



# 50<sup>th</sup> Anniversary Recipe Book

OREGON STATE NURSES' ASSOCIATION







see **b**uyer's  
guide

*Phosobra  
Party cake*

**Lemon Filling**  
Yield: 1½ Cups

- ¾ cup sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- ¾ cup milk
- 2 tablespoons butter
- ½ cup lemon juice
- 2 tablespoons grated lemon rind
- 4-5 drops yellow food coloring (optional)

In a saucepan, mix together thoroughly sugar, cornstarch and salt. Gradually blend in milk. Cook, stirring constantly, until thickened. Remove from heat; blend in butter. Stir in lemon juice, lemon rind and food coloring. Press a circle of waxed paper over surface of filling to prevent drying as it cools. Chill.

**Butter Cream Frosting**  
Yield: Approx. 2¼ Cups

- 1 cup sugar
- ¼ cup water
- ⅛ teaspoon cream of tartar
- ⅛ teaspoon salt
- 2 egg whites
- 1 teaspoon vanilla
- ¾ cup (1½ sticks) butter, slightly softened

In a small saucepan, combine sugar, water, cream of tartar and salt. Cover saucepan; bring to full boil. Uncover; cook to 240° F. on candy thermometer, or until small amount of syrup dropped into cold water forms a soft ball that holds its shape. Beat egg whites until stiff but not dry. Beating constantly, very slowly add syrup to egg whites. Add vanilla. Continue beating until very stiff peaks form. Cool. Cream butter thoroughly; beating constantly, gradually add cold egg white mixture. Beat just until blended. Sufficient for top and sides of 2-layer cake.

**Buttermilk Cake**

- 2 Round cake pans, 9-inch. Preheated 350° oven.
- 3 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1½ cups buttermilk
- ¾ teaspoon baking soda
- ¾ cup (1½ sticks) butter
- 1¾ cups sugar
- 3 eggs
- 2 teaspoons vanilla
- Butter and flour pans; set aside.

Sift together flour, baking powder and salt. Pour buttermilk into 1-quart bowl; add baking soda; beat well and let stand until time to add to batter. Cream butter; add sugar gradually and cream thoroughly. Beat in eggs, one at a time, and vanilla. Gradually blend in dry ingredients alternately with buttermilk, beginning and ending with dry ingredients. Pour into pans. Bake 35-40 minutes. Let stand in pans 5 minutes; remove cake to wire racks and cool completely. Fill with Lemon Filling and frost with Butter Cream Frosting.

Prepare cake mix, following label directions; divide batter among 4 greased and lined 9-inch layer-cake pans; or bake layers, 2 at a time, washing and regreasing pans between bakings.

Bake in moderate oven (350°) 20 minutes; cool slightly; remove from pans; cool completely on wire racks.

Mix cream-puff mix, following label directions; drop by teaspoonfuls onto cooky sheet to make 16 tiny cream puffs; bake, following label directions (bake remaining batter as large cream puffs for another dessert); cool.

When ready to put cake together, prepare instant-pudding mix, following label directions but using ½ cup cream instead of ½ cup of the milk called for; spoon out 1 cup pudding (for cream puffs) and flavor with instant coffee.

Cut tops from cream puffs; scoop out any bits of soft dough with tip of teaspoon; fill with coffee-flavored pudding; replace tops.

Stir 6 tablespoons chopped milk-chocolate bar into remaining pudding; put cake layers together with pudding between layers.

Make milk-chocolate frosting mix, following label directions but using ½ cup butter or margarine instead of ¼ cup called for on package; frost top and sides of cake; arrange tiny filled cream puffs in ring on top.

Melt remaining chopped milk-chocolate bar with 1 teaspoon shortening in cup over hot water; cool slightly; drizzle over cream puffs.





MERINGUE IS SPREAD ON BATTER,  
BAKES RIGHT WITH CAKE LAYERS

Follow package directions for **Duncan Hines Yellow Cake**, except in Step 2 add **4 egg yolks** instead of 2 whole eggs. Spread batter in 2 greased and floured 9-in. round or 8-in. square layer cake pans. Spread this meringue over batter: Beat **4 egg whites** with few grains salt until frothy. Gradually beat in  $\frac{2}{3}$  cup sugar.

Over meringue sprinkle **2 Tablesp. sugar** and  $\frac{1}{4}$  cup shaved blanched almonds. Bake at  $350^{\circ}$  for 40 to 45 min. Cool in pans 15 min. Remove from pans. Cool on rack meringue-side up. To serve, cover meringue-side of one layer with a package of frozen red raspberries or strawberries, partially thawed and drained. Over berries spread **1 cup whipping cream** whipped stiff with **2 Tablesp. sugar**. (Save some whipped cream and a few berries to decorate the top.) Cover with other layer, meringue-side up. Makes 10 to 12 servings.

Brothy Yoshitomi, R. N.

and

Belstra, Administrative Director

ously contributed the cover de-  
drawings which add so much to  
e book.

elling

Harriett E. Osborn

Harriett Osborn, Chairman  
Membership Committee

above + cook until thickened

add 2 beaten egg yolks } bring to boil. Then cool before  
 $\frac{1}{3}$  c. fr. lemonade } filling cake.

Double for 3 layers.



FOREWORD

The Committee wishes to thank each member who helped and those who so graciously contributed their favorite recipes.

We regret that due to duplications and limited space, it was not possible to include each and everyone.

In addition we wish to thank

Dorothy Yoshitomi, R. N.

and

Harold Spoelstra, Administrative Director

who generously contributed the cover design and drawings which add so much to this little book.

Lemonade cake filling

2 T Butter - melt

1/4 c sugar

2 T. Cornstarch } Blend ~~over~~

1/4 t salt

3/4 c water - Mix above + cook until thickened

add 2 beaten egg yolks } bring to boil. Then cool before  
1/3 c fr. lemonade } filling cake.

Double for 3 layers.

Harriett E. Osborn

Harriett Osborn, Chairman  
Membership Committee

prettiest dresses could  
this Tyrolean-print skirt  
with a solid-color top  
The jumper-and-blouse  
effect is in one with  
skirt. Available in  
blue, in William Simp  
fabrics. Sizes 7-14. U  
\$8. Designed by Fleu



to make your  
salad stand out from the  
crowd. Here are six more ideas—  
all easy and wonderful with  
Mayonnaise.

dressings with "character", sure to  
the men: Add 1 tbsp. chopped sour  
1 tbsp. chopped parsley, 1 tbsp.  
1 vinegar and 1/2 cup chopped  
1 cup of Kraft Mayonnaise.

blend 4 tps. of anchovy paste



Florence was a lady,  
Sairey was a tramp,  
But they each left a memento,  
The bottle and the lamp.

Succeeding generations  
Of ladies dressed in white  
Have won a reputation  
For devotion day and night.

We're proud to help the ailing  
With skill and cheerful looks  
But our talents aren't confined to that  
As you'll see within this book--  
Although no one, simply no one  
Seems to think of us as cooks.

Dorothy Eggert

#### HOT DOG BUN FILLING

5 hard cooked eggs  
1 medium sized onion  
1/2 tablespoon catsup  
1 tablespoon Worcestershire  
1 pound Cheddar cheese, grated  
1/2 teaspoon paprika  
1 can (4 1/2 oz.) chopped ripe olives  
1 can (8 oz.) tomato sauce  
20 hot dog buns

Chop hard cooked eggs and onion finely and mix with catsup, Worcestershire, cheese, paprika, olives, and tomato sauce. Slice buns almost through lengthwise; fill generously with the cheese and egg mixture. Wrap each filled bun in wax paper or foil. Bake in a slow oven (325°) for 30 minutes. Makes 20 servings.

With these you may wish to serve a combination vegetable salad with Thousand Island dressing. Garnish each plate with hard cooked eggs. Apple or cherry tarts (homemade or frozen) are a good dessert. Molded individual salads full of chicken, fish, or meat are another good choice for a tray service main dish. See *Variations on a Basic Salad* in the October 1956

SUNSET

1, Portland

#### HOT TUNA BUNS

4 hamburger buns  
1 cup BEST FOODS Real Mayonnaise  
1 (6 1/2 ounce) can tuna, drained and flaked  
1/2 cup chopped FANNING'S Bread and Butter® pickles  
1/4 cup chopped onion  
1/2 cup grated cheese  
Split buns; spread with Best Foods. Sprinkle each half with tuna, pickle and onion. Cover with remaining Best Foods, sprinkle with cheese. Broil until lightly browned. (Best Foods is real mayonnaise . . . doesn't separate even when heated.) Serves 4.



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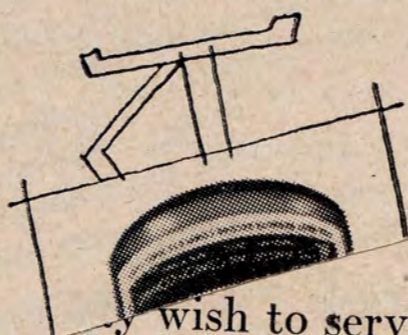
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*Dorothy Eggert*

--Dorothy Eggert  
District #1, Portland

area of art and craft activity  
bottle



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binati  
vegetable salad with Thousand  
Island dressing. Garnish each plate with  
hard cooked eggs. Apple or cherry tarts  
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### HOT TUNA BUNS

4 hamburger buns  
1 cup BEST FOODS Real Mayonnaise  
1 (6½ ounce) can tuna, drained and  
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½ cup chopped FANNING'S Bread and  
Butter® pickles  
¼ cup chopped onion  
½ cup grated cheese  
Split buns; spread with Best Foods.  
Sprinkle each half with tuna, pickle  
and onion. Cover with remaining  
Best Foods, sprinkle with cheese. Broil  
until lightly browned. (Best Foods is  
real mayonnaise . . . doesn't separate  
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Trashburner Soup

Greek

1 Can Ch. Rice soup

1 C. Cooked rice

1 Can of water or broth

- Bring to boil -  
remove from heat  
and add slowly -

{ 2 egg yolks } Beat & dilute  
{ 1/4 c. Cream or 1/2 c. }  
{ 4 T. lemon juice } Broth

- ladle into serving  
bowls -





T A B L E

O F

MULLED CIDER

- 2 quarts sweet cider
- 3/4 cup firmly packed brown sugar
- 1/4 teaspoon salt
- 1 teaspoon cloves
- 1 teaspoon allspice
- Dash of nutmeg
- 3 cinnamon sticks

ov # 2  
 2 qts cider  
 simmer for  
 2 hrs ±  
 2 sticks cin  
 10 clove  
 1 sp nutmeg  
 1 piece ginger  
 root

Combine cider, sugar, salt and spices; mix well. Simmer 10 minutes. Strain through cheesecloth. Reheat. Serve steaming hot.  
 Yield: 8 cups cider.

Remove

spice & add juice of  
 2 oranges & 2 lemons

Serve with Cinnamon stick stovess  
 and Wedge of orange & clove stud.

C O N T E N T S

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- Banana dream cake
- Choc. yeast cake
- Karo Pecan pie

Front pages -

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2. Lemon Queens cake
3. Mardi-Gras Queens cake
4. FR. lemonade cake filling
5. Berry Meringue Torte
6. Buttermilk cake & lemon filling & B. Cream frosting.



100 # 2

**MULLED CIDER**  
for cook whips 2 cups heavy cream until fluffy. Add 2 teaspoons confectioners' sugar and 1/2 teaspoon vanilla extract. Beat until the cream stands in peaks. Spread the whipped cream on chocolate wafers to line up in log fashion on a long

T A B L E

O F

Serve with cinnamon stick stevens and wedge of orange & clove stud.  
C O N T E N T S

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## LEMON QUEEN'S CAKE

*Bake at 375° for 20 to 25 mi.*

*Makes 1 eight-inch triple-layer cake*

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

### LEMON FILLING

### LEMON BUTTER CREAM

- 1 cup canned flaked coconut
- 1 tablespoon lemon juice

1. Cream butter or margarine until soft in large bowl; slowly cream in  $\frac{3}{4}$  cup of the sugar.
2. Sift flour, baking powder, and salt; add alternately with milk, blending well; add vanilla.
3. Beat egg whites until foamy in medium-size bowl; beat in remaining  $\frac{1}{4}$  cup sugar, 1 tablespoon at a time, until meringue stands in soft peaks; fold into cake batter; divide among 3 greased 8-inch layer-cake pans.
4. Bake in moderate oven (375°) 20 to 25 minutes, or until firm in center.
5. Cool completely; put together with LEMON FILLING; frost with LEMON BUTTER CREAM; sprinkle with coconut flavored with lemon juice (just mix them together).

**LEMON FILLING**—Mix  $\frac{3}{4}$  cup sugar, 3 tablespoons cornstarch, and  $\frac{1}{4}$  teaspoon salt in top of double boiler; slowly stir in 1 cup water and  $\frac{1}{4}$  cup lemon juice; cook over direct heat, stirring constantly, until mixture thickens and boils 3 minutes. Blend about  $\frac{1}{2}$  cup mixture into 4 beaten egg yolks; stir back into mixture; cook over boiling water, stirring constantly, 3 minutes; chill.

**LEMON BUTTER CREAM**—Blend 1 cup 10X sugar into 4 tablespoons softened butter or margarine; beat in 1 egg, 1 teaspoon grated lemon rind,  $\frac{1}{2}$  teaspoon vanilla, and about 2 cups additional 10X sugar.



# P.E.O. Punch

Dissolve 2 C sugar in 3 C water - heat to dissolve. Combine the following ingredients - Mash 3 bananas, add 1 1/2 C O. J., 1/4 C lemon juice & 1-46 oz C pineapple juice & freeze. Break up & heat to mushy consistency & add 2 qts ginger-ale when ready to serve.

2 (46oz) cans apricot nectar (with acid)  
 1 (1") orange drink  
 1 cup lemon juice  
 2 qts ginger ale - add at serving time  
 Slice orange & lime thinly and float on punch.

Apricot Orange Punch

4x = 120 pers.  
 6x = 180 pers.



## APPETIZERS

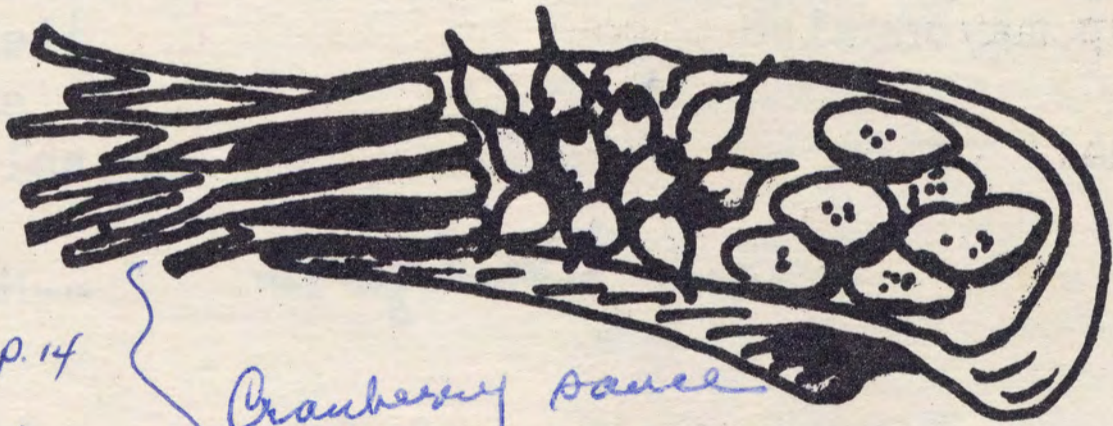
### Rosy Punch

12 oz frozen lemonade  
 6 oz " tangerine  
 1 pt. Cranberry juice  
 2 qts ginger ale

Blend + pour over ice in punch bowl. About 30 servings.

### Green Punch

1 pkg lime jello  
 1 C hot water  
 3 C cold water  
 1 C pineapple juice  
 1 6oz frozen orange  
 1 lg sparkling champagne or lemon soda



Cranberry sauce

{ 2 cups sugar  
 2 cups water  
 4 cups cranberries

- Danish pastry p.7
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- Raw apple cakes p.17
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EXCELLENT FRUIT PUNCH

3 cups of sugar  
add  
Juice of 12 lemons  
1 quart of grape juice

2 qt. water(boil 5 min)  
1 cup strong tea  
Juice of 12 oranges  
Cube pineapple and float  
Ginger Ale

*Nora M Marco*

--Nora Marco  
District No 1, Portland

COCKTAILS APPETIZERS

2 cups Cheerios  
2 cups Rice Chex  
2 cups Wheat Chix

2 cups Corn Kix  
long thin pretzels  
1 1/2 cups mixed nuts

Melt 1/4 cup butter and mix with 1/2 teaspoon each of celery seed,  
onion salt, garlic salt, 1 teaspoon worchestershire sauce.  
Pour over mixture and stir well. Bake in 200 degree oven for  
1 hour. Stir often,

*Dorothy Thompson*

--Dorothy Thompson  
Dixtrict, #7, Pendleton

DIP

1/4 cup piminto cheese  
1/4 cup chopped shrimp  
2 ripe calavos sived  
1/2 cup mayonnaise

1 small onion

2 tablespoons chile sauce  
1/4 cup chopped ripe olives  
2 teaspoon lemon juice  
1/2 teaspoon Worchestershire  
sauce  
salt and pepper

*Helen Badger*

--Helen Badger

DIP

2-3oz packages cream cheese  
1/4 cup mayonnaise  
2 teaspoon lemon  
1 small can drained clams  
1/4 cup mayonnaise  
garlic, mustard,

1 7 oz can tomato juice  
1/2 cup crab meat  
2 pkg. cream cheese  
1/2 glass Roca cheese

1 tablespoon horseradish

*Nora M Marco*

--Nora M. Marco  
District #1, Portland



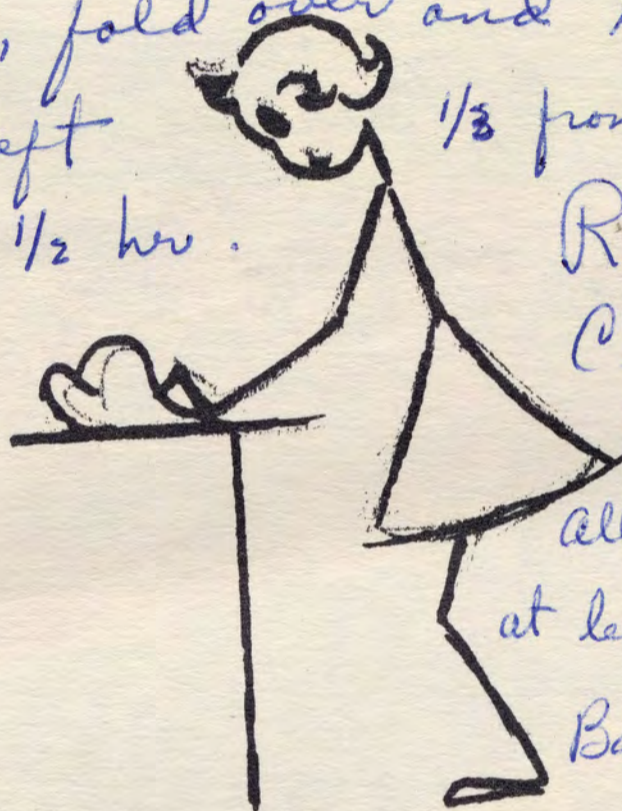
Danish Pastry =  $\frac{3}{4}$  cup butter } pat into 9" square  
 $\frac{1}{3}$  cup flour } and put in freezer 20"

$\frac{1}{2}$  pkg. yeast } dissolve yeast in water  
 $\frac{1}{4}$  cup w.m. water

## BREAD AND ROLLS

1 cup w.m. milk }  
 $\frac{1}{4}$  " sugar } add  $3\frac{1}{2}$  c sifted flour  
 1 slightly beaten egg } 1 t. salt and beat smooth

Turn onto flour board, roll to 18" rectangle, place butter mix on half, fold over and roll out, then fold in thirds -  $\frac{1}{3}$  from left repeat twice. Ref.  $\frac{1}{2}$  hr.



$\frac{1}{3}$  from right - roll out, Roll out to  $\frac{1}{8}$ " thickness Cut into 3"  $\Delta$  roll up and Shape into Crescents. Allow to rise in warm place at least 45". Bake at 450° for 15 min.

### Cheese Puffs Are Distinctive

Cheese Puffs add a distinctive touch to the hors d'oeuvre tray you pass your holiday guests.

They are easy to make, can be made ahead and they seem very professional.

#### Hot Cheese Puffs

Cream  $\frac{1}{2}$  cup butter with 2 cups shredded American cheese

Sift together and mix in well

1 cup sifted flour

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

$\frac{1}{4}$  teaspoon paprika

Shape in 1-inch balls.

Freeze on baking sheet. Store balls in freezer bag.

To use: bake on baking sheet at 350 degrees about 15 minutes or until puffed and browned. Makes 30 puffs.

butter

#### Tiny Party Puffs

1 recipe cream puffs

Seafood salad

Drop cream puff batter by teaspoonfuls onto lightly greased baking sheet to make 36 small puffs. Bake in hot oven (425°) 15 minutes. Reduce heat and bake in moderate oven (350°) about 25 minutes longer. When cool fill with your favorite seafood salad and decorate with softened cream cheese. Makes 36 Tiny Party Puffs.

1 pkg spoon size shredded wheat

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1 pkg spoon size chocolate wafers  
1/2 t salt  
1/4 t ginger  
3/4 t currying  
1/2 c melted butter

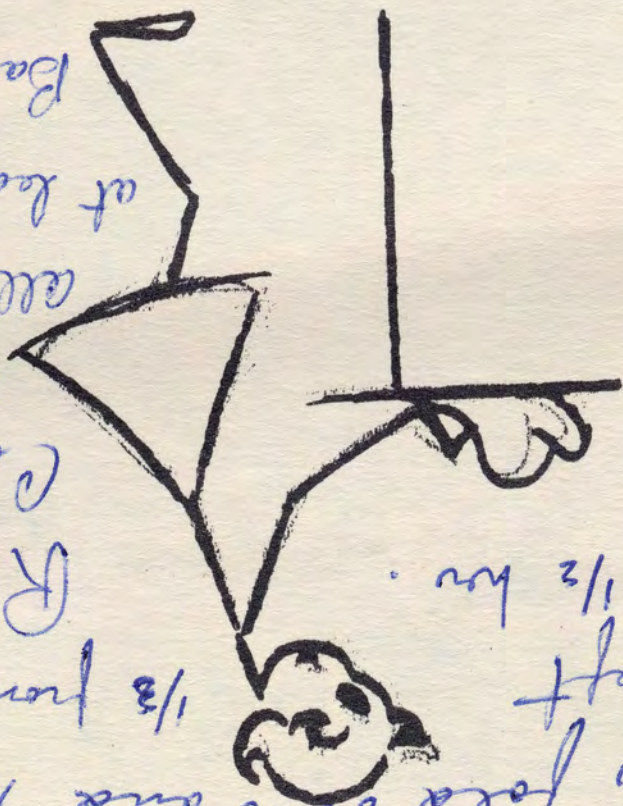
Party Snacks



### Navy Will Rely On Own Recruiting

WASHINGTON (AP) — The Navy has embarked on a full scale recruiting drive to keep up its strength without resorting to the draft as it had to do last year. Expressing confidence that the

Roll out to 1/8" thickness  
Cut into 3" Δ roll up and  
Shape into crescents.  
Allow to rise in warm place  
at least 1 hour.  
Roll out to 1/8" thickness  
Cut into 3" Δ roll up and  
Shape into crescents.  
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### BOBCATS

## Frosh Feted With Party At M. Point

By BETTE BIRDWELL  
Times School Correspondent  
MYRTLE POINT — Various meetings have gained attention of the teachers at Myrtle Point. Mr. Nichols attended the Oregon Education Association's delegates assembly held in Portland Saturday, Dec. 8, at Lincoln High School Auditorium in Portland. Mr. Armstrong went to the district school board meeting in Eugene along with Robert Powrie and Andrew Waterman, board members representing this district.

Myrtle Point Teachers Association met Dec. 5 at the high school.

## READ AND ROLLS

1/2 pkg yeast  
1/4 cup warm water  
3/4 cup butter } pat into 9" squares  
1/3 cup flour } and pat in freezer 20"  
add 3 1/2 c extra flour  
1 t. salt and leaf smooth  
egg





Currant soda bread cut in wedges to serve; whole wheat bread at left

## Crusty Irish soda bread

pan. Brush top with milk, if desired. Bake at 400°F. for 5 minutes. Reduce to 350°F. and bake about 30 minutes. Yield: one 8-inch loaf.

a ball. Roll out into an 8-inch circle. Cut into 12 triangles or squares. Brush with milk. Bake at 400°F. for 15 to 20 minutes. Yield: 12 scones.

THIS WEEK Magazine / March 17, 1963

different grains.

### IRISH SODA BREAD

- 4 cups unsifted all-purpose flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1/4 cup sugar (optional)
- 1/8 teaspoon cardamom or coriander (optional)
- 4 tablespoons (1/2 cube) butter or margarine
- 1 egg
- 1 3/4 cups cultured buttermilk

Combine in a large bowl the flour, salt, baking powder, soda, sugar and spice, if used. Add butter or margarine, and cut in with a pastry blender or two knives until crumbly. Beat egg slightly and mix

quick-cooking rolled oats with 1 cup of the buttermilk; let stand for 2 hours. Follow the basic recipe, above, using only 2 cups unsifted flour with other dry ingredients; cut in butter as directed. Combine egg with remaining 3/4 cup buttermilk; stir in rolled oats - buttermilk mixture. Blend with dry ingredients and proceed as directed above.

*Whole Wheat Soda Bread.* Substitute 2 cups whole wheat flour for 2 cups of the all-purpose flour in the recipe above. You might add 1 to 2 cups raisins or chopped dates, if you wish; mix in with the dry ingredients before adding the liquid.

208

2 eggs  
6 1/2 c flour

or until smooth & fluffy. Add remaining flour working in gradually + knead to make smooth dough.  
400° - 12-15 min.

bananas  
s.  
open

### ONES

ed flour  
oon salt  
ng soda  
rgarine  
, about  
Milk

butter  
form  
loured  
pe into

in

nook

pture.

+ 5 min.



**BANANA NUT BREAD**

- 1 cup of sugar
- 2 eggs
- 1 teaspoon of soda
- 2 cups of flour
- 1 cup chopped nuts

- 1/2 cup of butter
- 3 tablespoons of sour milk
- salt
- 3 mashed bananas

Cream the sugar and butter. Add well beaten eggs, milk, mashed bananas. Sift flour, soda, and salt, add these ingredients and chopped nuts. Bake slowly -- 1 hour. When spread with cheese makes delicious open face sandwiches.

**IRISH HOT BREAD**

- 2 cups sifted flour
- 4 teaspoons baking powder 1/2 teaspoon salt
- 1 tablespoon sugar 3/4 cup seedless raisins
- 1 tablespoon caraway seeds 3/4 cup milk

Sift flour, baking powder, salt and sugar. Mix in raisins and caraway seeds. Add milk; mix to a soft dough. Turn onto a lightly floured surface. Shape gently into a flat, round loaf. Place in a greased deep 8-inch iron skillet or layer pan. Pat to fit pan. Brush top with milk, if desired. Bake at 400°F. for 5 minutes. Reduce to 350°F. and bake about 30 minutes. Yield: one 8-inch loaf.

**IRISH SCONES**

- 2 cups sifted flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 cup butter or margarine
- 1 cup thick buttermilk or sour milk, about Milk

Sift together dry ingredients. Cut in butter finely. Add buttermilk gradually to form a stiff dough. Turn out on lightly floured surface. Knead about 10 times. Shape into a ball. Roll out into an 8-inch circle. Cut into 12 triangles or squares. Brush with milk. Bake at 400°F. for 15 to 20 minutes. Yield: 12 scones.

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**IRISH SODA BREAD**

- 4 cups unsifted all-purpose flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1/4 cup sugar (optional)
- 1/8 teaspoon cardamom or coriander (optional)
- 4 tablespoons (1/2 cube) butter or margarine
- 1 egg
- 1 3/4 cups cultured buttermilk

Combine in a large bowl the flour, salt, baking powder, soda, sugar and spice, if used. Add butter or margarine, and cut in with a pastry blender or two knives until crumbly. Beat egg slightly and mix

quick-cooking rolled oats with 1 cup of the buttermilk; let stand for 2 hours. Follow the basic recipe, above, using only 2 cups unsifted flour with other dry ingredients; cut in butter as directed. Combine egg with remaining 3/4 cup buttermilk; stir in rolled oats - buttermilk mixture. Blend with dry ingredients and proceed as directed above.

*Whole Wheat Soda Bread.* Substitute 2 cups whole wheat flour for 2 cups of the all-purpose flour in the recipe above. You might add 1 to 2 cups raisins or chopped dates, if you wish; mix in with the dry ingredients before adding the liquid.

2 eggs  
6 1/2 c flour  
} or until smooth & fluffy. Add remaining flour working in gradually + knead to make smooth dough.  
400° - 12-15 min.





Illustration of the original for cereal slice

BRUNEL

BB OF THE BORDER: Her Latin look



EVERYBODY'S BB: Love by wire



If you've ever traveled in Ireland, you probably noticed the crusty round loaves of bread that are to be seen in every bakery window. Or you may have smelled the delicious fragrance of their baking in an Irish home or restaurant.

This recipe, with its variations, comes from Dublin. Gill and pound measurements have been changed to cups, heaping spoons to standard measurements, and the recipes generally adapted to our ingredients; but the result tastes and looks like the original. The basic recipe makes two loaves about 8 inches in diameter; the breads are delicious either warm from the oven or cold.

As you can see by its variations, this is a versatile bread; you can sweeten it with sugar and fruit, or vary its flavor with different grains.

**IRISH SODA BREAD**

- 4 cups unsifted all-purpose flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1/4 cup sugar (optional)
- 1/8 teaspoon cardamom or coriander (optional)
- 4 tablespoons (1/2 cube) butter or margarine
- 1 egg
- 1 3/4 cups cultured buttermilk

Combine in a large bowl the flour, salt, baking powder, soda, sugar and spice, if used. Add butter or margarine, and cut in with a pastry blender or two knives until crumbly. Beat egg slightly and mix

with buttermilk; add to dry ingredients and stir until blended. Turn out on a floured board and knead until smooth, 2 to 3 minutes.

Divide dough in half, and shape each into a round loaf; place each loaf in an 8-inch cake or pie pan. Press down until dough fills pans. With a sharp knife, cut crosses on tops of loaves, about 1/2 inch deep in the middle. Bake in a moderately hot oven (375°) for 35 to 40 minutes.

*Currant or Raisin Soda Bread.* Prepare the basic recipe, above, including the sugar; omit the cardamom or coriander. Add 2 cups currants or raisins to the flour mixture with 1 1/4 teaspoons caraway seed (optional). Blend with egg and buttermilk and proceed as directed above.

*Oatmeal Soda Bread.* Combine 2 cups quick-cooking rolled oats with 1 cup of the buttermilk; let stand for 2 hours. Follow the basic recipe, above, using only 2 cups unsifted flour with other dry ingredients; cut in butter as directed. Combine egg with remaining 3/4 cup buttermilk; stir in rolled oats - buttermilk mixture. Blend with dry ingredients and proceed as directed above.

*Whole Wheat Soda Bread.* Substitute 2 cups whole wheat flour for 2 cups of the all-purpose flour in the recipe above. You might add 1 to 2 cups raisins or chopped dates, if you wish; mix in with the dry ingredients before adding the liquid.

3/4  
2

2 eggs  
6 1/2 c flour

} or until smooth & fluffy. Add remaining flour working in gradually & knead to make smooth dough.

400° - 12-15 min.

meal

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ture.  
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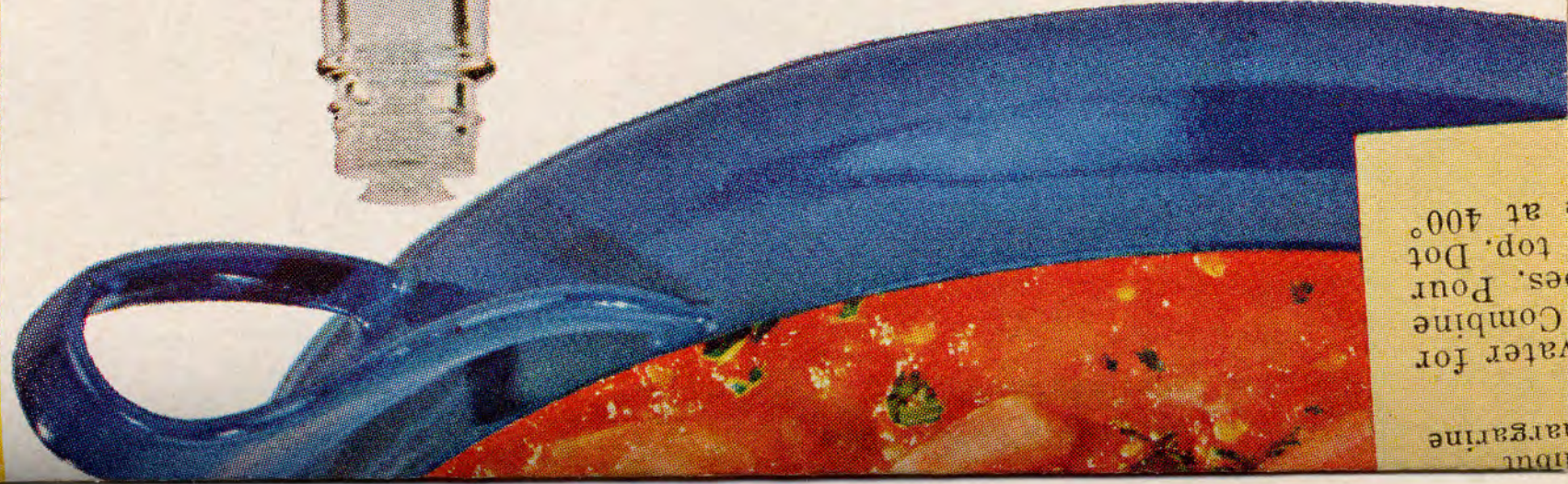
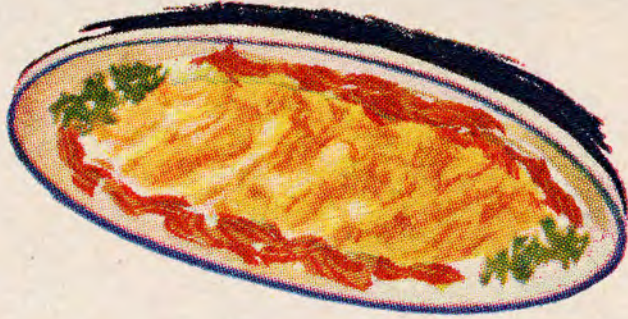




# LEA & PERRINS

...inal" cook book of 100 new recipes. Includes  
 n Season—as well as dozens of other kinds of  
 erins,  
 orcestershire.  
 ch. But beware of substitutes. Use full-  
 ative seasoning with the gentle spice of

Ever try adding a little Lea & Perrins Worces-  
 tershire to your Scrambled Egg mixture  
 before cooking? You should!



but  
 margarine  
 water for  
 Combine  
 es. Pour  
 top. Dot  
 at 400°

## OATMEAL BREAD

2 cups boiling water  
 1/3 cup shortening  
 4 teaspoons salt  
 2 beaten eggs

1 cup quick-cooking oatmeal  
 1/2 cup light molasses  
 2 cakes yeast  
 5 1/2 cups flour

combine water, oatmeal, shortening, molasses and salt. Cool to luke-  
 warm. Add yeast, mix--blend in eggs--add flour, and mix well. The  
 dough will be soft. Place in refrigerator for two hours or until  
 ready to use, then shape two loaves, and let rise until double in  
 bulk. Bake at 375 degrees for one hour.

*Mabel M Croisant*

--Mabel M. Croisant  
 District # 17, Tillamook

## *Dinner Rolls*

- 1 c milk - scald  
 1/2 c sugar } add to milk  
 1 t salt }  
 1/2 c Butter  
 3/4 c. Warm water } dissolve and stir into cooled milk mixture.  
 2 pkgs. yeast }  
 2 eggs } add 1/2 the flour & 2 eggs then beat 3 min.  
 6 1/2 c flour } or until smooth & fluffy. Add remaining  
 flour working in gradually & knead to make  
 smooth dough.

400° - 12-15 min.



CORN BREAD OR MUFFINS

1 cup Mammy Lou cornmeal  
1 cup all purpose flour  
3½ teaspoons baking powder  
2 tablespoons sugar

1 teaspoon salt  
1 egg  
1 cup milk  
¼ cup melted shortening

Sift flour, measure, sift again with corn meal, baking powder, sugar, and salt. Beat egg slightly, add milk and shortening. Combine with dry ingredients, stirring only until moist. Pour into well greased square pan (8x8x2). Bake in moderately hot oven (450) 30 minutes or until done. Serves 6. For MUFFINS pour into well greased muffin pan, bake in moderately hot oven (425) 20 minutes or until done. Makes 12 muffins.

*Blanche Brooks*

--Blanch Brooks  
District #2, The Dalles

**PUMPKIN BREAD**  
Rhonda McIntyre

Sift together 5 cups flour, 4 tsp. soda, ¼ tsp. salt and 1 tsp. each cinnamon, cloves, allspice and ginger. Blend and beat until light 3 cups (one large can) sieved pumpkin, 4 cups sugar, 1 cup salad oil and 2 eggs. Stir in dry ingredients and add 1 cup chopped nuts and 1 cup raisins. Bake 70 minutes in oiled loaf pans at 350 degrees. Makes 3 loaves. (Calorie counters will get very satisfactory results using 1 or 2 cups sugar only—Food Editor.)

(Who will be our next Cook of the Week? Address entries to the Food Editor, Box 507, North Bend Ore., giving name, address and phone number. The winner will receive a \$1 prize payable at this office, 1964 Sherman, North Bend.)

3 teaspoons (double action)  
baking powder  
1 cup of milk  
1 cup huckleberries

mixed, ½ whole wheat, ¼  
n, ¼ wheat germ  
½ teaspoon salt  
2 eggs  
4 tablespoons of melted short-  
ening or vegetable oil

measure dry ingredients, pour milk into mixing bowl, add dry ingredients, shortening, eggs one at a time. Mix all together well with a spoon. Add 1 cup of huckleberries. Pour into greased muffin tins and bake at 400 degrees. 18 to 20 minutes. Fills 16 muffins. Calories--approximately 150 per muffin, 3 inches in diameter.

*Bess E Wells*

--Bess E. Wells  
District # 17, Tillamook



CORN BREAD OR MUFFINS

1 cup Mammy Lou cornmeal  
1 cup all purpose flour  
3½ teaspoons baking powder  
2 tablespoons sugar

1 teaspoon salt  
1 egg  
1 cup milk  
¼ cup melted shortening

Sift flour, measure, sift again with corn meal, baking powder, sugar, and salt. Beat egg slightly, add milk and shortening. Combine with dry ingredients, stirring only until moist. Pour into well greased square pan (8x8x2). Bake in moderately hot oven (450) 30 minutes or until done. Serves 6. For MUFFINS pour into well greased muffin pan, bake in moderately hot oven (425) 20 minutes or until done. Makes 12

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BETTER HEARING booklet published  
by Zenith Radio Corporation TODAY

Lanch Brooks  
District #2, The Dalles

HUCKLEBERRY MUFFINS

1 cup flour  
1 tablespoon sugar  
3 teaspoons (double action)  
baking powder  
1 cup of milk  
1 cup huckleberries

1 cup mixed, ½ whole wheat, ¼  
bran, ¼ wheat germ  
½ teaspoon salt  
2 eggs  
4 tablespoons of melted short-  
ening or vegetable oil

measure dry ingredients, pour milk into mixing bowl, add dry ingredi-  
ents, shortening, eggs one at a time. Mix all together well with  
a spoon. Add 1 cup of huckleberries. Pour into greased muffin tins  
and bake at 400 degrees. 18 to 20 minutes. Fills 16 muffins. Cal-  
ories--approximately 150 per muffin, 3 inches in diameter.

Bess E Wells

--Bess E. Wells  
District # 17, Tillamook



### NO-KNEADING BREAD ROLLS

1 cake Fleischman's yeast  
 $\frac{1}{4}$  cup lukewarm water  
 $\frac{1}{4}$  cup shortening  
 $1\frac{1}{4}$  teaspoon salt

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

Dissolve yeast cake in lukewarm water. Place shortening, salt and sugar in separate bowl. Add boiling water, stir until ingredients are dissolved. When lukewarm, add yeast. Add the beaten egg. Stir in flour to make a soft dough. (Begin with three cups flour and add as much more as necessary for soft dough.) Amount will vary with different flours,  $3\frac{1}{2}$  cups average amount. Grease a large bowl, place dough in it and cover with a plate. Chill dough 2 to 24 hours. Pinch off dough, place in greased muffin tins,  $\frac{1}{3}$  full. Brush tops with melted butter. Rolls will rise in 2 hours in a warm place. Bake in hot oven 425 degrees 20 minutes. Remove at once from tins. Makes 2 dozen.

*Helen Pepper*

--Helen Pepper  
District #2, The Dalles

### POTATO REFRIGERATOR ROLLS

Super!

1 cup hot mashed potatoes  
 $\frac{1}{2}$  cup sugar  
2 teaspoons salt  
8 cups flour

$\frac{3}{4}$  cup shortening  
1 beaten egg  
2 cup scalded milk  
1 cup compressed yeast

Mix hot potatoes with shortening, sugar and salt, add egg, scald milk, cool to lukewarm and add to potato mixture alternately with 2 cups flour, beat well, dissolve yeast in  $\frac{1}{4}$  cup of the lukewarm mixture, add and mix well, cover bowl and let rise for 30 min. Add rest of flour, knead for 5 min., place in large greased bowl, cover with plate and keep in refrigerator until ready to shape into rolls. Do not let dough freeze. When ready to take from refrigerator knead until smooth and shape into rolls immediately. Let rise until double in bulk about  $1\frac{1}{2}$  or 2 hours. Bake in hot oven 400 degrees for 20 to 30 minutes.

*L. Arneson*

--L. Arneson  
District #3, Salem



# Blackberry roll

24 flour

4t B. P. 1/4 t. salt

1/4 c soft Butter

1 c grated sharp ched.

3/4 c. milk - mix as for biscuit dough

— Roll pastry to 14 x 21 sheet

Top c 2 cup Black berries

Asprinkle 1c wh. sugar

1c Br sugar

grating of nutmeg

Roll & transfer to jelly roll pan

Asprinkle c sugar & bake 1 hr. 350°

Rhubarb pie { 4c Rhubarb puree } add beaten  
2c sugar { 1 cup wh. cream  
1c water pinch salt { 2 egg whites

Raw apple cake c hot Caramel sauce

# Fruit Dumplings

— roll pastry & cut into squares

Equis. of a fruit

1/4 t tapioca

Brown sugar

Asprinkle c Mace / touch of nutmeg

— Fold up Corners of pastry &

Syrup — 1c water

1/2 c Br. sugar

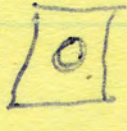

2t. Vanilla / spice as above

pour hot over dumplings and  
bake for 45".

Serve c Cream sauce



# Yan Can Cook -

Filling for   Egg white - Cook in salt water  
- fold over corners, Rice burger

1- Won Ton Soup } <sup>(Gr. PK)</sup> Green onion (ch), soy sauce, Water chestnut (ch) Sesame seed oil, wh. pepper  
add to boiling chicken Broth & soy, gr. onion.

2- Chicken <sup>marinate</sup> drumsticks - <sup>dist. & flour.</sup> egg white → Walnut meal, Cornflakes  
wheat germ. Bake

1-800  
441,3000

3- Meat Balls Hoisin sauce, ginger, <sup>ch.</sup> water chestnut,  
1 T. dry sherry - shape into balls - saute in skillet  
sprinkle & sesame seed

\$12.95

4- Sesame, Almond Cookies.

a wok for  
all-seasons

flour 2 c 1/2 Soda 1/2 B. Powder  
Sugar 3/4 c 1/4 c Brown Sug.  
Veg short. almond, Vanilla Extract  
2 eggs. - decorate as desired.



Banana Wh. Wh. Muffins - oven 400° yield 24 muffins 2 1/2  
 → reheat in foil - 350° for 15 min.

Sift together { 1 1/2 c flour  
 4 T. sugar  
 3/4 tsp. B. P.  
 1 tsp. soda  
 1/4 tsp. Cinnamon  
 1/2 t. salt

Serve with  
 Link sausages  
 Raspberries  
 Hot choc.  
 Whipped Cream

add - 1 cup whole wheat flakes  
 1/2 cup Roman meal  
 Blend separately & then mix & dry mix.  
 1 cup milk  
 2 eggs  
 1 cup mashed Banana  
 1/2 cup salad oil.

Fill cups about 2/3 full. Bake 20/25 min.

ORANGE ROLLS

1 cup milk  
 1 cake compressed yeast  
 3 eggs well beaten  
 4 cups flour

3 tablespoon butter or margarine  
 1/2 teaspoon salt  
 1/2 cup sugar

Scald milk, add butter and cool. When lukewarm add the yeast and salt. Add sugar to beaten eggs and combine with yeast mixture. Add one cup flour and mix well. Let rise 2 hours, then add remaining 3 cups flour--mix well with spoon. Do not knead. Cover and let rise 2 hrs. longer.

Meantime mix the filling by blending together the following:  
 1/2 cup of softened butter  
 1/2 cup of sugar  
 grated rind of one large orange

Divide the soft dough into 3 pieces for convenience in handling. Roll out into rectangular shapes on a well-floured board. Spread dough with the orange filling, roll and cut like cinnamon rolls. Cut into one inch slices, put in greased deep muffin tins and let rise for 2 hours, then bake for 20 minutes in a hot oven.

Dorothy E. Collard

--Dorothy E. Collard  
 District #4, Medford

QUICK COFFEE CAKE (Prep

1 egg well beaten  
 2 tablespoons melted shortening  
 1 large cup flour  
 scant teaspoon salt

Combine and place in oblong pan. Top with  
 topping over batter

TOPPING: 1 cup sugar  
 but melt together, spread on

can be frozen very successfully. When ready to serve simply reheat the frozen cake in a slow oven until warmed through. Fragrant coffeecake goes beautifully with bacon and eggs and a cup of hot chocolate topped with a marshmallow.

The same simple menu might double as an impromptu brunch for friends who come home with you after church. Make this luscious coffeecake soon, and make an extra one to store in the freezer.

Orange Oatmeal Coffeecake

Cake:  
 1/2 cup (1 stick) butter  
 1 cup sugar  
 2 eggs  
 1 1/2 cups sifted regular all-purpose flour  
 2 teaspoons baking powder  
 1/2 teaspoon cinnamon  
 1/4 teaspoon salt

2 1 cup quick-cooking oatmeal, uncooked

2 1 cup milk

Glaze:

1/4 cup (1/2 stick) butter  
 1/2 cup firmly packed light brown sugar  
 1/2 cup chopped nuts  
 3 tablespoons orange juice

Cream butter in a large mixing bowl; gradually add sugar and beat until light and fluffy. Beat in eggs one at a time. Sift together flour, baking powder, cinnamon and salt; mix in oatmeal. Add to creamed mixture alternately with milk beginning and ending with dry ingredients. Turn into a buttered 8-inch square pan. Bake in a pre-heated 350 degree oven 35-45 minutes.

While warm, spread with Orange Glaze. To prepare Orange Glaze: In a small mixing bowl cream butter, stir in sugar, nuts and juice. Spread over cake. Place under broiler until topping is bubbly, about 2 minutes. Cool cake slightly in pan on wire rack before cutting. Makes 9 servings.

Grace Clayton



Banana wh. wh. Muffins - oven 400° yield 24 muffins 2 1/2  
 → reheat in foil - 350° for 15 min.

Sift together { 1 1/2 c flour  
 4 T. sugar  
 3 1/2 tsp. B. P.  
 1 tsp. soda  
 1/4 tsp. Cinnamon  
 1/2 t. salt

add - 1 cup whole wheat flakes  
 1/2 cup Roman meal

Blend separately & then mix in dry mgs.

1 cup milk  
 2 eggs  
 1 cup mashed Banana  
 1/2 cup salad oil.

Fill cups about 2/3 full. Bake 20/25 min.

Serve with  
 Link sausages  
 Raspberries  
 Hot choc.  
 Whipped Cream

ORANGE ROLLS

1 cup milk  
 1 cake compressed yeast  
 3 eggs well beaten  
 4 cups flour

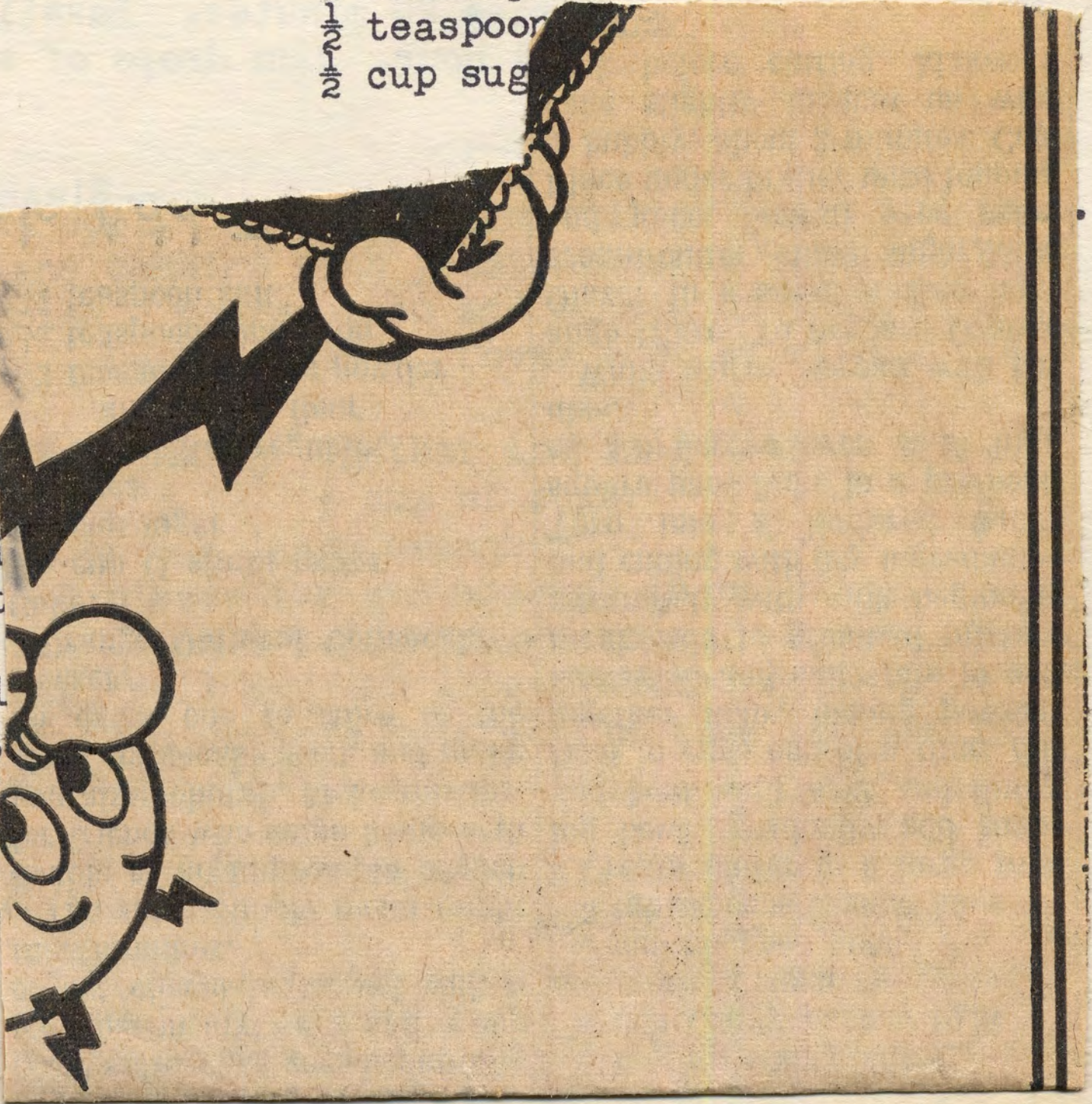
3 tablespoon butter or margarine  
 1/2 teaspoon  
 1/2 cup sugar

Scald milk, add butter &  
 Add sugar to beaten eggs  
 flour and mix well. Let  
 flour--mix well with spo  
 longer.

Meantime mix the filling  
 1/2 cup of softened butter  
 grated ri

Divide the soft dough into  
 Roll out into rectangular  
 dough with the orange fill  
 Cut into one inch slices,  
 for 2 hours, then bake for

Dorothy E C



QUICK COFFEE CAKE (Prepared in about 30 minutes)

1 egg well beaten  
 2 tablespoons melted shortening  
 1 large cup flour  
 scant teaspoon salt

1 tablespoon sugar  
 1/2 cup milk  
 2 teaspoons baking powder

Combine and place in oblong cake pan and spread the following  
 topping over batter

TOPPING: 1 cup sugar 1 teaspoon cinnamon  
 butter size of egg

melt together, spread on top and bake in hot oven.

Grace Clayton --Grace Clayton  
 District #2, Dalles



## GUM DROP BREAD

Sift dry ingredients:

2 teaspoons baking powder

$\frac{1}{4}$  teaspoon mace

1 teaspoon salt

Combine:

1 egg beaten with

Blend liquid with dry ingredients alternately, mixing smooth. Do not beat: Use 4 tablestoons additional flour to dredge:  $\frac{1}{2}$  cup raisins  $\frac{1}{2}$  cup diced gum drops and  $\frac{1}{2}$  cup nut meats. Add to mixture, place in greased pan. Let rise 20 minutes. Bake in moderate oven 350 degrees 45 minutes to 1 hour. Gum drops of several colors are nice for party bread.

*Eleanor Bangs*

2 cups flour (sifted)

$\frac{1}{4}$  cup sugar

1 teaspoon cinnamon

$\frac{1}{4}$  teaspoon nutmeg

2 tablespoons shortening

1 cup milk

--Eleanor Bangs

District #17, Wheeler

## **TJUV POIKAR**

(Thief Boys)

1 $\frac{1}{2}$  packages or cakes yeast, dry or compressed

1 teaspoon sugar

$\frac{1}{4}$  warm, not hot, water (lukewarm for compressed yeast)

$\frac{1}{2}$  cup butter or margarine

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

1 teaspoon salt

$\frac{3}{4}$  cup milk, scalded

5 cups sifted flour, about

3 eggs, beaten

1 cup butter or margarine, melted

2 cups sugar

1 $\frac{1}{2}$  cups finely chopped walnuts

Dissolve yeast and the 1 teaspoon sugar in water. Combine the  $\frac{1}{2}$  cup butter, the  $\frac{1}{2}$  cup sugar and salt. Add scalded milk; stir



until butter is melted. Cool to lukewarm. Add dissolved yeast; mix well. Add 2 cups of the flour; beat until smooth. Beat in eggs. Add remaining flour, gradually, beating after each addition to make a soft dough. Knead on lightly floured surface until smooth. Place in a greased bowl. Cover. Let rise in warm place until double in bulk, about 1 hour. Divide dough into fourths. Shape each fourth on lightly floured surface into a 12-inch roll. Divide each roll into 12 pieces. Shape each piece into a 7-inch rope. Dip each into melted butter, then sugar, melted butter and chopped nuts. Fold each rope in half. Twist to make a braid. Place on greased baking sheet. Cover. Let rise in warm place until double in bulk, about 20 minutes. Bake at 350°F. for 15 to 20 minutes. Yield: 4 dozen pastries. —THE END

the edges. Place apricot halves, or peach quarters, or thick apple slices on dough. Let dough rise until double in bulk, then sprinkle fruit in each pan with sugar and cinnamon, usually about  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  teaspoon cinnamon. Sprinkling with sugar before cake has risen will draw juice from fruit and will make dough rather soggy.

Then cover with topping made with 1 egg, beaten, 1 tablespoon sugar and  $\frac{1}{4}$  cup cream or top milk. Bake in moderate oven, 350 degrees for about 30 minutes, or until dough is baked in center.

*Doris L. Wagner*

--Doris L. Wagner

District #4, Medford



## GUM DROP BREAD

Sift dry ingredients:

2 cups flour (sifted)

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

THIS WEEK Magazine / October 22, 1961

and see how well you can follow these three instructions. Now move over to the paragraphs on the opposite page sure to retain the author's essential message.

for the important points in what you read so that you are *ping*. But this process means that you must learn to look speed, you will do a certain amount of *skimming and skip-*

**3. Look for important points.** As you increase reading increasing your concentration.

the author to answer. Looking ahead has the effect of as you go along, ask questions in your mind which you expect discuss. But when you settle into the article, summarizing learned a great deal about what the author proposes to *vey* of title, subtitle, author, captions, etc. — you will have *2. Ask questions.* By pre-reading — giving a quick sur-

COFFEE CAKE or KAFFEE KUCHEN (my mother's German recipe)

2 cups milk  
1 teaspoon sugar  
 $4\frac{1}{2}$  to  $5\frac{1}{2}$  cups sifted flour  
 $\frac{3}{4}$  cup butter or margarine  
1 cup sugar  
3 eggs, separated

pinch salt  
1 cake compressed yeast  
1 teaspoon powdered cardamom or  
 $\frac{1}{2}$  teaspoon cardamom seeds,  
shelled and powdered fine  
1 lemon, juice and grated rind

Scald milk, add salt and sugar, cool to lukewarm. Add yeast. Add  $1\frac{1}{2}$  cups flour and beat to make a smooth batter. Add cardamom. Cover and let rise for 45 minutes. Cream butter and sugar well together, then beat in egg yolks, one at a time. Add lemon juice and rind, fold in stiffly beaten egg whites. Beat this well into sponge, then add the remaining 3 to 4 cups flour to make dough the consistency of thick cake batter. Cover, let rise until double in bulk. Place dough in greased pans. Brush top with melted butter or margarine. Pat dough evenly into pan, letting corners and sides rise a bit around the edges. Place apricot halves, or peach quarters, or thick apple slices on dough. Let dough rise until double in bulk, then sprinkle fruit in each pan with sugar and cinnamon, usually about  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  teaspoon cinnamon. Sprinkling with sugar before cake has risen will draw juice from fruit and will make dough rather soggy.

Then cover with topping made with 1 egg, beaten, 1 tablespoon sugar and  $\frac{1}{4}$  cup cream or top milk. Bake in moderate oven, 350 degrees for about 30 minutes, or until dough is baked in center.

Doris L. Wagner

--Doris L. Wagner  
District #4, Medford



BUTTERMILK PANCAKES

2 cups flour  
2 teaspoons baking powder  
1 teaspoon soda  
2 tablespoons melted butter

$\frac{3}{4}$  teaspoon salt  
3 eggs (slightly beaten)  
2 cups buttermilk

Helen Bodger

--Helen Bodger

PANCAKES

1 cup milk  
2 tablespoons oil  
1 egg - beaten  
1 cup sifted flour

$\frac{1}{2}$  teaspoon salt  
2 tablespoons sugar  
2 tablespoons baking powder  
(no kidding -2 tablespoons)

Mix oil, egg and milk, sift dry ingredients and add to the above.  
Add 2 tablespoons more milk. Fry on hot griddle.

Henrietta Doltz

--Henrietta Doltz  
District #1, Portland

DROPPED SCONES

Good for a snack or to serve with tea. (recipe given to me by another  
Public Health Nurse, Miss Mary Ellen Bell)

$\frac{1}{2}$  lb. flour  
1 oz. sugar or syrup (1 table-  
spoon)  
 $\frac{1}{2}$  teaspoon baking soda

$\frac{1}{2}$  teaspoon salt  
1 egg  
buttermilk to mix  
 $\frac{1}{2}$  teaspoon cream of tartar

Method: Heat griddle. Measure and mix dry ingredients. Beat egg  
lightly and add. Mix to consistency of thick cream with milk.  
Drop by spoonfuls on to hot greased griddle. Turn when brown. Re-  
move from griddle when second side is brown and edges dry. Cool in  
towel. Serve on plate with doilie.

Doris L. Wagner

--Doris L. Wagner  
District #4, Medford



## LEMON BUTTER

This recipe was given to me by an old Scotch lady who brought it from her homeland many, many years ago. It is excellent used on biscuits, scones and such.

$\frac{1}{4}$  pound butter  
grated rind of 2 lemons  
6 well beaten eggs (you may use less)

1 pound sugar  
juice of 3 lemons

Place first 4 ingredients in sauce pan over low heat and stir until sugar is dissolved and all is well blended. Continue stirring, then add eggs well beaten. Cook until about the consistency of honey.

### APRICOT-ALMOND CLAFOUTIS

Sugar  
3 eggs  
 $\frac{3}{4}$  C whipping cream  
 $\frac{3}{4}$  C milk  
 $\frac{1}{2}$  tsp almond extract  
 $\frac{1}{2}$  C flour  
8 apricots, cut in half and pitted  
 $\frac{1}{3}$  C slivered almonds

In blender or food processor, blend  $\frac{1}{4}$  cup sugar, eggs, cream, milk and almond extract until smooth. Sift flour over mixture and pulse just to mix. Set batter aside to stand 10 minutes.

Arrange apricots, cut-side down, in heavily buttered and sugared 9-inch glass pie plate. When batter has rested, pour batter over apricots. Sprinkle with almonds and another 1 to 2 tablespoons sugar.

Bake at 400° until puffed and brown, about 45 minutes.

Serve immediately. Makes 6 to 8 servings.

**Nutritional analysis (per serving):** 290 calories, 8 gm protein, 17 gm fat, 59 mg sodium.

ing about 25 strokes. Spread batter evenly in two greased square pans, 8" x 8" x 2". Mix butter and brown sugar until crumbly; add remaining applesauce and coconut; spread on each loaf evenly. Sprinkle with walnuts, cinnamon and nutmeg. Cover; let rise in warm place until double in bulk. Bake in moderate oven (375°) 40 to 45 minutes.

FROM PARADE'S TEST KITCHEN

### OREGON WALNUT BREAD

3 cups all-purpose flour  
4 teaspoons baking powder  
1 cup sugar  
1 teaspoon salt  
1 cup chopped walnut meats  
3 tablespoons butter or other shortening

1 egg, well beaten - 2  
 $\frac{1}{4}$  cups milk  $\frac{1}{2}$  c ch. Orange Pk

### LEMON BUTTER BREAD

$\frac{1}{2}$  teas  
1 cup  
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2 tabl  
mar  
 $\frac{1}{4}$  cup  
bro  
 $\frac{1}{2}$  cup  
 $\frac{1}{2}$  cup  
1 teaspoon  
 $\frac{1}{2}$  teaspoon

of the applesauce and  $\frac{1}{2}$  cup 1 tablespoon sugar and yeast; combine beaten eggs, applesauce and salt. Beat 2 minutes on r, or 300 vigorous strokes by well. Cover; let rise in warm milk. Stir down batter by beat-

batter evenly in two greased square pans, 8" x 8" x 2". Mix butter and brown sugar until crumbly; add remaining applesauce and coconut; spread on each loaf evenly. Sprinkle with walnuts, cinnamon and nutmeg. Cover; let rise in warm place until double in bulk. Bake in moderate oven (375°) 40 to 45 minutes.

### DATE SPREAD

y sour cream  
oz.) cream cheese,  
ely chopped pitted

ingredients; mix  
es  $\frac{1}{4}$  cups spread.

### CHEESE SPREAD

nut butter  
oz.) cream cheese,

2' tablespoons milk  
1 tablespoon orange marmalade  
2 tablespoons finely chopped raisins, optional.  
Combine ingredients; mix well. Makes about  $1\frac{3}{4}$  cups spread.

tablespoon sugar  
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Higgins  
e, Alaska



Edible Portion	Spicy Flavor	Petals
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# PETAL OWNER

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*Langton* --Ruth Langton

### APPLESAUCE BATTER BREAD

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1/2 cup shortening                  | 1 1/2 teaspoons salt              |
| 1 can (15 oz.) apple-sauce, divided | 1 cup quick-cooking rolled oats   |
| 1/2 cup sugar                       | 2 tablespoons butter or margarine |
| 1/4 cup warm water (110°-115°)      | 1/4 cup firmly packed brown sugar |
| 1 tablespoon sugar                  | 1/2 cup flaked coconut            |
| 1 pkg. active dry yeast             | 1/2 cup chopped walnuts           |
| 2 eggs, beaten                      | 1 teaspoon cinnamon               |
| 3 cups sifted enriched flour        | 1/2 teaspoon nutmeg               |

Melt shortening; stir in 1 cup of the applesauce and 1/2 cup sugar. Combine warm water, 1 tablespoon sugar and yeast; stir until yeast dissolves. Combine beaten eggs, applesauce mixture, yeast mixture, flour and salt. Beat 2 minutes on medium speed of electric mixer, or 300 vigorous strokes by hand. Stir in rolled oats; mix well. Cover; let rise in warm place (85°) until double in bulk. Stir down batter by beating about 25 strokes. Spread batter evenly in two greased square pans, 8" x 8" x 2". Mix butter and brown sugar until crumbly; add remaining applesauce and coconut; spread on each loaf evenly. Sprinkle with walnuts, cinnamon and nutmeg. Cover; let rise in warm place until double in bulk. Bake in moderate oven (375°) 40 to 45 minutes.

FROM PARADE'S TEST KITCHEN

- #### Cream Date Spread
- 1/2 cup dairy sour cream
  - 1 pkg. (3 oz.) cream cheese, softened
  - 1/2 cup finely chopped pitted dates
- Combine ingredients; mix well. Makes 1 1/4 cups spread.
- #### Peanutty Cheese Spread
- 1/2 cup peanut butter
  - 1 pkg. (8 oz.) cream cheese, softened
  - 2 tablespoons milk
  - 1 tablespoon orange marmalade
  - 2 tablespoons finely chopped raisins, optional.
- Combine ingredients; mix well. Makes about 1 3/4 cups spread.

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flour and 1 cup  
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Higgins  
e, Alaska



Milestone: There hasn't been a mass-pro-  
duction French convertible made for 21  
years. To end this strange Gallic drought, a  
two-door, four-passenger soft-top will be of-  
fered early in 1961 by Citroen, on the front-  
wheel-drive, air-oil-suspension chassis used  
for the present hard-tops. Many experts (and  
not all of them French by any means) be-  
lieve this chassis offers the most comfortable  
ride available in the world today.

Then when  
up to an independent switch. Then when  
you are on low beam you will have complete  
coverage of the ditch-side of the road. I be-  
lieve that these lights have kept me from  
hitting at least two dark-clothed rural pedes-  
trians. Most oncoming cars won't even notice  
the light, since it's pointed away from them.  
On some uphill bends it may hit them, and  
that's the reason for the independent switch.  
Turn it off for a second or two. A floor-  
mounted solenoid is good, or a six-inch stalk  
switch on the steering-wheel post.

SOUR DOUGH HOTCAKES

**Starter:**

1 cake compressed yeast into an earthenware crock or glass jar  
(do not use a metal container) which has a lid or cover.

Add: 1 teaspoon sugar  
1 cup luke warm water  
mix until smooth, then add: 2 cups flour

Beat to a smooth batter. Cover loosely and set in a warm place for  
24 to 36 hours before use.

Hotcakes: Pour starter into a mixing bowl, leaving a little in the  
jar. To each cup of batter add the following: 1 tablespoon sugar  
 $\frac{1}{4}$  teaspoon of salt  $\frac{1}{2}$  teaspoon soda  
1 egg

Beat well to mix, but do not beat after batter has started to work.  
As it will more than double its bulk, use a large mixing bowl. If  
hotcakes are desired for the next day add 2 cups of flour and 1 cup  
of water to starter and keep in a warm place. This can be kept  
for several days, but it works best if used every other day, as  
starter will get sour. As starter works, it will double its bulk,  
so use a large jar or crock.

*Maude Burke Higgins* --Maude Burke Higgins  
Anchorage, Alaska

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back to the table as Thanksgiving.

## Campbell's® Green Bean Bake

Prep Time: 10 min. Cook Time: 30 min.

1 can (10 3/4 oz.) Campbell's®  
Cream of Mushroom Soup  
1/2 cup milk  
1 tsp. soy sauce  
Dash pepper  
4 cups cooked cut green beans  
1 can (2.8 oz.) French's® French  
Fried Onions

1. In 1 1/2-qt. casserole mix soup, milk, soy, pepper, beans and 1/2 can onions.
  2. Bake at 350° F. for 25 min. or until hot.
  3. Stir. Sprinkle remaining onions over bean mixture. Bake 5 min. more or until onions are golden.
- Serves 6.

Campbell's Makes Everything *Mm! Mm!* Better.™



© 1996 Campbell Soup Company



LEMON MUFFINS

You may wish to serve these tangy, cake-like muffins at a salad luncheon on the patio.

- 3/4 cup shortening.
- 1 cup sugar
- 4 eggs, separated.
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup lemon juice
- 2 teaspoons grated lemon peel

Cream shortening and sugar until light and fluffy. Beat egg yolks until light and blend into the creamed mixture.

Sift flour, measure, then sift again with baking powder and salt. Mix in dry ingredients alternately with lemon juice. Beat egg whites until stiff, but not dry, and fold in along with grated lemon peel. Spoon into greased muffin pans, bake in moderately hot oven (375°) for 20 minutes, or until golden brown. Makes 18 medium sized muffins.—L. M. G., Bremerton, Wash.

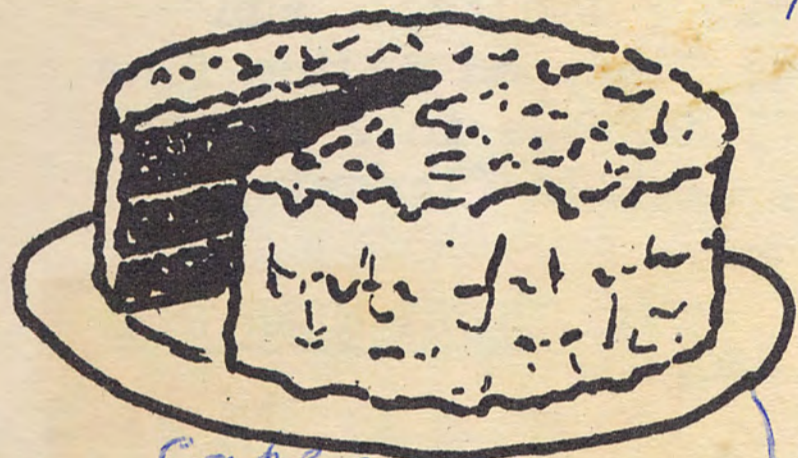
These muffins are delicious when split, buttered, and toasted to serve for breakfast or brunch.

or Rich. Smeck  
L.M.

1 1/2 c. sugar  
3/4 c. short.

cream, add

1 t. Vanilla  
1 c. Mashed, ripe  
banana & 1 t lemon j.



cake

add sifted 2 c. sifted flour  
1 t. salt  
1 t. soda

add 2 stiffly beaten egg white

Pour into greased & floured 8x8x2 pan and

top & following mix



3 T. Br. sugar

3 T. Butter

3 T. Cream

1/2 c Chopped walnuts

Sprinkle over batter

Bake at 350° - 20, 30"

Mayonnaise Mince-meat

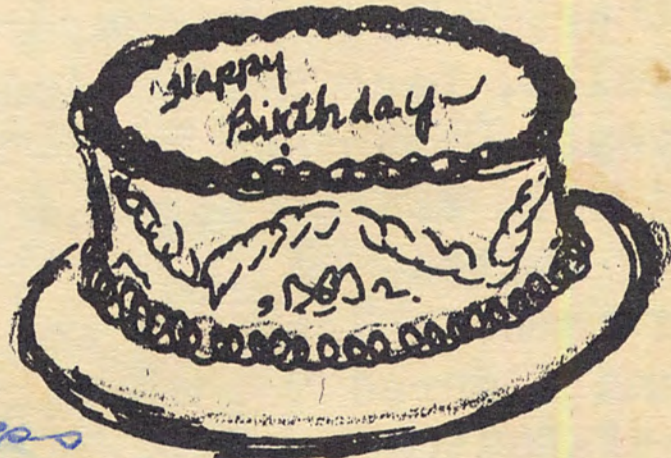
- 1 c mince-meat
  - 1 c Ch. walnuts
  - 1 t Rum flavor
  - 1 t Vanilla
- combine

- 1 c mayonnaise
  - 1 1/2 c buttermilk
- blend in  
mixing bowl

- 3 1/4 c sifted flour
  - 1 1/2 c sugar
  - 1 t salt
  - 3/4 t soda
- sift  
together  
add to  
above

Grated rind of 1 orange

— blend all mixed and bake 2 hrs at 325° in a tube pan lined & heavy brown paper. Frost and decorate as desired. Keeps well.



CAKES	15 - 26
COOKIES	27 - 36
FROSTINGS	37 - 38



# CAKES, COOKIES AND FROSTINGS

**Banana cake**  
 2 T. Cream or Rich Milk  
 2 egg whites  
 1 t. Vanilla  
 1 c. Mashed ripe  
 banana & 1 t. lemon J.  
 1 1/2 c. sugar, add  
 3/4 c. short.

add sifted 2 c. sifted flour  
 1 t. salt  
 1 t. soda

add 2 egg beaten egg white  
 Pour into greased & floured 8x8x2 pan and

top & following mix

3 T. Pa. sugar

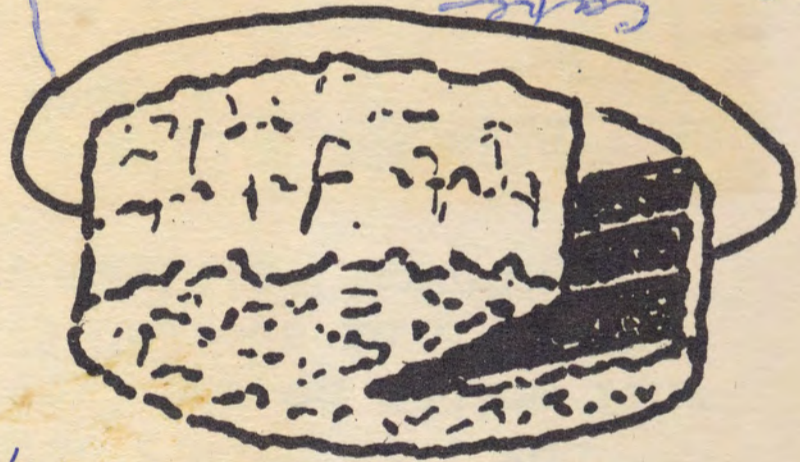
3 T. Butter

2 T. Cream

1/2 c. chopped walnuts

5 sprinke over batter

Bake at 350° - 50, 30"



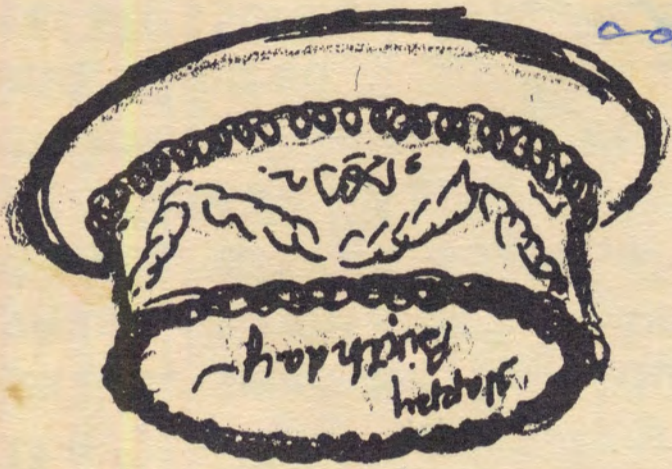
*Cake*  
 Meringue Meringue

1 c. meringue  
 1 c. ch. walnuts  
 1 t. Rum flavor  
 1 t. Vanilla

1 c. meringue  
 1/2 c. butter  
 1/2 c. sugar  
 3/4 c. sifted flour  
 1 t. salt  
 1 t. soda



3/4 t. soda  
 1 t. salt  
 1 1/2 c. sugar  
 3/4 c. sifted flour  
 1 t. salt  
 1 t. soda



Grated rind of 1 orange  
 - blend all sugar and bake  
 2 hrs at 325° in a tube pan  
 lined & heavy brown paper.  
 Frost and decorate as desired. Recipe

15 -	26	CAKES
27 -	36	COOKIES
37 -	38	FROSTINGS

dessert plate. We cado chunks, and fresh figs, pears, ese fruits. Center ssing. We reamed

**A plank**, an ovenproof platter, or your meat cutting board can be the base for this dessert. Arrange groups of fruits on the plank. Shown on ours, above, are peeled peach halves, cantaloup slices, sliced figs, and whole raspberries. You might



MARASCHINO CHERRY CAKE

2½ cups cake flour  
1 teaspoon salt  
1½ cups granulated sugar

3½ teaspoons Calumet Baking Powder

Sift all the dry ingredients several times. Put in mixing bowl add

½ cup spry

¾ cup milk ¼ cup cherry juice

add ¾ cup of this liquid to above ingredients and beat for 2 minutes. Add 4 unbeaten egg whites, remaining liquid. Beat 2 minutes. Add ½ cup chopped walnut meats, 18 marachino cherries, chopped medium fine and 1 teaspoon vanilla. Bake 20 - 25 minutes 375 degrees in 2 layers Ice with fluffy powdered sugar and butter icing, vanilla flavoring.

*Helen Badger*

--Helen Badger

FOAMY CHOCOLATE CAKE

1 cup butter or shortening  
2 cups sugar  
3 eggs  
3 squares bitter chocolate melted  
1 cup milk  
½ cake compressed yeast  
1½ teaspoons vanilla

¼ cup lukewarm water  
½ teaspoon salt  
2¾ cups cake flour (sift before measuring)  
1 teaspoon soda  
3 tablespoons hot water

Grease thoroughly, and dust with flour two 9 inch square pans. Cream butter, add sugar and cream together until light and fluffy. Add egg yolks, beat well. Add the melted chocolate and the milk. Add the yeast which has been mixed with the lukewarm water. Add the flour and salt sifted together. Beat well. Fold in the stiffly beaten egg whites. Allow to stand overnight. Then add the soda dissolved in 3 tablespoons hot water. Add vanilla. Pour into well greased and floured 9 inche layer or large 14x9x2½ pan. Bake for 45 minutes at 350 degrees.

*Helen Pepper*

--Helen Pepper  
District #2, The Dalles

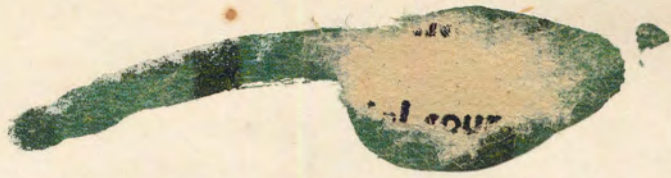


## Hearty Lasagne Roll-ups

- |   |  |
|---|--|
| 1 (1-pound) package Merlino's®<br>Lasagne, uncooked | 2 (15-ounce) containers Frigo® Ricotta<br>cheese                     |
| 1 pound bulk Italian sausage                        | 1 (16-ounce) package Frigo® Mozzarella<br>Cheese, shredded (divided) |
| 1 large onion, chopped                              | 1/3 cup grated Frigo® Parmesan cheese                                |
| 1 clove garlic, minced                              | 2 eggs, beaten   |
| 1 (30-ounce) jar Prego® Spaghetti<br>sauce          | 2 teaspoons parsley flakes   |
| 1 teaspoon basil leaves                             | 1 teaspoon salt  |

Prepare Merlino's® Lasagne according to package directions; drain. In large skillet, combine sausage, onion and garlic. Cook until sausage is no longer pink. Stir in Prego® Spaghetti Sauce. Simmer 10 minutes. In medium bowl, blend Frigo® Ricotta cheese, 2 cups shredded Frigo® Mozzarella Cheese, the Parmesan cheese, eggs, parsley and salt. Spread ricotta mixture equally on lasagne strips. Roll up each strip jellyroll-style. Pour one-half the sauce in the bottom of one or two 13 x 9-inch baking pan(s). Arrange roll-ups seam-side-down in pan. Top with remaining sauce and remaining mozzarella cheese. Cover. Bake in a 350° oven until hot, about 40 minutes. Refrigerate leftovers. 6 to 8 servings.





CARROT CAKE

1/2

1/8

- MIX together 1 cup sugar and 3/4 cup salad oil
- ADD 1 1/2 cups flour <sup>2 1/4</sup>
- 1 teaspoon soda <sup>1 1/2</sup>
- 1/4 teaspoon salt <sup>1/2</sup>
- ADD 1 cup carrots, grated, raw <sup>2</sup>
- 1/2 cup nut meats <sup>1</sup>
- 1 teaspoon baking powder <sup>2</sup>
- 1 teaspoon cinnamon <sup>2</sup>
- 2 eggs - 1 at a time <sup>3</sup>

Bake in greased loaf pan for 55 minutes 375 degrees.

*Eleanor Larson Bangs*

--Eleanor Larson Bangs  
District #17, Wheeler

SOUTHERN FRUIT CAKE

- 1 1/2 lbs pecans
- 1 1/4 lbs pitted dates
- 1/2 lb candied cherries
- 1/2 lb candied pineapple
- 4 eggs
- 1 cup sugar
- 2 1/2 teaspoons baking powder
- 1 1/2 cups sifted flour
- 3 teaspoons vanilla
- 3 tablespoons whiskey or wine

Chip pecans and fruits and mix together. Sift dry ingredients together. Add dry ingredients to fruit mixture and mix thoroughly. Beat the eggs and add vanilla, then add egg mixture to the fruit mixture and mix well. Add whiskey ( or wine) last. Bake 2 1/2 hours at 250 or 275 degrees.

*ESTHER JACOBSON*

--Esther Jacobson  
District #5, Eugene

*Apple Dilly Cake - Frost & boiled icing - add 1 peeled, diced apple  
1/4 t. nutmeg during beating.*

RAW APPLE CAKE

- (1) - 1 1/2 cups white sugar
- (1/2) 1 1/2 cups cool strong coffee
- (1 1/2) - 3 cups all purpose flour
- (1/4) - 1/2 teaspoon nutmeg
- 1 cup raisins
- (1) - 3/4 teaspoon soda
- 1/4 t salt
- 1/2 t cloves
- (1/2) - 3/4 cup shortening
- (1) - 3 small or 2 large eggs
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- (1) 1/2 cup walnuts
- (1) 2 cups raw apples cut in 1/2 in. cubes.

Cream sugar, shortening and eggs, add sifted dry ingredients and and coffee alternately, add raw apples, floured raisins, and nuts. Bake in a sheet or loaf, at 350 degrees about 40 minutes. Frost with carmel icing.

4 c. diced apple } mix & add } 1/2 c. Wesson oil  
2 c. sugar } 1 c. nuts  
2 eggs, well beaten  
2 tsp. vanilla

Sift & add - 2 c. flour, 1/2 t. soda  
2 t. cinnamon, 1/4 t. salt

*Bake 350  
40-60 min  
9x13x2"  
greased pan  
17  
shrinky from pan when done*



SPANISH BUN CAKE

$\frac{1}{2}$  cup shortening creamed with  
Then add 2 beaten egg yolks  
Sift together:  $1\frac{1}{2}$  cups sifted flour 3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon allspice  $\frac{1}{4}$  teaspoon cloves  
Add to creamed mixture, alternately with  $\frac{1}{2}$  cup sweet milk  
 $\frac{1}{2}$  teaspoon vanilla  
Pour into shallow pan--over top of dough spread an icing made by  
combining: 2 egg whites, stiffly whipped  $\frac{3}{4}$  cup brown sugar  
 $\frac{1}{2}$  cup chopped nuts  
Sprinkle additional nuts over the top and bake in a moderate oven,  
350 degrees for 1 hour. This recipe serves 8

*Verna May Davey*

--Verna May Davey  
District #3, Salem

FILIGREE COCOA DEVILS FOOD CAKE

$1\frac{1}{2}$  cups sifted cake flour  
 $1\frac{1}{4}$  cups sugar  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{4}$  teaspoon cream of tartar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{2}{3}$  cups shortening  
1 cup milk  
2 eggs  
1 teaspoon vanilla  
If you use sour milk, omit  
cream of tartar

Sift all dry ingredients together into large bowl. Add shortening  
vanilla, and  $\frac{2}{3}$  cups of the milk. Beat  $1\frac{1}{2}$  min. with an electric  
mixer, 150 strokes by hand. Add eggs, beat  $2\frac{1}{2}$  min. Add the rest of the  
milk and beat  $\frac{1}{2}$  min. Pour into 2, 9 inch greased, floured cake pans.  
Bake in 350 degree oven 30 to 40 min. Cool on rack 10 min, then  
remove from pan. Frost when completely cooled.

*Maxine Grenz*

--Mrs. Maxine Grenz, R.N.  
District #6, Albany Oreg



UPSIDE DOWN PEACH CAKE

9 halves of peaches  
1/2 cup brown sugar

1/2 cup soft butter  
maraschino cherries

Spread butter in bottom of deep 9 inch square pan. Pack brown sugar evenly on top. Place peaches cup side down, arrange cherries around peaches. Mix together - in electric mixer:

1/2 cup shortening  
2/3 cup milk  
1 teaspoon salt  
2 cups sifted cake flour

1 cup sugar  
2 eggs  
1teaspoon vanilla  
3 teaspoons baking powder

Pour over peaches and bake in oven set at 350 degrees about 1 hour. May be served warm or cold with whipped cream.

*Lillian A Rogers*

--Lillian A. Rogers,  
District #21, Hermiston

GOOD SHORTCAKE for berries and peaches

BLITZ TORTE

1/2 cup butter,  
3 egg yolks  
1 cup sifted all purpose flour  
1 teaspoon salt

1/2 cup sugar  
1/2 teaspoon vanilla  
1 1/2 teaspoon baking powder  
sift last three together

Cream butter and sugar, add well beaten egg yolks and vanilla, then flour and milk alternately. Spread in 9x9 round or square pan. Then make meringue. Beat 3 egg whites until fluffy, gradually beat in 1/2 cup sugar, spoon over cake batter, sprinkle 1/2 cups chopped filberts or walnuts over meringue. Bake in 325 degree -350 degree oven for 30 minutes. Good with fresh or frozen berries and yummy with fresh sliced peaches.

*Vlasta Eckert*

--Vlasta Eckert  
District #1, Portland

Apple Pan Dowdy - makes 13x9" or 16 to 18 servings.

add sifted dry ingv.

Cream together  
1/2 c short, Obo, or butter  
2 c sugar  
2 eggs.

2 c. flour  
2 t. salt  
1 t cinnamon  
1 t nutmeg  
2 t soda

- add 3 cups grated  
raw apple  
(325) P. per  
Bake 350° - 30 min.

Remove from oven - Cool slightly then pour over cream sauce  
3/4 cup sugar  
3/4 cup butter  
1/2 c. Evap milk - thin cream  
1 1/2 t Vanilla  
3 heat all together  
but do not boil.



LIGHTNING LAYER CAKE

3 1/3 cups sifted flour  
2 teaspoons baking powder  
1 teaspoon salt  
2 eggs, unbeaten

soft shortening as needed  
1 cup milk  
2 cups sugar  
1 teaspoon vanilla

Sift flour once, measure, add baking powder and sift together three times. Break eggs in cup and add enough shortening to fill cup. Put all ingredients into mixing bowl and beat vigorously 2 minutes. Bake in the three greased 9 inch layer pans in moderate oven (375 degrees) for 25 minutes.

*Blanche Brooks*

--Blanche Brooks  
District #2, The Dalles

WALDORF ASTORIA CHOCOLATE CAKE

1/2 cup butter  
2 cups sugar  
4 oz chocolates  
2 eggs  
1 1/2 cup milk

2 cups flour  
2 teaspoon baking powder  
1/2 teaspoon soda  
2 teaspoon vanilla  
1 cup walnuts

Cream butter and sugar till fluffy, add eggs beaten and melted chocolates. Mix dry ingredients and milk alternately, add flavoring and nuts. Bake in oven 350 degrees for 35 - 40 minutes. Makes 3 layers. Let cake stand a day before frosting.

FROSTING

1/4 cup butter  
2 squares chocolate  
1 teaspoon lemon juice

1 egg  
1 1/2 cup powdered sugar  
1 cup nuts

1 teaspoon vanilla

Melt butter and chocolate add egg well beaten, flavoring, dash of salt and cinnamon sugar, beat well. Add nuts last.

*Ellen Olson*

--Ellen Olson  
OSNA Number 1 Volunteer



## ANGEL DELIGHT

This is a beautiful cake and a real party treat.

- |                                       |   |
|---------------------------------------|---|
| 1 No. 2 can crushed pineapple         | 1 4-oz. box marshmallows,<br>finely cut |
| 1 8-oz. bottle maraschino<br>cherries | 1 envelope plain gelatin                |
| 1 cup milk                            | 1 cup chopped blanched almonds          |
| 1 pint whipping cream, whipped        | 1 10 inch (large) angel food<br>cake    |

Combine pineapple, marshmallows and cherries including juices (save out a few cherries for decoration). Let soak 6 hours or overnight. Soften gelatin in  $\frac{1}{2}$  cup cold milk for 5 minutes, add  $\frac{1}{2}$  cup hot milk. Chill until slightly thickened. Add fruit mixture and almonds, fold in whipped cream. Cut angel food cake into two layers. Put layers together with mixture and frost top and sides. If you still have mixture left, drop in middle. Chill cake before serving. Decorate top with the cherries you saved out and some almond halves. Yield: 20 persons.

Ruth Langton --Ruth Langton  
OSNA office

## (Wacky Cake)

JIFFY DEVIL'S FOOD CAKE--a moist cake, mixed, baked, cut in one pan.

- |   |   |
|---|---|
| $\frac{1}{2}$ cups sifted cake flour              | 1 cup sugar   |
| $\frac{1}{4}$ c - 3 tablespoons unsweetened cocoa | 1 teaspoon baking soda                                |
| $\frac{1}{2}$ teaspoon salt                       | $\frac{1}{3}$ cup melted shortening or<br>cooking oil |
| 1 tablespoon vinegar                              | 1 t. Vanilla  |
| 1 cup cold water                                  |   |

Measure flour, sugar, cocoa, soda and salt into a sifter. Sift twice, the last time into an ungreased 9 in. square baking pan (cocoa should be well mixed) Make three depressions. Pour melted shortening into one, vinegar into the second, vanilla into the third. Pour cold water over all. Mix with a fork until all dry ingredients disappear.

Batter will be very thin. Bake in a moderate oven, 350 degrees 30 minutes. Cool, frost and cut in the pan, do not turn out. This is a dark, soft cake. Makes 8 servings.

Agnes Cooley --Agnes Cooley  
District #1, Portland



### APPLE CAKE

6 large firm apples  
6 eggs  
pinch salt  
CRUST: 2 cups zweiback crumbs  
 $\frac{1}{2}$  teaspoon cinnamon

1 cup sugar  
1 pint (2 cups) sour cream  
2 teaspoons vanilla  
3 tablespoons sugar

Peel and slice apples. Place in a heavy pan with the sugar (no water) and cook over very low heat until apple slices are tender. Beat eggs slightly, add sour cream, salt and vanilla. Carefully stir into apples and continue cooking slowly until mixture thickens slightly. Remove from heat. Mix zweiback crumbs with sugar and cinnamon. Butter generously a large springform pan and press  $\frac{2}{3}$  of the crumbs on the bottom and sides. Carefully spoon in apple custard. Top with remaining crumbs. Bake in a slow oven (325) for 1 hour. Cool in oven and cut in thin slices. Serves 10 to 12. These varieties of apples hold their shape well when cooked. Newton, Mayflower, Jonathan.

--Loretta Sheasgreen  
District #1, Portland

Loretta Sheasgreen

### MARY LEE TAYLOR'S HUSBAND-TESTED FESTIVE FRUIT CAKE

Line bottom and sides of 5 cup loaf or tube pan with waxed paper. Put  $\frac{1}{2}$  cup Pet evaporated milk, 16 finely cut marshmallows, and 3 tablespoons orange juice into a bowl and let stand until needed. Roll 4 dozen  $2\frac{1}{2}$  inch graham crackers into fine crumbs. Put crumbs into a large bowl with  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon nutmeg,  $\frac{1}{8}$  teaspoon cloves, 1 cup seedless raisins (dark or light)  $\frac{1}{2}$  cup finely cut dates,  $\frac{3}{4}$  cup broken walnuts. Add  $\frac{3}{4}$  cup ready-mixed, cut-up candied fruit (see note). Add milk mixture and mix with spoon, then with hands, until crumbs are moistened. Press firmly into pan. Cover tightly. Chill two days before slicing, and keep in cool place. Makes  $2\frac{1}{4}$  lbs.  
NOTE: Or use  $\frac{1}{2}$  cup finely cut candied pineapple,  $\frac{1}{3}$  cup finely cut candied cherries, and 2 tablespoons finely cut candied orange peel.

Gertrude Deutsch

--Miss Gertrude Deutsch  
District #1, Portland



### APPLESAUCE CAKE

$\frac{1}{2}$  cup shortening  
1 cup raisins  
1 cup applesauce (strained  
I like VB apple sauce)  
2 cup flour  
 $\frac{1}{2}$  teaspoon ground cloves or all spice  
2 tablespoons hot water

1 cup sugar  
 $\frac{1}{2}$  cup nuts  
1 teaspoon soda  
1 egg  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
dash of salt

This is one I've used for years and is the best I've found. I usually bake as a loaf.

*F. Briscoe*

--F. Briscoe  
District #3, Salem

### RAISIN CAKE

1 cup boiling water  
bring to boil  
add 1 teaspoon soda and let cool  
1 cup sugar  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $1\frac{3}{4}$  cup flour

1 cup rasins chopped  
beat 1 egg  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  teaspoon cloves  
mix with raisin mixture and add  
1 teaspoon baking powder

Bake in layers or loaf pan at 325 degrees for 15 minutes then 375 degrees for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour.

*Agnes Larsen*

--Agnes Larsen  
District # 3, Salem

### ORANGE LOAF CAKE--simple to make

Have all ingredients room temperature. Sift together into mixer bowl: 2 cups sifted flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{4}$  cup sugar. Add  $\frac{1}{2}$  cup vegetable shortening and  $\frac{1}{2}$  cup liquid. (use grated rind & juice from 1 orange with enough water to make  $\frac{1}{2}$  cup) Beat at medium speed in mixer for 2 min., add 2 large eggs un-beaten, continue beating for 2 more minutes. Pour into 9x12 shallow pan. Bake 1 hour in 350 degree oven.

*Frishia McBee*

--Frishia McBee  
District #1, Portland



MAYONNAISE CAKE (Inexpensive)

1 cup granulated sugar  
1 cup Miracle Whip Mayonnaise  
1 teaspoon soda  
1 TEASPOON VANILLA

4 tablespoons cocoa  
1 teaspoon salt  
1 teaspoon baking powder  
2 cups flour, any good grade

Add soda and baking powder to 1 cup warm water. Mix two cups of sugar with cocoa. Add Mayonnaise and mix well. Beat first mixture with flour a little at a time until well blended. Add vanilla. All ingredients may be mixed in mixer for 2 minutes if desired. Bake cake 25 minutes at 350 degrees. This is a non-fail cake.

*Florence Hawkins* -- Florence Hawkins  
District #17, Tillamook

APPLESAUCE CAKE

2 cups all purpose flour  
1 teaspoon soda  
 $\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon nutmeg  
1 teaspoon cinnamon  
1 cup thick applesauce  
1 cup broken nutmeats

$\frac{1}{2}$  cup shortening  
 $\frac{1}{4}$  cup sugar  
 $\frac{3}{4}$  cup corn syrup or white Karo  
(or 1 cup sugar for the two  
item directly above)  
1 egg slightly beaten  
1 cup raisins

Sift, then measure flour. Sift 3 times with baking soda, salt and spices. Cream shortening. Add sugar, cream thoroughly. Add corn syrup gradually, beating after each addition. Add egg and beat until light and fluffy. Add sifted dry ingredients alternately with applesauce. Add raisins which have been floured and nutmeats. Bake in 9x9 loaf pan lined with greased wax paper. 350 degrees for 50 to 60 minutes.

I have used this for a fruit cake at Holiday time by adding other fruits, then glazing just before using. Have kept it a year.

FRUIT CAKE GLAZE:

1 pint canned apricots  
1 cup sugar  
1 whole lemon sliced thin.

Cook all together until real thick then strain. Brush on cold cake while glaze is hot. If dried apricots are used, add enough sugar to make real sweet.

*Mildred I. Martigone* -- Mildred I. Martigone  
District #8, Klamath Falls



### FRUIT CAKE

1 lb brown sugar  
6 eggs, beaten separate  
2 lbs raisins  
 $\frac{1}{2}$  lb citron  
1 tablespoon allspice  
1 tablespoon cinnamon  
1 lb chopped nuts

1 lb butter  
1 lb flour  
2 lbs currants  
 $\frac{1}{2}$  tablespoon cloves  
 $\frac{1}{2}$  pt. brandy  
2 teaspoons baking powder  
 $\frac{1}{2}$  lb candied cherries

Cream sugar and butter, add eggs and flour with baking powder and spices. Add fruits and nuts and brandy. Cook about 2 hours, very slow. Temp. 250 degrees. Large pan takes  $2\frac{1}{2}$  hours. While yet warm pour over  $\frac{1}{2}$  pint of good port wine.

*Dorothy E. Collard*

--Dorothy E. Collard  
District #4, Medford

### NEVER-FAIL GINGERBREAD:

1 cup molasses  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup sugar  
2 eggs

1 teaspoon cinnamon  
1 teaspoon ginger  
1 teaspoon cloves  
3 cups flour

Beat the above together until smooth then add 1 teaspoon soda in 1 cup of boiling water. Pour into greased baking pan and bake in 350 degree oven for 40 minutes or until done.

*Mildred I. Martignone*

--Mildred I. Martignone  
District #8, Klamath Falls



GRANDMA'S ROLL JELLY CAK

This recipe is very old.

- 2 eggs
- 1 teaspoon baking powder
- 1/2 cup all purpose flour

Beat together well and be done. Turn out on damp r  
Sprinkle with powdered su  
flavored jelly may be use

*Mildred I M*

Molasses Cook

Melt in saucepan (then cool)  
1 1/2 c short } add  
2 c sugar }  
1/2 c molasses }

Form into 1" balls  
Bake on greased s



*Combine* flour, cinnamon, cloves and baking soda in small bowl. Beat butter and sugars in large mixer bowl until creamy. Beat in pumpkin, egg and vanilla until blended; gradually beat in flour mixture. Stir in 1 1/2 cups morsels and nuts. Spread into greased 15 1/2 x 10 1/2-in. jelly-roll pan. *Bake* in preheated 350°F. oven for 18 to 22 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack. *Place* remaining morsels in heavy-duty plastic bag. Microwave on medium-high (70%) power for 45 seconds; knead. Microwave at 10 second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over bars. Makes about 48 servings.

*One for something else.*



*Pumpkin White Chip Macadamia Bars*

- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon baking soda
- 1 cup (2 sticks) butter or margarine, softened
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar



- 1 cup LIBBY'S 100% Natural Solid Pack Pumpkin (15 or 16-oz. can)
- 1 egg
- 2 teaspoons vanilla extract
- 2 cups (12-oz. package) NESTLE TOLL HOUSE Premier White Morsels, divided
- 2/3 cup chopped macadamia nuts

**LOW FAT LEMONY CHEESECAKE WITH FRESH FRUIT**

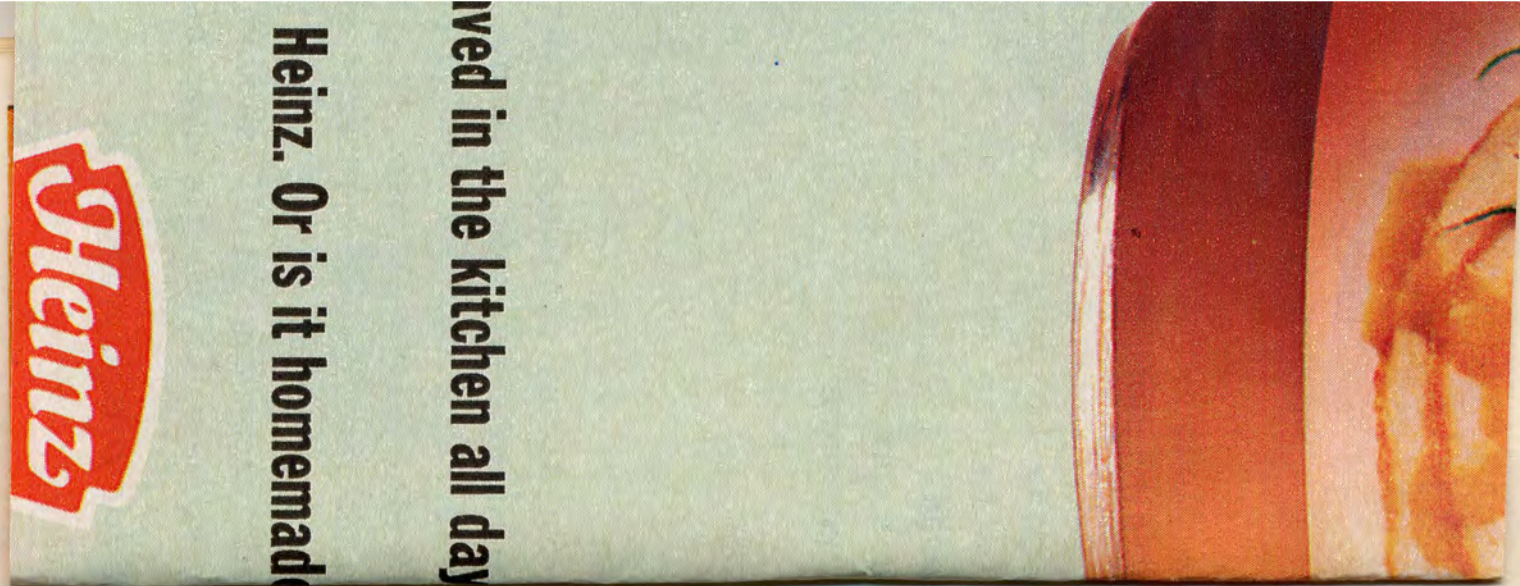
(Makes 10 servings)

- |  |  |
|--|--|
| Vegetable cooking spray  | 4 egg whites                                   |
| 1/4 cup graham cracker crumbs  | 1 egg  |
| 2 (8-ounce) packages fat free cream cheese (NOT product in tub)                                  | 1/3 cup ReaLemon® Lemon Juice from Concentrate |
| 1 (14-ounce) can Eagle® Brand Fat Free or Low Fat Sweetened Condensed Milk (NOT evaporated milk) | 1 teaspoon vanilla extract                     |
|  | 1/3 cup unsifted flour                         |
|  | 1 cup fresh assorted fruit                     |

Preheat oven to 300°. Spray bottom of 8-inch springform pan with cooking spray; sprinkle crumbs on bottom of pan. In mixer bowl, beat cheese until fluffy. Gradually beat in Eagle® Brand until smooth. Add egg whites, egg, ReaLemon® and vanilla; mix well. Stir in flour. Pour into prepared pan. Bake 50 to 55 minutes or until center is set. Cool. Chill. Serve with fruit. Refrigerate leftovers.

**Nutrition Value Per Serving (using Fat Free Eagle® Brand):** 210 calories; 16g protein; 1 g total fat; 34g carbohydrate; 30mg cholesterol; 410mg sodium; (values are rounded)  
**% of Calories from:** protein 31%, total fat 4%, carbohydrate 65%.





GRANDMA'S ROLL JELLY CAKE

This recipe is very old and was my grandmother's recipe.

- 2 eggs
- 1 teaspoon baking powder
- 1/2 cup all purpose flour
- 1/2 cup sugar
- 2 tablespoons boiling water or milk

Beat together well and bake in greased flat tin at 350 degrees till done. Turn out on damp napkin or tea towel spread with jelly and roll. Sprinkle with powdered sugar after taking from towel when cold. Any flavored jelly may be used or frosting may be used or whipped cream.

*Mildred I Martigone*

--Mildred I. Martigone  
District #8, Klamath Falls

Molasses Cookies


Melt in saucepan (then cool)

- 1 1/2 C short
  - 2 C sugar
  - 1/2 C molasses
- } add 2 eggs and beat well.

- Sift together
- 4 C sifted flour
  - 1 t salt
  - 1 t pumpkin spice

= Blend together and chill =

Form into 1" balls and roll in gran. sugar.  
Bake on greased sheet 375° for 8-10 min.



**CHEESECAKE WITH FRESH FRUIT**  
(10 servings)

- 4 egg whites
- 1 egg
- 1/3 cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1/3 cup unsifted flour
- 1 cup fresh assorted fruit

of 8-inch springform pan with cooking  
of pan. In mixer bowl, beat cheese until fluffy.  
smooth. Add egg whites, egg, ReaLemon®  
pour into prepared pan. Bake 50 to 55 minutes  
ove with fruit. Refrigerate leftovers.

**Eagle® Brand:** 210 calories; 16g protein; 1 g total fat;  
sodium; (values are rounded)  
carbohydrate 65%.



# Applesauce Fruit cake

250°  
2 1/2 - 3 hrs.

3c Applesauce } Boil together 5 min.  
2c sugar } Cool  
1c Short. } then add

4c flour  
1t. Nutmeg, salt  
2 1/2 t Cinnamon  
1/2 t. Clove  
1# honey  
1# dates  
1# raisins  
1/4# Nuts, C. Cherries  
1/2# Pineapple (dredge in 1/2c flour)

Make 3 (1#) loaf.

## Graham Cracker Cake

### Chocolate Potato Cake.

- 1/2 cup butter or other shortening
- 1 1/2 cup sugar
- 1 cup mashed potato
- 3 egg yolks
- 3 squares of unsweetened chocolate
- 2 1/2 cups sifted flour
- 1/4 teaspoon salt
- 4 level teaspoons baking powder
- 1/2 cup milk
- 1 teaspoon vanilla
- 3 egg whites

Cream shortening, add sugar gradually, cream until fluffy. Add mashed potatoes then well-beaten egg yolks, then melted chocolate. Add alternately with milk. Add well-beaten egg whites last. Bake in a loaf pan 40 to 45 minutes at 350 degrees Fahrenheit. When cool ~~place marshmallows cut in half over top of cake and frost with fudge icing.~~

1/2 - 1 cup walnuts - chopped  
2 cups sifted P. Sugar  
2 t Butter  
2 t Cocoa  
3 t hot coffee



**Graham Cracker Cake** (pictured above)— $\frac{1}{2}$  cup butter, 1 cup sugar, 3 eggs, separated;  $1\frac{3}{4}$  cups graham cracker crumbs,  $\frac{1}{4}$  cup cake flour, 3 teaspoons baking powder, dash of salt,  $\frac{2}{3}$  cup milk, 1 teaspoon vanilla,  $\frac{1}{2}$  cup chopped nuts and  $\frac{1}{2}$  cup chopped dates. Cream butter and sugar thoroughly and add beaten egg yolks and beat again. Sift flour with baking powder and salt and combine with graham cracker crumbs. Add dry ingredients to the creamed mixture alternately with the liquid. Add flavoring, dates and nuts to blend. Pour into two greased layer cake pans and bake at 350 degrees about 20 to 25 minutes. Put layers together with lemon filling made as follows:

**Lemon Filling**—4 tablespoons cake flour,  $\frac{3}{4}$  cup sugar, dash of salt,  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{2}$  cup water, 1 egg, well beaten, 2 tablespoons butter and  $\frac{1}{2}$  teaspoon grated lemon rind. Combine flour, sugar and salt in top of double boiler; add lemon juice, water and egg. Place over rapidly boiling water, and cook 10 minutes, or until thickened, stirring constantly. Add butter and lemon rind; cool. Ice top and sides of cake with 7-minute icing made with brown sugar or serve with whipped cream.



## DATE BARS

2 eggs  
3/4 cup sifted flour  
1 cup dates cut fine  
1 teaspoon vanilla

1 cup light brown sugar packed.  
1 teaspoon baking powder  
1 cup nut meats chopped  
few grains salt.

Oil a 9 inch square pan and line with heavily oiled paper. When baked cut in squares and dust in powdered sugar.

Grace Clayton

--Grace Clayton  
District #2, The Dalles

## BROWNIES

2/3 cup sifted all purpose  
flour

1/3 cup butter or other -  
shortening

1 cup sugar (1/2 c sugar + 1/2 c honey)

1/2 cup broken walnut meats -

1/2 teaspoon Calumet Baking powder -  
1/4 teaspoon salt -

2 squares Baker's unsweetened  
chocolate

2 eggs, well beaten -

1 teaspoon vanilla -

Set oven for moderate heat (350). Grease an 8 x 8 x 2 inch pan. Assemble ingredients and utensils needed. Sift flour once, measure add baking powder and salt, and sift again. Melt shortening and chocolate over hot water. Add sugar gradually to eggs, beating thoroughly. Add chocolate mixture and blend. Add flour and mix well; then mix in nuts and vanilla. Spread in greased pan. Bake in pre-heated oven 25 minutes, or until done. <sup>-30 or 35 min.</sup> Cool in pan, then cut into squares or rectangles. Makes about 2 dozen brownies.

Doris L. Wagner

-- Doris L. Wagner  
#4, Medford

## POTATO CHIP COOKIES:

2 1/2 cups (12 oz. bag) potato  
chips crushed

1 cup white sugar

1/2 cup milk

2 cups flour

1 cup brown sugar

2 eggs

2 teaspoon vanilla

3 teaspoon baking powder

Crush potato chips right in the bag they come. Measure sugar, beat eggs lightly and stir in milk and vanilla. Sift flour measure, add baking powder. Not necessary to add extra salt. Add potato chips and drop by teaspoon on a baking sheet. Bake in a moderate oven 375 degree for 15 minutes.

Mildred I. Martigone

--Mildred I. Martigone  
District #8, Klamath Falls



### SOUR CREAM COOKIES

$\frac{1}{2}$ cup shortening	$4\frac{1}{2}$ cup flour
2 cup sugar	4 teaspoon baking powder
2 eggs	$\frac{1}{2}$ teaspoon soda
1 cup sour cream with 1 tsp vanilla	$\frac{1}{2}$ teaspoon salt

Cream sugar and shortening. Add one egg at a time and beat after each. Add cream, then flour mixture. May add chopped nuts if desired. Drop from tablespoon on greased cooky sheet. Bake at 350 degrees 10 - 12 minutes. Makes large cookies so allow for spreading. 3 dozen.

*Bertha Murray*

--Bertha Murray  
District #12, Baker

### "CARROT COOKIES" (REALLY DIFFERENT, BUT GOOD).

2 cups of flour	2 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup shortening
$\frac{3}{4}$ cup sugar	1 cup grated carrots (raw)
$\frac{1}{2}$ teaspoon lemon extract	2 eggs

Sift flour; measure; sift again with baking powder and salt. Cream shortening and sugar thoroughly; add grated carrots, flavoring, and well beaten egg; work in dry ingredients. Drop spoonfuls on well greased cooky sheet. Bake about 10 to 12 minutes in moderately hot oven (400 F.). Makes about 3 to 4 dozen cookies.

*Doris L Wagner*

--Doris L Wagner  
District #4, Medford

### ALMOND DROP COOKIES

4 eggs beaten light	2 cups sugar
4 oz. melted chocolate	3 cup almonds or walnuts
2 teaspoon vanilla	2 cups flour
2 teaspoon baking powder	1 teaspoon, each salt, and cinnamon

Sift together 3 times flour, salt cinnamon and baking powder. Add sugar chocolate, almonds, extract and lastly flour mixture, to the eggs. Drop by teaspoonful to a buttered baking pan. Bake in moderate oven.

*Patricia Eppers*

--Patricia Eppers  
District #6, Lebanon



## FILLED COOKIES

1/3 cup shortening  
1 cup sugar  
1 egg  
1/2 cup milk

1 teaspoon vanilla  
3/4 teaspoon salt  
3 1/2 cups flour  
4 teaspoon baking powder

Cream shortening, add sugar, beaten egg, milk and vanilla. Add flour, salt, and baking powder which have been sifted together. Roll out thin on slightly floured board and cut with cookie cutter. Place 1 teaspoon filling on each cookie; cover with another cookie press edges together. Bake in Moderate oven 12-15 min.

FILLING: 2 teaspoon flour  
1/2 cup sugar  
1/2 cup water

1/2 cup chopped raisins  
1/2 cup chopped figs

Mix flour and sugar together. Add water and fruit. Cook until quite thick being very careful not to burn.

*Blanche Brooks*

--Blanche Brooks  
District #2, the Dalles

## COCONUT BARS(COOKIES)

1st part:  
1 cup flour  
2 tablespoons sugar

1/2 cup butter

Cream with hand and put in pan size about 8 x 12. Bake in 400 (F) oven about 10 minutes or just till it starts to turn brown.

2nd part:  
2 eggs beaten  
5 level tablespoon flour  
1/2 teaspoon baking powder  
1/2 cup coconut or 1/2 cup chopped raisins

1 cup brown sugar packed  
Pinch salt  
1 teaspoon vanilla  
2/3 cup nuts

Mix and pour on top of 1st part. Bake about 25 min. or until light brown, in oven about 350 degrees. Will make 2 dozen depending on size of pan.

*Doris L Wagner*

--Doris L Wagner  
District #4, Medford



ICEBOX COOKIES (a great favorite)

especially good for a busy, working person for you can bake them as you need them and they always taste fresh

1 2/3 cup shortening  
1 tablespoon vanilla  
1 cup walnut meats  
1 cup brown sugar  
pinch of salt

1 cup sugar  
1 teaspoon soda  
2 eggs  
4 1/2 cups flour  
1 cup chopped dates (may omit)

Cream shortening and sugar well, add eggs, vanilla and flour. (The dough will be very stiff.) Add soda, salt, nut meats and dates. Roll dough into two rolls wrapped in wax paper, Chill in ice box. Slice about 1/4 inch thick, bake in quick oven 375 degrees.

*Doris L Wagner*

--Doris L. Wagner  
District #4, Medford

ORANGE REFRIGERATOR COOKIES

2 cubes butter or margarine  
1/2 cup brown sugar  
1/2 cup white sugar  
1 egg  
2 tablespoons orange juice

1 tablespoon grated orange rind  
2 3/4 cup sifted flour  
1/4 teaspoon soda  
1/2 cup chopped nut meats  
1/4 teaspoon salt if shortening used

Cream shortening and sugar, add well beaten egg, orange juice and rind. Sift flour and soda together and add to creamed mixture. Stir in nutmeats and shape dough into rolls. Chill several hours or over night. Slice very thin, place on slightly greased cookie sheet and bake in moderately hot oven (375) for 12-15 minutes. This can be kept in the refrigerator as long as a week before baking.

*ANNE DEMKE*

--Anne Demke  
District #3, Turner

QUICK COOKIES

1 can Eagle Brand condensed  
milk

18 graham crackers  
1 pkg chocolate chips

Crumble graham crackers, add chocolate chips and mix well with milk. Spread in well buttered pyrex 12 inch pie plate and bake in moderate oven (325) for 35 - 45 minutes. Cut in squares and remove from plate while still warm.

*Helen B Campbell*

--Helen B. Campbell  
District #1, Portland



GUMDROP BARS

4 eggs  
1 teaspoon vanilla  
pinch salt

2 1/4 cups brown sugar  
1 lb gumdrops, cut in  
small pieces  
1 cup nuts, coarsly chopped

Beat eggs thoroughly, add sugar sifted flour and salt. When well mixed, add vanilla, gumdrops, and nuts. Spread in greased pan, 8x8. Bake at 350 for 20 to 25 min. Cool and cut into bars. Makes 20 medium bars.

*Maxine Grenz*

--Mrs. Maxine Grenz, R.N.  
District #6, Albany,

HONEY-PEANUT BUTTER COOKIES

1/2 cup liquid honey  
1/2 cup brown sugar  
1/2 cup shortening  
1/2 cup peanut butter

2 cup flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
1 egg well beaten

Mix first four ingredients, add egg and flour mixture. Roll in balls. Bake 10-12 minutes at 350 degrees. Makes 4 dozen. May flatten balls with fork if desired.

*Bertha Murray*

--Bertha Murray  
District #12, Baker

PEANUT BUTTER COOKIES (very good)

Mix together thoroughly-  
1/2 cup soft shortening (soft  
butter adds flavor)  
1/2 cup brown sugar (packed  
in cup)

1/2 cup peanut butter  
1/2 cup sugar  
1 egg

Sift together and stir in:  
1/2 teaspoon double action baking  
3/4 teaspoon soda

1 1/4 cups sifted Gold Medal "Kit-  
chen Tested" enriched flour  
1/4 teaspoon salt

Chill. Form into walnut--sized balls. Place balls about 3 inches apart on lightly greased baking sheet. Flatten with a fork dipped in flour--making a criss-cross pattern. Bake 10 to 12 minutes in quick moderate oven (375). Makes about 4 dozen cookies.

*Doris L. Wagner* Doris L. Wagner

District #4, Medford



### CHRISTMAS BROWNIES

2/3 cup butter  
4 eggs  
2 teaspoons vanilla  
1 teaspoon baking powder  
confectioners sugar

4 ounces chocolate  
2 cups granulated sugar  
1½ cups cake flour  
2 cups broken nutmeats

Melt butter, with chocolate. Meanwhile beat eggs, add sugar gradually then vanilla and chocolate mixture. Stir in flour and nuts. Spread about ½ inch deep in pan which has been greased and lined with wax paper. Bake about 30 minutes in a moderately slow oven 325 degrees. Remove from pan and cut in bars or squares and roll in confectioners sugar.

*Dorothy E. Collard*

--Dorothy E. Collard  
District #4, Medford

### MOLASSES COOKIES

This cookie is crisp and very good

1 cup shortening )  
1 cup brown sugar) cream  
2 teaspoons ginger  
salt

2 eggs  
5 cups flour  
1 teaspoon cinnamon  
1 teaspoon soda

Mix together, roll out and cut in any shape desired. Bake 375 degrees.

*Ruth Langton*

--Ruth Langton  
OSNA office

### OATMEAL COCONUT COOKIES

2 cups brown sugar  
1 cup shortening  
2 eggs  
1 teaspoon soda

2 cups flour  
2 cup rolled oats  
1 cup coconut  
1 teaspoon vanilla

Cream shortening and sugar, add unbeaten eggs and vanilla and beat well. Combine dry ingredients and add to original mixture. Drop by teaspoon on greased cookie tin. Flatten out with bottom of glass which has been dipped in cold water. Bake about 12 minutes in oven 375-400 degrees.

*Genevieve Smith*

--Genevieve Smith  
District #9, Archcape



### ANISE COOKIES

This is a real Christmas cookie and very good, but must be made according to the recipe exactly/

3 eggs beaten on electric beater for 10 minutes. Gradually add 1 cup sifted sugar and beat 10 minutes. Slowly add  $1\frac{1}{4}$  to  $1\frac{1}{2}$  cups sifted flour and beat 10 minutes. Add 1 teaspoon anise seed the last few minutes and drop on cookie sheet about  $\frac{1}{2}$  teaspoon at a time. Set aside in room overnight and in morning bake at 375 degrees until light brown. By letting these set overnight the egg white will come to the top and give a real definite separation from the bottom the cookie just as you see in a bakery.

*Ruth Langton*

--Ruth Langton  
OSNA office

### BRAZIL NUT CRISPS

2 eggs

$1\frac{1}{2}$  cups coarsely chopped  
brazil nuts

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

$2\frac{1}{4}$  cups brown sugar

2 cups cake flour

$\frac{1}{2}$  teaspoon baking powder

1 teaspoon vanilla

Beat eggs until very light, add sugar gradually, beating all the time. Add nuts, flour sifted with other dry ingredients and then vanilla. Chill several hours. Cut off chunks and roll between hands into sticks about two inches long. If they stick to hands either keep wet with cold water or dry with confectioners sugar. Place cookies on a buttered cookie sheet and bake about 15 minutes in a moderately slow oven 350 degrees. These cookies should not be placed close together as they will spread. They keep very well.

*Dorothy E. Collard*

--Dorothy E. Collard  
District #4, Medford

### BOURBON COOKIES

$2\frac{1}{2}$  cups ground vanilla wafers  
2 tablespoons cocoa

1 cup powdered sugar  
1 cup ground walnuts

Mix together and gradually add 3 tablespoons corn syrup,  $\frac{1}{4}$  cup bourbon or sherry. Mix together again and form into patties or balls - roll in powdered sugar and pack in cookie can separately. They can be eaten after a couple of days.

*Ruth Langton*

--Ruth Langton  
OSNA office



### ANGEL FINGER COOKIES

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup chopped pecans

1 cup sifted cake flour  
3 tablespoons powdered sugar

Cream butter, add sugar and blend well. Add flour, small amounts at a time. Fold in nut meats, shape into crescents, place on greased cooky sheet. Bake in 350 degrees oven 18 to 20 min. Roll in powdered sugar while warm.

*Beulah M Primm*

--Beulah M. Primm  
District #21, Hermiston

### MOTHER'S ROLLED OAT COOKIES

1 cup brown sugar  
1 scant cup shortening  
2 eggs  
 $\frac{1}{2}$  cup chopped nutmeats  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup hot water

$\frac{1}{2}$  cup white sugar  
1 cup rolled oats  
2 cups flour  
1 cup seeded raisins  
2 level teaspoons cinnamon  
1 teaspoon soda

Cream shortening and sugar, add eggs well beaten, add soda dissolved in the hot water, add flour sifted with the spices and salt. Add nuts and fruit. Drop from teaspoon on greased pan and bake in moderate oven 375 degrees.

*Dorothy E Collard*

--Dorothy E. Collard  
District #4 Medford

### OATMEAL COOKIES (quick and easy)

1 cup sugar  
1 teaspoon soda  
1 teaspoon cinnamon

2 cups sifted flour  
1 teaspoon salt  
1 teaspoon nutmeg

sift together

add 2 cups oatmeal

2 cups raisins

Beat 2 eggs, add  $\frac{3}{4}$  cup oil or melted shortening,  $\frac{1}{2}$  cup milk, 1 teaspoon vanilla. Mix, add dry ingredients, stirring well. Drop on cookie sheet and bake 350 degrees for 15 - 18 minutes.

*Eva E Hansen*

--Eva E. Hansen  
District # 1, Portland



ENGLISH WALNUT MACAROONS

4 eggs separated  
1 pound sugar  
2 tablespoons melted crisco

1 pound ground walnuts  
1 teaspoon vanilla

Bake on sheet of aluminum foil at 275 degree until a light brown.

*Lucile M Higby*

--Lucile M. Higby  
District #3, Salem

SPRITZ

Beat 1 cup of butter till very light. Add one egg and beat again. Add 1 cup sugar and beat till fluffy. Add 1 teaspoon almond or vanilla flavoring. Add 2 1/4 cups sifted kitchen flour. Put through a cookie press. Bake in 350 degree oven for about 12 minutes. Watch closely as they brown very easily.

*Ellem Olson*

--Ellem Olson  
OSNA no I volunteer

PENUCHE BARS

4 eggs  
1 cup chopped nuts  
1 teaspoon baking powder

1 lb brown sugar  
2 cups cake flour

Stir eggs and sugar in top of double boiler, cooking for 20 minutes. Remove from heat and stir in nut meats, then flour and baking powder sifted together. If a more piquant flavor is desired grated orange or lemon rind may be added at this point. Spread out in a well-greased shallow pan and bake about 15 minutes in a moderately hot oven 375 degrees. Cut in squares when cool and dust with confectioners sugar. Do not eat until the day after baking. Will keep for a week if well packed.

*Dorothy E Collard*

--Dorothy E. Collard  
District #4, Medford

*Mernoy Cookies*

3 cups flour  
3/4 t. B. soda  
3/4 t. salt  
3/4 t. ginger

1/2 c. soft short.  
3/4 c. B. sugar  
1/2 c molasses  
1/2 c buttermilk  
1 c. Quick Cooking oats

Blend well.  
Chill over night  
Roll 1/4" thick  
Bake on greased pan  
350° - 10-12"



PECAN ROLLS COOKIES

1/2 cup butter  
2 tablespoons sugar (cream together)  
1 cup broken nutmeats  
1 cup of cake flour  
1 teaspoon vanilla

Mix ingredients. Roll in balls size of walnuts.  
Bake 30 min at 300 on ungreased sheet. Roll in powdered sugar while hot.

Mary Corcoran --Mary Corcoran  
District #4, Medford

RANGER COOKIES

Cream together 1 cup shortening 1 cup white sugar  
1 cup brown sugar  
Add 2 eggs, beaten and 1 teaspoon vanilla  
Sift and add to first mixture: 2 cups sifted flour  
1/2 teaspoon baking powder and 1/2 teaspoon salt  
Then add 1 cup quick oats, 2 cups rice krispies, 1 cup coconut, 1 cup walnuts chopped.  
Roll a teaspoonful in a ball and bake at 375 degrees for 10 to 15 minutes.

Irene Ryman --Irene Ryman  
District #14, Bend

Brownie Sour Cream Delight  
1 pkg. brownie mix  
1 cup sour cream  
Chocolate syrup or shaved semisweet chocolate  
Prepare brownie mixture according to package directions. Spread batter in a buttered 10-inch pie plate. Bake recommended time in a 350° preheated oven. Remove from oven. Spread sour cream or baked brownie. Dribble a stream of chocolate syrup lightly over cream or garnish with shaved semisweet chocolate. Return to oven for 5 minutes. Cool. Cut pie-shaped pieces. Best when served the same day as prepared.

Waitiki Banana Bars  
1/4 c short.  
1 c lt. Br. sugar (pack) } cream  
1/2 t. vanilla } add  
1/2 t. lemon ext. }  
1 1/2 c flour - sift } sift together + add  
1 1/2 t. B. P. }  
1/2 t. salt  
1 c. mashed banana } with  
1/2 c ch. nuts }  
2 T. Powd. sugar.  
1 t. Cinnamon  
Bake in greased 11 x 7 pan at 350°  
30 - 35 min. Sift powd sugar +  
Cinnamon over top. Cool in pan.  
Cut into bars + serve - 15-18 bars



BUTTERFLY FROSTING :

1 egg white chilled  
 $\frac{1}{4}$  teaspoon cream of tartar  
1 teaspoon grated lemon rind  
or  $\frac{1}{2}$  teaspoon of lemon extract\*

1 cup sugar  
 $\frac{1}{2}$  cup boiling water

Combine egg white, sugar, cream of tartar, add boiling water beat at high speed until thick and fluffy. \* Any type of flavoring desired may be used.

*Patricia Eppers*

--Patricia Eppers  
District #6,

FROSTING

3 egg whites  
 $\frac{1}{8}$  teaspoon cream of tartar

$1\frac{1}{4}$  cup sugar  
6 tablespoons water

Cook sugar, cream of tartar and water, stir till sugar is dissolved. Continue cooking without stirring until forms a hard ball in cold water. Set aside and beat egg whites until forms peaks then slowly pour syrup into whites beating. Beat until forms stiff peaks. Add 1 teaspoon vanilla and 2 tablespoon powdered sugar. Beat well and frost cake. (Powdered sugar will keep frosting from forming a crust.)

*Mildred I Martignone*

--Mildred I. Martignone  
District #8, Klamath Falls

ORANGE SAUCE FOR ANGEL FOOD CAKE

grated rind 1 lemon  
1 cup sugar

juice of 2 oranges  
4 egg yolks

beat all and cook in double boiler until thick. Cool When ready to serve add 1 cup whipped cream.

*Grace Clayton*

--Gr. Clayton  
District #2, The Dalles



### LAZY DAISY FROSTING

Use any cake recipe. Bake cake and let cool

1 cup brown sugar

1 cup nuts

4 tablespoons cream

1 cup coconut

4 tablespoons butter

Melt all together and don't let boil. Spread over cake baked on large cookie sheet. Place under broiler until it bubbles and browns.

*Dorothy E. Collard*

--Dorothy E. Collard  
District #4, Medford

### CARMEL ICING

1 cup brown sugar

2 tablespoons oleo or crisco

Cook until bubbles underneath; take off stove add  $\frac{1}{2}$  cup powdered sugar, 1 teaspoon vanilla, stir well and put on cake.

$\frac{1}{4}$  cup cream or whole canned milk  
 $\frac{1}{8}$  teaspoon salt

*Mildred I. Martignone*

--Mildred I. Martignone  
District # 8, Klamath Falls

### Sea Foam fluffy frosting

Mix in top of double boiler

2 egg whites

$1\frac{1}{2}$  c packed brown sugar

dash salt

$\frac{1}{3}$  c water

} Beat over  
boiling  
water for  
7 min.

Remove from water, add 1 t. vanilla, beat 1 min., frost cake

Strawberry fluff - Beat 1 egg white stiff - then add alternately ( $2\frac{1}{2}$  portions)  
 $\frac{3}{4}$  c sugar and  $\frac{3}{4}$  c crushed fresh or frozen berries.

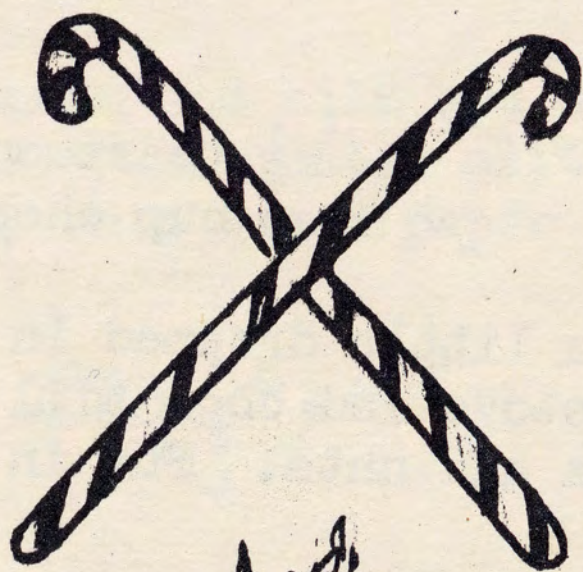
Serve immediately - does not keep

Cocoa fluff - 1 c heavy cream  
 $\frac{1}{2}$  c powdered sugar  
 $\frac{1}{4}$  c cocoa  
salt

} Chill in bowl, then beat  
until stiff



# CANDIES



## FLUFFY FROSTING

A delicious no-cook frosting especially good made with chocolate, lemon, butterscotch, or vanilla Jell-O Instant Pudding . . . quick to make, easy to spread. For variety, add chopped nuts, drained fruits, or a favorite flavor extract.

- 1 envelope Dream Whip
- 1 package (4-serving size) Jell-O® Instant Pudding, any flavor
- 1½ cups cold milk

Combine ingredients in a deep narrow-bottom bowl. Beat slowly just to blend. Gradually increase beating speed to high and beat until mixture forms soft peaks—4 to 6 minutes. Makes about 3½ cups or enough to frost a 2-layer cake. Store in refrigerator.

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NEVER FAIL FUDGE

First mixture:

1½ cups chocolate chips  
1 cup walnuts chopped  
1 teaspoon vanilla

10 marshmallows - diced  
1 cube butter

Second Mixture:

¾ cup canned milk

2 cups sugar

Boil second mixture for 6 minutes and pour over first mixture.

*Shirley Spence*

--Shirley Spence  
District #12, Baker

SOUR CREAM FUDGE

1 cup sour cream  
2 cups sugar

½ teaspoon vanilla  
½ cup chopped nuts

Boil sugar and cream till a little dropped in cold water forms a firm ball. Remove from stove and cool till lukewarm. Beat till creamy and add vanilla and nuts. Put in a buttered platter, cool and cut.

*Blanche Brooks*

--Blanche Brooks  
District #2, The Dalles

SUPER FUDGE CANDY

2 packages Chocolate Bits  
1 can of Eagle Brand sweetened  
milk  
1 teaspoon vanilla

6 marshmallows  
¼ lb. sifted Powdered sugar  
dash salt  
1 cup pecan or walnuts

Melt the chocolate and marshmallow over hot water in a double boiler, add the rest of the ingredients except the nuts and heat and stir constantly for 10 minutes, add nuts just before taking off the stove, put into a buttered pan and smooth out. Refrigerate over night. Cool at room temperature for 2 days if possible before cutting. Rich, but oh so good.

*Mildred I. Martignone*

--Mildred I. Martignone  
District #8, Klamath Falls



FUDGE

2 cups white sugar  
1/4 cup water  
2 squares chocolate

1/2 cup Karo white syrup  
1/4 cup sweet cream  
small lump butter

Cook to soft ball stage. Take from stove and cool five minutes. Then stir until creamy. Add flavoring and nuts as desired.

*Norma Wormell*

--Norma Wormell  
District #3, Salem

SPICED SUGARED NUTS

1 cup sugar  
6 tablespoons milk  
3 cups filberts or walnut halves

1/2 to 1 teaspoon cinnamon  
1 teaspoon vanilla

Combine sugar, cinnamon and milk and cook to soft ball stage. Add vanilla and nuts. Stir until mixture is grainy and thick. Turn out immediately onto waxed paper and quickly separate the nuts.

*Grace Clayton*

--Grace Clayton  
District #2, The Dalles

CANDY LUCY

1 cup cream  
1 cup sugar

Boil this until it forms a soft ball in cold water. Let this cool and pour it over the following:

1/2 box Rice Krispies  
1 cup coconut

1/3 box Corn Flakes  
1 cup salted peanuts

Mix well and press into square pan and cut.

*Margaret Jones*

--Margaret Jones  
District #3, Salem



$2\frac{2}{3}$  c sugar  
 $\frac{2}{3}$  c corn syrup  
 $\frac{2}{3}$  c water  
 $\frac{1}{2}$  t salt  
 2 egg whites  
 1 t. vanilla  
 $\frac{1}{2}$  c nuts

Boil syrup to thread. add  
 to stiffly beaten egg whites  
 Beat until stiff.

MY MOTHER'S DIVINITY

Boil Syrup to  $225^{\circ}$  + add  
 $\frac{1}{2}$  cup to egg whites - then to  $265^{\circ}$ .

This is an old recipe - has some guess work but is a delicious creamy candy with a firm crust. Do not try to make on a rainy day.

2 cups sugar  
 2 egg whites  
 1 cup nut meats

$\frac{1}{2}$  cup Karo syrup- either  
 light or dark  
 1 teaspoon vanilla

Place sugar, syrup and  $\frac{1}{2}$  cup boiling water in saucepan and set over medium heat. Boil slowly until it will spin a thread. Pour  $\frac{1}{2}$  of the hot syrup over 2 egg whites that are stiffly beaten. Beat with wire whip or egg beater. Cook remaining  $\frac{1}{2}$  of syrup until it will form a firm ball when small amount is tested in cold water. Ball must be hard enough to crack against the side of the cup. Add to egg whites and whip until it loses glossy appearance. May take some time and will get too stiff for beaters, then use a heavy tablespoon. When it gets stiff and grainy add nuts and pour into buttered dish or drop from teaspoon on oiled paper. May set bowl in pan of warm water if it hardens too fast. (Lots of trouble but well worth the extra time it takes to make.)

Irene Ryman

--Irene Ryman  
 District #14, Bend

Choc. Divinity

2 c sugar  
 $\frac{2}{3}$  c. water  
 $\frac{1}{2}$  c L. Corn Syrup  
 2 egg whites - stiffly beaten  
 3 sq. choc. - melt + cool  
 1 t. Vanilla  
 1 c br. nut meats  
 Salt

Boil  $\frac{1}{2}$  c sugar }  $225^{\circ}$   
 $\frac{1}{3}$  c water }  $240^{\circ}$   
 - firm ball

Boil remainder of syrup to  $265^{\circ}$  ?  
 (hard ball)

- Cool first syrup slightly and pour over egg whites slowly - then add second syrup slowly - Beat constantly during this process and until cool. Fold in choc. vanilla, nuts, salt - continue beating until candy hold its shape. Turn into greased pan.



## Never Fail Divinity

3 c sugar

3/4 c L. Corn syrup

3/4 c water

} cook to hard ball (260-265°)

Beat till fluffy - 2 egg whites

add one pkg fruit jello - beat to soft peaks - add syrup and beat until thick. Pour into buttered pan or drop on waxed paper

## Cranberry Sweets

1 - 1# can jellied, sieved cranberry

1 c gran. sugar

2 - 3oz pkg. Orange jello

2/3 c ch. nuts.

} beat together and stir over heat to boiling point. Remove & add jello - stir - add nuts.

- pour into oiled 9 x 5 x 3 pan

Refrigerate until firm. Cut into 1" cubes - roll in sugar. Let stand at Room temp. to dry. Sugar again in 24 hrs.

### **BON - BON FUDGE**

(Makes 64 1-inch squares)

Combine in a 2-quart saucepan a cup of granulated sugar and 2/3 cup undiluted evaporated milk. Place over moderate heat and bring to a full rolling boil, stirring constantly. This will take about 4 minutes. Remove from heat. Add half of a 12-ounce package (or 1 cup) of semisweet chocolate pieces and stir until smooth. Beat by hand for about 2 minutes. Turn into a buttered 8-inch square pan; cool.

With tip of knife lightly mark 8 rows in each direction across surface of fudge, making 64 squares. Top alternate rows with well-drained maraschino cherries, pieces of crystallized pineapple or ginger, or almonds. Turn remaining cup of chocolate pieces into dry top of double boiler; melt over hot but not boiling water. When entirely smooth, add 2 tablespoons solid vegetable shortening. Spoon over fudge. When firm cut into 1-inch squares.



Story on Page D1 also

By **YVONNE ROTHERT**

of The Oregonian staff

Fishery biologist Neil Armantrout doesn't take a completely scientific approach to his candy-making, but there are elements in the process that he does not leave to chance.

His first cardinal rule: "Don't begin cooking until you are sure you have everything you need."

Second: "Use a heavy pan with a flat bottom. People who try to cook candy in light pans without even heat distribution are asking for trouble."

As double insurance against temperature trouble, Armantrout uses two candy thermometers; he has found that thermometers vary considerably, he said. (A thermometer may be tested in boiling water. If it registers 212 degrees, it is accurate; if it registers more or less than 212 degrees, the final temperature called for in the recipe should be adjusted up or down accordingly.)

For stirring his candies, Armantrout prefers to use a straight wooden utensil with a flat end, "because you can get the whole end against the bottom of the pan."

## *Neil Armantrout's cherry divinity*

- 1/2 a 6-ounce bottle maraschino cherries (see note)
- 1/2 cup light corn syrup
- 2 1/2 cups granulated sugar
- 1/4 teaspoon salt
- 1/2 cup water
- 2 egg whites (use large eggs)
- 1 teaspoon vanilla
- 1 cup chopped nuts

Drain the cherries thoroughly. Chop and spread out on several thicknesses of paper towels. Cover with additional towels and pat to dry thoroughly (photo No. 1). Leave the cherries spread out while making the candy.

Note: Armantrout prefers to use maraschino cherries in his candy because he likes the flavor, but candied (glace) cherries may also be used and the patting-dry procedure will not be necessary.

In a heavy saucepan, mix the corn syrup, sugar, salt and water. Cook, stirring, until the sugar dissolves and the mixture comes to a boil. Continue cooking without stirring (photo No. 2) until a candy thermometer registers 248 degrees (firm ball stage). Cover the pan, if desired, during part of this cooking period (3 to 5 minutes) so that the steam will wash sugar crystals down the sides of the pan; or wipe down the sides of the pan with damp cheesecloth or toweling wrapped around the tines of a fork.

Meanwhile, in the large bowl of an electric mixer beat the egg whites until stiff but not dry. When the sugar mixture reaches 248 degrees, pour about half of it slowly over the egg whites (photo No. 3), beating constantly. Cook the remainder of the sugar mixture to 272 degrees (the hard thread stage). Add this slowly to the mixture in the bowl and beat until the mixture holds its shape. Stir in the vanilla, nuts and cherries. Working quickly, drop by teaspoonfuls onto waxed paper or aluminum foil (photo No. 4), or spread in a buttered pan. Let stand until firm; store in a covered container.

Other flavorings may be used in place of the vanilla; add them at the end of the beating cycle as the candy begins to set. Armantrout has found that liqueurs give more pleasing, smoother results than flavoring extracts: green creme de menthe rather than mint flavoring, for instance, and brandy rather than brandy flavoring in his brandy-fruit divinity.

## 'Holiday Happening' slated

The Multnomah County Dental Society Auxiliary will hold a "Holiday Happening," a fund-raising project for the Oregon Museum of Science and Industry, at 3227 N.E. Ave. Wednesday, Dec. 2. Hours are 11 a.m. to 3 p.m. A small fee will include a Wassail Bowl. Sale items featured include greens, poinsettias, hand-made items and gifts.



# CASSEROLES

*Meat* ☆ *Fish* ☆ *Vegetables*



Pages 45 - 50



### SAVORY BAKED BEANS

1 - 16 oz can baked beans                       $\frac{1}{2}$  cup grated American Cheese  
1 tablespoon Worcestershire Sauce      1 tablespoon prepared mustard  
 $\frac{1}{4}$  cup catsup

Combine all ingredients and bake 350 degree about 30 minutes. Serves 4. We like this with baked Descutes spuds --but not good for calorie watchers.

*Irene Ryman*

--Irene Ryman  
District # 14, Bend

### RICE

1 cup rice, white, put in a flat pan in hot oven and stir frequently until light brown. It gives a better flavor than using the brown rice. In a large pan put 2 tablespoons margarine. Add the rice, 1 can bouillon,  $\frac{1}{2}$  cup water and 1 to 2 tablespoons Soy sauce. Stir well, cover and let steam 25 minutes. Do not stir and break down. Just before serving cut in 3-4 green onions using the green tops also and 3-4 stalks celery cut up quite fine. Taste for salt, as the soy sauce might be enough salt. This serves 4 persons.

This dish is very good served with the Barbecued spareribs (sweet and sour)

*Ruth Langton*

--Ruth Langton  
OSNA office-

### TWENTY MINUTE ITALIAN SPAGHETTI

2 TABLEspoons salad oil                      1 lb ground beef  
4 or 5 medium onions sliced              3-4 cloves garlic chopped  
1 -- 8 oz can tomato sauce               $1\frac{1}{2}$  cups water  
2-6 oz can tomato paste                  dash red pepper  
1 teaspoon chili powder                  1 teaspoon salt  
sugar to taste.

Combine all ingredients in pressure pan after browning beef, onions, garlic in oil. Adjust cover on pressure cooker and cook at 15# pressure 20 minutes. Serve over cooked spaghetti (18 oz pkg long) Top with Parmesan cheese. Serves 6.

*Ruth Langton*

--Ruth Langton  
OSNA office



CHEESE CASEROLE

3 cups of cooked macaroni  
1 cup of chipped beef  
sauted in 2 tablespoons  
of butter  
 $\frac{1}{4}$  cup of pimento chopped

2 cups of cheese  
1 can cream of celery soup  
Pinch of Oregano  
1 cup of milk

Salt and pepper to taste. Bake 20 min.

*Celo Kent*

--Celo Kent  
District #4, Medford

TONGUE EN CASSEROLE

2 cups cubed cooked tongue  
 $\frac{1}{2}$  cup diced celery  
2 tablespoon butter or oleo  
1 cup tomato juice

2 tablespoon chopped green pepper  
 $\frac{1}{2}$  cup sliced onion  
2 tablespoon flour  
salt and pepper to taste

Arrange tongue in greased casserole. Saute pepper, celery and onion in butter 5 minutes. Add flour, tomato juice and seasonings. Cook until thickened, stirring constantly. Pour over tongue. Bake at 350 degrees for 30 minutes. Serve over hot rice.

*Eleanor L. Bangs*

--Eleanor Larson Bangs  
District #17, Wheeler, Oreg.

RICE AND CORN CASSEROLE

1 cup uncooked rice, cooked according to directions on package, rinse in cold water. Place  $\frac{1}{2}$  rice in greased casserole, add corn - may be can whole kernel - package frozen corn or  $1\frac{1}{2}$  to 2 cups fresh corn cut off the cob. Season with salt, pepper and butter to taste. Add remaining rice and top with 1 cup grated American cheese. Pour over enough milk to just come to top of rice not covered. Bake 375 degrees - 1 hour or until brown - serves 6. (This dish may be set in oven on the timer and cook while you are at work. Has saved the day for me many times when working the 3-11 shift. Served with salad and desert is a complete meal.

*Irene Ryman*

--Irene Ryman  
District #14, Bend



CHICKEN CASSEROLE LUNCHEON

5 lbs. chicken  
cook chicken & cool & dice  
1 doz hard boiled eggs  
1 can pimento

2 cups macaroni rings, boiled  
in salt water  
1 large can of mushrooms

Cook chicken broth to one quart. Add 1 quart milk. Season with salt, paprika, pinch of nutmeg, and thicken as gravy. Put chicken macaroni, eggs and mushrooms in layers in baking dish and cover with gravy. Put buttered bread crumbs on top and bake. Serves 20

*Charlotte Heinke*

--Charlotte Heinke  
District #3, Salem

IRISH ITALIAN SPAGHETTI

1 onion chopped  
1 lb. ground beef  
 $\frac{1}{4}$  teaspoon black pepper  
 $\frac{1}{2}$  teaspoon chili powder  
1 (10 oz) can mushroom soup  
1 (8 oz) package spaghetti

1 tablespoon oil  
1 teaspoon salt  
dash of red pepper  
 $\frac{1}{4}$  teaspoon tobasco sauce  
1 (10 Oz) can tomato soup  
 $\frac{1}{2}$  cup grated parmesan cheese

Brown onion in hot oil, add meat and seasoning, brown lightly, cover and simmer 10 minutes. Add soup, cover and simmer 45 minutes. Cook spaghetti in boiling water until tender. Drain and rinse with hot water. Arrange on hot platter. Pour sauce over and sprinkle with cheese. Serves 4 to 6.

*Kristee M. Vanden Biesen*

--Kristee M. Vanden Biesen  
District #1, Portland

CASSEROLE OF PHEASANT

2 Pheasants  
2 or 3 onions  
1 pt. white wine

1 lb. smoked sausage  
2 carrots

Cut the birds in serving pieces, splitting the breast into two portions. Brown the meat in fat, along with a diced onion. Place the pieces in a greased casserole, surrounded with the pieces of smoked sausage. Sprinkle the top with a thin layer of sliced onion and carrots. Pour in a pint of white wine, (dry). Cover and bake in a medium oven. 350 degrees until the meat is tender. Thicken the sauce with flour, add milk and a dash of tabasco sauce. Serve with hot biscuits, baked potatoes, and garden salad.

*Mabel M Croisant*

--Mabel M. Croisant  
District #17, Tillamook



## CHILI

1 pound ground beef  
1 clove garlic  
1 cup onions (chopped)  
2½ cups kidney beans  
1 tablespoon oregano  
½ teaspoon cumin

1 no 2 can tomatoes  
6 oz. can tomato paste  
1½ teaspoons salt  
1 tablespoon chili powder  
2 tablespoons Accent  
½ teaspoon marjoram

Cook beans slowly until partially tender. Place meat, onions, and butter in skillet and brown until onions are transparent. Add all ingredients to beans, cook slowly for 3 hours. If desired one can mushrooms may be added last half hour.

Norma L Smith

--Norma L. Smith  
District #16, Grants Pass

## CHILI

2 tablespoons bacon drippings      Saute in fat ½ cup chipped onions  
add 1 pound ground beef. Stir and saute the beef until it is well  
done. add 1 cup of catsup, 2 tablespoons chili powder, ¾ teaspoon  
salt, ½ clove of garlic, # 2½ can kidney beans. Cover and cook for  
one hour.

Florence Hawkins

--Florence Hawkins  
District #17, Tillamook

## Spaghetti Meat sauce (to serve 4)

1# Gr. Beef - Brown in skillet with onion and  
1 cup chopped onion (1 lg.) } Then add other  
Haban seasoning (Basil, oregano, Parsley) } seasonings and tomato.  
1 clove garlic } Bring to boil, simmer  
1 can Tomato soup (½ can water) } ½ hr. stirring occasionally.  
1 can tomatoes

Boil ½ lb. spaghetti in boiling salted water with  
2 T. oil, butter, or Oleo added until tender. } drain &  
toss 2 T

Spaghetti clam sauce - Sprinkle 2 parsley soft butter  
Brown Crushed garlic clove in 1½ T olive oil, then remove from  
heat. Discard garlic. Add 2 c bottled clam juice to oil with  
½ t pepper, ¼ c dry white wine & simmer til reduced ½. Add  
2 cans minced clams (drained) just to heat before adding to sp.



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# Here are five approaches to famous Angel Pie

Mark Angel Pie for attention if you (or your children) like a rich creamy dessert with a flavor that lingers long after the last crumb has vanished. In answer to frequent requests, we are reprinting our recipe for Angel Pie.

## ANGEL PIE

- 4 egg whites
- 1/2 teaspoon cream of tartar
- Pinch of salt
- 1 cup sugar

Beat egg whites until foamy. Sprinkle with cream of tartar and salt and beat until stiff. Beat in sugar, 2 tablespoons at a time. The mixture should be glossy and stand in stiff peaks when all the sugar has been added. Spread in a well-greased pie plate, pushing it high on the sides so it resembles a pie shell. Bake in a slow oven (300°) for 40 minutes. Cool the meringue shell while making the filling.

## Lemon Filling

- 4 egg yolks
- 1/2 cup sugar
- 3 tablespoons lemon juice
- 2 teaspoons finely grated lemon peel
- 1 cup (1/2 pint) whipping cream

In the top of a double boiler beat egg yolks

until thick and lemon colored. Beat in the sugar, lemon juice, and lemon peel. Cook over boiling water until thick, about 10 minutes. Cool. Whip cream and fold in. Spoon filling into meringue shell. Chill for several hours before serving. Serves 6 to 8.

Brighten your Angel Pie by dotting the lemon filling, just before serving, with sliced sugared strawberries.

Lime juice substituted for lemon juice gives a different sparkle to the standard filling. Grated lime peel is too dark, so use lemon peel.

## Pineapple Filling

This is good if you like a semi-sweet dessert. Mix by the standard Lemon Filling method, 4 egg yolks, 1/4 cup sugar, 1/2 cup pineapple chunks and juice, 1/2 teaspoon finely grated lemon peel, and 2 tablespoons lemon juice. Whip 1 cup cream and fold in. Spoon mixture into a baked meringue shell. Chill before serving.

The ease in preparing Angel Pie prompted Mrs. Hugh Martin of Los Angeles to try out some other delicious fillings for the original lemon. Using the basic meringue

shell, she changes and modifies the fillings to complement each menu. To capture the sweet flavor of coconut, she sprinkles 1/4 cup of moist sweet coconut on a meringue shell before baking and fills the baked shell with Orange Macaroon Filling.

## Orange Macaroon Filling

- 4 egg yolks
- 1/3 cup sugar
- 1 teaspoon each grated orange and lemon peel
- 1 tablespoon lemon juice
- 2 tablespoons orange juice
- 1 cup (1/2 pint) whipping cream

Prepare by the standard Lemon Filling method. Serve in a baked meringue shell with a toasted shredded coconut topping.

## Chocolate Filling

If you like the flavor of toasted nuts, sprinkle 1 cup of finely chopped pecans on the meringue before baking, and serve the baked shell with this Chocolate Filling. Melt 2/3 cup chocolate chips in the top of a double boiler. Add 2 tablespoons hot water and stir mixture until smooth. Cool for 5 minutes. Add 1 teaspoon vanilla. Whip 1 cup cream and fold in. Spoon into the toasted pecan meringue. Chill



DESSERTS

Puddings ☆ Sauces ☆ Pastry



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51



FRENCH SILK PIE (CHOCOLATE)

(Grace Rus)

- (2) 1 cube of butter or  
margarine (creamed)  
1 square baking chocolate  
melted

- (1) 3/4 cup sugar  
1 teaspoon vanilla

(6 T. Cocoa & 5 T. Hot H<sub>2</sub>O)

4 Eggs

Break in 1 egg and beat 5 min. then break in another and beat another 5 min or until sugar is no longer crunchy. Keep beaters clean during process to remove any whole grains, of sugar. Pour into baked pie shell and keep refrigerated until served. Serve with whipped cream if desired.

*Clara Terwilliger* --- Clara Terwilliger

District #17, Rockaway

CHOCOLATE CHIFFON PIE

- 2-1 oz squares of un-  
sweetened chocolate  
1 tablespoon of unflavored  
gelatine  
3 egg yolks  
3 stiffly beaten egg whites

- 1/2 cup boiling water  
1/4 cup cold water  
1/2 cup sugar  
1/4 teaspoon vanilla extract  
1 ten inch baked pastry  
shell

Melt chocolate in boiling water; add gelatine, softened in cold water, stir until gelatine dissolves. Add egg yolks beaten light with 1/2 cup sugar. Add salt and vanilla, cool. Beat remaining 1/2 cup of sugar. Fold into chocolate mixture, pour into cooled baked shell. Chill until firm spread with whipped cream.

*Helmi Oliver*

--Helmi Oliver  
District #2, Baker



## Lemon cake pie

Combine 1c sugar  
1/4 c flour  
1/4 c melted butter  
1/8 t salt  
2 egg yolks  
1 T. SHERRY

} Beat  
until  
smooth →

add juice (1/4 c) and grated rind of  
2 lemons

1 c milk

fold in stiffly beaten <sup>(2)</sup> egg whites

= Pour into pie shell that has been  
prebaked 5 min. - Bake 40" at 350°

### LEMON PIE DESSERT

1/3 cup lemon juice and  
grated rind of lemon  
2 egg yolks

1/2 cup sugar

1/4 cup of water (boil and cool)

Fold in one cup whipped cream (I use chilled Pet milk)  
Beat egg whites stiff and add 4 tablespoons sugar. Fold egg  
whites into lemon mixture. Pour into refrigerator tray that is  
lined with wax paper and layered with graham cracker crumbs.  
Top with a little crumbs. Cut this into pie shaped wedges and top  
with a little cream for trimming.

Ruth Langton --Ruth Langton

OSNA Office

### APRICOT AND MERINGUE CREAM PIE

2 cups Milk  
4 tablespoons Argo Cornstarch  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 9inch baked pie shell

1/4 cup of karo (red label)  
1/2 c up sugar  
3 egg yolks  
1/2 cup strained cooked dried  
apricots

Place 1 3/4 cup milk with karo in top of double boiler over  
boiling water. Measure Argo starch into small mixing bowl, and  
blend in sugar and salt, add 1/4 cup milk. Add egg yolks and  
beat until well blended. Add quickly all at once to scalded milk  
and stir constantly until thickened. Cover and cook 5 to 6 min  
longer. Remove from heat add vanilla, cool pour into baked pastry  
shell .

Meringue for Apricot pie.

Beat 3 egg whites until stiff and gradually beat in 6 tablespoons  
of sugar. Fold in Apricots. Pile on top of pie and bake in slow  
oven 325 for 15 min. Or until meringue is a golden brown.

Makes one 6 inch pie.

Florence Hawkins - Florence Hawkins

District #17, Tillamook



### GREEN TOMATO MINCEMEAT

3 lbs green tomatoes  
2 lbs raisins or less  
2 teaspoons salt  
1 cup vinegar  
1 teaspoon cloves

3 lbs apples chopped  
8 cups (3 lbs brown sugar)  
1 cup suet ground  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
orange peel if desired

Chop tomatoes and drain, pour boiling water over them and let stand 10 min, drain well add chopped or ground apples, raisins, sugar, salt, suet and cook until clear. Add remaining ingredients and cook until thick. When made into a pie, add nuts or mixed peel.

*Eva Hansen*

--Eva Hansen  
District #1, Portland

### HEAVENLY PIE

Beat together until frothy 6 egg whites and  $\frac{1}{2}$  teaspoon cream of tartar. Gradually add  $1\frac{1}{2}$  cups sugar and beat until stiff and glossy. Drop meringue on brown paper on cookie sheet and hollow out with back of spoon. Make shells about 4 inches across. Bake in 250 degree oven for about 60 min. Leave in oven until it cools.

Take:

6 egg yolks  
 $1\frac{1}{2}$  tablespoons of lemon rind  
 $\frac{3}{4}$  cup of sugar

5 tablespoons of lemon juice  
 $\frac{1}{8}$  teaspoon salt

Cook in double boiler to custard stage, cool. Fold in 1 cup whipped cream, fill shells and chill 12 to 24 hours. Just before serving spread  $1\frac{1}{2}$  cups whipped cream on top. Serves 16.  
This can be made the night before serving,

*Nancy Wetmore*

Nancy Wetmore  
District #17 Tillamook



PIE CRUST FOR TWO 2 CRUST PIES

Beat in bowl

- 1 egg
- 1 teaspoon vinegar
- In another bowl measure:
- 3 cups of sifted flour
- 1 teaspoon salt
- 6 tablespoons water
- 1 1/4 cups shortening

Cut with a pastry cutter add liquid and handle as any pie crust.

*Oil pastry*  
*E. Kanclier*

--E. Kanclier  
District #4, Medford

- 1 cup + 2 T. flour
- 1/2 t salt
- 1/3 c oil
- 2 T. Cold water

{ Blend oil in a fork - Sprinkle  
on water to make dough. If  
dry add 1-2 T. oil. Roll between  
2-12" sq. wax paper.

SOUR CREAM PIE

Make pastry for a single crust 8" pie

Line pie tin and mix together:

- 1 cup sour cream
- 1 cup sugar
- 1/4 teaspoon cloves
- 1/2 cup rasins chopped fine
- 1/2 teaspoon cinnamon
- 3 egg yolks slightly beaten  
(save whites for meringue)

Put in above unbaked pie crust and bake about 15 min at 425°. Meantime make meringue of egg whites. Remove pie from oven and set at 325°. Add meringue to top of pie and bake for another 20 minutes.

*GENEVIEVE W SMITH*

--Genevieve W. Smith  
District #9, Arch Cape

ORANGE NUT PIE

- 1 cup white corn syrup
- 4 tablespoons sugar
- 1 tablespoon orange juice
- 1 cup broken nut meats
- 4 tablespoons melted butter
- 1/2 teaspoon salt
- 1 tablespoon orange rind (grated)
- 3 eggs

Add the 3 eggs which have been beaten lightly. Pour into unbaked crust. Bake at 350° Approximately 50 min.

*F Illingworth*

--F. Illingworth  
District #3, Salem



### LEMON PIE

3 eggs  
Grated peel and juice  
of 1 lemon  
 $\frac{1}{4}$  teaspoon salt

1 cup sugar  
2 tablespoons butter  
1 baked 8" pie shell

Separate eggs. Beat the yolks with  $\frac{1}{2}$  cup of the sugar in the top part of a double boiler. Add lemon peel, juice, and butter. Place over hot water and cook, stirring constantly until thick. Remove from heat. Add salt to egg whites and beat until stiff. Gradually beat in the remaining  $\frac{1}{2}$  cup of sugar. Fold the meringue into lemon mixture slowly and pour into a baked pie shell. If desired fold half of meringue into lemon mixture and spread remaining half on top of pie. Bake in slow oven 325 of 20 min.

*Loretta Sheasgreen*

--Loretta Sheasgreen  
District # 1, Portland

### FAMOUS LEMON PIE

3 tablespoon of cream  
corn starch  
 $\frac{1}{4}$  cup lemon juice

3 eggs seperated  
6 tablespoons of sugar

$1\frac{1}{2}$  cups sugar  
.1 tablespoon grated lemon  
rind  
 $1\frac{1}{2}$  cups boiling water  
1-9" pie shell

Combine cream, corn starch,  $1\frac{1}{2}$  cups of sugar, lemon juice and lemon rind. Beat egg yolk add to cream corn starch mixture. Gradually add boiling water. Heat to boiling over direct heat. Boil gently for 4 min, stirring constantly. Pour into pie shell. Beat egg whites until stiff but not dry. Gradually beat in the 6 tablespoons of sugar. Spread meringue over top of pie carefully sealing in all the filling by spreading meringue to touch all edges of crust, bake in hot oven until golden brown.

*Verna May Davy*

--Verna May Davy  
District #3, Salem



BERRY PIE (Knotts Berry Farm Recepte)

1 cup water  
1 heaping tablespoon  
cornstarch  
coloring

3/4 cups sugar  
pinch salt  
berries in season

Take out  $\frac{1}{4}$  cup sugar and water and mix with cornstarch. Boil the balance and thicken with cornstarch. Cool. Pour over fresh fruit in a baked crust, paint the bottom of the shell with the cool mixture before putting the fruit in it. This will prevent any soginess. Set in refrigerator until ready to use. Top with whipped cream at time of serving.

*Ruth Langton*

--Ruth Langton  
OSNA office

RHUBARB PIE

Make a pastry for a single crust 8" pie

Line pie tin, add;

3 cups of fresh rhubarb  
(cut in small pieces)

2 well beaten egg yolks

2 egg whites (beaten stiff)

1 $\frac{1}{2}$  cups sugar

2 tablespoons flour

Mix egg yolks thoroughly with the rhubarb. Add the sugar which has been mixed with the flour. Last fold in the egg whites. Bake at 400 degrees until rhubarb is tender. about 40 minutes.

*Genevieve Smith*

--Genevieve Smith  
District #9, Arch Cape

CHESS PIES

1 cup sugar  
2 eggs  
 $\frac{1}{2}$  cup raisins

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup walnuts  
1 teaspoon vanilla

Cream sugar and butter add eggs, unbeaten, mix well, then add walnuts raisins and vanilla.

Fill individual pie tins unbaked shells. Bake in slow oven 350° for  $\frac{1}{2}$  hour or until firm and rich brown. Top with whip cream.

Serves 6.

*Verna May Davy*

--Verna May Davy  
District #3, Salem



## CHRISTMAS PLUM PUDDING

This is a family favorite for the Holidays. I make it right after Thanksgiving when I am not rushed then resteam it when I want it.

2 cups flour	3 tablespoons molasses
$\frac{1}{2}$ teaspoon salt	1 pound soft bread crumbs
2 tablespoons cinnamon	2 cups milk
2 teaspoons cloves	4 eggs, well beaten
$1\frac{1}{2}$ tablespoons nutmeg	1 lemon, juice and rind
$\frac{1}{2}$ pound raisins, chopped	6 ounces suet, chopped fine
$\frac{3}{4}$ pound currants	$3\frac{1}{2}$ cups brown sugar
$\frac{1}{2}$ pound sultana raisins chopped	$\frac{1}{2}$ cup Brandy
2 ounces chopped blanched almonds (optional)	

Sift flour with spices and salt; add raisins, currants and almonds. Pour milk over bread crumbs. Combine all ingredients and mix together thoroughly. Pour into 2 large molds and steam about 6 hours. Put wax paper into the bottom of the molds as is much easier to get out. Other fruits may be added. Serve hot with Hot Brandy Sauce.

BRANDY SAUCE:  $\frac{1}{2}$  tablespoon flour                      2 tablespoon butter  
 $\frac{3}{4}$  cup brown sugar                      3 tablespoon cornstarch  
1 teaspoon vanilla                      pinch of salt

2 tablespoons Brandy (more may be added if desired)

Melt half the butter; add the flour, cornstarch and salt; when well blended, add 1 pint hot water gradually and cook 5 or 6 minutes; then add sugar cook a minute, add vanilla and brandy, remove from fire add balance of butter and beat until very smooth, strain if necessary and serve with steamed pudding.

*Mildred I Martignone*

--Mildred I, Martignone  
District #8, Klamath Falls

## HARD SAUCE

Good for plum pudding. Combine 2 cups powdered sugar and cube butter. Mix in 2 egg yolks. Beat 2 egg whites and add to  $\frac{1}{2}$  pint whipped cream. Fold into mixture.

*Grace Clayton*

--Gr. Clayton  
District #2, The Dalles



Sift into  
Bowl

FRUIT PUDDING

{ 2 C flour } + 8 T. Cold butter - Cut in  
to flour mixture  
{ 2/3 C sugar }  
4 t B.P.  
{ 1/4 t salt }  
(serves 16)

1 C. Milk - Stir in  
Spread stiff dough into pan.  
Butter the sides. Then add  
fruit & water.

1 cup sugar  
butter size of walnut  
salt

1 cup milk  
4 level teaspoon baking powder  
add enough flour to make stiff

batter and spread with spoon in ungreased pan. Pour over 1 quart  
fruit mixed with 2 cups sugar and 2 cups boiling water. Bake until  
dough is on top and will not stick when pierced with straw.

Grace Clayton

--Gr. Clayton  
District #2, The Dalles

Yakima Apple Pudding

1/2 cup margarine  
1/2 cup sugar  
1/2 cup light corn syrup  
1 egg  
1 cup sifted flour

1 teaspoon soda  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/4 teaspoon salt  
2 1/2 cups chopped apples  
1 cup chopped walnuts

Blend margarine, sugar and  
corn syrup. Add egg and beat  
well. Sift flour, soda, cinnamon,  
nutmeg and salt. Stir to cream-  
ed mixture. Mix apples and  
nuts. Stir mixture into batter.  
Pour into a greased (9 x 9 x 2-  
inch baking pan. Bake at 350 de-  
grees F about 45 minutes or un-  
til it tests done. Serve warm or  
cold with ice cream, vanilla  
sauce or hard sauce. Makes 6  
servings.

Yankee Doodle Apple Dessert

1/2 cup sifted ~~cake~~ flour  
3/4 cup firmly packed  
light brown sugar  
1 teaspoon baking  
powder  
1/4 teaspoon salt  
1/4 t Dash of mace

1/2 t Dash of cinnamon  
1 egg  
1/2 teaspoon vanilla  
1 cup chopped tart  
apples  
1/2 cup chopped  
walnuts

Mix and sift first 6 ingredients. Stir in unbeaten egg  
and vanilla. Fold in apples and walnuts. Turn into  
well-greased 8-inch pie pan. Bake at 350° for 25 to  
30 minutes or until brown and crusty. Garnish with  
whipped cream sprinkled with cinnamon or top with  
small scoops of vanilla ice cream.

FROM PARADE'S TEST KITCHEN

LEMON BISQUE

1 can chilled canned milk  
1/2 cup boiling water  
3 lemons

1 package lemon jello  
1/2 cup sugar  
16 graham crackers crushed

Dissolve jello in hot water, add sugar. Let cool before adding  
lemon juice. Whip milk till stiff. Slowly add the gelatine  
mixture. Put layer of graham cracker in pan, and layer of mix-  
ture and continue beating until all is used. Keep in re-  
frigerator.

Genevieve Smith

--Genevieve Smith  
District #9, Arch Cape

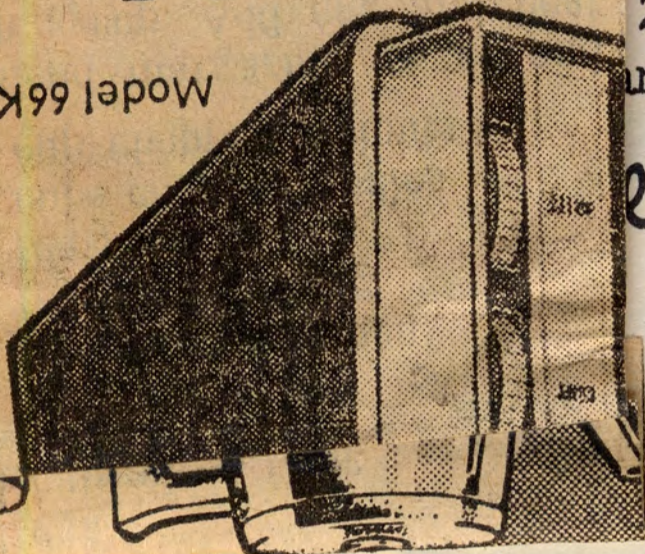


2 C flour + 8 T. Cold butter - Cut in  
 to flour mixture  
 2/3 C sugar  
 1 C. Milk - Stir in  
 4 t B.P.  
 1/4 t salt } Spread stiff dough into pan.  
 butter the sides. Then add  
 water.

(9) serves 16  
 Rich-looking wood  
 11 1/2 lbs. Rich-looking wood  
 for instant-on. 10,000  
 reception. 42 sq. in. viewing  
 at low, low prices.

portable

Model 66K18



of the best soccer goalies in Essex is 6  
 old and drinks like a horse. He is not the  
 soccer player to walk out of a pub on all  
 but how many enter the same way? Who is  
 year-old ale man? His name is King, and  
 until the only soccer player in the world with a  
 quart to wind up in front of a milk wagon. King  
 difficult stallion. His owner, soccer buff  
 replaye, taught him the game and introduced  
 the soccer player's favorite post-game  
 ment. Now he has a major problem trying

ESSEX, ENGLAND.

JELLO WHIP

2 packages of raspberry jello

4 cups boiling water

Mix until it begins to set. Then whip with rotary beater until foamy and add one can cold evaporated milk and continue to beat for one min. Add diced pineapple. Place in shallow bowl and cover with crushed vanilla wafers. Refrigerate until ready to serve.

*Grace Clayton*

--GR. Clayton  
District #2 The Dalles

LEMON BISQUE

1 can chilled canned milk  
1/2 cup boiling water  
3 lemons

1 package lemon jello  
1/2 cup sugar  
16 graham crackers crushed

Dissolve jello in hot water, add sugar. Let cool before adding lemon juice. Whip milk till stiff. Slowly add the gelatine mixture. Put layer of graham cracker in pan, and layer of mixture and continue beating until all is used. Keep in refrigerator.

*Genevieve Smith*

--Genevieve Smith  
District #9, Arch Cape



### PAT O'BRIEN'S DESSERT

Cream together: 1 cup of Butter  
2 cups powder  
Add: 3 egg yolks, beaten  
1 cup of walnuts (coarse chopped)  
3/4 cup of vanilla wafers, crushed

Fold in 3 egg whites beaten up  
Line pan 8 x 12 with vanilla wafers  
refrigerate for 24 hours. Cut  
topping of whipped cream and 1

*Mary Velvina Morgan*

### MOCHA MARSHMALLOW CREAM

24 marshmallows, dissolved in  
then cooled.  
1 tablespoon of instant coffee  
1/2 teaspoon of vanilla  
dash of salt

Have chilled in the ice compartment 1 cup of evaporated milk.  
When crystals form on the edge of bowl, whip until very stiff.  
Fold in the first mixture. Put in sherbert glassed, garnish  
with chopped nuts and chill thoroughly.

*Myrtle E. Haase*

### Pineapple-Walnut Dessert

1 pkg. (7 1/2 oz.) vanilla wafers  
1 cup butter or margarine  
1 cup extra-fine granulated sugar  
2 eggs  
2 teaspoons vanilla  
2 cups well-drained grated pineapple  
1 cup finely-chopped walnuts

Crush vanilla wafers to fine crumbs (makes about 2 cups); reserve 2 tablespoons. Cream butter to consistency of mayonnaise; add sugar gradually while continuing to cream. Add eggs one at a time, beating well after each addition. Add vanilla; mix well. Combine pineapple and walnuts; stir in until well mixed. Line a loaf pan 8" x 5" x 3" with foil, leaving overhang so loaf can be lifted out easily. Press 1/2 cup crumbs on bottom of pan. Add about 1/4 pineapple mixture, spreading evenly. Repeat until crumbs and pineapple mixture are used up, ending with latter. Scatter reserved crumbs on top. Chill 24 hours or longer (or freeze). Garnish with whipped cream and Maraschino cherries, if desired. Slice to serve. Makes 10 to 12 servings.

--Myrtle E. Haase  
District # 1, Portland

### DATE PUDDING

Boil  
1 cup brown sugar  
3 cups water (boil slowly)  
1/2 cup dates (chopped)  
1/2 cup raisins  
1 teaspoon cinnamon  
1/2 cup milk

1 tablespoon butter  
Mix 1 cup white sugar  
1/2 cup nuts  
1 cup flour  
2 teaspoon baking powder

Drop this mixture by spoonfuls into boiling liquid. Bake 1/2 hour first 20 minutes covered, last 10 minutes uncovered. Oven about 350 degrees. Ten servings

--Mary I. Breneman  
District #1, Portland

*Mary I Breneman*



PAT O'BRIEN'S DESSERT

Cream together: 1 cup of Butter or Margarine  
2 cups powdered sugar  
Add: 3 egg yolks, beaten 2 squares melted chocolate  
1 cup of walnuts (coarse chopped) 1 teaspoon vanilla  
3/4 cup of vanilla wafers, crumbled

Fold in 3 egg whites beaten until stiff.  
Line pan 8 x 12 with vanilla wafers. Pour mixture into pan and refrigerate for 24 hours. Cut in squares and serve with a topping of whipped cream and Maraschino Cherry.

*Mary Vedrine Morgan*

--Mary Vedrine Morgan

MOCHA MARSHMALLOW CREAM

24 marshmallows, dissolved in 3/4 cup of water in double boiler then cooled.

1 tablespoon of instant coffee added to and blended in  
1/2 teaspoon of vanilla marshmallow mixture  
dash of salt

Have chilled in the ice compartment 1 cup of evaporated milk. When crystals form on the edge of bowl, whip until very stiff. Fold in the first mixture. Put in sherbert glassed, garnish with chopped nuts and chill thoroughly.

*Myrtle E. Haase*

--Myrtle E. Haase  
District # 1, Portland

DATE PUDDING

Boil  
1 cup brown sugar 1 tablespoon butter  
3 cups water (boil slowly) Mix 1 cup white sugar  
1/2 cup dates (chopped) 1/2 cup nuts  
1/2 cup raisins 1 cup flour  
1 teaspoon cinnamon 2 teaspoon baking powder  
1/2 cup milk

Drop this mixture by spoon fuls into boiling liquid. Bake 1/2 hour first 20 minutes covered, last 10 minutes uncovered. Oven about 350 degrees. Ten servings

--Mary I. Breneman  
District #1, Portland

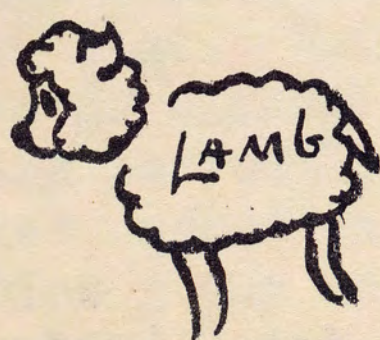
*Mary I Breneman*



# MEATS

## Barbecue Sauce

- |                  |                        |
|------------------|------------------------|
| 1 t salt         | 1 T dried onion flakes |
| 1/2 t pepper     | 1/2 c water            |
| 1 T Paprika      | 1/3 c lemon juice      |
| 1 T sugar        | 1 T. Wov. sauce        |
| 1/2 clove garlic | 1/4 c butter           |
|                  | 1 c catsup             |



Blend 7 first mixed & catsup and heat to boiling. Remove from heat and add remaining mixed. Unused sauce will keep under refrigeration - 2 1/2 cups.

## For twelve hungry people

... a one-dish dinner



**MARK THIS** recipe for attention and action the next time you are cooking for twelve hungry persons. You not only can prepare it without too much trouble but you also can be sure that it won't make too much of a dent in the food budget. And, as Helen Newman, San Francisco, says, "It's a very satisfying dish."

Let's look at this recipe for a minute. The clever use of canned bouillon and olives extends the one pound of meat. The addition of monosodium glutamate intensifies the flavor by working on your taste buds. The herbs, onion, and garlic also add their share to good seasoning.

There's nothing hidebound about this recipe, either. Lacking a piece of beef chuck, substitute leftover roast and gravy, ground beef, or canned meat. Canned beans may be used instead of the dried which will cut the cooking time in half. Canned tomatoes will be just as successful as tomato paste, providing you add a bit of basil to the seasoning as this is nearly always included in canned tomato paste. A number 2 1/2 can, which holds 3 1/2 cups tomatoes, should be substituted for the concentrated paste.

### CHILI MAC

- 1 cup dried red beans
- 1 pound beef chuck, cut into 1-inch cubes
- Flour
- 4 tablespoons shortening
- 1 onion, sliced
- 1 clove garlic
- 1 can (6 oz.) tomato paste
- 1 cup tomato juice
- 3 cups hot water
- 1 can bouillon
- 1 green pepper, minced
- 1/2 teaspoon oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon thyme
- 1 teaspoon monosodium glutamate
- 1 tablespoon chili powder, or to taste
- Salt to taste
- 1 package (8 oz.) macaroni
- 1/2 cup melted butter or margarine
- 1/2 cup grated Parmesan cheese
- 1 cup pitted ripe olives

Soak beans in warm water for two hours; drain. Flour beef lightly. Melt shortening in large kettle, add beef cubes, onion, and garlic, and brown. Stir in tomato paste, tomato juice, hot water, bouillon, green pepper, beans, and seasonings. Simmer until beans are tender, 2 to 3 hours. Season to taste. Cook macaroni until tender in boiling salted water; drain well. Stir in butter and cheese. Spread on a large greased ovenware platter or in a casserole. Reheat in slow oven (300°) for about 5 minutes. Add olives to chili and pour over macaroni and serve at once to 8 to 12 persons. This calls for a green salad.

### Beef Rouladen

- 6 slices beef round steak, about 1/4-inch thick
- 1 teasp. salt
- 1/8 teasp. pepper
- 1/2 teasp. garlic salt
- 3 carrots, cut into 3-inch strips
- 3 celery stalks, cut into 3-inch strips
- 1 onion, coarsely chopped
- 1/4 cup flour
- 1/3 cup pure vegetable oil
- 1 (8-oz.) can tomato sauce
- 1/4 cup red wine
- 1/4 cup water
- Noodles

Remove excess fat from meat. Pound meat until thin; sprinkle with salt, pepper and garlic salt. Roll up meat with strips of carrot, celery, and chopped onion in center; fasten with string. Roll meat in flour; brown in hot oil on all sides over high heat. Add remaining ingredients. Simmer until meat is tender (about 1 1/2 hours). Serve with hot cooked noodles. Makes 6 servings.

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61



## SUGGESTIONS FOR COOKING WILD GAME MEAT

To capture the delicate, delightful flavor of wild game meat, special handling in its cooking is necessary. It must be treated differently from that of domestic animals.

Here is the way two of Wyoming's most famous cooks prepare game to get the most flavorsome goodness out of it. These women, who have spent a lifetime of preparing tasty dishes of that state's bountiful game, are Gaile Bertagnolli and Mary Kovacich of Camp Creek Ranch near Jackson of Jackson Hole fame. They were selected as cooks to prepare the wild game meat for the big dinner in celebration of the recent opening of the famous Silver Dollar Bar at the Wort Hotel, Jackson.

Gaile and Mary say your family and guests will praise you and your wild game if you prepare it as follows:

### ELK, DEER, MOOSE, ANTELOPE--

#### 1. Steaks and Chops:

A. Fry--Cut 1 inch thick. Trim off all fat. Leave lean meat only. (Fat, suet and tallow give the meat a "gamey" unpleasant taste. This is important with all wild game meat, but especially so with antelope. Cut off all fat for sure.) Use heavy, iron skillet with no cover. (Light pans don't do the job.) Grease pan lightly. Heat pan as for any other steak. (Not so hot as to burn meat or cause smoke.) Fry well on one side before turning. Never turn more than one side. Further turning causes meat to become tough due to loss of juices. (Cook each side only once. Be sure blood comes up well on uncooked side before turning.) Total cooking time about 20 minutes. Use salt, pepper and a little garlic salt on uncooked side before turning. Season only the uncooked side.

B. Broil--Season as for frying. Be sure to trim off all tallow, fat and suet. Butter well. Keep basting with a marinade. Cook one side only. Do not turn!

#### 2. Roasts:

Roasts should not be smaller than 5 pounds. (Smaller ones dry out too easily.) Use dutch oven preferably, or heavy aluminum. Electric oven okay. Use enough grease to sear the meat good and brown. Add water after it gets brown. (If you want the essence of goodness, use Sauterne or Burgundy wine instead of water. Or use half water and half wine. Wine helps to tenderize the meat. Be sure wine used is sour such as either of the above. Wine gives meat a delightful flavor.) Lay strips of bacon or salt pork on roasts. If roast is rolled, put inside. Put whole onion in pan. Carrots or celery can be added. Roast at 350 degrees. Cook about 1 hour per pound. (Five hours for 5 pound roast.)

*Bea Buisman*



### MEAT LOAF WITH EGGS

2 slices bread  
2 eggs beaten  
 $\frac{1}{2}$  pound ground veal  
2 teaspoons salt  
dash of Cayenne  
3 hard-cooked eggs, peeled

$\frac{1}{2}$  cup warm milk or water  
 $1\frac{1}{2}$  pounds ground beef  
 $\frac{1}{2}$  pound ground pork  
 $\frac{1}{4}$  teaspoon pepper  
2 tablespoons finely  
chopped onion

Place bread in bowl and pour milk or water over it to soften. Add beaten eggs and beat with rotary beater to smooth. Add meat and seasonings; mix well. Press half of meat mixture into long loaf pan. Arrange hard-cooked eggs through center, then cover with remainder of meat. Round off loaf across top by pressing down along sides. Bake in a moderately hot oven 375 degrees for  $1\frac{1}{2}$  to 2 hours. During baking period baste meat loaf frequently with sour cream sauce. Makes approximately 8 to 10 servings. TO MAKE SOUR CREAM SAUCE: Combine  $\frac{1}{4}$  cup sour cream,  $\frac{1}{4}$  teaspoon each salt and prepared mustard, dash of pepper, Worcestershire sauce and paprika, 2 teaspoon brown sugar, 2 tablespoons lemon juice or tomato catsup and 2 tablespoons hot water.

*Mildred I Martignonone*

--Mildred I, Martignonone  
District # 8, Klamath, Falls

### HAM LOAF

$1\frac{1}{2}$  lbs lean ham and  $\frac{1}{2}$  lb beef ground  
3 eggs well beaten

15 soda crackers rolled  
 $\frac{3}{4}$  cup milk

Mix together. Form into a loaf and steam 3 hours. If processed ham is used steam two hours only. Before serving brown under broiler. SAUCE: 4 egg yolks, 1 tablespoon vinegar, 3 tablespoons salad oil, 1 tablespoon dry mustard, little salt. Cook until thick in double boiler. Cool. Whip  $\frac{1}{2}$  pint of cream and fold into mixture. Serve juice from ham loaf over small steamed potatoes.

*Loretta Sheasgreen*

--Loretta Sheasgreen  
District #1, Portland



MOCK CHICKEN PIE

1 lb. veal shoulder--lean  
1 1/2 lbs. lean pork shoulder  
Simmer about 1 1/2 hours after adding salt, pepper, celery stalks, onion, garlic and small amount celery leaves. When cooked let cool in liquer. Strain off liquid. Rewarm liquid, add a paste made of 1 cup flour, 2 egg yolks, 1 cup milk all beaten together. Place meat (cut in small pieces) in baking dish, pour thickened liquid over meat, place baking powder biscuits on top. Bake in oven 450 degrees for 15 or 20 minutes.

*Frishia Mc Bee*

Frishia McBee  
District #1, Portland

BAKED VEAL

1 1/2 lbs. cubed veal  
1/2 cup butter or oleo  
1 tablespoon flour  
1 cup milk

1/2 of an average sized mangoe diced  
1 medium sized onion  
diced

"Frizzle" veal, mangoe and onion in shortening. Cover and cook 40 minutes. Uncover and brown. Add flour and milk. When thickened, put in bake dish and bake 45 minutes to one hour in a moderate oven. During the last 15 minutes cover meat with chow mein noodles. Serves six

*Mary I Breneman*

--Mary I. Breneman  
District # 1, Portland



HAMBURGERS

1 lb ground beef  
1 slice bread

1 egg  
 $\frac{1}{4}$  cup milk

Crumb bread into milk, mix egg and softened bread into beef and divide into patties. Pat into cakes. Chopped onion may be added if desired. Patties arranged on waxed paper make the last minute picnic preparation easy.

*Mary I. Breneman*

--Mary I. Breneman  
District #1, Portland

KLONDIKE GOULASH (better the next day)

$1\frac{1}{2}$  pounds ground round steak  
1 small can whole kernel corn  
1 can tomato soup  
1 package fresh mushrooms or canned  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
1 tablespoon chili powder

1 medium sized onion  
1 small can tomato hot  
sauce  
1 package spaghetti or  
noodles  
 $\frac{1}{4}$  teaspoon garlic salt  
ripe olives and grated  
cheese to suit taste

Cook spaghetti, drain, and rinse with cold water. Cook onion in small amount of fat, add meat and brown, add all ingredients but cheese and olives. Spread layer of spaghetti in baking dish, cover with layer of mixed ingredients, sprinkle with cheese and dot with olives. Repeat. Bake in a moderate oven (375 degrees) for  $1\frac{1}{2}$  hours

*Harriett E. Osborn*

--Harriett Osborn  
District #1



### HAWAIIAN HAM CASSEROLE

2 med. thick slices of ham  
4 sweet potatoes  
 $\frac{1}{2}$  cup brown sugar

2 teaspoons mustard  
4 slices canned pineapple diced  
2 tablespoon butter

Spread half of mustard over one slice of ham. Place in bottom of casserole. Cover with pineapple. Place second slice of ham over fruit. Have potatoes parboiled, salted, peeled and thickly sliced. Cover ham with these, dot with butter and sprinkle with sugar. Pour juice of pineapple into dish. Cover and bake for  $1\frac{1}{2}$  hours in moderate oven (350). Remove cover during last 15 minutes to brown top. If needed, a little water can be added during baking. Serves six.

*Mary I Breneman*

--Mary I. Breneman  
District #1, Portland

### HASENPFEFFER

1 rabbit  
vinegar  
water  
1 onion sliced  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon peppercorns  
1 cup sour cream

$\frac{1}{4}$  teaspoon red pepper  
3 whole cloves  
2 bay leaves  
 $\frac{1}{4}$  teaspoon poultry seasoning  
4 tablespoons butter

Clean and disjoint the rabbit. Place in jar or bowl and cover with equal amounts of vinegar and water. Add the onion and spices. Put container in cold place, cover and allow to stand for 2 days. At the end of this time lift the rabbit from the brine and allow to drain slightly. Melt the butter and brown the meat, turning often. Add  $\frac{1}{2}$  cup of pickle; cover the pan closely and allow to simmer until the meat is tender. Add the cream and cook for a few minutes longer. Serve with the gravy.

*Viola V. Herboldt*

--Viola V. Herboldt  
District #1, Portland



### FRIED RABBIT

Make a batter using the following for each rabbit; 1 egg,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  cup milk and  $\frac{1}{4}$  teaspoon salt. Beat eggs, add the milk and salt and stir into the flour to form a smooth batter. Wipe the rabbit with a clean, damp cloth and cut into pieces of the right size for serving. Dip each piece of rabbit into this batter and be sure that it is thoroughly coated. In an iron skillet heat well flavored fat until it is hot enough to set the batter quickly. Just brown the peices of rabbit evenly, then reduce the heat, and cook at lower temperature for 20 to 30 minutes, or until tender. Serve on a hot platter and garmish with parsley.

*Viola V. Herboldt*

--Viola V. Herboldt  
District #1, Portland

### SAVORY RABBIT

Wash the rabbit and cut into pieces. Dredge with 4 tablespoons of flour, 2 teaspoons of salt, and  $\frac{1}{8}$  teaspoon of pepper. Brown in 4 tablespoons of bacon or other fat. Remove meat, place in stew pan and cover with boiling water, and add 1 medium-sized onion cut in small pieces and 2 bay leaves. Cook slowly until nearly tender. To the fat that was used to brown the rabbit add 2 tablespoons of flour, mix thoroughly and add 1 cup of vinegar. Pour this sauce over the meat and simmer until it is very tender. Serve with dumplings. This makes an excellent meal served with fresh or canned string beans and with a dessert of baked apples.

*Viola V. Herboldt*

--Viola V. Herboldt  
District #1, Portland

### CURRIED VENISON

$1\frac{1}{2}$  lbs. lean venison  
1 medium onion, chopped  
 $\frac{3}{4}$  cup brown gravy or broth  
salt to taste

1 cup chopped celery and  
tops  
 $\frac{1}{8}$  to  $\frac{1}{2}$  teaspoon curry  
powder

Remove all fat and cut venison into one-inch cubes and braise. Brown celery and onion in cooking oil. Add meat, gravy or broth, and seasoning. Heat, stirring to keep from sticking. If gravy is used, more water may be needed. 4 servings.

*Ben Buisman*

--Ben Buisman  
Managing Editor, Oregon Nurse



BARBECUED SPARERIBS (sweet and sour)

3 lbs spareribs, crack bones across middle; lay on broiler rack and place under low flame (or set away from flame) Broil very slowly about  $\frac{1}{2}$  hour or until brown and crisp, baste quite frequently with the following sauce,

$\frac{1}{2}$ cup water	$\frac{3}{4}$ cup vinegar
1 cup brown sugar	$\frac{1}{3}$ cup butter
4 tablespoons white sugar	$\frac{1}{3}$ cup chili sauce
$\frac{1}{2}$ teaspoon salt	3 tablespoons Worcester- shire sauce
dash of cayenne	
$\frac{1}{2}$ to 1 cup wine if desired- cooking Sherry	

*Frishia Mc Bee*

--Frishia Mc Bee  
District #1, Portland

BARBECUE SAUCE

I use this over spareribs, which are browned well and covered with this sauce and then baked in oven for 2 hours.

1 cup tomato sauce	1 cup water
3 tablespoons vinegar	2 tablespoons worcestershire sauce
1 teaspoon chili powder	$\frac{1}{8}$ teaspoon cinnamon
dash cloves	1 teaspoon salt
little pepper	2 tablespoons brown sugar
1 large chopped onion	

Heat this through and then pour over the meat and bake in oven.

*Ruth Langton*

--Ruth Langton  
OSNA office



## FISH LOAF

3/4 cup hot milk	2 tablespoons minced onion
2 cups soft bread crumbs	1 tablespoon chopped parsley
2 eggs well beaten	1 1/4 teaspoon salt
2 cups flake tuna or salmon	dash. of pepper
3 tablespoons chopped celery	2 tablespoons melted butter or margarine

Pour hot milk over bread crumbs and stir until the crumbs are well moistened. Add the remaining ingredients and mix well. Press mixture into a greased loaf pan and bake in a moderate oven 350 degrees for about 1 hour. Serve with mustard sauce made as follows: Melt 2 1/2 tablespoons butter or margarine in top of double boiler over boiling water, add 2 1/2 tablespoons flour and blend well, add 2 cups milk gradually and cook until thickened. Add 1/4 cup mustard and 1/4 teaspoon salt and reheat and serve. Serves 6

*Mildred I Martignone*

--Mildred I, Martignone  
District #8, Klamath Falls

## SHRIMP SCALLOP

3 cups cooked macaroni	4 tablespoons flour
1 can shrimp	2 cups milk
1/2 cup diced celery	salt and pepper
1/4 cup minced green pepper	cracker crumbs
4 tablespoons butter or nucoa	cheese

In a greased baking dish arrange alternate layers of cooked macaroni and minced shrimp, celery and green pepper. Pour in a white sauce made of the shortening, flour and milk and season with salt and pepper. Cover top with cracker crumbs. Sprinkle with grated cheese. Bake uncovered in a moderate oven until crumbs are brown.

## CURRIED SCRAMBLED EGGS WITH CRAB

3/4 CUP CRAB	cayenne
2 tablespoons butter	8 eggs
2 teaspoons curry powder	4 tablespoons cream
salt to taste	

Heat crab meat thoroughly in melted butter in heavy sauce pan. Blend in curry powder. Add salt and cayenne. Beat eggs well; add cream and beat again. Pour over first mixture and stir until eggs thicken. Serve on freshly made toast rounds. Sprinkle a little paprika over each serving.

*Petie Stoll*

--Petie Stoll  
District # 1, Portland



### TUNA SOUFFLE

3 tablespoons butter	salt and pepper
3 tablespoons flour	1 teaspoon prepared mustard
1 cup milk	3 egg yolks
1 cup flaked canned tuna	3 egg whites

Melt butter, add flour and blend well. Add milk, cook and stir until thickened. Season to taste, add fish and cool mixture and fold in well beaten yolks, then well beaten whites. Pour in ungreased casserole, set in pan of water and bake 375 degree oven for about 45 minutes, until risen and lightly browned. Serve immediately. Serves 4.

Helen Badger

--Helen Badger

### SMOKED SALMON ROLL

1 - 7 Oz can smoked salmon	1 teaspoon horseradish
1 teaspoon lemon juice	1 teaspoon onion grated
4 teaspoons salad dressing	pastry

Drain salmon and flake. Add seasoning and dressing and blend into paste. Roll pastry very thin into a round or circle. Spread with salmon mixture. Cut in wedge shaped pieces and roll in jelly roll fashion beginning at round edge. Score pastry with fork and sprinkle with paprika. Bake at 425 degree for 15 min. Serve hot or cold  
Makes 32.

Margaret Payton

--Margaret Payton  
District #1

### SALMON DUMPLINGS

Roll biscuit dough thin about 1/8 inch thick. Cut in 4 inch squares  
Flake 1 cup salmon, mix with chopped celery cooked peas, chopped hard cooked eggs and season to taste. Then place 1/4 cup salmon in center of each square bring corners together and seal. Bake like plain biscuits and serve with chopped hard cooked eggs in white sauce that has been seasoned with mustard or horseradish.

Margaret Payton

--Margaret Payton  
District #1, Portland



### CHICKEN DINNER, FAMILY STYLE

1 4 to 5 lb. ready to cook  
stewing chicken, cut up  
3 tablespoons, salad oil  
2 cloves of garlic  
salt and pepper  
1 lb. fresh, or 1 Pkg.  
frozen, green beans.

$\frac{1}{2}$  lb. broad noodles  
2 quartered, peeled firm tomatoes  
Pinch oregano  
 $\frac{1}{4}$  teaspoon, salt  
 $\frac{1}{8}$  teaspoon pepper

In advance: Simmer chicken until tender, then refrigerate unboned chicken and broth (use broth for other dishes). About 30 min.  
before serving: In a large skillet, heat oil with garlic. Slowly brown chicken on all sides (meatiest pieces first), sprinkle with some salt and pepper while browning. Meanwhile, cook fresh beans in 1" boiling salted water, or frozen beans as package directs. Cook noodles as package directs; keep hot. When chicken is golden brown remove garlic; push chicken to side of skillet. Add tomato quarters; sprinkle lightly with oregano, salt, and pepper. Cook tomatoes about 5 min., turning to glaze on all sides. Place chicken on hot platter; arrange tomatoes, seasoned noodles, and beans around it. Makes 4 to 6 servings

### OVEN EASY CHICKEN

1 2  $\frac{1}{2}$  to 3 lb. ready to cook  
broiler fryer cut up

Seasoned flour  
 $\frac{1}{4}$  cup of butter or margarine

Start heating oven to 425 F. Coat chicken with seasoned flour. In shallow roasting pan in oven, melt butter. Remove pan from oven; in pan arrange chicken in single layer, with skin sides down. Bake 30 min; turn chicken bake 15 min or until brown and tender. Makes 3 to 4 servings.

### CHICKEN LOAF FOR 50 PEOPLE

Chicken (cut up) - 14 cups  
(may be canned or 4 chickens stewed)  
5 quarts milk  
seasoning and parsley

Cooked rice--14 cups  
(4 cups dry rice)  
Corn flakes--2 large pkgs  
2 dozen eggs  
Bake in moderate oven.

SAUCE: 7 cans mushroom soup  
or may use creamed fresh mushrooms which have been sauted first.  
Season to taste. Use sherry wine if desired.

4 cans mushrooms cut up

*Agnes Flynn Sams*

--Agnes Flynn Sams  
District #1, Portland



## CHICKEN TETRAZZINI

1 3 to 4 lb. ready to cook  
roaster, cut up  
2 stalks of celery  
1 sliced onion  
1 teaspoon salt  
 $\frac{1}{4}$  cup chicken fat  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoon flour  
Speck cayenne

Chicken broth  
 $\frac{1}{2}$  lb. sliced mushrooms  
1 egg yolk, slightly beaten  
3 tablespoon light cream  
1 cup fine noodles  
2 tablespoon grated Parmesan  
cheese  
1 tablespoon butter or margarine

In Advance: In kettle, place roaster, celery, onion, 1 teaspoon salt, and boiling water to half cover. Simmer covered, 1 to  $1\frac{1}{2}$  hours, or until fork tender. Cool chicken and broth quickly. Remove skin & bones, from chicken; cut meat into strips; refrigerate meat and broth. About 30 min. before serving; Skim  $\frac{1}{4}$  cup chicken fat from broth. In double boiler, melt 2 tablespoon chicken fat; stir in flour,  $\frac{1}{2}$  teaspoon salt, cayenne, 1 cup chicken broth; cook, stirring until thickened. Saute' mushrooms in 2 tablespoons chicken fat. Into sauce slowly stir egg yolk and cream, combined. Add chicken, mushrooms. Heat. Meanwhile, cook noodles in remaining chicken broth (add water if necessary) 10 min. or till tender; drain. Arrange noodles in shallow baking dish pour on chicken; sprinkle with Parmesan; dot with butter. Brown under broiler. Makes 4 to 5 servings

*Louise Arneson*

--Louise Arneson  
District #3, Salem

## HOT CHICKEN CURRY

2 tablespoons butter or margarine  
1 cup minced celery  
1 cup cooked rice  
2 cups cooked or canned chicken  
in large pieces  
1 3 oz can whole mushrooms

$\frac{1}{4}$  cup mayonnaise  
2 teaspoons grated onions  
1 teaspoon curry powder  
 $\frac{1}{4}$  teaspoon salt  
1 tablespoon lemon juice

Start heating oven to 350 F. In butter in skillet, saute' celery until tender; then add remaining ingredients. Turn into 4 individual casseroles. Bake 20 min. or until bubbling. Serve with Cran-Apple Lemon-Relish. Makes 4 servings

*Louise Arneson*

--Louise Arneson  
District #3, Salem



## Chicken Stroganoff (1 C. Com. Sour Cream)

2 1/2 - 3<sup>rd</sup> fryer  
9 T Butter  
1 minced clove garlic  
1/4 C. " onion  
1 t salt 1/8 t. pepper  
1 8oz Can Tom. sauce  
MOCK CHICKEN

Brown chicken lightly in butter. Add garlic and onion & cook until lightly brown & tender. Salt and pepper. Put tom sauce in bowl, add sour cream gradually. Pour over chicken. Simmer covered, about 30 min. or until tender, turn and baste once or twice.  
Serve w boiled rice or noodles.

2 can mushroom soup  
1 small can tuna  
mix well and add crumbled potato chips and bake in oven 45 minutes  
Serve as creamed chicken. This is good.

1 small can mushrooms  
1 tall can milk

Louise Arneson

--L. Arneson  
District #3, Salem

## DIFFERENT CHICKEN CURRY

1 4 to 5 lb. ready to cook  
stewing chicken, cut up  
1 1/2 cups raw regular or processed  
white rice; or 2 2/3 cups  
packaged precooked rice  
1/4 cup butter or margarine  
2 to 3 teaspoon of curry powder  
1/2 teaspoon salt  
1/2 teaspoon allspice  
1/2 teaspoon mace

1/2 teaspoon ginger  
Speck cayenne pepper  
1/4 cup flour  
1 1/2 cups of chicken broth  
1 cup heavy cream  
1/2 cup applesauce  
Chopped crisp bacon  
Grated fresh coconut  
Chopped peanuts  
Hard cooked eggs  
Chutney

In Advance: Simmer chicken until tender, then refrigerate meat and broth. About 30 min. before serving: Put chicken meat in double boiler to heat. Meanwhile, cook rice as package directs; keep hot. Melt butter in sauce pan stir in curry powder and next 6 ingredients. Cook till bubbling; add chicken broth and cream; cook stirring until smooth and thickened. Add applesauce; cook about 5 min. Taste; season if needed; mix with chicken. Heat 20 to 25 min. Serve with hot fluffy rice. As accompaniments, serve chopped crisp bacon; grated fresh coconut; chopped peanuts; hard cooked egg whites and yolks, minced separately; and chutney—all in small dishes. Makes 8 servings; P.S. In this recipe, you may use 4 to 5 cups cooked or canned chicken meat, and canned chicken broth.

Louise Arneson-

--Louise Arneson  
Districe #3, Salem



## SCOLLOPED CHICKEN

FIRST STEP: Put a 4 or 5 pound hen into a large pot or pressure cooker saucepan. Add one carrot, a sliced onion, 2 teaspoons salt and two quarts boiling water. (About one quart of water if pressure cooker is used.) Let it cook very slowly for  $2\frac{1}{2}$  hours if not under pressure or 25 minutes under pressure. Should be done enough for meat to leave bones. Let bird cool in own juice. When cool, take out and remove meat from bones and skin from meat. Put skin through food chopper and reserve for step 3. Cook giblets in salted water until tender.

SECOND STEP: While hen cooks, make stuffing. Crumble 1 loaf bread (white, 2 day-old). Melt  $\frac{1}{4}$  cup butter or chicken fat in a very heavy skillet. Cut up 6 sprigs parsley, 6 scallions with tops or one medium onion, two large stalks celery with tops. Cook vegetables in melted fat over low heat for 5 minutes. Then mix into crumbled bread lightly with fork to keep dressing fluffy. Grind cooked giblets and mix in. Add one teaspoon salt, dash pepper and one teaspoon poultry seasoning. Finally, mix in 4 tablespoons broth. No more or dressing will be heavy

THIRD STEP: The sauce. Skim fat off the top of broth and heat  $\frac{1}{2}$  cup of it in large heavy saucepan. Heat 4 cups chicken broth and one cup of milk together but do not boil. Stir  $\frac{1}{2}$  cup sifted flour into melted fat until smooth. Add milk and broth mixture gradually stirring contrantly. Add 2 teaspoons salt. Add 1 teaspoon Mono Sodium Glutamate if desired. Cook until very thick, stirring all the time. When cooked, beat 4 eggs slightly and mix in a little of the sauce. This way first, to prevent curdling. Then combine sauce and eggs and cook over low heat for 3 or 4 minutes, but keep stirring! When you take it off heat add ground chicken skin.

FOURTH STEP: Grease one very large or two small casseroles. Put stuffing in the bottom carefully. Pour over it half the sauce. On top of this the chicken meat which has been cut up with scissors into nice size pieces. Add remaining sauce. Take 1 cup dry bread crumbs and toss with 4 tablespoons melted fat or butter. Sprinkle on top, bake in moderate oven, 375 degrees, for 25 minutes or until crumbs are golden brown and chicken is bubbling all the way through. This serves 12 generously.

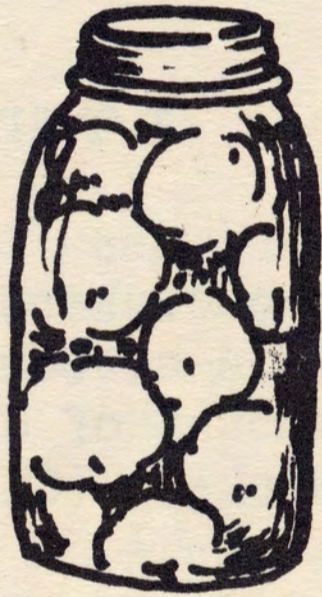
(I usually cook the chicken the day before and use the chicken fat for cooking vegetables.)

*Ann Skala*

--Ann Skala  
District #13, La Grande



PICKLES, RELISHES  
AND JAMS



STRAWBERRY



BLACKBERRY



RASPBERRY



DUTCH PICKLES (GOOD AND EASY)

Cut cucumbers in quarters or smaller lengthwise and pack in jars. In center put a stalk of celery and clove of garlic, 2 or 3 small slices of onion. Put  $\frac{1}{2}$  teaspoon of pickling spices on top and cover with the following brine.

1 quart of vinegar  
 $\frac{1}{4}$  cup salt

$1\frac{1}{2}$  cups sugar (more if desired)

Boil and pour over the cucumbers. This makes 4 or 5 pints and is ready to eat in about 6 weeks.

*Ruth Langton*

--Ruth Langton  
OSNA Office

BEST EVER DILL

1 quart of vinegar  
1 cup of salt

3 quarts of water

Bring to a boil and pour over cucumbers that have been packed in sterilized jars. Place dill in bottom of jar then cucumbers. Allow space for medium size amount of dill on top. Seal tightly. Pickles may be used after 3 weeks. (Clove of garlic optional)

*H. Short*

---H. Short  
District #3, Salem

SWEET PICKLES (Elsie's Method)

Wash cucumbers and put into two quart jars.

Add;

2 tablespoons of pickling spices  
1 tablespoon of horseradish

2 tablespoons of salt  
 $\frac{1}{2}$  level teaspoon of alum

Pour over pickles 16 pts. of vinegar and fill jars with water (cold). Seal jars and shake well. When ready to use about one month, pour off and throw away the juice. Cut pickles in two, regardless of the size. Cover with 2 cups of sugar and shake well. They will be ready to use in 24 hours, but the longer they are left in the sugar the better they will be.

*Mabel M. Croisant*

--Mabel M. Croisant  
District #17, Tillamook



### GREEN TOMATO RELISH

8 lbs chopped green tomatoes, add  $\frac{1}{2}$  cup of salt and soak over night. Drain and then add  $\frac{1}{2}$  pt of vinegar and enough water to cover let boil, drain.

add;

3 cups sugar

1 or 2 onions sliced

$\frac{1}{2}$  teaspoon each of cloves

cinnamon, allspice

3 red peppers sliced

1 bunch of celery

Vinegar to almost cover

Add water if vinegar is too strong, cook 30 min. Seal hot

*Florence McKee*

--Florence McKee

District #2, The Dalles

### ICE WATER PICKLES

Wash and cut up cucumbers and keep in ice water 10 to 12 hours. Pack in jars adding 2 or 3 slices of onion and 1 or 2 stalks of celery to each quart jar. Pour over pickles the following mixture.

1 quart vinegar

$1\frac{1}{2}$  cups of sugar

1 tablespoon of mustard seed

1 quart of water

$\frac{1}{2}$  cup of salt

Boil well and pour over while hot ready to eat in about 2 months.

*Dorothy E. Collard*

--Dorothy E. Collard

District #4, Medford

### WATERMELON PICKLES

Remove rind and any pink portion of rind.

4 cups of rind

1 teaspoon powdered alum

cover with cold water and

let stand over night.

Pour off water wash well in colander with cold water. Put in kettle, cover with 1 lb. of brown sugar. 1 cup cider vinegar, 2 cups water  $\frac{1}{2}$  cup of whole mixed spices. Boil until thick and clear.

*Harriett E. Osborn*

--Harriett E. Osborn

District #1, Portland



### RED AND GREEN RELISH

12 large green peppers  
6 medium onions  
3 cups sliced cauliflowerettes  
5 cups sugar  
1/3 cup salt

6 large sweet red peppers  
6 medium green tomatoes  
5 cups vinegar  
2 tablespoons white mustard seed  
3 cups sliced celery

Slice vegetables thin, pour boiling water over vegetables and let stand 15 min. Drain thoroughly. Pack into hot sterilized jars. Combine remaining ingredients heat to boiling, pour over vegetables and seal at once. Makes 8 pints. I like to use green tomatoes about the size as the onions, using center slices of tomatoes it makes a much prettier relish.

*Florence McKee*

--Florence McKee  
District #2, The Dalles

### CHILI SAUCE

This is a very good recipe and has been passed on to many good cooks.

15 large tomatoes  
3 medium onions  
2 1/2 cups vinegar  
1 1/2 teaspoons salt  
1/2 teaspoon each of allspice, cloves, cinnamon, nutmeg

4 green peppers  
1/2 bunch celery cut up  
1 1/2 cups sugar  
1 1/2 teaspoons mustard seed

Cook until desired thickness and seal in sterilized jars.

*Ruth Langton*

--Ruth Langton  
OSNA office

### CRANBERRY AMBROSIA

2 cups sugar  
3 cups water  
2 apples (cut in eights)

2 cups cranberries  
2 oranges (sliced)

Boil sugar and water for 5 minutes. Add sliced apples and cook slowly for 15 minutes. Add cranberries and oranges. Cook for 10 more minutes. Serve cold with meat or poultry.

*Mary I. Breneman*

--Mary I. Breneman  
District #1, Portland



STRAWBERRY JAM( VERY GOOD)

2 boxes of berries

5 cups sugar (cook 8 min after  
boiling begins)

$\frac{1}{2}$  cup of lemon juice (boil 2 min, longer  
skim)

Let stand 2 days stirring occasionally. Pour into cold jars.

*Ruth Langton* --Ruth Langton  
OSNA Office

STRAEBERRY JAM

1 quart sliced strawberries  
 $1\frac{1}{2}$  teaspoons vinegar

4 cups sugar

Put berries in pan with vinegar and boil 3 minutes, stir carefully. Add sugar and boil 10 min. Do not let it boil too hard. Place in a shallow dish and let stand 24 hours, stir serveral times. Put in jars cold-covered with wax.

*Dorothy E Collard* --Dorothy E. Collard  
District #4, Medford

WINTER PEAR CONSERVE

$3\frac{1}{2}$  lbs of pears,  
 $1\frac{1}{2}$  lemons

$1\frac{1}{8}$  lb ( $\frac{1}{4}$  cup ) seeded rasins)

$3\frac{1}{2}$  lbs( $7\frac{1}{2}$  cups) sugar)

$1\frac{1}{2}$  oranges

$1\frac{1}{8}$  lb ( $\frac{1}{2}$  cup ) chopped walnuts)

Remove seeds and stems from fruit, also skins from pears. Grind all together including rind of citrous fruits. Pour off juice which can be used for other cooking purposes. Cover the remaining fruit with sugar. Let stand over night. Cook the next day about 35 min until jam looks thick. Test in cold bowl. When done add nuts and pour into glass jars or earthenware pots. Cool and top with melted paraffin. Will fill 12 jelly glasses.

*Lucille M Higby* --Lucille M. Higby  
District #3, Salem







# SALADS AND DRESSINGS



## THE STEFANICHS' BEAN SALAD

- 1 can (1 pound) green beans, drained
- 1 can (1 pound) yellow wax beans, drained
- 1 can (1 pound) red kidney beans, drained
- ½ cup chopped green pepper
- 2 tablespoons finely chopped onion
- ¼ cup sugar                      ⅔ cup vinegar
- ⅓ cup salad oil                1½ teaspoons salt
- ½ teaspoon black pepper

In a large bowl combine the beans. In a quart jar combine the remaining ingredients. Cover and shake together thoroughly. Pour over beans. Mix together gently. Chill overnight or for several hours. Yield: 6 to 8 portions.

### Bean Salad

- 1 1-pound can (2 cups) cut green beans, drained
- 1 1-pound can cut wax beans, drained
- 1 1-pound can kidney beans, drained
- ½ cup chopped green pepper
- ½ cup chopped onions (optional)
- ½ cup chopped celery
- ¾ cup sugar
- ⅔ cup vinegar
- ⅔ cup salad oil
- 1 teaspoon salt
- 1 teaspoon pepper

Combine vegetables, toss lightly to mix. Combine sugar, vinegar and salad oil. Pour over vegetables; sprinkle with salt and pepper and toss lightly. Refrigerate over night. Before serving, toss again to coat beans well.

## ASHEVILLE SALAD

- 1 can (10¾ ounces) tomato soup, undiluted
- 1 soup can water
- 1 package (8 ounces) cream cheese
- 2 envelopes unflavored gelatin
- ½ cup cold water
- 1 cup mayonnaise
- 1½ cups chopped celery
- ½ teaspoon minced onion
- ¼ cup chopped green pepper
- 3 hard-cooked eggs, chopped
- 6 stuffed green olives, chopped
- Salt to taste
- ⅓ teaspoon pepper

In a saucepan combine tomato soup and a soup can of water. Bring to a boil. Add cream cheese and simmer gently, stirring constantly, until cheese is softened. Beat with wire whisk or egg beater until the mixture is thoroughly blended. Soften gelatin in the ½ cup cold water. Dissolve in the hot soup mixture. Cool. Stir in remaining ingredients. Pour into 1½-quart mold. Chill until firm. Serve unmolded on a bed of watercress or chicory. Yield: 8 to 10 servings.



### NON FATTENING BANQUET SALAD

$\frac{1}{4}$  cup cold water  
1 envelope Knox;  
sparkling gelatine  
1 cup hot water  
 $\frac{1}{4}$  cup mild vinegar  
1 cup cottage cheese

$\frac{1}{4}$  cup of stuffed olives  
 $\frac{1}{4}$  cup chopped celery  
 $\frac{1}{4}$  cup green pepper chopped  
 $\frac{1}{3}$  cup of cream or evaporated  
milk whipped

Soften gelatine in cold water. Add hot water and stir until dissolved, add salt and vinegar. Cool. When mixture begins to thicken fold in cheese, olives and celery, pepper and whipped cream or evaporated milk. Turn into individual molds or large bowl that has been rinsed in cold water and chilled. When firm, unmold on lettuce leaf and serve with Non-fattening mayonnaise. Serves 6, 1 serving 100 calories if made with evaporated milk.

*Dorothy E. Collard*

--Dorothy E. Collard  
District #4, Medford

### CRANBERRY SALAD

1 lb. cranberries  
1 stalk of celery  
2 oranges use  $\frac{1}{2}$  rind  
2 cups sugar

$\frac{1}{2}$  cup nut meats  
2 pkgs. lemon jello  
 $2\frac{1}{2}$  cups water

Grind berries, sprinkle sugar on them and let stand. Grind oranges, chop celery and nuts add to jello when partly cooled. Pineapple and apple are nice additions, if berries are quite juicy reduce the amount of water. Serves 20.

*Mary I. Breneman*

--Mary I. Breneman  
District #1, Portland

### COTTAGE CHEESE LIME JELLO

2 pkgs. lime jello  
4 cups of hot water  
1 tablespoon vinegar

Let set until it becomes shaky then whip with electric mixer until foamy then add 1 carton of cottage cheese. This is also good when lemon jello is used, at which time I add chunks of pineapple or diced canned pears.

*Grace Clayton*

--Gr. Clayton  
District #2, The Dalles



LUNCHEON SALAD

1-10 oz. can condensed tomato soup  
heated  
1/2 envelope unflavored gelatin  
1/2 cup cold water  
2-3-oz packages cream cheese  
1 cup mayonnaise

1 cup celery, cut fine  
2 tablespoon chopped green  
pepper  
1 teaspoon minced onion  
1/2 cup chopped nuts

Soften gelatin in cold water. Mash cheese until soft, and add mayonnaise. Blend together, then add soup and gelatin. Add remaining ingredients and pour into mold. Chill until firm. Serves approx. 10.

*Gwen Shannon*

--Mrs. Gwen Shannon, R.N.  
District #6, Albany

CABBAGE SALAD

Cut one large cabbage in half, discard the hard center, cut into coarse flakes to fill 7 cups. Slice 1/2 package of English cheese into strips. Mix one cup mayonnaise with 1/4 cup French dressing. Add 1 teaspoon salt and lots of fresh ground pepper, 2 teaspoon Worcestershire, 1 tablespoon sugar and 1 tablespoon dill seed. Toss lightly together. Cabbage and cheese may be cut up the day before and the cabbage wrapped in a damp towel.

*Petie Stoll*

--Petie Stoll  
District #1, Portland

CUCUMBER, NUT AND OLIVE SALAD

2 medium size cucumbers  
1 cup of sliced stuffed olives  
1/2 cup finely sliced celery

2 hard cooked eggs  
1/2 cup pecan meats  
1/3 cup of French dressing

Peel and dice cucumbers, combine with sliced eggs, olives, nuts and celery. Chill French dressing, toss lightly to mix. Serve on bed of shredded lettuce. Garnish with mayonnaise and paprika. Serves 6

*Eleanor Larson Bangs*

--Eleanor Larson Bangs RN.  
District #17 Wheeler



MAIN DISH SALAD

1 can tomato soup  
1 1/2 tablespoons gelatin  
1/2 cup cold water

Heat soup but do not boil

Dissolve gelatin in cold water and add to warm soup. Set aside to cool.

When soup mixture begins to set, add:

2 packages of cream cheese (or 1 cup of cottage cheese)  
1 cup of mayonnaise  
1/4 cup of sliced stuffed olives  
1 cup of chopped celery  
1 can shrimp broken in small pieces

Line glass mold in garnish pattern of sliced stuffed olives and spoon mixture in gently. Serves 10 to 12 persons.

*Electa Gartin*

--Electa Gartin  
District #12, Baker

CRANBERRY JELLO SALAD

1 1/2 cup raw cranberries  
1 medium orange  
1/2 cup chopped nutmeats

1 cup sugar (scant)  
1 cup diced celery  
1 pkg. lemon jello

Cut off rind from top and bottom of orange. Put cranberries and orange through meat grinder. Add sugar and let set 1 hour. Add jello dissolved in 1 cup hot water, add celery, nuts. mold. Serves 6.

*Electa Gartin*

--Electa Gartin  
District #12, Baker

GRATED CARROT SALAD

3 or 4 large carrots grated fine  
1/2 to 1 cup shredded coconut  
1/3 cup salad dressing

(fold together)

(moistened with 2 tablespoons of fruit juice)

Fruit may be folded in or arranged on a plate with the carrots. Suggested fruits; bannans, pineapple, rasins, canned peaches, or canned pears. This a convenient way to use small amts. of left over fruit and a good way to include a substantial, green and yellow vegetable..

*Virginia Taylor*

--Virginia Taylor  
District #1, Portland



MOLDED JELLO SALAD(GOLDEN GLOW)

1 pkg. of orange jello  
1 large grated carrot

1 cup of grated pineapple  
1 teaspoon vinegar

To accompany meat I use 1 pkg. lime jello, 1 can spiced grapes or 2 pkgs. lime jello and 1 can grapefruit segments(canned).

*Grace Clayton*

--Gr. Clayton  
District #2, The Dalles

LIME SPONGE

1 pkg. lemon jello

1 pkg. lime jello

Mix with 2 cups of hot water. Cool in refrigerator until quivering. Whip 1 cup of cream. Then beat jello with electric beater until fluffy, add cream and  $\frac{1}{2}$  cup of mayonnaise, 1 cup cottage cheese, 1 cup of shredded pineapple and chill. Place on lettuce leaf and serve.

*Electa Gartin*

--Electa Gartin  
District #12, Salem

MOLDED CRAB SALAD

1pkg. lemon jello

1 cup boiling water  
(mix and cool)

add:

1 cup flaked crab meat  
1 cup cottage cheese

1 cup of chile sauce  
1 cup mayonnaise

Mix well and fold in 1 cup whipped cream, pour into mold and chill until firm.

*L. Arnison*

--L. Arnison  
District #3, Salem



SALMON STUFFED TOMATOES

1 7 oz can smoked salmon flaked  
3/4 cup diced celery  
1 tablespoon of grated onion  
1 tablespoon of lemon juice  
1/4 teaspoon salt

2 hard cooked eggs chopped  
1/4 cup diced cucumbers  
2 tablespoon minced parsley  
1/3 cup mayonnaise  
6 medium tomatoes

Remove center of tomatoes, mix ingredients and fill cavity.  
Serve on lettuce leaf.

*Margaret Payton*

--Margret Payton  
District # 1, Portland

UNDER THE SEA SALAD

Dissolve 1 pkg. of lime gelatine in 1 1/2 cup of boiling water.  
Add pear juice, (1 1/2 cups) and 1 teaspoon of vinegar. Pour 1/2  
of this into a loaf pan to chill. Place remaining portion into  
a bowl to stiffen. Then whip to whipped cream consistency,  
adding the following : cream 2 pkgs. of Philadelphia cream cheese  
with 1/8 teaspoon ginger, adding 2 cups of diced canned pears.  
Add 1/4 teaspoon of salt. Pour on top of chilled layer, let set,  
unmold and serve in slices. Serves 6 - 8

*Frishia McBee*

--Frishia McBee  
District # 1, Portland

Fruit Salad

No 1 -

- 1 c pineapple cubes
- 1 c mandarin orange
- 1 c flake Coconut
- 1 c tiny marshmallows
- 1/2 c Sour Cream

Mix and blend in refrig.  
for one - two hours.

or - 24 Hour salad.

No 2 Mix

- 1 c pineapple cubes
- 2 c seedless gr. grapes
- 1/2 c tiny marshmallows

Beat 2 egg yolks  
3 T pineapple juice  
1 T. Vinegar. Cook over  
low heat to thickens - cool <sup>pour over</sup>  
add 1/2 c cream, whipped and <sup>fruit</sup>  
~~pour over fruit mix.~~ Chill 24 Hr.

No 3. Mix

- Pineapple tidbits
- Pitted wh. Cherries
- 2 oranges - pare & cube
- 2 c Marshmallows.



FRENCH DRESSING FOR FRUIT SALAD

1/2 cup sugar  
1 teaspoon paprika  
1 teaspoon salt  
1 teaspoon celery seed

1 teaspoon mustard  
1 teaspoon onion juice  
1 cup Wesson Oil  
1/4 cup vinegar

Mix dry ingredients together and add oil and vinegar alternately. Makes about 1 pint of dressing keeps indefinitely in refrigerator. Remove from refrigerator for a few minutes before using, and shake well to blend. This is especially good with citrus fruits.

*Esther Jacobson* -- Esther Jacobson  
District #5, Eugene

DRESSING FOR SALADS: GARLIC SAUCE

1 can tomato hot sauce  
salt to taste

equal amount of vinegar and olive oil,  
3 or 4 clove of chopped garlic.

Put in JAR and shake well let set about 24 hours before using so as to season

*Mildred I. Martigone* -- Mildred I. Martigone  
District #8, Klamath Falls

FRUIT SALAD DRESSING

1/2 cup syrup (from canned peaches or other fruit)  
2 egg yolks well beaten  
1 1/2 teaspoon lemon juice

1 tablespoon sugar  
1/8 teaspoon salt  
1/8 teaspoon paprika

Heat syrup, combine egg yolks, sugar salt and paprika. Add peach syrup slowly, stirring constantly. Cook over hot water until thick and smooth. Remove from stove add lemon juice slowly. Mix thoroughly. Chill if desired other fruit juices may be substituted for the peach syrup then sweeten to taste.

*Mildred I. Martigone* -- Mildred I. Martigone  
District #1, Klamath Falls



SALAD DRESSING ( FRUIT SALAD)

2 tablespoons sugar  
2 egg yolks

1 tablespoon butter  
Juice of one lemon

Melt butter add sugar egg yolks and lemon juice. Cook all together in double boiler until thick. When cold stir into 1 cup whipped cream.

*Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland

FRUIT SALAD DRESSING

6 marshmallows  
 $\frac{1}{2}$  cake of Philadelphia  
cream cheese

Soak over night in covered bowl  
salad. 6 servings

FRUIT SALAD DRESSING

12 marshmallows  
1 egg  
1 tablespoon vinegar  
1 tablespoon sugar  
1 teaspoon salt  
1 cup ( $\frac{1}{2}$  pint) whipping cream

Dissolve marshmallows by heating in the top of double boiler over hot water, stirring occasionally. Beat egg, stir in vinegar, sugar, and salt; add to marshmallows. Cook 2 minutes, or until mixture thickens, stirring constantly. Cool. Whip cream and fold into cold mixture. Serve over fruit or molded salads. For 8 salads.

*Mary I. Breneman*

--Mary I. Breneman  
District # 1, Portland

SWEET LETTUCE DRESSING

Grate:

1 medium onion over 1 cup of sugar. Let stand 30 min.

Add:

6 tablespoons vinegar  
1 tablespoon salt

1 tablespoon paprika  
2 cups of salad oil

Beat well until mixture become the consistency of honey. Store in qt. jars. If dressing separates, beat before using.

*E. Thelma Kanclier*

--E. Thelma Kanclier  
District #4, Medford



### UNUSUAL FRENCH DRESSING

$\frac{1}{2}$  cup sugar  
1 cup catsup  
1 cup salad oil  
1 cup mild vinegar  
1 small onion grated  
1 clove garlic grated

2 teaspoons salt  
1 teaspoon Worcestershire  
sauce  
1 teaspoon celery salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon pepper  
dash of tabasco sauce

Mix all ingredients and shake well. For calorie watchers cut oil, to  $\frac{1}{2}$  cup and add another  $\frac{1}{2}$  cup water. This should stand over night for seasonings to blend.

*Irene Ryman*

--Irene Ryman  
District # 14, Bend Oreg

### FRENCH DRESSING

1 tablespoon grated onion  
 $\frac{1}{2}$  teaspoon salt  
1 cup salad oil

$\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  can tomato juice  
 $\frac{1}{4}$  cup vinegar (weakened to  
desired strength)

Grate onion and put in salad bowl. Add sugar, salt and catsup stirring together. Add oil 1 teaspoon at a time, beating it in. Add vinegar constantly. Store in tightly covered jars. Makes 1 pint.

*Mary I. Breneman*

--Mary I. Breneman  
District #1, Portland

### FRENCH DRESSING

1 cup salad oil  
 $\frac{2}{3}$  cups catsup  
pinch of salt

1 cup sugar  
 $\frac{1}{2}$  cup vinegar  
1 clove garlic (optional)  
onion(optional)

Combine all ingredinets in order listed, one at time and beat with rotary beater after each addition. Add chopped onion or garlic before storing in refrigerator. Shake well before using.

*ELSIE COMINE*

--Elsie Comine  
District #2, The Dalles



## Jellied Waldorf Mousse

- 1 package lemon flavored gelatin
- 1 cup hot water
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{2}$  cup diced celery
- $1\frac{1}{2}$  cups diced, unpeeled red delicious or winesap apples
- $\frac{1}{2}$  cup chopped nutmeats
- $\frac{1}{2}$  cup cream, whipped

Dissolve gelatin in hot water. Chill until thick and syrupy. Blend mayonnaise and gelatin until smooth, then add diced apples, celery and nutmeats. Fold whipped cream into gelatin mixture. Turn into 1 quart mold which has been rinsed in cold water. Chill until firm. Unmold onto salad greens. Serves 8.





*Festive gelatin salad ring for a buffet supper on New Year's Eve*

### FRUITED GINGER ALE RING MOLD

Molded salad is refreshingly tangy with ginger ale and mint flavor.

- 2 packages (3 oz. each) lime flavored gelatin
- 1 cup hot water
- 1 can (1 lb., 14 oz.) pineapple chunks
- 1 can (11 oz.) mandarin oranges
- 1½ cups ginger ale
- 1 drop mint extract
- 12 maraschino cherries
- Crisp greens
- Sour cream dressing

Dissolve flavored gelatin in hot water. Drain syrup from pineapple, measure out 1 cup, and stir into the dissolved gelatin mixture. Add pineapple chunks and drained orange sections. Chill un-

til syrupy. Then stir in ginger ale and mint extract. Arrange maraschino cherries in the bottom of a 2-quart ring mold. Spoon in some of the thickened gelatin mixture just to cover the cherries. Chill until set. Carefully spoon fruit and gelatin mixture into mold. Chill until firm. To serve, turn out on bed of greens; place bowl of sour cream dressing inside salad ring. Serves 8.—*J. H., Santa Clara, Calif.*

*For a quick dressing, blend 3 tablespoons frozen orange-pineapple juice concentrate and 1 teaspoon grated orange peel into ½ pint sour cream.*

### Salad

SUNSET

- 1 cup sugar
- ½ cup prepared horseradish
- ⅓ cup grated onion
- 4 teaspoons salt.

Combine all ingredients, mixing well. Let marinate in refrigerator at least 3 hours, stirring occasionally. Makes about 3 quarts.



# Marinated Beets

## Make Large Salad

You can't beat beet salad for a crowd.

When it's your turn to make the salad for the church supper, or social circle, here's a recipe to fill the bill. Make it marinated beets, a delicious spicy sweet-sour salad. The recipe makes about 3 quarts or 24 servings.

### Marinated Beets

- 6 (16 to 17 ounce) cans sliced beets, drained
- 2 cups vinegar
- 1 cup Mazola corn oil
- 1 cup sugar
- $\frac{1}{2}$  cup prepared horseradish
- $\frac{1}{3}$  cup grated onion
- 4 teaspoons salt.

Combine all ingredients, mixing well. Let marinate in refrigerator at least 3 hours, stirring occasionally. Makes about 3 quarts.



# temptation

## TUNA SALAD

- 2 (6½ ounce) cans tuna, drained and flaked
- 1 cup diced celery
- Dash lemon juice
- 1 teaspoon minced onion
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup EEST FOODS® Real Mayonnaise

Combine ingredients. Refrigerate until serving time. Serves 4.

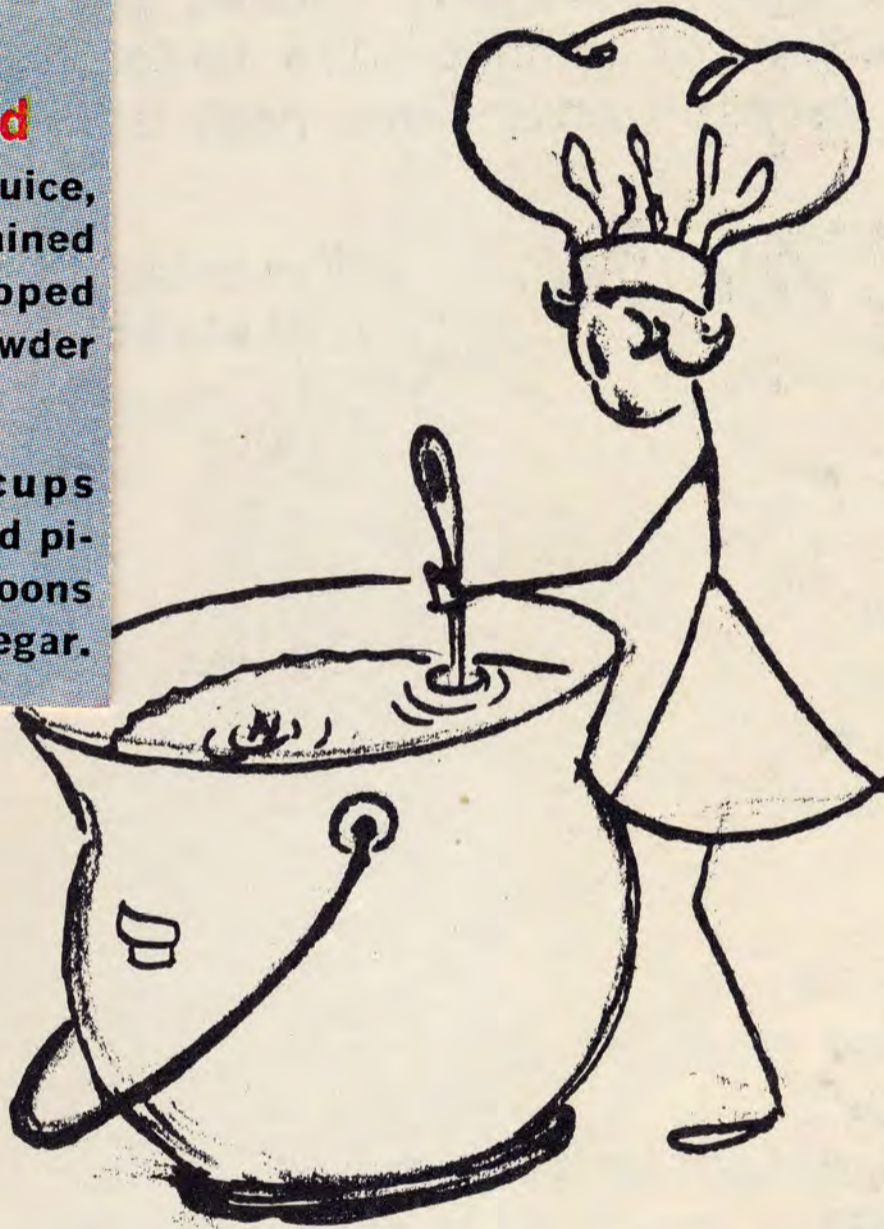
**TO ASSEMBLE FISH:** Shape body of fish on serving platter. (Best Foods is so full-bodied your "fish" holds its shape.) Form tail and fins with pimiento or tomato slices. Use cucumber skin for stripes, parsley for eye, pimiento for mouth.

### Variations on basic salad

**LUAU TUNA SALAD:** Omit lemon juice, onion, seasoning. Add 1 cup drained crushed pineapple, ½ cup chopped nuts. Blend 1 teaspoon curry powder into Best Foods, then toss.

**TUNA-RICE SALAD:** Add 1½ cups cooked rice, 1 tablespoon chopped pimiento, marinated in 2 tablespoons each Mazola® Corn Oil and vinegar.

## SOUPS





SPLIT PEA SOUP

Soak 3/4 cup split peas over night. Add green tops from  
1/3 bunch of celery.

3 celery stalks

4 medium carrots

3 or 4 onions

4 medium potatoes (cut in large  
chunks)

Cover with water and add; salt and pepper to taste, small chunk  
butter or margarine or use one slice of chopped bacon. Simmer  
until all vegetables are tender, put cooked ingredients through  
a sive. Add small amount of canned milk before serving.

You may use part of receipe and store rest in freezer.  
Serves 8

*Frishia McBee*

--Frishia McBee  
District "1, Portland

CLAM CHOWDER

Saute together until slightly browned

1 finely chopped onion

6 slices of bacon

Boil one diced potato

Put all ingredients into the top of a double boiler, add 2 cans  
minced clams and an equal amount of table cream, simmer for at  
least 1 hour before serving. Add a little butter and season with  
salt and pepper.

*Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland



DRIED WHITE OR GREEN PEA OR BEAN SOUP

2 cups of peas or beans  
Morning; drain and rinse

soak over night  
Put in kettle with a ham bone  
or salt pork.

Add 1 or 2 chopped onions, clove of garlic. Simmer 4 to 5 hours.

*Harriett E. Osborn*

--Harriett E. Osborn  
District # 1, Portland

BORSCH

1 cup finely chopped cabbage  
1 cup diced potatoes  
 $\frac{1}{2}$  cup carrots

2 qts good beef stock  
3 tablespoons butter  
 $1\frac{1}{2}$  cups canned to-  
matoes

1 small onion chopped  
1 small teaspoon vinegar  
Salt and pepper  
Finely chopped parsley or dill leaves

$\frac{1}{2}$  cup beet juice  
1 cup cooked beets  
sour cream

Prepare vegetables. Heat stock to boiling. In heavy pan that can be closely covered melt butter. Put vegetables into butter, turn fire low, and shake covered pan over heat about 5 min. Add hot stock. Put tomatoes through fine sieve and add to soup. Add beet juice. Simmer gently. When vegetables are tender add beets and vinegar. Season to taste with salt and pepper. Remove from fire before beets lose color. Serve with 1 spoonful sour cream and parsley, dill leaves on top of each serving.

*Petie Stoll*

--Petie Stoll  
District #1, Portland

Farina Dumpling Soup (German)

Dumpling:

Bring to boil  $\frac{1}{2}$  c milk  
 $\frac{1}{2}$  c water or broth  
 $\frac{1}{4}$  t. salt

add:  $\frac{1}{2}$  c. farina - Cook  
until thick & pulls away from  
pan. Remove from heat

beat in 1 T. butter  
2 T. Ch. parsley  
2 egg slightly beaten  
 $\frac{1}{4}$  t. Paprika  
Cool to lukewarm.

Drop by t. into 6 cups gently  
boiling broth. Simmer uncovered  
until dumpling rise to surface. About 5"  
93



**WEIGHT-WATCHER'S POTATO SALAD**

- 4 cups diced cooked potatoes
- 3 tablespoons low calorie French dressing
- 1/4 cup chopped green onion
- 3/4 cup shredded carrot
- 3/4 cup diced celery
- 2 hard-cooked eggs, diced
- 2 tablespoons chopped dill pickle
- 1 cup low-fat yogurt
- 2 teaspoons prepared mustard
- 1 teaspoon horseradish
- 1 teaspoon worcestershire
- Salt and pepper to taste
- Lettuce

Dice potatoes while hot. Add French dressing and refrigerate until potatoes are thoroughly chilled. Add onion, carrot, celery, eggs and pickle. Toss with mixture of yogurt and seasonings. Turn into lettuce - lined bowl. Makes 8 servings.

Calorie Count: 1/2 cup - approximately 63 calories per serving.



# VEGETABLES



Pages 95 - 98



CORN DOLLOPS

Put one cup yellow corn meal in a heat proof bowl.

Add:

1 tablespoon sugar

1 tablespoon shortening

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

Add boiling water to make a thin batter. Cool and add 2 slightly beaten eggs. 1 tablespoon baking powder. Fry in small round thin dollops. Serve with powdered sugar or your favorite hot syrup. These are nice for Sunday suppers with thin frizzled ham slices.

*Francis Clink*

--Francis Clink  
District #4, Ashland

WILTED LETTUCE

Tear leaves in rather large pieces. Fry 2 or 3 slices of bacon. Cut up and add to lettuce 1 tablespoon sweet vinegar, salt and pepper to taste.

*Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland

BAKED CORN

1 can creamed style corn

1 tablespoon butter

1 egg well beaten

1 cup milk

salt and pepper to taste

1 teaspoon chopped onion

Bake  $\frac{1}{2}$  hour in casserole dish.

*Harriett E. Osborn*

--Harriett E. Osborn  
District #1, Portland



RED CABBAGE

1 head red cabbage cut fine	1 onion
2 medium sized apples	salt to taste
$\frac{1}{2}$ , cup vinegar	$\frac{3}{4}$ cup sugar
5 slices bacon	

Cover cabbage chopped onion and apples with water. Add salt and cook until done. Then add vinegar and sugar cut bacon into small pieces and fry until brown. Add to cabbage mix will and cook about 10 , minutes more. *Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland

BAKED DANISH SQUASH

Cut squash in half, remove seeds. Butter and sprinkle with salt add brown sugar, bake 45 min.

*Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland

STRING BEANS (SPANISH)

2 or 3 pounds of string beans.	1 tablespoon bacon fat
1 onion chopped	1 can tomato hot sauce
salt (to taste)	4 slices bacon
1 tablespoon butter	

Fry onion until golden brown in bacon fat. Add hot sauce. Add water to nearly cover string beans , add salt and bacon cut in pieces, cook one hour or more and then add butter.

*Harriett E. Osborn*

--Harriett Osborn  
District #1, Portland



BROCCOLI AU GRATIN (USE 1 LB FRESH OR PKG FROZEN BROCCOLI)

Cook broccoli cuts until crisp tender not too soft, gently add 1 cup seasoned white sauce. Turn into a buttered casserole. Sprinkle top with  $\frac{1}{4}$  cup buttered bread crumbs. Add  $\frac{1}{2}$  cup grated cheese. Bake in a pan of hot water about 450 degrees for 20 minutes.

Esther Jacobson

--Esther Jacobson  
District #5, Eugene

ZUCCHINI

Place thinly sliced zucchini in baking dish with a little wesson oil. Sprinkle with a minced garlic clove., grated parmesan cheese, salt and pepper. Add 1 can tomato hot sauce and a little water. Cover with buttered bread crumbs and additional parmesan cheese. Bake slowly for about an hour to cook zucchini thoroughly and blend well.

Harriett E. Osborn

--Harriett E. Osborn  
District #1, Portland

BOHEMIAN BEANS

1 jar Yogurt, about 1 cup  
1 tablespoon lemon juice  
1 teaspoon salt

2 cups frozen green beans  
or 2 cups canned beans  
 $\frac{1}{4}$  teaspoon pepper

Add yogurt to hot beans. Add seasonings, heat and serve.

Loretta Sheasgreen

--Loretta Sheasgreen  
District #1, Portland

Potato Casserole

Parboil 6 potatoes - Peel and slice  $\frac{1}{3}$  into buttered Casserole  
4 hardboiled eggs - " " " 2 " " " "

Combine 98 { 1 c Sour Cream  
1 c Chicken soup -  $\frac{1}{3}$  on egg layers and on  
1 t salt top.  
1/4 t pepper, curry

Mix  $\frac{1}{2}$  c soft crumbs and  $\frac{1}{2}$  c Cheddar, grated - Top and bake 350°  
30 min





*Even children seem to relish beets prepared this way. It's very easy*

### **FRENCHMAN'S BEETS**

One Western cook steam-sautés sliced beets in the following manner to tempt her children into eating this plentiful root vegetable. Fresh lettuce leaves and green onions give the beets a lift.

- 12 medium sized beets
- ½ cube (4 tablespoons) butter or margarine
- 4 green onions, thinly sliced
- 1 tablespoon sugar
- 1 teaspoon salt
- 4 large lettuce leaves


Slice raw beets very thinly (the slicing area of your grater is handy for this). Melt butter in a large frying pan, add

### **Vegetable**

beets and onions, and stir lightly to coat well. Add sugar and salt. Dampen lettuce leaves under running water and lay over the beets. Cover and simmer slowly for 30 minutes, or until beets are tender. To serve, chop lettuce finely and toss in with the beets just before you turn them into the serving dish. Makes 6 servings.—*H. J. C., Baldwin Park, Calif.*

*To make this vegetable a company dish with special appeal for adults, serve with sour cream seasoned with grated orange peel or a little nutmeg.*





# *SPECIAL DIETS*

(CONSULT YOUR DOCTOR BEFORE USE)

Courtesy of Winifred Chamberlain  
Member of American Dietetic Association.

Pages 99 - 110



HIGH CARBOHYDRATE HIGH PROTEIN LOW FAT  
(Often recommended for Hepatitis, Cirrhosis of Liver)

FOODS TO INCLUDE

- CEREALS;** All cooked and dry cereals, macaroni, spaghetti, noodles, and rice. One or two servings daily.
- BREAD:** All kinds (wheat grain preferred) crackers, zweiback melba toast. Take 2 slices at each meal, if possible.
- BEVERAGE:** Skim milk (at least 1 qt. skim milk daily), buttermilk, fruit juices, tea or coffee.
- SOUPS:** Meat stock soups, milk soups amde with vegetable and skim milk.
- MEAT, FISH:** Very lean meat or chicken. Very lean fish such as cod, flounder, haddock, halibut, sole. Two large servings daily.
- EGGS:** Two daily (Not Fried)
- CHEESE :** Only cottage cheese. Use liberally.
- VEGETABLES:** All vegetables except onions, dried peas, beans, cabbage, broccoli, brussels sprouts, turnips, rutabagas, and other gas forming vegetables. Take 2-3 servings daily.
- FRUIT:** All fresh and cooked fruits. Have 3 servings daily, include one citrus fruit daily.
- DESSERTS:** Gelatine, simple puddings, and sponge cake.
- FATS:** 1 teaspoon butter or margarine allowed at each meal, or 2 tablespoons cream in place of butter.
- SWEETS:** Jelly, honey, sugar (Use freely)

FOODS TO EXCLUDE:

Fats and oils of all kinds, (except those allowed in diet). Oily fish, spices, condiments, nuts, icecream, pastries, fried foods, gravies, mayonnaise, dressings.

BETWEEN MEAL NOURISHMENTS

2:00 p.m.  
1 cup skim milk, crackers &  
jelly

8:00 p.m.  
Eggnog with skim milk or  
fruit juice



## LOW SODIUM DIET

### FOODS TO INCLUDE:

- CEREALS: All except bran and bran preparations (cooked without salt).
- BREAD: Made without salt, at least two servings daily.
- BEVERAGES: One pint of milk, fruit juices, coffee substitutes.
- SOUPS: Salt free cream of vegetable soups, using milk allowance. No broth.
- MEAT AND FISH: Lamb and veal chop, beef steak, roast lamb, veal and beef, chicken and turkey, liver, whitefish and salmon. (cooked without salt)
- MEAT SUBSTITUTES: Cottage cheese, cream cheese, eggs.
- VEGETABLES: Refer to list II on following page
- POTATOES SUBSTITUTES: Rice, macaroni, spaghetti, noodles. (cooked without salt).
- FRUITS: Refer to list I at bottom of page.
- DESSERTS: Custards, jello, junket, ice cream, sherbert ices, plain puddings. (cooked without salt).
- FATS: Butter made without salt,

### FOODS TO EXCLUDE:

All highly seasoned foods. Rich pastries, pies, cakes and quick breads. Coffee and tea except as ordered. Tomato and other salted juices.

### LIST I

Apples*	Applesauce	Pineapple
Apricots	Banana	Oranges
Blackberries	Blueberries	Prunes
Cantalope*	Dried Fruit	Pears
Cranberries*	Cherries	Plums
Figs	Grapefruit	Grapes
Honeydew Melon*	Raspberry	Strawberry
Tangerine	Watermelon*	Other Berries

\*Gas forming fruit to be omitted if they give distress.



## LIST II

Asparagus, fresh  
Asparagus, frozen  
Beans green  
Broccoli, fresh  
Brussel sprouts,\*  
fresh  
Cabbage fresh\*  
Carrots fresh\*  
Onions  
Peppers\*

Cauliflower, fresh\*  
Corn fresh\*  
Corn frozen\*  
Cucumbers\*  
Eggplant\*  
Endive  
Lettuce  
Potato sweet  
Pumpkin

Radishes\*  
Soybeans  
Soybeans dried  
Squash, summer  
& winter  
Tomatoes, fresh\*  
Turnips\* white  
Turnip\* green  
Potato white

\*Gas forming vegetables to be omitted if they give distress.  
The following vegetables are to be omitted entirely from your diet.

Beets  
Beet green  
Celery

Dandelion greens  
Kale  
Mustard greens

Sauerkraut  
Spinache

## SEASONING AND FOOD ACCESSORIES

### ALLOWED

Black and red pepper, dry mustard, allspice, caraway, cinnamon, curry powder, garlic, ginger, lemon juice and lemon extract, nutmeg, paprika, peppermint extract, sage, thyme, tumeric, vanilla extract, vinegar, walnut extract.

### OMITTED

Salt in any form. Baking soda, baking powder, laxatives and salt substitutes unless approved by your doctor. Prepared mustard, ketchup meat sauces, bouillon, margarine and salted butter. "Dutch Process" cocoa, popcorn, pretzel, potato chips, olives and pickles. Celery salt, onion salt, garlic salt. Prepared horse-radish, worchestershire sauce



## LOW RESIDUE DIET

### FOODS TO INCLUDE:

- CEREALS:** Farina, cream of wheat, strained oatmeal, cornmeal, cream of rice.
- BREADS:** Soda crackers, white bread and rolls, toast.
- FRUITSE** Cooked only: Peaches, pears, Royal Anne Cherries, apricots, applesauce, ripe banana, fruit juice.
- VEGETABLES:** White potatoes, any style, pureed spinach, carrots, peas, string beans, squash, beets, asparagus tips
- FISH AND MEATS:** Lamb and veal chops, beef steak, roast lamb, veal and beef, chicken and turkey, liver, whitefish and salmon, crisp bacon.
- FATS:** Cream butter as desired.
- DESSERTS:** Plain cakes and cookies, junket, jello and pudding, vanilla ice cream, sherbert.
- BEVERAGES: CO** Coffee, tea, fruit juices, coffee substitutes, milk (not to exceed 1 pint per day, including that used in cooking).
- SOUPS:** Chicken broth, beef broth, cream soups.

### FOODS TO AVOID:

All fried foods, highly seasoned foods, coarse grain cereals and bread. Nuts and dried fruits as rasins, dates, figs.



LOW FAT GALLBLADDER DIET

FOODS TO INCLUDE:

- CEREALS: All cooked and dry cereals except bran and bran preparations. Macaroni, spaghetti, noodles and rice.
- BREAD: Rye, white, whole wheat, soda crackers.
- BEVERAGES: Skim milk, tea coffee and coffee substitutes
- SOUPS: Any made with skim milk, fat free broth.
- MEATS, FISH: Lean lamb, beef, liver, chicken, squab, turkey, whitefish, trout, oysters, salmon (All broiled, baked, and boiled only.)
- EGGS: 1 daily (not fried).
- CHEESE: Cottage cheese only.
- VEGETABLES: Four servings, include one serving green or yellow vegetables, one or two servings potato one vegetables to be eaten raw daily. No gas forming vegetables.
- FRUITS: All fresh and cooked except melon of any sort and raw apples.
- DESSERTS: Puddings low in fat, jello, junket, sherbert, and ices.
- SWEETS: Sugar, syrup, molasses, jelly.
- FATS: 1 teaspoon butter or margarine allowed at each meal, or 2 tablespoons of cream in place of butter.

FOODS TO EXCLUDE:

Fats and oils of all kinds, (except those allowed in diet). oily fish, spices, condiments, nuts, ice cream, pastries, fried food, gravies, mayonnaise, dressings.



## LOW SALT DIET

### FOODS TO INCLUDE

- CEREALS: All except bran and bran preparations.
- BREAD: White bread, preferable toasted.
- BEVERAGES: One pint of milk, fruit juice, coffee substitutes.
- SOUPS: Cream vegetables soups, using milk allowance  
No broth
- MEAT & FISH Lamb and veal chops, beef steak, roast lamb, veal and beef, chicken and turkey.
- MEAT SUBSTITUTES: Cottage cheese, cream cheese and eggs.
- VEGETABLES: Refer to List II on following page.
- POTATO SUBSTITUTES: Rice, macaroni, spaghetti, noodles.
- FRUITS: Refer to List I at bottom of page.
- DESSERTS: Custards, jello, junket, ice cream, sherbet, ices, plain cookies, plain cake and plain puddings.
- FATS. Butter, margarine.

### FOODS TO EXCLUDE:

All highly seasoned foods. Rich pastries, pies, cakes and quick breads. Coffee and tea except as ordered. Tomato and other salted juices.

#### List I:

<u>Apples*</u>	Applesauce	Pineapple
Apricots	Banana	Oranges
Blackberries	Blueberries	Prunes
<u>Cantalope*</u>	Dried Fruit	Pears
<u>Cranberries*</u>	Cherries	Plums
Figs	Grapefruit	Grapes
<u>Honeydew Melon*</u>	Raspberry	Strawberry
Tangerine	<u>Watermelon*</u>	Other berries

\*Gas forming fruit to be omitted if they give distress.



List II:

Asparagus, fresh	<u>Cauliflower, fresh*</u>	<u>Radishes*</u>
Asparagus, frozen	<u>Corn, fresh*</u>	Soybeans
Beans, green	<u>Corn, frozen*</u>	Soybeans, dried
Broccoli, fresh	Cucumbers*	Squash, summer
<u>Brussel Sprouts*</u>	<u>Eggplant*</u>	and winter
fresh	Endive	<u>Tomatoes, fresh*</u>
<u>Cabbage, Fresh*</u>	Lettuce	<u>Turnips, white*</u>
<u>Carrots, fresh*</u>	Potato sweet	<u>Turnips, green*</u>
Onions	Pumpkin	Potato, white
<u>Peppers*</u>		

\*Gas forming vegetables to be omitted if they give distress.

The following vegetables are to be omitted entirely from your diet.

Beets	Dandelion greens	Sauerkraut
Beet greens	Kale	Spinach
Celery	Mustard greens	

SEASONING AND FOOD ACCESSORIES

ALLOWED:

Black and red pepper, dry mustard, allspice, caraway, cinnamon, curry powder, garlic, ginger, lemon juice and lemon extract, nutmeg, paprika, peppermint extract, sage, thyme, tumeric, vanilla extract, vinegar, walnut extract.

OMITTED:

Salt in any form. Baking soda, baking powder, laxatives and salt substitutes unless approved by your doctor. Prepared mustard, ketchup, meat sauces, bouillon, margarine and salted butter. "Dutch Process" cocoa, popcorn, pretzel, potato chips, olives and pickles. Celery salt, onion salt, garlic salt. Prepared horse-radish, worcestershire sauce.



1000 CALORIE REDUCTION DIET

BREAKFAST

- 1 serving of fruit
- 1 egg boiled or dropped
- 1 slice of dark bread - 60-75 cal.
- 1 teaspoon butter or - 25 cal.  
fortified margarine
- 1 cup milk (skim) 8oz - 85 cal.
- clear coffee, or tea if desired

DINNER

- Clear soup if desired
- 3 tablespoons of cottage cheese  
or 2 boiled eggs, or 3 oz of  
lean meat, fish, or fowl
- 2 vegetables from group I&2
- 1/2 slice of dark bread
- 1 teaspoon of butter or enriched  
margarine
- 1 serving of fruit
- 1 cup of milk (skim)
- clear coffee or tea, if desired

SUPPER

- Clear soup, if desired.
- 3 oz of lean meat, fish, or chicken (broiled, stewed or roasted).
- 1 small potato, or 1/2 cup rice, macaroni, spaghetti or noodles.
- 2 vegetables as desired from group 1 or 2
- 1/2 slice of dark bread
- 1 teaspoon of butter or fortified margarine
- 1 serving of fruit
- 1 cup of skimmed milk
- Clear coffee or tea, if desired.

Cooked - 100 cal.

- Fruit = Applesauce - 1/2 cup
- Peaches } 2 halves
- } 3 T. Juice
- Pears }
- Apricots - 4 halves
- Cherries - 1/2 cup.

100 cal -

- Cooked cereal - { 3/4 cup.
- Oat meal
- Cream of wheat
- Farina

Dry cereals -

- Rice Krispies
- Corn flakes,
- Puffed rice -

- Vegetables - Asparagus
- Pears
- Green Beans
- Spinach
- Carrots
- Squash.
- White Pot.
- beets



## AMBULATORY ULCER DIET

### FOODS TO INCLUDE:

- CEREALS:** Prepared puffed rice, rice krispies, corn flakes. Cooked finely ground cornmeal, strained oatmeal cream of wheat, farina.
- BREAD:** Rolls, crackers, white (plain or toasted). No fresh breads. Zweiback.
- BEVERAGE:** Milk, Sanka.
- SOUPS:** Made with milk spinach, celery, asparagus, pea, carrot, potato. All strained
- MEATS AND FISH** Broiled, roasted, creamed or boiled; Lamb chops. steak, roast beef, roast lamb, crisp bacon, liver. chicken, turkey, whitefish, perch or trout.
- MEAT SUBSTITUES** Cheese, cream, American, cottage, eggs.,
- VEGETABLES:** Cooked and pureed asparagus, beets, carrots, peas, squash, string beans. Spinach, white potatoes only
- POTATOES SUBSTITUTES:** Rice, noodles, spaghetti, macroni, plain baked with cheese or tomato juice.
- FRUITS:** Applesauce, cooked peeled apricots, peaches, pears, and cherries only. May use ripe bannana.
- DESSERTS:** Custard, jello, junket, tapicoa, pudding, rice pudding bavarian cream, fruit as listed above, sponge cakes. Angel cakes, plain cookies, plain ice cream

### FOODS TO EXCLUDE:

Raw fruits, except banana, raw vegetables, fried foods, whole grain cereals and carbonated beverages, condiments, relishes, rich sauces and gravies.



## BLAND DIET

### FOODS TO INCLUDE:

- CEREALS: Prepared: puffed rice, rice krispies, corn flakes. Cooked: farina, cream of wheat, cream of rice, strained oatmeal.
- BREAD: White, preferable toast, soda crackers.
- SOUPS: Made with milk or cream using the vegetables included in diet.
- MEATS AND FISH: Lamb, beef, veal, chicken, turkey, liver, white fish, salmon. All meats should be broiled, baked or roasted.
- FRUITS: Applesauce, cooked peeled apricots, peaches pears & cherries only. May use ripe banana.
- VEGETABLES: Cooked and prueed; carrots, peas, green and wax beans, spinach, squash, beets, and tender asparagus tips. White potatoes, mashed sweet potatoes.
- POTATOES SUBSTITUTES: Rice, macaroni, noodles.
- DESSERTS: Custard, jello, junket and plain puddings. Plain cakes and cookies, plain ice cream.
- BEVERAGES: Milk, fruit juices, and coffee substitutes.

### FOODS TO EXCLUDE:

Raw fruits, except banana, raw vegetables, fried foods, whole grain cereals and carbonated beverages. Codiments, relishes, rich sauces and gravies.



HIGH PROTEIN DIET

FOODS TO INCLUDE:

- MILK: One quart daily.
- MEAT, FISH, POULTRY: Six ounces cooked weight daily. (Two servings daily)
- EGGS: Two to three daily, including those used in cooking.
- CHEESE: Use liberally. American Swiss, Cottage cheese.
- CEREAL: One serving whole grain or enriched.
- BREAD: Five slices whole grain or enriched.
- VEGETABLES: Four servings. Include one serving green or yellow vegetables, one or two servings potato. One vegetable to be eaten raw daily.
- FRUITS: Two servings daily. One serving citrus fruit and one serving of other fruit.
- FAT: Two tablespoons of butter or fortified margarine
- DESSERTS: Use desserts made with milk and eggs if possible.

*Fudge*

*1/3 C. Hershey's Cocoa -*  
*3 C Sugar -* } *Mix in large Saucepan*  
*1/8 t salt*  
*1 1/2 c milk* - *2 T. Corn syrup* - *add milk and bring to*  
*1/4 C butter* - *bubbling boil, stirring constantly*  
*1 t Vanilla* - *cook to soft ball - 232° - stage.*  
- *Cool to palm temp.*  
*Beat in butter & Vanilla*  
*add chopped nuts and*  
*pour into buttered pan.*





## ALMOND CAKE

1 cup butter or margarine  
1 cup sugar  
3 eggs  
1 can SOLO Almond Filling

2¼ cup flour  
2 tsp. baking powder  
½ tsp. salt  
¼ cup milk

Cream butter or margarine and sugar. Add eggs one at a time, mixing thoroughly. Add SOLO Almond Filling, mix well. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk. Pour into greased and floured tube pan. Bake at 350° for 50 minutes or until done. Cool in pan. Remove from pan and drizzle the following glaze over top of cake. Combine 1 cup powdered sugar, 2 tablespoons cream, ¼ tsp. almond flavoring.

## POTATO CHOCOLATE CAKE

1⅓ cups all-purpose flour  
½ teaspoon baking soda  
¼ teaspoon salt  
1¾ cups sugar  
⅔ cup shortening  
3 eggs  
2 squares (2 ounces) unsweetened chocolate, melted and cooled  
1½ teaspoons vanilla  
½ cup plain mashed potatoes made with 2 tablespoons milk  
½ cup buttermilk

### Chocolate frosting

● **Combine** flour, baking soda and salt; set aside.

● **Beat** sugar and shortening in a mixer bowl till combined. Beat in eggs one at a time. Add chocolate, vanilla and mashed potatoes; beat well. Add flour mixture and buttermilk alternately; beat well after each addition.

● **Spread** batter in a greased 13x9x2-inch baking pan. Bake in a 350° F oven 25 to 30 minutes. Cool on a wire rack. Frost cooled cake with your favorite chocolate frosting. Serves 12.

*continued on page 64*

**Clockwise from top, tater toppers: Mexicali, recipe page 64, Ham and Broccoli, recipe page 64, and Cowboy Spuds.**



**Bake an extra spud for supper to mash for tomorrow's dessert, moist buttermilk-flavored Potato Chocolate Cake.**



Apple sauce cake (C.B. Times)

2 1/2 c hot applesauce (no sugar)

add 1 c short - stir to melt. then 4 tsp. soda

Cool then add -

2 cups sugar

1 t cinnamon

1 t cloves

1/2 t nutmeg

1 t salt

1 t. B.P.

4 1/2 c flour

sift together

1 cup chopped nuts

1 pkg fruit cake mix or

other dried fruit may be

added if desired.

Bake 325° in loaf tins until done.  
Good substitute for fruit cake.

Banana Bran Nut Bread (C.B. Times)

Bake 325° - 1 hr 15" or until done - loaf pan

2 2/3 c sifted flour

3 t. B.P.

1 t. salt

1/2 t B. soda

1/2 c short.

1 c sugar

2 eggs

1/4 c milk

3/4 c mashed banana

1 c whole bran cereal

1/2 c chopped pecans or walnuts

Sift dry ingred.

Cream short. sugar + eggs on med. 1 min.

Blend in milk + banana. Mix in remaining ingred. until just moistened

Turn into loaf pan and bake.

Basic Yellow cake *alt. Conv.*

2 c flour, sifted

3 t. B.P.

1 t. salt

1 1/3 c sugar

sift into mixing bowl

add 1/2 c short

1/4 c milk

1 t. vanilla

Beat 2 min

add 2 eggs - Beat 2 min.

Bake at 350° for 25" - 30"  
*13x9 - 35-40"*

- Basic Butter frosting - 1# Powd. sugar + 1/3 c butter + 3-4 T liquid

"German's" Sweet choc. cake

Melt 1 Sw. Choc in 1/2 c boiling water

Cream 1 c butter + 2 cups sugar

add 4 egg yolks one at a time

add 1 t vanilla + choc. mix.

add dry ingred. alt. c

1 c buttermilk. Fold in

stiffly beaten egg whites.

- Makes 3 - 8 or 9" layers -

Bake 350: 30-40 min.

Sift together 2 1/2 c sifted flour

1 t B soda

1/2 t. salt

Coconut Pecan frosting  
1 c evaporated milk - 1/4 # butter  
1 c sugar 1 t. vanilla  
3 egg yolks 1 1/3 coconut 3 Cool



Banana Dream Cake (LilyAnn)

Grease + flour 2 round 8" tins  
Bake 350° F. 25-30"

1/2 c butter or margarine }  
1 c lite brown sugar } Cream thoroughly  
1/2 c wh. sugar }

2 eggs }  
1 t gr. orange rind } add to above

1 1/4 c sifted flour }  
3/4 t Baking soda } sift together and add alternately  
1/2 t. B.P. } with buttermilk to creamed mix  
1/2 t salt }

1/3 c buttermilk - sour milk  
3/4 c rolled oats - Blend in  
1 c mashed bananas - " "  
Whole pecans - Orange sections

Cream Cheese Frosting

2 pkgs (3z ea) cream cheese softened - beat until fluffy  
1/4 t orange extract - add 1 cup sugar - beat well  
3 c sifted powd. sugar. -> add beating well after each addition. Decorate w nuts + orange

3-9" round tins  
350° 15-20"

Choc. Yeast cake (C.B. Jones)

2 c sugar }  
1 c butter (may use pt. short.) } cream together add beaten  
1 c warm milk } eggs then dry mixed. alt. w  
3 eggs } milk. add yeast + nuts  
3 sq. melted choc. (9 t. cocoa) } Let stand overnight. Add  
3 1/2 c flour } soda + hot water just before  
1 yeast cake in 1/4 c warm water } baking at 350° for 15-20 min  
1 c nuts } in 3-9" layer pans.  
1/2 t salt } Batter should be fairly  
1 t. vanilla } thin. Add more water or  
1 t soda + 4 t hot water } milk if nec.

Karo Pecan Pie - (for choc. fudge add 2 sq. unsweetened choc melt + butter)

2 eggs beaten }  
1 c dt. Karo } mix ingredients in order given  
1/3 t. salt (unless nuts salted) }  
1 t vanilla }  
1 c sugar }  
2 T. melt. butter }  
1 c pecans }  
Pour into unbaked pastry shell.  
Bake 400° 15 min - then 350° approx  
1/2 hr or until set.



