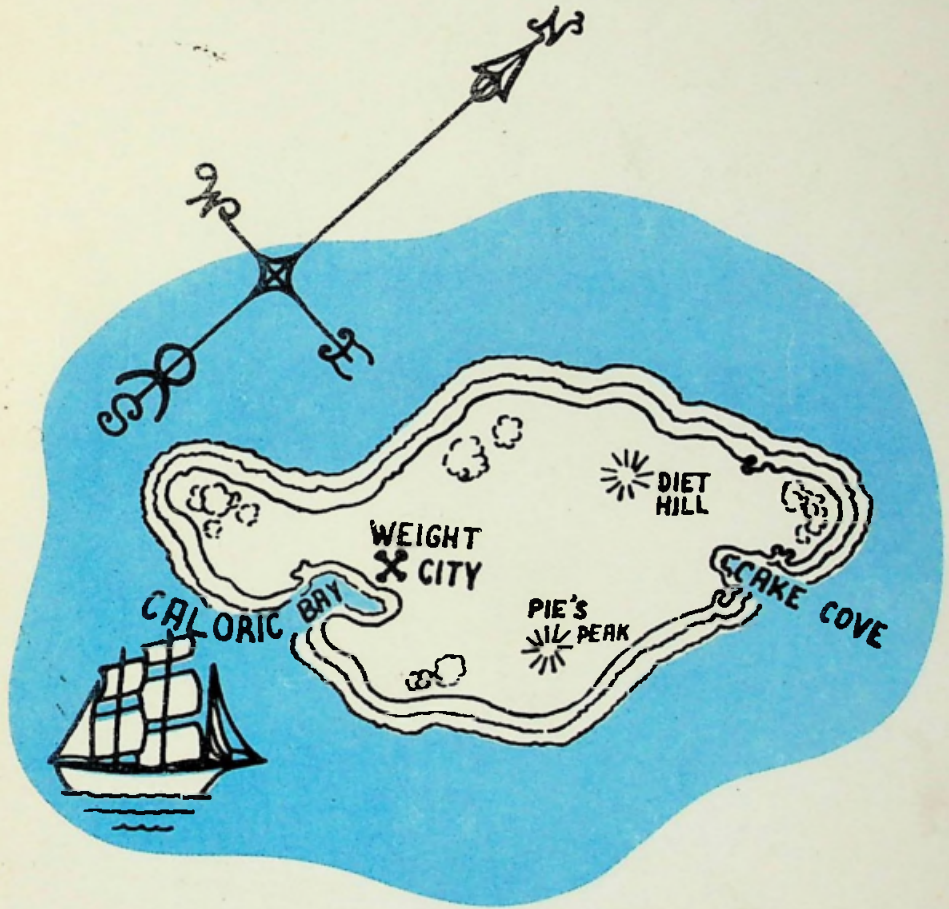


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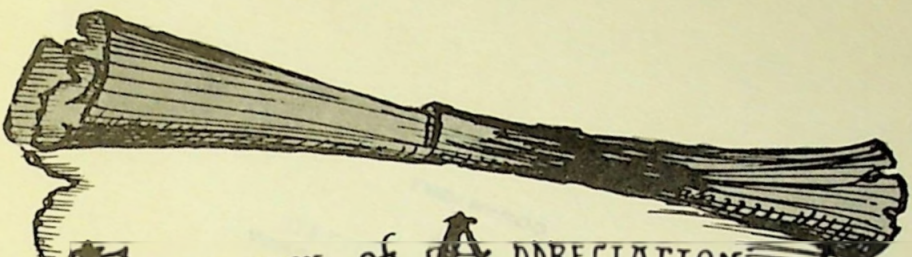
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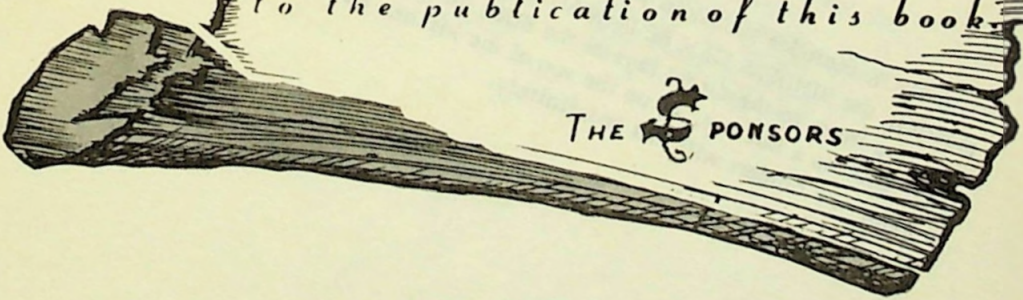
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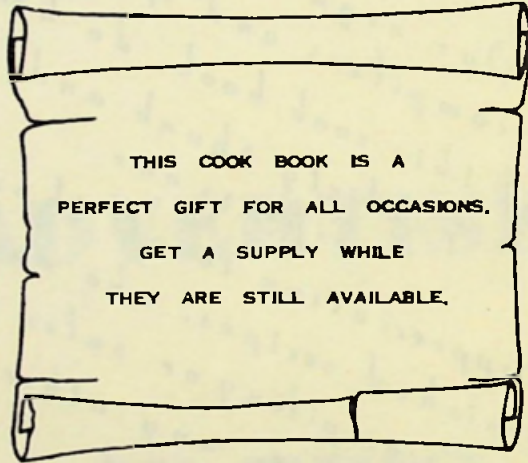
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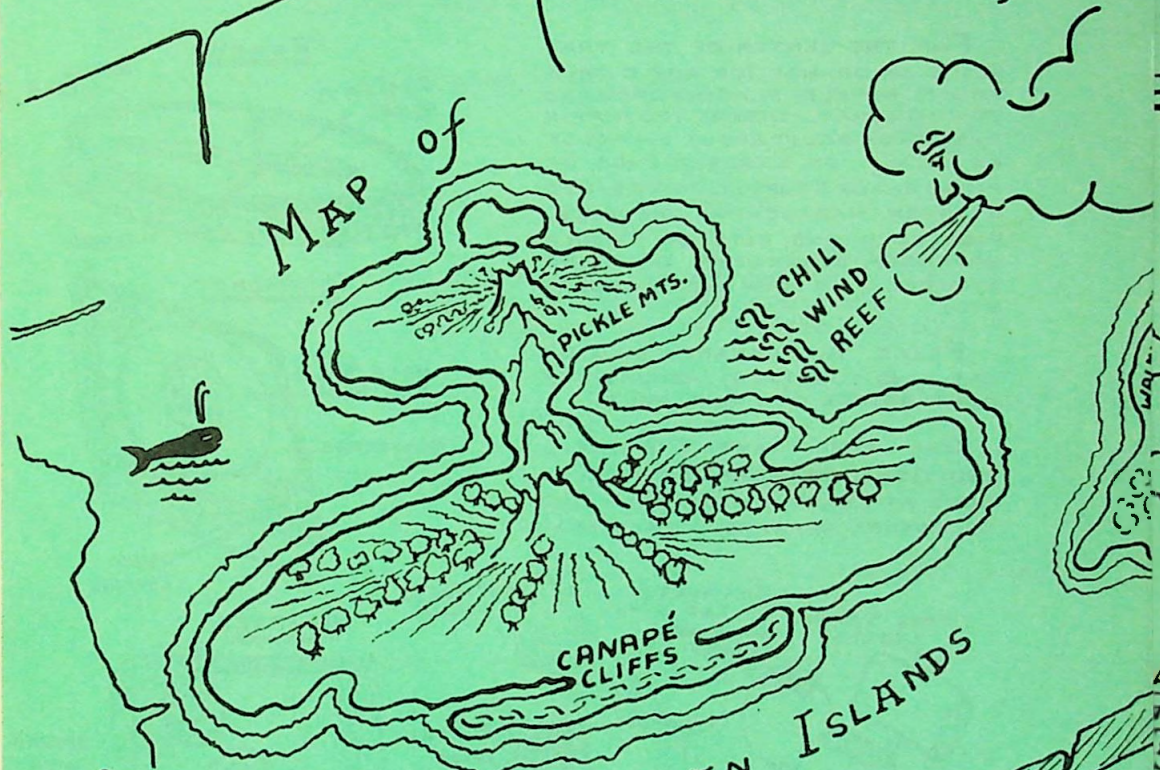
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APPETIZERS



MAP of



RELISHES

LAZY SUZAN ISLANDS

GARNISHES

CANAPE TRAY

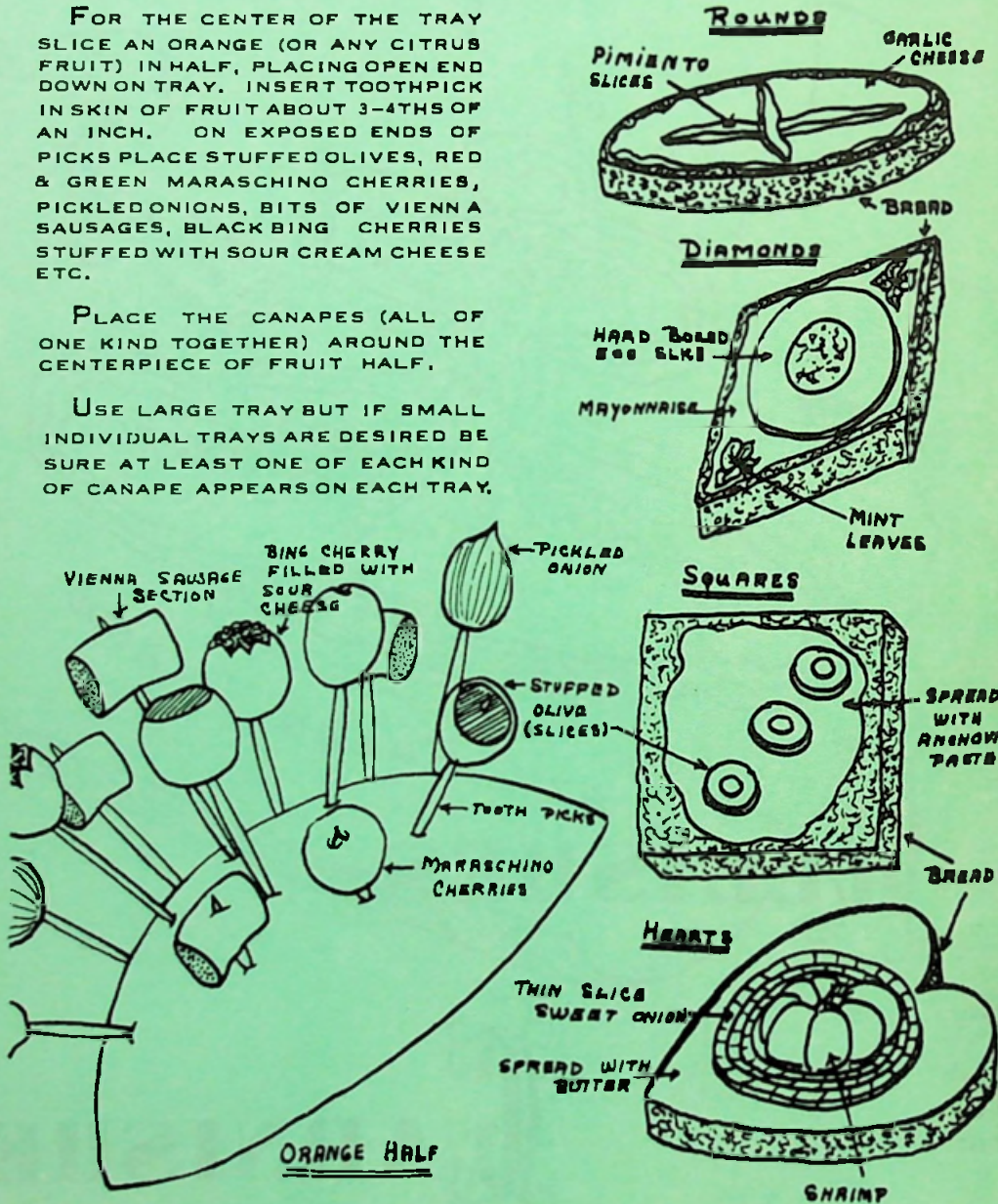
(FOR PARTIES, TEAS OR BEFORE DINNER)

FOR THE BASE OF THE CANAPES CUT BREAD IN SMALL DESIGNS OF YOUR CHOICE AND TOAST ONE SIDE ONLY, (SMALL ROUND CRACKERS MAY BE SUBSTITUTED,) ON THE UNTOASTED SIDE OF THE BREAD BUILD CANAPES USING ANY PREFERRED IDEAS. SOME SUGGESTED ONES FOLLOW--

FOR THE CENTER OF THE TRAY SLICE AN ORANGE (OR ANY CITRUS FRUIT) IN HALF, PLACING OPEN END DOWN ON TRAY. INSERT TOOTHPICK IN SKIN OF FRUIT ABOUT 3-4THS OF AN INCH. ON EXPOSED ENDS OF PICKS PLACE STUFFED OLIVES, RED & GREEN MARASCHINO CHERRIES, PICKLED ONIONS, BITS OF VIENNA SAUSAGES, BLACK BING CHERRIES STUFFED WITH SOUR CREAM CHEESE ETC.

PLACE THE CANAPES (ALL OF ONE KIND TOGETHER) AROUND THE CENTERPIECE OF FRUIT HALF.

USE LARGE TRAY BUT IF SMALL INDIVIDUAL TRAYS ARE DESIRED BE SURE AT LEAST ONE OF EACH KIND OF CANAPE APPEARS ON EACH TRAY.



APPETIZERS, RELISHES, GARNISHES

CRANBERRY SAUCE

Mrs. Cecil Adair

Boil 1 1/2 cups sugar and 2 cups water together 5 minutes. Add 1 pound cranberries. Cook until cranberries "pop" open.
Remove from heat and cool.

HOMEMADE MAYONNAISE (Use electric mixer)

Mrs. Kenneth Cope
Moultrie Georgia

1 egg - beat until thick
Juice of 1 lemon - add slowly while
beating

1 pint Wesson oil - add very slowly -
continue beating constantly

When ready, add salt, cayenne, sugar to taste.

CHEESE PUFFS

Sara Ann Moree

1 c. grated cheese (sharp)
1/4 c. soft butter
1/2 c. flour

1/4 tsp. salt
1/2 tsp. paprika
Olives

Blend cheese with butter. Stir in other ingredients and mix well. Wrap 1 teaspoon dough around each olive and set in refrigerator several hours.

Bake at 350° for 10-15 minutes on ungreased baking sheet. Cool about 30 minutes before serving.

HENTAILS

Mrs. Olive Elliott

1/4 lb. Old Cheddar cheese
1/4 lb. butter
1 c. flour

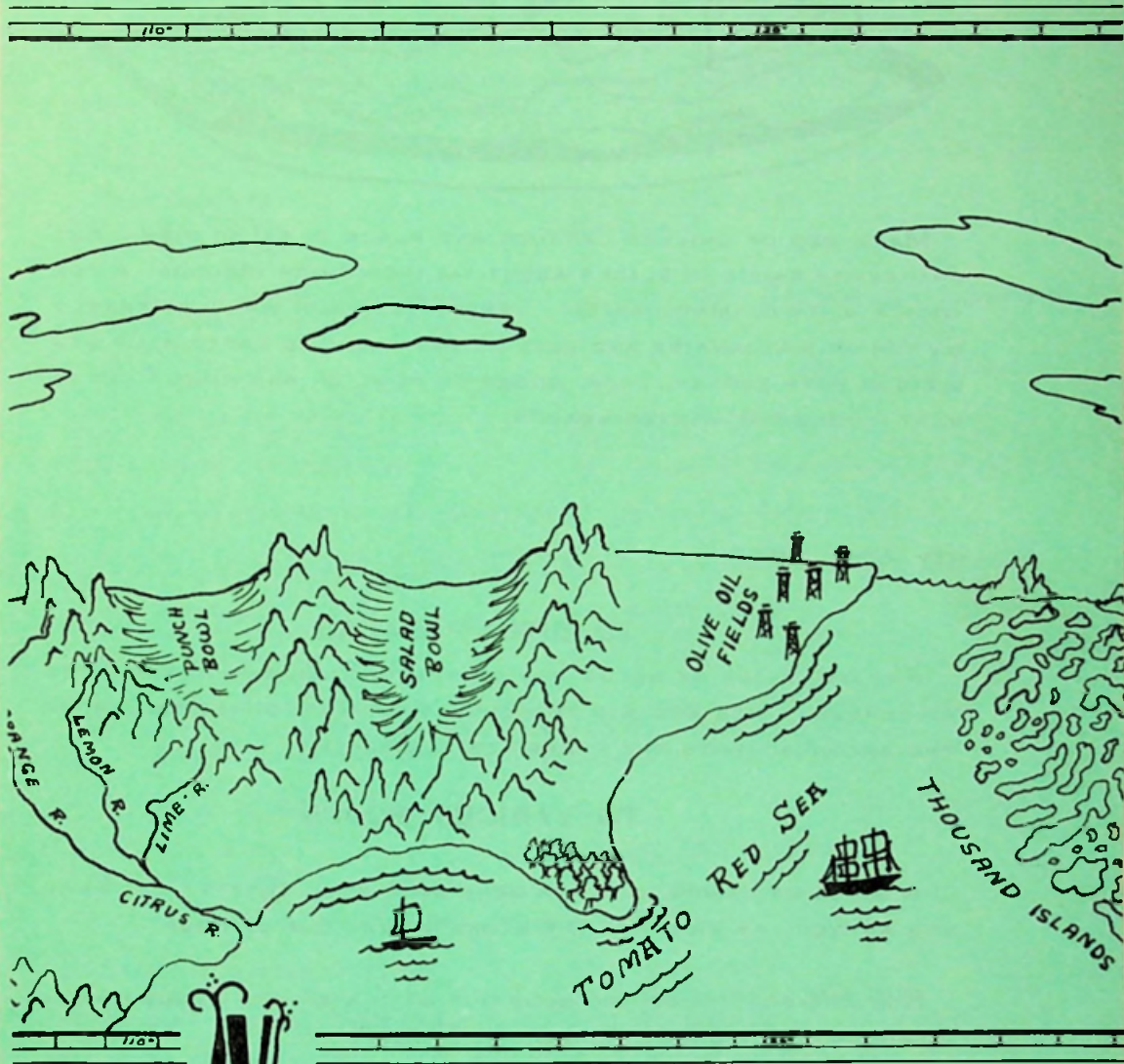
1/4 tsp. cayenne
1/4 tsp. salt

Mix all together with hands (for warmth), roll out and cut into 1 inch squares or any shape desired. Bake at 375°, about ten minutes.

Write Extra Recipes Here:

Write Extra Recipes Here:

SOUPS SALADS



VEGETABLES

SPECIAL SALAD

(GOOD AT THANKSGIVING OR CHRISTMASTIME)

HEAD CRISP, CHILLED LETTUCE
CAN CRANBERRY SAUCE, CHILLED

1 PACKAGE BLACK WALNUTS
MAYONNAISE



MAKE BED OF CHILLED LETTUCE AND PLACE IN SALAD DISH. CUT CRANBERRY SAUCE IN SLICES ABOUT 3-4 INCH THICK (ROUNDS) & TOP WITH PLENTY OF MAYONNAISE. SPRINKLE BLACK WALNUTS FREELY ON TOP OF MAYONNAISE AND SERVE. THIS SALAD IS ESPECIALLY DELICIOUS WITH TURKEY, DUCK, GOOSE OR FOWL OF ANY KIND. IT IS BEST DURING THE WINTER SEASON.

TO ADD ZEST ...

TO SHRIMP SALAD

FRY ONE SLICE OF BACON (FRY CRISP) FOR EACH SHRIMP SALAD TO BE SERVED. DICE AND MIX THOROUGHLY WITH THE SHREDDED SHRIMP. THE BACON ACCENTS THE FLAVOR OF THE SHRIMP.

TO VARIOUS SOUPS

A SLICE OF LEMON IN BLACK BEAN SOUP WILL SHARPEN THE FLAVOR AS WELL AS ENHANCE THE LOOKS OF THE CUP OF SOUP.

RUB THE BOTTOM OF THE SOUP CUP WITH A SLICED WHOLE GARLIC TO ACCENT THE FLAVOR OF NAVY BEAN SOUP.

ADD SLICED PIMIENTOS (WITHOUT THE LIQUID) TO ASPARAGUS SOUP JUST BEFORE REMOVING FROM FIRE TO SERVE. DO NOT COOK PIMIENTOS IN SOUP FOR THIS WILL DESTROY THE ASPARAGUS FLAVOR.

SOUPS, SALADS, VEGETABLES

FROZEN SALAD

Mrs. Ed Corson

1 pint sour cream
3/4 c. sugar
3 Tbsp. lemon juice
1/2 c. nuts

3 Tbsp. cherries (cut up)
1 small can crushed pineapple
1 banana (mashed)
Pinch salt

Mix and freeze in muffin tins lined with paper cupcake liners.

PINK FLUFF SALAD

Mrs. Bobby Holland

1 pkg. strawberry-banana jello
1 can fruit cocktail (1 lb. size)

1 pint Cool Whip

Melt jello in 1 cup boiling water. Add syrup from can of fruit cocktail. Chill until it begins to congeal. Fold in pint of Cool Whip that has been thawed.

Add fruit cocktail and refrigerate until firm. Serve on lettuce leaves and top with mayonnaise.

CHICKEN SALAD

Mrs. Cecil Adair

3 Tbsp. lemon juice
1 c. diced chicken
1/2 c. diced apple

1/2 c. pickle relish
Mayonnaise

Sprinkle lemon juice over chicken, and apple. Mix. Combine other ingredients. Add mayonnaise to moisten.

SHRIMP SALAD

Mrs. George Johnston

1 lb. fresh shrimp (cooked & shelled)
2 eggs - hard boiled - sliced
3/4 c. celery chopped fine

Juice of 1/2 lemon
Mayonnaise
Salt, pepper (other seasoning, if desired)

Mix all ingredients. Add mayonnaise and seasoning. Serve on lettuce.

CARROT - PINEAPPLE - CHEESE SALAD

Mrs. Henry J. McKenzie

1 pkg. lemon jello
1 pkg. plain gelatine
1 c. grated raw carrot

1 c. grated cheese
1 can crushed pineapple
1 c. mayonnaise

Mix lemon jello in 1 cup boiling water. Dissolve plain gelatine in 1 cup cold water. Mix both gelatines together and chill until begins to jell.

Add other ingredients and chill until firm.

COTTAGE CHEESE SALAD

Mrs. Alton Ellis

1 pkg. lime jello)
1 pkg. lemon jello)

1 c. only boiling water

Let jello cool, thicken, then add other ingredients.

1 (No. 2) can crushed pineapple
1 can Eagle Brand milk
2 lbs. carton cottage cheese (fine)

1 tsp. horseradish
1 c. Miracle Whip mayonnaise
1 c. chopped nuts

This may be used either in mold or square pan and cut out in squares.

BEAN SALAD

Mrs. Robert Heiserman

3/4 c. sugar	1 can yellow wax beans
2/3 c. vinegar	1 can red kidney beans
1/3 c. Crisco or Wesson oil	1 stalk celery, chopped
1 can green beans	1 small onion

Mix sugar, vinegar and salad oil. Add beans after they have been thoroughly drained, chill several hours before serving.

COTTAGE CHEESE FRUIT SALAD

Mrs. Ernest Olsen

1 grapefruit in segments	French dressing
2 oranges in segments	Lettuce
1 avocado - pared and sliced	1 c. cottage cheese

Marinate fruit in dressing. Arrange lettuce leaves on plate. Pile cottage cheese in center, arrange grapefruit, orange, avocado slices on cheese.
Serves six.

CONGEALED SALAD

Mrs. H. K. Rigdon

(Lemon-Pineapple)

1 pkg. lemon jello	1 small can crushed pineapple
1/2 c. mayonnaise	1 c. grated cheese
1/2 c. pineapple juice	

Dissolve jello in boiling water. Let cool. Stir in mayonnaise. Add pineapple juice and let stand until three-fourths congealed. Beat until fluffy. Add cheese and pineapple. Congeal until firm.
Serve on lettuce garnished with cherries.

TOMATO ASPIC

Mrs. Greer Monroe

4 pkgs. plain gelatine	2 tsp. Worcestershire sauce
1/2 c. cold water	1 Tbsp. grated onion
4 c. tomato juice	4 dashes red pepper
4 tsp. lemon juice	1/2 c. chopped celery
4 Tbsp. sugar	1/2 c. sliced stuffed olives
1 tsp. salt	

Soak gelatine in cold water. Mix and heat the tomato juice, lemon juice, sugar, salt, Worcestershire sauce, onion, red pepper. Add gelatine and celery and olives. Chill until firm.

CAULIFLOWER WITH BROWNE D CRUMBS

Mrs. Ernest Olsen

1 cauliflower	1 tsp. salt
---------------	-------------

Let cauliflower stand in salted cold water 30 minutes. Rinse. Place cauliflower in pan, head down. Cover with water. Add salt. Cover. Cook 20 to 30 minutes. Drain.

Browned Crumbs:

3/4 c. bread crumbs	1/8 tsp. paprika
6 Tbsp. butter	

Brown crumbs in butter. Add paprika and sprinkle over hot cauliflower.

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ASHBURN, GA.

EGGPLANT CASSEROLE

Mrs. Jim Reynolds

1 1/2 lbs. unpared eggplant, diced	1/2 c. grated Parmesan cheese
3 medium onions, chopped	1 tsp. salt
2 Tbsp. butter	1 c. dry bread crumbs
2 egg yolks, beaten	

Cook vegetables in boiling water to cover about 20 minutes. Drain. Add remaining ingredients and pour into greased casserole. Bake in moderate oven (350°), 30 minutes or until browned, for 6.

EGGPLANT PATTIES

Mrs. Clive Elliott

1 medium size eggplant	1/2 tsp. salt
1 egg (medium)	Pepper to taste
1/2 c. flour	Milk to soften

Cube eggplant and cook until tender and drain. Mash eggplant and add slightly beaten egg, mix well. Then add flour, salt and pepper and mix well. If too stiff, add milk (adding 1 tablespoon at a time). The mixture should be soft enough to drop from a spoon.

Drop in 1/2 inch fat (hot) and fry until brown.

SWEET POTATOES AND APPLES

Mrs. Clive Elliott

6 medium size cooked sweet potatoes	1/2 c. sugar
4 medium size apples (peeled and cored)	1/8 tsp. salt
	6 Tbsp. butter

Slice potatoes and apples; mix sugar and salt. Grease a loaf pan, place alternate layers of sweet potatoes and apples in pan, sprinkling each layer with the sugar and salt mixture dotting with butter; bake uncovered.

Bake 325° for 1 hour.

BROCCOLI WITH SHRIMP SAUCE

Mrs. Jim Reynolds

In saucepan, blend 1/4 cup chive cream cheese (about 2 ounces) and 1/4 cup of milk. Add 1 can frozen condensed cream of shrimp soup.

Heat and stir until hot. Add 2 teaspoons lemon juice; pour over hot drained broccoli. Sprinkle with 2 tablespoons toasted slivered almonds.

Makes 1 1/2 cups of sauce.

GREEN BEANSMrs. H. L. Littleton
Moultrie, Georgia

2 lbs. fresh green beans - broken or cut	1 Tbsp. soy sauce
French style	
2 Tbsp. butter	

Melt butter in sauce. Place prepared beans in pan and stir until covered with butter. Salt and pepper as desired. After beans are coated with butter, add soy sauce. Stir and mix well. Cover and cook on medium until done.

Do not add any other liquid and keep cover on pan.

MACARONI CASSEROLE

Mrs. A. G. Reinhardt

1/2 lb. elbow macaroni	1 can tomato juice (16 oz.) size
1/2 lb. American cheese, grated	1 lb. Bell pepper, chopped
1 can English peas, (16 oz.) size	2 lbs. onions, chopped
1 can tomatoes, (16 oz.) size	1/2 pint whipping cream

Cook macaroni until done. Drain well. Mix all ingredients well with cooked macaroni. Bake in 350° oven for 1 hour.

PINTO BEANS

Mrs. Gordon McKenzie
Scottsdale, Ariz.

2 lbs. pkg. dried pinto beans
1 large onion

1 (12 oz.) pkg. sharp cheese (Kraft
Cracker Barrel)
1 bottle Cattlemans hot barbecue sauce
(French)

Wash beans. Start beans cooking in 2 quarts water, uncovered. Bring to a boil. Boil for 2 minutes. Remove from heat. Cover, and let stand for one hour. Next, with cover on, simmer for 1 1/2 to 2 hours (until tender) -- chopped onion should be added at time beans begin to simmer.

Beans should be stirred occasionally. Add water as indicated. When beans are tender pour off all liquid. Next, add bottle of barbecue sauce and package of grated cheese. Stir, simmer for approximately 15 minutes. Serves 12.

This is especially good with "outdoor" cooking food".

SWEET -SOUR RED CABBAGE

Mrs. Richard Greene
Americus, Ga.

2 c. cooked red cabbage (save liquid for later)
Brown 2 strips bacon - crisp
Stir in 1 tablespoon flour. Add and bring to boil:

1 c. minced onion - cook until yellow
in bacon fat

3/4 c. cabbage liquid
3 Tbsp. vinegar
2 Tbsp. sugar
1 tsp. salt

1/4 tsp. pepper
1 apple, sliced

Then: Stir in 2 cups cabbage. Let simmer do not overcook.

OKRA AND TOMATOES

Mrs. John Mann, Jr.
Atlanta, Ga.

2 c. okra
3 fresh tomatoes (or 1 can)
1 medium onion

2 Tbsp. bacon drippings
1 tsp. salt

Slice okra crosswise in thin slices. Heat bacon drippings in saucepan. Add okra and onion. Cook about 5 minutes. Add tomatoes and salt. Cook 1 hour on low heat. (Serves six).

FRENCH FRIED ONION RINGS

Mrs. John Mann, Jr.
Atlanta, Ga.

1 c. flour
1 egg
1 c. milk

1/4 tsp. baking powder
1/2 tsp. salt
2 large onions

Sift flour, baking powder and salt. Mix in egg and milk. Slice onions, separate into rings and soak in cold water several hours, then dry, dip in batter, and fry in hot grease.

ASPARAGUS CASSEROLE

Bessie Hanbury
Williston, Fla.

1 can green asparagus
1 can mushroom soup
Uneda crackers, butter or oleo

Grated cheese
1 small onion
3 stalks celery (diced fine)

Put 1/2" cracker crumbs in bottom of greased casserole, next layer of 1/2 the celery and onions (cut fine). Salt and pepper, pieces of butter and cheese. Next layer of asparagus, then 1/2 can soup with 1/2 asparagus liquid. Repeat for second layer. Top with cracker crumbs and dots of butter (and cheese grated.)

(Continued)

Ashburn, Ga.

ASPARAGUS CASSEROLE (Continued)

Cook 300°, 350°, for 30 to 45 minutes (until golden brown and bubbling).

ASPARAGUS SUPREME

Mrs. Gene Littleton

1 large can white asparagus
2 hard-boiled eggs
1/2 c. grated cheese

1/2 c. blanched almonds
1 1/2 c. cream sauce

Slice eggs, add grated cheese to cream sauce. Place alternate layers of asparagus, sauce, eggs, and almonds in casserole and bake 20 minutes or until brown.

CORN PUDDING

Mrs. Gene Littleton

1 can corn - cream style
1 c. sweet milk - heated slightly
3 level Tbsp. butter
1 level Tbsp. sugar

3 level Tbsp. flour
1 tsp. salt
1/8 tsp. pepper
2 eggs, beaten lightly

Into corn mix dry flour. Add other ingredients, putting eggs last. Bake in moderate oven (350°), about 30 minutes - or until knife blade comes out clean when inserted.

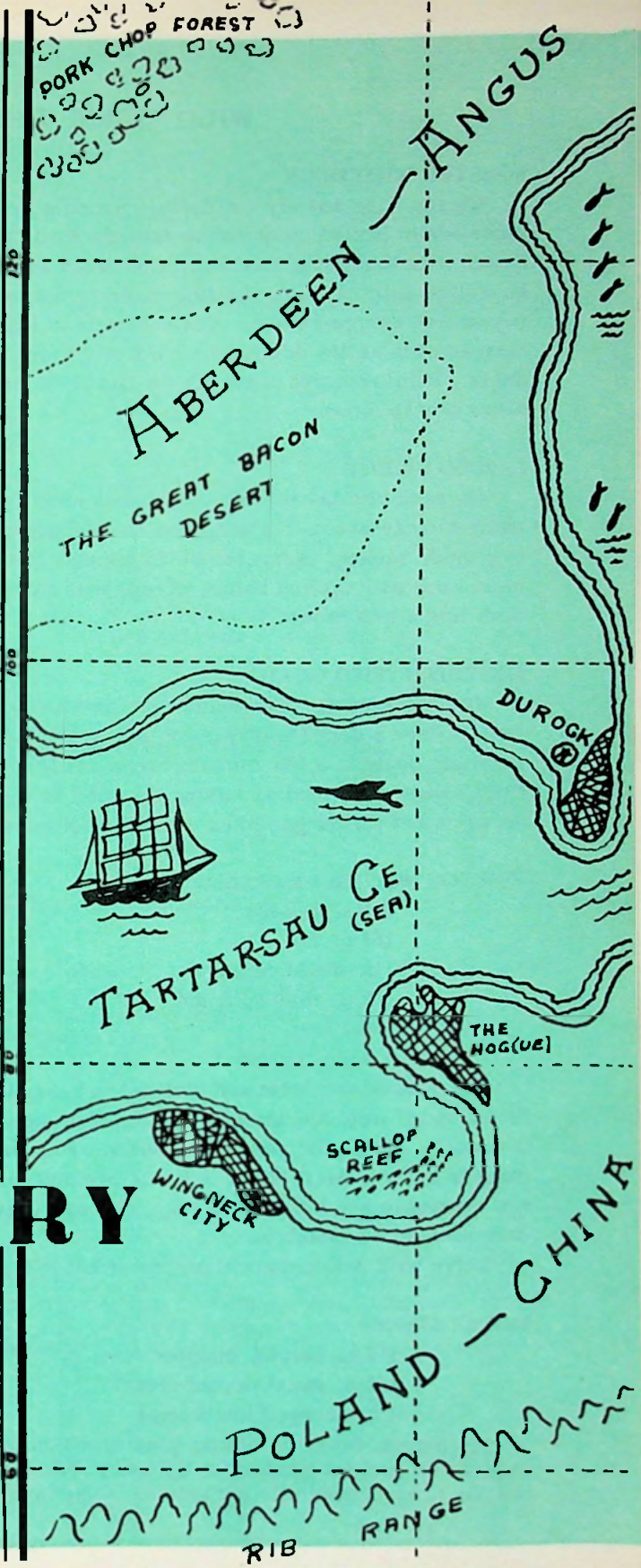
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MEAT

FISH

POULTRY



MEAT LOAF

Mrs. Floyd Reinhardt

1 lb. ground beef	1 1/2 tsp. salt
1/2 lb. pork	1/4 tsp. black pepper
1 egg, beaten	1/2 can tomato sauce
1 c. corn bread crumbs (egg) bread	
1 chopped onion	

Mix all ingredients - shape into a loaf. Place in shallow pan. Bake at 350° for 1 hour.

Sauce for the Meat Loaf:

1/2 can tomato sauce	2 tsp. vinegar
2 tsp. prepared mustard	1 c. water
2 tsp. brown sugar	

Blend all ingredients well. Pour over meat loaf, as cooking. Baste at 15 minutes apart.

HAMBURGER CASSEROLE

Mrs. Charles V. Perry

1 lb. hamburger	1 (10 1/2 oz.) can mushroom soup
1 c. chopped celery	1 (10 1/2 oz.) chicken soup
1 c. chopped onion	3 Tbsp. soy sauce
1 1/2 c. water	1 can chow mein noodles
1 c. instant brown rice	

Brown hamburger lightly. Add celery, onion and 1/2 cup water. Cover and simmer for about 10 minutes. Stir in remaining ingredients except noodles. Place in lightly greased casserole. Bake at 350° for 20 minutes. Cover with noodles and bake 10 minutes.

Yield: 8 to 10 servings.

SWEET AND SOUR SPARERIBS

Mrs. Alton Ellis

3 lbs. fresh spareribs (pork), braise and pour off excess grease

2 Tbsp. cornstarch	1/4 tsp. ginger
1 bottle soy sauce	1/4 tsp. cinnamon (scrape off stick)
2 cloves garlic (crushed)	3 or 4 whole cloves
1/2 c. brown sugar (packed)	1 large can pineapple chunks
	1/2 c. gin (or cooking sherry)

Combine, cornstarch, cloves, brown sugar, ginger, cinnamon, cloves, garlic, gin, and juice from pineapple and let stand while ribs are browning.

Pour into ribs and add pineapple and enough water to make a thin gravy. Cover and cook for about one hour, 350°.

PORK CHOPS CASSEROLE

Mrs. Albert Stubbs

2 large onions, sliced	1/4 tsp. pepper
1/4 c. butter or margarine	Pinch of oregano
1 (20 oz.) can tomatoes	1 c. soft bread crumbs
2 tsp. sugar	2 c. canned applesauce
1 tsp. salt	1/4 tsp. prepared horseradish
6 (1 inch) pork chops	1 (20 oz.) can sauerkraut, drained
Salt & pepper	

Saute onions in butter or margarine. Add tomatoes, sugar, salt, pepper, oregano, and bread crumbs. Combine applesauce and horseradish; mix well.

Combine tomato mixture, applesauce mixture, and sauerkraut. Pour into covered casserole. Saute pork chops until golden brown.

Lay chops on sauerkraut mixture and sprinkle with salt and pepper. Cover, bake at 375° for one hour and 40 minutes. Makes six servings.

Ashburn, Ga.

BARBECUE VENISON

Mrs. Bruce Sparks
Fort Valley, Ga.

Steak, roast, or chops may be used

Prepare meat as is necessary for cooking. Then place venison on barbecue grill. Continue to baste with barbecue sauce while cooking.

When well done, remove from grill and serve with green salad and baked potato.

RAGOUT OF BEEF

Mrs. Mary Joe Shealy

- | | |
|----------------------------------|-------------------------|
| 1 lb. stewing beef, cut in cubes | 3/4 c. chopped celery |
| Salt, pepper and flour | 2 Tbsp. chopped parsley |
| 2 to 3 Tbsp. fat | Paprika |
| 1 small onion, chopped | Hot water |
| 1/4 c. chopped green pepper | |

Sprinkle beef with salt, pepper and flour. Brown well in the fat in a heavy pan. While meat is browning, add the chopped vegetables.

Sprinkle with paprika, add hot water and cover.

Cook slowly 2 1/2 to 3 hours.

If gravy is not thick enough, blend 1 to 2 tablespoons flour with a little cold water to stir into the stew. Cook 3 to 5 minutes.

BEEF AND BROCCOLI (Cabbage)

Mrs. Daphne Chambliss

- | | |
|--|------------------------|
| 1 to 2 lbs. beef flanks (can use round steak, about 2" thick), cut in small strips cross grain about finger size | Flour the steak strips |
| | 3 Tbsp. cornstarch |

Pour one bottle of soy sauce into bowl with beef and cornstarch, let soak while you prepare vegetables.

- | | |
|---|--------------------------------------|
| 1 bunch spring onions (tops and bottom) | Cut vegetables Chinese style (cross) |
| 4 or five stalks celery | 1/4 tsp. ginger |
| 1 clove garlic | |

Lift beef out of soya sauce and brown quickly in small amount of oil (about 2 teaspoons). Add 1 cup water to cornstarch and soya sauce.

Add to beef, add onions, garlic, celery and spice let cook until beef is tender, about 30 minutes on medium heat. Just before serving add 2 packages frozen broccoli and let cook until tender (uncovered) about 15 minutes.

Serve with cooked rice or fried chow mein noodles.

PORK CHOP MEAL

Mrs. Kenneth Cribbs

- | | |
|---------------------------|--------------------------------|
| 4 medium thick pork chops | 1 green pepper, cut in 4 rings |
| Salt & pepper as desired | 1 c. cooked rice |
| 4 slices onion | No. 2 can tomatoes |

Brown pork chops in hot fat over medium heat. Season with salt and pepper. Place onion slice on each chop, then green pepper ring on each chop. Fill pepper ring with rice, then spoon tomatoes over rice. Cover and cook slowly for 1 1/2 hours.

Four servings.

SAUTE LIVER

Mrs. Philip Freeman
Atlanta, Ga.

Place beef liver in skillet with small amount of butter. Brown on each side. Cover with sliced onions. Cover and cook in skillet until done. Liver will be very tender.

NEW ENGLAND BOILED DINNER

Mrs. William Walton
Philadelphia, Pa.

4 lbs. corned beef
1 head cabbage
6 carrots, 6 onions

6 white turnips
8 potatoes, 8 beets
Season as desired

Cover meat with cold water. Simmer 3 hours. Prepare vegetables. Cook beets in boiling water. Add other vegetables to meat. Cook until tender. Drain. Serve.

SWEDISH MEAT BALLS

Mrs. K. M. Bryan, Jr.
Atlanta, Ga.

1 c. soft bread crumbs
3/8 c. milk
1/4 c. minced onion
2 Tbsp. butter
1/2 lb. ground beef and pork mixed

3/4 tsp. salt
1/8 tsp. nutmeg
1/8 tsp. paprika
1 Tbsp. flour
1/2 egg, beaten
1/4 c. thin cream

Soak bread crumbs in milk. Saute onion in 1 tablespoon butter. Add meat, salt, and other ingredients. Form into balls about 1 inch in diameter. Coat each ball with flour. Place in skillet with other tablespoon butter. Cover and cook 5 minutes. Add cream, cover and cooks 5 minutes more.

LAMB CHOPS

Mrs. K. M. Bryan, Jr.
Atlanta, Ga.

6 lamb chops
1 c. chicken broth (may use canned)
1 Tbsp. flour
2 Tbsp. chopped olives

1 small can mushrooms
1/4 stick butter
1/2 bay leaf
Salt & pepper

Broil lamb chops. Set aside. In skillet - brown flour in butter (very brown). Add chicken broth and stir until mixed well. Add other ingredients. Mix. Then add chops, cover skillet. Simmer 5 to 7 minutes.

STUFFED HAM SLICES

Mrs. Calvin Johnston

2 slices ham
2 1/2 c. mashed sweet potatoes
4 Tbsp. butter

1/2 c. bread crumbs
1/4 tsp. nutmeg
1/2 tsp. salt

Remove rind from ham, combine potatoes, crumbs, fat and seasoning. Spread between ham slices together with toothpicks. Bake in oven, 350° for 1 1/2 hours. Serve with raisin-pineapple sauce.

RAISIN-PINEAPPLE SAUCE:

1/4 c. brown sugar
1 1/2 Tbsp. cornstarch
1/2 tsp. salt
1/2 c. pineapple juice
3/4 c. water
1 stick cinnamon

1 1/2 Tbsp. vinegar
1/4 c. raisins
1/4 c. crushed pineapple
8 cloves
2 Tbsp. oleo

Combine sugar, cornstarch, and salt. Add pineapple juice, water, vinegar, raisins, pineapple, and spices. Simmer ten minutes. Stirring constantly, add oleo and remove spices.

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**“WHEN
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REFER
TO YOUR
COOKBOOK”**

STEAK ROLLS

Mrs. S. C. Rouse, Jr.

1/2 c. uncooked rice	2 Tbsp. butter or margarine
1/4 c. chopped onion	2 lbs. round steak (1/2" thick)
1/4 c. chopped green pepper	2 Tbsp. fat
2 Tbsp. chopped pimiento	1/2 envelope dry onion soup mix
1 (3 oz.) can broiled chopped mushrooms, drained	

Cook rice until tender; drain. Stir in next 5 ingredients. Cut steak in six pieces; pound each piece of steak and spread with rice mixture. Roll up and fasten with picks. Brown in hot fat. Add soup and 1 cup water. Cover and simmer 1 1/2 hours. Remove meat; add water to pan drippings to make 1 cup.

Combine 2 tablespoons flour with 1/2 cup water. Stir into liquid, cook and stir until thickened. Makes 6 servings.

SCALLOPED OYSTERS

Mrs. Sara Poole

1 (3 1/2 oz.) box unsalted soda crackers	1 tsp. salt
1 pint oysters	1/4 tsp. pepper
1 3/4 c. oyster liquid plus milk	4 Tbsp. butter

Heat oven to 375°. Crumble crackers coarsely. Drain oysters and measure oyster liquid, add enough milk to make 1 3/4 cups. In bottom of a well buttered 1 1/2 quart casserole, put about 1/4 of cracker crumbs.

Arrange about 1/3 oysters over crumbs. Sprinkle with some of salt and pepper, and dot with 1 tablespoon of butter. Repeat layers, ending with cracker and butter.

Pour 1 3/4 cups oyster liquid over all. Bake 1 hour, until top is crusty. Serves 4.

CRAB CASSEROLE

Mrs. Clive Elliott

1 lb. crab meat (frozen is best)	Worcestershire sauce to taste
6 or 8 slices bread (broken)	Dash of Tabasco
2/3 c. sweet milk	1/2 stick butter
2 eggs	1/4 Bell pepper
Dash of garlic salt	1 small onion
1 tsp. powdered mustard	Fresh tomatoes or drained tomatoes
1 Tbsp. mayonnaise	Salt & pepper

Soak bread in sweet milk until soft. Mash crab meat. Beat eggs and add to bread crumbs and crab meat. Mix well and add remaining ingredients. Mix well.

Place in casserole dish and cook 30 minutes at 350°. Put foil on top for 20 of the 30 minutes. Makes 8 to 10 servings.

CRAB CASSEROLE

Edna Durham
Sycamore, Ga.

1 lb. crab meat (frozen is best) or 2 (4 1/2 oz.) cans can be used	Worcestershire sauce to taste
6 or 8 slices of bread (broken)	Dash of Tabasco
2/3 c. of sweet milk	1/2 stick of butter
2 eggs	1/4 Bell pepper
Dash of garlic (about 1/4 tsp.)	1 small onion
1 tsp. powdered mustard	4 large fresh tomatoes or 1 (No. 2) can
1 Tbsp. mayonnaise	Salt & pepper to taste

Soak bread in sweet milk until soft. Mash crab meat. Beat eggs and add to bread and crab meat. Mix well and add rest of ingredients. Mix well. Place in well buttered casserole dish and cook 30 minutes, at 350°. Put foil on top for the 1st 20 minutes. Uncover and let casserole get golden brown.

Makes 8 to 10 servings.

SHRIMP CREOLE

Mrs. F. K. Beyher

1/2 c. chopped celery	1 (#2) can tomatoes
2 medium onions, finely chopped	1 (#2) can English peas
1 medium green pepper, chopped	2 lbs. cooked shrimp
Flour	

Brown celery, onion, and green pepper in small amount of fat. When thoroughly brown, sift in enough flour to make thick paste prepared in white sauce fashion. Add 1 (#2) can tomatoes, one (#2) can English peas with juice of peas.

Cook 20 minutes on low. Sprinkle ready-cooked shrimp on top and let simmer 5 minutes.

Serve on cooked rice. Serves 4.

BARBECUE CHICKENMrs. Keith Brasher
Atlanta, Ga.

2 broilers - split for barbecue

Place chickens in pan and cover with following sauce. Cook in oven (325°) until done.

1 c. catsup	1/2 onion - chopped fine
1/2 c. chili sauce	1 tsp. dry mustard
1/4 c. vinegar	2 tsp. Worcestershire
1/3 c. brown sugar	1/2 c. finely chopped celery
Salt, pepper, garlic	

CHICKEN AND MUSHROOMSMrs. Leon Ellerbee
Cordele, Ga.

2 or 3 lbs. chicken parts	1 can cream of mushroom soup
1 envelope Lipton dry onion soup mix	1/2 to 1 can (soup can) water

Place cut-up, uncooked chicken parts into casserole, over this, pour Lipton dry onion soup, cream of mushroom soup, and 1/2 to 1 can water. Cover and bake 1 1/2 to 2 hours at 350°.

QUAIL IN SHERRY SAUCE

Mrs. Gene Littleton

12 quail	2 Tbsp. Worcestershire sauce
1 can mushroom soup	2 Tbsp. soy sauce
1/2 c. finely chopped celery	1 small can water chestnuts
1/2 c. finely chopped onion	1/2 c. sherry

Salt and pepper quail. Brown on all sides in small amount of cooking oil. Remove quail from pan and make gravy. To gravy add all other ingredients except sherry. Place quail and sauce in roaster and cover.

Cook at 300° for 1 hour.

Add sherry and cook at 250°, 30 minutes longer.

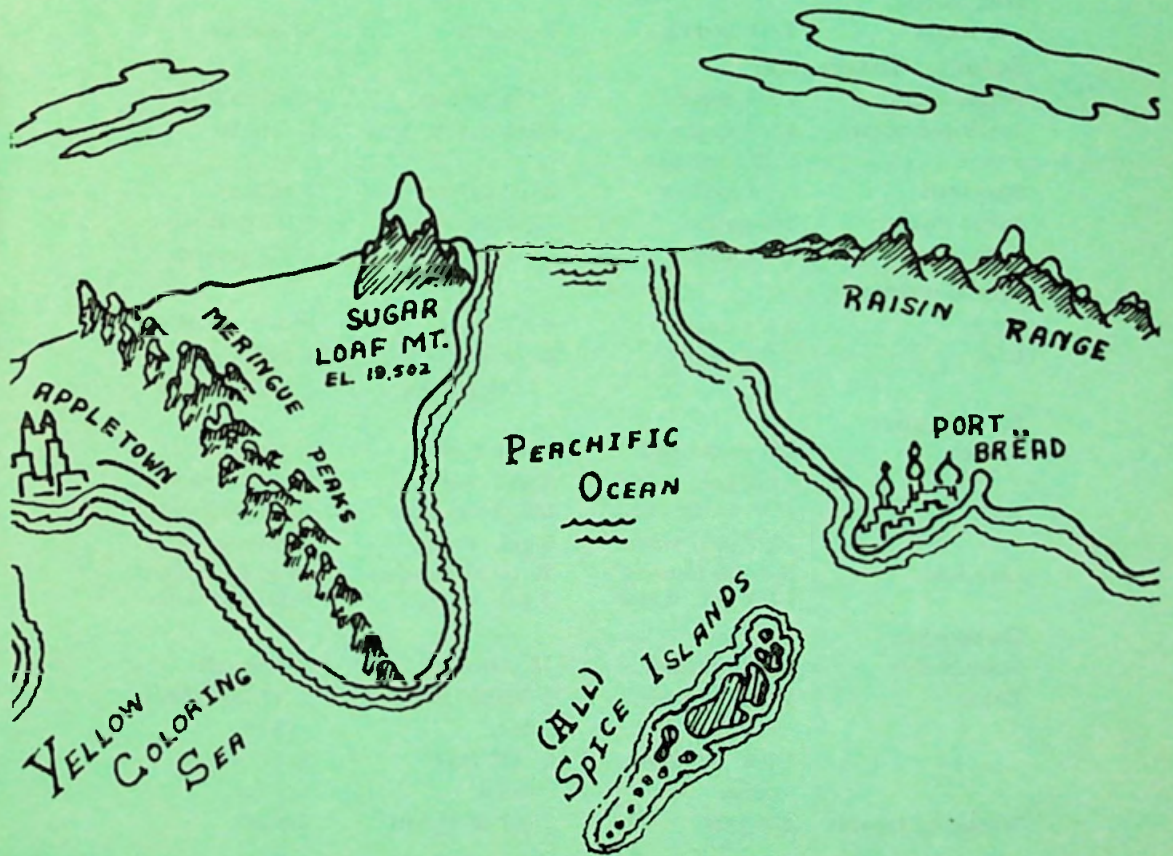
Remove from oven and serve in tureen with sauce.

4 generous servings.

BREAD ROLLS

STRATOSPHERE

PASTRY



Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaisse	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped potato	4 1/2 quarts or 1 12 x20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Corree	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gallons water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gallons water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gallons water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	3/4 pint	1 1/2 to 2 pints	3 pints

BREAD, ROLLS, PASTRY

BANANA BREAD

Mrs. Gene Sikes

1/2 c. shortening	1 tsp. lemon juice
1 c. sugar	2 c. sifted flour
2 eggs	3 tsp. baking powder
1 c. mashed bananas	1/2 tsp. salt
1 c. chopped pecans	

Cream shortening and sugar. Beat eggs until light. Add. Mix bananas with lemon juice. Add to cream mixture. Sift flour, baking powder, salt together. Mix quickly with banana mixture. Add nuts. Bake in greased loaf pan, 1 hour 15 minutes, at 375°.

A GOOD BISCUIT RECIPE

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

Heat oven to 450°. Mix dry ingredients. Cut in shortening. Stir in milk. Then round up on lightly floured board. Knead very lightly. Roll or pat to 1/2 inch thick.

Cut. Place on ungreased baking sheet. Bake 10 to 12 minutes. (20 biscuits)
(Buttermilk may be used. If so, use 2 teaspoons baking powder, 1/2 teaspoon soda, 2 more tablespoons shortening and roll thinner).

ANGEL FLAKE BISCUITS

Mrs. Guy Tillman

5 c. self-rising flour (sifted)	2 c. buttermilk
1/3 c. sugar	2 pkgs. dry yeast
1 tsp. soda	1/4 c. warm water
1 c. vegetable shortening	

Combine dry ingredients. Cut in shortening. Add buttermilk and yeast that has been dissolved in warm water. Place in covered bowl in refrigerator. This is better to set 4 - 5 hours before using. Pinch off amount needed for meal.

Roll out as any other biscuit, place on ungreased baking sheet and bake 425°.

PIE CRUST (Old Southern Pie Crust Recipe)

2 c. sifted flour	Scant 3/4 c. shortening
1 tsp. salt	4 to 5 Tbsp. ice water

Sift flour, salt together. Cut shortening into flour with pastry blender, until crumbly. Sprinkle water over flour. Toss together to make dough stiff. Do not knead. Roll out on lightly floured board.

SWEET POTATO PIE

Mrs. Dalton Judy

4 Tbsp. butter	1/4 tsp. cinnamon
1/2 c. sugar	2 c. mashed sweet potatoes
3 Tbsp. lemon juice	1 c. cream
3 eggs - separated	1 unbaked pie shell

Cream butter and sugar. Add lemon juice. Add beaten egg yolks, cinnamon, potatoes, milk. Mix thoroughly. Fold in stiff beaten egg whites. Pour into pie shell. Bake at 425°, 10 minutes. Turn oven to 350°, and bake 40 minutes.

DUTCH APPLE PIE

Mrs. Kenneth Cribbs

1 packet cinnamon crisp crackers rolled into crumbs (1 1/2 cups)	1/2 c. sugar
1/3 c. melted butter or margarine	2 Tbsp. flour
6 large tart apples, sliced	3 Tbsp. milk
	Pastry for 9-inch crust

Mix cinnamon crisp crumbs and butter or margarine. Combine sliced apples, sugar, flour, and place in unbaked pie shell. Sprinkle crumb mixture over top. Add milk. Bake in hot oven, (400°), 40-45 minutes.

PECAN - COCONUT PIE

Mrs. H. C. Barber

3 eggs, slightly beaten	1/3 c. margarine
1/4 tsp. salt	1/2 c. light brown sugar, slightly packed
1/3 c. milk (sweet)	1 1/2 cup coconut
1/2 c. corn syrup (white Karo)	1 1/2 cup chopped pecans
1/2 c. maple syrup (add 1 tsp. sherry extract to syrup)	

Mix together eggs, salt, milk, and syrup. Cream together margarine and brown sugar and stir in coconut and pecans. Combine the two mixtures.

Turn into unbaked pie shell. Bake in hot oven, 425°, for 10 minutes, then reduce to low 325°, for 30 minutes. Chill.

Serve plain or topped with ice cream.

PECAN PIE

Mrs. Jim Reynolds

1/2 recipe pastry	3/4 c. dark corn syrup
1/2 c. butter	1/4 tsp. salt
1 c. sugar	1 tsp. vanilla
3 eggs, slightly beaten	1 c. chopped pecans

Prepare pastry and make an unbaked 9 inch pastry shell. Chill thoroughly. Cream butter, add sugar gradually and cream together until light and fluffy. Add remaining ingredients and blend well. Pour into pastry shell. Bake on lower shelf in a moderate oven (350°), for about 25 minutes, then reduce heat to 300°, and cook 50 to 55 minutes.

STRAWBERRY - PINEAPPLE PIE

2 eggs	1 c. sliced fresh strawberries
1 1/3 c. sugar	1 Tbsp. butter
1 Tbsp. lemon juice	1 9 inch pastry (thoroughly chilled) with top crust
1 c. shredded fresh pineapple*	

Beat eggs slightly, add sugar, lemon juice and fruit. Line 9-inch pie pan with pastry and chill thoroughly. Pour in filling, dot with butter and cover with top crust.

Pierce top crust to prevent boiling over. Bake in very hot oven (450°), for 10 minutes, reduce temperature to moderate (350°), and bake 35 minutes longer or until fruit is tender.

*Strawberries may be omitted and 2 cups canned pineapple used instead of fresh fruit. In this case, reduce sugar to 1/2 cup.

CHESS PIE

Mrs. Clyde Hobby, Jr.

1 stick butter	3 whole eggs
1 1/2 c. sugar	Dash of salt
1 Tbsp. corn meal	1 tsp. vanilla
1 Tbsp. vinegar	

Melt butter in pan large enough to mix all the pie. Add sugar and salt and blend, not fast and hard, then add meal and vinegar and unbeaten eggs, one at a time, blend. Do not beat. Add vanilla.

Pour into unbaked pie crust. Cook 10 minutes at 400°, and 40 minutes at 250°.

FROSTED CRUNCH PIE

Mrs. Nell Arthur

4 eggs
3 c. sugar
2 Tbsp. flour
1 c. buttermilk
1 Tbsp. vanilla

Pinch of salt
1/2 c. coconut
1/2 c. carrots (grated fine)
1/2 c. pecans
1 c. frosted flakes
2 sticks melted oleo

Mix sugar and eggs, flour, salt. Beat. Add milk. Add coconut, carrots, pecans, frosted flakes. Last, add vanilla and melted oleo. Bake in unbaked pie shells at 350°, until done.

Makes 2 pies.

FRESH STRAWBERRY PIE (Baked Pie Shell)

Mrs. Floyd Reinhardt

Baked pie shell
1 pint of fresh strawberries

Filling:

1 c. sugar
1 c. water

3 Tbsp. dry strawberry jello
2 Tbsp. cornstarch

Bring these ingredients to a boil only - then let cool. Place berries in crust. Pour filling over berries. Chill several hours. Served with whipped cream.

OLD-FASHIONED LEMON PIE

Mrs. Henry J. McKenzie

6 eggs
2 c. sugar
2 Tbsp. flour
2 Tbsp. milk

2 Tbsp. lemon juice
2 Tbsp. melted butter
2 unbaked bottom pie crusts

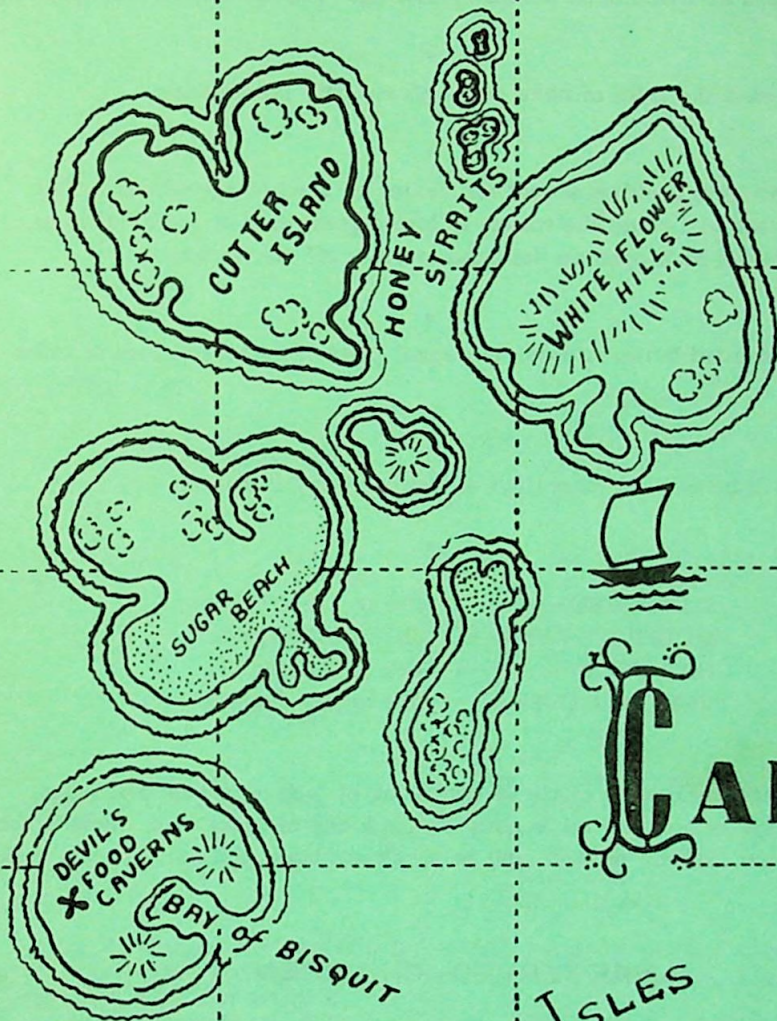
Beat eggs and sugar together thoroughly. Mix together milk and flour. Add to sugar and eggs. Add melted butter and lemon juice.

Pour into two unbaked bottom pie crusts. Bake for 1 hour at 350°.

Write Extra Recipes Here:

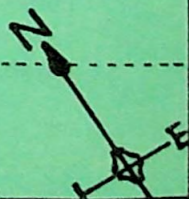
Write Extra Recipes Here:

COOKIES



COOKIE ISLES

CAKES



COOKING SUGGESTIONS

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

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

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

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

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

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

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

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

PRESERVED CHILDREN

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

COOKIES, CAKES

FRUIT COOKIES

Mrs. W. G. Hardin

1 c. brown sugar	3 c. flour (plain)
1 c. butter	1 tsp. cinnamon
3 eggs	1 tsp. soda
1 lb. crystalized pineapple	2 boxes dates
1 lb. crystalized cherries	7 c. pecans
1/2 c. milk	

Cream butter and sugar. Add eggs and milk. Mix 1 cup flour with fruit and nuts. Mix remainder of flour with soda and cinnamon. Add this to butter sugar mixture. Pour over fruit. Mix well. Drop by teaspoons on greased cookie sheet. Bake 20 minutes at 300°.

MAGIC COOKIE BARS

Mrs. Ivey E. Youngblood

1/2 c. (1 stick) butter, melted	1 1/3 c. (3 1/2 oz.) flaked coconut
1 1/2 c. graham cracker crumbs	1 1/3 c. (15 oz. can) Borden's Eagle Brand sweetened condensed milk
1 c. chopped nuts	
1 c. (6 oz. pkg.) semi-sweet chocolate pieces	

Melt butter in 8 x 10" oblong dish -- now add rest of ingredients one by one on top of each other as they come down the line. Bake 25 minutes on 350°. Let stand 15 minutes, then cut. Makes about 20 squares.

BRANDY BALLS

Mrs. S. C. Rouse, Jr.

1 can (6 oz.) evaporated milk	1 pkg. (6 oz.) semi-sweet chocolate pieces
2 1/2 c. crushed vanilla wafers	1/2 c. sifted confectioner's sugar
1 1/4 c. chopped pecans	
1/3 c. brandy	

In heavy, 2 quart saucepan combine milk and chocolate pieces. Cook, stirring over medium heat until chocolate melts and mixture is smooth and thickened. Remove from heat. Add crushed wafers, sugar, 1/2 cup pecans and the brandy, mixing well.

Let stand at room temperature 30 minutes. Shape mixture into balls 1 inch in diameter. Roll in remaining pecans - refrigerate until firm.

JUMBO RAISIN COOKIES

Mrs. Harris Hobby

1 c. raisins	4 c. plain flour
1 c. water	1 tsp. baking powder
1 c. shortening	1 tsp. soda
2 c. sugar	2 tsp. salt
3 eggs	1 1/2 tsp. cinnamon
1 tsp. vanilla	1 1/4 tsp. nutmeg
1 c. chopped nuts	1/4 tsp. allspice

Boil the raisins and water for 5 minutes. Set aside to cool. Cream shortening, sugar and eggs, add vanilla and cooled raisins. Sift flour, baking powder, soda, salt, cinnamon, nutmeg, and allspice.

Add this to creamed mixture and blend well. Add chopped nuts. Chill dough. Drop by teaspoons on greased baking sheet. Bake 350°, for 12-15 minutes.

CHOCOLATE DROP COOKIES

Mrs. H. B. Childs

1 c. shortening	3 c. quick oats (uncooked)
1 c. brown sugar	2 eggs
1 c. granulated sugar	1 tsp. soda (scant)
1 1/2 c. flour	1 tsp. salt (scant)
2 tsp. vanilla	1/2 c. chocolate bits

(Continued)

COCOA FUDGE CAKE (I call this my "in a hurry" cake)

Edna Durham
Sycamore, Ga.

1 3/4 c. sifted self-rising flour
1 1/3 c. sugar
6 Tbsp. cocoa
1/2 c. high grade shortening (Mazola or Wesson oil)

1 c. buttermilk
1 tsp. vanilla
2 eggs (large)

Sift dry ingredients into bowl. Add shortening, buttermilk and vanilla. Beat 2 minutes, medium speed on mixer, scraping bowl constantly. Add eggs and beat 2 minutes more. Heat oven, 350°. Bake in 2 round layer cake pans lined with wax paper, greased. Bake 35 to 40 minutes. Cool, frost with Quick Fudge Icing.

QUICK FUDGE ICING:

Mix in saucepan:

1 c. sugar
1/4 c. cocoa
1/4 c. butter

1/2 c. sweet milk
2 Tbsp. corn syrup (white)
1/8 tsp. salt

Stir and bring to a full rolling boil. Boil vigorously, stirring occasionally for three minutes. Cocoa syrup must become thick and coat the spoon, so be sure mixture boils hard. Cool. Beat in 1 1/2 to 2 cups of confectioner's sugar and 1 teaspoon of vanilla.

Let stand until icing is of spreading consistency. Then frost cake.

CHOCOLATE FUDGE CAKE

Mrs. Pat Stone

1/2 lb. melted oleo (or butter)
2 c. sugar (white)
4 eggs (whole)
1 1/2 c. regular flour

4 Tbsp. cocoa (dry)
1 tsp. vanilla
1 c. pecans

Icing:

1 jar marshmallow creme
1/2 stick melted oleo
1/2 c. cocoa (dry)

8 Tbsp. condensed milk
1 box powdered sugar

Melt oleo and add to sugar. Add one egg at a time and mix well after each addition. Add flour, cocoa, vanilla, and pecans and mix well. Bake in a rectangular cake pan, approximately 10 x 12 inches, which has been greased and floured, for approximately 30 minutes, at 350°. Spread marshmallow creme on top of cake while hot, using the whole jar. Mix icing ingredients together in separate bowl, adding more milk if necessary for easy spreading.

Spoon on top of marshmallow creme and spread. This cake freezes very well and can be served while frozen, if desired. It is very rich, and small portions are usually served.

SWEET POTATO CAKE

Mrs. John L. Purswell
Rebecca, Ga.

2/3 c. oleo or butter
2 c. sugar
1 tsp. soda
2 c. flour
2 Tbsp. cocoa
1 tsp. allspice
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg

1/2 tsp. salt
4 egg yolks (beaten)
1 c. mashed, cooked sweet potatoes
1 1/2 c. raisins
2 c. chopped nuts
1 c. buttermilk
4 egg whites (beaten stiff)
1 tsp. vanilla

Cream together oleo and sugar. Sift together dry ingredients. Add to oleo and sugar. Add beaten egg yolks and potatoes. Combine raisins and nuts, add to the sweet potato mixture. Add buttermilk. Fold in beaten egg whites and vanilla.

Bake in an angel food cake pan at 325° for 1 hour. Reduce temperature to 300° and bake 45 minutes more.

CARAMEL CAKE

Mrs. T. L. Morrison, Sr.

1 c. butter	3 c. flour
1 c. milk	2 tsp. baking powder
2 c. sugar	4 eggs
	2 tsp. vanilla

Cream butter and sugar. Beat eggs separately and add; beat well. Add flour and milk alternately, beat thoroughly. Cook in 3 layers at 350°, 30-35°

Filling:

3 c. sugar	1 tsp. vanilla
1 c. milk	Pinch soda
1 stick butter	Pinch salt

Put 2 1/2 cups sugar, stick butter and 1 cup milk in double boiler. Take 1/2 cup sugar and brown to make caramel syrup. Add this to other mixture and cook slowly until it forms ball in cold water, then pour it up and beat until thick as desired.

CARAMEL POUND CAKE

Mrs. Jewell Phillips

2 sticks butter	- Cream together - add	1/2 tsp. baking powder
1 stick oleo	5 eggs, one at a time	1 tsp. salt
1 c. white sugar		3 c. cake flour
1 box dark brown sugar		1 c. canned milk
		1 c. nuts
		2 tsp. vanilla

Bake 300°, for 1 1/2 hours in tube pan and ice, or bake in four 8 inch or three 9 inch pans - 30 minutes at 350°.

"Icing" -

1 (8 oz.) pkg. cream cheese	1 box 10X sugar
2 sticks oleo	

Cream cheese and oleo; then add sugar gradually, when thoroughly mixed, spread on cake.

SOUR CREAM POUND CAKE

Mrs. Jim Reynolds

1 c. butter or margarine	1/4 tsp. soda, plus a pinch
3 c. sugar	4 c. sifted cake flour
6 eggs	1 tsp. vanilla
1 c. sour cream	

Cream butter well; add sugar. Stir in beaten egg yolks; add cream and blend. Sift soda with flour and add generally.

Stir in vanilla. Fold in stiffly beaten egg whites. Pour into tube pan, lined with brown greased paper, and chop through. Bake at 350° for 1 hour and 15 minutes or until cake tests done. Turn out after 10 minutes.

COCONUT POUND CAKE

Mrs. Gilbert Branch

1 1/2 c. Crisco	1 c. sweet milk
2 1/2 c. sugar	5 eggs
3 c. plain flour, sifted	1 Tbsp. coconut extract
1 tsp. baking powder	1 c. fine grated coconut
1/4 tsp. salt	

Sift together flour, baking powder, and salt.

Cream Crisco and sugar until fluffy. Add alternately: flour mixture, milk, egg yolks, and mix well. Fold in stiffly beaten egg whites. Fold in extract and coconut. Preheat oven at 300°, and bake for approximately 1 hour 20 minutes in a tube pan.

\$100 CHOCOLATE CAKE

Mrs. Clyde Hobby, Sr.

1/2 c. butter	1 c. chopped nuts
2 c. sugar	1 1/2 c. sweet milk or water
2 tsp. baking powder	1 tsp. vanilla
4 sqs. chocolate or 1/2 c. cocoa	2 c. plain flour
2 eggs	

Mix as any other cake, bake 350°, this makes three layers.

Filling:

1 c. chopped nuts	1 tsp. lemon juice or juice of one lemon
1 lb. (4X) sugar	1 egg
1/2 lb. butter	1 tsp. vanilla
2 sq. chocolate or 1/4 c. cocoa	

Beat egg, add lemon juice and chocolate and sugar, stir until creamy and vanilla and nuts spread on cake.

JAPANESE FRUIT CAKE

Mrs. T. L. Morrison, Jr.

1 c. butter	4 eggs
2 c. sugar	2 tsp. baking powder
3 1/4 c. flour	1 tsp. vanilla
1 scant cup water or milk	

Combine butter and sugar, add eggs; sift together dry ingredients. Add flour and milk alternately until all is in. Divide batter into two parts. Into one part of batter put:

1 tsp. cinnamon	1/2 tsp. cloves
1 tsp. allspice	1/4 lb. raisins
1/2 c. nuts	(chop all fruit real fine)
1/4 c. cherries	dredge all fruit and nuts in flour before
1/4 c. pineapple	adding to batter.

Make two layers of the white batter and two of the fruit batter. When stacking the layers alternate them. Bake white layers at 350°, fruit layers at 300°.

Filling:

Juice of 2 lemons and grated rind of one	1 c. boiling water
1 coconut, grated	2 Tbsp. cornstarch
2 c. sugar	

Put all ingredients together in a saucepan, except cornstarch. When the mixture begins to boil add the cornstarch dissolved in 1/2 cup of cold water, stirring constantly until the mixture drops in a lump.

If you like cover the top with a white icing.

LANE CAKE

Mrs. T. L. Morrison, Jr.

3 1/4 c. flour	2 c. granulated sugar
3 1/2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	1 c. milk
1 c. butter or oleo	8 egg whites

Sift flour and baking powder and salt. In large electric mixer bowl, with mixer at medium speed mix butter and sugar until very light and fluffy. Add vanilla. At low speed, beat in alternately, just until smooth, flour mixture in fourths and milk in thirds.

In large bowl beat egg whites until they form stiff peaks. Gently fold batter into egg whites. Bake 15 or 20 minutes, or until done, 350°.

Filling:

8 egg yolks	1 c. chopped pecans
1 1/2 c. sugar	1 c. grated fresh coconut
1/2 c. butter or oleo	1 c. candied cherries (cut fine) (Continued)

LANE CAKE (Continued)

1/2 c. whiskey

1 c. finely chopped seeded raisins

In saucepan, beat egg yolks slightly. Cook with sugar and butter over low heat, stirring, about 5 minutes or until slightly thickened. Add remaining ingredients. Cool then use to spread between layers of cake.

You can cover cake with white frosting if you like.

CHOCOLATE CAKE

Mrs. Calvin Johnston

1 c. butter

3/4 tsp. baking powder

2 1/2 c. sugar

1 1/2 c. buttermilk

6 Tbsp. cocoa

5 eggs, separated

3 c. cake flour

1 tsp. vanilla

1 tsp. baking soda

Cream butter and sugar. Add cocoa. Blend flour mixed with baking soda and baking powder. Alternate with buttermilk.

Add beaten egg yolks, then, beaten egg whites, and add vanilla.

Bake in three pans for 30 minutes, at 350°.

CHOCOLATE ICING:

1 box XXXX sugar

1 dash salt

6 Tbsp. cocoa

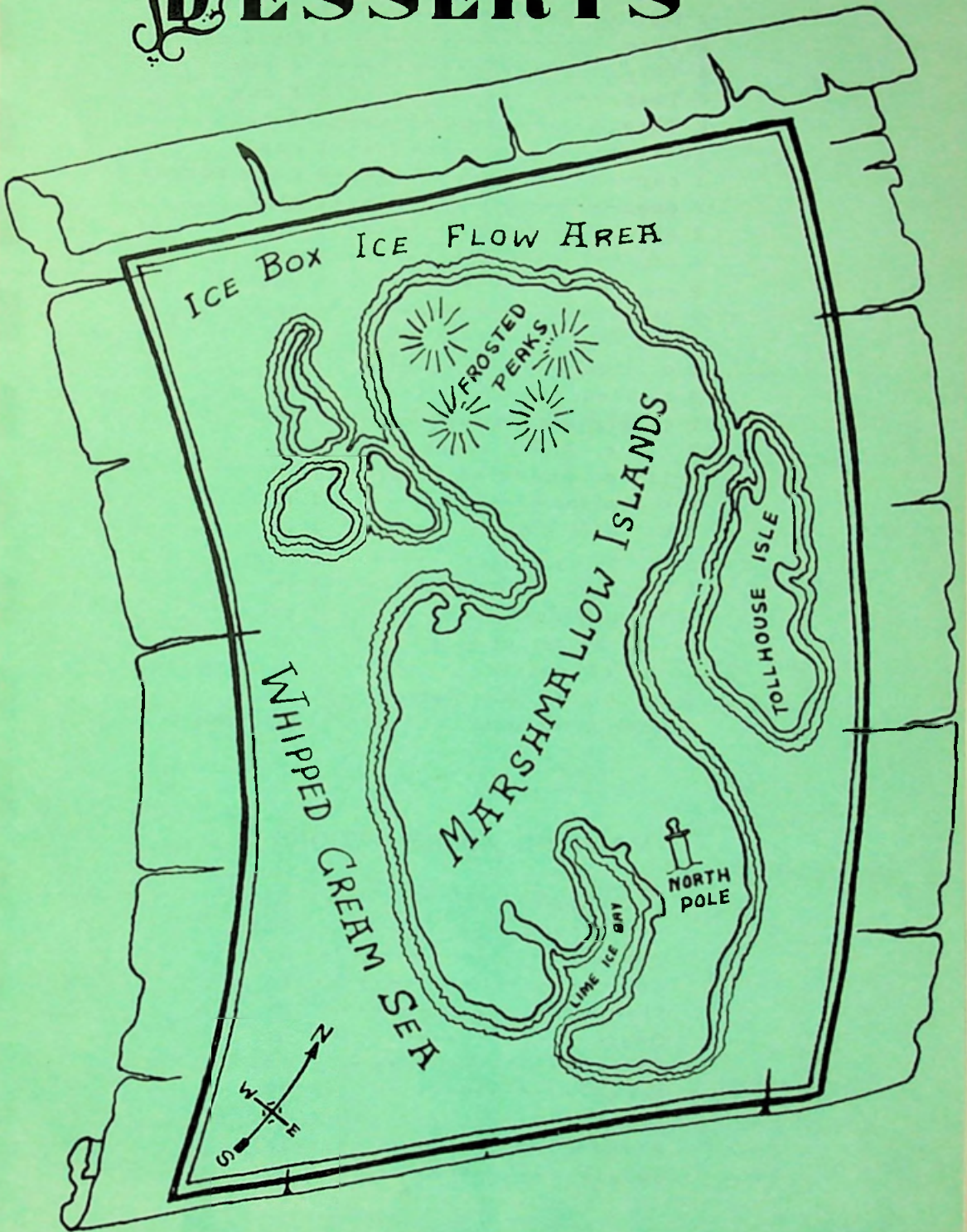
1 3/4 sticks butter

2 eggs

Mix well and spread on cake.

Write Extra Recipes Here:

DESSERTS



KITCHEN MEASURES

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

MEASURE ABBREVIATIONS

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

DESSERTS

PEACH COBBLER

Mrs. Leon Ellerbee
Cordele, Ga.

1 large can sliced peaches (partly drained)	1 c. self-rising flour
1 c. sugar	1 egg
	1 block margarine

Pour partly-drained peaches into large baking dish. Mix sugar and flour and egg to resemble coarse crumbs. Crumble over peaches and cut up block of butter over mixture. Bake at 350° for 30 minutes, or until golden brown.

Serve while warm, topped with ice cream.

PEACH COBBLER

Mrs. Bubber Stevens

1 qt. fresh cut up peaches	2 tsp. baking powder
1 3/4 c. sugar	3/4 c. milk
1 stick butter	3/4 c. flour (plain)
Pinch of salt	

Mix quart of peaches with one cup sugar, place one stick of butter in deep baking pan and set in oven to melt at 350°, stir up a batter of 3/4 cup sugar, 3/4 cup flour, 2 teaspoons of baking powder, 3/4 cup of milk and pinch of salt, pour over melted butter, "do not stir". Arrange peaches on top of batter, do not stir. Bake in oven one hour at 350°.

Batter will rise on top during baking and will be brown and crisp when done.

BLUEBERRY CRISP

Mrs. Clive Elliott

1 c. flour	1/4 tsp. salt
1 c. sugar	1 qt. berries
1/2 c. butter	

Place raw berries in baking dish. Mix sugar, flour, butter and salt together with fork and knife until it is mixed well.

Then sprinkle over berries and place in oven. Bake 1 hour at 325°.

DATE LOAF

Mrs. Harris Hobby

1 pkg. dates (cut in 3 or 4 pieces)	1 1/2 tsp. soda
1 1/2 c. boiling water	1 tsp. baking powder
1 egg	1/2 tsp. salt
1 Tbsp. butter	1 tsp. vanilla
1 c. sugar	1 c. chopped nuts
2 3/4 c. plain flour	

Put dates in boiling water and let cool.

Cream butter, sugar and egg. Sift soda, baking powder and salt with flour and add to creamed mixture, adding the water from the dates - then the dates.

Add vanilla. Dredge nuts with small amount of flour and add last.

Bake in loaf pan for 1 hour in 300° oven.

CHERRY DREAM DESSERT

Mrs. Russell Connell

9" graham cracker pie crust - -

1 1/2 c. cracker crumbs (18 graham crackers)	1/4 c. sugar
	1/2 c. melted butter or margarine

Mix well. Press firmly in buttered 9" pie pan. Chill crust until set, about 45 minutes.

(Continued)

CHERRY DREAM DESSERT (Continued)

Cherry Dream Filling:

Combine:

1 (8 oz.) pkg. cream cheese, softened 1 Tbsp. sweet milk
1/2 c. sifted confectioner's sugar 1/2 tsp. almond extract

Mix well. Spread on pie crust. Sprinkle with 1/2 cup chopped pecans.

Combine:

1/2 pint heavy cream 4 Tbsp. confectioner's sugar

Whip until stiff and pour over nuts. Combine:

1 (16 oz.) can cherry pie filling 1/2 tsp. almond extract

Pour over cream mixture and chill.

SPANISH CREAM

Mrs. Lois Johnston

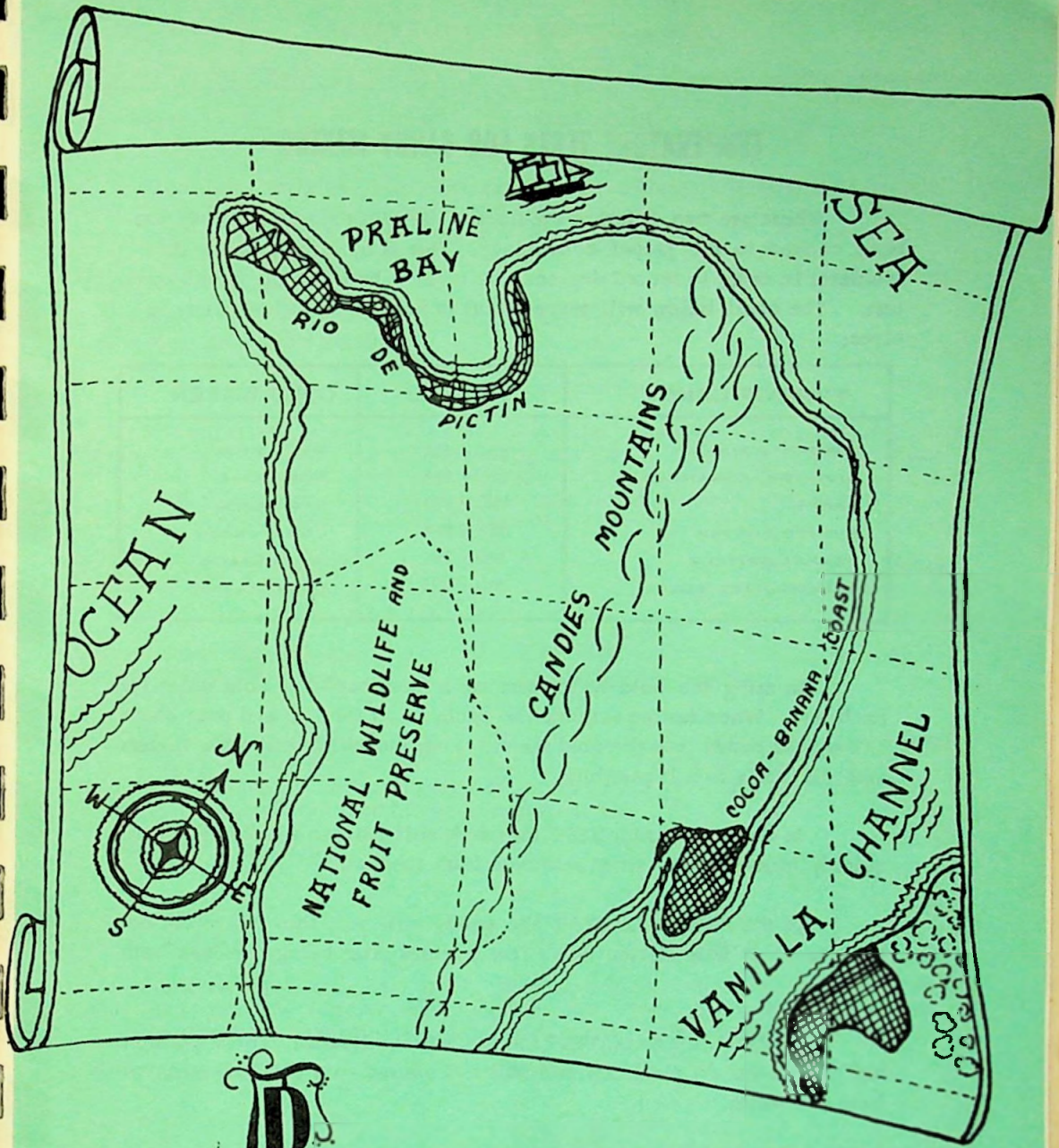
1 envelope plain gelatine 2 eggs, separated
2 c. milk Pinch of salt
6 Tbsp. sugar 1 tsp. vanilla

Soak gelatine in milk in top double boiler. Heat until dissolved. Beat egg yolks slightly, add two tablespoons sugar, and salt. Add small amount hot milk, mix well, and return to double boiler and cook for three minutes until mixture coats spoon.

Let stand until cold, then chill until slightly thickened.

Beat egg whites, gradually, adding 4 tablespoons sugar. Beat until stiff. Fold in gelatine mixture, stir in vanilla. Put in refrigerator.

Write Extra Recipes Here:



PRESERVES

JELLY

CANDY

TEMPERATURE TESTS FOR CANDY MAKING

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

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

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

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

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

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

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

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

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

PRESERVES, JELLY, CANDY

PEANUT BUTTER FUDGE

Mrs. John Jordan

2 c. sugar
3/4 c. milk

Pinch of salt
4 Tbsp. peanut butter

Mix sugar, milk and salt. Boil until drop of mixture will form ball in cold water. Let cool. Add peanut butter and beat well.

Drop on waxed paper, or press in buttered pan, then mark in squares.

CHOCOLATE FUDGE

Mara Moree

3 c. sugar
1 envelope unflavored gelatine
1 c. milk
1/3 c. light corn syrup

3 sqs. chocolate
1 c. butter
2 tsp. vanilla
1 c. chopped nuts

Mix sugar and gelatine in boiler. Add milk, corn syrup, chocolate and butter. Cook over medium heat, stirring frequently until a few drops tested in cold water form a soft ball. Remove from heat and pour into large mixing bowl.

Cool 15 minutes. Add vanilla. Beat until candy thickens. Stir in nuts.

Pour into buttered pan. Cut into squares.

A CHOCOLATE CONFECTION

Mrs. E. L. Morgan
Cordele, Ga.

2 c. nuts
2 boxes confectionate sugar
2 sticks margarine
2 tsp. vanilla

1 can coconut
1 bar Gulf wax
Box of Baker's chocolate

Melt margarine - stir in sugar. Add nuts, coconut, vanilla. Mix thoroughly. Roll into balls. Refrigerate overnight. Melt 1/2 bar wax with 1/2 bar of chocolate. Dip balls in this and place on waxed paper. (If candy seems dry after mixing, add some Eagle Brand milk for moistness).

SUGARED PECANS

1 c. sugar
1/4 tsp. salt
3/4 tsp. cinnamon

6 Tbsp. milk
1 tsp. vanilla
2 or 3 c. pecan halves

Combine sugar, salt, cinnamon, and milk; cook to soft ball stage (236° on candy thermometer). Stir frequently. Remove from heat, add vanilla and pecans.

Stir gently until grainy. Turn out at once onto buttered pan or wax paper.

FUDGE

Mrs. T. M. Waters

1 tall can evaporated milk
3 c. sugar

1 tsp. vanilla
Dash salt

Combine all of these ingredients in a large saucepan. Bring to a boil, stirring constantly, allow mixture to boil for 10 minutes. Remove from heat and add 3 packages chocolate chips. Stir until all chips are melted.

Add one pint marshmallow creme and stir. Add nuts and drop from teaspoon on wax paper.

DIVINITY CANDY

Mrs. H. F. Burch

Sugar, 2 c.
Corn syrup, light 1/2 c.
Water, 1/2 c.

Salt - few grains
2 egg whites
1 tsp. vanilla

Place sugar, syrup, water, and salt in saucepan, over low heat. Stir until

(Continued)

DIVINITY CANDY (Continued)

sugar is dissolved, then cook without stirring until a very firm ball when dropped in cold water. Just before syrup reaches this point, beat egg whites until stiff.

Pour syrup over whites in very fine stream, heating constantly. Continue beating until mixture holds its shape. Beat in vanilla.

Drop quickly from tip of spoon onto waxed paper. Makes 1 1/4 pounds. Decorate individual pieces with pecan halves, walnut halves or cherries.

Write Extra Recipes Here:

MEAT SUBSTITUTES

BEVERAGES



BEWARE!
PEA SOUP FOG AREA

CIDER ZEA

THEN EGGSACTLY 13 STEPS TO PASTREE

MISCELLANEOUS

THEN TO DREADED

PLANTED TREASURE CHEST



THEN...TURNIP...TO...THE...RIGHT...TO

TO QUICK-FREEZE VEGETABLES

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

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

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

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

BAKED APPLES

Mrs. A. K. Jacobs
Jacksonville, Fla.

6 large baking apples

Core and pare apples. Place in baking dish. In center of each apple, place 2 tablespoons brown sugar and 1/2 teaspoon butter. Pour 1 cup water around apples. Bake uncovered 45 to 60 minutes at 375°. Baste while baking.

CHERRY-BERRY COMPOTE

1 (1 lb.) can pitted Bing cherries
1 (10 oz.) pkg. frozen raspberries

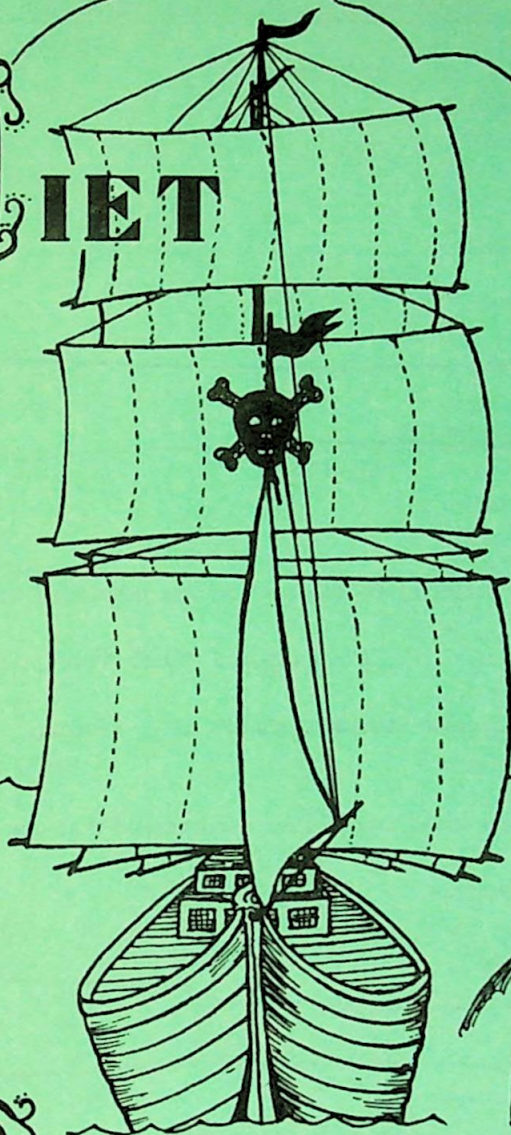
2 Tbsp. cooking sherry

Pour undrained cherries over frozen raspberries. Add sherry. Let stand 1 hour. Spoon into sherbets. (Serves 6)
Good for bridge luncheon.

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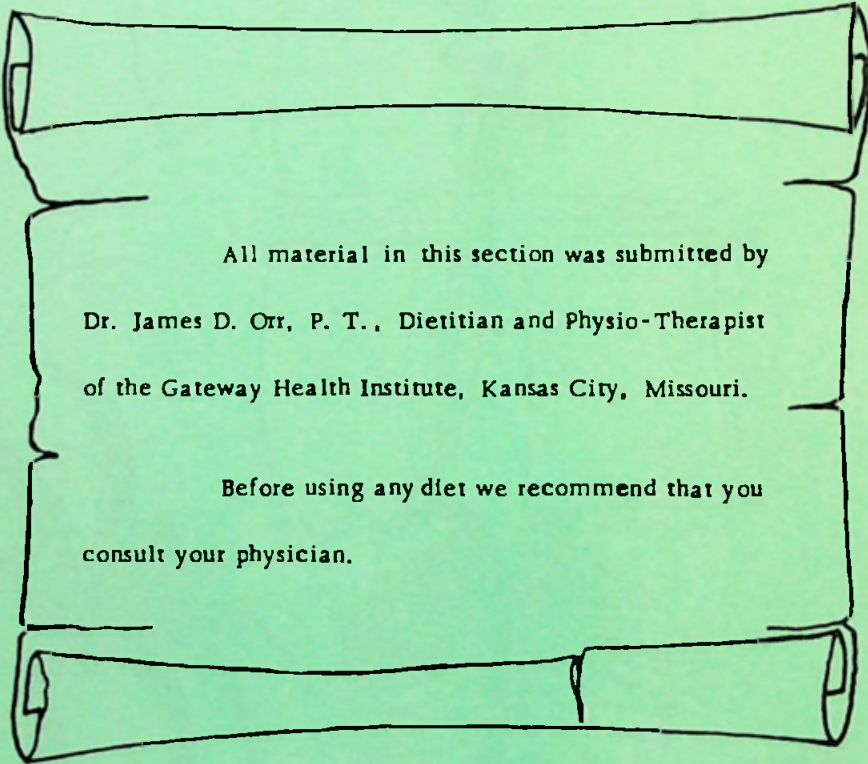
Write Extra Recipes Here:

DIET



SECTION





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

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

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:

1/2 Grapefruit, Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit
1 Egg
6 Slices Cucumber
1 Slice Melba Toast
Tea or Coffee

2 Eggs
1 Tomato
1/2 Head Lettuce
1/2 Grapefruit
Coffee

SECOND DAY:

1 Orange
1 Egg
1 Slice Melba Toast
1/2 Head Lettuce
Tea

1 Small Broiled Steak, PLAIN
1/2 Head Lettuce
1 Tomato
1/2 Grapefruit
Tea or Coffee

THIRD DAY:

1/2 Grapefruit
1 Egg
8 Slices Cucumber
Tea or Coffee

1 Lamb Chop Lean, PLAIN
1 Egg
3 Radishes
1/2 Grapefruit
Tea or Coffee

FOURTH DAY:

1 Tomato
1/2 Grapefruit
1 Slice Melba Toast
Cottage Cheese
Tea

1/2 Grapefruit
Water Cress
1 Small Broiled Steak, PLAIN
Coffee

FIFTH DAY:

1 Orange
1 Lamb Chop Lean, PLAIN
1/2 Head Lettuce
Tea

1/2 Grapefruit
1 Tomato
2 Eggs
1/2 Head Lettuce
Tea

SIXTH DAY:

1 Egg
1 Orange
Tea

1 Poached Egg
1 Slice Melba Toast
1 Orange
Tea

SEVENTH DAY:

1/2 Grapefruit
1 Egg
1/2 Head Lettuce
1 Tomato
2 Olives

1 Lamb Chop
6 Slices Cucumber
2 Olives
1 Tomato
Tea or Coffee

EIGHTH DAY:

1 Broiled Lamb Chop, LEAN
1/2 Head Lettuce
1/2 Grapefruit - Coffee

1 Egg, 1 serving Spinach, PLAIN
1/2 Grapefruit
1 Slice Melba Toast - Tea

EIGHTEEN DAY REDUCING DIET

LUNCH	NINTH DAY:	DINNER
1 Egg 1 Tomato 1/2 Grapefruit Tea		Any Meat Salad
TENTH DAY:		
1/2 Grapefruit 1 Lamb Chop, PLAIN 1/2 Head Lettuce Tea		1/2 Grapefruit 1 Lamb Chop, PLAIN 1/2 Head Lettuce Tea
ELEVENTH DAY:		
1 Slice Cinnamon Toast Tea		1 Small Broiled Steak, PLAIN 1 Stalk Celery 1 Tomato 2 Olives Tea
TWELFTH DAY:		
1/2 Lobster 2 Crackers 1/2 Grapefruit Tea		1 Broiled Steak, PLAIN Cole Slaw 1 Tomato 1 Orange
THIRTEENTH DAY:		
1 Egg 1 Slice Melba Toast 1/2 Grapefruit		1/2 Grapefruit 1 Small Broiled Steak 1/2 Head Lettuce 1 Stalk Celery Coffee
FOURTEENTH DAY:		
1 Egg 1 Tomato 1/2 Grapefruit 1 Slice Melba Toast		1 Lamb Chop, PLAIN 1/2 Tablespoonful Catsup 1 Slice Melba Toast 1/2 Grapefruit
FIFTEENTH DAY:		
1 Egg 1 Slice Melba Toast 1/2 Grapefruit Coffee		1 Small Broiled Steak, PLAIN 1 Small Portion Spinach, PLAIN 1 Orange Tea
SIXTEENTH DAY:		
1 Egg 1 Tomato 1/2 Grapefruit Coffee		1 Small White Fish, BROILED 1 Small Portion Spinach, PLAIN 1 Orange Tea
SEVENTEENTH DAY:		
1 Lamb Chop, PLAIN 1/2 Head Lettuce 1/2 Grapefruit Tea		1 Small Broiled Steak, PLAIN 1 Tomato 1 Stalk Celery Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH

DINNER

EIGHTEENTH DAY:

1 Chicken Leg, BROILED
 1 Tomato
 1/2 Grapefruit
 1 Glass Lemonade - NO SUGAR

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

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

<u>BREAKFAST</u>	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
<u>LUNCH</u>	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
<u>DINNER</u>	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

<u>BREAKFAST</u>	Calories
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
<u>LUNCH</u>	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
<u>DINNER</u>	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,030

WEDNESDAY

<u>BREAKFAST</u>	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
<u>LUNCH</u>	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
<u>DINNER</u>	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

<u>BREAKFAST</u>	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
<u>LUNCH</u>	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
<u>DINNER</u>	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	0
Total	1,025

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY	Calories	DINNER	Calories
<u>BREAKFAST</u>			
1/2 Grapefruit	75	Vegetable Soup	80
1 Slice Buttered Toast	75	Frankfurter on bun	200
Tea or Coffee, Black	0	Cole Slaw	75
<u>LUNCH</u>		Ice Cream	200
Salmon Salad Sandwich	200	Tea or Coffee, Black	0
Ice Cream	200	Total	1,155
Tea or Coffee, Black	0	<u>SUNDAY</u>	
<u>DINNER</u>		<u>BREAKFAST</u>	
Tomato Juice	50	1/2 Grapefruit	75
2 Scrambled Eggs	160	1 Sweet Roll	125
1 Slice Buttered Toast	75	Tea or Coffee, Black	0
Ice Cream	200	<u>LUNCH</u>	
Tea or Coffee, Black	0	1 Boiled Egg	70
Total	1,035	1 Slice Buttered Toast	75
<u>SATURDAY</u>		Ice Cream	200
<u>BREAKFAST</u>		Tea or Coffee, Black	0
Orange Juice	90	<u>DINNER</u>	
1 Bran Muffin	85	Fruit Cocktail	125
Tea or Coffee, Black	0	Chicken, 1 Slice White	65
<u>LUNCH</u>		Gravy	40
Bacon & Tomato Sandwich	225	Peas	65
Ice Cream	200	Mashed Potatoes	120
Tea or Coffee, Black	0	Ice Cream	200
		Tea or Coffee, Black	0
		Total	1,160

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

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

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

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

Fruit: Two servings of fresh fruit per day.

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

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

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

HIGH CALORIE DIET

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

BREAKFAST

Fruit: Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.

Cereal: One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.

Egg: Soft boiled, poached, or scrambled egg.

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

10:30 A. M. Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup: Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.

Salad: Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one table-spoonful of butter, and one tablespoonful of mayonnaise.

Bread: White or whole wheat toast, melba toast, bran or whole wheat muffin.

Dessert: Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.

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

3:00 P. M. Milk, (hot or cold), cocoa, malted milk.

DINNER

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

HIGH CALORIE DIET

- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes and one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
-

WEIGHT CHART

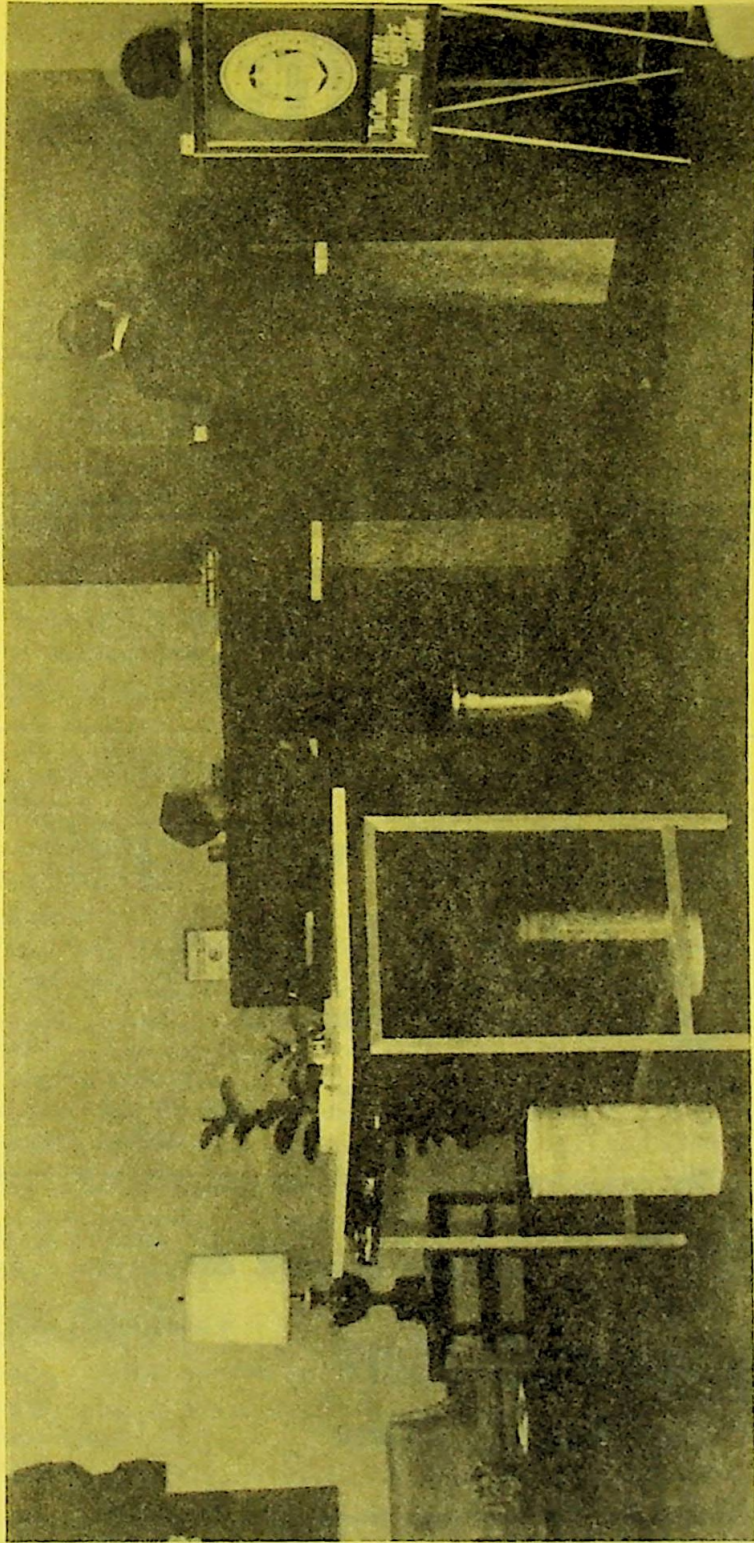
WOMEN				MEN			
Weight in Pounds (with reg. clothes)				Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	6' 1"	168	175	180	6' 1"

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CALORIC CHART

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

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

FOODS	MISCELLANEOUS	CALORIES
Butter, 1 pat		110
Jelly, 1 tablespoon		107
Jam, 1 tablespoon		132
Macaroni and cheese		160
Omelet, 1 egg		130
Spaghetti and meat sauce		290
Spanish rice		155
Sugar, 1 teaspoon		20
Whipped cream, 1 level tablespoon		35
VEGETABLES		
Asparagus		15
Beans, green		35
Beans, Limas		130
Beets		45
Carrots		45
Cauliflower		30
Corn		100
Peas, canned		65
Peas, green		100
Potato, sweet, 1		200
Potato, baked, 1		100
Potatoes, creamed		100
Potatoes, fried		100
Spinach		20
Tomato, 1		25
Turnips		35

THIS COOK BOOK MAKES A PERFECT

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UNIT 1: THE HISTORY OF THE UNITED STATES

LESSON 1: THE FOUNDING FATHERS

The Founding Fathers were the men who created the United States. They were men of great vision and courage. They fought for the rights of the people and for the freedom of the nation. They were the men who wrote the Constitution and the Declaration of Independence. They were the men who built the nation from scratch. They were the men who gave us the stars and stripes.

LESSON 2: THE WESTERN EXPANSION

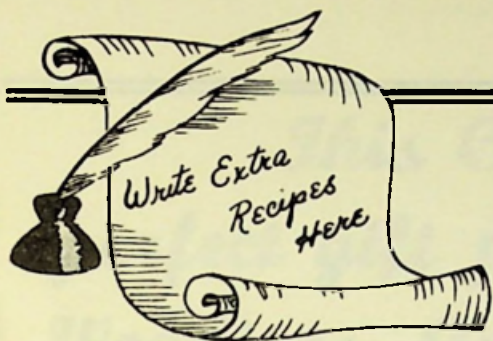
The Western Expansion was the period of time when the United States grew from a small colony to a great nation. It was a time of great discovery and adventure. Men like Lewis and Clark, and others, explored the vast western lands. They found new resources and new opportunities. They opened up the continent to settlement and trade. The Western Expansion was a defining moment in the history of the United States. It shaped the nation's identity and its future.

LESSON 3: THE CIVIL WAR

The Civil War was a time of great conflict and sacrifice. It was a war that tested the nation's unity and its values. It was a war for the soul of the United States. It was a war that ended slavery and established the principle of equality for all. The Civil War was a defining moment in the history of the United States. It shaped the nation's identity and its future.

LESSON 4: THE GREAT DEPRESSION

The Great Depression was a time of great hardship and struggle. It was a time when millions of people lost their homes and their jobs. It was a time of despair and hopelessness. But it was also a time of great courage and resilience. People fought back and they rebuilt their lives. The Great Depression was a defining moment in the history of the United States. It shaped the nation's identity and its future.



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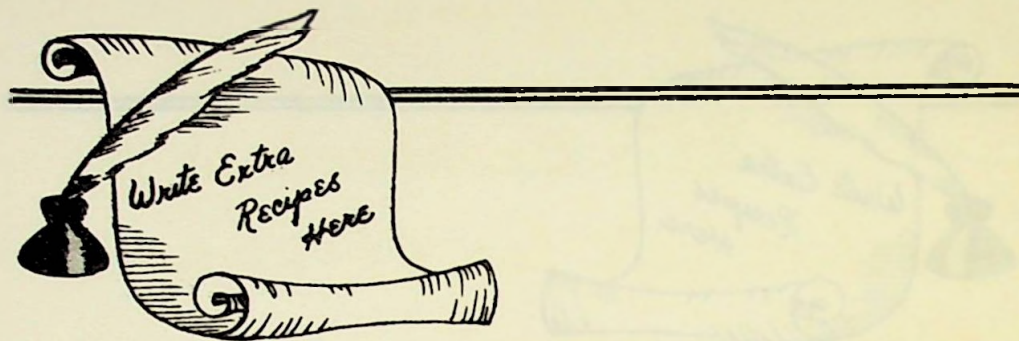
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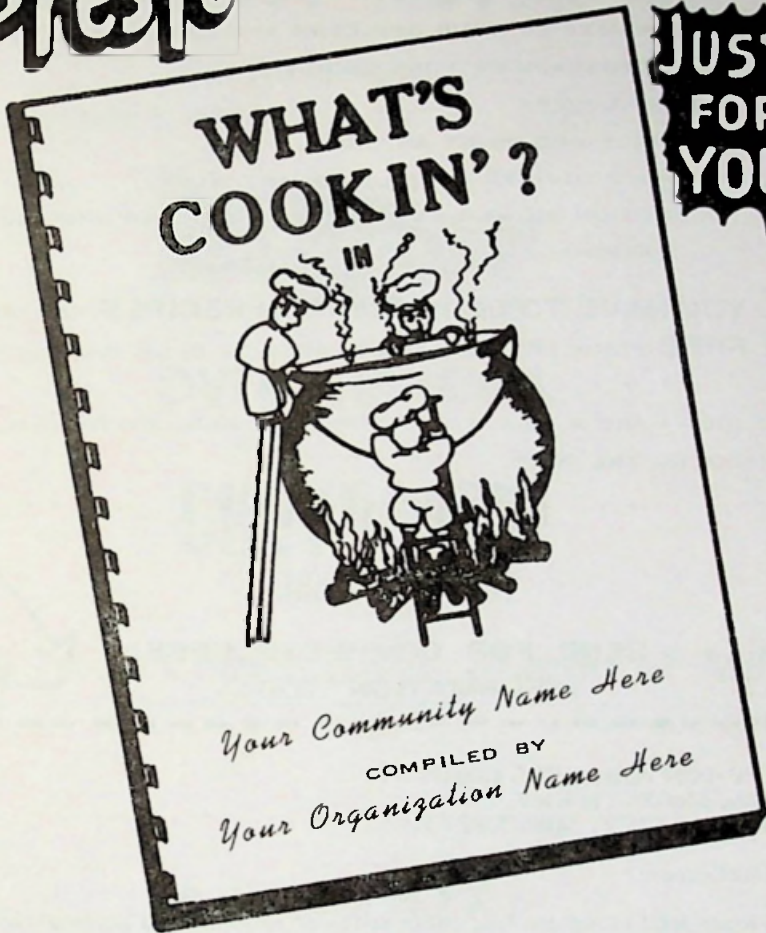
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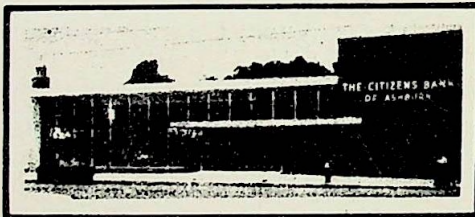


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