

COOKING

Round the World



and

AT HOME

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1950

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UNITED STATES SECTION



In this section we present recipes from the north, south, east and west of the United States. We realize that within these four general sections there are sub-divisions which have developed their own particular style of cookery, such as the Creole of the south, and the Wisconsin Dutch of the north. We have included recipes from all these sections without creating a special division for them. If any section anywhere has been omitted it certainly was not intentional.

SOUTHERN RECIPES



SUGGESTED MENU

Shrimp Avocado Cocktail
Poinsettia Salad
Southern Gumbo
Jambalayah

Candied Yams
Fried Peaches
Pecan Pie
Coffee

PIGS IN BLANKETS

12 large oysters 12 slices bacon
1/2 teaspoon salt 1 pimienta
Dashes of cayenne and pepper

Season the oysters with pepper, salt, and cayenne. Slice pimienta into 12 strips placing one on each oyster. Wrap each oyster in bacon slice, closing with a skewer or toothpick. Broil around eight minutes, till bacon is crisp and brown.

KENTUCKY BURGEOO

Kentucky burgoo is a very famous dish which is served to large crowds of people on Derby day, at horse sales and other large outdoor gatherings. Most cook books give the full sized recipe which makes 1200 gallons. For the convenience of our readers we have reduced this huge recipe to serve 12 people.

1 lb. pork shank 1 cup chopped cabbage
1 lb. beef shank 1 green pepper
1 lb. breast of lamb 1 pint cooked tomatoes

1 lb. veal shank 1 cup canned corn
1/2 of four-lb. fat hen 1 pod of red pepper
4 quarts water 1/2 cup lima beans
2 medium sized carrots 1/2 bunch of parsley
2 medium sized onions Cayenne and salt to taste
2 medium potatoes

Two teaspoons Worcestershire sauce

Boil meat in water until tender. Remove from broth. Cool. Remove meat from bones and dice. Peel and dice carrots, onions and potatoes. Remove seeds from green peppers and chop. Combine vegetables, meat and meat stock. Cook until mixture is thick. Season with salt, cayenne and Worcestershire sauce.

SHRIMP AVOCADO COCKTAIL

Take equal portions of shrimp and avocado, cut into small pieces and serve with a sauce made by stirring together 2 tablespoons of mayonnaise, 2 tablespoons of ketchup, 1 tablespoon each of chili sauce, finely chopped green peppers and finely chopped tomatoes.

SOUTHERN GUMBO

2 tablespoons melted butter 1 cup green peppers, diced
1 chopped onion 2 cups hot water
2 cups finely cut okra 1/2 teaspoon celery seed
2 cup; tomatoes Salt and pepper

Brown the onions in the melted butter; add the vegetables, hot water and seasonings. Cook slowly until mixture is quite thick.

POINSETTIA SALAD

Place a slice of canned pineapple in the center of a lettuce leaf which has been placed on a salad plate. Cut a pimienta into 1/2 inch strips and place one end in the center of the pineapple the other end extending to the outer rim. Arrange the strips around the pineapple like the spokes of a wheel. Make a soft paste of French dressing and cream cheese seasoned with salt and paprika. Place a ball of this mixture in the center of the pineapple and you have achieved the effect of a poinsettia flower. Serve with French dressing.

FRIED PEACHES

3 peaches
1 tablespoon butter
6 teaspoons brown sugar

Remove skins and cut in half; fill centers of each half with brown sugar. Melt butter in a heavy skillet and fry peaches slowly till tender. Serve hot with a roast or with whipped cream or ice cream.

JAMBALAYAH

Jambalayah is a Creole dish which was given a great deal of publicity recently when it was given prominence in a scene from the motion picture "Saratoga Trunk" starring Ingrid Bergman and Gary Cooper.

1½ cups cold chicken, veal or mutton
½ green pepper, chopped
2 large stalks of celery chopped
1 cup of boiled rice
1 large onion, chopped
1½ cups stewed tomatoes
buttered crumbs
salt and pepper

Combine the meat, rice and tomatoes and cook for ten minutes. Add the green pepper, celery and onion. Pour this mixture into a baking dish covering with the buttered crumbs. Bake for one hour in an oven, temperature 350° F. Serve hot. An excellent way to use left-over meats.

CANDIED YAMS

Parboil sweet potatoes, pare and cut in halves lengthwise. Place halves in a casserole in layers, sprinkling each layer with brown sugar, salt and paprika. Dot with small lumps of butter and sprinkle lightly with cinnamon. Pour in a half cupful of water, cover, and bake until tender. When about half done lift the potatoes on the bottom of the dish and place them on top. Add water if necessary.

POT LIKKER

This is a Southern recipe which was made famous by the late senator from Louisiana, Huey P. Long.

Place a ½-lb. piece of salt pork into 3 quarts of cold water and boil

for 45 minutes. Wash and clean thoroughly some young turnip greens, place them in the pot with the salt pork and boil slowly for another hour. Drain the water from the pork and greens; chop the greens finely and season with salt and pepper. Place the greens on a hot dish and decorate with slices of salt pork. Pour over the meat and greens about 1½ cups of the liquid in which the greens were cooked (Pot Likker). If preferred cornmeal dodgers may be served with this dish and placed around the greens.

CORN MEAL DODGER FOR POT LIKKER

½ pint white corn meal
2 tablespoons melted shortening
½ teaspoon salt
Cold water

Add salt to corn meal and stir in melted shortening. Add enough cold water for dough to hold its shape. Shape dough into pieces of biscuit size and drop into boiling pot likker. Boil in well covered pot for twenty minutes. Serve with the greens from the pot likker.

OKRA AND TOMATOES

Take equal quantities of young okra and skinned tomatoes and slice. Place them together in a pan with no water. Add a lump of butter, a finely chopped onion, and salt and pepper to taste. Simmer over a slow fire for one hour.

EGG PLANT

Pare egg plant and slice. Sprinkle with salt, cover, and let stand for one hour. Dip slices in beaten eggs, then in bread crumbs and fry in deep fat.

SOUTHERN PIE DOUGH OR PASTRY

2 cups sifted flour
½ teaspoon salt
1 cup shortening
6 tablespoons ice water

Mix flour and salt, work shortening lightly into the flour, adding ice water a little at a time, using only enough to make a workable paste, too little will leave it crumbly. This pastry is very rich and must be handled with care. Roll out and line pie plate. Makes two nine-inch pastry shells or one two-crust nine-inch pie.

PECAN PIE

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|-------------------------|-----------------------|
| 1/2 pastry recipe above | 1 teaspoon vanilla |
| 2 tablespoons butter | 2 beaten eggs |
| 1 cup pecan halves | 1 cup sugar |
| 1/8 teaspoon salt | 1 cup dark corn syrup |

Line a pie plate with pie dough. Arrange pecan meats over the pastry. Cream butter and sugar, add remaining ingredients and beat well. Pour into the unbaked pastry shell over the pecan halves and bake in very hot oven (450° F.) for ten minutes, then reduce to moderate (350° F.) and bake around 30 or 35 minutes till knife inserted into center of pie will come out clean. Cool and serve either plain or with whipped cream.

SWEET POTATO PIE

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|---------------------------|---|
| 1/2 pastry recipe above | 1 tablespoon grated lemon rind |
| 1/4 teaspoon salt | 3 eggs, separated |
| 1/2 cup sugar | 1/4 teaspoon cinnamon |
| 4 tablespoons butter | 3 large sweet potatoes, cooked and mashed |
| 3 tablespoons lemon juice | |
| 1 cup top milk | |

Line a pie plate with pie dough. Cream butter till soft, add sugar and salt and continue to cream until sugar is well blended. Add lemon juice and rind. Add beaten egg yolks, cinnamon, potatoes which have been run through a sieve and milk. Mix well and fold in the stiffly beaten egg whites. Pour into pie plate lined with pastry. Bake in a hot oven (425° F.) for ten minutes, then lower temperature to moderate (350° F.) and continue baking for around 40 minutes longer or until a knife inserted in the center of the pie comes out clean.

HOMINY GRITS

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|----------------------|------------------------|
| 4 cups boiling water | 1 tablespoon of butter |
| 1 cup hominy | 1 teaspoon salt |

Pour hominy into hot water and stir till it comes to the boiling point. Reduce flame and simmer for one hour, stirring often. When ready for serving add butter and beat well for a few minutes.

SHORT'NIN' BREAD

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|----------------|-------------------------|
| 4 cups flour | 1 cup light brown sugar |
| 1 pound butter | |

Combine sugar and flour. Add butter. Place on floured board and pat to thickness of one-half inch. Cut into shapes desired and bake in a moderate oven (325-350° F.) for twenty to twenty-five minutes.

MOLASSES PUDDING

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|--------------------------------|---|
| 2 tablespoons of sugar | 1 egg |
| 1/2 cup of molasses | 1 pinch salt |
| 1 1/2 cups of flour | 1 teaspoon baking soda dissolved in hot water |
| 1/2 cup of boiling water | |
| 2 tablespoons of melted butter | |

Beat the egg and sugar, add the butter, water, soda, and molasses and then beat in the flour and salt. Put in a double boiler and steam for one hour. Serve with your favorite fruit sauce.



NORTHERN RECIPES



CHICAGO CHICKEN LEGS

- 2 cups minced cooked meat
- Cayenne
- 1 egg beaten with 2 tablespoons of water
- 1 tablespoon green pepper, minced
- Bread crumbs
- 1 cup thick white sauce

Add the meat to the white sauce, and season. Spread on a plate to cool. Shape into chicken legs and insert a wooden skewer in each leg. Roll in crumbs, then egg and roll again in crumbs. Fry in deep fat, hot. Drain on absorbent paper and garnish with vegetable puffs and stuffed olives.

VEGETABLE PUFFS

- 2 eggs, well beaten
- $\frac{1}{2}$ cup flour
- 1 cup mashed potatoes
- 3 tablespoons milk
- 1 teaspoon baking powder
- 1 tablespoon chopped parsley
- 1 cup fresh corn, grated or canned whole kernel
- 1 teaspoon salt

Mix all ingredients together thoroughly. Then drop by teaspoons into deep hot fat and fry until a golden brown. Drain on absorbent

WILTED LETTUCE

- 2 heads leaf lettuce
- $\frac{1}{2}$ cup green onions, chopped
- 4 slices of bacon
- Season to taste
- $\frac{1}{4}$ cup of vinegar

After cutting the bacon into small pieces fry crisp and drain on absorbent paper. Cut lettuce in pieces, add the onions and sprinkle with salt and pepper. Add the vinegar to the bacon fat and bring to a boil. Pour the hot vinegar over lettuce tossing thoroughly. Sprinkle bacon on top and serve. Serves four.

WIJNSOEP (WINE SOUP)

- 3 quarts of water
- 1 cup small raisins
- $\frac{7}{8}$ cup of barley
- $\frac{1}{4}$ cup lemon juice
- 1 cup of sugar
- 1 cinnamon stick
- 1 pint grape or sherry wine

Soak the barley overnight in water. Boil till tender, about 1 hour. Add raisins, sugar, lemon juice and cinnamon. Cook for 30 minutes. Add the wine and cook five minutes longer. If too thick add water. Serves 9.

MACARONI WITH HAM AND CHEESE

- $\frac{1}{4}$ lb. of boiled ham, chopped
- 1 8-ounce package of macaroni
- 1 3-ounce package of cream cheese
- 4 eggs
- 2 tablespoons butter
- Nutmeg
- 1 cup of milk
- 1 tablespoon lemon peel, finely chopped

Cook the macaroni in salted, boiling water for 12 minutes. Drain. Arrange the macaroni, ham and cream cheese in layers in a greased baking dish, dotting each layer of macaroni with butter. Sprinkle with nutmeg. Beat the eggs, add the milk, 1 teaspoon of melted butter and the lemon peel and pour over macaroni. Place in a pan of hot water and bake at 350° F. for 30 minutes. Serves 6.

PIG HOCKS WITH WHITE CABBAGE

Simmer 3 lbs. of pig hocks for about 3 hours or till not quite tender. Add one medium sized cabbage cut in eighths, season with salt and pepper and cook till tender. Serve with boiled potatoes. Will serve six.

BUTTERMILK SHERBET

- 1 pint buttermilk
- 1 teaspoon vanilla
- 1½ cups pineapple, crushed and drained
- 2/3 cup confectioners sugar
- ¼ teaspoon salt

Blend all ingredients well. Pour into a freezing tray and let freeze till it reaches a mushy consistency and serve. Serves 6.

PORK POT ROAST

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|---------------------|-------------------------|
| 3 lb. pork roast | Salt and pepper |
| 2 onions, sliced | 1 pint of boiling water |
| 1 tablespoon of fat | 1 bay leaf and flour |

Season the pork and sprinkle with flour. Fry onions in fat till light brown, add the roast and brown on all sides, add the water and bay leaf and simmer until tender, about 2½ hours. Add water if necessary. Gravy can be thickened with flour.

WISCONSIN CHEESE BALLS (appetizer)

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|------------------------|----------------------------|
| 1 cup of grated cheese | Dash of pepper |
| 1 teaspoon flour | 1 stiffly beaten egg white |
| ¼ teaspoon of salt | |

Mix the cheese, flour, salt and pepper. Fold in egg white, form into small balls and fry in deep hot fat.

LIVERWURST CANAPES

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|----------------------|-----------------------------|
| ½ cup liver sausage | Crisp crackers or rye toast |
| ¼ cup of chili sauce | |

Mash liver sausage, add chili sauce and mix till smooth. Spread on the crackers or rye toast.

MAINE SALAD

- 1 cup cold, shredded whitefish
- ¼ cup of minced celery
- 1 cup cold, diced, cooked potatoes
- ½ teaspoon of salt
- ¼ teaspoon paprika
- ¾ cup of French dressing
- Lettuce and strips of pimiento

Combine the fish, celery and potatoes. Season with salt and paprika. Marinate with French dressing and serve on lettuce, garnished with strips of pimiento.

MAPLE FRITTERS

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|---------------------------|---------------------|
| 4 cups of flour, sifted | 2 cups sweet milk |
| ½ teaspoon salt | 3 well beaten eggs |
| 2 teaspoons baking powder | Confectioners sugar |
| 1 tablespoon sweet cream | |

Sift the dry ingredients together and add to milk and cream. Add the beaten eggs slowly, stirring constantly. Drop by spoonfuls into deep hot fat and fry until well browned and puffed. Sprinkle with confectioners sugar and serve hot with warm Maple Syrup Pudding Sauce.

MAPLE SYRUP PUDDING SAUCE

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|---------------------|------------------------|
| ¾ cup maple syrup | 2 egg whites |
| ¼ cup of water | 1 teaspoon lemon juice |
| ½ cup whipped cream | |

Boil maple syrup and water till it will spin a thread (228° F.). Beat the egg whites till stiff, add syrup gradually, beating constantly with an egg beater. Add lemon juice. Fold in whipped cream.

CREAMED ONIONS

Wash and peel desired quantity of small white onions. Cover with water, add a half teaspoon of salt and cook until tender. Make a medium white sauce substituting the water in which the onions were cooked for one-half of the milk. Pour over the cooked onions, heat for five minutes and serve.

BAKED STUFFED ONIONS

- 6 large onions, mild
- $\frac{3}{4}$ cup cooked chicken or mushrooms, finely chopped
- $\frac{3}{4}$ cup of soft bread crumbs
- $\frac{3}{4}$ cup Thin White Sauce
- 1 egg yolk
- Salt and pepper
- $\frac{1}{2}$ cup of buttered cracker crumbs

Remove the skin from the onions and boil uncovered in a large quantity of salt water for ten minutes. Drain and turn upside down to cool. Remove centers of onion, leaving a shell thick enough to hold its shape. Chop the removed portions of onion and combine with all other ingredients except buttered cracker crumbs. Stuff the onion shells with this mixture, garnish with cracker crumbs and bake for 40 minutes at 350° F. Serves six.

ANISE MILK

- 1 quart of milk
- 1 teaspoon of crushed anise seed
- 1 tablespoon of sugar

Heat milk to boiling point, add the sugar and anise. Serve either hot or cold. Serves 4.

SAGE MILK

- 1 quart of milk
- 1 teaspoon of powdered sage
- 1 tablespoon of sugar

Heat milk to boiling point. Add the sugar and sage. Serve hot or cold.

CHEESE FRANKFURTERS

- 12 frankfurters
- $\frac{1}{2}$ lb. American cheese
- 12 slices bacon

Cut a slit in each frankfurter lengthwise. Cut a strip of cheese the same length as the frankfurter and about $\frac{1}{4}$ -inch thick. Fill the slit in each frankfurter with a strip of cheese; then wrap each one in a slice of bacon and fasten the end with toothpicks. Then broil slowly, turning often till the bacon and the frankfurters are cooked through and browned. Serves six.

DILL BEANS

- 4 quarts wax beans
- 1 small stalk or $\frac{1}{2}$ of large stalk of dill
- $\frac{1}{2}$ teaspoon of peppercorns
- $1\frac{1}{2}$ bay leaves
- 2 grape leaves
- 1 quart of water
- $\frac{1}{4}$ cup of salt
- $\frac{1}{4}$ cup of vinegar

Cook whole wax beans in salted, boiling water for 5 minutes. Drain. Pack in jars with peppercorns, dill, bay leaves and grape leaves. Fill jars with boiling water, vinegar and salt. Cover with dill and allow to stand for two days. This will keep for two weeks and makes 3 quarts.

CABBAGE WITH ONIONS

- 2 lbs. finely cut cabbage
- Salt and pepper
- 4 medium sized onions
- 2 tablespoons of fat

Butter a large cooking kettle and alternately fill with layers of cabbage and sliced onions. Season with the pepper, salt and butter. Cover the kettle, turn the heat low and steam until tender, about 20 minutes. Serves six.



EASTERN RECIPES



NEW ENGLAND BOILED DINNER

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|-----|---------------------------------------|
| 2 | lbs. corned beef, ham or salt pork |
| 1/2 | of a small cabbage, cut in two pieces |
| 2 | small carrots, quartered |
| 3 | medium sized onions |
| 3 | small potatoes |
| 1 | small turnip |
| 3 | small beets, cooked |

Wash the beef in cold water and if unusually salty, soak in cold water for 30 minutes. Drain, put meat into boiling water, cover and let simmer for three or four hours or till tender. Half an hour before serving add all vegetables except the beets. When the vegetables are tender arrange around the meat on a large platter, add the beets and serve. Serves four.

MEAT PIE

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| 2 | cups of cooked meat, cubed |
| 2 | tablespoons butter or fat |
| 1 | tablespoon of Worcestershire sauce |
| 1 | cup carrots cooked and sliced |
| 1 | cup of boiled, diced potatoes |
| 1 | recipe of baking powder biscuits |
| 1 1/4 | cups milk or gravy |
| 1 | diced onion |
| 1 1/2 | tablespoons of flour |
| 1 | cup of cooked peas |

Brown the onion in the butter or fat and add one-inch cubes of meat. Sear well. Remove the meat and onion from the skillet and add flour, milk and Worcestershire sauce. Mix well. Butter a baking dish, fill with meat, vegetables and sauce. Roll the biscuit dough into a sheet about 1/2-inch thick, cut dough into biscuits of desired shape and place on meat and vegetable mixture. Bake at a temperature of 425° F. until thoroughly heated and biscuits are a golden brown, about 15 to 20 minutes. Serves 6.

DINTY MOORE'S CORNED BEEF AND CABBAGE

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|---------------------------|--------------------------|
| Head of quartered cabbage | 1/3 cup granulated sugar |
| 3 lbs. of corned beef | 8 hot boiled potatoes |
| 1/2 lb. of fat salt pork | |

Cover the corned beef with cold water and simmer for 3 1/2 hours, skimming the fat frequently. Add boiling water as often as necessary to keep the meat covered. About 15 minutes before the beef is done add the sugar. Allow the meat to cool in the same water in which it was boiled. Boil the cabbage with the salt pork for 15 minutes. Place the corned beef on a platter and arrange pieces of boiled cabbage and potatoes around it. Serve hot. Serves 6.

BOSTON BAKED BEANS

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| 1 | pint of pea beans (use other beans if you wish) |
| 6 | ounces of fat bacon or salt pork |
| 1 1/2 | teaspoons of salt |
| 1/4 | teaspoon of mustard |
| 1/6 | cup of molasses |
| 1 | tablespoon of sugar (optional) |
| 1/2 | cup of boiling water |

Pick the beans and soak overnight in cold water. In the morning drain and cover with two quarts of fresh water. Heat water till it simmers and cook slowly for from 1 to 1 1/2 hours or until the skin of a bean taken from the pot bursts easily when blown upon. Drain. Scald and scrape the pork. Then cut off one slice and score through the rind in squares. Place the slice of pork in the bottom of the bean pot, add the beans leaving only the scored rind exposed. Mix the salt, sugar, mustard, molasses and boiling water and pour over the beans, adding enough additional boiling water to cover the beans. Cover the bean pot and bake slowly for 6 to 8 hours in a slow oven of 250° F. Add hot water as needed. Uncover the last half hour to brown.

SHOO-FLY PIE

Almost everyone has heard the song which goes "Shoo Fly Pie and Apple Pandowdy, I never get enough of that wonderful stuff." These are not figments of a song writer's imagination but are real delicious recipes. Shoo Fly Pie is from the Pennsylvania Dutch country and Apple Pandowdy from New England. We present them now for your approval.

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|-----------------------|------------------------|
| 1½ cups sifted flour | ¼ cup of shortening |
| 1 recipe plain pastry | ⅛ teaspoon salt |
| 1 cup of brown sugar | ½ teaspoon baking soda |
| ½ cup molasses | ½ cup of hot water |

Combine flour, sugar, salt and shortening to make crumbs. Line two pie pans with pastry. Dissolve soda into hot water and combine with the molasses. Pour into the pastry-lined pans, top with the crumbs and bake in a very hot oven for 10 minutes (450° F.). Reduce heat to 350° F. and continue baking for another 20 or 30 minutes or till firm. Makes two nine-inch pies.

APPLE PANDOWDY

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|---------------------|------------------------------------|
| ½ cup sugar | 2 tablespoons butter |
| 4 tart apples | 1 recipe of baking powder biscuits |
| ½ teaspoon cinnamon | |

Pare and slice apples and arrange them in a well-greased shallow baking dish. Sprinkle with cinnamon and sugar and dot with butter. Cover with the biscuit dough, which has been rolled to ½ inch thickness. Cut several gashes in dough so the steam can escape. Bake at a temperature of 350° F. for about 30 minutes. Serve hot with a pudding sauce, or nutmeg flavored sweetened cream. Serves six.

A variation of the above is Cob Pie which is the same as Pandowdy with molasses substituted for the sugar.

BAKED APPLES VERMONT

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|---|--------------------------------|
| 6 | tart apples, medium size |
| ½ | cup maple syrup or brown sugar |
| ½ | cup of water |
| 2 | tablespoons of butter |

Core the apples and pare them one-fourth of the way down. Then place them in a baking dish. Put a teaspoon of butter in each. Pour the maple syrup or sugar over the apples. Then pour water in pan

and bake in a hot oven (400° F.) about ½ hour till soft, basting every five minutes. Serve with heavy cream. Serves 6.

SUCCOTASH

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|-----------------------------|--------------------------------|
| 2 cups of cooked lima beans | 2 tablespoons of butter or fat |
| 2 cups of cooked corn | ½ cup of milk |
| ½ teaspoon of salt | Dash of pepper |

Combine corn and beans. Add seasoning, butter and milk and heat very slowly. Serves eight.

VINEGAR PIE

(A Recipe of the Early Pioneers)

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|----------------------|-----------------------|
| 1 cup of vinegar | ½ cup of flour |
| 2 cups of water | Water |
| 1 cup brown sugar | 1 recipe plain pastry |
| 2 tablespoons butter | |

Combine vinegar, water and sugar and bring to a boil. Add butter and stir until it melts. Mix the flour with a little of the cold water till smooth. Add slowly to the boiling liquid and stir until thickened. Line a plate with pastry, pour in the filling and cover with strips of pastry in criss-cross fashion. Bake in a hot oven (450° F.) for ten minutes; reduce heat to moderate (350° F.) and bake about twenty-five minutes. Makes 1 nine-inch pie.

STEAMED CLAMS

Wash the clams in several waters and scrub thoroughly to remove sand. Place in a large kettle using one half cup of water to cover the bottom of the kettle. Cover tightly, place over low heat and steam until the shells open (about 15 minutes). These may be served on the half shell accompanied with a sauce of melted butter to which has been added a few drops of lemon juice and a cup of clam broth.

BARNSTABLE CLAM PIE

Enough clams to make 2 cups of clam meat (1 doz.)

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|---|-----------------------------------|
| ½ | cup of clam liquor |
| 1 | tablespoon of butter or other fat |
| 1 | well beaten egg |
| 1 | cup of milk |
| ½ | cup of cracker crumbs |
| | Salt and pepper |
| 1 | recipe of plain pastry |

Steam the clams and strain the liquor, saving $\frac{1}{4}$ cup of the liquor. Remove the clams from the shells and chop finely. Combine all of the ingredients, season with the salt and pepper and pour into a deep pie shell. Then put on the upper crust, seal all around and pierce in several places with a fork. Bake in a moderate oven (350° F.) for about 1 hour. Serve hot with mashed or whipped potatoes. Serves 4. Canned clams can be used in this recipe.

HARVEST DRINK

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|------------------------------|----------------------------------|
| $\frac{1}{3}$ cups molasses | 7 pints cold water (or finish |
| 2 teaspoons powdered ginger | filling gallon container to top) |
| $\frac{2}{3}$ cup of vinegar | |

Mix the above ingredients together in the exact order given and serve on hot days. This recipe makes one gallon.

NEW ENGLAND BACON AND HOMINY

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|--------------------------------|------------------------|
| $\frac{1}{2}$ lb. sliced bacon | 1 tablespoon of sugar |
| 3 cups cooked hominy | 2 cups cooked tomatoes |
| 2 tablespoons butter or fat | 1 chopped green pepper |
| 1 small chopped onion | 1 teaspoon salt |

Place hominy in shallow baking dish which has been well buttered. Saute onion and pepper in melted butter or fat until it is light brown. Add the tomatoes, sugar and salt and simmer for ten minutes. Pour this mixture over the hominy and cover with sliced bacon, arranged in a basket-weave pattern. Bake in a slow oven (325° F.) about thirty minutes till the bacon is brown and crisp.

HASTY PUDDING

"Fath'r and I went down to camp
Along with Cap'n Good'in
And there we saw the men and boys
As thick as hasty puddin'."

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|-----------------------------------|-------------------------------|
| 1 cup of corn meal | $\frac{1}{2}$ cup cold water |
| $2\frac{1}{2}$ cups boiling water | $1\frac{1}{2}$ teaspoons salt |

Make a paste of the cold water and corn meal, and stir till there are no lumps. Then pour gradually into the boiling salted water. Stir till very thick. Place in a double boiler, cover, and cook for two or three hours, stirring frequently. Serve hot with milk and sugar, with butter and salt or as desired.

WESTERN RECIPES



CHIOPINO

(AN ITALIAN DISH FROM OLD SAN FRANCISCO)

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|------------------------------------|----------------------------------|
| 2 lbs. striped bass or rock cod | 1 clove of minced garlic |
| 2 large cooked crabs | 1 teaspoon minced parsley |
| $\frac{1}{2}$ lb. of cooked shrimp | $\frac{1}{2}$ cup chopped celery |
| $\frac{1}{4}$ cup of olive oil | 3 cups of cooked tomatoes |
| 1 chopped onion | Salt and pepper |

Clean the fish thoroughly and cut into portions desired for serving. Put fish into a large kettle, add crab which has been broken into pieces but left in shell and shrimp which have been cooked and cleaned. Brown the onion in hot olive oil, add parsley and cook for about five minutes. Stir in the celery and tomatoes and season to taste, then cook for about five minutes. Add this mixture to the fish and other sea food and cook slowly for about thirty minutes. Serve in soup plates making sure that each person served gets some of each ingredient and some of the sauce.

CALIFORNIA TONGUE

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|------------------------------------|---|
| 1 fresh beef tongue | $\frac{1}{3}$ cup green chili pepper, chopped |
| 1 cup seedless raisins | ped |
| $\frac{1}{3}$ cup of salad oil | 3 cups tomatoes |
| $1\frac{1}{2}$ cups onion, chopped | $\frac{1}{2}$ cup stuffed olives, sliced |
| 1 clove garlic | $1\frac{1}{2}$ teaspoons salt |

Wash the tongue well. Cover in boiling water and cook till tender. Put into cold water and allow to stand for five minutes. Remove skin and cut off the root. Into a frying pan place the salad oil, add

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onion and garlic and cook until the onion is browned. Add raisins and cook for five minutes, stirring thoroughly to coat them with oil. Add chili peppers, tomatoes, olives and salt and bring the mixture to a boil. Cook for five minutes. Arrange the tongue in a roasting pan and pour the sauce over it. Bake for about 1 hour in a moderate oven (350° F.). Serves ten.

SANTA FE, HOT TAMALES

Meat Filling—

- 2 lbs. pork or veal or a large chicken
- 1 clove of garlic, mashed
- 2 tablespoons of chili powder
- 2 teaspoons of salt
- 2 teaspoons of cuminseed or powder
- 1 teaspoon of black pepper
- Broth to moisten

Wrapping—

- 2 pounds masa or cornmeal (masa recipe will be found in the Mexican and Spanish section)
- 1 pound of lard
- 2 teaspoons of baking powder
- Salt and broth

Filling—

Cook meat in boiling, unsalted water till tender. Remove from the broth and allow to cool. Run through coarse food grinder or chop up fine, add the seasonings and moisten with broth. Mix well.

Wrapping—

Remove silks from dried cornhusks and trim ends straight across or use ready cut cornhusks, place in a pan of water and let stand while preparing the cereal paste so they will become pliable. Combine corn meal or masa, softened lard and enough salt to make a very salty mixture (much salt is lost during cooking). Add a little broth until mixture is white and fluffy, adding the baking powder when about half thru beating. Remove husks from water, dry with a clean cloth; lay them flat on a table and spread with a thin layer of the cereal paste, beginning at the wide end of the husk and covering a space about four inches long and two inches wide.

COOKING 'ROUND THE WORLD

Place a tablespoon of the meat filling along the middle of the paste and roll up lengthwise, beginning on the paste side. Fold up end of the husks and tie in bundles of six, using strips of husks to tie with. Cook in a steamer or stand upright, with the folded ends down in a large, tightly covered kettle in which a false bottom, such as a wire rack has been placed. Pour boiling water in kettle to a depth of about 1½-inches, being careful not to pour it directly on the tamales. Cover and steam for 1 hour. Serve hot. Makes 16 to 18 tamales.

FRIJOLES (Beans)

- | | |
|-----------------------|--------------------|
| 1 quart of cold water | 2 tablespoons fat |
| ½ cup of red beans | 2 cloves of garlic |
| 1½ teaspoons salt | |

Soak the beans for several hours. Drain. Add beans to the salted water and simmer for two hours or until tender. Mash slightly. Heat fat, add garlic and brown, then remove garlic. Fry the mashed beans in the garlic flavored fat. Serves 6.

MEXICAN SALAD

- | | |
|-------------------|-------------------------|
| 1 medium onion | Lettuce |
| 3 green peppers | ⅓ cup vinegar |
| 4 medium tomatoes | 1 teaspoon chili powder |
| 4 slices bacon | ¼ teaspoon salt |

Chop or slice peppers, tomatoes and onion, and arrange on lettuce. Dice the bacon, fry till crisp, add vinegar, salt and chili powder and bring to a boil. Pour over salad and serve pronto. Serves four.

The Spanish and Mexican influence in American cooking is prevalent in the southwestern part of our country and many parts of the west. For tacos, enchiladas, and other similar dishes please refer to that section of this book.

CRAB LOUIS

- | | |
|--------------------------------|---------------------------------|
| Cooked meat and legs of 1 crab | 2 halves of stuffed egg |
| Pimiento strips | ½ of green pepper, minus seeds |
| Lettuce | Crab Louis sauce (recipe below) |
| 3 slices tomato | |
| Pickle and olives | |

Arrange crab meat and legs on a bed of lettuce. Garnish with strips of pimiento. Arrange slices of stuffed eggs, tomato, olives,

pickles and half of a green pepper filled with sauce. Make an individual salad for each person.

CRAB LOUIS SAUCE

To one cup of mayonnaise add 1 cup of chili sauce, 2 tablespoons of chopped onion, two tablespoons lemon juice, one-fourth cup of sweet pickles (chopped), and one-fourth cup of chopped green pepper. Mix well.

COLD WESTERN HORS D'OEUVRES

Fill small tomatoes with crab meat and garnish with mayonnaise. Mash avocado or tuna fish, season highly with tabasco sauce and spread on small rounds of toast or crackers.

Slice peeled bananas crosswise into inch-thick pieces. Then dip in grapefruit, lemon or pineapple juice. Spread with cream cheese or salad dressing and roll in chopped nuts.

HOT WESTERN HORS D'OEUVRES

Place 1 teaspoon pimienta or American cheese on a thin slice of bologna. Heat in a moderate oven till cheese melts and the bologna curls.

Wrap shrimp in bacon slices and broil till the bacon is crisp.

Roll large stuffed olives into anchovy fillets, place in broiler and brown slightly.

BAKED AVOCADO AND ASPARAGUS

Cut two avocados in half lengthwise, remove the seeds and sprinkle the inside portions with salt. Combine $1\frac{1}{2}$ cups of medium white sauce with $\frac{1}{3}$ of a cup of diced pimientos and $1\frac{1}{2}$ cups of cooked asparagus, diced. Put avocados into a baking pan, fill the cavities with the mixture and cover each with two slices of bacon. Cover bottom of pan with warm water and bake for five minutes in a moderate oven (350° F.). Serves 4.

FRENCH FRIED ZUCCHINI SQUASH

6 zucchini, young and firm Salt
1 cup of olive oil

Slice the zucchini lengthwise and very thin. Then fry in hot olive oil till golden brown. Place on absorbent paper to drain and salt. Serves six.

FRIED SPINACH BALLS

2 cups chopped cooked spinach 2 eggs
2 tablespoons of butter 1 cup of bread crumbs
2 tablespoons of grated onion $\frac{1}{8}$ teaspoon of allspice
2 tablespoons of grated cheese $\frac{1}{4}$ cup of water
Salt and pepper Bread crumbs

Combine the chopped spinach, melted butter, salt, pepper, well-beaten egg, bread crumbs, onion, cheese, and allspice and mix well. Allow to stand for ten minutes; then make into balls. Combine the rest of the egg and water and beat until well blended. Roll the spinach balls in bread crumbs, dip in egg mixture, and then again in bread crumbs. Fry in hot deep fat until a golden brown. Drain on absorbent paper. Serves 6.

McGINTIES

(A RECIPE OF THE PIONEERS)

1 lb. of dried apples $1\frac{1}{2}$ tablespoons cinnamon
 $1\frac{1}{2}$ cups of brown sugar $\frac{1}{8}$ teaspoon salt
Butter $1\frac{1}{2}$ recipes of plain pastry

Wash apples and cover with water allowing to soak overnight. Cook in same water used for soaking until very tender, adding more water if necessary. Press through a collander, add sugar, salt and cinnamon. Cook till thick, stirring constantly near the last to prevent burning. Line the bottom and half way up the sides of a dripping pan with pastry. Dot generously with butter, cover with pastry which has been pierced to allow steam to escape, press the edges together and bake in a hot oven (450° F.) for 10 minutes; then reduce the temperature to 350° F. and bake till crust is done—about 20 to 25 minutes. Cut in squares and serve either hot or cold.

BAKED ORANGES

4 large oranges $\frac{1}{4}$ cup of sugar 4 teaspoons butter

Wash the oranges and slightly grate the skin of each. Then cover with water and boil for thirty minutes. Drain and when cool enough to handle, cut off a small slice at the blossom end and remove the core. In the center of each orange place 1 tablespoon of sugar and 1 teaspoon of butter. Place in a greased baking dish, fill $\frac{2}{3}$ full of water, cover and bake at 350° F. for two hours. Serve with poultry or meat. Serves four.

GARLIC BREAD

Slice one loaf of French or white bread in slices $\frac{1}{4}$ -inch thick. Place back together again and tie loosely with a string. Then take one clove of garlic and $\frac{1}{4}$ lb. of butter and cream them together. Spread this paste generously over the top of the bread ($\frac{1}{4}$ -inch thick), put in oven at 450° F. and leave till toasted (about 15 minutes).

RINKTUM DITTY

- | | |
|------------------------------|--|
| 1 small finely chopped onion | 2 teaspoons sugar |
| 1 tablespoon butter or fat | $\frac{1}{4}$ teaspoon pepper |
| 2 cups cooked tomatoes | $\frac{1}{2}$ lb. grated American cheese |
| 1 teaspoon salt | 1 beaten egg |

Melt the fat and cook the onion till soft but not brown. Add the tomatoes, salt, pepper and sugar and heat thoroughly. Add cheese and cook till melted, stirring constantly and cook 1 minute longer. Serve on buttered toast. Serves 4.

HAWAIIAN DISHES**GREEN PAPAYA CHOWDER**

- | | |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ cup diced carrots | 2 teaspoons salt |
| 2 strips bacon | 3 cups boiling water |
| $\frac{1}{3}$ cup sliced onions | $1\frac{1}{3}$ cups milk |
| 2 cups diced papaya | |

Choose a papaya in which the flesh is still green. Cut the bacon in small pieces and fry them until light brown in color, add the onion and fry until browned, then add the water, salt and vegetables. Boil until the vegetables are done. Add the milk and serve hot. Serves six. Pepper may be added.

FISH CHOWDER

- | | |
|------------------------------------|-------------------------------|
| 1 cup finely chopped onion | 1 cup milk |
| $\frac{1}{4}$ lb. salt pork | $\frac{1}{2}$ tablespoon salt |
| 2 cups sliced potatoes | Pepper to taste |
| $1\frac{1}{2}$ cups diced raw fish | 2 cups boiling water |

Choose a strong flavored fish. Cut the fish in about $\frac{3}{4}$ -inch cubes. Cut the salt pork into pieces $\frac{1}{4}$ -inch thick. Fry pork till crisp, remove pork and add the fish, potatoes and onions to the fat. Add salt and water; simmer for thirty minutes. Add the milk and simmer 8 minutes. Pepper to taste. Serve hot with crackers.

EUROPEAN AND BRITISH SECTION**ENGLISH****SCOTTISH****FRENCH****GERMAN****RUSSIAN****ITALIAN****NORWEGIAN****SWEDISH****JEWISH**

BRITISH RECIPES

STEAK AND KIDNEY PIE

- | | | |
|---|--|----------------------|
| 2 | veal kidneys | Worcestershire sauce |
| 3 | lbs. top round steak $\frac{3}{4}$ -inch thick | Flour |
| | Baking Powder | Butter |
| | 3 | small onions |

Salt and pepper to taste

Trim all fat and gristle from steak and render fat in frying pan. Keep liquid and discard solid. Sift 1 cup of flour into a large bowl, cut meat into $1\frac{1}{2}$ -inch squares, wet meat and put pieces into flour, pressing as much flour as possible into each piece of meat. Add more sifted flour if necessary. Put large greased pot on stove. Into a frying pan place $\frac{1}{8}$ -inch fat, when sizzling hot, put pieces of the floured steak into the skillet and brown on both sides, as pieces brown remove and place in large pot. When all are browned and in pot fill frying pan with water and boil loose all juices stuck in pan. Pour this water in pot with steak, adding 1 teaspoon salt, $\frac{3}{4}$ tablespoon Worcestershire sauce and $\frac{1}{4}$ teaspoon pepper. Add three finely chopped onions. Cut all meat off kidney, clear off any fat or root, cut in small pieces and boil in two waters 3 minutes each time throwing out the water. Now add kidney to the pot of meat. Place lid on pot and allow to simmer for 2 hours. Stir occasionally to keep meat from sticking. After cooking two hours fill deep dish with meat; strain balance through wire sieve, putting liquid in bowl and solid into dish with meat. If dish is not full fill with liquid gravy. Chill meat, as meat must be cold when pie crust is put on. Before putting on crust, place a small inverted cup in the center of the pie dish to hold up the pastry in the center of the dish. Recipe for crust follows.

MEAT PIE CRUST

- | | | | |
|---------------|------------------|---|------------------------|
| 1 | cup sifted flour | 1 | teaspoon baking powder |
| $\frac{1}{2}$ | teaspoon salt | 3 | ounces butter |

Sift into bowl 1 cup sifted flour; 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon salt; mix thoroughly; add 3 ounces butter cut in small pieces, then flake between finger and thumb; when all flaked, rub gently between hands till butter is thoroughly mixed in; add only

enough water to make ingredients combine. Sift more flour in bowl and turn dough over lightly to flour surface. Sift additional flour on table and place dough on sifted flour and roll lightly to desired size for the pie dish. Shape pastry, then roll up on rolling pin and lift to pie dish and unroll. Pinch over lapped edges with thumb and forefingers to make fancy borders. With knife and fork make several small openings in crust to allow steam to escape.

Bake in moderate oven until golden brown.

YORKSHIRE PUDDING

(Yorkshire Pudding Served with Roast Beef Dinners)

- | | |
|----------------------------------|-----------------------------|
| 8 ounces milk | 5 tablespoons sifted flour |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| 6 tablespoons hot beef drippings | |

Thoroughly beat egg and add two tablespoons of sifted flour, mix, now add 3 tablespoons sifted flour and the salt, mixing well. Add milk and thoroughly combine with an egg beater. Into a deep pie dish pour 6 tablespoons of hot beef drippings. Now place the dish in the oven under the roast and let the beef drippings become sizzling hot. Beat the pudding mixture again and pour it into the sizzling fat. Place on shelf in oven under roast and cook about 50 minutes in hot oven. Will come out with a brown crispy outside and a soft center.

SCOTCH COLLOPS

- | | | | |
|---------------|--|---------------|--------------------------|
| 1 | lb. minced round steak with-
out fat or gristle | 2 | cups cold water |
| $\frac{1}{3}$ | teaspoon black pepper | $\frac{1}{2}$ | tablespoon salt |
| $\frac{1}{2}$ | tablespoon Worcestershire or
A-1 sauce | 2 | tablespoons butter |
| | | 3 | tablespoons flour |
| | | | Burnt sugar for coloring |

Place minced steak in pot, add two cups cold water. Mix the meat and water until there are no lumps, then bring to a boil stirring constantly until the meat boils. Add salt, pepper and A-1 or Worcestershire sauce, allow to simmer for about 20 minutes. While meat is simmering color meat with burnt sugar (place about 1 teaspoon of sugar into a large granite or iron spoon and hold over fire until it is burnt to the color of bitter chocolate, cool, then stir into the meat until burnt sugar is dissolved). Now empty the

pot into a large bowl, place 2 tablespoons of melted butter into the pot and add 3 tablespoons of flour, mixing flour and butter thoroughly. Add $\frac{1}{2}$ cup of cold water and dissolve the flour and butter in that; then pour the collops back into the pot and stir constantly while bringing to a boil. After bringing to a boil let simmer about 10 minutes. The collops should be nicely thickened and deliciously brown.

Serve with mashed potatoes.

FRENCH RECIPES

BOUILLABAISSE

(SERVING OF 10)

- $1\frac{1}{2}$ quarts water
- 1 lb. green shrimp
- 1 lb. scallops
- 2 lbs. fillets of fish (haddock or other fish, without bones) or 1 lb. lobster meat and 2 dozen oysters.
- 1 can tomato soup
- 2 large onions (chopped)
- 2 sections garlic, chopped fine
- $1\frac{1}{2}$ teaspoons imported curry powder
- 1 cup American cheese, chopped
- $\frac{1}{2}$ cup sherry (or $\frac{1}{4}$ cup beer and $\frac{1}{4}$ cup whiskey)
- 3 bay leaves
- $\frac{1}{2}$ lb. mushrooms salted to taste
- 8 cloves
- 1 tablespoon chicken fat and 1 tablespoon olive oil—or 2 tablespoons of butter

Boil 1 lb. of shrimp and 4 cloves in $1\frac{1}{2}$ quarts of water and 1 level tablespoon of salt for 6 or 7 minutes, then remove the shrimp with a straining spoon; leaving the water standing in the pot as this is used later for the fish.

Remove the shells from the shrimp and slit them in halves, lengthwise. Cut up mushrooms into slices, about $\frac{1}{4}$ -inch thick, and let sit with the shrimp until needed. Cut two large onions into small pieces, cut the two sections of garlic into very small pieces, then squash the garlic with the flat of the knife. Put into a large frying pan 1

tablespoons of chicken fat and 1 tablespoon of olive oil—or 2 tablespoons of butter—and fry the onions and garlic until a rich golden color; then add to it 1 can tomato soup and 1 can water, using the empty can as a measure. Add 4 cloves, 3 bay leaves $1\frac{1}{2}$ teaspoons curry powder, 1 cup chopped American cheese, $\frac{1}{2}$ cup of sherry (or beer and whiskey) and allow the mixture to slowly simmer for 30 minutes.

Season with salt and pepper to taste.

As soon as this mixture is started, bring the water the shrimp were boiled in to a boiling point, then turn the flame very low and add the fillets of fish, scallops, etc., and allow to just simmer until the fish is tender, the water must not boil or fish will break up. After the fish has simmered for 15 minutes, turn out the flame and place pot on stove where it will remain hot, but not simmer.

When the mixture in the frying pan has simmered for $\frac{1}{2}$ hour, if you are not ready to serve, turn off the flame and let sit. If ready to serve, then add the shrimp and mushrooms; also adding 2 tablespoons of thickening mixture (made by mixing 1 egg white with $\frac{1}{2}$ cup of milk and 2 tablespoons of flour; beat together until quite smooth) allow to cook for 5 minutes, stirring the mixture while cooking. (The mushrooms should not cook over 5 minutes.)

TO SERVE:

Strain the water from the fish into another pot, place the fish on a large hot serving platter and gently break it into several individual pieces. Remove the bay leaves from the mixture in the pan, pour mixture over the fish and serve.

PARISIAN SALAD

Bake three potatoes in their jackets, peel while hot and mash. Then mix with a little chopped boiled beef, with tomatoes and hard boiled eggs, also chopped fine—place mixture in mold and leave for a few minutes to give it the required shape. Serve covered with stiff mayonaise, decorated with slices of cucumber or olives.

BEEF WITH OLIVES AND DRIED MUSHROOMS

Brown a piece of rump in a saucepan containing some lard. Cover the pan and let it simmer for $2\frac{1}{4}$ hours turning meat occasionally—add 6 small onions, a little salt and pepper—a pint of dried mushrooms, preferably Italian and a dozen stoned olives—a few spoonfuls of water if necessary—let it simmer 1 hour.

APPLE FRITTERS

Fritter batter is made with $1\frac{1}{2}$ cups flour, 1 spoonful oil, $\frac{1}{2}$ cup water and a pinch of salt, adding the white of one egg beaten to a stiff froth just before frying. (Yolk is not used.) Add 1 tablespoon of beer or brandy if fritters are desired crisp. This quantity of batter is sufficient for ten or 12 fritters. Peel some ripe cooking apples, cut them into thin slices and place them in a dish with sugar and a small quantity of good brandy leaving them soak $1\frac{1}{2}$ to 2 hours before cooking. 10 minutes before serving, dip each slice into batter and fry in boiling grease until golden brown—drain and serve sprinkled with brown sugar.

GERMAN RECIPES

SAUERBRATEN

FAMOUS GERMAN DISH

Use either cross rib of beef, top sirloin or bottom round. Some fat. Have the meat larded with larding pork (it is called *spick* in Germany). Your butcher will know. The larding pork is put through the meat with a spicking needle by the butcher

Beef	$\frac{1}{2}$ dozen whole small black peppers
Cider vinegar	$\frac{1}{2}$ sliced lemon
1 tablespoon salt	Butter
2 tablespoons sugar	$\frac{1}{2}$ dozen ginger snaps
Dozen cloves	$\frac{3}{4}$ cup sifted flour
$\frac{1}{2}$ dozen bay leaves	
2 medium sized onions, sliced	

Place meat in a crock or bowl sufficiently large to allow it to be covered with liquid. Make liquid consisting of $\frac{1}{2}$ cider vinegar, $\frac{1}{2}$ water. Make enough liquid to just cover the meat, then add all the other ingredients mentioned above. Leave meat in this mixture for two or three days, turning meat over every day.

For cooking you will require a large utensil with a tight lid. A Dutch oven is preferred. Take meat out of liquid and let it drain.

Place in pot sufficient butter to brown the meat. Now place the drained meat in this sizzling fat and allow to brown all over as you would a roast. Then gradually add all of the liquid it has been soaked

in, including all of the spices, etc. Then add $\frac{1}{2}$ -dozen ginger snaps; cover the saucepan with a tight lid, and allow the meat to simmer slowly for 2 or 3 hours, according to the size of meat.

Just before the meat is done, place on a pie pan $\frac{3}{4}$ cup of flour; after distributing the flour evenly over the pie pan, place in the oven to brown. When the flour is browned, add one cup of cold water. Mix the water and brown flour thoroughly, then pour the flour mixture into the pot with the meat, and cook for 10 minutes. If the gravy should become too thick you may add water. After ten minutes of cooking, remove the meat, strain the gravy and place the strained gravy and the meat back in the pot and cook for another five minutes.

HASENPFEFFER

This famous old German dish is prepared in exactly the same way as Sauerbraten, except that rabbit is substituted for the beef.

POTATO PANCAKES

1 egg	$\frac{1}{2}$ teaspoon salt
1 onion	$\frac{1}{4}$ teaspoon pepper
1 lb. potatoes	2 tablespoons milk
2 tablespoons of flour	$\frac{1}{2}$ teaspoon baking powder

Pare the potatoes and onion, grate and let stand for about ten minutes so moisture from the potatoes will rise to the top. Remove the liquid. Beat eggs till the yolks and whites are thoroughly combined, and pour into the grated potatoes and onion. Stir with fork and add the other ingredients. More flour may be added if necessary. Fry in hot fat. When brown on one side turn and fry the other side. Excellent with meat or fish, or may be served as a dessert with sour cream, sugar or apple sauce (omit onion for dessert).

SAUERKRAUT JUICE COCKTAIL

2 cups sauerkraut juice	$\frac{1}{2}$ cup of finely diced apple
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon of caraway seed

Combine ingredients in the order listed. Serve cold in cocktail glasses. Serves six.

KALBS GUYLAS (veal goulash)

WORLD FAMOUS VIENNA DINNER

2 lbs. leg of veal	3 large onions, chopped
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|--------------------------------|---|
| 2 ounces butter | 1 large tomato |
| 1 small green pepper | $\frac{1}{2}$ of a 2-ounce bottle of imported |
| 1 tablespoon Hungarian paprika | capers, use both liquid and |
| Water | capers |
| Salt and pepper | $\frac{1}{2}$ pint sour cream |

Cut up the veal into small squares and take all the seeds out of the pepper, then chop into small pieces. Put butter into a sauce pan and place over moderate fire; add onions to melted butter and cook until golden brown. Add the veal, salt, pepper, and paprika; cook until the meat browns turning the meat and onion over every few minutes to keep them from burning; when brown add cut-up tomatoes and green pepper and 2 tablespoons of water. Cover and cook slowly for about 45 minutes adding small amounts of water as necessary. After cooking 45 minutes add the capers and the sour cream and allow to cook about 5 minutes more. Serve with noodles or Hungarian dumplings.

SHRIMP SALAD

- 1 pint shrimp (fresh shelled)
- 6 boiled potatoes (medium sized, sliced and cooled)
- 1 chopped onion (medium sized)
- 1 tablespoon minced parsley
- 2 hard boiled egg whites
- 1 head lettuce

Put shrimp in cold water for about 15 minutes, then drain and chop them up. Add chopped onion, minced parsley, the chopped whites of two hard boiled eggs and the minced shrimp and the sliced potatoes. Combine gently with a good boiled dressing and serve on lettuce leaves, garnish with parsley and strips of hard boiled eggs.

Lettuce is sometimes chopped up in the salad.

TURBOT SALAD

- | | |
|--------------------------------------|-------------------------------------|
| $\frac{1}{2}$ lb. cold boiled turbot | 1 bunch watercress |
| 1 head lettuce | $\frac{1}{2}$ pint mayonnaise sauce |

Break the fish into large flakes and dip each flake in the mayonnaise. Wash the watercress and the lettuce, break the lettuce up and mix altogether with the fish in a salad bowl. Pour remaining mayonnaise on salad. Better if chilled.

JEWISH RECIPES

GEFILLTTE FISCH OR JEWISH FISH BALLS

It is preferable to use ocean trout in this recipe, but if they are not available fresh water trout, pike, pickerel or whitefish may be used.

- | | |
|---------------------------------|-------------------------------|
| 3 lbs of fish | 1 tablespoon salt |
| 2 medium sized onions | 3 eggs |
| Salt | Pepper |
| 2 carrots | 3 tablespoons flour |
| 1 teaspoon of peppercorns | 1 tablespoon butter |
| $\frac{1}{4}$ teaspoon cinnamon | 1 egg yolk |
| $\frac{1}{2}$ cup celery leaves | 2 tablespoons chopped parsley |
| 2 slices white bread | Watercress or parsley |
| 1 quart cold water | |

Clean and wash fish thoroughly. Sprinkle with salt and refrigerate overnight or for several hours. Rinse off salt and with a sharp knife remove the skin and bones, remove eyes and cut off the head. Place the skin, bones and head in a large kettle with a sliced onion, peppercorns, carrots cut lengthwise, cinnamon, celery leaves and cold water. Bring to a boil and boil vigorously while preparing the fish. Force the fish meat through a grinder with the second onion. Soak the bread in cold water and drain. Then add three eggs to bread and mix thoroughly. Add this mixture to the fish and salt and pepper to taste. Mix well. To make balls, dip a mixing spoon in cold water. Fill spoon with the fish mixture and form balls about the size of a golf ball. Size may be varied to preference. Drop carefully into the boiling stock, reduce the heat and allow to boil for one hour. Remove the balls to a platter. Melt butter, add flour and stir well. Pour in strained fish bouillon gradually and bring to a boil. Beat egg yolk, add slowly 3 tablespoons of boiling hot fish bouillon, while continuing to beat. Add mixture to bouillon with chopped parsley. Pour over the fish balls. Garnish with cooked carrot strips and watercress or parsley.

LAMB STEW—TOCANE

Brown slices of leek or young onions in one tablespoon of meat drippings, add small pieces of the neck or breast of lamb. Season with white pepper, parsley and salt. Cook until tender. Season with dill just before serving.

GEWETSH (SERVIAN)

- | | |
|----------------------------------|-------------------------|
| 6 large tomatoes | Salt |
| 2 lbs. neck or shoulder of lamb, | 2 green peppers, sliced |
| in pieces | 1 teaspoon paprika |
| 1 lb. of rice | 1 large onion, chopped |

Brown the onion in a tablespoon of fat, add the paprika and lamb and cook for one hour. Add the rice which must have been previously boiled for twenty minutes. Take a twelve-inch pudding dish, grease, and on the bottom place a layer of sliced tomatoes, then half of the rice, half of the meat and half of the sliced green peppers. Sprinkle a little salt and pour a part of the gravy over this; then another layer of rice, meat, peppers, and tomatoes in just that order. Again sprinkle salt and pour on the remainder of gravy. Dot with generous lumps of fat. Bake in a hot oven for 45 minutes. Be sure to use plenty of gravy and fat for this dish or it will be too dry.

RUSSIAN RECIPES**BORSCHT**

This famous Russian soup is best made with meat—the meat can be eaten as the meat course and served with either horseradish or horseradish sauce.

Serving of Four

- 3 to 4 lbs. breast of beef
- 2 cups beets, peeled raw and diced
- 1 large carrot cut into 7 or 8 pieces
- 1 whole root of celery, diced
- 3 cups cabbage— $\frac{1}{2}$ cut fine— $\frac{1}{2}$ left in large pieces
- 4 medium sized tomatoes or No. 1 can of canned tomatoes.
- 2 potatoes cooked whole

- 1 small pinch sour salt, 6 grains, no more; it is very strong. 10c worth purchased at the drug store will last for a long time.
- Salt and pepper to taste
- 2 quarts of cool water

Place all ingredients in a large pot, bring to a boiling point; then allow to slowly simmer for $3\frac{1}{2}$ hours. When the meat is very tender, remove it. It can be kept hot in a covered pot with a little of the liquid from the soup, and kept in a slow oven. The meat will be a very red color from the boiling beets. Serve with boiled potatoes and horseradish sauce.

To serve the borscht (which is the soup): Remove the potatoes that were cooked with it; these are not served. Sour cream is served, but usually in a separate dish, each person helping themselves to the amount desired. (Usually eaten with from 2 to 4 tablespoons to the plate.) It is mixed with the borscht in the plate. It is important to obtain good sour cream—we suggest you buy it from a Jewish dairy if there is one in the neighborhood. If sour cream can not be obtained, sweet cream can be soured by the addition of 2 teaspoons of lemon juice to each cup ($\frac{1}{2}$ pint) of cream.

BEEF A LA STROGANOFF

$1\frac{1}{2}$ lbs. very lean beef. Any cut of beef can be used, but, of course, the better the beef, the better the dish. Well hung top round steak is good, but for the very best, we suggest lean thin Delmonico steaks.

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|-------------------------------|--------------------|
| $\frac{1}{2}$ lb. mushrooms | 1 tablespoon flour |
| 2 tablespoons butter | Salt and paprika |
| $\frac{1}{2}$ pint sour cream | |

First stretch the meat and find out which way the grain runs—cut across the grain—this is important as meat cut across the grain will be tender. Cut the beef into little pieces about 1-inch long, about $\frac{1}{2}$ -inch in width.

Put 2 tablespoons of butter into frying pan and when this is hot, put in the cut-up beef; allow to cook slowly with a lid on the frying pan for 15 minutes, turning the meat over occasionally. If the pan should become dry, add a little butter, never enough to have it greasy. At the end of 15 minutes, add the mushrooms cut into very small pieces

and allow to cook with the beef for 10 minutes, then place the meat and mushrooms in the top of a double boiler. Put in frying pan 1 tablespoon of butter, melt and mix the flour with this. Add sour cream, stir with a fork to get the meat juices of the pan mixed with the cream mixture. Then pour this into the beef and mushrooms and allow to cook for 10 minutes. Season to taste. Serve on large biscuits cut in half and toasted on cut side only. The Russians usually serve with Julienne potatoes.

Note: This dish can be reheated by placing in saucepan over slow flame and adding a little cream. Stir until it boils and serve. For dinner parties, it can be prepared the day before.

ITALIAN RECIPES

RAVIOLA

Ingredients for Dough:

- 1½ cups sifted flour
- 1 slightly beaten egg
- ⅛ teaspoon salt
- 1 tablespoon cold water

Grated Parmesan cheese

Tomato sauce see next recipe)

Ingredients for Meat Filling:

- 1 cup cooked chicken or veal
- 1 beaten egg
- 1 tablespoon softened butter
- Salt and pepper
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon minced parsley
- ¼ teaspoon grated lemon rind

Sift flour into a bowl, make a hollow in the center and place the egg, salt and cold water in it. Mix with a fork and then knead for 20 minutes. Chill dough for 30 minutes. Roll out on a floured board and cut into rounds about 3 inches in diameter. On each circle of dough place one teaspoon of the meat filling. Fold the dough in half, moisten edges and press together with a fork. Drop into briskly boiling water and boil for around 12 minutes. Remove from liquid and serve with tomato sauce and sprinkle with grated Parmesan cheese.

Meat Filling: Force the meat or chicken through a food chopper. Add butter and egg and mix until well blended. Stir in remaining ingredients.

TOMATO SAUCE

- 2 tablespoons fat or butter
- 1 sliced onion
- 2 tablespoons of flour
- ⅓ teaspoon salt
- 1½ cups of cooked and strained tomatoes
- ⅛ teaspoon of pepper

Melt fat, add onion and cook until a very light brown, remove the onion, blend in flour and brown slightly. Add the liquid gradually and bring to a boil stirring constantly. Boil 3 or 4 minutes. Season to taste and serve hot.

ZABAGLIONE (AN EGG NOG)

- 3 tablespoons of honey
- 4 egg yolks
- Cinnamon
- 2 tablespoons of Marsala wine

Beat the honey and egg yolks until thick and lemon in color, in the top of a double boiler. Add the Marsala gradually. While heating over water, continue to beat until mixture is the consistency of thick cream. Serve with a dash of cinnamon. May be used as either a beverage or a dessert.

SCALLOPPINE ALLA MARSALA

- 1½ lbs. leg of veal in small slices (thin)
- ¼ lb. of butter
- ½ cup of flour
- ½ cup of Marsala wine (preferably Florio)
- 2 bay leaves
- Salt and pepper

Cut the veal in slices about ½-inch thick and about 4-inches in length, then pound with a mallet until about ¼-inch thick. Dip these pieces of veal in flour and press more flour on both sides. Put the butter in a large skillet and melt. Skim off the foam that will form on top of the butter. When it is clear and sizzling hot, put in the veal and brown quickly on both sides. When brown, lower the flame and add the Marsala wine. Season and cook slowly for about 20 minutes and serve. Excellent served with broccoli and Hollandaise sauce.

NORWEGIAN RECIPES WHITING WITH BROWN BUTTER

- 1½ lbs. whiting
- 2 slices onion
- 1 dessert spoon salt
- 1 bay leaf
- 1 dessert spoon vinegar
- 1½ ounces butter

Remove skin, then cut the fish into strips and twist into rings. Put the rings in a stew pan with enough salted water to cover it and add the bay leaf, vinegar, and the onion. Bring to boil and cook until tender. Skim occasionally as necessary. Take fish out of pan and drain. Place on hot dish. Place butter in a clean pan allow the butter to get brown then pour over fish. Must be served immediately.

WHITING SALAD

- Lettuce leaves
- 1/2 lb. whiting (chopped and cooked without bone)
- 1/4 teaspoon salad oil
- 1/2 teaspoon vinegar
- French dressing
- Pepper and salt to taste
- Yolk of 3 hard boiled eggs finely chopped

Place lettuce leaves at the bottom of the salad bowl. Season whiting with salad oil, vinegar and salt and pepper to taste. Now place in bowl on the lettuce, sprinkle the chopped egg yolks on top of the dish. Serve with French dressing.

TROUT PUDDING

- 1/2 lb. boned cold cooked trout
- 3 well beaten eggs
- 2 tablespoons melted butter and
- 1 shallot
- a good butter sauce
- 2 tablespoons vinegar
- 2 tablespoons bread crumbs
- 1 ounce butter

Break up the fish, add the melted butter, bread crumbs, and eggs, mix well and mold into a large piece. Cover with a greased paper and steam until firm very slowly. Serve without breaking using the following sauce:

Mix about two tablespoons of vinegar with a finely chopped shallot and cook slowly until most of the vinegar has evaporated. Add butter, a little at a time until 1 ounce has been used stirring continuously until the mixture becomes thick.

HADDOCK

- 1 medium size fish
- 3 ounces stock
- 6 small potatoes (sliced)
- 1 cup tomato sauce
- 3 onions (sliced)
- 3 tablespoons of cornstarch
- 1 cup celery (chopped)

Place fish in pan and cover with water, bring to a boil, then par-boil until tender. Next remove fish from pan and drain same, then divide into strips about four inches long, having first removed the bones and skin. Fill casserole with alternate layers of vegetables and fish, scald the stock, add the tomato sauce and thicken with cornstarch and cold water, then pour in casserole, cover with bread crumbs and bake in oven for 30 minutes or until done. Serve hot.

HADDOCK TOAST

- 1 small cooked, boned haddock
- 1 ounce butter
- Milk or cream
- Toast

Pound butter into fish, then rub fish thru a coarse sieve, then cream with milk or butter. Serve hot on hot buttered toast. Salt and pepper to taste.

Soaking haddock in water overnight adds very much to its taste and flavor.

CHRISTIANIA BEEF SOUFFLE

- 2 eggs
- 4 ounces cold beef
- 1/2 ounce cornstarch
- 4 ounces milk
- Salt and pepper to taste
- Tomato sauce

Mince meat well, butter a large round mold, season the meat and place in the mold. Prepare the souffle by blending cornstarch with some cold milk, then boil the rest of the milk and pour on the blended cornstarch. Return to sauce pan and boil for three minutes, stirring frequently. Next boil, stir in the egg yolks, add more seasoning and fold in stiffly-whipped egg whites. Place mixture on top of meat and place in oven for about 15 minutes. Serve hot.

Pork can be substituted for beef and you have pork souffle.

SWEDISH RECIPES

CHEESE SOUFFLE

- 1/4 lb. butter
- 1 pint of milk
- 1/4 lb. flour
- 4 tablespoons grated cheese
- 4 eggs
- Salt and pepper to taste
- Breadcrumbs
- 6 drops fresh lemon juice

Place milk, butter and flour into a sauce pan and slowly bring to a boil, stirring frequently until mixture becomes thick. Add 4 tablespoons finely grated cheese and four well-beaten egg yolks to the mixture, season with salt and pepper, stir, add your 4 egg whites stiffly

whipped lightly to mixture. Now place in a well greased souffle dish with a band of paper tied around it, and dust with finely sieved brown bread crumbs. Add a dash of lemon juice and bake in a quick oven for about 30 minutes.

GLAZED TURNIPS

- | | |
|------------------------|-------------------------|
| 6 medium small turnips | 2 ounces butter |
| 3 tablespoons sugar | $\frac{1}{2}$ cup stock |

Salt and pepper to taste

Peel turnips and boil them in salt water for about 15 minutes. Now melt butter in a baking dish or tin and lay the turnips flat in it, salt and pepper ;then sprinkle the top with sugar. Cook on a slow fire stirring frequently until browned, add stock and baste occasionally. Cook until thoroughly glazed. Serve hot.

PLUM SOUFFLE

1 lb. French plums (prunes will do)

4 egg whites and 6 ounces powdered sugar

Stew the plums until soft and remove the seeds. Mince plums, then whisk the whites of 4 eggs to a firm froth, add to the plums along with the sugar, mixing well. Put in hot oven until it rises. Serve cold with cream or vanilla sauce.

Soak the bread crumbs in the milk, add the grated cheese, butter and 2 well-beaten eggs. Bake in a hot oven until done.

SWEDISH COCONUT PUDDING

- | | |
|----------------------------------|-------------------------|
| 1 pint of milk | 2 ounces dried cocoanut |
| $1\frac{1}{2}$ ounces cornstarch | 1 ounce powdered sugar |
| 2 eggs | 2 tablespoons jam |

Salt to taste

Place jam in a well greased pie dish, blend the cornstarch with a little of the cold milk adding a pinch of salt. Put the rest of the milk into a pan and bring to a boil, then pour over the cornstarch while stirring. Add the cocoanut, the beaten egg yolks and $\frac{1}{2}$ the sugar, stir over the fire for two minutes. Pour into pie dish and bake in a moderate oven until set. Beat the whites of the eggs to a stiff meringue, add the rest of the sugar, a few drops of vanilla. Place this over pudding, dredge with powdered sugar and return to the oven for a few minutes to set and brown. Can be served either hot or cold.



ORIENTAL SECTION

In Oriental cookery there are many dishes containing fruits, plants, roots, etc. which are not available in the United States. We have included only those which contain ingredients available to the American housewife. If you should find that some of the ingredients are not available in your local store, have your grocer order them for you, or they may be obtained in Chinese stores in San Francisco, Chicago, New York and other large cities. Chambers of Commerce of these cities will furnish addresses of Chinese stores on request.

CHINESE RECIPES

CHOW MEIN

(THIS IS THE MOST POPULAR CHINESE CHOW MEIN)

- | | |
|-------------------------------------|---------------------------------------|
| 4 ounces Chinese egg noodles | 1/2 teaspoon salt |
| 1/2 cup raw lean pork cut up small | 1/2 teaspoon sugar |
| 1/4 cup roast pork (shredded) | 1 cup chicken stock |
| 2 1/2 cups shredded Chinese cabbage | Pepper |
| 1 teaspoon cornstarch | 1 teaspoon gourmet powder |
| | 1 cup shredded bamboo shoots (canned) |

Place noodles a large pan of boiling water, boil four minutes and drain dry. Place in a hot greased skillet, browning first on one side then on the other. Mix Chinese cabbage, bamboo shoots, raw pork and roast pork in a hot greased skillet and saute two minutes. Add sugar, salt, pepper, gourmet powder and chicken stock. Cook eight minutes with cover. Add smooth paste made out of the cornstarch. Stir. Serve on the noodles topping the mixture with roast pork.

CHICKEN CHOW MEIN

- | |
|---|
| 1/2 cup sliced lean pork cut fine (raw) |
| 1/4 cup hard boiled egg cut fine |
| 1 1/2 cups chicken stock |
| 1/2 cup celery cut fine |
| 1/2 cup shredded onion |
| 1/2 cup bean sprouts |
| 1/2 teaspoon salt |
| 1 teaspoon soy sauce |

- | |
|---------------------------------|
| 2 teaspoons cornstarch |
| 1/2 cup shredded boiled chicken |
| 2 cups fried noodles |
| 1 teaspoon gourmet powder |
| Pepper |
| 1/2 teaspoon black sauce |

Fry pork for two minutes in a hot greased skillet. Add bean sprouts, onion, and celery. Saute two minutes. Add salt, chicken stock, soy sauce, gourmet powder and pepper. Cover and cook for 12 minutes. Make a smooth paste of black sauce and corn starch. then add mixing thoroughly. Cook for two minutes.

Serve mixture over fried noodles and top with egg and chicken.

PLAIN CHOP SUEY

- | | |
|--|------------------------------|
| 1/4 cup raw lean pork sliced very thin | 1 cup bean sprouts |
| 1 cup cut up Chinese cabbage | 1/2 teaspoon salt |
| 1/2 cup sliced celery | 3 teaspoons corn starch |
| 1 teaspoon gourmet powder | Pepper |
| 1 cup sliced onion | 1 cup water or chicken stock |
| | 1/2 teaspoon black sauce |

Mix pork and vegetables in a hot, well greased skillet. Saute three minutes. Add water or chicken stock, pepper, salt and gourmet powder. Cook nine minutes with a cover. Add black sauce and cornstarch after making it into a smooth paste. Cook for two minutes.

MUSHROOM CHOP SUEY

For mushroom chop suey add 1/4 cup canned French mushrooms to the above recipe.

BEEF CHOP SUEY

- | | |
|-----------------------------------|------------------------------|
| 1 cup sliced celery | 2 teaspoons cornstarch |
| 1/4 lb. flank steak (sliced thin) | 1 cup sliced Chinese cabbage |
| 1/2 teaspoon salt | 1 cup sliced onion |
| Pinch sugar | 1 cup bean sprouts |
| Pepper | 1 teaspoon gourmet powder |
| 1 cup stock or water | 1/2 teaspoon black sauce |

Put small thin pieces of beef, celery, Chinese cabbage, onion and bean sprouts in a hot greased skillet. Saute 2 minutes.

Add gourmet powder, salt, sugar, pepper and stock. Cover and cook till onion is soft and beef is done. Add black sauce and cornstarch after making into a smooth paste. Cook another two minutes.

CHICKEN CHOP SUEY

- 1/2 cup sliced boiled chicken (sliced very thin)
- 1/4 cup sliced canned bamboo shoots
- 1/4 cup sliced peeled water chestnuts
- 1/2 cup sliced Chinese cabbage
- 1/2 cup sliced celery
- 1/4 cup sliced canned French mushrooms
- 1/4 cup sliced onions
- 1 teaspoon gourmet powder
- 1/2 teaspoon sugar
- 2 cups stock or water
- 1 teaspoon salt
- Pepper
- 1/2 teaspoons black sauce
- 2 teaspoons cornstarch

Cook chicken, bamboo shoots, water chestnuts, Chinese cabbage, celery, mushrooms and onions in a hot well greased skillet for 3 minutes. Add gourmet powder, sugar, stock or water, salt and pepper, cover and cook for nine minutes. Add a smooth paste made of black sauce and cornstarch, mixing well. Cook an additional two minutes.

Chinese Terms

Chinese cabbage	bok choy	Black sauce	gee yeou
Bamboo shoots	jook tsun	Fried noodles	jow mein
Egg noodles	don mein	Bean sprouts	gna choy
Gourmet powder	mei jing	Soy sauce	see yeou
Water chestnuts	ma tai		

EGGS FOO YUNG

- 1 #2 1/2 can mixed Chinese vegetables
- 1/2 cup shredded cooked chicken
- shortening
- 1 onion (minced)
- 1/4 teaspoon salt
- 6 eggs

Beat eggs well. Add chicken salt and vegetables. Fry in one-inch of hot deep fat for about ten minutes, brown on both sides. Drain and serve hot. Fry in six portions.

CHINESE OMELET

- 4 eggs
- 1/2 cup diced roast pork
- 1/2 teaspoon gourmet powder
- Pepper
- 1/2 cup chopped onion
- 1/4 teaspoon salt

Mix onions, gourmet powder, roast pork, salt and pepper. Beat eggs well and add to mixture, stirring well. Fry in deep fat, brown on both sides until done. Serve in three portions. May be served with omelet gravy if desired.

OMELET GRAVY

- 1 cup chicken stock
- 1/2 teaspoon black sauce
- 1/4 teaspoon salt
- Pepper
- 1/2 teaspoon sugar
- 4 teaspoons cornstarch
- 1/4 teaspoon gourmet powder

Warm chicken stock, then mix salt, sugar, gourmet powder and pepper, bring to a boil. Add smooth paste made of black sauce and cornstarch. Cook for about two minutes. This may be served on any omelet.

KOREAN MEAT DISHES

BROILED STEAKS

- 1 1/2 lbs. round steak
- 1 tablespoon sugar
- 1/4 cup shoyu
- 1/4 teaspoon black pepper
- 1/2 cup finely chopped onion
- 3 tablespoons salad oil
- 3 tablespoons white sesame seed, browned and pulverized
- 4 tablespoons finely chopped green onion with tops
- 1/3 teaspoon finely chopped garlic (optional)

Cut steak 1/3-inch thick and into pieces 3 by 4 inches. Pound the meat and score it with a knife, lengthwise and crosswise. Add the other ingredients with the meat and mix thoroughly. The meat may be allowed to stand several hours or be broiled immediately. Broil in a broiler, or pan broil in a skillet turning the meat until it is done. Serve hot. Serves 5 to 7.

MEAT AND CABBAGE FRITTERS

- | | |
|--|------------------------------------|
| 3 2/3 tablespoons salad oil | 1/2 teaspoon sugar |
| 1/2 lb. celery cabbage | 2 eggs |
| 2 tablespoons white sesame seed, browned or pulverized | 1/2 teaspoon finely chopped garlic |
| 1 teaspoon salt | 3 tablespoons shoyu |
| 1/3 lb. lean beef | 8 green onions with tops |
| 1 cup flour | 1/3 lb. lean pork |

Cut the meat into strips 3 or 4 inches long, 1/2-inch wide and 1/4-inch thick. Cut cabbage and onions as near like meat as possible. Combine vegetables and meat, season with garlic, sesame seed, oil, shoyu, and sugar. Place toothpicks thru meat and cabbage arranged alternately. Make a batter of the eggs, flour, and salt. Dip the prepared meat and vegetable sticks into this, and fry them in the remaining oil. Cook until thoroughly done.

PHILLIPINE RECIPES

ADOBONG BABOY

- | | |
|-------------------------------------|----------------------------|
| 6 medium pork chops | 1/16 teaspoon black pepper |
| 2 tablespoons finely chopped garlic | 6 tablespoons vinegar |
| 1 bay leaves | 1 1/2 teaspoons salt |
| | Boiling water |

Combine all ingredients and allow to stand for 10 minutes in a frying pan. Add enough boiling water to cover the meat. Cover the pan and allow to simmer until water is evaporated. Fry the meat adding more fat if necessary. Brown the meat on both sides. Serve hot.

MORCON (A HOLIDAY TREAT)

- | | |
|----------------------------------|------------------------|
| 1 lb. round steak | 1/4 cup chopped onion |
| 1 cup chopped lean pork shoulder | 1 medium sized tomato |
| 4 slices boiled ham | 1/2 cup chopped celery |
| 1/3 cup chopped sweet pickles | 1 1/2 teaspoons salt |
| 2 hard boiled eggs | 2 1/4 cups water |

Cut the steaks into 12 long thin pieces. Slice the eggs and roll the eggs and ham in the round steak. Tie each roll securely and combine the remaining ingredients with the meat rolls. Cover and simmer for about 2 hours or until meat is done. Turn meat periodically while cooking. Serve hot with the sauce.

FRESH SHRIMP GREEN COWPEAS

- | | |
|---|--|
| 1 cup fresh shrimp | 2 tablespoons fat |
| 2 tablespoons sliced onions | 2 medium tomatoes cut in eighths |
| 1 lb. green cowpeas or 1 lb. string beans | 3 tablespoons bagoong sauce or 1 teaspoon salt |
| 1 clove garlic | three-fourths cup water |

Peel and mash the garlic. Brown it in the hot fat, then discard the garlic. Peel shrimp and remove the black vein that runs along the back. Fry the shrimp and onions until they begin to brown, then add the tomatoes. Combine the water and bagoong. Boil, strain and add this mixture to shrimp mixture. String and break the cowpeas or beans into small pieces, add to other mixture and cook until done. Serve hot.

TINOLA SOUP

- | | |
|---|---|
| 3 lb. stewing chicken | 2 cloves garlic |
| 1 tablespoon fat | 3 lbs. very green papaya or white squash, cut into 1 1/2-inch squares |
| Salt to taste | |
| 5 or 6 cups boiling water | |
| 2 tablespoons finely chopped fresh or dried ginger root | 1/2 teaspoon ajinomoto, if desired |

After cleaning the chicken cut the meat up into as nearly 1-inch pieces as possible. Heat the fat and brown the mashed garlic in it. Remove the garlic and add the chopped ginger and chopped chicken. Brown the chicken. Add the salt and boiling water. Place lid on kettle tightly and simmer the chicken until it is almost done. Add the squash or papaya and cook until the chicken is done. Do not overcook the papaya or the squash. Serve hot.

FISH SOUP (SINIGANG NA ISDA)

- | | |
|------------------------|---|
| 4 cups water | 1 lb. fish |
| 2 cups sliced tomatoes | Slightly less than 1/2 cup water-cress or young chili pepper shoots |
| 1 cup sliced onion | |
| 2 teaspoons salt | |

Cut the onion into $\frac{1}{8}$ -inch slices and the tomatoes into $\frac{1}{2}$ -inch slices. Combine the tomatoes, onions, salt and water and bring them to a boil. Cut cleaned fish into $1\frac{1}{2}$ -inch slices. Add to the mixture and boil until fish is done. Wash the watercress or chili shoots, add to the soup and cook for one minute. Serve hot.

SHRIMP MUNGO BEANS

- | | |
|--|--|
| 1 lb. cooked and peeled shrimp | $\frac{1}{3}$ cup finely chopped onion |
| $\frac{1}{2}$ lb. lean pork shoulder | Water |
| $\frac{3}{4}$ cup dried mungo beans or lentils | 2 large tomatoes |
| | Pepper to taste |
| 3 cloves garlic | $1\frac{1}{2}$ teaspoons salt |

Wash the beans or lentils, cover them with water and boil for 10 minutes. Drain, then cover them with cold water and rub hulls off beans with the hands. Place cleaned beans in a clean pot and cover the beans with water, add $\frac{1}{2}$ teaspoon of salt and boil until they are tender.

Drain the beans or lentils and save the water. Cut the pork into pieces $\frac{1}{4}$ by 1-inch by 2-inches. Separate the fat from the lean meat. Fry the fat and brown the lean meat in it. Remove the meat and brown the garlic in the same fat. Discard the garlic and fry the onion until it is soft. Cut the tomatoes into small pieces and simmer them for 5 minutes. Add the pork, shrimp, beans or lentils and liquid from them. Season with salt and pepper and simmer for 15 minutes. Serve hot.



MEXICAN, SPANISH, PORTUGUESE SECTION

It will be noted that most of the Mexican and Spanish dishes are highly seasoned with particular emphasis on the usage of Chile peppers. Very few Mexican people suffer from indigestion and it is claimed that this is due to the proper use of chile and other condiments.

You will find it more convenient to purchase tortillas already prepared than to make your own. In case no Mexican store is available in your locality, we are including the tortilla recipe in this section.

MEXICAN RECIPES

TACOS AND TAQUITOS

- | | |
|---------------------------|-------------------------------|
| 4 cups tortilla dough | 1/2 lb. sliced goat cheese |
| Salt and pepper to taste | 3 avocados, peeled and sliced |
| 1/4 cup green chili sauce | |

(Tortilla dough recipe will be found below.)

(Green chili sauce recipe will be found below.)

Divide the dough into 6 round cakes 1/2-inch thick and cook slowly on medium hot griddle or heavy skillet turning frequently. When well done cut open and fill with avocados, cheese and green chili sauce. Salt and pepper to taste.

MASA OR TORTILLA DOUGH

- | | |
|---------------------------------|--------------------------|
| 6 cups selected white corn | 1 yeast cake |
| 3 cups wood ashes or 1 cup lime | Salt and pepper to taste |
| 1 cup lard | |

Boil corn, lime or wood ashes together until corn is tender (in water). Remove corn and wash in 4 waters getting off as much corn hulls as possible. Mash to a pulp and add lard and yeast cake which has been dissolved in 1/2 cup warm water with salt. Beat well and allow to stand for two hours in warm place. It is now ready for use. (This preparation can be bought already prepared in most Mexican settlements.)

MEXICAN GREEN CHILI SAUCE

- | | |
|-----------------------------|---------------------------|
| 4 green chiles | 4 large green tomatoes |
| 1 tablespoon minced onions | 1/2 cup olive oil or lard |
| 1 tablespoon minced parsley | Salt and pepper to taste |

Place chiles, onions, parsley and tomatoes in pot and cover with water. Bring to boil. When well done press thru fine collander, adding salt and pepper. Heat fat and fry mixture for 15 minutes. This is a favorite Mexican sauce and is served with every meal in the average Mexican home.

MEXICAN CHILI CON CARNE

- | | |
|-----------------------------|----------------------------------|
| 2 lbs. lean beef | Salt and pepper to taste |
| 4 ounces beef fat | 2 tablespoons chili powder or 12 |
| 3 teaspoons paprika | red chili peppers |
| 1 cup minced onions | 1/2 cup olive oil |
| 2 teaspoons chopped oregano | 2 cloves garlic |

Remove the veins and seeds from chili peppers, place into enough water to cover, bring to boiling point. Allow to cool, drain and keep pulp. Cut the meat and suet in 3/4-inch cubes. Heat the fat and fry the meat and suet to a light brown. Add onions and garlic and continue to cook, stirring all the while. Before the onions start to brown add chili pulp, paprika, stir about 2 minutes, then add salt, pepper, oregano and sufficient stock to keep cooking until meat is done. Serve hot with beans or Spanish rice.

WHITE SPANISH RICE

- | | |
|-----------------------------|--------------------------|
| 1 tablespoon minced parsley | 1/2 cup minced onions |
| 1 1/2 cups whole grain rice | Salt and pepper to taste |
| 3 pods garlic | 2 sprigs mint |
| 1 cup olive oil or lard | |

Wash rice in collander with cold water, drain and place in sun or warm place 30 minutes. Heat oil or fat and in this fry the damp rice stirring continuously until it separates. Then add garlic and onions, continue to stir for about 2 minutes, then add enough water or stock to cover, salt and pepper and stir well. Place mint sprigs over top of mixture, cover and place over low fire or in oven until nearly dry.

Serve with chili con carne, green chili sauce or poached eggs.

HOT TAMALES (See Western Section U. S.)

STUFFED AVOCADOS

- | | |
|-------------------------------|-----------------------------------|
| 3 avocados | 1 cup minced tomatoes |
| 1/4 lb. ground pork | 1 tablespoon minced olives |
| 1 teaspoon capers | 2 tablespoons olive oil |
| 1 tablespoon minced almonds | Dash of cinnamon |
| 4 cloves | 1 pod minced garlic |
| 1 tablespoon minced pine nuts | 1 egg |
| Salt to taste | 1/4 tablespoon minced green chili |
| | peppers |

COOKING 'ROUND THE WORLD

Salt and pepper the pork and fry lightly in oil, add tomatoes, capers, olives, chile, garlic, cloves and allow to simmer until tender, add nuts, parsley and cinnamon, stir and set aside. Peel avocados and remove pits, then slice in halves. Place in casserole and fill with above mixture, cover with well beaten egg, heat in oven till egg is set. Serve with tomato sauce.

MEXICAN ENCHILADAS

- | | |
|--------------------------|---|
| 2 lbs. ground pork | Salt and pepper to taste |
| 1/2 cup lard | 12 tortillas |
| 1 cup spinach puree | 3 pods green minced chili peppers or cayenne to taste |
| 1 cup green tomato puree | 2 pods minced garlic |
| 1 cup grated cheese | 1 teaspoon oregano powder |
| 1 cup minced onions | |

Heat lard, then add the pork, fry to light brown and drain in colander to crisp. Thru this hot lard pass each tortilla, removing quickly. To the remaining lard add 1/2 cup onions, fry to light brown, to this add tomato puree, minced chili, spinach, garlic, oregano powder and salt to taste, simmer 20 minutes; dip each tortilla in this sauce before filling. Mix cheese, onions and pork together and with this, fill each tortilla equally, add spoon of sauce, roll them tightly, placing on hot platter, pour the remaining sauce over them, sprinkle with remaining cheese and onion mixtures and serve hot.

BARELAS EGGS

- 6 eggs 3/4 cup green chili or Mexican sauce

Butter custard cups and break one egg into each cup. Add 6 teaspoons of sauce to each cup. Place cups in a pan of hot water and bake in oven 350° F. until the whites of the egg become firm.

PORTUGUESE RECIPES

ROYAL FRIED RICE

- | | |
|-----------------------------|-------------------|
| 3 tablespoons olive oil | 2 cups rice |
| 3/4 teaspoon chopped garlic | 1/2 teaspoon salt |
| | 2 cups cold water |

Place rice, water, salt and finely chopped garlic into sauce pan. Cook over medium fire until water is evaporated, keeping a tight fit-

COOKING 'ROUND THE WORLD

ting lid on the pan. After water is evaporated turn off fire and leave set for about five minutes; then cool. After cooling break rice apart with the hands and fry it in the hot olive oil stirring frequently until it is browned. Serve hot.

BUCAYO (A COCONUT DESERT)

- | | |
|---|-------------------------------|
| 2 cups sugar | 1/2 cup water |
| 1 medium size mature shredded cocoanut (about 4 cups) | 1/2 teaspoon anise or vanilla |

Combine the water and sugar and boil until the syrup forms a soft ball when placed in cold water. Add the cocoanut and cook slowly until the cocoanut is transparent (about 20 minutes). Cool, add anise or vanilla and serve cold. (Any similar flavoring can be used.)

BARUYA OR BANANA FRITTERS

- | | |
|-------------------------|-------------------------|
| 4 ripe bananas | Deep fat |
| 2 tablespoons sugar | 1/2 cup pastry or mochi |
| 1/4 cup evaporated milk | Rice flour |

After peeling slice the bananas into about 1/2-inch thick pieces. Out of the flour, sugar and milk make a smooth batter. Dip the cut bananas into the batter and fry them in the hot fat. (Fat should completely cover the bananas.) Turn the bananas frequently or until they are browned. Remove and drain on clean tea towel or paper towel. Can be served either hot or cold as dessert.

BAKED BANANAS

- 6 ripe bananas seasoned to taste with butter, salt and pepper

Without peeling place bananas in a baking pan, add enough water to barely cover the bottom of the pan. Bake then in a 350° F. oven until the banana skins begin to break open. Season and serve hot in the skins.

MISCELLANEOUS SECTION

BEAUTY HINTS

FOR MADAME



HOUSEHOLD

HINTS

HOW TO REMOVE COMMON STAINS

REDUCING DIET AND FOODS

EQUIVALENTS

1200 CALORIE REDUCING DIET

BREAKFAST

2 poached or boiled eggs

1 slice enriched or whole wheat bread

1 glass skimmed milk

1 serving of 10% fruit

LUNCH

1 serving 10% vegetable

2 servings 5% vegetables

 $\frac{1}{2}$ cup of cottage cheese

1 serving 10% fruit

1 slice bread

1 glass of skimmed milk

DINNER

 $\frac{1}{4}$ lb. baked, boiled or broiled lean meat

1 slice of bread

2 servings 10% vegetables

1 serving 5% vegetable

1 glass skimmed milk

SUBSTITUTIONS

For $\frac{1}{4}$ lb. meat— $\frac{1}{4}$ lb. of chickenFor $\frac{1}{4}$ lb. meat—1 three-inch cube American cheeseFor $\frac{1}{4}$ lb. meat— $\frac{1}{2}$ cup of cottage cheeseFor $\frac{1}{4}$ lb. meat—3 eggsFor $\frac{1}{4}$ lb. meat— $\frac{1}{4}$ lb. fish plus a tablespoon of fat

For 1 serving of 10% vegetable—2 servings 5% vegetable

For 1 serving of 5% vegetable— $\frac{1}{2}$ serving 10% vegetable

For 1 serving of 5% vegetable and 1 10% vegetable—1 serving of 15% vegetable

For 1 slice of bread—1 serving 10% fruit

For 1 slice of bread—6 crackers

Do not use any sugar at all. Use Saccharin which may be purchased at your local drug store.

Use no fat or butter except as advised above.

You may drink all the plain black coffee or plain tea you desire. Lemon may be added to the tea.

Part of the skimmed milk allowance may be heated and used half and half with the coffee if desired.

Some of the vegetables and fruits allowed in your diet may be combined into salads and desserts if desired, but do not increase the amounts.

VEGETABLES—5% CARBOHYDRATE

1 medium sized tomato	4 slices eggplant (thin)
1/2 cup spinach	11 slices cucumber
3/4 cup sauerkraut	3/4 cup celery
9 stalks asparagus	9 stalks endive
3/4 cup canned string beans	1 green pepper (large)
1/2 cup broccoli	1/2 small head lettuce
2/3 cup brussels sprouts	3/4 cup mushrooms
2/3 cup cabbage	1/2 cup okra
3/4 cup cauliflower	11 medium radishes

VEGETABLES—10% CARBOHYDRATE

1/2 cup onions	1/2 cup squash
1/2 cup beets	1/2 cup turnips
2/3 cup carrots	1/2 cup peas
3/4 cup fresh string beans	1/2 cup pumpkin

VEGETABLES—15% CARBOHYDRATE

3/4 cup parsnips	1/2 cup lima beans
1 medium artichoke	

FRUITS—10% CARBOHYDRATE

1/2 small cantaloupe	1/2 cup strawberries
1 orange	1 slice watermelon, 1/2-inch
1 lemon	1 peach
1/2 cup blackberries	1 slice fresh pineapple, 3/4-inch
2/3 cup cranberries	1/2 cup prunes
1/2 grapefruit	

WEDDING ANNIVERSARIES

1st Year	Paper	12th Year	Linen
2nd Year	Calico or Cotton	15th Year	Crystal
3rd Year	Leather	20th Year	China
4th Year	Silk	25th Year	Silver
5th Year	Wood	30th Year	Pearl
6th Year	Iron	35th Year	Coral
7th Year	Woolen	40th Year	Ruby
8th Year	Copper or Bronze	45th Year	Sapphire
9th Year	Pottery	50th Year	Gold
10th Year	Tin	55th Year	Emerald
11th Year	Aluminum	75th Year	Diamond

CUPS AND CANS

No. 1	size weighs 10 ounces—1 1/3 cups.
No. 2	size weighs 1 lb., 3 ounces—2 1/3 cups.
No. 2 1/2	size weighs 1 lb., 12 ounces—3 1/3 cups.
No. 3	size weighs 2 lbs., 1 ounce—4 cups.
No. 5	size weighs 3 lbs., 8 ounces—7 cups.
No. 10	size weighs 6 lbs., 7 ounces—13 cups.

EQUIVALENTS

Beans, dried—1/2 lb. equals 1 cup
Butter—1/2 lb. equals 1 cup. 1 ounce equals 2 table- spoons
Chicken—1-3 1/2 pounder equals about 3 cups of diced meat
Meat—1 lb. raw, equals when cooked about 3 cups minced
Sugar, granulated—1/2 lb. equals 1 cup
2 coffee spoons—equal 1 teaspoon 1 pint—equals 2 cups
2 teaspoons—equal 1 dessert spoon 4 cups—equal 1 quart
3 teaspoons—equal 1 tablespoon 4 tablespoons—equal 1/4 cup
1 heaping teaspoon—equals 3 level teaspoons or 1 tablespoon
1 cooking spoon—equals 1 tablespoon
1 fluid ounce—equals 2 tablespoons

HELPFUL HINTS FOR THE HOME

A little lime in a small pan placed in closet or corner which is damp and musty will keep it dry and odorless. Renew lime every two or three weeks.

Kitchen odors can be removed by placing an orange peel upon the top of stove while in use.

A piece of bread on top of pan while cooking cauliflower or cabbage will keep it odorless.

A small amount of charcoal in a dish kept in the refrigerator will absorb unpleasant odors. Renew every two or three weeks. A few drops of oil of wintergreen in corner of refrigerator will accomplish the same results.

Foods that have boiled over in stove or in oven will not smoke or emit odors if covered with salt.

Carrots peeled under warm water will not leave stain on hands.

Odors may be removed from jars and bottles by filling half full of cold water with one tablespoon dry mustard. Let set for half hour, then rinse in clear water.

Brown sugar placed in bread box will help keep bread fresh. Cookies and cake which have become dry or stale can be made fresh again by putting in box with bread—or by dipping in milk and rebaking.

Cook spinach in open top pan and the color will be retained.

Lemon juice or vinegar rubbed over steak before cooking will make meat more tender.

The eyes will not water when pegging onions if real hot water is poured over onions.

Oranges, apples, beets, peaches and tomatoes will peel much easier if scalded first.

A tablespoon of vinegar added to beets in cooking will help keep the color and also to cook faster.

Cake can be kept fresh several days by placing an apple cut in half in the box with the cake.

Lemon or orange juice sprinkled on sliced bananas will keep them from turning dark.

A pinch of salt, an egg broken into, or a raw prune will add to the flavor of coffee.

Lemon or orange peel rubbed over pans and silverware will remove unpleasant odors.

When icing a cake the icing will not run off if a little cornstarch is dusted on the surface of the cake.

Cheese wrapped in wax paper will keep it from drying and molding.

Salt added to water in which curtains are to be washed will cleanse them better.

Curtains may be placed in a pillow slip and put in the washing machine without tearing.

Cotton fabrics may be kept from running by adding a little black pepper to the suds before washing.

Hard paint brushes may be softened by soaking in water in which a little lye has been added.

Eye glasses can be cleaned with a mixture of half water and half household ammonia. Two drops on a clean cloth will be sufficient to make them shine.

A bottle of pennyroyal left uncorked in your bedroom at night will keep the room free of mosquitos and other insects.

Lawns can be freed of dandelions by pouring a little gasoline in the center of the plants. They will die in a few days.

Fruit stains may be removed from hands by rubbing a tomato over the stains.

Chewing gum may be removed from clothing by rubbing with the white of an egg.

Perspiration stains may be removed by dampening the stain with water and sprinkling a little borax upon it. Roll up lightly for fifteen minutes, then rinse in cool water.

Lumpy gravy can be avoided by adding a little salt to the flour before adding the water and stirring with a fork.

In frying with lard, keep lard from spattering by sprinkling a little salt in it. Articles will not absorb too much lard if they are fried in lard to which a teaspoonful of vinegar has been added.

Marshmallows may be cut without sticking to the knife if knife is dipped into very hot water first.

To destroy the taste of castor oil, beat the castor oil with the white of egg until both are thoroughly mixed.

Brown your pies beautifully by brushing the top with milk before placing in oven.

When leaving cooking foods on the stove in the kitchen to do other house work set an alarm clock for the time of removal. Misjudging the time causes many heartaches.

Eggs should be cooked slowly at moderate heat. Fast cooking will toughen the whites of the eggs.

Chairs will be noiseless when pieces of felt are glued to the bottom of the legs.

COOKING 'ROUND THE WORLD

Chewing Gum: Moisten the gum with carbon tetrachloride and work it off fabric with a dull instrument while it is still moist.

Grease and Oil: Use gasoline or carbon tetrachloride. If fabric is saturated with oil, pour on cleaning fluid and soak it up with a blotter. Then sponge in the usual manner with a cloth dampened with the fluid.

Coffee and Tea: First soak in cold borax water, then pour boiling water from a height upon stained spots; this, so as to give as much force as possible to water. (Stretch fabric over bowl or pan.) If stains are old and already laundered, use lemon juice and salt or chloride of lime—hang in sun.

Egg Stains: Soak fabric in cold water and afterwards wash in soap and hot water. If fabric is non-washable, use alcohol or chloroform.

Acid: To bring back the original color sponge with ammonia (as vinegar or lemon) and water following with chloroform.

Stains on Hands: A weak solution of oxalic acid will be found helpful. A bottle of this should be kept ready for use.

Medicines: Wash in alcohol.

Grass Stain: Use soap and water, bleaching solution, alcohol, tartaric acid, cream of tartar or salts of lemon.

Blood: Cold water and soap or starch juices.

Ink: Wash in milk, changing milk as it gets discolored will help remove ink.

Iodine-Mercurochrome: Use alcohol, ammonia; soap and water.

Paint: Warm vinegar is helpful in removing old stains. Alcohol, turpentine, chloroform or carbon tetrachloride is useful in removing fresh stains.

Mildew: Cold water, if stains are fresh—otherwise, bleaching agent or potassium permanganate.



COOKING 'ROUND THE WORLD



LOCAL RECIPES



We have taken you on a gastronomical tour of the United States and much of the rest of the world. We come now to our own locality, which we honestly believe has cooks the equal or better than those anywhere else. In the following pages you will find signed recipes by many of the better cooks of our own community.

WRITE IN RECIPES

FROZEN CRANBERRY RIBBON LOAF -

Mrs. W. W. Lyles

1 can jellied cranberry sauce 1/4 c. powdered sugar
3/4 c. ground apples 1 tsp. vanilla
1/2 pint heavy cream 2/3 c. chopped nuts
whipped

Crush jellied cranberry sauce with a fork. Add ground apple and pour into refrigerator tray. Combine whipped cream, sugar, vanilla and nutmeats. Spoon whipped cream mixture over cranberry layer and freeze until firm. Slice to serve. Serves six to eight. This can be served as a salad or dessert.

SPANISH MEAT BALLS AND SPAGHETTI -

Lola Mae Jones

1/2 lb. ground beef 1 tsp. salt
1 small chopped onion 1/2 c. catsup
1 small chopped green Dash hot sauce
pepper 1 box spaghetti
1/2 c. chopped celery 1 tsp. salt
1 egg well beaten 2 qts. boiling water
1 c. bread crumbs

Mix all except last 2 ingredients. Shape into balls put in greased pan and bake 30 minutes. Put spaghetti and salt in boiling water, cook about 12 minutes, or until tender. Drain, and pour over meat balls.

POTATO SALAD - Mrs. J. M. Barber

4 medium potatoes quartered
2 c. hot water 1/4 c. green pepper
1 tsp. salt 1 pimento
1 tsp. prepared mustard 1 ripe tomato
3 Tbsp. mayonnaise 1 hard cooked egg
1 small onion 1/8 tsp. black pepper
1/2 c. celery

Cook potatoes with water and salt until well done. Mash until fluffy. Add mustard and mayonnaise. Chop other ingredients and fold in. Sprinkle with black pepper.

COCOANUT CREAM PIE - Mrs. Bernard Neal

1/2 c. sugar 1 1/2 c. scalded milk
5 Tbsp. flour 3 egg yolks (Cont'd.)

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1/8 tsp. salt

1/4 c. cold milk

1 tsp. vanilla

1 c. shredded cocoanut

Blend sugar, flour and salt with the cold milk. Add scalded milk while stirring, and stir constantly. Cook on low heat until thick. Add beaten egg yolks, then cook two minutes longer. Remove from fire, and add vanilla and cocoanut. Let cool. Pour into a previously baked pie shell. Cover top with meringue and brown.

CARAMEL ICING - Mary Goad

2 c. brown sugar

3 Tbsp. cream

1/2 c. water

1 tsp. vanilla

1 tsp. vinegar

2 Tbsp. butter

Cook first 3 ingredients until it threads. Remove from heat. Add vanilla, cream, and butter. Beat until thick enough to spread. If it gets too thick add a little more cream.

BROWN SUGAR COOKIES - Mrs. Marvin Bright

1/2 c. shortening

1/2 tsp. soda

1 c. brown sugar

1 tsp. baking powder

1 Tbsp. corn syrup

1/2 tsp. nutmeg

1 egg

1/2 tsp. vanilla

1 3/4 c. flour

1/2 c. sour milk

1/4 tsp. salt

Cream shortening, sugar and syrup. Add beaten egg and beat until light. Beat in vanilla and milk. Add sifted dry ingredients, and beat until smooth. Drop on greased cookie sheet. Bake until brown (about 10 minutes) at 400°.

FROZEN FRUIT SALAD - Mrs. Bernard Neal

1 large bag marshmallows

1 large can fruit cocktail drained

6 bananas

1 pkg. Philadelphia cream cheese

2 or 3 Tbsp. mayonnaise

Mash cheese, add marshmallows quartered, drained fruit cocktail. Cut bananas into small pieces and add. Add enough mayonnaise to mix well. Pour into ice trays and freeze.

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CHILI BEANS - Mrs. W. M. McCoy

1/2 lb. hamburger	1 bowl left-over beans
1 medium onion sliced	1 pt. can tomato juice
2 Tbsp. fat	1 tsp. chili powder (or
1/2 tsp. salt	more if desired)

Fry hamburger and onion in fat. Add salt and other ingredients. Simmer about 15 minutes.

PUMPKIN PIE - Mrs. J. O. Wimbish

2 c. pumpkin	1 1/2 tsp. cinnamon
3/4 c. white sugar	1/2 tsp. allspice and
1/2 c. brown sugar firmly	cloves and nutmeg,
packed	mixed
2 eggs	1 c. evaporated milk
1 tsp. salt	3/4 c. sweet milk
3/4 tsp. ginger	

Mix together pumpkin, sugar, eggs, salt and spices. Add milk gradually to keep mixture smooth. Pour into unbaked pie shell and bake at 450° 10 or 15 minutes. Reduce heat to 325° and bake from 45 minutes to one hour, or until firm. Makes two 8 inch pies.

MOTHER'S OLD FASHIONED SOLID CAKE -

Mrs. W. M. McCoy

1/2 lb. butter	1/4 tsp. salt
2 c. sugar	1/4 tsp. soda
4 to 6 eggs	3 c. flour
1 c. buttermilk	(Flavoring if desired)

Cream butter and sugar, add eggs and beat. Add half the milk and beat 1 minute. Stir soda into balance of milk, add to mixture and beat. Sift flour and salt twice add to batter and beat 1 minute. Grease and flour pan, pour in batter, cook in 325° oven one hour.

SOUR CUCUMBER PICKLES - Mrs. Mittie McMillon

1/2 gal. can cucumbers	1 small pod hot pepper
2 c. vinegar	Hot water
2 Tbsp. salt	

Pack cucumbers in jar. Add vinegar, salt and pepper. Fill with hot water and seal.

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PUMPKIN PIE - Mrs. Frank Lawrence

1 1/2 c. pumpkin	1/4 tsp. nutmeg
1 c. milk	1/4 tsp. cinnamon
1 c. sugar	2 eggs slightly beaten
1/4 tsp. salt	1 Tbsp. butter

Combine ingredients. Mix thoroughly. Pour into unbaked pie shell. Bake about 45 minutes in 425° oven. Serve with whipped cream.

LIGHT BREAD - Mrs. Lora Chapman

2 yeast cakes	1/3 c. shortening
2 1/2 c. milk	1 1/2 tsp. salt
2 1/2 c. water	12 or more cups flour
1/4 c. sugar	

Dissolve yeast in 1/2 c. milk, scald milk and cool until lukewarm. Add water, dissolved yeast, sugar and shortening. Allow to rise 1/2 hour. Then add salt and remaining flour. Knead 3 minutes. Cover in warm place. Let rise until double in bulk. Mold and let rise. Then bake.

COOKIES - Mrs. Lora Chapman

1 c. nuts	4 c. flour
1 c. white sugar	6 tsp. warm water
1 c. brown sugar	1 tsp. soda dissolved in water
1/2 lb. butter	2 eggs

Mix sugar, butter and eggs. Then add water and soda. Add flour and nuts. Knead into a dough, then make long roll. Chill in refrigerator. Cut in thin slices and bake.

CHOCOLATE FUDGE - Mrs. Otis Moore

2 c. sugar	2 Tbsp. butter
3 Tbsp. cocoa	1 tsp. vanilla
2/3 c. milk	Few grains salt

Sift together sugar, cocoa and salt. Add milk and butter. Mix well but do not stir. Put on stove, cover until boiling begins. Do not stir. Cook to soft ball stage. Remove from fire and cool to room temperature, before beginning to beat. Beat well, and when thick pour into greased pan and cut into squares. Nuts may be added before cooling if desired.

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CHICKEN SALAD - Mrs. J. C. McCoy

2 c. diced chicken	1/3 c. chopped nuts
2 hard boiled eggs, chopped	1/3 c. chopped celery
	1/2 c. mayonnaise
1/3 c. chopped sweet pickle	

Toss lightly together. Serve on lettuce, or between toasted bread.

SALMON LOAF - Mrs. T. D. Roberts

2 c. flaked salmon	2 tsp. grated onion
3 Tbsp. liquid	1/3 c. milk
1 1/2 c. bread crumbs	1/2 tsp. salt
1 unbeaten egg	1/8 tsp. pepper

Mix well. Pack into loaf pan which has been greased and floured. Bake in 350° oven 35 minutes. Loosen from sides of pan. Let stand 5 minutes, then remove. Garnish with boiled egg slices.

MINCEMEAT CHIFFON PIE - Mrs. George Andrews

1 baked 9" pie shell	2 Tbsp. sugar
1 pkg. mincemeat	2 egg yolks beaten
2 1/2 c. boiling water	1 Tbsp. plain gelatin
2 Tbsp. lemon juice	1/4 c. cold water
	2 egg whites, stiffly beaten

Break mincemeat in small pieces in top of double boiler. Add boiling water. Bring to boil over heat and cook 30 minutes stirring constantly. Cool slightly. Add lemon juice and sugar. Add egg yolks. Cook 5 minutes over boiling water. Soften gelatin in cold water. Add to hot mixture, stir until gelatin is well blended. Cool. Fold in stiffly beaten egg whites. Turn into the baked pie shell and chill.

HOUSEHOLD HINT - Mrs. R. M. Hodgin

If you forget the cake you have in the oven and the edges burn, run a vegetable grater lightly over the burned edges. It will remove all trace of burn.

SUBSTITUTE FOR WHIPPED CREAM -

1 egg white	Mrs. George Andrews
1 grated apple	1/2 c. sugar

Break egg in bowl, add grated apple and sugar and beat until fluffy.

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MEAT LOAF - Mrs. R. G. Carpenter

1 lb. ground beef	1 c. warm water
1/2 lb. ground pork	1 beaten egg
1/2 lb. ground veal	1/2 chopped green pepper
1 tsp. salt	1/2 chopped onion
1/8 tsp. black pepper	1 chopped pimento
1/8 tsp. sage	1/4 c. chopped celery
1 c. corn flakes or rolled oats	1 c. hot water

Work salt and pepper into meat, add sage. Soften cereal with water and add to meat. Add egg, pepper, onion, pimento and celery. Cook in leaf pan 1 hour in 400° oven. When half done pour 1 c. hot water over it and continue cooking.

COCOANUT PIE - Mrs. T. D. Roberts

2 eggs	1 c. hot water
4 Tbsp. sugar	1 pinch salt
3 Tbsp. cornstarch or flour	1 lump butter size of walnut
	1/2 c. cocoanut

Beat egg yolks, add sugar and flour. Beat in hot water add salt and butter. Cook until thick. Add cocoanut and pour into baked pie shell. Use egg whites beaten stiff with 2 Tbsp. granulated sugar for meringue. Brown in hot oven.

FRUIT COOKIES - Mrs. George Andrews

1 c. butter	1 pkg. figs
2 c. sugar	1 box raisins
1 c. sweet milk	1/4 c. citron
2 1/2 c. flour	1 c. cherries
4 eggs	1 c. nuts
2 tsp. baking powder	

Cream butter and sugar, add eggs and milk. Sift baking powder into flour and fold in. Add remaining ingredients. Drop by teaspoon on baking sheet. Bake 20 to 25 minutes in moderate oven.

BOILED FROSTING - Mrs. J. O. Wimbish

1 1/2 c. sugar	1 egg white
2/3 c. water	1/2 tsp. vanilla
1/4 tsp. cream of tartar	

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Dissolve sugar in water over low heat, stirring and keeping crystals of sugar wiped down from sides of pan. Boil without stirring until it spins a thread. Beat egg whites until stiff then add cream of tartar. Pour syrup over egg whites beating constantly until thick. Makes enough icing for 2 layers. Good to use with cocoanut.

THOUSAND ISLAND DRESSING -

Mrs. Claudia Smitherman

1/2 c. stuffed olives	1/2 c. chili sauce
1 hard cooked egg chopped	1 Tbsp. prepared mustard
2 spears chives chopped	
2 sprigs parsley chopped	2 c. mayonnaise

Mix above ingredients until blended.

HOUSEHOLD HINT -- Mrs. R. M. Hodgin

When you need an ice pack for small bruise or inflamed area where an ice bag is too large, slip an ice cube into a plastic bowl cover, twist top and secure it with a rubber band. This is very helpful in treating bumps and bruises children manage to get.

HOT FUDGE PUDDING - Mrs. Otis Moore

1 c. sifted flour	1/2 c. milk
3/4 c. sugar	2 Tbsp. melted shortening
2 Tbsp. cocoa	1 c. brown sugar
2 tsp. baking powder	4 Tbsp. cocoa
1/4 tsp. salt	1 c. chopped nuts (if desired)

Mix and sift together first 5 ingredients. Stir in next two ingredients and mix until smooth. Add nuts. Turn out into greased floured pan. Sprinkle with mixture of brown sugar and cocoa. Then pour over entire batter 1 3/4 c. hot water. Bake 40 to 45 minutes in 350° oven. Serve with plain or whipped cream.

COTTAGE CHEESE DRESSING - Mrs. Claudia

Smitherman

1/2 c. cottage cheese	8 small pickles or olives
1/2 tsp. salt	
1/2 tsp. paprika	2 Tbsp. lemon juice
	3 Tbsp. mayonnaise

Beat until well blended. Serve with salad greens.

1958-7

BUTTER PECAN ROLLS - Mrs. R. M. Hodgkin

6 Tbsp. butter or margarine
1 c. brown sugar
1 egg, well beaten
1/4 tsp. salt

6 Tbsp. flour
1 c. chopped pecans

Cream butter with sugar. Add next three ingredients, beat and add next two. Drop by teaspoons 2 to 3 inches apart on greased cookie sheet. Bake 7 minutes in 350° oven. Let cool, loosen, and curl each around your finger while still soft. Bake in small batches so you will have time to roll while still soft.

VEGETABLE SALAD - Mrs. George Andrews

1 pkg. lemon or lime jello
1 pint hot water
4 tsp. vinegar
1/4 tsp. salt
1 c. shredded cabbage

1 small can crushed pineapple
1 small bottle olives
2 carrots grated
1 c. white raisins
1 c. celery

Dissolve jello in hot water, add vinegar and salt. Chill until slightly thick. Add remaining ingredients to cabbage and fold into jello. Serve topped with mayonnaise.

PEANUT BUTTER BROWNIES -

Mrs. R. M. Hodgkin

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

1/4 c. peanut butter
1 c. sugar
2 eggs well beaten
2 sqs. melted unsweetened chocolate
3/4 c. chopped nuts

Stir together first 3 ingredients. Work shortening and peanut butter together until creamy. Add sugar gradually. Add eggs and chocolate. Stir into dry ingredients, turn into baking pan 8x8x2, bake in 350° oven 30 to 33 minutes. Cut into 2" squares and sprinkle with powdered sugar.

BAKED BEANS - Mrs. G. L. Caraway, Sr.

2 lbs. white beans
4 Tbsp. molasses
1 lb. salt pork
2 tsp. salt

1 c. catsup
2 medium onions
4 tsp. prepared mustard

1958-8

(Cont'd.)

Cover beans with cold water and soak overnight. Next morning add pork and cook over low heat until just tender. Put in casserole with bacon and add other ingredients. Cover and bake at 300° from 3 to 4 hours. If necessary add more liquid during baking.

PINEAPPLE-CHEESE SALAD - Mrs. G. L. Caraway, Sr.

1 envelope unflavored gelatin
1/4 c. cold water
1/2 c. hot water
1 c. crushed pineapple (canned)
1 Tbsp. sugar

2 Tbsp. lemon juice
1/4 tsp. salt
2/3 c. grated American cheese
1/2 c. cream whipped

Soften gelatin in cold water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and pineapple. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze and when it begins to stiffen, beat in cheese and whipped cream. Turn into molds that have been rinsed in cold water and chill. When firm unmold on lettuce and serve with mayonnaise. (The molds may be rubbed with salad oil instead of being rinsed in cold water).

PEPPER RELISH - Mrs. W. W. Lyles

24 sweet peppers-green
24 sweet peppers-red
24 sweet red apples
9 onions
2 qts. vinegar

2 c. sugar
2 tsp. white pepper
2 tsp. salt
2 bunches celery

Chop all the ingredients and mix with the seasonings. Boil 30 minutes. Seal while hot.

COLD CUCUMBER PICKLES - Mrs. W. W. Lyles

1 gal. vinegar
1 c. salt

2 c. brown sugar
1/2 c. mixed pickling spices

Mix all ingredients and stir well. Add cucumbers washed as they are gathered. Keep weighted down as they will not stay down. These are not to be sealed but kept in an earthen jar.

1958-9

APPLE SAUCE CAKE - Mrs. T. D. Roberts

2 beaten eggs
1/2 c. shortening
1 1/2 c. sugar
1 c. applesauce
1/4 tsp. baking powder

Mrs. Lola Jones
1/2 tsp. soda
1 tsp. cinnamon
1/2 tsp. cloves
2 c. flour
1 c. chopped seeded raisins

Cream sugar and shortening, and add eggs. Beat well. Add dry ingredients, beat smooth, and fold in raisins. Bake in wax paper-lined greased pans 45 minutes in 350° oven. Makes 2 large layers. Let cool, and frost with following frosting:

CREAMY NUT FROSTING:

2 1/2 Tbsp. flour
1/2 c. milk
1/2 c. shortening (half butter)
1/2 c. granulated sugar

1/4 tsp. salt
1/2 tsp. vanilla
1/2 c. chopped nuts
1 c. confectioners sugar

Blend flour and milk, cook to thick paste stirring constantly. Cool to lukewarm. Cream shortening with sugar, add salt and add to lukewarm paste. Beat with egg beater until fluffy, add vanilla and nuts. Use 1/3 on top of first layer. Add confectioners sugar to balance and ice top and sides.

ONE-TWO-THREE-FOUR CAKE -

1 c. butter
2 c. sugar
3 c. flour
4 eggs

Mrs. Frank Lawrence
3 tsp. baking powder
1/4 tsp. salt
1 c. cold water
1 tsp. vanilla

Cream egg yolks, sugar and butter together. Add water and sift in dry ingredients. Beat smooth, add vanilla, fold in stiffly beaten egg whites. Bake in tube or loaf pan about one hour in 325° oven.

CHOCOLATE CUP CAKES - Mrs. J. O. Wimbish

1 egg
1/2 c. cocoa
1/2 c. shortening
1 1/2 c. flour
1/8 tsp. salt

1/2 c. sour milk
1 tsp. vanilla
1 tsp. soda
1 c. sugar
1/2 c. hot water

1958-10

(Cont'd.)

Pour into bowl in order given. Do not mix until all ingredients are in bowl, then beat well. Bake in moderate oven 375° in paper baking cups until done about 20 minutes.

BANANA BREAD - Mrs. T. D. Roberts

2 eggs
1/2 c. shortening
1 c. sugar
2 c. flour

3 bananas
1 tsp. soda
1 pinch salt
1/2 c. nutmeats

Mash bananas until light. Cream shortening, sugar, add eggs one at a time, beating after each addition. Add dry ingredients, mix well, fold in bananas, add nuts. Pour into well greased and floured loaf pan and bake about 45 minutes in 350° oven.

CHERRY TARTS - Mrs. Mittie McMillon

1/2 c. sugar
4 Tbsp. cornstarch
1/4 tsp. salt

1/2 c. red label Karo
3 c. sour cherries
1/4 tsp. almond extract

Combine sugar, cornstarch and salt in top double boiler. Add Karo, then cherries. Cook over boiling water stirring constantly until thick. Cover and cook about 20 minutes. Remove from heat, add almond extract, pour into baked tart shells, and top with whipped cream.

FRUIT PUNCH - Mrs. W. M. McCoy

4 tea bags or 4 Tbsp. tea
1 qt. boiling water
Juice of 3 lemons
1 can pineapple juice

1 can orange juice
1/2 tsp. red food color
Sweeten to taste

Pour water over tea, steep 5 minutes or slightly longer. Add other ingredients. Pour over ice cubes when ready to serve.

YELLOW LAYER CAKE - Mrs. Claudia Smitherman

2 eggs
2 c. flour
1 1/3 c. sugar
1/2 c. crisco
1 tsp. salt

2/3 c. milk and another 1/3 c.
1 tsp. vanilla
3 tsp. baking powder

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(Cont'd.)

Stir by hand or with mixer two minutes, the flour, sugar, crisco, salt and $\frac{2}{3}$ c. milk. Add eggs, baking powder, another $\frac{1}{3}$ c. milk and vanilla. Blend two minutes. Bake in two 9" layer pans 350° for 25 to 30 minutes.

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