, clams, salt and pepper. Bake in a buttered dish about $\frac{1}{2}$ hour.

Mrs. George T. Harness

CARROTS INCOGNITO

1 bunch of carrots
Bread crumbs
Butter
Lemon juice

Broth (which may be made, if necessary, from a bouillon cube)

If your children think that carrots were designed primarily for horses, try this on them. Cut the carrots lengthwise. Place them in a flat pan and brown well in the butter, adding pepper and salt. When they are browned add the soup stock, to cover, and a generous quantity of bread crumbs freshly made from roasted or toasted bread. When the liquid has boiled down and the carrots are cooked add a sprinkling of lemon juice.

Mrs. Dino Bigongiari

GLAZED CARROTS

12 medium size carrots
(sliced from end to end)
 $\frac{1}{3}$ cup of honey

$\frac{1}{4}$ cup of water
 $\frac{1}{4}$ cup of butter
1 teaspoon of salt

Boil carrots in salted water for 15 minutes. Remove from stove and drain. Melt butter in heavy frying pan, add honey, and water and stir until well mixed. Add carrots. Turn the carrots until they are completely covered with the syrup, and cook over a low flame until glazed (about 15 minutes). Serves 4.

Mrs. Ethel Hadas

CORN OYSTERS

1 cup corn pulp
1 well-beaten egg
 $\frac{1}{4}$ cup flour

1 scant teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Grate raw corn from cobs to make 1 cup of pulp, add well-beaten egg, flour, salt and pepper. Drop by spoonfuls, a few at a time, into basket in hot fat and fry, having them about the size of oysters. Drain on paper. Makes about 15. Canned corn, cream style may be used, but will require $\frac{1}{3}$ cup or a little more flour.

Mrs. W. H. McCastline

LEEK, GREEN PEPPER AND WALNUTS

4 leeks
2 green peppers

2 tablespoons broken walnuts
4 tablespoons soy sauce

Wash leeks and slice thin, including tender parts of leaves. Clean seeds from peppers and slice. Put a little oil in a pan. Sauté leeks until it begins to cook; add green peppers and soy sauce. Cook about 5 minutes. Add walnuts. Stir until nuts are heated but not cooked. Serve immediately. 4 small servings.

Mrs. Carrington Goodrich

DRIED LIMA BEANS

2 cups dried lima beans
 $\frac{1}{4}$ lb. salt pork
 $\frac{1}{4}$ cup chopped onion

$\frac{1}{4}$ cup chopped carrots
2 tablespoons chopped parsley

Soak beans for 12 hours in cold water to cover. Drain. Cook them for $\frac{1}{2}$ hour in boiling salted water. Drain. Reserve liquor. Cut pork into small pieces and try out in skillet. Remove meat. Add to fat the chopped onions and carrots and fry until onion begins to brown. Add beans and parsley. Place this mixture in greased baking dish. Cover half way up with bean liquor. Bake in a slow oven (275°) until beans are tender, about $1\frac{1}{2}$ hours. When beans become dry, add $\frac{1}{2}$ cup soup stock.

Mrs. Ralph B. Spence

MEXICAN OKRA

Wash 2 pounds of okra and cut crosswise in $\frac{1}{2}$ inch slices. In a deep aluminum (iron discolors okra) frying pan heat 2 tablespoons of bacon fat or oil. Into this stir $\frac{1}{2}$ green pepper and 2 onions chopped fine. When slightly browned, add 3 cups of canned tomatoes. When this mixture comes to a boil, add okra. Cover pan tightly and turn heat low. Let okra steam until tender, about 20 minutes. Season to taste with butter, salt and pepper. A can of shrimp added just before serving makes an interesting variation.

Mrs. William Cabell Greet

SMALL ONIONS IN CREAM

Put very small onions in a saucepan. Cover them with bouillon and a little water. Add 1 lump of sugar, a little salt and butter the size of a walnut. Cook slowly. The juice must be completely absorbed, reduced almost to a jelly. Add two glasses of thick cream and, if too thick, a little milk.

Translated from a French chef's recipe.

Mrs. Nicholas Murray Butler



POTATO PUFFS

$\frac{1}{2}$ cup mashed potatoes
1 egg
 $\frac{1}{4}$ cup flour

2 teaspoons baking powder
Salt to taste

Beat potatoes, egg and salt together until blended and light. Add flour to make a fairly stiff mixture. (Recipe can be "stretched" by adding more flour and a little milk.) Add baking powder last and blend. Drop by spoonfuls into hot deep fat and fry to a dark golden brown, turning once during cooking. Drain on absorbent paper and serve immediately.

Mrs. Merle Hoover

FRIED POTATOES WITH EGGS *In the Pennsylvania-Dutch manner*

Pan-fry sliced boiled potatoes, preferably in bacon fat, to the point of brownness that crackles. Better keep onions out of this. When the potatoes are ready, beat up the eggs (1 per person) with salt (be careful) and pepper, and distribute the batter here and there over the potatoes. Break up the lumpy mass. As soon as the batter is browned nicely, de-pan the whole show.

This makes, with Pennsylvania bacon on the side, a lively and "filling" breakfast or supper dish. But if you cannot get Pennsylvania bacon, perhaps you had better drop the idea entirely.

Henry K. Dick

POTATOES BÉCHAMEL

Boil 6 or 8 medium sized potatoes. Cool and peel. Cover bottom of baking dish with bits of butter. Put in the dish 2 or 3 layers of thinly sliced potatoes. Again add bits of butter and again two or three layers of potatoes. Season with salt. Then pour over the whole approximately $\frac{3}{4}$ of a cup of milk and again bits of butter and cover with a thick layer of grated cheese. Bake in oven for half an hour. This recipe serves 4 to 6 persons.

Gertrude Nussbaum

PETITS POIS À LA FRANÇAISE

Shell 2 lbs. peas and add to them 3 or 4 leaves of lettuce and a small onion. Cook in a double boiler for $\frac{1}{2}$ hour or until tender. Remove the onion, add butter and salt, and serve hot. This will serve 3 people.

Mrs. E. J. Fortier

RAISINS AS A VEGETABLE

Wash well a package of seedless raisins. Cover with cold water, add a small pinch of salt, bring to a boil and let boil 3 minutes. Drain. Repeat the process. Before serving pour juice of 2 limes over raisins. Serve hot. Serves 5 or 6. Good with veal.

Raisins treated as above, cold, soured with sour cream and decorated with cherries, make a new and tip-top salad.

Henry K. Dick

NEW ORLEANS POTATO SOUFFLÉ

2 cups mashed potatoes	2 eggs
2 tablespoons melted butter	Salt and pepper to taste
½ cup cream	

Mash potatoes and press through colander. Add butter and beat until light and smooth. Then add cream and well beaten egg yolk, salt and pepper. Fold in stiffly beaten egg whites, pile into baking dish leaving mound rough and uneven so that tips will brown nicely. Set in oven and bake to a beautiful brown. Serve in dish in which it is baked.

Mrs. Noel T. Dowling

SPINACH SOUFFLÉ

1½ cups cooked spinach	1½ cup cream
4 egg yolks, beaten	3 egg whites
3½ tablespoons flour	¾ cup grated cheese
1 teaspoon salt	1 tablespoon grated onion

Press spinach through a sieve or meat grinder. Add egg yolks and cream sauce made from butter, flour, cream, and salt. When cooled fold in stiffly beaten egg whites, onion, and cheese. Pour in buttered casserole or ring mold. Place in pan of hot water and bake 30-40 minutes in 350° oven. Serve immediately.

Mrs. John F. C. Richards

TOMATO WITH CHEESE

Peel tomatoes, sprinkle with salt and let stand. Cut bread in rounds a little larger than the tomatoes. Spread rounds with butter, cover with chopped onions. Cover this with thick layer of mayonnaise. Place tomato on top. Scoop out a little; season with salt, pepper and worcester sauce. Fill cavity with tablespoon of grated cheese. Bake in a medium oven 12-15 minutes, until bread is toasted and cheese melted.

Mrs. Oscar James Campbell

STUFFED ACORN SQUASH

3 acorn squash
1 egg, beaten
1 cup bread crumbs
½ cup grated cheese

2 tablespoons minced celery
1 teaspoon onion juice
Salt and pepper to taste

Parboil squash 12 to 15 minutes (in halves). Scoop out the pulp and mash. Add beaten eggs, crumbs, cheese, celery, onion juice and seasonings. Refill shells (fills only 4 halves) and top with additional crumbs. Heat in moderate oven (350°) for 25 or 30 minutes.

Mrs. Thomas A. McGoe

WILD RICE RING

6 sticks celery—cut fine
1 onion sliced
1 cup wild rice—washed and drained
¼ lb. mushrooms—cut fine

1 cup mushroom stock
1 cup soup stock or 1 can
chicken soup
3 tablespoons olive oil

Brown celery in the hot oil, add onion and brown, then add rice and brown, stirring frequently, for about 15 minutes. Add hot soup stock and mushroom stock, cover tightly and simmer for 45 minutes to one hour. If necessary add a little boiling water while cooking. Add mushrooms and serve with duck, roast, or chicken; or at this point, pour into well buttered ring form and set into hot oven for 15 or 20 minutes—just long enough to become firm and serve with creamed chicken or fish. The rice may be prepared in advance, ring form set into ice box and baked in a pan of hot water for about 30 to 40 minutes at serving time. White rice may be used to less good effect.

Mrs. Horace Taylor

HOLLANDAISE SAUCE

¾ pound butter
1 teaspoon lemon juice
2 large or 3 small egg yolks

1 teaspoon water
Salt, pepper and a few grains
of cayenne

You may mix the egg yolks, lemon juice and water in the bowl in which you intend to serve the sauce. Melt your butter slowly being careful not to burn it. When it is *bubbling* add it a little at a time to the mixture in the bowl, putting it back on the fire between additions; stir constantly, of course. Season to taste. Here is your Hollandaise! You may place it to one side and keep it safely for hours. If it is not as thick as you would like it, simply set your bowl in hot water and stir. You may place the hot water over the slow fire until the sauce has reached the consistency you like, but be careful not to let the water boil or your sauce may separate. Serves 4.

Mrs. Philip C. Jessup



STUFFED AVOCADO

Cut avocados in half lengthwise. (Figure $\frac{1}{2}$ avocado for each serving). Scoop out pulp and mash with a fork or put through ricer. For each avocado add to mashed pulp 1 teaspoon lemon juice, 1 tablespoon heavy cream, salt to taste and a dash of tabasco sauce. A sliver of minced garlic adds to this dish if all concerned like garlic. Pile mixture lightly back into avocado shells and serve on marinated lettuce. Crossed strips of pimiento and a sprinkle of capers make an attractive garnish. Serve either as a salad or an appetizer.

Mrs. Ralph Linton

BLACK-CHERRY SALAD

1 No. 2½ can (3½ cups)
pitted Bing cherries
 $\frac{1}{3}$ cup lemon juice

1 pkg. orange-flavored gelatin
 $\frac{3}{4}$ cup chopped pecan meats
1 3-oz. bottle stuffed olives, sliced

Drain cherries; add water to cherry syrup and lemon juice to make $1\frac{3}{4}$ cups liquid. Heat. Pour over gelatin and stir until dissolved. Chill until partially set. Add cherries, nut meats and olives. Pour into individual molds or a shallow pan and chill until firm. Serve on crisp lettuce with mayonnaise or salad dressing. Serves 6 to 8.

Mrs. Frank W. Cyr

CAULIFLOWER SALAD

Make ring of tomato aspic. Put whole, cooked cold cauliflower in center. Moisten thoroughly with French dressing and sprinkle with India relish. Garnish with lettuce and watercress.

Mrs. Charles G. Proffitt

CHEF'S SALAD

- | | |
|----------------------------------|---------------------------------|
| ½ lb. Belgian endive | ¾ lb. Swiss cheese, sliced thin |
| 2 small heads of curly endive | and cut in small strips |
| 2 tablespoons onion chopped fine | 1 head iceberg lettuce |
| 3 hard-boiled eggs | |

DRESSING

- | | |
|--------------------------------|--------------------|
| 6 tablespoons olive oil | ½ teaspoon salt |
| 2 tablespoons tarragon vinegar | ½ teaspoon mustard |
| 2 tablespoons lemon juice | 1 teaspoon sugar |
| 2 pieces garlic | Paprika—pepper |

Mix dressing; leave garlic in until served. Pour over salad and toss well.

Mrs. Herbert E. Hawkes

CHICK-PEA SALAD

Chick-peas are sold in many groceries, but the best variety is the large chick-pea that comes from Mexico and is sold in Spanish stores.

The most difficult part about this recipe is to remember to put the peas to soak the night before. Use a large bowl and plenty of water, as the peas will double their volume. Pour off the water in which the peas have soaked. Add to cold salted water and boil for about 30 minutes. After the peas have been boiling for 20 minutes test frequently, for at a certain point they will have a buttery texture which will be lost by a few minutes over-cooking.

When cool, toss with French dressing. Serve with lettuce and cold cuts.

Mrs. Leopold Arnaud

MUSHROOM SALAD

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|-----------------------------|-----------------------|
| 1 small head Boston lettuce | ½ lb. fresh mushrooms |
| 1 bunch water cress | |

Cut lettuce leaves in large pieces. Trim water cress. Sauté mushrooms in butter; cut into thin slices crosswise, and chill. Mix together with following dressing:

- | | |
|-------------------------------|----------------------------------|
| 4 tablespoons canned consommé | 6 teaspoons oil |
| 1 tablespoon tarragon vinegar | ¼ teaspoon sugar |
| ½ teaspoon salt | 1 teaspoon finely chopped chives |
| Ground whole pepper | ½ teaspoon chopped dried bay |
| 1 teaspoon curry powder | leaves |

Mix vinegar and spices. Add oil and consommé alternately. An ice cube in the bowl helps in blending the dressing.

Mrs. Vernon W. Lippard

STUFFED PEPPER SALAD

2 green peppers, medium size
1 bunch water-cress
2 teaspoons heavy cream

1 pkg. cream cheese
Walnut meats

Combine cream and cheese. Remove top of pepper and clean the inside, removing core and all seeds. Now chop the walnuts (any desired amount), and cut into pieces (small) part of the second pepper and add to the cream and cheese mixture. Season with salt and pepper. Stuff the cleaned out pepper with this mixture and chill. When ready to serve cut in about $\frac{1}{4}$ inch slices and place 1 or 2 slices in a nest of water-cress on individual salad plates. Serve with French dressing or mayonnaise. Serves 4 to 6 persons.

Mrs. Emerson Gentzler

PEPPER SLAW

1 green pepper
1 small head of cabbage
1 bunch of celery
1 cup sugar

Salt and pepper
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup water

Dice vegetables very fine. Mix and cover with liquid made from sugar, vinegar, water and seasoning. This should stand several hours for blending. Keeps well in refrigerator.

Eleanor M. Witmer

POTATO SALAD

3 cups diced boiled potatoes
1 cup diced celery
1 large onion grated
1 chopped green pepper

2 tablespoons pimiento
2 tablespoons India relish
Salt

Make a sauce of 1 tablespoon butter, $\frac{1}{2}$ cup mild vinegar, and 1 tablespoon sugar. Melt together and pour over salad. Add mayonnaise to taste and paprika. Serve cold on lettuce leaves. Serves 6.

Catherine Laird

SUN FLOWER SALAD

Place a slice of canned pineapple on crisp lettuce leaves. Slice firm, canned peaches lengthwise. Lay over pineapple ring to form petals. Place in center a maraschino cherry.

Mrs. Ashley Weech

FLEMISH SALAD

- | | |
|--------------------------|----------------------|
| 3 big potatoes | 2 apples |
| 4 slices celery root | 10 walnuts |
| 3 celery branches | Salt and pepper |
| 1 tablespoon lemon juice | 1 tablespoon mustard |
| 2 tablespoons oil | 2 tablespoons sugar |

Boil potatoes and dice while hot. Dice celery (root and branches) and apples. Mix, adding nuts. Season with remaining ingredients. It is important to mix and season while potatoes are still hot enough to absorb the oil.

Mrs. Pierre Cornell-Dechert

FROZEN ROQUEFORT SALAD

Cream $\frac{1}{4}$ pound of Roquefort cheese and fold it into a cup of heavy cream which has been whipped. Season with salt and pepper, freeze in the refrigerator without stirring, and cut in squares. Serve on lettuce with French dressing. It also may be served on warm baked apples for dessert.

Mrs. Ernest Hunter Wright

SHRIMP SALAD

- | | |
|---------------------------------|--------------------------------------|
| 4 lbs. shrimps | $\frac{1}{2}$ onion (chopped) |
| 3 hard-boiled eggs (chopped) | $\frac{1}{4}$ green pepper (chopped) |
| 3 tablespoons chili sauce | 6 olives (chopped) |
| 2 tablespoons mayonnaise | 3 tablespoons parsley (chopped) |
| 1 teaspoon Worcestershire sauce | Salt and pepper |

Sauté the onions, add chopped pepper, olives and parsley; mix with chili sauce, mayonnaise and Worcestershire sauce. Add salt and pepper to shrimp and celery, mix well, then add sauce. Eggs are for garnishing. Serves 12 large portions.

Mrs. C. O. Beckmann

FROZEN SALAD

- | | |
|---------------------------------------|--|
| Yolks of 4 eggs | $\frac{1}{2}$ lb. marshmallows, cut up |
| 4 tablespoons vinegar | $\frac{1}{4}$ lb. maraschino cherries |
| 4 tablespoons sugar | $\frac{1}{4}$ lb. blanched almonds |
| 1 can pineapple, cut up
(no juice) | 1 pt. whipped cream |

Cook first 3 ingredients in double boiler to make a thick custard. Mix with the remaining ingredients when custard is cool. When quite cold add 1 pint whipped cream. Pack in ice for 4 hours. Serve on crisp lettuce.

Mrs. Noel T. Dowling

ARGYLE SALAD DRESSING

For Fruit Salad

1 egg, beaten
Juice of 1 lemon
Juice of 1 orange

$\frac{1}{4}$ teaspoon dry mustard
Pinch of salt

Put all together into double boiler and cook until mixture begins to thicken. When ready to serve add 1 pint of whipped cream and 12 cut-up marshmallows. Blanched almonds make this especially good.

Mrs. Henry E. Garrett

CALIFORNIA DRESSING

1 teaspoon honey
1 teaspoon paprika
 $\frac{1}{4}$ teaspoon salt
1 cup olive oil

1 teaspoon prepared mustard
3 tablespoons vinegar
1 whole clove garlic

Put together in above order and beat with silver fork until thick. Will keep indefinitely. Shake well before using.

Mrs. Harry J. Carman

5-STAR FRENCH DRESSING

$\frac{3}{4}$ cup sugar
1 whole clove crushed
1 teaspoon salt
1 teaspoon mustard
Grated onion
2 tablespoons catsup

Garlic if desired
 $1\frac{1}{2}$ cups oil
1 teaspoon Worcestershire sauce
A few drops of tabasco
 $\frac{1}{2}$ cup lemon juice
Paprika to taste

Put in bowl and mix well with egg beater. Bottle and shake well before using.

Mrs. Fred Mills

GEORGIA CREAM SALAD DRESSING

Beat 1 egg or the yolks of 2 (if the whites can be used for something else). Beat into this, slowly, one cup of cream (either sweet or sour), one teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, one teaspoon of mustard (omit if you like), a dash of paprika, and last— $\frac{1}{2}$ cup of vinegar. Cook in a double boiler until creamy. This will keep for weeks in a covered glass jar.

Mrs. Howell A. Inghram

DRESSING WITHOUT OIL FOR TOMATOES

$\frac{1}{2}$ cup brown sugar
1 heaping teaspoon salt
1 level teaspoon pepper

$\frac{1}{2}$ level teaspoon dry mustard
 $\frac{1}{2}$ cup vinegar

Rub bowl with garlic before mixing.

Harriet Hayes

MAYONNAISE

1 cup sugar
1 cup vinegar
8 yolks of eggs
1 teaspoon mustard

1 teaspoon salt
1 large tablespoon butter
 $\frac{1}{4}$ teaspoon pepper
1 tablespoon flour or cornstarch

Cook in double boiler. When ready to use thin with cream or whipped cream.

Mrs. J. R. McGaughy

WAR TIME SALAD DRESSING

6 tablespoons soy bean oil
 $\frac{1}{2}$ teaspoon dry mustard
1 teaspoon salt
Paprika for color, if desired

2 tablespoons vinegar
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{8}$ teaspoon chili powder, or
 $\frac{1}{2}$ teaspoon onion juice

Mix dry ingredients, add vinegar, and shake with oil. Approximate yield: $\frac{1}{2}$ cup dressing.

Mrs. F. E. Croxton



APPLE SAUCE SPICE CAKE

- | | |
|--------------------------|----------------------------------|
| $\frac{1}{2}$ cup crisco | $\frac{1}{2}$ teaspoon salt |
| 1 cup sugar | 1 teaspoon cinnamon |
| 1 cup apple sauce | $\frac{1}{2}$ teaspoon allspice |
| 1 egg | $\frac{1}{2}$ teaspoon nutmeg |
| 1 cup seedless raisins | 1 teaspoon baking soda dissolved |
| 2 cups sifted flour | in 2 tablespoons hot water |

Blend shortening and sugar. Add beaten egg, apple sauce, and raisins. Sift flour, spices, and salt. Add to mixture. Add soda and hot water. Bake in loaf pan 1 hour in 350° oven. Can be served hot with egg or hard sauce.

FOAMY EGG SAUCE

Beat 1 cup confectioner's sugar into 1 egg yolk. Add 1 teaspoon vanilla. Add well beaten white.

Mrs. Henry E. Crampton

FENNYCROFT BLUEBERRY CAKE

- | | |
|-------------------------------|--------------------------------|
| $\frac{1}{4}$ cup soft butter | $1\frac{1}{2}$ cups flour |
| $\frac{3}{4}$ cup sugar | 3 teaspoons baking powder |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ teaspoon salt |
| 2 eggs beaten separately | 2 cups blueberries, previously |
| 1 teaspoon vanilla | washed and dried |

Mix and sift together flour, salt, baking powder, and sugar, reserving some flour to dust berries. Put egg whites, butter, vanilla and milk together and beat with Dover egg-beater until light. Stir into this the dry ingredients, then the beaten yolks, and lastly blueberries dusted in flour. Turn into square cake tin. Serve warm, with hard sauce or cream. In serving do not cut cake; break with 2 forks.

Mrs. Frank Gardner Moore

ANGEL CAKE WITH STRAWBERRY FILLING

1 cup cake flour
1¼ cup egg whites
¼ teaspoon salt

1½ cups granulated sugar
1¼ teaspoons cream of tartar
1¼ teaspoons vanilla

Sift flour once, measure; sift 5 more times. Sift sugar 5 times discarding any large grains. To the sifted flour add ½ cup of the sifted sugar, and sift together twice. Put salt into egg whites and begin to beat; when foamy add cream of tartar and continue to beat until eggs are stiff but not dry. Add remaining sifted sugar (1 cup) a little at a time, folding it in carefully. Fold in vanilla. Sift ¼ flour over mixture and fold in, continue until the flour is all folded in. Pour into 10 inch ungreased angel cake pan. Put in oven, light and turn to 300° for thirty minutes; increase to 325° for 25 minutes, turn back to 300° for 10 to 15 minutes. Remove cake from oven but not from pan. Turn pan upside down, resting funnel on an inverted bowl, for 1 hour. Then cut cake carefully from pan.

STRAWBERRY FILLING

Wash, drain and hull 1 quart of strawberries. Cut in pieces and sift over them ¼ cup sugar (more if desired). Let stand an hour or so. Just before serving cake fill center with strawberries and pour over them 1 cup cream, whipped and sweetened with ¼ cup sugar. Serves 8.

Mrs. W. H. McCastline

X

BANANA CAKE

Cream ¼ cup of butter and 1 cup of sugar; add 1 egg and 1 cup of mashed bananas. Sift 1½ cups of flour, 1 teaspoon baking powder, and 1 teaspoon of soda, and add to above mixture. Then add 1 teaspoon of vanilla. Bake 30 minutes at 350°.

This may be iced with boiled icing, or spread with cream cheese and sliced bananas.

Mrs. Floyd B. O'Rear

CHILDREN'S APRICOT CAKE

½ cup apricot pulp (stew and
sweeten ½ box dried apricots.
Force through strainer)
1¾ cups flour
½ teaspoon salt
½ teaspoon soda

2 eggs separated
¼ cup water
⅓ cup shortening
1 cup sugar
2 teaspoons baking powder
1 teaspoon vanilla

Cream shortening and sugar well together. Add egg yolks and vanilla; beat well. Add dry ingredients mixed and sifted together alternately with water and apricot pulp. Bake in square 8 inch cake pan for 45 minutes in a 350° oven.

Mrs. Edward B. Fox

BUSY DAY CAKE OR CUP CAKES

1 $\frac{1}{4}$ cups of flour
1 cup of sugar
 $\frac{1}{4}$ teaspoon salt
1 egg

$\frac{1}{3}$ cup shortening
2 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon vanilla
 $\frac{2}{3}$ cup of milk

Sift flour twice before measuring; then sift all dry ingredients into mixing bowl. Add shortening, milk, unbeaten egg and flavoring. Beat well and bake in small tins 25 to 35 minutes.

As soon as cup cakes have been removed from the oven drop cakes into icing made as follows:

ICING

1 $\frac{3}{4}$ cups of sugar
1 lemon, grated rind and juice

1 orange, grated rind and juice

Pour fruit juice and grated rind on sugar, stirring constantly. Drop cakes into icing hot from oven. Place on waxed paper and drain.

Mrs. James Kip Finch

FIG CARAMEL CAKE

2 cups sugar
3 cups pastry flour
1 cup milk
 $\frac{1}{2}$ cup butter

3 teaspoons baking powder
5 egg whites (beaten stiff
but not dry)

Cream butter and sugar. Sift flour and baking powder. Alternate the milk and flour into the creamed butter and sugar. Fold in egg whites. Bake in moderate oven in 4 layers.

FILLING

Cut up 1 $\frac{1}{4}$ pounds layer figs. Cover with water and simmer gently until water is absorbed. Stir and watch to keep from burning. Take from stove, stir in 3 or 4 tablespoons sugar and put through meat grinder. Spread on cake while still warm.

ICING

3 cups brown sugar
 $\frac{1}{2}$ cup butter (scant)

$\frac{1}{2}$ cup cream

Cook slowly to soft ball stage when tested in cold water. Beat until of right consistency to spread. Cover cake.

CUP CUSTARDS

To use up yolks left from Fig Caramel Cake

1 pt. milk
5 egg yolks

4 or 5 tablespoons sugar

Mix milk, egg yolks and sugar. Pour into custard cups, set in pan of hot water and bake slowly. When a silver knife inserted comes out clean they are done.

Mrs. Carleton J. Lynde

AUNTIE HOLDEN'S CHERRY CAKE

1 cup granulated sugar	2 cups flour (unsifted)
$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ teaspoon nutmeg
3 eggs	1 teaspoon cloves
4 tablespoons sour cream	1 teaspoon cinnamon
1 teaspoon soda	1 cup drained pitted sour cherries

Combine creamed shortening with sugar, add yolks of eggs and mix. Sift flour and spices together. Add soda to sour cream. To the first mixture add alternately the flour and sour cream mixture, then fold in the stiffly beaten egg whites, and last add the cherries. Bake in 2 layers in a moderate oven (350°) for about 20 minutes; or in a loaf for about 40 minutes. Use cherry juice and confectioners sugar for icing. Or, for a Washington's Birthday cake, ice with a White Mountain icing and decorate with a cherry bough of melted bitter chocolate, candied cherries, and leaves of angelica or green tinted icing.

This is one of our treasured family recipes. It was brought from New Hampshire many years ago by "Auntie Holden" when she came as a young woman to settle in the pioneer community of Silver Creek, Nebraska. She was a great character and a beloved neighbor; a devoted church member, she always baked this cake for church suppers.

Mrs. Merle Curti

CHESTNUT CREAM CAKE

50 chestnuts	$\frac{1}{2}$ cup sugar
2 egg whites	Rum flavor
$\frac{1}{2}$ pt. heavy cream	

Cook for half an hour. Shell chestnuts and rub through strainer. Cook for 5 minutes in milk with sugar to make a thick purée. Strain on the serving dish, giving dome form. Cover with cream beaten stiff and 2 egg whites beaten stiff and mixed with the cream. Add rum flavor to your cake.

Mrs. Arthur W. Thomas

CINNAMON LOAF CAKE

2 cups flour	3 eggs
2 cups sugar	1 teaspoon cinnamon
$\frac{3}{4}$ cup butter	1 teaspoon cloves
1 cup milk	1 teaspoon nutmeg
2 teaspoons baking powder	

Cream butter, add sugar gradually, and then well beaten egg yolks. Mix and sift dry ingredients and add alternately with milk to first mixture. Fold in stiffly beaten egg whites. Bake 1 hour in 350° oven in greased tubular pan.

Mrs. James Kip Finch

MULTIPLE CHOCOLATE LAYER CAKE

2 cups sifted cake flour	1 cup sugar
3 teaspoons baking powder	$\frac{2}{3}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 egg whites
$\frac{1}{2}$ cup butter or crisco	1 teaspoon vanilla

Sift flour, baking powder, and salt. Cream shortening and sugar. Add sifted flour and milk. Fold in well beaten egg whites and vanilla. Bake in 2 eight-inch square cake pans 25 minutes in a 375° oven. Cut each layer in half and spread each layer with chocolate filling, making a 4 layer cake.

CHOCOLATE FILLING

3 squares Baker's chocolate	1 $\frac{1}{4}$ cups granulated sugar
1 cup cold milk	1 tablespoon butter
2 egg yolks beaten	1 teaspoon vanilla

Put chocolate and milk in top of double boiler. When cooked to paste add sugar. Cook 5 minutes. Add $\frac{1}{4}$ cup sugar to beaten egg yolks and cook 5 minutes. Take from stove and add melted butter and vanilla. Beat a few minutes and spread between and on top of layers.

Mrs. Henry E. Crampton

NEVER-FAIL CHOCOLATE CAKE

1 egg	1 teaspoon vanilla
$\frac{1}{2}$ cup cocoa	1 teaspoon soda
$\frac{1}{2}$ cup shortening (med. soft)	$\frac{1}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups flour	1 cup sugar
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ cup boiling water

Put in bowl in order named. Do not mix until last item is added. Then beat well and bake in moderate oven. Can be made into loaf, layer, or cup cakes. Serves 8.

Mrs. E. R. Dodge

CHOCOLATE-LEMON WAFERS

1 cup butter	1 lemon, juice and rind
1 cup sugar	$\frac{1}{2}$ cup nuts
1 egg, separated	1 oz. chocolate
	2 cups flour

Cream butter and sugar well. Add egg yolk and beat. Add lemon juice and rind (ground) and flour. Mix thoroughly, then add melted chocolate. Pat or roll to $\frac{1}{4}$ inch thickness on a cookie sheet, brush with slightly beaten egg white, and sprinkle with ground nuts. Bake in a slow oven (300°) 20 to 30 minutes. Cut into squares immediately when taken from oven.

Mrs. Harold W. Bentley

COCOA CAKE

2 cups sifted pastry flour	1 1/4 cups sugar
1 teaspoon baking powder	1/2 cup shortening
1/2 teaspoon soda	1 teaspoon vanilla
1/4 teaspoon salt	3/4 cup milk
3 heaping tablespoons cocoa	3 egg whites

Mix and sift flour, baking powder, salt, soda, and cocoa 3 times. Cream shortening with 1 cup of sugar until smooth and then add vanilla. Add dry ingredients alternately with milk, beating until smooth after each addition. Beat egg whites until stiff, gradually beat in remaining 1/4 cup of sugar. Finally fold the beaten egg white mixture into the cake batter. Pour into 2 greased layer pans. Bake in moderate oven (375°) 20 or 25 minutes. After cake is put together with the cocoa filling it may be frosted if desired.

FILLING FOR COCOA CAKE

4 tablespoons sugar	1 1/4 cups milk
1 heaping tablespoon flour	1 tablespoon butter
1 tablespoon cocoa	1 pinch salt
3 egg yolks	1/2 teaspoon vanilla

Mix sugar, cocoa, flour, and salt, gradually add milk stirring until smooth. Cook over boiling water stirring constantly. Add butter when mixture gets hot. When thick and ready to remove from fire add vanilla. Spread between layers of cake while cake is still hot.

Mrs. Samuel J. Kiehl

CHANTILLY FLUFF

CAKE MIXTURE

1/2 cup butter (scant)	2/3 cup sifted flour
1/2 cup sugar	1 teaspoon baking powder
4 eggs (yolks)	1/4 cup milk

Cream butter and sugar, add well-beaten yolks of eggs and beat thoroughly. Then add milk and flour alternately and beat well. Spread this mixture on 2 layer cake tins, and put in the ice-box.

MERINGUE MIXTURE

Add a pinch of salt to the 4 egg-whites and beat until stiff. Then slowly add 1 cup of sugar, beating thoroughly. Add 1 teaspoonful of vanilla. Pile this meringue on the first cake mixture and bake 30 to 35 minutes in a slow oven (250-300°).

Leave in tins until cold. Just before serving turn out first layer, meringue side down. Cover with ice cream, sliced peaches, or strawberries. Cover with second layer, meringue side up. Top with whipped cream. Serves 10-12.

Mrs. Wilhelm Braun

DARK FRUIT CAKE

1 lb. raisins
1½ cups water
1½ cups sugar
2½ cups flour
1 teaspoon soda
½ teaspoon cloves
⅛ lb. butter

½ teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon allspice
½ cup citron (cut small)
½ cup nut meats
2 eggs

Cook raisins with sugar and water for 5 minutes. Add butter and set aside to cool. Add well beaten eggs. Sift dry ingredients, add citron and nuts and combine with first mixture. Bake in well greased pan for 1½ hours at 350°. Cover with brown paper. Yield, 3½ pounds.

Mrs. Bernard P. Ireland

DEER ISLE GINGERBREAD

A favorite forty years ago on the Boston-Bangor Boat

1 cup molasses
½ cup sugar
1 cup boiling water in which is
dissolved 2 level teaspoons
of soda
1 cup melted lard
2½ cups flour

1 teaspoon salt (sifted in flour)
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger
2 well beaten eggs (not beaten
separately)

Stir molasses and sugar together, add spices, then water and soda then lard, then flour. Beat thoroughly and add the eggs. Bake ½ hour in a slow oven.

Mrs. Frank Gardner Moore

WARTIME GINGERBREAD

2 cups flour
2½ teaspoons ginger
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon cloves

1 teaspoon bicarbonate soda
½ cup sour milk
1 cup molasses
¼ cup butter or shortening

Sift together the flour, salt and spices. Mix the soda with the milk. Then add the molasses. Pour in the dry ingredients. Melt the shortening and add that. Stir until the whole mixture is smooth and creamy. Pour into a shallow buttered baking dish, or individual cake tins, and bake for 20 minutes in a moderate oven (325°).

Mrs. Cyrus Peake

JANE'S CAKE

- | | |
|----------------------|--------------------|
| 1 cup sugar | ½ teaspoon salt |
| ¾ cup sour milk | ½ teaspoon vanilla |
| 2 cups flour (scant) | 2 eggs |
| ½ cup shortening | 1 cup raisins |
| ½ teaspoon soda | 1 orange |

Cream shortening and sugar together; add eggs and beat well. Dissolve soda in milk and add to mixture alternately with flour. Squeeze orange (not dry). Grind peel with raisins and add to cake mixture. Stir whole mixture well. Bake in greased cake pan at 350°.

Add 1 cup of brown or white sugar to orange juice. Let stand while cake is baking, stirring occasionally. Pour over cake after it is baked, while cake is still hot.

Mrs. John S. Cleavenger

MOLASSES CAKES

- | | |
|--------------------------|------------------------------|
| 1 cup molasses | 1 teaspoon cinnamon |
| 2 tablespoons shortening | 1 teaspoon ground cloves |
| 1 teaspoon soda | ½ teaspoon salt |
| 1 cup cold water | 1 teaspoon orange extract or |
| 1 cup boiling water | Grated rind of ½ orange |
| 2 cups sifted flour | |

Mix molasses and shortening. Dissolve soda in cold water and add to boiling water. Combine two mixtures. Sift flour and seasonings. Add to first mixture with orange extract or rind. Bake in buttered or greased muffin tins in oven at 300 to 350°.

Mrs. Frederick Miller

ORANGE LAYER CAKE

- | | |
|-------------------------|--------------------------|
| 1 cup orange juice | ½ cup sugar |
| Juice of 1 or 1½ lemons | 1 tablespoon corn starch |
| 1 tablespoon rind | (heaping) |

Cook until thick. Cool. Separate 3 eggs. Beat egg yolks and add to mixture. Beat egg whites until stiff and add. Beat all together. Cut 2 medium size sponge layers in half, making 4 layers. Put mixture between each layer, but not on top of cake. Let stand 12 hours or more in ice box. Just before serving beat ½ pint sweet cream stiff, and place on top and sides of cake. If made for many people, get large layers and double recipe. Serves 8.

Mrs. E. R. Dodge

BABA AU RHUM

Put 2 cups of flour in bowl. Make hollow in center. Soften a yeast cake in $\frac{1}{4}$ cup of warm milk. Pour in hollow. Cover and let stand 5 minutes. Add 3 large or 4 small beaten eggs and mix well for five minutes. Cover and let stand 30 minutes. Melt and cool $\frac{1}{3}$ cup butter, add to Baba with $1\frac{1}{2}$ tablespoons of sugar and a dash of salt. Beat well and toss on slightly floured board and knead 5 minutes. The dough will be stringy but soon will hold. Do not add more flour. Pat in greased tube pan and let rise until double in bulk. Bake in moderate oven about 30 minutes. Invert cake on rack.

SAUCE

Combine $\frac{1}{2}$ pound sugar in $\frac{1}{2}$ cup of water and boil a few minutes. Add juice and grated rind of 1 orange and $\frac{1}{2}$ cup of rum. Add slowly to cake while both are hot.

Mrs. George Acheson

POTATO CAKE

$\frac{2}{3}$ cup butter	2 cups sugar
$\frac{1}{2}$ cup cocoa	1 teaspoon cinnamon
1 teaspoon cloves	1 teaspoon nutmeg
1 cup hot mashed potatoes	1 cup chopped walnuts
$\frac{1}{2}$ cup sweet milk	2 cups flour
2 heaping teaspoons baking powder	4 eggs beaten separately

Cream butter and sugar. Sift dry ingredients and add alternately with eggs, potatoes and milk. Add nuts. Fold in beaten whites last. Bake in moderate oven. Ice with Fool Proof White Icing, p. 79.

Mrs. Gordon Ridings

SPONGE CAKE

Whites of 4 eggs	Pinch of salt
Yolks of 3 eggs	1 teaspoon lemon extract
1 cup sugar	$\frac{1}{2}$ teaspoon baking powder
$3\frac{1}{2}$ tablespoons water	1 cup sifted flour

Beat whites on platter, add salt, then yolks of eggs, sugar little at a time, water, lemon, flour with baking powder last. Bake in slow oven 40 to 45 minutes.

Mrs. Frederick B. Flinn

SWEDISH DATE CAKE

3 eggs	1 cup dates, cut up
1 cup soft whole wheat bread crumbs	$\frac{1}{2}$ cup walnuts
	$\frac{1}{2}$ cup sugar

Beat eggs light—separately—add sugar and other ingredients. Bake in greased pan about 30 minutes. Pull apart with fork. Serve with cream.

Mrs. R. F. Payne

WASHINGTON PIE

- | | |
|--------------------------|--|
| $\frac{1}{3}$ cup butter | $\frac{1}{2}$ cup milk |
| 1 cup sugar | $1\frac{3}{4}$ cups flour |
| 2 eggs | $2\frac{1}{2}$ teaspoons baking powder |
| 1 teaspoon vanilla | $\frac{1}{2}$ teaspoon salt |

Cream butter and sugar. Add beaten egg yolks; flour, baking powder and salt sifted together alternately with the milk. Fold in beaten egg whites. Bake in moderate oven (350°) in 2 well-greased layer tins.

LEMON FILLING

- | | |
|---------------------------|---------------------------------|
| 3 tablespoons corn starch | $\frac{3}{4}$ cup sugar |
| 3 tablespoons cold water | $\frac{3}{4}$ cup boiling water |
| 1 lemon (juice and rind) | 1 egg |
| 1 tablespoon butter | $\frac{1}{8}$ teaspoon salt |

Mix cornstarch and sugar and stir in cold water. Pour in boiling water while stirring constantly. Cook in double boiler for 15 minutes, stirring until thick. Add butter, then beaten egg, lemon juice and rind and salt. Cool slightly and spread between layers.

CHOCOLATE FROSTING

- | | |
|-----------------------------|---------------------------|
| 1 oz. Baker's chocolate | 1 cup confectioners sugar |
| 1 tablespoon butter | 1 teaspoon vanilla |
| $\frac{1}{8}$ teaspoon salt | |

Melt in a small sauce pan over hot water. Add 3 tablespoons hot water and blend. Beat in confectioners sugar until thick enough to spread. Add vanilla and frost cake. Will serve 10.

Mrs. Carter Alexander

WINE CAKE

- | | |
|--------------|--|
| 1 cup butter | 1 cup milk |
| 2 cups sugar | $2\frac{1}{2}$ teaspoons baking powder |
| 3 cups flour | Pinch salt |
| 4 eggs | |

Warm butter slightly. Add sugar, half at a time. Cream well. Add yolks of eggs, one at a time upbeaten. (Sift flour in cup.) Add $\frac{1}{4}$ flour, $\frac{1}{4}$ milk. Beat flour in well, also milk. Save a little milk, pour it over baking powder and add. Beat whites very stiff. Fold in quickly by turning spoon, not by beating. Bake in 4 layers in quick oven, 10-15 minutes. (The extra white of an egg can be added if you have one on hand.)

FILLING

- | | |
|---------------------------|------------------------------|
| 6 yolks of eggs | 1 cup raisins |
| $1\frac{1}{2}$ cups sugar | $\frac{3}{4}$ cup sweet wine |
| 1 cup nuts | 1 tablespoon butter |

Beat eggs in double boiler. Add sugar, butter, wine and raisins. Put on in hot water in bottom of boiler. Stir occasionally. Keep compact. Cook until thick like custard. Remove from fire and add nuts. Spread on top and between layers of cake.

Mrs. C. W. Keyes

UPSIDE DOWN CAKE

- | | |
|--------------------------|--|
| 1 cup brown sugar | $\frac{1}{2}$ cup pineapple juice |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon vanilla |
| 1 large can pineapple | $1\frac{1}{2}$ cups flour |
| 3 eggs separated | $1\frac{1}{2}$ teaspoons baking powder |
| 1 cup white sugar | |

In an iron skillet melt brown sugar, butter and stir to prevent burning. When melted put in slices of pineapple. Beat egg yolks until creamy. Add sugar, juice, vanilla. Sift flour, baking powder, salt. Add to egg mixture. Beat. Fold in stiff egg whites. Pour over pineapple mixture. Bake 40-45 minutes at 350°. Serves 9.

Mrs. James M. Church

BROILED COCOANUT ICING

- | | |
|-----------------------------|-------------------------------------|
| 3 tablespoons melted butter | 2 tablespoons cream or top milk |
| 5 tablespoons brown sugar | $\frac{1}{2}$ cup shredded cocoanut |

Mix and spread on any simple 1 layer cake while it is still warm. Place very low in oven under broiler. Broil until icing turns brown and bubbles all over.

Eleanor M. Witmer

NEVER-FAIL CHOCOLATE ICING

- | | |
|--|--------------------------------|
| 1 cup sifted confectioners sugar | $\frac{1}{2}$ teaspoon vanilla |
| 4 squares unsweetened chocolate,
melted | 1 egg |
| 1 tablespoon melted butter | $\frac{1}{4}$ cup milk |
| | $\frac{1}{8}$ teaspoon salt |

Combine ingredients in order given. Beat with rotary egg beater, or electric beater at medium speed, until stiff enough to spread, about 5 minutes. 2 drops of oil of peppermint may be added instead of vanilla.

Mrs. Carl J. Merner

SEVEN MINUTE FROSTING FOR CHOCOLATE CAKE

- | | |
|--------------------------------------|---|
| $1\frac{1}{2}$ cups granulated sugar | $\frac{3}{4}$ teaspoon cream of tartar dis-
solved in $4\frac{1}{2}$ tablespoons
of water |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon vanilla |
| 3 egg whites unbeaten | |

Mix in order given in top of double boiler over boiling water. Beat with rotary beater 7 minutes. Spread on cake at once.

Mrs. Henry E. Crampton

WAR-TIME ICING

2 squares unsweetened chocolate 1 tablespoon water
1 can Eagle brand condensed milk

Melt chocolate in top of double boiler. Add condensed milk and cook for 4 to 5 minutes or until mixture is quite thick. Remove from stove and stir in cold water. Put on cold layers.

Mrs. Charles C. Tillinghast

MOCHA FROSTING

To 3 tablespoons butter add 1 teaspoon cocoa sifted well with 1 cup confectioners sugar. Rub well together. Add 1 teaspoon vanilla and 1 tablespoon strong coffee or enough to spread well.

Note: This recipe needs to be doubled for filling and frosting.

Mrs. E. R. Dodge

FOOL PROOF WHITE ICING

2 cups sugar $\frac{1}{4}$ teaspoon cream tartar
 $\frac{3}{4}$ cup water 2 egg whites beaten stiff

Cook sugar, cream tartar and water until it spins a long hair. Add 2 teaspoons at a time to egg whites. Beat well and when stiff put on cake.

Mrs. Gordon Ridings

BROWNIES

$\frac{1}{2}$ cup butter $\frac{1}{2}$ cup flour
1 cup sugar $\frac{3}{4}$ cup walnut meats
2 eggs 1 teaspoon vanilla
2 squares chocolate

Cream butter and sugar. Beat in eggs and chocolate melted over hot water. Add sifted flour and walnuts cut in small pieces. Add vanilla. Bake in a slow oven. Cut in squares.

Mrs. W. I. Slichter

BUTTER COOKIES

$\frac{3}{4}$ cup granulated sugar $1\frac{1}{2}$ cups soft butter
3 cups flour $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves $\frac{1}{4}$ teaspoon salt

Mix sugar and butter thoroughly. Add flour and spices. Chill for an hour. Roll out on floured board, very thin. Cut in any desired shape; very good in rectangular forms. Bake quickly, a delicate brown. Can be put together with jam filling, then dusted with sugar.

Mrs. George Counts

CARAMEL NUT SQUARES

$\frac{1}{2}$ cup butter or other shortening
1 beaten egg

1 cup flour

Cut shortening into flour as in making pastry. Add egg and mix well. Spread in greased 9 x 12 pan. Bake in moderate oven (350°) 15 minutes.

TOPPING

2 beaten eggs
 $\frac{3}{4}$ cup broken nut meats
 $1\frac{1}{2}$ cups brown sugar
2 tablespoons flour

$\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ cup cocoanut
1 teaspoon vanilla

Blend eggs and sugar; add flour sifted with baking powder. Add cocoanut, nuts and vanilla. Spread over baked crust. Bake in moderate oven 30 minutes. While hot, brush with icing made of confectioners sugar. $\frac{1}{2}$ cup lemon juice. Cool and cut in squares.

Mrs. John S. Cleavenger

CHOCOLATE COOKIES

2 cups sifted cake flour
 $1\frac{1}{2}$ teaspoons baking powder
 $1\frac{1}{4}$ cups brown sugar
3 squares Baker's unsweetened chocolate
 $\frac{1}{2}$ cup chopped nuts or dates

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup butter
2 eggs
 $\frac{1}{4}$ cup milk
1 teaspoon vanilla

Sift flour once, add baking powder and salt and sift 3 times. Cream butter, add sugar gradually and beat until fluffy. Add eggs, well beaten, melted chocolate, and blend well. Add flour, a small amount at a time, then milk and vanilla. Drop by teaspoons on ungreased baking sheet and bake in moderate oven (350°) for 15 minutes. This makes 4 dozen small cakes.

Mrs. Albert T. Poffenberger

SWEDISH 'SPRITZBAAKEN' COOKIES

1 lb. butter
1 cup sugar
2 whole eggs

2 extra yolks
 $4\frac{1}{2}$ cups sifted flour
vanilla

Cream sugar and butter. Add beaten eggs, then flour gradually, then vanilla to taste.

Use cookie press and form your own design. Bake in a moderate oven (350° or 375° F.) twenty minutes or until done. These should be light in color. They bake very quickly and need to be watched constantly. Makes 100 cookies.

Mrs. Dwight D. Eisenhower

COCOANUT SQUARES

- | | |
|--|-----------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup brown sugar (packed) | 1 cup sifted flour |

Combine above ingredients. Spread mixture in 8x12x2 inch pan which has been greased. Bake in moderately slow oven (325°) for 15 minutes, or until delicately browned.

- | | |
|---------------------------------------|-----------------------------|
| 1 cup brown sugar (packed) | 1 teaspoon vanilla |
| 2 eggs well beaten | 2 tablespoons flour |
| $\frac{1}{2}$ teaspoon baking powder | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ cups shredded cocoanut | 1 cup nuts coarsely cut |

Mix above ingredients; spread over first baked mixture and return to moderately slow oven (325°) for 25 minutes. Cool and cut in squares. Makes about 3 dozen.

Mrs. Elbert Fretwell

CORN FLAKE DROPS

- | | |
|-------------------------|--------------|
| 2 cups corn flakes | 1 cup sugar |
| 1 cup shredded cocoanut | 2 egg whites |

Combine first three ingredients. Add stiffly beaten egg whites. Drop by teaspoonful on well greased pan—2 inches apart. Brown slightly, using moderate oven.

Mrs. Clifford B. Wright

DATE BARS

- | | |
|---------------------------|---|
| 1 egg beaten with salt | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup nuts | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ cup dates cut in small pieces |
| 2 teaspoons boiling water | 2 teaspoons baking powder |

Add sugar to well-beaten egg; add nuts and dates. Sift flour and baking powder and add to date mixture. Add water and vanilla. Bake on thin sheet in moderate oven (350°). Sprinkle with powdered sugar while warm. Makes about 6 squares.

Mrs. Alburey Castell

1942 DROP COOKIES

- | | |
|--|---------------------------------|
| 1 cup Eagle condensed milk | $2\frac{1}{2}$ cups corn flakes |
| 1 cup cocoanut (or raisins, or nuts, or chocolate chips) | $\frac{1}{2}$ cup peanut butter |
| | Pinch salt |

Mix milk and peanut butter and add other ingredients. Drop by teaspoon on greased baking sheet. Bake in moderate oven (300°) for about 10 minutes.

Mrs. Fred Mills

CHRISTMAS ROCKS

$\frac{3}{4}$ cup sifted flour	1 egg
$\frac{1}{2}$ teaspoon baking powder	$2\frac{1}{4}$ cups walnut meats
$\frac{1}{4}$ teaspoon baking soda	$1\frac{1}{2}$ cups pitted dates
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups seedless raisins
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{3}$ cup shortening
$\frac{1}{8}$ teaspoon cloves	$\frac{1}{4}$ cup firmly packed brown sugar

Mix and sift flour, baking powder, soda, salt and spices. Mix nuts and fruit well, then put through food chopper, using coarse knife. Cream shortening; gradually beat in sugar, then egg, then nut and fruit mixture. Last, stir in flour mixture. Drop from teaspoon on greased baking sheet. Bake in moderate oven (350°) about 12 minutes. This will make about 50 tea size cookies.

Mrs. Ralph S. Powers

FRUIT COOKIES

1 cup butter	$\frac{1}{2}$ teaspoon salt
2 cups granulated sugar	1 teaspoon soda
3 eggs well beaten	1 teaspoon baking powder
4 cups sifted cake flour	1 teaspoon nutmeg
$\frac{1}{4}$ cup sweet milk	1 teaspoon cinnamon
1 cup chopped dates	1 teaspoon mace
1 cup seedless raisins	

Cream butter, add sugar, mixing well. Add eggs and beat well. Sift dry ingredients together and add alternately with milk to first mixture. Stir in fruit. Drop by teaspoon on buttered cookie sheet. Bake in hot oven about 12 minutes.

Mrs. Clay Ray Murray

HONIGKUCHEN

1 lb. honey	Candied orange, lemon and citron
1 lb. flour	to taste
$\frac{1}{4}$ lb. butter	Cinnamon, nutmeg, ginger and
1 teaspoon soda (scant)	cloves, depending on individual
1 teaspoon baking powder (scant)	taste

Bring honey and butter to a boil. Remove kettle from stove, cool, add flour and spices. After a little further cooling add baking powder, and the soda dissolved in a little warm water. Add candied fruit and let stand overnight. (This mixture will be quite stiff and may require some kneading with the hands for thorough mixing). Next morning roll dough about $\frac{1}{4}$ inch thick and cut with knife or with cutters for cookies. Tops may be decorated with blanched almonds if desired. Makes 65 to 70 cookies. If they become too hard they will mellow easily when placed in the bread box, or by having a slice or two of bread in the container.

Mrs. C. H. Young

SOUR CREAM COOKIES

1 cup butter
2 cups sugar
4 beaten eggs
1 teaspoon vanilla
1 cup sour cream
3 tablespoons sugar

5 cups flour
1 teaspoon salt
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon soda
 $1\frac{1}{2}$ cups broken walnuts
1 teaspoon cinnamon

Cream butter until soft. Add sugar slowly. Beat until light and creamy. Add eggs well beaten. Mix dry ingredients and sift 3 times. Add vanilla to sour cream. Add sifted dry ingredients and sour cream, vanilla to the butter, sugar and egg mixture. Add walnuts.

Drop mixture from a teaspoon on a greased baking sheet. Grease bottom of a small glass. Mix cinnamon and sugar. Dip greased glass into mixture and press cookie flat. Bake in a moderate oven (350°) for 15 minutes. Yield: 8 dozen cookies.

Sarah G. Alling

ICE BOX DATE COOKIES

1 cup white sugar
1 cup brown sugar
 $1\frac{1}{2}$ cups shortening
1 teaspoon soda
3 eggs

1 teaspoon vanilla
1 teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $4\frac{1}{2}$ cups flour

DATE FILLING

2 pkgs. dates (cut small)
 $\frac{2}{3}$ cup sugar

1 cup water

Cook dates, sugar and water until thick. Cool.

Roll out cookie dough. Spread on filling. Roll like jelly roll. Stand overnight in refrigerator. Slice and bake. Makes about 150 cookies.

Elizabeth Gibbs

MARY TUCKER'S GINGER SNAPS

$1\frac{1}{2}$ cups butter
1 cup flour
3 tablespoons ginger

$1\frac{1}{2}$ cups brown sugar
1 egg
3 tablespoons molasses

Cream butter and sugar; drop in the egg. Mix ginger with the flour and add gradually; add molasses. Drop from a spoon, in small balls on a cookie sheet and bake at 350° . Watch carefully. These should be *very thin* and bake *very slowly*. When cooled a little they will lift off easily. They should be paper-thin and crisp.

Mrs. Herbert E. Hawkes

FILBERT COOKIES

1 lb. shelled filberts, ground
4 egg whites beaten stiff

2 cups brown sugar

Fold the ground nuts and the sugar into the stiffly beaten egg whites. Drop from a spoon on a well buttered pan, and bake in a moderate oven (300-350°). This will make 4 dozen.

Mrs. Wilhelm Braun

LACE CAKES

2 eggs
1 cup sugar
1 heaping teaspoon baking powder
1 teaspoon vanilla

A little salt
1 tablespoon melted butter
2 cups uncooked Quaker Oats

Beat eggs, add sugar and rest of ingredients. Drop by spoonful on greased cookie sheet. Bake in slow oven (325°) until brown. Remove while hot.

Mrs. Edward T. Kennedy

MERINGUES

4 egg whites
1 cup sugar

$\frac{3}{4}$ cup heavy cream

Beat egg whites stiff. Fold sugar in gradually. Place waxed paper on a cookie sheet; with soup spoon measure mixture onto paper. Bake in oven 325° for about 8 minutes; then turn oven gradually lower and lower and bake for about 45 minutes more. When they cool, put whipped cream between two meringues. It is desirable to add cream at least six hours before serving.

Mrs. Theodosius Dobzhansky

OZARK TREATS

2 cups brown sugar
1 cup butter
1 scant cup coffee
2 eggs
3 cups flour
1 teaspoon baking powder

1 teaspoon soda
1 teaspoon cocoa
2 cups raisins
1 cup black walnuts
2 teaspoons cinnamon
 $\frac{1}{2}$ teaspoon salt

Cream butter and sugar; add coffee and beaten eggs. Sift dry ingredients and add to first mixture, then add floured nuts and raisins. Drop from a teaspoon on a greased cookie sheet and bake at about 350°.

From "Take to the Hills" by Marguerite Lyon

Mrs. R. F. Payne

PEANUT BUTTER COOKIES

- | | |
|---|---------------------------------|
| $\frac{3}{4}$ cup peanut butter | $\frac{3}{4}$ cup flour |
| $\frac{1}{2}$ cup brown sugar
(honey or maple syrup may
be substituted for sugar) | $\frac{1}{4}$ teaspoon salt |
| 1 egg | $\frac{3}{8}$ teaspoon cinnamon |
| | $\frac{3}{8}$ teaspoon soda |
| | 1 tablespoon water |

Cream peanut butter and sugar and add slightly beaten egg, the dry ingredients, and water. Chill thoroughly. Either roll out into a thin sheet and cut with a small cookie cutter or make into a small roll in the hand and flatten with a floured fork. The nursery school age like to help the latter process and it makes the cookies professional looking. Bake at 400° for 8 minutes. Makes about 50 cookies.

Mrs. N. Eldred Bingham

PECAN ROLLS

- | | |
|--------------------------|-------------------------|
| 1 cup pecan nuts | 1 teaspoon vanilla |
| $\frac{1}{4}$ cup butter | 1 cup well sifted flour |
| 2 tablespoons sugar | |

Cream butter, add sugar, flour and nut meats. Form in little balls about size of walnut. Bake about 13 minutes in moderate oven. Have ready a plate with powdered sugar and roll balls in it while hot.

Mrs. George Acheson

ROCK BUNS (English)

- | | |
|----------------------------------|--------------------------------------|
| 2 cups flour | 1 beaten egg |
| $\frac{1}{2}$ cup currants | Pinch of salt |
| $\frac{1}{2}$ cup grated carrots | Dash of nutmeg |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ teaspoon ground ginger |
| $\frac{1}{2}$ cup melted butter | 2 heaping teaspoons baking powder |

Mix with enough milk to make a stiff dough and bake in a moderate oven in muffin tins or on a baking tin in small rock shapes.

Mrs. Adriaan Barnouw

SANDIES

- | | |
|--|----------------------------------|
| 6 tablespoons shortening | $\frac{1}{2}$ cup chopped nuts |
| $2\frac{1}{2}$ tablespoons confectioners sugar | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup sifted cake flour | $\frac{1}{4}$ cup powdered sugar |
| $\frac{1}{2}$ teaspoon ice water | |

Cream shortening, add confectioners sugar. Add flour, ice water, nuts and vanilla. Mix well. Chill. Shape into rolls (1 inch by $\frac{1}{2}$ inch) and place on greased baking sheet. Bake in slow oven (300°) for 30-35 minutes until lightly browned. Remove from sheet and shake immediately in a bag with powdered sugar. Dough may be dropped from teaspoon onto sheet without chilling. Makes 20 cookies somewhat like shortbread.

Mrs. Robert M. Thorndike

OATMEAL COOKIES

1 cup sugar	2 cups rolled oats (dry)
1 cup brown sugar	1 cup raisins
1 cup shortening	1 cup chopped nuts
2 eggs	4 teaspoons baking powder
1½ teaspoon salt	½ teaspoon cinnamon
¼ cup black molasses	½ teaspoon cloves
¼ cup hot water	½ teaspoon nutmeg
3 cups flour	

Cream shortening and sugar, add salt. Add eggs, molasses and hot water. Sift dry ingredients, except oats, raisins and nuts. Add all to first mixture. Drop from a teaspoon onto a greased cookie sheet and bake in a moderate oven (325°) for 10-15 minutes.

Mrs. James C. Bonbright

SUGARLESS CARROT COOKIES

1 cup sifted flour	½ cup honey
1 teaspoon baking powder	1 cup quick-cooking oats
Dash of salt	½ cup nuts chopped
½ cup shortening	½ cup carrots grated
1 egg slightly beaten	½ cup raisins
⅛ teaspoon baking soda	

Sift flour, baking powder and salt together. Cream shortening, add egg and beat until light. Stir baking soda into the honey and add to creamed mixture. Add oats, nuts, carrots and raisins and mix well. Add sifted dry ingredients and mix until blended. Drop by teaspoonfuls on baking sheet, flatten slightly with a fork and bake in a moderate oven 12 minutes, or until lightly browned. This recipe makes approximately 50 cookies.

Mrs. Milton Smith

SCOTCH SHORTBREAD

½ lb. butter	1 lb. flour
¼ lb. sugar	

Mix butter and sugar *thoroughly*. Then mix flour into it little by little. Then place ball of dough on a large sheet of waxed paper and roll to ½ inch thickness. Prick with fork all over surface. Then place on the waxed paper in a shallow baking pan and cook in a slow oven (375°) 1 hour.

Mrs. Henry Sloane Coffin



ANGEL FOOD PUDDING

- | | |
|-------------------------------|---------------------------------|
| 2 eggs beaten light | 4 tablespoons flour |
| 1 cup sugar | $\frac{1}{2}$ cup chopped dates |
| 1 cup nut meats, chopped | 1 teaspoon vanilla |
| 2 large cooking apples, diced | 2 teaspoons baking powder |

Spread in shallow greased pan. Bake in slow oven (300-325°) 40 to 50 minutes. Serve with whipped cream. Approximate servings 10.

Mrs. Clarence Linton

APPLE TAPIOCA PUDDING

- | | |
|-----------------------------------|-------------------------|
| $\frac{1}{2}$ cup minute tapioca | 7 sour apples |
| $2\frac{1}{2}$ cups boiling water | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ teaspoon salt | |

Cook tapioca and salt in double boiler with boiling water until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven (350°) until apples are soft. Serve with sugar and cream.

Mrs. Thomas H. Harrington

GREEN APPLE PUDDING

- | | |
|---------------------------|-------------------------|
| $1\frac{1}{2}$ cups flour | $\frac{3}{4}$ cup sugar |
| 1 teaspoon baking powder | 1 scant cup sour cream |
| 1 level teaspoon soda | (thin, if too heavy) |

Dissolve soda in sour cream and add to sifted dry ingredients. Mix and pour batter over top of sliced green apples sweetened and spiced to taste. Bake in slow oven until done (325°). Berries may be used.

Mrs. Gordon Ridings

CARROT PUDDING

1 cup grated carrot	1½ cups flour
½ cup molasses	1 cup grated apple
1 cup currants or dates	1 cup raisins
1 teaspoon each of baking soda, salt, cinnamon, ginger	1 egg
	1 cup suet (chopped fine)

Sift dry ingredients and mix in raisins, currants, grated apple and carrot, suet, egg (slightly beaten) and molasses. Place in bowl and steam for about 3 hours. (Tastes like Christmas plum pudding). Serves 8 people.

Mrs. John E. Bell

STEAMED CHOCOLATE PUDDING

2 squares chocolate	½ cup sugar
3 tablespoons butter	1 teaspoon vanilla
1½ cups flour	½ cup milk
1½ teaspoons baking powder	Dash of salt
1 egg	

Melt butter and chocolate together, over low heat. Sift flour, baking powder and salt. Beat egg and sugar together and add to the chocolate mixture. Stir this into the flour mixture and add vanilla. Stir in milk gradually. Steam in tightly covered pudding steamer or double boiler for little over 1 hour. Serve with soft whipped cream. Serves 4.

Mrs. John Volkmann

CHOCOLATE SOUFFLÉ

½ cup butter	1 teaspoon vanilla
½ cup sugar	1¼ cups flour
1 egg	Dash of salt
1½ squares of chocolate (melted)	1 teaspoon baking powder
½ cup milk	

Cream butter and sugar, add egg and beat well. Add chocolate and vanilla, then sifted dry ingredients alternately with milk. Pour into top of double boiler, cover, steam 2 hours. Serve with whipped cream.

Eleanor M. Witmer

LEMON PUDDING

2 tablespoons butter	3 tablespoons lemon juice
¾ cup sugar	Grated rind one lemon
4 tablespoons cake flour	3 eggs
⅛ teaspoon salt	1½ cups milk

Cream butter with sugar gradually. Add salt, flour, lemon rind, and lemon juice. Stir in egg yolks well beaten and milk. Fold in egg whites beaten until stiff. Pour into a buttered baking dish set in a pan of hot water. Bake at 325° for 30 minutes, then raise to 350° for 15 minutes longer. Serve warm either plain or with whipped cream. Serves 6.

Mrs. Roswell Magill

STEAMED MOLASSES PUDDING

2 tablespoons butter
2 tablespoons sugar
1 egg
1½ cups sifted flour

½ cup boiling water
1 level teaspoon soda
½ cup molasses

Cream butter, sugar and egg. Add 1 teaspoon soda in 1 tablespoon boiling water, to ½ cup molasses. Mix with creamed ingredients. Alternately add 1½ cups sifted flour and ½ cup very hot water. Beat well. Steam for 1 hour. Serve hot with sauce.

SAUCE

Beat yolks of 2 eggs; add 1 cup brown sugar and 1 cup heavy cream whipped. Mix well and add just before serving.

Mrs. Robert L. Carey

ORANGE MERINGUE

1 egg white
1 tablespoon granulated sugar

1 tablespoon marmalade
Salt

Multiply this recipe by the number of people to be served. Beat egg whites very stiff, adding a few grains of salt. Add sugar, beating constantly. Then fold in the marmalade. Grease a double boiler, including the cover, and pour in the mixture. Steam over boiling water at least 1 hour. Serve hot with

FOAMY SAUCE

Beat 2 egg yolks until thick and creamy, adding gradually ¼ cup confectioner's sugar; beat thoroughly. Add ⅛ cup rum or sherry and blend well. Fold in ½ cup whipped cream.

Mrs. Herbert Hawkes

ORANGE PUDDING

SAUCE

1 cup sugar
Juice and grated rind of
1 orange

2 cups boiling water
1 teaspoon butter
¼ teaspoon salt

Cook atop the stove, until dissolved and boiling, in baking dish for pudding.

BATTER

½ cup sugar
2 teaspoons baking powder
1 cup flour

1 tablespoon butter
¼ teaspoon salt
1 cup milk

With the sauce boiling, pour the above batter in center of pudding dish and bake in a 400° oven for 25 minutes, or until cake part is browned. As you spoon out the cake you also have with it the hot sauce.

Mrs. Harry J. Carman

PRUNE PUDDING

1 to 2 lbs. prunes (cooked without sugar, and with pits removed)	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
1 tablespoon butter	Flour to make cake batter
1 egg, well beaten	3 tablespoons milk
	$\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar. Add well-beaten egg. Mix. Add dry ingredients (mixed, and sifted if desired) alternately with milk to which vanilla has been added. Cover bottom of baking dish with batter, using $\frac{1}{3}$ to $\frac{1}{2}$ of batter. Add prunes. Cover with remaining batter. Bake in moderate oven until a toothpick inserted in batter comes out clean, and cake is brown. Serves 4 to 6 with following sauce:

$\frac{2}{3}$ cup of milk	1 teaspoon flour
2 tablespoons of sugar	$\frac{1}{2}$ teaspoon vanilla
2 or more tablespoons prune juice	

Mix flour and sugar. Add milk gradually. Add prune juice. Cook slowly until slightly thickened. Add vanilla.

Mrs. Henry Boorse

RHUBARB PUDDING

Mix and put in a loaf pan or casserole:

4 cups rhubarb	2 cups sugar
1 egg, beaten	$\frac{1}{2}$ teaspoon of salt

Pour the following batter over the mixture in the dish:

1 teaspoon butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
$\frac{1}{2}$ cup milk	

Bake in a moderate oven (325°) for 45 minutes. Serve warm or cold with cream. Serves 6.

Mrs. Elliott V. K. Dobbie

CREAMY RICE PUDDING

1 qt. milk	A little nutmeg
$\frac{3}{4}$ cup sugar	3 tablespoons uncooked rice
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla

Mix rice, sugar, salt, vanilla and nutmeg together in pudding dish. Add milk, stir well. Bake in oven at 300° , stirring every 15 minutes, for $2\frac{1}{2}$ to 3 hours. Remove before thick. Serves 6.

Mrs. Edward B. Fox

SOUR CHERRY PUDDING

- | | |
|--|--|
| $\frac{1}{3}$ cup shortening | $\frac{1}{2}$ teaspoon soda |
| $1\frac{1}{2}$ cups sugar | 1 cup milk |
| 2 eggs | $2\frac{1}{4}$ cups well drained sour red cherries No. 2 can |
| $2\frac{1}{4}$ cups flour | $\frac{1}{2}$ cup chopped nuts |
| $1\frac{1}{2}$ teaspoons baking powder | |
| $\frac{1}{2}$ teaspoon salt | |

Cream sugar and shortening. Add well beaten eggs. Sift dry ingredients and add alternately with milk. Mix in cherries and floured nuts. Bake in a greased floured pan 8 x 12 at 350° from 45 to 50 minutes. Cut in 3 inch squares for serving and cover with hot cherry sauce.

Mrs. George T. Harness

HOT CHERRY SAUCE

- | | |
|-------------------------|---|
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup cherry juice |
| Dash of salt | 1 cup water |
| 3 tablespoons flour | $\frac{1}{4}$ teaspoon almond flavoring |

Mix sugar, salt and flour. Blend in juice and water. Boil until thick. Add flavoring. Serves 12.

Mrs. George T. Harness

SUET PUDDING

- | | |
|-------------------------|------------------------|
| 1 cup suet chopped fine | 1 cup raisins, chopped |
| 1 cup sugar | 1 teaspoon salt |
| 1 cup sweet milk | 1 teaspoon soda |

Use flour to make as thick as cake batter. Steam from 2 to 3 hours, and serve hot with whipped cream.

Mrs. J. R. McGaughy

STEAMED WHITE PUDDING

- | | |
|------------------------|-----------------------------|
| 1 cup flour | 2 teaspoons baking powder |
| 2 teaspoons butter | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup raisins |
| 2 teaspoons sugar | 1 teaspoon vanilla |
| 1 egg | |

Cream butter and sugar; add egg and salt; then fold in flour sifted with baking powder, raisins and vanilla. Steam in 4 cups for $\frac{1}{2}$ hour.

SAUCE

Cream butter size of egg and 1 cup brown sugar. Add 1 egg, 1 tablespoon hot water and 1 tablespoon mapleine. Cook in double boiler.

Mrs. Harold A. Fales

CRÊPES SUZETTE

Pour pancake batter in buttered frying pan, making each pancake as thin as possible; when done put aside.

SAUCE

Take 3 lumps of crystal sugar for each person, rub them on rind of orange till brown, put them in a bowl, add 6 pats of sweet butter, mix well by breaking sugar and bringing the mixture to a creamy paste; add one pony of Curaçao per person, mix again. Put sauce in pan, when melted put pancakes in to simmer in sauce, turning them over and folding them longways. Sprinkle with powdered sugar, add some brandy, light the brandy. When flame is nearly out serve on hot plate.

Charles F. Swift, Manager, Men's Faculty Club

SAUCE SUPRÊME

Especially recommended for plum pudding

1 cup sugar
1 egg

Pinch of salt
 $\frac{1}{2}$ pint of heavy cream

Beat first 3 ingredients together. Add cream whipped, and flavored with vanilla or brandy. Mix thoroughly before using. Serves 12.

Mrs. Ralph L. Rusk

BRANDIED FRUIT

1 can Elberta peaches
1 can Bartlett pears
Cognac

1 can whole apricots
1 can black cherries
Cointreau or triple sec

Drain fruit of juice and arrange in layers in a deep bowl. Pour about one-third of the juices in a container, add the juice of $\frac{1}{2}$ to 1 lemon and about 3 tablespoons cognac and 3 tablespoons cointreau. More can be used if desired. Pour over fruit and chill for at least 3 hours. A dash of ginger ale will add an unusual tang. This is a quick and delicious dessert, either for an unexpected group or for your nicest company dinner. This runs Orange Meringue a close second as the Dean's favorite dessert.

Mrs. Herbert E. Hawkes

CAKE À LA LUIS FELIPE

Cake (left-over cake or a package of lady fingers) 3 eggs
½ small glass of cooking sherry Sugar to taste

To the wine add a teaspoon of sugar and a little water. Wet the cake pieces well. Beat yolks well with sugar. Beat whites, add sugar. Just before serving, mix yolks and whites and pour over cake. Serves 4 in my family because we like it. Nice way to dispose of old cake (except chocolate).

Mrs. Angel Del Rio

CHARLOTTE RUSSE

1 pt. of cream ½ cup of sugar
½ cup of milk Lady fingers
1 tablespoon of gelatin Vanilla
1 egg

Put gelatin to soak in part of the milk. Stir sugar and beaten egg into remainder of milk and let come to a boil—stirring constantly. Add to gelatin. When cool add the whipped cream and pour into mold lined with lady fingers.

Mrs. Howard Murphy

MOCHA CHARLOTTE

1 tablespoon gelatin 7 tablespoons sugar
¼ cup cold water 1 egg white
¾ cup hot strong coffee 1½ cups heavy cream
1 tablespoon cocoa 9 lady fingers

Soak gelatin in cold water 15 minutes. Make smooth paste of cocoa and coffee; add to remaining hot coffee and boil 3 minutes. Add sugar and gelatin.

Stir in a pan of ice water until mixture thickens—then fold in cream whipped and egg whites beaten until stiff. Pour into mold lined with lady fingers.

Mrs. Oscar James Campbell

CHOCOLATE DESSERT

4 squares bitter chocolate 2 tablespoons sugar
4 eggs, separated

Melt chocolate with sugar in double boiler. Remove from heat and cool slightly. Add egg yolks one at a time stirring constantly. Then add stiffly beaten whites. Chill at least 8 hours before serving. Serve with whipped cream or toasted nuts.

Mrs. Enrico Fermi

CHOCOLATE ROLL

3 eggs
2 tablespoons cocoa

$\frac{1}{2}$ cup confectioners sugar
 $\frac{1}{2}$ pint cream

Beat yolks of eggs with the sugar until light. Add cocoa and beat. Fold in whites of eggs which have been beaten dry. This should be baked in a pan about $13\frac{1}{2} \times 9\frac{1}{2} \times \frac{1}{2}$ inch deep so as to make a thin layer. Grease pan, spread. Bake for 10 minutes in hot oven. After baking turn out on a wax paper, cover with cloth. Beat cream stiff, spread on cake. Roll up from narrow end gradually before the cake gets too cold; this prevents breaking. Sprinkle with confectioners sugar. Serves 6 persons.

Anna M. Cooley

CHOCOLATE VELVET CREAM

3 cups milk
 $\frac{3}{4}$ cup sugar
1 square chocolate

2 eggs
1 tablespoon gelatin
1 teaspoon vanilla

Put gelatin and chocolate into cold milk in double boiler. Heat until dissolved. Add yolks of eggs beaten with the sugar and vanilla. Cook until it thickens. When partly cooled, fold in beaten whites of eggs. Serve with whipped cream. This makes 8 to 10 servings.

Louise R. Beers

CLARET CUP À LA COTUIT

Pit and cut in halves $\frac{1}{4}$ pound black cherries. Cut a banana into small cubes by quartering its length and slicing across. Peel 1 lemon and 1 orange, divide each into sections and cut each section into thirds. Add sugar, a pinch of salt and $\frac{1}{2}$ teaspoon of gelatin to 1 cup of red wine. (The gelatin is not intended to jell the dessert, merely to make the sauce a trifle languid.) Pour wine over fruit and serve ice cold.

Jacques Barzun

CRÈME BRULÉE

1 pt. cream
1 pt. milk
2 teaspoons vanilla

6 tablespoons brown sugar
8 egg yolks

Heat milk and cream, add sugar. Combine this mixture with slightly beaten egg yolks. Add vanilla. Strain this mixture into baking dish, set the latter in a pan partially filled with water and bake *slowly* until set. Put in ice box for about 4 hours, then cover with a coating of brown sugar (about $\frac{1}{4}$ of an inch thick). Heat broiler and place baking dish under flame until sugar melts. Put back in ice box so that sugar will harden.

Mrs. George Acheson

ENGLISH TRIFLE

1 large sponge cake	Grated rind 1 lemon
½ lb. macaroons	½ pt. custard
2 oz. almonds	2 egg whites
Greengage or apricot jam	½ pt. cream
Sherry	Cherries for decoration

Make custard and chill. Spread jam over sponge cake and arrange in glass dish with macaroons. Soak in sherry. Sprinkle with grated rind and almonds blanched and chopped. Cover with custard and chill slightly. Add beaten eggs to whipped cream and lay on top of trifle; decorate with crystallized cherries.

Mrs. I. L. Kandel

HONEY CUSTARD

5 eggs	⅛ teaspoon cinnamon
½ cup honey	¼ teaspoon salt
4 cups scalded milk	

Beat the eggs sufficiently to unite the yolks and whites, but not enough to make them foamy; use a fork. Add the other ingredients and combine. Bake in cups or in a casserole in a moderate oven (350°) until set. The baking dishes should be set in water. Serve with cream.

Mrs. Leopold Arnaud

GINGER PUDDING

1 tablespoon gelatin dissolved in ¼ cup cold water	2 tablespoons sherry
1 cup milk	2 eggs beaten separately
¼ cup preserved ginger put through grinder	½ cup sugar (scant)
	½ cup cream whipped
	¼ teaspoon salt

Soak gelatin. Make custard in double boiler of milk, yolks of eggs, and sugar. Add gelatin, stir until dissolved, ginger and sherry. Chill, and when it begins to thicken add beaten whites and cream.

Martha Carling

GATEAU MARRON

2½ lbs. chestnuts	¾ cup powdered sugar
3 cakes bitter chocolate	5 tablespoons milk
1 egg yolk	Vanilla
Piece of butter size of walnut	

Cook nuts and put through masher or sieve. Mix in butter. Melt chocolate in a little hot water. Heat milk, sugar, and vanilla. Mix well and put in mold (glass preferable). Make frosting with 1 bar melted chocolate. Add butter size of walnut and about ½ cup powdered sugar. Thicken with egg yolk. Make cake a day before serving. The cake should be frosted after removing it from mold.

Mrs. George Acheson

CRANBERRY TAPIOCA

2 cups of cranberries
 $\frac{1}{2}$ cup of water
 $1\frac{1}{4}$ cups of sugar

$\frac{1}{4}$ cup quick-cooking tapioca
 $\frac{1}{2}$ teaspoon of salt
 $3\frac{1}{2}$ cups of boiling water

Cook cranberries in the $\frac{1}{2}$ cup of water in covered saucepan until skins burst, about 6 minutes, and remove from heat. Stir in sugar. Add tapioca and salt to boiling water and cook over low heat, stirring constantly, until tapioca is clear, about 5 minutes. Add cranberries and cook 2 minutes, stirring occasionally. Pour in serving dish. Chill. Unmold and serve with whipped cream. Yield: 6 servings.

Mrs. Chester Dodge

JELLO, MARSHMALLOW, MACAROON DESSERT

1 pkg. strawberry jello
 $\frac{1}{4}$ teaspoon salt
1 cup cream

1 pt. boiling water
4 tablespoons sugar

Dissolve jello in boiling water, add salt and sugar; chill until cold and syrupy. Set dish in icewater and whip to consistency of whipped cream; fold in the cup of whipped cream, add 1 dozen chopped marshmallows, 8 cocoanut macaroons broken in pieces. Turn into a pan and set in icebox for about 8 hours. Serve in squares or slices with whipped cream.

Mrs. Arthur W. Hixson

LEMON SOUFFLÉ

Dean Gildersleeve's Favorite Recipe

Soak quarter of an ounce of gelatin in water for 1 hour. Beat yolks of 4 eggs and 7 ounces of powdered sugar for 10 minutes; add juice and grated rind of 2 lemons. Whip the whites to a stiff froth and stir lightly into the yolks. Dissolve gelatin in a little hot water. When cooled strain into mixture beating steadily all the time. Beat all for 5 minutes. Put in a shallow dish and chill. Before serving cover with a very thin layer of sweetened whipped cream flavoured with vanilla. Garnish with grated pistachios.

Virginia C. Gildersleeve

PUMPKIN PECAN CUSTARD

2 eggs
 $\frac{1}{2}$ cup pumpkin, cooked
 $\frac{1}{4}$ teaspoon ginger
1 cup milk
 $\frac{1}{4}$ cup pecans, chopped

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
2 tablespoons cream

Beat eggs slightly. Add pumpkin, sugar, spices, and salt; mix well. Add milk, cream, pecans. Place in custard cups. Set cups in a shallow pan of lukewarm water and bake at 325° for about 45 minutes. Cool and serve with whipped cream. Serves 4.

Corinne Hogden



FORM ICE BOX CAKE

- | | |
|-----------------------------|----------------------|
| 6 eggs | 1 teaspoon vanilla |
| ½ lb. unsalted butter | 2 pkgs. lady fingers |
| ½ lb. shelled almonds | 1 pt. heavy cream |
| 1 pkg. confectioner's sugar | |

Separate eggs, beat yolks and mix with creamed butter and sugar. Beat whites and combine with the above. Blanch almonds and sauté in butter. Put through grinder, add to mixture, and last put in half of the cream whipped. Line a mold with lady fingers and put alternate layers of cake and mixture. Top with the last half of the cream whipped. This dessert can be made the day before; cover with the last half of the whipped cream on the day it is used.

Mary Stull

CHOCOLATE ICE CREAM

- | | |
|---------------------------|------------------------|
| 1 pt. cream, whipped | 1 5-cent can Hershey's |
| 2 eggs, beaten separately | chocolate syrup |

Allow about 4 hours in electric refrigerator. Makes about 1 quart.

Mrs. R. F. Payne

FRUIT ICE

- | | |
|--------------------|----------------|
| Juice of 3 oranges | ½ can apricots |
| Juice of 3 lemons | 1½ cups sugar |
| 3 bananas | |

Mix juice with bananas and apricots, put through a sieve or potato ricer. Freeze in tray of icebox, stirring occasionally.

Lucia Neare

FRUIT MOUSSE

- | | |
|-----------------------------|---------------------------|
| 20 marshmallows | ⅓ cup water—scant |
| 1 cup of any fruit juice or | 2 tablespoons lemon juice |
| fruit nectar | 3 egg whites |

Add the water to the marshmallows and melt over a double boiler until all foamy. Add the fruit juice and lemon juice. *Cool.* Add a pinch of salt to the egg whites and beat until stiff. Fold the egg whites into the fruit mixture and pour into largest ice tray. The temperature of the ice box need not be lowered. Stir twice at half-hour intervals. Serves 6 or 8.

For larger amounts I use the whole box of marshmallows (about 32) with ½ cup of water and an entire can of fruit nectar or 1½ cups of other fruit juice.

Mrs. Charles M. Adams

FROZEN EGG NOG

2 eggs
 $\frac{1}{4}$ cup granulated sugar
1 cup whipping cream

1 teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt

Beat eggs with salt and sugar until latter is completely dissolved. If properly whipped this will make a thick custard-like mixture. Add vanilla and fold in whipped cream. Pour into freezing tray as quickly as possible and freeze at highest temperature. When frozen reduce to holding temperature until serving time. The bottom trays are preferable for freezing this dessert. This recipe may be varied by adding rum or sherry, adjusting the amount of sugar accordingly. Always add flavoring last. Garnish with grated nutmeg.

Mrs. Thomas A. McGoe

HONEY MOUSSE (*War Time*)

1 large can apricots
 $1\frac{1}{2}$ cups honey
Juice of 1 lemon

2 egg whites
 $1\frac{1}{2}$ cups cream

Drain apricots, rub through sieve. Mix honey and lemon juice. Fold in stiffly beaten egg whites and whipped cream. Pour into refrigerator tray and freeze at lowest point without stirring.

Mrs. Oscar James Campbell

LEMON SHERBET

2 cups rich milk
1 cup granulated sugar

Juice of 2 lemons
Rind of 1 lemon

Mix the sugar, lemon juice and rind together. Then add the milk and mix thoroughly. Pour into refrigerator tray and freeze.

Mrs. Harry M. Gross, Jr.

LIME ICE CREAM

2 eggs
 $\frac{1}{2}$ cup sugar
Few grains salt
1 teaspoon finely grated lime rind

$1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup light cream
 $\frac{1}{4}$ cup fresh lime juice
Green coloring

Beat eggs until light colored. Add sugar gradually, beating constantly. Blend in remaining ingredients, using enough coloring to give a delicate green tint. Pour into freezing tray. When partly frozen, remove to bowl and whip until light and fluffy. Freeze until firm. Serves 6.

Mrs. Thomas R. Smith

FRESH MINT ICE

Cook 2 cups water, 1 cup sugar and grated rind of 1 lemon for 10 minutes. Pour this over a bunch of fresh mint that has been washed, dried and cut up rather fine. Cover and let stand 1 hour. Strain. Soak 2 teaspoons gelatin in 4 tablespoons water; stir until dissolved. Add to the mint. Add juice of $1\frac{1}{2}$ lemons (about $\frac{1}{3}$ of a cup) and the juice of $\frac{1}{2}$ orange. Freeze 45 minutes. Take out, and beat in the stiffly beaten whites of 2 eggs. Finish freezing, stirring once in a while. A little green Burnet coloring may be added to the juice if desired.

Mrs. Robert E. Chaddock

ORANGE DELICIOUS

Boil 2 cups sugar, 1 cup water for eight minutes. Add 2 cups orange juice and set aside to cool. Make a custard of 2 egg yolks and 1 cup of milk. Mix whole together and add 1 cup whipped cream. Freeze. This makes 2 quarts.

Mrs. W. L. Hughes

ORANGE ICE

1 cup sugar	$\frac{1}{2}$ cup water
2 cups orange juice	2 egg whites

Cook sugar and water for five minutes. Cool. Add orange juice and beaten egg whites. Freeze in tray, stirring twice. Serves 6.

Mrs. Robert Murray Haig

RASPBERRY PARFAIT

2 pts. raspberries	2 egg whites
1 cup sugar	Pinch of salt
2 teaspoons lemon juice	1 cup heavy cream, whipped

Wash and force raspberries through sieve with $\frac{3}{4}$ cup sugar and lemon juice. Beat salted egg whites until stiff but not dry; add remaining sugar 1 tablespoon at a time, beating thoroughly after each addition. Fold meringue and cream into raspberry juice; blend thoroughly; put in freezing tray and freeze 2 to 3 hours. 6 servings.

Mrs. John Volkmann

REFRIGERATOR DESSERT

2 large bananas	2 cups sugar
2 No. 2 cans crushed pineapple	$\frac{2}{3}$ cup butter (melted)
2 cups nuts (chopped)	8 oz. vanilla wafers

Mash bananas with fork. Add pineapple, nuts, sugar, and butter. Roll vanilla wafers with rolling pin until they are fine crumbs. Alternate layers of fruit mixture and crumbs in a 12 inch square pan. Top layer should be crumbs. Chill in refrigerator several hours. Cut in squares and garnish with whipped cream. Serves 12.

Mrs. Henry B. Linford

RICHMOND'S FROZEN LEMON PIE

3 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup lemon juice

$\frac{1}{4}$ rind of lemon
1 cup whipping cream
 $\frac{1}{2}$ cup vanilla wafers

Beat yolks well in top part of double boiler. Add all but 1 tablespoon sugar with lemon juice, strips of rind. Cook over water, stirring until thick. Remove rind. Chill. Beat egg whites stiff—not dry—add remaining sugar until whites hold peak. Fold into custard. Add whipped cream. Butter refrigerator tray, coat with wafer crumbs. Pour in mixture. Top with crumbs. Place in freezing unit with control at highest. Cut in pie wedges. Serves 6-8.

Mrs. L. Thomas Hopkins

PRIZE NEW ENGLAND APPLE PIE

John Dewey's Favorite Dish

$\frac{3}{4}$ cup of lard
2 cups flour, not sifted
1 cup sugar
2 tablespoons butter
 $1\frac{1}{2}$ teaspoons salt

$\frac{1}{4}$ cup cold water
6 to 8 tart apples
Cinnamon
2 tablespoons heavy cream

Mix lard, flour and salt, leaving a few lumps the size of a pea in order to make crust flaky. Pour water over mixture gradually, working in with a fork. With hands shape mixture into a ball. Divide into two parts for upper and lower crust. Pare, core and slice apples; fill pan to slightly rounding. Pour sugar on top of apples. Add a shaking of cinnamon. Cut butter into small pieces and dot the top. Shake a little additional salt over all. (If apples are juicy, a sift or two of flour and a little additional sugar on lower crust should be added before apples are placed in pie.) Moisten edges of crust and put top crust in place. Press and crimp edges. Gloss crust with heavy cream. Bake in a hot oven (450°) for 15 to 20 minutes. Reduce heat to 350° and bake 30 to 40 minutes longer.

John Dewey

CHERRY PIE

4 cups pitted cherries
 $1\frac{1}{2}$ to 2 cups sugar
 $\frac{1}{8}$ teaspoon salt

4 tablespoons flour
1 recipe pastry
2 tablespoons butter

Combine cherries, sugar, flour and salt. Fill pastry-lined pie pan. Dot with butter and place pastry strips on top. Bake in hot oven (450°) for 10 minutes, then in moderate oven (350°) about 30 minutes. Makes a 10 inch pie.

Mrs. L. Carroll Adams

GRANDMOTHER'S PUMPKIN PIE

- | | |
|-----------------------------------|-------------------------------|
| 1 qt. cooked and strained pumpkin | 1 teaspoon cinnamon |
| 3 beaten eggs | $\frac{1}{2}$ teaspoon ginger |
| 1 cup milk | 2 teaspoons allspice |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ teaspoon cloves | |

Put all ingredients together and stir well. Put into unbaked pie shells with no top crust. Bake at 450° for 10 minutes; finish baking at 375° . Makes 2 pies.

Mrs. Max R. Brunstetter

QUARTERLY MEETING PIE

- | | |
|--------------------------------------|--------------------------|
| 6 medium size white potatoes | $\frac{1}{4}$ lb. butter |
| $\frac{1}{2}$ teaspoon nutmeg | 4 eggs |
| $\frac{1}{2}$ teaspoon baking powder | 1 cup milk |

Boil potatoes, mash with butter and stir well. Separate eggs, add beaten yolks, nutmeg, milk and baking powder to potatoes. Last, fold in stiffly beaten egg whites. Put into unbaked pie shells with no top crust. Bake at 450° for 10 minutes, reduce heat to 375° and finish baking. Makes 2 pies. Serve $\frac{1}{2}$ portion of Quarterly Meeting pie and $\frac{1}{2}$ portion of sour cherry pie to each person.

Mrs. Max R. Brunstetter

HEAVENLY PIE

- | | |
|--|---------------------------|
| $1\frac{1}{2}$ cups sugar | 4 eggs separated |
| $\frac{1}{2}$ teaspoon cream tartar | 3 tablespoons lemon juice |
| 1 tablespoon lemon rind
finely grated | 1 pt. heavy cream |

Beat egg yolks slightly and combine with $\frac{1}{2}$ cup sugar, lemon juice and rind. Cook in top of double boiler until very thick (8 or 10 minutes). Cool. Whip cream and combine $\frac{1}{2}$ of it with egg mixture. Fill 6 or 8 meringue shells (purchased at the bakers) with this mixture or use remaining ingredients to bake a pie shell as follows: Sift 1 cup sugar and the cream of tartar together. Combine with stiffly beaten egg whites. Line a 10 inch pie plate and bake 1 hour at 275° . Cover individual shells or the large shell with remaining whipped cream and chill in refrigerator 24 hours. Top with cherry.

Mrs. P. M. Symonds

PECAN PIE

- | | |
|-------------------------|-----------------------|
| 3 whole eggs | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup sugar | 2 tablespoons butter |
| 1 cup Karo syrup | 1 cup pecan nut meats |

Mix eggs, sugar, syrup and vanilla. Add butter (melted after measuring). Pour into baked pie shell and sprinkle with 1 cup pecan nut meats. Bake in moderate oven (250°) for 40 minutes.

Mrs. Robert Murray Haig

SWEET POTATO PIE

1 cup sweet potatoes put
through colander
 $\frac{1}{8}$ teaspoon salt
1 teaspoon cinnamon

$\frac{2}{3}$ cup sugar
1 well-beaten egg
1 cup boiling milk

Mix in order named. Bake in rich crust in moderate oven until firm when tested with knife.

Mrs. George W. Mullins

STRAWBERRY MERINGUE PIE (*Sugarless*)

1 qt. strawberries
1 9-in. pastry shell
2 egg whites
2 tablespoons light corn syrup

$\frac{1}{3}$ cup cold water
Dash of salt
1 teaspoon vanilla

Hull and wash berries; place in baked shell. Combine egg whites, corn syrup, water and salt in double boiler; mix thoroughly. Cook over hot water, beating steadily with rotary beater until mixture forms peaks (about 7 minutes). Remove from heat. Add vanilla, beat until thick and pour over berries. Brown in moderate oven (350°).

Mrs. Menelaos Hassialis

LEMON PIE (*without Sugar*)

1 can Eagle Brand condensed milk
 $\frac{1}{2}$ cup lemon juice

Grated rind of 2 lemons
2 egg yolks beaten light

Mix eggs, juice and milk. Place in a baked pie crust; cover with meringue and brown 10 minutes.

MERINGUE

2 egg whites stiffly beaten
4 tablespoons confectioners sugar

$\frac{2}{3}$ teaspoon baking powder.

Mrs. Robert Murray Haig

SWISS CHEESE-TART

Make a rich flaky dough by using $\frac{1}{2}$ cup of Spry, a cupful of flour, a dash of salt; mix these ingredients together, using two silver forks for mixing. Add enough cold water to get the dough to stick together. Spread on a regular size pie-plate and put in the ice box until the cheese mixture is ready.

CHEESE MIXTURE

Grate a cupful of ordinary American cheese (Swiss cheese, of course, would be better), add $\frac{1}{4}$ teaspoon mustard, pinch of salt, $\frac{1}{2}$ teaspoon paprika, 1 teaspoon flour. Beat an egg well and add to mixture. Add $\frac{1}{3}$ cup of milk and mix all together. Put on pie-plate, add small pats of butter over the mixture. Cook in 475° oven from 15 to 20 minutes.

Berthe M. Costikyan

GRAHAM CRACKER PIE

18 graham crackers
Pinch of cinnamon
 $\frac{1}{2}$ cup melted butter

$\frac{1}{2}$ cup granulated sugar
1 tablespoon cream

Roll crackers very fine and blend with the rest of the crust ingredients. Reserve small amount of crumb mixture for top. Put the remainder of crumbs into a thoroughly greased pie tin to form a crust.

FILLING

$\frac{1}{2}$ cup granulated sugar
1 tablespoon cornstarch
2 cups of milk

$\frac{1}{4}$ teaspoon salt
3 egg yolks
1 tablespoon flour

Blend dry ingredients of the filling, add beaten egg yolks and gradually the milk, cook until thick and while hot spread on crust. Beat egg whites stiff and beat in 3 tablespoons of powdered sugar and spread on top of filling; sprinkle rest of crumb mixture over top and bake in moderate oven until brown, about 15 minutes. Serves 6 to 8.

Mrs. Joseph P. Nye

SUNNY SILVER PIE

$1\frac{1}{3}$ cups cake flour
 $\frac{2}{3}$ teaspoon salt

4 tablespoons lard
 $2\frac{2}{3}$ tablespoons water (approx.)

Sift flour, measure and sift with salt; cut the lard into this mixture; then add the water slowly until all the dry material is damp. Press this dampened material firmly together; roll into a sheet about $\frac{1}{16}$ inch in thickness. Bake on inverted pie plate at 420 degrees F., about 12 minutes.

FILLING

$\frac{1}{2}$ tablespoon gelatin
 $\frac{1}{3}$ cup cold water
4 eggs
5 tablespoons lemon juice
Crated rind of $\frac{1}{2}$ lemon

1 cup sugar
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ pt. whipping cream
(Optional) (2 tablespoons
chopped pistachio nuts)

Soak gelatin in cold water and allow to stand until the other mixture is prepared. Put egg yolks, lemon juice, $\frac{1}{2}$ cup sugar, and rind in upper part of double boiler. Beat with an egg beater until light, thick and creamy. Remove from fire, add soaked gelatin and beat until dissolved. Cover. Beat egg white until dry. Add $\frac{1}{2}$ cup sugar gradually, beating until smooth. Fold into first mixture, pour into baked pastry shell and chill.

Garnish with whipped cream and pistachio nuts.

Mrs. George A. Kopp



PRUNE AND COCOA PIE

Ed Fox's Favorite

2 cups cooked prunes, pitted
 $\frac{1}{2}$ cup sugar, generous portion

4 full tablespoons of cocoa

Mix cocoa and sugar together thoroughly, add to prunes. Mix again thoroughly. Put into pie crust with twisted strips criss-cross on top. Bake in oven at 400° until crust is well cooked.

Mrs. Edward B. Fox

HOT WATER PIE CRUST

1 cup shortening
1 teaspoon salt
1 teaspoon baking powder

3 cups flour
 $\frac{1}{2}$ cup boiling water

Pour boiling water over shortening. Let stand until shortening is melted. Add flour sifted with salt and baking powder. Ready to use or may be stored in refrigerator until needed. Makes 2 double crust pies or 4 pie shells.

Mrs. W. L. Hughes

DEEP DISH APPLE PIE

Sliced apples to fill
2-inch deep pan
 $\frac{1}{2}$ cup sugar
1 cup flour

$\frac{1}{2}$ cup butter
Juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup brown sugar

Mix apples with granulated sugar and lemon. Chop these. Put into pan. Mix flour, butter and brown sugar with fingers and cover apples, patting in as a crust. Bake in slow oven. Serve hot or cold, topped with a dainty morsel of "rat cheese."

Mrs. Dwight D. Eisenhower

Canapés



ANCHOVY AND PIMIENTO

On squares of toast place fillets of anchovy across each other, alternating with strips of pimientos, forming a lattice. Garnish with chopped hard boiled egg and chopped parsley.

Mrs. Nicholas Murray Butler

TOASTED BREAD STICKS

Put a garlic clove in $\frac{1}{4}$ cup of melted butter and hold over low heat 15 minutes. Remove the garlic. Cut the top and sides from a loaf of unsliced stale bread. Cut wide slices of bread just to, but not through, the bottom crust. Turn bread and cut crosswise, so that the sticks will be lightly fastened to the bottom crust. Brush all sides of the sticks with seasoned butter, place the entire loaf in a brown paper bag and toast at 350° for 15 to 20 minutes, or until the sticks are a golden brown. (The garlic may be omitted if so desired.)

Mrs. Ernest Hunter Wright

CHEESE ROLLS

Have bread sliced thin, cut off crust and roll each slice with a rolling pin. Grate cheese, mix well with grated onion juice to taste, spread bread with butter, then with cheese mixture. Roll, fasten with a toothpick, brush with melted butter and toast. These are better if made with old American cheese.

Mrs. Herbert E. Hawkes

CHEESE DOUGH

$\frac{1}{2}$ lb. cream cheese
2 cups flour

$\frac{1}{2}$ lb. sweet butter
2 teaspoons sugar

Mix cheese and butter with a pastry knife until well blended. Sift flour and sugar and add to cheese and butter mixture. Mix with pastry knife until a dough is formed. Put in frigidaire over night; this will keep for several days.

CHEESE CAKES

Roll out half of the above amount of dough to a thin sheet and cut in 3 inch squares. Put on each square a teaspoon of the following mixture: 1 lb. pot cheese, 1 egg yolk, 6 teaspoons sugar, $\frac{1}{2}$ teaspoon vanilla. Bring corners of pastry to center, brush with beaten egg white and bake in a hot oven (400°) for about 15 minutes. Remove to platter and sprinkle with powdered sugar. This makes 26 cakes.

FILLED HORNS

Proceed exactly as for cheese cakes, except filling which is made of chopped nuts and jelly; the pastry is then folded into horns.

PIGS IN BLANKETS

Roll out dough to a thin sheet. Cut in oblongs 2 inches by 1 inch. Put one end of midget frankfurter in center of pastry and press edges together. Bake 15 minutes in a hot oven, or until a light brown.

CHICKEN LIVER HORS D'OEUVRES

1 small onion
4 chicken livers

1 tablespoon salt butter
Salt, pepper and paprika

Cut onion very fine and fry in butter until a light brown. Add chopped raw chicken livers and fry. Put in bowl and season to taste. Roll out $\frac{1}{4}$ of the dough to a thin sheet; cut in 2 inch squares. Put on each square $\frac{1}{2}$ teaspoon of the liver mixture. Fold over to form triangles. Bake in a hot oven (400°) for 15 or 20 minutes, until a golden brown. This makes about 20 pieces.

PIE CRUST

One-half of the cheese dough recipe makes a 10 inch open pie shell.

Mrs. E. William Abramowitz

CHEESE ICE-BOX WAFERS

For Canapés

1 lb. snappy N.Y. State cheese	1 teaspoon salt
¼ lb. (½ cup) butter	2 cups flour
1 teaspoon Worcestershire sauce	Pecan nuts
½ teaspoon cayenne pepper	

Grate cheese. Cream butter, add cheese and Worcestershire sauce. Add sifted flour, salt and pepper and form into a long roll about 1½ to 2 inches in diameter. Chill in the refrigerator. When thoroughly cold (after at least 3 hours) cut in thin slices and place ½ pecan nut on each cookie. Bake at 400° on an ungreased cookie sheet for 10 to 12 minutes. If the dough is crumbly, the roll may be shaped in a damp cheesecloth before it is put in the ice box.

Mrs. Ernest Hunter Wright

PUFFED CHEESE BALLS

From Greece

1 cup Parmesan (or any dry, hard cheese) grated	2 egg whites beaten stiffly Dash of pepper
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Carefully fold into the grated cheese enough of the beaten whites to form a batter—do not break down the whites any more than necessary. Take up small amount of the batter with the fingers and gently roll between the palms of the hands so as to form a small ball. Drop the balls into deep fat and cook until a golden brown. Serve at once.

Mrs. La Rue Van Hook

MARIA'S "FRIED EGGS"

¼ lb. American cheese	A few drops of onion or lemon juice
1 pkg. Philadelphia cream cheese	
⅓ cup of cream	

Grate yellow cheese. Moisten with enough cream so that cheese can be molded into balls the size of marbles. Moisten cream cheese with cream and spread on untoasted side of rounds of bread. Place a ball of yellow cheese in middle of each. Place on sheet and put under broiler medium hot until cheese ball melts, 5-10 minutes.

Mrs. Julius Goebel, Jr.

SHRIMP HORS D'OEUVRE

Cook and skin 1 pound of fresh shrimp. Soak in a bowl of chili sauce to which two cloves of garlic have been added. Remove after 2½ hours and wrap each shrimp with bacon. Broil. Serve hot.

Mrs. Lou Little

PATÉ DE FOIS GRAS

1 lb. calves liver (chicken or
beef liver may be used)
2 hard boiled eggs
1 medium sized onion

$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt
3 tablespoons butter

Cut onion in small pieces and cook until light brown in butter. Remove onion, sauté liver, which has been cut into thin slices, in the butter, for 3 or 4 minutes. Remove from butter. Put through meat grinder, using the finest cutter (it is a "paster") with the hard boiled eggs and the browned onions. This should come out as a very fine paste. Add salt and pepper, any melted butter left in pan. Mix thoroughly with a fork. If too stiff, add a little stock, or bouillon cubes to make smooth for spreading. Makes excellent canapés, sandwich filling, or hors d'oeuvres.

Mrs. Selig Hecht

SPANISH ONION CANAPÉ OR SANDWICH

1 Spanish onion
1 cup cream
4 tablespoons mayonnaise

Salt
Paprika

Slice onion in rings and cover with cream. Allow this to stand 5 or 6 hours. Remove onion and beat the cream into the mayonnaise. Spread thickly on rounds of bread and place onion between.

A bath towel may be needed but they are delicious and a favorite for men.

Mrs. Lindsay Rogers



CLARET CUP

Taken from an old South African Cook Book

1 qt. of claret
 $\frac{1}{2}$ wineglass of sherry
 $\frac{1}{2}$ wineglass of brandy
A slice of cucumber

1 tablespoon of sugar
A little nutmeg
A squeeze of lemon and
some peel

Put the whole into a jug with a few lumps of ice. If desired add a bottle of soda water.

Mrs. Harold Jacoby

HEISSE BOWLE

1 gallon red wine
Juice of 6 oranges
Juice of 3 lemons
2 sticks cinnamon

1 cup sugar (amount depends on
dryness of wine)
1 orange studded with cloves

Put all together into a large kettle and bring to boiling point but do not allow to boil. Remove cinnamon. Serve hot in punch bowl with clove-orange floating in bowl.

For festive occasions brandy or rum may be floated on top of punch and lighted. Have both punch and brandy steaming hot. Fill punch ladle with hot brandy; lower it carefully into punch bowl and light as soon as brandy begins to float on surface of punch. In a candlelit room this makes a pretty scene and adds to the jollity of the occasion in more ways than one.

Mrs. Ralph Linton

WINE CUP

$\frac{1}{2}$ cup of sugar
2 cups of water
Juice of 4 oranges

Juice of 4 or 5 lemons
1 qt. sauterne

Mix sugar and water. Add fruit juice, then wine. Add more sugar to taste. Serve iced.

Harriet B. Prescott

MINTED TEA PUNCH

4 tablespoons Orange Pekoe tea	1½ cups boiling water
30 mint leaves	4 oranges
4 lemons	2 cups sugar
2 cups grape juice	Ice cubes

Put tea, mint and thin yellow peel of the lemons and oranges in an enamel or glass bowl. Add boiling water, cover and steep for 6 minutes. Then strain, add juice of lemons and oranges. There should be 6½ cups. Add sugar and grape juice and stir until sugar is dissolved. Serve in tall glasses with ice cubes. Makes 3½ quarts.

Elizabeth C. Gibbs

SHERRY—ZAHD

"Torex" or stock

Dry Sherry

This is a hot drink combining cocktails and soup for a cold evening. Measure enough water to fill about ½ an old-fashioned glass (or preferably a glass with a handle) for each person to be served. Stir in enough "Torex" to give it a good "bouillon" taste. Stock, if used, must be greaseless. Heat to just below boiling point and turn the gas very low. Add a quarter of the glass to be used of sherry for each person. If you prefer it, half bouillon and half sherry is also tasty. Put a spoon in glasses when filling. They should not be so hot that they are hard to hold.

Mrs. Horace Friess

TOMATO JUICE COCKTAIL

3 teaspoons granulated sugar	6 crushed bay leaves
2 tablespoons vinegar	1 small sliced onion
Juice and rind of ½ lemon	1 stalk bruised celery
1 tablespoon Worcestershire sauce	

Add the above to 2 quarts (3 small cans) of canned tomato juice. Allow to stand for at least one hour. Strain, chill, and serve. Can be kept in ice box in covered container until used.

Mrs. James Kip Finch

WASSAIL

Old English Drink for the Holiday Season

1 gallon cider	1 teaspoon allspice
1 cup sugar	Juice of 8 oranges
½ teaspoon ground nutmeg	Juice of 4 lemons
1 teaspoon ground cloves	2 sticks of cinnamon

Simmer cider and sugar; add spices. Then add juice from oranges and lemons with a little rind from each. Serve hot. Rum may be added to taste.

Mrs. William D. Reeve

QUANTITY COOKERY
Contributed by Mrs. Thomas A. McGoe

BOSTON BAKED BEANS

3 qts. pea beans	1 cup molasses
4 tablespoons salt	1 tablespoon mustard
$\frac{1}{4}$ cup vinegar	1 teaspoon pepper
2 lbs. salt pork	

Pick over beans and cover generously with water and soak over night. Remove the water, cover with cold water and boil 15 minutes. Drain. Mix molasses, vinegar, salt, sugar, mustard and pepper. Place beans in two or three bean pots or casseroles. Scald pork and cut in strips down to the rind but not through. Bury the pork in the beans, add the mixed seasonings and fill pots or casseroles with water, bake in a slow oven 8 to 10 hours (50 portions).

BAKING POWDER BISCUITS

3 qts. flour	1 $\frac{1}{2}$ cups shortening
$\frac{3}{4}$ cup baking powder	5 $\frac{1}{2}$ cups milk
2 tablespoons salt	

Mix and sift the dry ingredients. Rub in the shortening lightly with the tips of the fingers. Add the milk gradually, mixing to a soft dough. The amount of milk may vary due to differences in the flour. Put the dough on a floured board and roll $\frac{3}{4}$ of an inch in thickness. To obtain 100 biscuits use a cutter 2 $\frac{1}{2}$ inches in diameter (100 portions).

COCOA

2 cups cocoa	9 qts. hot milk
1 qt. cold water	1 teaspoon salt
2 $\frac{2}{3}$ cups sugar	

Mix cocoa and cold water together and boil until smooth, about 15 minutes. Add sugar to cocoa and stir until it is dissolved. Add cocoa mixture to hot milk and reheat. If a skin forms before serving, beat the cocoa with a rotary egg beater (50 portions).

JELLIED SALAD BASE

$\frac{1}{4}$ cup granulated gelatin	$\frac{1}{4}$ cup lemon juice
1 cup cold water	1 cup sugar
1 qt. boiling water	2 tablespoons salt
$\frac{1}{2}$ cup vinegar	About 2 qts. of fruit
$\frac{1}{2}$ cup tarragon vinegar	or vegetables

Soak gelatin in cold water 10 minutes, add boiling water and stir until dissolved, add remaining ingredients and pour into pans to congeal (24-28 portions).

BAKED MACARONI AND CHEESE

2½ lbs. macaroni
¾ lb. butter
¼ lb. flour
4 qts. milk

2¼ lbs. cheese
3 tablespoons salt
¼ teaspoon pepper
1 qt. soft crumbs

Break macaroni in one inch pieces or use elbow macaroni. Cook in boiling water (salted) 9 minutes, pour cold water over it to prevent pieces from adhering. Make a sauce of butter, flour, milk and seasonings. Dissolve cheese in white sauce. Add sauce to macaroni, place in baking dishes, cover with buttered crumbs and brown in the oven (50 portions).

SCALLOPED POTATOES

20 lbs. potatoes
4 qts. milk

1 lb. butter
½ cup flour

Peel the potatoes and cut them in thin slices. Fill a greased dripping pan half full with potatoes. Sprinkle salt, pepper and 1 tablespoon flour over them; also cut some butter over them. Fill the remainder of the pan with potatoes and sprinkle salt and pepper, flour and butter over them. Pour milk around the edge of the pan until it can be seen easily around the edge. Bake in a moderate oven about 1¼ hours (50 portions).

SPANISH RICE OR NOODLES

5 cups of rice or 2½ lbs.
noodles
1¼ lbs. salt pork

2 qts. strained tomato
3 green peppers
2 medium sized onions

Cook the rice or noodles in salted boiling water. Chop salt pork, cook in oven in frying pan until fat is fried out but do not let it get brown. Add chopped onion and chopped seeded green pepper and fry for a few minutes, or until slightly yellowed. Put all ingredients into the double boiler, add strained tomato and cook 30 minutes or until rice is soft but not mushy. Since most homes do not have a sufficiently large double boiler this mixture could be put in buttered casseroles and heated in oven (50 portions).

ROLLS

1½ qts. milk
¾ cup crisco
5 yeast cakes

½ cup sugar
2 tablespoons salt
4½ qts. flour

Heat milk to lukewarm, melt crisco; combine milk, crisco, sugar, salt, and crumbled yeast and stir, add flour and mix thoroughly. Turn into greased pan and let rise until it doubles in bulk. Then knead and let rise again, knead, shape and let rise. Bake at 425° 12 to 15 minutes (100 portions).

CREOLE SPAGHETTI

1½ qts. spaghetti	1 tablespoon salt
3 qts. strained tomato	1½ cups butter
3 cups chopped onion	¾ cup flour
6 lbs. chopped meat	3 cups grated cheese

Cook the spaghetti in boiling salted water. Fry the chopped onion in the butter, add the flour, then the strained tomato and cook as for white sauce. Fry the meat in a frying pan. Combine strained spaghetti, tomato sauce and meat and also grated cheese. Place in buttered baking dishes and top with crumbs and reheat or serve as is (50 portions).

SOME EQUIVALENTS

3 teaspoons = 1 tablespoon	2 cups butter or substitute = 1 pound
16 tablespoons = 1 cup	2 tablespoons sugar = 1 ounce
4 cups = 1 quart	2 cups granulated sugar = 1 pound
4 quarts = 1 gallon	2⅔ cups brown sugar = 1 pound
16 ounces = 1 pound	
3½ cups flour = 1 pound	
2 tablespoons butter or substitute = 1 ounce	

QUANTITY MEASUREMENTS

- 1 quart cream = 32 fluid ounces and should serve for 40 to 50 cups of coffee
- 1 pound of butter = 64 pats of 1 tablespoon each
- 1 pound of coffee makes 50 cups
- 1 cup of tea makes 50 cups
- 1 3-pound loaf of sandwich bread yields 48 slices of regular thickness
- 1 gallon of punch yields 32 4-ounce portions

INDIVIDUAL ALLOWANCES

(in Buying Meats and Fish)

Bacon, 2 ounces (3 to 4 slices)	Ham, 5 ounces
Beef, rib, 8 ounces (includes bone)	Lamb, 8 ounces
Beef, round, 7 ounces	Liver, 4 ounces
Beef, stew, 7 ounces	Mutton, 7 ounces
Beef, chopped, 4 ounces	Pork, 5 ounces
Beef, corned, 5 ounces	Veal, 5 ounces
Beef, canned, 5 ounces	Fish, fresh, 8 ounces
Beef, dried, 1 ounce	Fish, canned, 4 ounces
Chicken, 1 pound	Fish, dried, 2 ounces

TIPS TO TEASE THE PALATE AND PLEASE THE PURSE

Do you know that honey, used half and half with sugar, can be used perfectly in making jams, jellies and preserves.

Honey hint: Before measuring honey, place honey container in pan of warm water and allow to stand a minute or two. It will then pour evenly.

To add zest to that very special roast, Mrs. Robert Haig serves with it halves of canned peaches filled with equal parts of butter and sugar; while Mrs. Ralph Linton fills them with a teaspoon of chutney. Brown slightly and baste twice.

For a tip-top luncheon dish, Mrs. Herbert Hawkes rolls canned asparagus tips in beaten egg and cracker crumbs. Fry to a golden brown and serve on hot buttered toast and pour over a cheese sauce.

This Jelly Gem will add a pleasant tang to ham or lamb. Pour a glass of melted apple jelly over hot cherry garnished ham. Use currant jelly for roast lamb.

To keep the contents of a baking dish or casserole from running over in the oven, Mrs. Hollis Caswell rubs the rim of baking dish with butter.

Refreshing as a spring breeze is finely chopped fresh mint used as a topping for fresh pineapple or the lowly apple sauce. Serve in sparkling sherbet glasses.

Do add that long neglected pinch of salt to almost every sweet you make. It will bring out the richness of any flavor.

For a canapé spread which will tease your appetite, Mrs. Philip Jessup mashes a well-ripened alligator pear to a smooth, delicious consistency and flavors *ad lib*: grated onion, or a favorite herb mixture. She calls it a Guatemalan canapé and serves it on crackers or potato chips.

Tea Time Tip: Mrs. George Mullins mixes $\frac{1}{4}$ cup orange juice with a little grated rind and $\frac{1}{2}$ cup of sugar. Spread on bread toasted on one side and place under broiler to spread.

Mrs. William H. Blake suggests blending $\frac{1}{4}$ pound of English Breakfast tea with 1 pound Orange Pekoe for your tea parties.

Mighty good are grape fruit halved and cut, each section free from skin. Pour 1 tablespoon honey over each half and bake 15 minutes in oven at 300°. Add 2 teaspoons sherry to each half before serving.

Mrs. Jerome Kellogg peels and slices California oranges $\frac{1}{4}$ inch thick, dots with butter, and sprinkles generously with brown sugar. Then she places in a shallow pan, sprinkles with $\frac{1}{4}$ teaspoon curry to 3 oranges—places under broiler for 8 to 10 minutes, until sugar melts, and serves with lamb or fowl.

For a rich honey frosting beat 2 egg whites and 1 cup of honey at medium speed for 10 minutes. Delicious for Sponge Cakes. Sliced fruits may be added. Or try beating 1 egg white, $\frac{1}{2}$ cup tart jelly, and a pinch of salt at medium speed over hot water until jelly dissolves. Beat until frosting holds in peaks.

Mrs. George A. Kopp substitutes $1\frac{1}{4}$ cups brown sugar for 1 cup of granulated sugar in baking. Honey may be used cup for cup in place of granulated sugar, but the liquid must be reduced $\frac{1}{5}$ of a cup for every cup used.

For the *pièce de résistance* Mrs. Selig Hecht suggests a French Chef's preparation for steak or filet as follows: Mix 2 tablespoons olive oil or substitute 1 clove garlic minced, 1 tablespoon prepared mustard, 2 tablespoons red wine, salt and pepper. Spread mixture on both sides of steak and let stand several hours. Broil according to thickness.

Try stirring floured fresh blue berries into your favorite Pancake batter. Mrs. Thomas McGoeey serves them with butter, sugar and lemon juice. Presto! a dessert to bow to!

For a most unusual dessert Mrs. Mario Pei pours a glass of preserved red cherries over a pint of cottage cheese seasoned with salt and lemon juice, and tops with cream.

Mrs. Herbert Hawkes mixes cream cheese with horseradish and spreads on toast rounds for a most subtle taste.

Mrs. Carl J. Merner

(JUST IN CASE)

