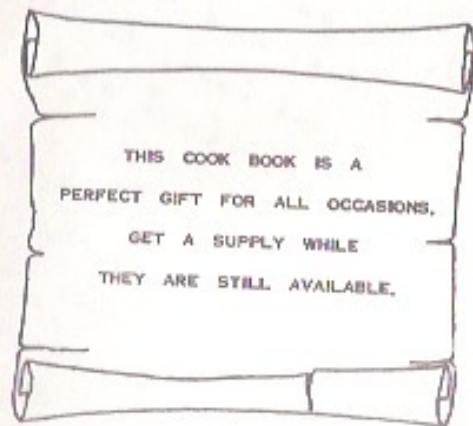


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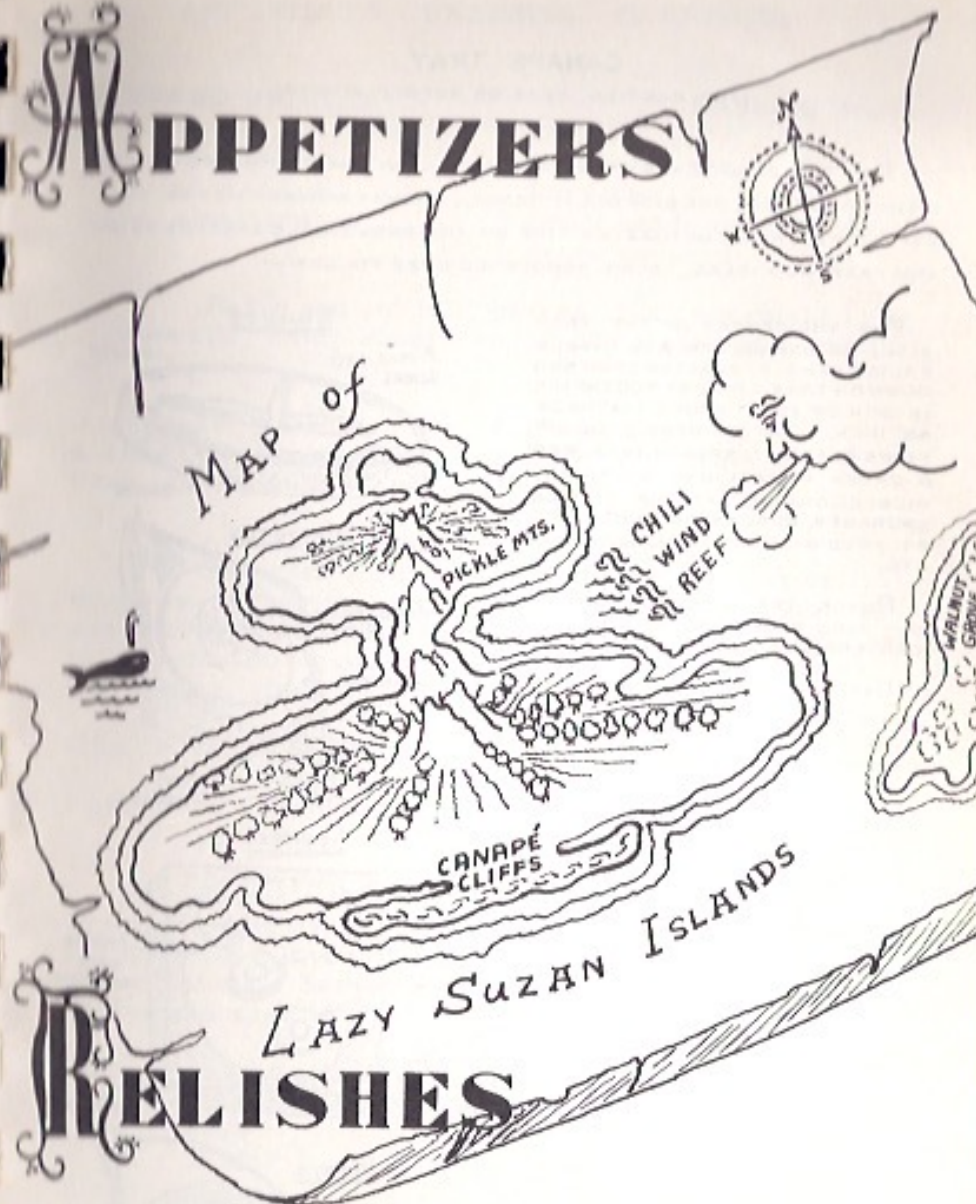


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APPETIZERS



RELISHES

GARNISHES

CANAPE TRAY

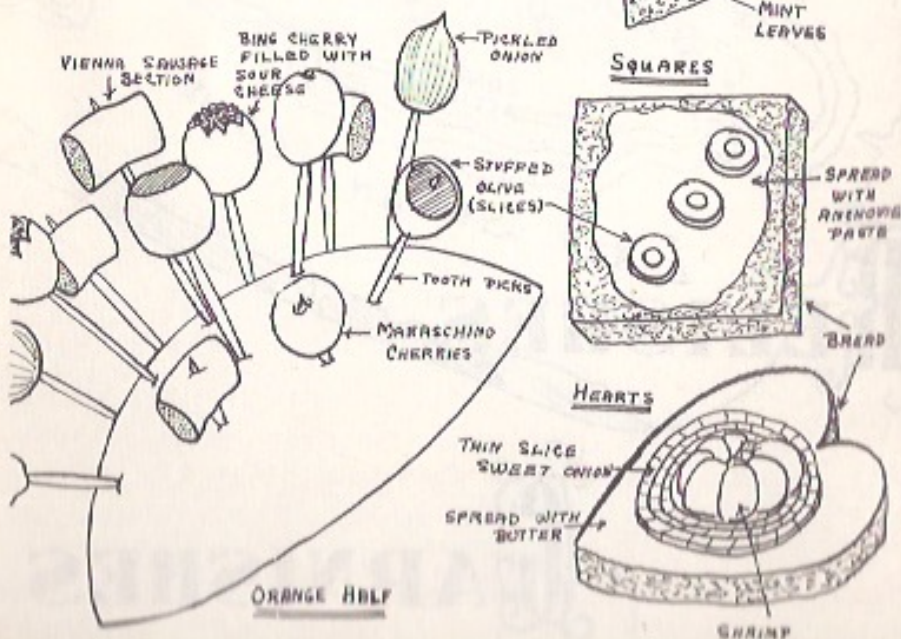
(FOR PARTIES, TEAS OR BEFORE DINNER)

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

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

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

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



APPETIZERS - RELISHES - GARNISHES

MUSTARD PICKLES

Madonna Boody

1 qt. small cukes
1 qt. large cukes
2 qts. small onions

3 qts. med. green tomatoes
3 small heads cauliflower
6 green peppers

Halve and cut in 1" pieces. Soak overnight in 1/2 c. salt. Drain about 1 hour. Meanwhile mix together:

3 c. sugar
4 Tbsp. dry mustard
1 tsp. celery salt

4 Tbsp. flour
1/2 Tbsp. turmeric

Add slowly 3 pints of hot vinegar.

Stir until smooth. Cook in double boiler until it thickens. Place vegetables in large kettle and pour the sauce over them. Simmer very slowly being careful not to scorch. Stir quite often. Cook until all vegetables are tender, about 45 minutes.

GREEN TOMATO PICKLES

Polly Moody

1 pk. (or 12 1/2 lb.) green tomatoes, sliced day before pickling

Sprinkle them through with salt (not too heavy) in the morning drain. Take 1 doz. onions, sliced, and put in kettle a layer of sliced tomatoes, then a layer of sliced onions. Between layers sprinkle the following spices and sugar:

1 Tbsp. ground allspice
1 Tbsp. cinnamon
1 tsp. cloves

2 c. sugar
1 c. brown sugar

Add:

6 red peppers

1 qt. vinegar

Boil mixture until tender. Put in hot jars and seal.

HOT DOG RELISH

(Makes 8 pints)

Selma Cilley

1 medium head of cabbage (4 cups)

10/62

-1-

Lincolnton, Maine

HOT DOG RELISH (Continued)

4 c. ground onions	10 green tomatoes (4 c.)
12 green peppers)	1/2 c. salt
6 sweet red peppers)	6 c. sugar
Part hot gives	1 Tbsp. celery seed
more zip	2 Tbsp. mustard seed
1/2 tsp. turmeric	4 c. cider vinegar
	2 c. water

Grind vegetables, using coarse blade. Sprinkle with 1/2 cup salt; let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetable mixture. Heat to boiling. Simmer 3 minutes. Seal in hot sterilized jars.

UNCOOKED RELISH

Polly Moody

2 medium cabbage	12 medium onions
8 med. size carrots	4 large sweet peppers

Chop all together, add 1/2 cup salt. Let stand 2 hours and drain, squeeze well. Add:

6 c. sugar	3 pts. vinegar
1 Tbsp. celery seed	

I use a small amount of red peppers. Stir well. Makes 5 to 6 quarts. Seal in sterilized jars.

GARDEN RELISH

Mildred Morris

6 ears corn	2 c. sugar
6 green peppers	1 pt. vinegar
4 red peppers	2 Tbsp. salt
2 qts. tomatoes	2 tsp. mustard
(half ripe)	1 tsp. turmeric
1 pt. cucumbers	4 large onions

Put all vegetables through the meat grinder (except corn). Add corn as it is cut off the cob. Add other ingredients and simmer until relish is fairly thick in consistency. Put in sterilized jars and seal.

CHRISTMAS PICKLES

Miss Ruth Thurlow

10 large ripe cucumbers (about 14 c. cubed)	1/2 c. salt
	3 large sweet green peppers

-2- Lincolnville, Maine

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CHRISTMAS PICKLES (Continued)

- | | |
|---------------------------|--------------------|
| 3 large sweet red peppers | 1 bunch celery |
| 5 c. sugar | 2 large onions |
| 2 tsp. mustard seed | 4 c. cider vinegar |
| | 1 c. water |

Pare the cucumbers and remove seeds, cut in cubes and sprinkle with the salt. Allow to stand overnight. In the morning drain well, rinse with cold water and drain. Remove seeds from peppers and cut in thin strips. Cut celery in thin slices and chop onions. Combine these vegetables with drained cucumbers. Combine sugar, vinegar, mustard seed and water in a kettle and bring to a boil. Add vegetables and cook until transparent - do not overcook. Seal in sterilized jars.

Makes about 8 pints.

PICKLED BEETS

Jackie Reed

- | | |
|--|------------------------|
| 4 qts. small beets or sliced or quartered larger beets | 1 Tbsp. whole allspice |
| 2 c. sugar | 3 1/2 c. vinegar |
| | 1 1/2 c. water |
| | 1 stick cinnamon |

Cook and peel beets. Combine the sugar, vinegar, spices and water in a large kettle, add the beets, and simmer 15 minutes. Pack the beets into clean hot jars, cover with boiling hot mixture and seal.

Yield: 6 pints.

SPICED ORANGE SLICES

Mrs. H. S. Demarest

- | | |
|----------------------------|----------------------|
| 5 lb. (12) large oranges | 1 pt. vinegar |
| 8 1/2 c. (3 1/2 lb.) sugar | 2 sticks cinnamon |
| | 1 Tbsp. whole cloves |

Cut oranges into 1/4 inch slices; simmer, covered, in water, for about 1/2 hour or until tender. Boil sugar, vinegar and spices 5 minutes; add orange slices about half at a time; cook, covered, for about 1/2 hour, carefully removing slices when clear. Cover slices with syrup and allow to stand overnight, then drain and cook syrup until thick. Add orange slices, heat to boiling point, and carefully transfer to clean hot jars. Seal.

Makes 3 1/2 quarts.

BREAD AND BUTTER PICKLES

Ruth A. Pottle

25 to 30 medium sized cucumbers	5 c. cider vinegar
8 large white onions	5 c. sugar (2 1/2 lb.)
2 large sweet peppers (optional)	2 Tbsp. mustard seed
1/2 c. salt	1 tsp. turmeric
	1/2 tsp. cloves

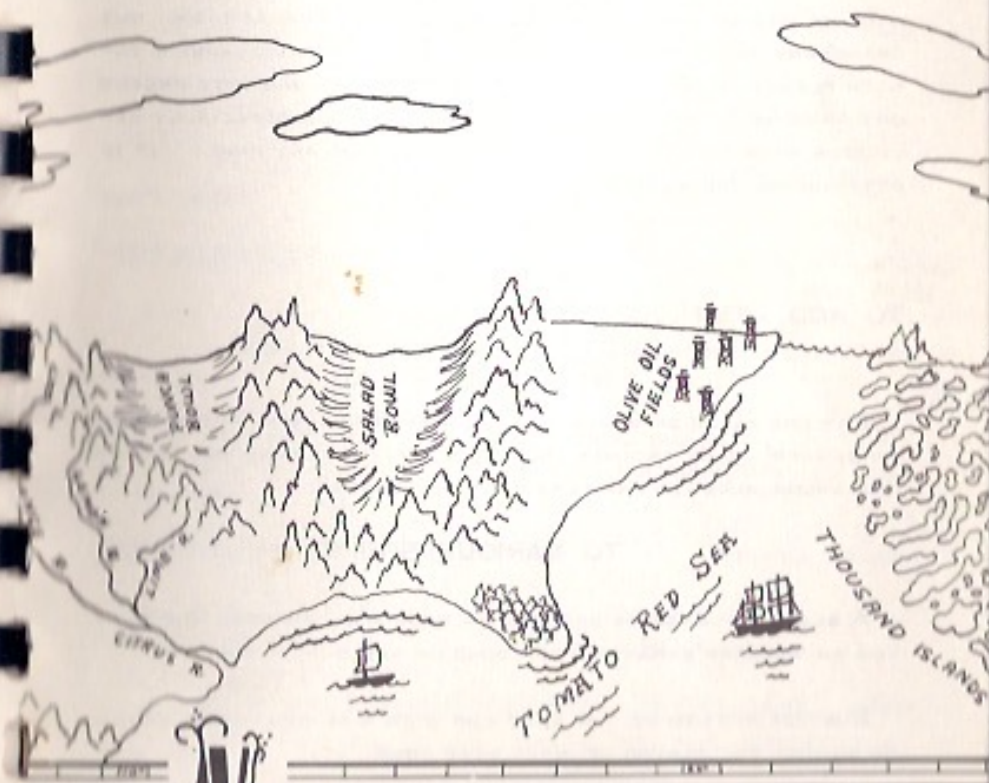
Wash cukes and slice as thin as possible. Slice or chop onions and peppers; combine with cukes and salt. Let stand 3 hours and drain.

Combine vinegar, sugar and spices in large kettle, bring to boil. Add drained cukes; heat thoroughly but do not boil.

Pack while hot into sterilized jars and seal.

Write Extra Recipes Here:

SOUPS SALADS



VEGETABLES

SPECIAL SALAD

(GOOD AT THANKSGIVING OR CHRISTMASTIME)

HEAD CRISP, CHILLED LETTUCE
CAN CRANBERRY SAUCE, CHILLED

1 PACKAGE BLACK WALNUTS
MAYONNAISE



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

TO ADD ZEST ...

TO SHRIMP SALAD

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

TO VARIOUS SOUPS

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

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

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

SOUPS - SALADS - VEGETABLES

A GOOD SALAD

Margaret Robbins

1 pkg. orange jello
1 c. pineapple

1 or 2 carrots, grated fine

Use the pineapple juice in place of water.

LIME AND LEMON FRUIT SALAD JELLO

Trixie Combs

1 pkg. lime jello
1 pkg. lemon jello
Dissolve in:
1 c. hot water - add:
1 c. cold water
1 c. small curd
cottage cheese

1 #2 can crushed pine-
apple, drained
1 c. nuts (pecans)
2 Tbsp. horseradish
(prepared)
1/2 c. Kraft Miracle Whip
mayonnaise

Mix all together, put in 7x9" pyrex dish and chill.

Pineapple juice (1 cup) may be used for 1 cup of cold water.

"DIFFERENT" CUCUMBERS

Suzanne M. Tillman
Pitcher Pond

Slice cucumbers (3 medium) and marinate one hour in:

2/3 c. vinegar
1/3 c. sugar
1 tsp. salt

1/4 tsp. pepper
1/4 c. diced onion

HOMEMADE SALAD DRESSING

Elmyra Thomas

1 tsp. dry mustard
1/2 tsp. salt

1 1/2 Tbsp. flour
1 1/2 Tbsp. sugar

Mix ingredients together. Mix in 1 egg. Add:

3/4 c. milk

1/2 c. vinegar

Add gradually 1 tsp. butter - add just before cooking.

Bring to boil, stirring constantly, and boil for about 1 minute.

VEGETABLE CHEESE SALAD

Miss Ruth Thurlow

- | | |
|------------------------------|---|
| 2 c. canned peas,
drained | 2 c. cheese, diced (I use
the process loaf cheese) |
| 1 c. celery, diced | 2 Tbsp. onion, minced |
| 1 c. cabbage,
shredded | 2 Tbsp. salad dressing |
| | Salt and pepper to taste |

Prepare vegetables, dice the cheese, toss all together in a bowl with silver forks and serve at once.

PINEAPPLE SALAD

Jane Holloway

- | | |
|----------------------|----------------------------------|
| 2 pkgs. lemon jello | 1 can walnuts |
| 2 c. hot water | 1 large can crushed
pineapple |
| 2 pkgs. cream cheese | 1 can pimento |
| 1/2 tsp. salt | 2 c. heavy cream, whipped |
| 1 bunch celery | |

Dissolve jello and add cream cheese. Beat with beater the jello and cheese. Then add salt, celery, cut up in small pieces, walnuts, chopped, crushed pineapple and pimento cut up in small pieces. Last fold in the 2 c. of whipped cream.

FRENCH FRUIT SALAD DRESSING

Almira Young

- | | |
|------------------------|----------------------|
| 3/4 c. pineapple juice | 3 Tbsp. water |
| 1/4 c. lemon juice | Pinch salt |
| 1/3 c. sugar | 1/2 c. whipped cream |

Beat eggs, sugar and liquids and cook over hot water until mixture thickens to coat spoon. Cool; add stiffly beaten cream.

MEAT BALL STEW EN CASSEROLE

Madonna Boody

- | | |
|---|-------------------------------|
| 2 lb. potatoes, peeled
and halved | 3/4 tsp. dried sage |
| 1 1/2 lb. white onions | 2 1/2 tsp. salt |
| 1 bunch small carrots,
halved lengthwise | 3/4 tsp. Worcestershire sauce |
| 1 pkg. frozen peas,
thawed | 2/3 c. milk |
| 1 1/2 lb. hamburger | 1/3 c. salad oil |
| 1 egg | 1 can mushroom soup |
| 1 c. day old bread | 3/4 tsp. nutmeg |
| | 3/4 tsp. gravy coloring |
| | 3/4 tsp. onion salt |

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MEAT BALL STEW EN CASSEROLE (Continued)

In large saucepan, place onions, carrots, then potatoes. Cook in water, covered, for 20 minutes or until tender - crisp. Top with peas, cover and turn off heat.

Meanwhile with fork, mix hamburger with egg, bread crumbs, sage, salt, milk and Worcestershire. Drop by teaspoonfuls into hot oil in skillet, brown quickly on all sides. Remove from heat and take meat out, heat soup, nutmeg, gravy, coloring and onion salt in same skillet, stirring constantly.

Preheat oven to 400 degrees. Arrange peas, carrots, onions and meat in casserole. Pour in sauce near edge of casserole. Mash and season potatoes, arrange in mounds around edge, brush with milk. Bake 35 minutes or until browned and bubbly.

MAINE-CHICKEN STEW

Pauline Davis

2 3 1/2 to 4 lb.

chickens

6 potatoes, sliced

3 onions, sliced

Cold water

1 c. thin cream or

rich milk

Salt and pepper

Minced parsley

2 Tbsp. butter

6 to 8 common crackers

Cut chicken for stewing. In an iron kettle place alternate layers of chicken, slices of potato and thinly sliced onions, cover with cold water. Simmer gently until chicken is tender. Add butter in small bits and cream or milk. Season with salt and pepper and minced parsley. Split crackers, moisten in cold milk and reheat in stew. Serves 8.

GARDEN SPECIAL

Mary Libby

4 qt. ripe tomatoes

1 qt. celery

1 qt. onions

1 qt. water

6 sweet peppers

(either red or green)

3 tsp. salt

2 Tbsp. sugar

Chop tomatoes, celery, onions and peppers together and combine with water, sugar and salt. Bring to a boil. Pack in hot jars, process 30 minutes. Hot water bath.

This can be used as a Veg-all but I use it over macaroni or in my basic sauce for Italian spaghetti.

-7- Lincolnville, Maine

Write Extra Recipes Here:

MEAT

FISH

POULTRY



WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison	1 clove garlic
1/4 c. fat	1 c. diced carrots
1 c. diced celery	2 c. water
1/2 c. minced onion	1 tsp. salt
1 bay leaf	4 Tbsp. flour
4 Tbsp. butter	1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine	2 Tbsp. butter
1/2 c. sweet or sour cream	2 Tbsp. flour
1 c. chopped mushrooms	

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes.

MEAT - FISH - POULTRY

MEAT LOAF

Mildred Morris

1 lb. ground chuck	1 c. seasoned stuffing
1/2 pkg. onion soup	crumbs
mix	1 egg
	Milk to moisten

Combine ingredients and bake in loaf pan about 1 hour at 350 degrees.

BARBECUED HAMBURGER

Gerene Hunt

1 1/2 lb. hamburger

Make into patties. Fry until about half cooked. While these are cooking make sauce of:

1 c. catsup	2 Tbsp. vinegar
4 Tbsp. Worcester-	1/4 c. sugar
shire sauce	

Pour over hamburgers, cover and simmer for 1/2 hour.

INDIAN MEAT LOAF

Nancy Hardy

4 c. corn flakes	1 Tbsp. chopped onion
2 eggs, slightly beaten	1/4 c. chopped parsley
1 c. cream style corn	2 tsp. salt
1 c. cooked tomatoes	1/8 tsp. pepper
1/4 c. chopped green	1/2 tsp. sage
pepper	1 tsp. Worcestershire
1 lb. ground beef	sauce
	1/2 lb. ground pork

Crush corn flakes into fine crumbs. Combine corn flakes crumbs with remaining ingredients; mix thoroughly. Spread in greased 9x9" pan. Bake in moderate oven 350 degrees, about 1 hour. Serves 9.

PORK CHOPS WITH TOMATO RICE

Doris Wentworth

4 thick pork chops	1 16 oz. can stewed
1/2 tsp. salt	tomatoes

PORK CHOPS WITH TOMATO RICE (Continued)

Pepper 1/2 c. water
1/2 c. uncooked rice

Cut off bits of fat from chops and heat in a heavy deep skillet until fat melts. Add chops and brown on both sides over moderate heat; season with salt and pepper. Add tomatoes and water, sprinkle in rice. Cover tightly and cook over very low heat 50 to 60 minutes or until the chops are tender. Add a little more water if necessary to prevent sticking. Serves 4.

LAMB CASSEROLE

Dot Collemer

1 1/2 lb. ground lamb 3 c. mashed potatoes
2 cans vegetable or 2 to 3 c. cooked peas
tomato soup Grated cheese

Fry lamb (not too brown). Add soup and season to taste. Place meat-soup mixture in 2 quart casserole. Add mashed potatoes in ring shape. Sprinkle potatoes with grated cheese. Place casserole in oven (425 degrees) 15 minutes or until potatoes start to brown. Remove from oven and fill center with hot cooked peas. Serves 4 to 6.

HAMBURG CASSEROLE

Virginia Wilbur

Place 4 or 5 thin slices of onion in bottom of well buttered casserole. Start with layer of cracker crumbs, next a layer of seasoned cooked tomatoes and then layer of seasoned cooked hamburger. (The hamburger should be crumbly.) Continue with the layers until dish is full. The top layer should be crumbs. Dot generously with butter. Bake until thoroughly heated and crumbs are brown.

HOT DOGS IN GRAVY

Jackie Reed

4 or 5 dogs 1 Tbsp. sugar (heaping)
1 c. Heinz ketchup 1 pinch salt
1/2 c. water 1 tsp. vinegar
2 Tbsp. flour (level) 1 tsp. prepared mustard

Cut dogs lengthwise, then cut in pieces. Mix ingredients above in saucepan and add dogs. Cook until the mixture thickens.

BEEF AND MUSHROOM ROLL

Margery Dunton

Place in heavy skillet;
1 lb. ground beef
Cook, stirring with a fork until brown. Add:

1 tsp. salt 1 5 3/4 oz. can mushroom
1/4 tsp. pepper steak sauce
1/4 tsp. dry mustard 1 small onion, minced
1/4 c. chopped sweet pickle (I use relish)

Blend well and simmer for 10 minutes; pour off any excess fat. Shake together until blended 2 Tbsp. of flour and 1/3 c. water. Add to meat and cook for 3 minutes until thickened, stirring constantly. Cool.

Make dough for pastry wrap.

Pastry Wrap:

Measure and sift together:
2 c. sifted flour 1 tsp. salt
2 tsp. baking powder 1/2 tsp. poultry seasoning
Cut in with pastry blender:
1/4 c. shortening 3/4 c. milk

Mix quickly and lightly. Turn dough out on a lightly floured board. Knead lightly 1/2 minute. Pat into a rectangle 12 inches long and 9 inches wide. Place meat on dough spreading to within 1/2 inch of all edges. Moist-en edges with cold water, roll up as for jelly roll and pinch edges together to seal in meat. Place roll in a lightly greased shallow pan and brush with milk. Bake in a hot oven, 425 degrees, for about 30 minutes. Cut in slices. Serves about 6.

STUFFED CABBAGE

Doris Wentworth

1 lb. hamburger 2 c. tomatoes
Salt and pepper 1 onion
1 small onion 2 Tbsp. vinegar
1/2 c. cooked rice 2 Tbsp. sugar
Cabbage leaves

Soak cabbage leaves in hot water a few minute to make them less brittle. Season the meat highly with salt and pepper, add onion and rice. Roll a portion of the meat mixture in a leaf. Place them in a kettle with the rest of the ingredients, add a little water and let simmer until cabbage is tender and well browned (about 3 hours).

SPAGHETTI AND PORK CHOPS Mrs. Clayton Parker

1/2 lb. spaghetti
3 pork chops
1 green pepper

1 bottle ketchup
1/2 onion

Cook spaghetti in salt water until done. Cut the chops in cubes and brown in pan. Add peppers and onions which have been cut small. When done add ketchup and simmer 15 or 20 minutes. Drain spaghetti and add to the sauce.

ISLAND CHICKEN

Trixie Combs

2 1/2 - 3 lb. chicken,
cut up
1 can pineapple chunks
1/4 lb. butter

2 Tbsp. brown sugar
1 tsp. ginger
1 8 oz. can tomato sauce
3/4 c. chicken broth

Brown chicken in butter on all sides and remove from pan. Combine all other ingredients and return to the pan with chicken. Salt and pepper to taste and simmer slowly 20 minutes, covered. Uncover and cook 25 minutes longer.

SCALLOPED CLAMS

Louise Engley

1 1/2 c. cracker crumbs
1 c. milk
2 eggs

2 cans minced clams
2 cans clam chowder
Salt and pepper
Butter

Bake 1 hour in slow oven. This makes a large dish.

SALMON WIGGLE

Margaret Robbins

Mix together:

1 can salmon
1 c. milk

1/2 c. cracker crumbs
1 egg, slightly beaten
Salt and pepper to taste

Bake 1/2 hour, turn out on a platter and pour the following sauce over it.

Cream Sauce:

2 Tbsp. melted butter
2 Tbsp. flour
Pepper

1/2 tsp. salt
1 c. milk

-12- Lincolnville, Maine

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MERCHANTS

LINCOLNVILLE, ME.

SALMON WIGGLE (Continued)

Stir flour into melted butter, add salt and pepper. Add milk and stir until thick. Add 1 c. cooked peas.

FISH TURBOT

Natalie Thomas

Serves 6.

1 to 1 1/2 lbs. haddock fillet

Cut in serving pieces and boil gently in salted water until tender. Drain. Place in casserole.

Meanwhile, melt 2 Tbsp. butter.

Add 1 bay leaf - leave whole.

Blend in:

1 1/2 Tbsp. cornstarch	1/2 tsp. salt
	1/8 tsp. pepper

Gradually add:

3 slices of onion	2 c. milk
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Heat to boiling over direct heat then boil gently 2 minutes, stirring constantly. Remove bay leaf and pour over fish. Sprinkle with corn flake crumbs. Bake 15 minutes at 375 degree oven.

SCALLOP CASSEROLE

Annie Miller

1 lb. scallops (cut in small pieces)	2 Tbsp. butter
	1 can mushroom soup
	3/4 lb. elbow macaroni

Cook scallops in butter for 5 minutes and salt lightly. Add mushroom soup which has been diluted with the milk. Combine with the cooked macaroni and put in casserole. Cover with buttered bread crumbs and bake until well browned and the mixture bubbles through.

TEXAS HASH

Janet Richards

2 large onions, sliced	3 Tbsp. shortening
2 green peppers, cut fine	

Saute until onions are yellow. Add:

1 lb. hamburger

Saute until it falls apart.

Add to above:

2 c. canned tomatoes	1/2 c. uncooked rice or
1 tsp. chili powder	1 c. minute rice

TEXAS HASH (Continued)

1 tsp. salt 1/4 tsp. pepper

Arrange in large casserole, cover and bake in 375 degree oven 45 minutes. Serves 8.

SHRIMP CASSEROLE Natalie Thomas

Serves 4 to 6.

2 c. elbow macaroni

Boil in salted water until tender. Drain. Saute;

1 c. shrimps in

1 Tbsp. butter

Heat 1 can cream of mushroom soup. Add 1/2 tsp. curry powder to taste. Mix shrimps and soup with the macaroni and place in casserole.

Top with crumbs and bake in 375 degree oven until brown.

SEAFOOD TRIO Janet Richards

1/2 c. butter or margarine

3/4 c. chopped onion

3/4 c. chopped green pepper

1 6 oz. or two 3-oz. cans sliced mushrooms with liquid

2/3 c. all purpose flour

2 tsp. salt

1/4 tsp. pepper

4 c. milk

1 1/2 c. shredded sharp American cheese

1 Tbsp. lemon juice

1 tsp. powdered dry mustard

1/2 tsp. Worcestershire sauce

1 12 oz. pkg. frozen cooked lobster meat

1 12 oz. pkg. frozen cooked shrimp

1 lb. cooked hot small macaroni shells

1 Tbsp. chopped parsley

HAWAIIAN SPARERIBS Peg Johnston

Cut ribs in small pieces. Sprinkle with garlic, salt and flour. Brown in oil.

1 lb. ribs allowed per person

Sauce:

3/4 c. sugar

1/2 c. vinegar

1 c. soy sauce

1 tsp. dry mustard

1 c. water

HAWAIIAN SPARERIBS (Continued)

Mix well, pour over ribs and bake 1 hour in 350 degree oven. Take out ribs and make gravy with the sauce. Serve with rice or mashed potatoes.

SHRIMP CHOW MEIN Mary Libby

Cook 1 c. each chopped onions, sliced celery and chopped green pepper in 1/4 c. hot salad oil for 2 minutes. Add 1 can condensed cream of mushroom soup. Blend:

2 tsp. cornstarch

3/4 c. cold water

1/4 c. soy sauce

Gradually stir into soup mixture.

Cook and stir till mixture thickens. Put 2 cans cleaned shrimp in half lengthwise, add along with one 3 oz. can (2/3 cup) boiled sliced mushrooms, drained. Add:

1 5 oz. can (2/3 c.)

water chestnuts,

drained and thinly sliced

1 1-lb. can bean sprouts

(drained)

Heat thoroughly. Serve over 4 cups hot chow mein noodles. Pass soy sauce. Makes 6 to 8 servings.

TUNA LASAGNE Betty Clark

1 1 lb. 12 oz. can tomatoes

3 8 oz. cans tomato sauce

1/2 tsp. salt

1/4 tsp. oregano

1/4 tsp. pepper

1 c. chopped onion

2 cloves garlic, crushed

2 Tbsp. salad oil

2 7 oz. cans tuna, drained and flaked

1 stack pack of soda crackers, crushed

8 oz. lasagne noodles

1 pt. large curd cottage cheese

In large pan combine tomatoes and next four ingredients, simmer while sauteeing onion and garlic in salad oil until lightly browned, add tuna and cracker crumbs. Stir into tomato mixture. Simmer 15 minutes

Meanwhile, cook lasagne noodles as directed on package. Spread a small amount of sauce in bottom of a 12 x 8 x 2" casserole, layer of noodles, sauce and cheese, ending with sauce. Bake in moderate oven at

TUNA LASAGNE (Continued)

350 degrees for 20 minutes. If desired garnish with cottage cheese. Makes 8 to 10 servings.

Write Extra Recipes Here:

BREAD ROLLS

STRATOSPHERE

PASTRY



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

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

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



BREAD - ROLLS - PASTRY

BANANA BREAD

Helen Dodd

1/4 c. butter
2 1/2 c. flour
1/4 tsp. salt
1 well beaten egg

1 tsp. baking soda
3 large or 4 small bananas
1 c. sugar

Cream sugar and butter and add mashed bananas, egg, flour, baking soda, salt and sugar. Bake 1 hour. Cuts better the second day.

BANANA NUT BREAD

Mrs. John Newman

1 c. sugar
2 Tbsp. shortening

1 egg

Stir in:

3/4 c. milk

1 c. mashed banana

Sift together and stir in:

3 c. flour

1 tsp. salt

3 1/4 tsp. baking powder

Blend in:

3/4 c. nuts

Let stand 20 minutes before baking at 350 deg. for 70 minutes.

BROWN BREAD

Mary Libby

1 3/4 c. graham flour
(Schumacher xxx)
3/4 c. white flour

1 tsp. salt
2 tsp. soda
1 c. molasses

Add sour milk or water enough to make it real soupy. I prefer to use water as it makes it much more moist.

BROWN BREAD

Louise Eugley

2/3 c. flour
1 1/4 c. graham or
whole wheat flour
1/2 c. sugar
2 Tbsp. melted
shortening

2 1/2 tsp. soda
dissolved in
2 c. sour milk or buttermilk
1/4 c. meal
1/2 c. molasses
1/2 tsp. salt

BROWN BREAD (Continued)

Steam 3 or 4 hours. This makes a 3 lb. tin.

BISCUITS

Barbara G. Mathieson

4 c. flour	1/2 c. Crisco
6 tsp. Calumet baking powder	1 tsp. salt

Blend Crisco to dry ingredients, then add 1 1/2 cups of milk. Roll out on floured bread board, then cut with cutter. Bake in hot oven until lightly browned, in 450 degree oven for 12 or 15 minutes.

STEAMED BROWN BREAD

Connie Beveridge

1 c. white flour	1 1/2 tsp. salt
1 c. whole wheat flour	1/2 c. sugar
1 c. corn meal	1 tsp. baking powder
1/2 c. molasses	2 Tbsp. melted shortening
1 1/2 c. milk	

Mix corn meal, flours, salt and sugar, add baking powder to molasses, stir in milk and add to dry ingredients and mix well. Fill greased covered cans 3/4 full and steam 3 hours.

Fill water about same level as brown bread.

Note: Follow above but add 1/2 cup raisins, reduce sugar 1/4 cup.

PINEAPPLE CHERRY BREAD

Mrs. John Newman

Cream:	
2 Tbsp. butter	1/2 c. sugar
Add:	
1 egg	1 tsp. vanilla
Sift together:	
2 c. flour	1 tsp. soda
1 tsp. baking powder	1/2 tsp. salt
1 1/2 c. undrained crushed pineapple	1/2 c. cherries

Add flour alternately with pineapple. Add the cherries. Bake at 350 degrees 50 minutes to 1 hour, loaf pan - cook on rack.

WHITE BREAD

Doris Wentworth

6 1/4 c. flour	2 Tbsp. sugar
2 c. warm water	1 Tbsp. salt
1 pkg. yeast	2 Tbsp. oil

Sift flour into large kettle or bowl. In 1 cup of warm water, dissolve yeast. Add sugar, salt and oil; mix well. Pour this mixture into sifted flour and mix. Add rest of water and mix again. When liquid is all taken up knead dough until smooth and elastic (about 10 minutes). Grease bowl or pan you are using. Cover and let rise in a warm place. When dough has doubled in bulk, punch down and work all the air out of it. Cut dough in half and shape into loaves. Place in greased loaf pan, 9x5x3". Cover and let rise in a warm place, free from drafts until center is slightly higher than edge of pan. Bake in 350 degree oven for 30 minutes.

When bread is baked, remove from pans at once and rub with melted butter on the tops of bread. Cool on racks.

TWO HOUR ROLLS

Mrs. George W. Walley

1 c. scalded milk	2 Tbsp. sugar
2 Tbsp. shortening	1 tsp. salt

Add	
Yeast cake	1 1/2 c. flour
Beat until smooth. Add:	
1 beaten egg	1 1/2 c. flour (3 c. in all)

Let rise 2 hours, then form in rolls. Let rise another 1/2 hour. Bake in a hot oven.

BUTTERMILK ROLLS

Mildred Flag

2 c. buttermilk	1/2 c. warm water
2 Tbsp. melted lard	2 Fleischmann's dry yeast
2 tsp. salt	2 tsp. sugar
5 c. flour	

Dissolve sugar and yeast in warm water and set aside.

Measure flour and salt in a large bowl. Add warm buttermilk and lard, then stir in the yeast and mix all together.

Let rise 15 minutes, then knead and roll out 1/2

BUTTERMILK ROLLS (Continued)

inch thick. Cut with a 2 inch cutter and dip in melted lard. Lay in pan and fold over. Let rise again until double in size. Bake at 400 degrees 25 to 30 minutes.

LEFTOVER SQUASH ROLLS

Margery Dunton

1/2 c. mashed squash	1 tsp. soda
1/2 c. sweet milk	2 tsp. cream of tartar
4 Tbsp. sugar	Dash of salt
1 egg	4 Tbsp. melted shortening

Blend together and add enough flour (usually about 1 1/2 cups) to make batter thick enough to drop in roll pan. Bake as you usually bake rolls. "Delicious"!

WHOLE WHEAT BLUEBERRY MUFFINS

Mrs. Myra Poland

1 c. whole wheat flour	1/4 c. powdered milk
(or graham)	3 tsp. baking powder
1/3 c. sugar	1 tsp. salt

Sift these 5 items together. Add:

1 c. wheat germ	2 Tbsp. cooking oil
1 c. milk (sour,	1 c. blueberries
sweet or buttermilk)	2 eggs

Note: For plain muffins omit blueberries and substitute honey for sugar.

Bake at 400 degrees 15 to 20 minutes. Makes 12 large muffins.

ENGLISH MUFFINS

Pauline Davis

1 qt. flour	1 tsp. salt
1/3 cake compressed	1 1/2 c. water (blood
yeast cake or	warm)
1/3 c. liquid yeast	

Dissolve yeast in 1/3 c. cold water, add to salt and warm water, gradually stir into flour. Beat dough thoroughly. Cover, let rise in warm place till spongy (about five hours) or all night. Sprinkle bread board with flour. Shape into balls about twice the size of egg and drop on floured board. When all dough has been shaped roll the balls into cakes about 1/3" thick. Lay these on

ENGLISH MUFFINS (Continued)

warm griddle, which has been greased lightly. Put the griddle on back of stove where it is not too hot; when cakes have risen a little draw griddle forward and cook them slowly, turning often to keep the flat shape. Press down. It will take about 20 minutes for them to rise on griddle and 15 minutes to cook.

DOUGHNUTS

Gladys Libby

1 1/2 c. sugar	1/2 tsp. salt
2 eggs	1 1/2 c. buttermilk -
3 Tbsp. butter	to which add
1/2 tsp. nutmeg	1 tsp. soda
1/4 tsp. ginger	1 qt. flour with
	2 tsp. baking powder

MOLASSES DOUGHNUTS

Almira Young

Beat:

1/2 c. sugar	2 eggs
	1/2 c. molasses
1 c. buttermilk	2 Tbsp. melted shortening
1 tsp. salt)	1 tsp. ginger)
1 tsp. soda)	1 tsp. cinnamon) spices
more if milk is sour	
5 c. or more flour	

Note: Sweet milk
1 tsp. soda
1 tsp. cream of tartar

BLUEBERRY MUFFINS

Thelma Feener

1 beaten egg	2 tsp. baking powder
1 c. milk	3 Tbsp. sugar
1/4 c. melted shortening	1/2 tsp. salt
2 c. flour	

Add milk to beaten eggs, also melted shortening. Sift dry ingredients together. Mix lightly with the eggs, milk and shortening. Last add a good cup of blueberries (floured). Bake at 425 degree oven for 20 to 25 minutes.

LEMON CHEESECAKE (In 15 Minutes)

Janet Richards

1 (8 oz.) pkg. cream	2 c. milk
cheese	

LEMON CHEESECAKE (Continued)

1 pkg. Jello lemon instant pudding 8 inch graham cracker crust

Stir cream cheese until very soft. Gradually blend in 1/2 cup milk until smooth and creamy. Add the remaining milk and the pudding mix. Beat slowly with egg beater 1 minute (do not overbeat). Pour into cooled graham cracker crust. Sprinkle graham cracker crumbs on top to make it extra crunchy, then chill. That's all.

CHOCOLATE DOUGHNUTS

Norma Holloway

1/4 c. butter 1 1/4 c. sugar
Mix together, then add:
1 1/2 squares 1 c. sour milk
melted chocolate 4 c. flour
2 eggs 1 tsp. soda
1/4 tsp. salt 1 tsp. cinnamon
1 1/2 tsp. vanilla

QUICK COFFEE CAKE

Selma Cilley

Bake 15 minutes in 400 degree oven.
Have your topping ready before mixing batter.

Topping:
2 Tbsp. sugar 4 Tbsp. butter
2 tsp. cinnamon
Mix to a crumbly texture.

Batter:
1 c. flour 3 Tbsp. baking powder
1/2 tsp. salt 1/2 tsp. cinnamon
1/2 c. sugar

Combine batter ingredients with:
1 beaten egg 1/2 c. milk

Pour mixture into pan and sprinkle topping over batter. Bake 15 minutes.

HUNGARIAN COFFEE CAKE

Ruth A. Pottle

Mix together:
1 c. lukewarm milk 1 tsp. salt
1/4 c. sugar
Crumble in: 1 cake or 1 pkg. dry yeast

HUNGARIAN COFFEE CAKE (Continued)

Stir until yeast is dissolved. Stir in:
1 egg 1/4 c. soft shortening
Mix in first with spoon, then with hand:
3 3/4 c. sifted flour

When dough begins to leave sides of bowl, turn out onto lightly floured board and knead. Place in greased bowl, cover with damp cloth and let rise until double. Punch down, let rise until almost double. Cut into pieces the size of walnuts.

Form into balls. Roll each ball in 1/2 c. melted butter (total amount).

Then roll in mixture of:
3/4 c. sugar 1 tsp. cinnamon
1/2 c. finely chopped nuts

Place one layer of balls so they barely touch in well greased 9" tube pan. Sprinkle with a few raisins. Add another layer of balls, sprinkle with more raisins, pressing them lightly. Let rise 45 minutes. Bake 35 to 40 minutes at 375 degrees. Loosen from pan. Invert pan so butter-sugar mixture runs down over cake.

Serve hot.

CINNAMON SWIRL COFFEE CAKE

Jane Holloway

Batter:
1 c. sugar 2 c. sifted all purpose flour
2 eggs
1 stick margarine, 1 tsp. baking powder
melted 1 tsp. soda
1 tsp. vanilla 1 tsp. salt
1 c. commercially soured cream

The Swirl:
1 tsp. cinnamon 1/3 c. granulated sugar
1/2 c. chopped nuts

Use your large angel cake pan. Grease it then flour it, start batter by melting margarine, add sugar, vanilla, add eggs one at a time, beating well after each addition. Measure sifted flour and sift together with baking powder, soda and salt, add to creamed mixture. Then add soured cream. Put one half the batter into the prepared tube pan. Sprinkle one half the swirl mixture over the batter. Add remainder of the batter. Top

CINNAMON SWIRL COFFEE CAKE (Continued)

with remaining swirl mixture. Bake at 350 degrees for 50 minutes.

EGG PASTRY

Trixie Combs

3 c. flour	1 Tbsp. sugar
1/2 c. lard	1/2 c. cold water
1 tsp. salt	1 egg

Mix flour, sugar and salt and cut in the lard until crumbly. Slightly beat the egg and add to the cold water. Add gradually to the flour mixture, and refrigerate at least 20 minutes before rolling out for pies. This can be kept in the refrigerator and used as desired.

NO ROLL PIE CRUST

Eileen Young

1 1/2 c. sifted flour	1 1/2 tsp. sugar
1 tsp. salt	1/2 c. Mazola oil
	2 Tbsp. cold milk

Put all ingredients into the pie plate. Mix with a fork and press into the pan. Bake at 425 degrees.

MOCK PECAN PIE

Peg Johnston

36 Ritz crackers,	1/8 tsp. salt
rolled out to fine	1 tsp. baking powder
crumbs	1 c. sugar

Gradually add dry ingredients to:
4 stiffly beaten egg whites
Add 1 c. pecans, cut up fine and 1 tsp. vanilla.
Bake in pyrex pie plate 35 minutes in 325 degree oven. When cool, whip 1 c. whipping cream. Spread over top and chill for at least 2 hours.

CRACKER PIE

Clara French

21 to 24 Ritz crackers, whole

2 c. water	1 1/4 c. sugar
Spice and salt	2 tsp. cream of tartar

Bring all to a boil, then add crackers and do not stir. Cool 5 minutes and put into two crust pie shell. Add butter. Bake until crust is done.

BLUEBERRY CUSTARD RHUBARB PIE

Elizabeth Harkness

Beat slightly 2 eggs. Add 2 Tbsp. milk.
Mix together and stir in:

1 1/4 c. sugar	
3 Tbsp. flour	1/2 tsp. nutmeg

Mix in:

1 1/2 c. cut up rhubarb	1 1/2 c. blueberries
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Put into pastry lined plate. Dot with butter.
Cover with lattice.

Bake at 425 degrees for 20 minutes, lower heat to 350 degrees for 20 minutes, turn off heat and leave in oven for 20 minutes.

(This is good using fresh strawberries instead of the blueberries.)

SOUR CREAM PIE

Harriet Mahoney

1/2 c. flour	3 egg yolks
3/4 c. sugar	1/4 tsp. almond extract
1/2 tsp. salt	1 baked pastry shell
2 c. sour cream	

Mix flour, sugar and salt together, stir in the cream and cook in top of double boiler until thickened, stirring constantly. Pour hot mixture slowly over egg yolks. Return to heat and cook 3 minutes longer. Add flavoring and cool. Pour into pastry shell, top with meringue. Bake in slow oven 325 degrees 15 to 18 minutes.

LEMON PIE

(Different)

Mrs. George W. Walley

Remove crusts from 2 slices of bread, spread evenly with butter.

Pour over bread: 1 c. boiling water

On top of bread: 1 c. sugar

Let stand until cool, beat with fork. Add:
Juice and rind of 1 lemon Yolks of 2 eggs

Beat well, add whites of eggs last, beaten well. Put in uncooked shell and bake as Lemon Sponge Pie.

LEMON SPONGE PIE

Jessie W. Drinkwater

Yolks of 2 eggs 1 c. sugar
Juice of 1 lemon 3 heaping Tbsp. flour
Small piece of butter 1 c. sweet milk

LEMON SPONGE PIE

Marjorie Plaisted

1 c. sugar
1 Tbsp. butter 1 Tbsp. flour (or cornstarch)

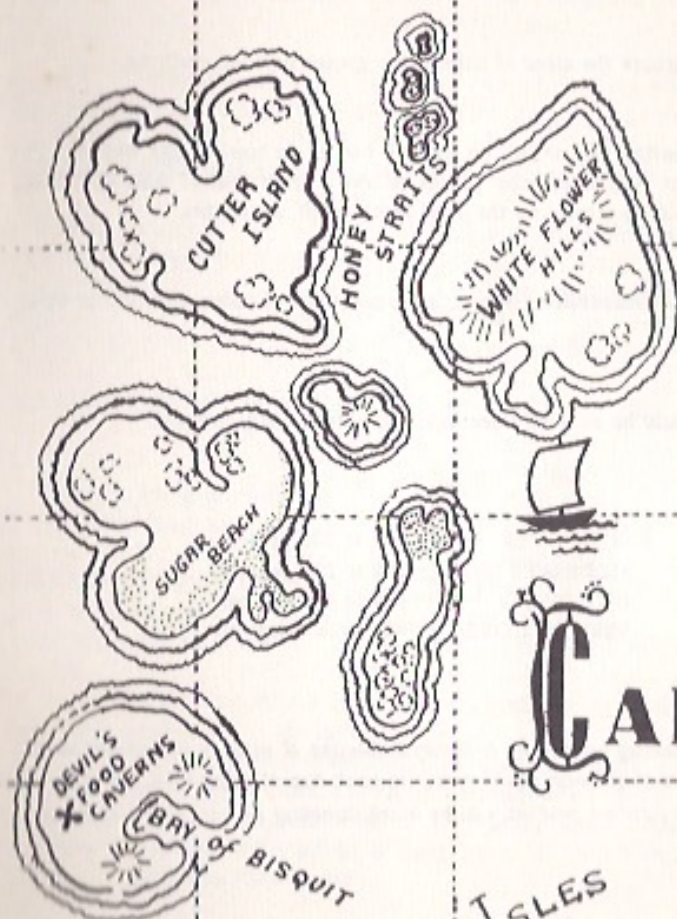
Beat with this:

2 yolks of eggs 1 c. milk
1 lemon, grated rind 2 whites of eggs, beaten
and juice stiff and folded in

Line pie plate with pastry. Fill and bake. May be used as a pudding without pastry.

Write Extra Recipes Here:

COOKIES



CAKES

COOKIE ISLES



COOKING SUGGESTIONS

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

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

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

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

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

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

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

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

PRESERVED CHILDREN

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

COOKIES AND CAKES

LEMON COOKIES - CRISP

Elizabeth Glaentzel

3/4 c. sugar	1 3/4 c. flour
1/2 c. shortening (I use margarine)	3/4 tsp. cream of tartar
1 egg	3/4 tsp. baking soda
1/2 tsp. lemon extract	1/4 tsp. salt
	A few chopped raisins, if liked

Chill and roll into balls. Flatten with fork. Sprinkle with sugar. Bake in 400 degree oven.

HERMITS COOKIES

Jessie W. Drinkwater

1 1/2 c. sugar	1/2 c. sour milk
1/2 c. melted butter	2 1/2 c. flour
2 eggs	1 c. chopped raisins
Salt	Spice
	1 tsp. soda

RAISIN COOKIES

Eileen T. Heal

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

Sift together first 7 ingredients. Add water to raisins and boil 5 minutes. Cool.

Cream shortening and sugar. Add eggs. Add vanilla, nuts and cooled raisin mixture. Add sifted dry ingredients and blend well. Drop by teaspoonfuls onto cookie sheet. Bake at 400 degrees 12 to 15 minutes.

Makes 5 dozen.

MERINGUE CHOCOLATE CHIP SQUARES

Eileen T. Heal

Cream together:	
1 c. shortening	3/4 c. brown sugar
1/2 c. sugar	
Add:	
2 egg yolks	1 Tbsp. water
mixed with	1 tsp. vanilla

MERINGUE CHOCOLATE CHIP SQUARES (Continued)

Sift together and add:

2 c. flour	1/4 tsp. soda
1 tsp. baking powder	1/4 tsp. salt

Spread in bottom of greased cookie sheet.

Sprinkle top of this with 1 pkg. chocolate bits; press into dough. Beat 2 egg whites and add 3/4 c. of brown sugar. Spread over top of dough and bits. Bake at 350 degrees for 15 to 20 minutes. Cool before cutting.

ORANGE OATMEAL COOKIES

Bessie Dean

1 c. shortening	1 tsp. soda
2 c. brown sugar, (light, firmly packed)	3/4 tsp. salt
2 eggs	2 c. rolled oats
2 Tbsp. grated orange rind	1 c. raisins
3 Tbsp. orange juice	1/2 c. chopped nuts if desired
	2 c. flour

Cream shortening and sugar. Beat in eggs. Add rind and juice. Sift together flour, soda and salt, add to mixture. Add rolled oats, raisins and nuts. Blend. Drop from spoon onto greased baking sheet. Bake 12 minutes at 350 degrees. Makes 3 dozen.

GRAHAM CRACKER CREAM CAKE

Harriet Mahoney

1 c. sifted cake flour	1/2 c. shortening
2 tsp. baking powder	1 c. sugar
1/4 tsp. salt	2 eggs, beaten
1 c. graham cracker crumbs	1 c. milk
	1 tsp. almond extract

Sift first 3 ingredients together, mix with the crumbs. Cream shortening and sugar, beat in eggs.

Add dry ingredients and liquids alternately. Bake in greased pan at 350 degrees 30 minutes. Fill with cream filling.

MOLASSES COOKIES

Betty Clark

1 c. sugar	1 c. molasses
3/4 c. shortening (melted)	1 egg
	4 1/2 c. flour

MOLASSES COOKIES (Continued)

1 1/2 tsp. soda	1/4 tsp. ginger
1 tsp. salt	3/4 c. hot water
1/4 tsp. cinnamon	1 c. raisins

Mix together and drop by teaspoonfuls onto a greased sheet. Makes about 4 dozen.

MOLASSES COOKIES

Bertha Dean

1 c. molasses	1 rounded tsp. baking soda
1/2 c. sugar	1 tsp. ginger
3/4 c. melted short- ening	1 tsp. cinnamon
1/4 c. boiling water	1/4 tsp. salt

Flour to make a very stiff dough. Use a very small portion of dough at a time as it should be rolled thin as a case knife blade. Bake in moderate oven 350 degrees until as brown as you like. I cut them with a knife. You may prefer a regular cookie cutter.

Makes about 10 dozen medium sized cookies.

MOLASSES DOUBLE DECKERS

Mrs. Flora Thurlow

1 c. sugar	5 c. sifted all purpose flour
1 c. shortening (lard is excellent)	1 1/2 tsp. cream of tartar
1 c. molasses	1 1/2 tsp. ginger
1 egg	1 1/2 tsp. cinnamon
4 tsp. soda	1/2 tsp. cloves
2/3 c. hot water	3/4 tsp. salt
	1 Tbsp. vanilla

Mix sugar and melted shortening. Add molasses and beaten egg. Dissolve soda in water and add; add the vanilla.

Mix and sift together the dry ingredients. Add and mix thoroughly. Chill dough. Roll 1/4 inch, cut and place on greased baking sheet. Bake at 400 degrees. Do not forget that molasses burns easily at this temperature.

Cut some with a doughnut cutter. When cool put together with Creamy Filling.

Creamy Filling:
Blend:

MOLASSES DOUBLE DECKERS (Continued)

1 Tbsp Crisco with 1/8 tsp. salt
1/2 c. sifted con- 1/8 tsp. ginger
fectioners' sugar

Beat in 1 Tbsp. cream or milk. Add more confectioners' sugar to give a spreading consistency.

DROPPED FILLED COOKIES

Gerene Hunt

Mix thoroughly:

1 c. soft shortening 2 c. brown sugar
2 eggs

Stir in:

1/2 c. sour milk or water

Sift together:

3 1/2 c. flour 1 tsp. soda
1 tsp salt

Refrigerate 1 hour or more. Drop rounded teaspoonfuls about 2 inches apart on lightly greased cookie sheet. Flatten a little with tsp. dipped in flour, then place 1/2 tsp. fig, date or other filling on each. Cover with 1/2 tsp. dough.

Bake in 400 degree oven until lightly browned or about 12 minutes.

FUDGY MACAROONS (No-Bake Cookies)

Mrs. Shirley Braley

Mix in 2 quart saucepan:

1/2 c. evaporated 3/4 c. sugar
milk 2 Tbsp. margarine

Cook and stir until mixture boils and is bubbly all over top. Boil and stir 2 minutes more. Remove from heat. Add:

1 tsp. vanilla 1 c. chocolate bits
Mix until melted. Add:

2 c. corn flakes 1/2 c. nuts
1 1/4 c. coconut

Drop onto waxed paper; cool.

Butterscotch Macaroons:

Change chocolate bits to butterscotch bits.

FILLED MOLASSES COOKIES

Mrs. Shirley Braley

1 c. sugar 1 egg
3/4 c. shortening 1/2 c. molasses

Add:

1/2 c. hot water with 2 tsp. soda

Sift together:

1/2 tsp. salt 1/2 tsp. cinnamon
1/2 tsp. cloves 1/2 tsp. nutmeg
3 1/2 c. flour

Roll and cut rounds. Use raisin filling.

DATE COOKIES

Marjorie B. Plaisted

1 c. brown sugar 1/2 c. shortening

Cream together. Add:

2 eggs 3/4 c. dates, cut up
1 tsp. soda dissolved in 1/2 c. nuts, cut up
1 Tbsp. hot water 1 1/2 c. flour

Drop in teaspoons on pan or cookie sheet. Bake at 350 degrees.

EASY DATE FILLED COOKIES

Florence Spearin

2 c. brown sugar, 1 tsp. vanilla
packed 3 1/2 c. flour
1 c. shortening 1 tsp. soda
2 eggs 1/2 tsp. salt
1/2 c. milk 1/2 tsp. baking powder
1/8 tsp. cinnamon

Mix well and drop by teaspoonfuls on greased cookie sheet. Make well in cookie and fill with the following filling then put a small portion of the batter on top:

Filling for above cookies:

2 c. dates, cut 3/4 c. white sugar
3/4 c. water

Cook slowly. 1/2 c. chopped nuts may be added. Cool before putting in cookies.

QUICK COCOA COOKIES

Connie Beveridge

2 c. sugar
4 Tbsp. cocoa

1/4 stick of softened butter
1/2 c. milk

Mix and bring the above mixture to a boil in double boiler and boil for 15 minutes (if done in pan over flame stir - don't let mixture burn). Remove from fire and add 3/4 c. peanut butter. Stir until it is melted and well blended. Now add 3 c. Quick Quaker oats and mix well. This is your finished cookie.

Drop by spoonfuls onto wax paper and let set at room temperature until firm enough to handle.

You can add nuts, raisins or coconut if desired.

FILLED COOKIES

Virginia Wilbur

Filling:

1/2 c. chopped raisins
1/2 c. sugar

1 dessert spoon flour
1/2 c. hot water

Cook until thick.

Cookies:

1 c. sugar
1/2 c. shortening
1 egg
3 1/2 c. flour

Salt
3 1/2 tsp. baking powder
Vanilla
1/2 c. milk

Cream sugar and shortening. Add egg, milk, vanilla and beat well. Add remaining ingredients. Roll and cut out. Place half of cut out pieces on cooky sheet, put tsp. of above filling on each piece and cover with other half of cut out pieces. Bake at 350 to 375 degrees for about 15 minutes.

DATE NUT BARS

Margaretta Thurlow

Beat until foamy: 2 eggs

Beat in:

1/2 c. sugar
1/2 tsp. vanilla

Sift together and stir in:

1/2 c. sifted flour
1/2 tsp. baking powder
1/2 tsp. salt

Mix in:

1 c. chopped nuts
1 c. finely cut up dates

Spread mixture in well greased pan 8x8x2".

(Cont.)

DATE NUT BARS (Continued)

Bake at 325 degrees for 25 to 30 minutes until top has dull crust. (May cut in squares while warm but this is not necessary.) Cool and remove from pan. Squares may be dusted with confectioners' sugar.

Makes 16 2-inch cookies.

BUTTERSCOTCH BROWNIES

Dot Collemer

1 c. brown sugar,
firmly packed
1/4 c. corn oil
1 egg, unbeaten
1/2 c. chopped nuts

1 tsp. vanilla
2/3 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt

Combine sugar and oil. Add egg and beat well. Add nuts and vanilla. Fold in mixed and sifted dry ingredients. Bake in greased pan (8x8x2") at 350 degrees, 25 to 30 minutes. Cut into squares while warm.

SIMPLE ICE BOX COOKIES

Carole Hardy

1 c. butter
2 eggs, unbeaten
1 tsp. baking soda

2 c. brown sugar
3 1/2 c. flour
1 1/2 tsp. vanilla

Add chopped nuts or raisins for variety.

Cream butter and brown sugar well. Add eggs one at a time. Add flour, soda and vanilla. Shape in long rolls, wrap in wax paper and chill several hours in refrigerator. Slice and bake in 350 degree oven for 10 or 12 minutes.

NO BAKE COOKIES

Mrs. Clayton Parker
Nancy Hardy

2 c. sugar
1 stick oleo (1/2 c.)

3 level Tbsp. cocoa
1/2 c. milk

Mix well in pan and boil for 1 minute. Remove from heat and add:

2 tsp. vanilla
1/2 c. peanut butter

3 1/2 c. oatmeal

Mix well. Drop by teaspoonfuls on wax paper.

CHOCOLATE DOT MERINGUES Marjorie B. Plaisted

2 egg whites	1 c. sugar
1/8 tsp. cream of tartar	1/2 tsp. vanilla
1/8 tsp. salt	1 c. corn flakes or Rice
1 pkg. semi-sweet	Krispies (crumbled and
chocolate pieces	mixed with 1 Tbsp. flour)

Beat egg whites, salt and cream of tartar. Beat until foamy, add sugar, 1 Tbsp. at a time, beating until meringue forms stiff peaks. Fold in vanilla, corn flakes and chocolate pieces. Drop on ungreased cookie sheet. Bake in very slow oven, 300 degrees, about 20 minutes. Cool on wire rack.

BLUEBERRY DROP COOKIES Ann Thomas

1 c. fresh berries	2 tsp. baking powder
2 c. sifted all purpose	1 c. sugar
flour	2 eggs
1/4 tsp. salt	1 1/2 tsp. grated lemon
3/4 c. vegetable	rind
shortening	1/2 c. milk

Wash fresh berries and spread on paper towel to dry thoroughly. Sift together flour and baking powder, and salt. Cream shortening until soft and gradually beat in sugar. Add eggs and lemon rind and beat until well mixed. Add flour mixture alternately with milk, beating until smooth after each addition. Lightly fold in fresh blueberries. Drop by teaspoonfuls on greased baking sheet and bake in moderate oven 375 degrees for 10 or 12 minutes. Yields about 2 1/2 dozen.

MOCHA FROSTING AND FILLING FOR BOSTON CREAM PIE Norma Holloway

1 1/2 c. confectioners' sugar	2 squares melted chocolate
1/3 c. mashed butter	1 tsp. vanilla

Blend the above ingredients. Add 1/2 c. cream filling which has cooled 2 hours.

Cream Filling:

Scald 2 cups milk in double boiler Blend:	
2/3 c. sugar	1/3 c. flour
1/8 tsp. salt	2 eggs

(Cont.)

MOCHA FROSTING (Continued)

Add slowly to milk, cook until thick. Remove from heat, add vanilla. Cool.

APPLE WHIP Frances Knight

1 apple	1 egg white
1 c. sugar	Juice of 1/2 lemon

Peel and slice apple and combine with other ingredients. Beat until icing is thick and smooth.

MELT IN YOUR MOUTH BLUEBERRY CAKE Elizabeth Glaentzel

1 1/2 c. sifted flour	1/2 tsp. salt
1 tsp. baking powder	
Sift 3 times.	

Beat whites of 2 eggs stiff and set aside.

Cream:

1/2 c. shortening	1 c. sugar
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Add 2 egg yolks.

To this add alternately with 1/3 c. milk and the flour mixture, fold in egg whites and 1 tsp. vanilla and lastly 1 1/2 cups floured blueberries.

Bake in 350 degree oven 35 to 45 minutes in a 9x9" square pan.

Sprinkle batter lightly with sugar before baking for a topping.

ORANGE CAKE Eleanora N. Knight

(A prize winner!)

1/2 c. raisins	2 c. cake flour
1/2 c. nuts	1/2 tsp. salt
Rind of orange	1/2 c. orange juice
1/2 c. butter	2 Tbsp. lemon juice
1 c. sugar	3 tsp. baking powder
2 beaten eggs	

Grind raisins, nuts, orange rind and mix with a little flour.

Cream butter, sugar, beaten eggs. Sift flour, baking powder and salt. Mix 1/2 c. orange and lemon juice and add to butter mixture, beating until smooth. Fold in fruit. Bake at 350 degrees until done. While

ORANGE CAKE (Continued)

hot pour over cake a syrup of 1/3 cup orange juice and 1 c. brown sugar, well beaten.

DATE NUT LOAF

Annie Miller

1 heaping c. brown sugar	1/2 tsp. salt
2 eggs	1 c. dates, cut in small pieces)
3/4 c. flour	1/2 c. nuts
1/4 tsp. baking powder	1 tsp. vanilla

Beat eggs, then add sugar; beat a little more. Then stir in the dry ingredients (which have been sifted together). Add dates and nuts. Bake in 9x9" pan at 350 degrees for 30 minutes or until done.

DUTCH CHERRY CAKE

Beverly Macrae

Sift into mixing bowl:
 1 1/2 c. flour
 1/4 tsp. salt
 1 Tbsp. baking powder
 1/2 c. sugar

Separate 2 eggs. Beat the yolks and add 1/2 c. milk, 1 tsp. vanilla and 1/4 c. butter, melted.

Add to flour mixture and beat until smooth. Fold in 2 c. canned cherries (drained) and the egg whites, beaten stiff, and to which 1/4 c. sugar has been added. Turn into greased oblong pan and bake in 350 degree oven for 35 minutes.

Sauce:

Bring to a boil:
 1 c. cherry juice
 Add:
 1/4 c. sugar
 1 Tbsp. butter
 1 1/2 Tbsp. cornstarch dissolved in
 1/4 c. cold water

Last add:
 1/8 tsp. almond extract
 1 c. cherries

Serve while warm and garnish with whipped cream

WHITE CAKE

Frances Knight

2 c. sifted cake flour	1 tsp. salt
2 1/2 tsp. double acting baking powder	1 1/3 c. sugar

Add:

1/2 c. soft shortening	1 tsp. vanilla
3/4 c. milk	

4 egg whites

Beat eggs until forms a soft peak.

Mix first mixture in large bowl and beat for 2 minutes. Add beaten whites and mix for one minute. Bake at 350 degrees for 25 to 30 minutes.

NEW MAGIC SPICE CAKE

Connie Beveridge

In a large mixing bowl put and beat:

2 1/4 c. flour	1 tsp. baking powder
1 c. granulated sugar	3/4 tsp. baking soda
3/4 c. brown sugar	1 tsp. salt
3/4 c. shortening	3/4 tsp. cloves
3 eggs	3/4 tsp. cinnamon
1 c. buttermilk	1 c. raisins if desired

Pour into baking pan and bake in 350 degree oven for 30 to 35 minutes.

ANGEL GINGERBREAD

Gladys Libby

1/2 c. sugar	1/2 tsp. soda
1/4 c. molasses	1/2 tsp. cinnamon
1 egg	1/4 tsp. ginger
1 c. flour	1/2 tsp. salt
1/4 c. shortening	1/2 c. hot water

This will be very thin.

WACKY CAKE

Betty Clark

2 1/4 c. flour	9 Tbsp. cooking oil
1 1/2 c. sugar	1 1/2 Tbsp. vinegar
1/2 c. cocoa	1 1/2 Tbsp. vanilla
1 1/2 tsp. soda	1 1/2 c. cold water
1/2 tsp. salt	

WACKY CAKE (Continued)

Mix together in the above order and bake at 350 degrees for 20 to 25 minutes.

CHOCOLATE CAKE

Florence Spearin

1 c. white sugar	1 1/2 c. cake flour
1/2 c. butter or margarine	or all purpose flour
1 egg	sifted before measuring
1 tsp. vanilla	1/2 tsp. salt
1/2 c. sweet milk	1 tsp. soda
	3 T. Cocoa

Add 1/2 cup hot water at last. Beat well.

BREAKFAST CRUMB CAKE

Lena Brooks

3 c. flour	1 tsp. salt
2 c. sugar	2 eggs
1/2 c. shortening (half butter) or 1/2 c. margarine	1 c. milk
2 tsp. baking powder	1/2 tsp. vanilla
	1/4 tsp. nutmeg or mace

Combine flour, sugar, shortening, baking powder and salt - into a crumbly mixture. Reserve 1 1/4 c. of crumbs for top of cake.

To the remaining mixture add egg yolks, beaten light, milk, vanilla and nutmeg. Fold in beaten egg whites. Pour batter into 13x9x2" pan. Sprinkle with reserved crumbs, and sprinkle top with cinnamon.

Bake at 450 degrees for 10 minutes, reduce heat to 350 degrees. Bake 1/2 hour.

If glass pans are used, reduce heat 25 degrees.

HOT MILK SPONGE CAKE

Thelma Feener

3 eggs	1 c. flour
1 c. sugar	1 tsp. baking powder
2 Tbsp. lemon juice	1/4 tsp. salt
6 Tbsp. hot milk	

Beat eggs until thick, adding sugar, little by little. Stir in the lemon juice. Then the 6 Tbsp. hot milk. Add flour, baking powder and salt which has been sifted together. Do not beat. Grease two layer tins, then shake a little flour over greased tins. Bake at 350 degrees 20 minutes

DATE CAKE

Mildred Flagg

1 c. sliced dates	1 c. boiling water
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Pour water over dates and let cool.

1 c. sugar	2 1/4 c. flour
1/4 c. shortening	1 tsp. salt
1 egg	1 tsp. soda
1 tsp. vanilla	1 tsp. baking powder
	1 tsp. cinnamon

Beat together sugar, shortening, egg and vanilla. Add sifted dry ingredients alternately with water poured off the dates and beat well. Stir in dates last and pour into a large greased and floured angel cake pan.

Bake about 1 hour at 350 degrees.

MAPLE WALNUT LAYER CAKE

Carole Hardy

2 c. sifted flour	1 tsp. salt
1 1/3 c. sugar	1/2 c. shortening
2 1/2 tsp. baking powder	1 c. less 2 Tbsp. milk
2 eggs, unbeaten	1 tsp. maple flavoring
	2/3 c. chopped walnuts

Sift dry ingredients into large mixing bowl. Drop in shortening, add 2/3 of milk and maple flavoring. Beat 200 strokes. Add eggs and remaining milk and beat 200 strokes. Bake in two deep 8" pans in 350 or 375 degree oven for 25 or 35 minutes.

Frost with any confectioners' sugar frosting recipe using a touch of maple flavoring instead of the vanilla and decorate with walnut halves.

RAISIN-SPICE CAKE

Margaretta Thurlow

Sift together:	
2 1/3 c. sifted all-purpose flour (Gold Medal)	1 tsp. soda
1 c. sugar	1/2 tsp. cinnamon
1 tsp. baking powder	1/2 tsp. nutmeg
	1/8 tsp. cloves
	1 tsp. salt

Add:	
2/3 c. soft shortening	1 c. buttermilk
1 c. light brown sugar	1 tsp. lemon extract
1/2 c. seedless raisins, ground	

RAISIN-SPICE CAKE (Continued)

Beat 2 minutes, then add:
3 eggs (about 2/3 cup)

Beat 2 minutes more. Pour into greased and floured 13 x 9" pan. Sprinkle top of batter with:

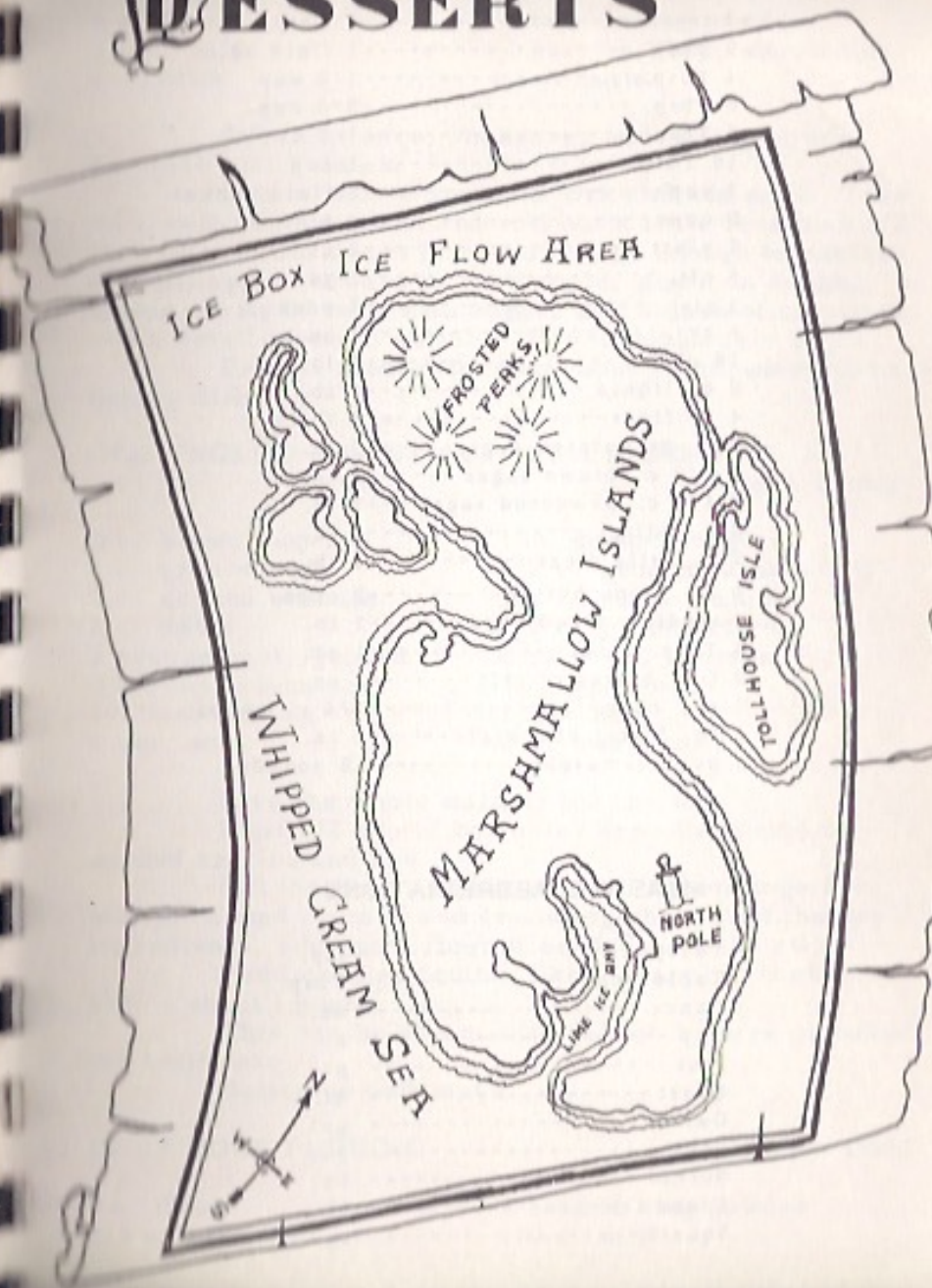
2 Tbsp. sugar 1/2 tsp. cinnamon
(mixed together)

Bake at 350 degrees for about 45 minutes.

Take from oven when cake tests done, let cool 5 minutes in pan, then turn onto cake rack to finish the cooling. If icing is desired, omit the sugar-cinnamon topping

Write Extra Recipes Here:

DESSERTS



KITCHEN MEASURES

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

MEASURE ABBREVIATIONS

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

DESSERTS

APPLE DUMPLINGS

Beverly Macrae

4 c. flour
1 tsp. salt
1 c. milk

4 tsp. baking powder
2 heaping Tbsp. shortening
or butter

Sift flour once, measure, add baking powder and salt; sift 3 times.

Rub in shortening with fork and add milk. Toss on a well floured board and roll out a little less than 1/2 inch thick. Cut dough in rounds large enough to enclose a small apple. Peel and core apple, place on dough, filling cavity of core with sugar, add a dash of cinnamon, and a small piece of butter. Press dough over apple.

Bake in moderate oven about 35 minutes. Grease baking dish.

OLD ENGLISH CHRISTMAS PLUM PUDDING

Eileen Young

2 c. brown sugar
1 c. ground suet
1 c. ground walnuts
2 c. dates
1 orange peel, ground
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. soda

1 lb. seeded raisins
1/2 c. ground raisins
1/2 c. whole walnuts
1/2 c. ground citron
2 c. bread crumbs
1/2 tsp. cloves
1 tsp. salt
2 c. sweet milk

Save the whole walnuts for the top.

Pour 1/2 cup of hot water over the pound of seeded raisins and set.

Sift the flour, soda, salt and spices together. Mix the bread crumbs and fruits together. Add the dry ingredients, add more flour if needed to make stiff.

I add candied fruits, like pineapple, cherries, etc. - about 1 pound.

This can be steamed for about 3 hours or baked for fruit cake.

Delicious both ways.

HALF HOUR PUDDING

Helen Dodd

1 c. flour
1/3 c. brown sugar

2 tsp. baking powder
1/2 c. milk

HALF HOUR PUDDING (Continued)

1/2 c. raisins or dates Pinch salt

Mix ingredients and put into baking dish (deep).
Then mix:

2 c. boiling water 3/4 c. white sugar
1 Tbsp butter Cinnamon or nutmeg

Pour over ingredients in bowl and bake 1/2 hour.
Double it for large family.

VANILLA ICE CREAM

Ruth Pottle

8 c. cream (18% fat) 1 1/2 c. sugar
(I use about 1/2 2 1/2 tsp. vanilla
heavy cream, the 4 tsp. gelatin dissolved in
rest whole milk) 1/2 c. water

Let soak 3 minutes, then heat to boiling point
but do not boil. Pour in a very thin stream into the
other ingredients (which you mix together) stirring vig-
orously. Freeze.

I use fresh strawberries or frozen or crushed
pineapple, about 2 cups of either.

Write Extra Recipes Here:



PRESERVES

JELLY CANDY

TEMPERATURE TESTS FOR CANDY MAKING

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

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

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

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

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

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

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

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

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

PRESERVES - JELLY - CANDY

SUGAR PLUMS

Mildred Morris

1 c. semi-sweet chocolate morsels (1 6 oz. pkg.)	1/4 c. water 2 1/2 c. finely crushed vanilla wafers (5 doz.)
1/2 c. sugar	1 c. nuts, finely chopped
1/4 c. light corn syrup	1 tsp. orange extract
Sugar, tinted green or red	

Melt semi-sweet over hot water.

Remove from water. Stir in sugar and corn syrup. Blend in water. Combine vanilla wafers and nuts. Add semi-sweet mixture and orange extract. Mix well. Form in 1" balls. Roll in sugar. Let ripen in covered container for a week. May be rolled in chocolate sprinkles or finely shredded coconut instead of tinted sugar.

Yields about 4 1/2 dozen.

Will improve with age if kept in covered container. Nice for the Holidays.

RHUBARB JAM

E. S. Nicholas

5 c. rhubarb, cut into 1/2" lengths	1 c. pineapple, drained
4 c. sugar	1 pkg. strawberry jello crystals

Mix rhubarb, sugar and pineapple and allow to stand for 1 hour. Bring to the boiling point and boil hard for 12 minutes, stirring all the time. Remove from heat and stir in well the jello crystals. Put into jars in the usual manner.

PRESERVED WATERMELON RIND

Lena Brooks

Syrup:	
3 1/2 lb. sugar	7 drops oil of cloves
1 pt. white vinegar (half of which is water)	7 drops oil of cinnamon

Combine and boil to make syrup. More oil of cloves and cinnamon may be added to desired taste.

This amount of syrup is for 7 pounds of rind - one can keep rind in salt and water or covered in refrigerator until there are 7 pounds. An average water-

PRESERVED WATERMELON RIND (Continued)

melon will yield seven pounds.

Cut off dark green rind of watermelon - prettier if bit of pink is left. Cut into desired lengths. Cook in boiling water until clear and tender. Drain and let stand in syrup overnight. Next morning drain off syrup, re-heat and pour back over fruit again.

Do this for 2 mornings, and on the third morning heat both fruit and syrup and can in hot jars. Seal.

PEANUT BUTTER FUDGE (Small amount)

Elizabeth Harkness

Boil together for 6 minutes:

1 c. sugar	1/4 c. milk
	1/2 sq. chocolate

Beat into fudge:

1/2 c. peanut butter	1/2 tsp. vanilla
1/2 c. marsh- mallow fluff	1 tsp. butter

Pour into tin lined with wax paper, quickly before it hardens.

(This is nice with chopped nuts added.)

EASY PEANUT BUTTER FUDGE Barbara G. Mathieson

3 c. sugar	2 Tbsp. butter
1 c. milk	5 Tbsp. peanut butter
Dash salt	1 tsp. vanilla

Combine sugar and milk and dash of salt in saucepan. Bring to boil over medium heat, stirring frequently. Cook until a small amount of mixture will form a soft ball when dropped in cold water.

Remove from heat, add peanut butter, butter, and vanilla, and beat until mixture thickens. Pour into buttered pan and cut in squares when cool.

CHOCOLATE MARSHMALLOW FUDGE Ann Thomas

4 c. sugar	1 large can evaporated milk
2 Tbsp. cocoa - optional	

Cook until thick. Test in cold water. Set in

CHOCOLATE MARSHMALLOW FUDGE (Continued)

cold water and add:

1 jar or 2/3 jar marshmallow fluff	1 c. chopped walnuts
1 jar or 2/3 jar peanut butter, depending on size	1 tsp. vanilla
	Butter size of egg

Beat quickly until starts to harden. Pour quickly into pan.

BROWN SUGAR CANDY

Almira Young

1 1/2 c. white sugar	1/2 c. milk
1 1/2 c. brown sugar	1/2 c. evaporated milk
1 Tbsp. Karo syrup	

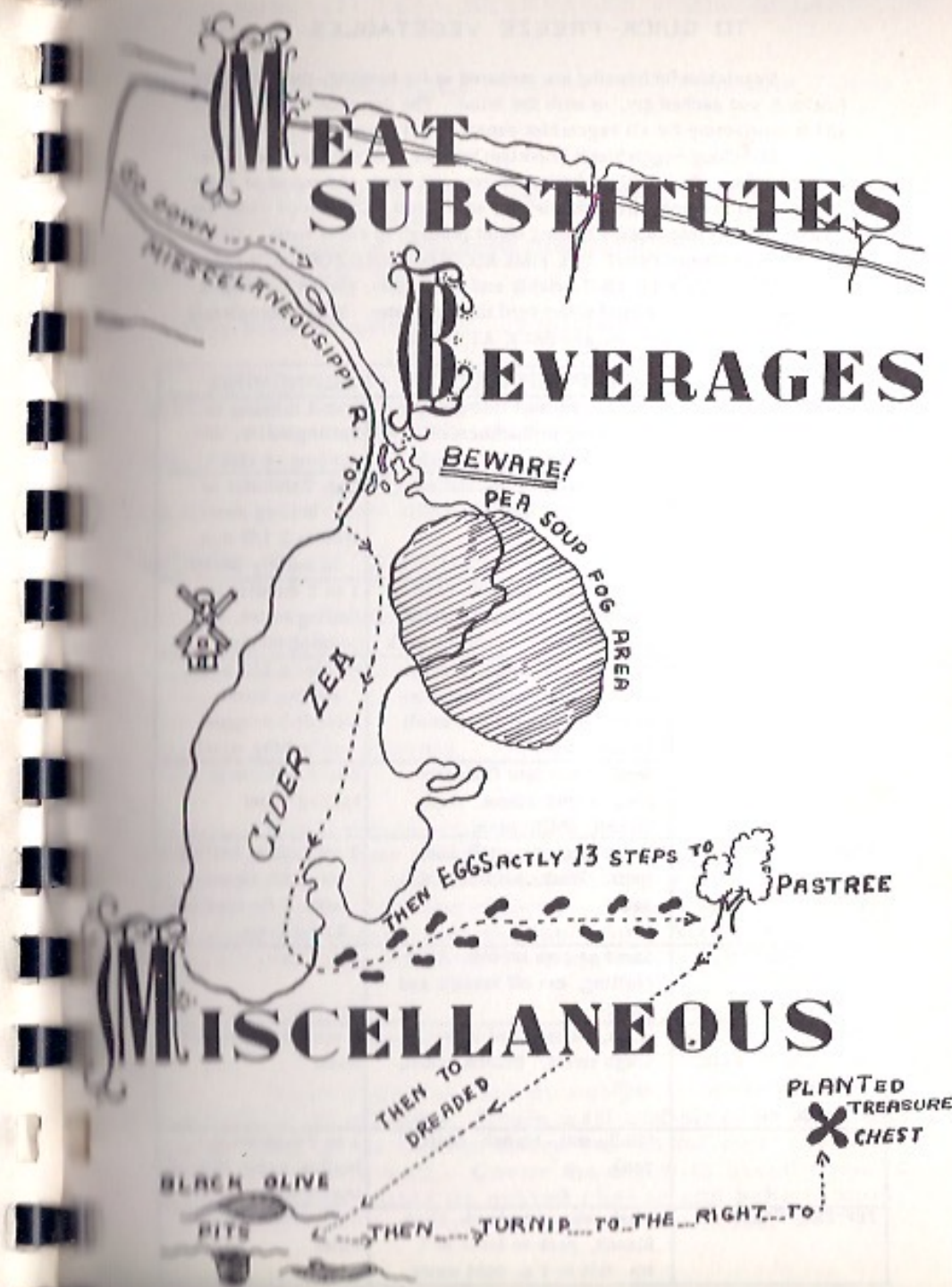
Cook over medium heat until it forms a soft ball when dropped in cold water. Add butter size of walnut. Add 1 tsp. vanilla.

Set in cold water until partly cooled, then beat until it starts to thicken. Add walnuts and a few drops of Mapleine if desired.

Pour into a well greased 8x8" pan.

Write Extra Recipes:

Write Extra Recipes Here:



TO QUICK-FREEZE VEGETABLES

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

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

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

MEAT SUBSTITUTES - BEVERAGES - MISCELLANEOUS

EGGPLANT CASSEROLE

Natalie Thomas

1 medium sized eggplant

Slice thinly (unpeeled) and soak in salted water for 10 minutes. Drain.

Dredge in seasoned flour and brown lightly on both sides in oil; brown:

1 finely minced onion

1 minced clove garlic

Grease casserole. Put in layer of onion and garlic, then eggplant, then canned tomatoes.

Season. Add 2 tsp. grated Parmesan cheese. Repeat.

Add goodly amount of cheese and dots of butter on top layer. Cook 1 hour in 350 degree oven. Serves 4.

KIDNEY BEAN CASSEROLE

Bessie Dean

1 large onion, chopped

2 cans (#2) kidney beans, drained

1 lb. ground beef

1 c. grated American or Cheddar cheese (about 1/4 lb.)

1 Tbsp. margarine

1 tsp. salt

1/4 tsp. pepper

1 can (6 1/4 oz.) tomato paste

Paprika

Saute onions and ground beef in margarine. Stir in salt, pepper and tomato paste, spoon half of this mixture into 1 1/2 quart casserole; top with half the kidney beans, then half the cheese. Repeat layers with remaining beef, beans and cheese. Sprinkle with paprika. Bake at 350 degrees 35 to 40 minutes or till top browns.

ZUCCHINI CREOLE

Mrs. H. S. Demarest

(Casserole - 6 servings)

Wash zucchini, but do not peel; cut in pieces and boil for 10 minutes. Drain well and place in greased baking dish. Pour Creole Sauce (which follows) over the zucchini and mix well. Cover the top with bread crumbs, dot lightly with butter or grated cheese and bake in moderate oven, 350 degrees, for about 30 minutes.

(Cont.)

ZUCCHINI CREOLE (Continued)

Creole Sauce:

Melt 3 Tbsp. butter in frying pan and blend in 3 Tbsp. flour, stirring well and being careful not to let butter burn. Add to this:

3 large tomatoes	1 small green pepper
or 2 c. canned tomatoes	1 small onion
	which have been chopped
	(do not use pepper seeds)

Then add:

1 tsp. salt	1 Tbsp. brown sugar
1/2 bay leaf	2 cloves

Cook these ingredients for 5 minutes and then remove bay leaf and cloves.

CARROT RICE AND PEANUT BUTTER LOAF

Gladys Kneller

2 c. grated carrot, raw	1 medium onion, grated
1 c. rice, cooked	3 eggs, broken and stirred into mixture
2 rounded Tbsp. peanut butter	1 c. milk
1 c. bread crumbs or crushed flake cereal	Sage
	Salt

Place in buttered casserole and bake in medium oven for an hour. Serve hot with vegetables. Good either hot or cold. Can be sliced and fried when cold and also good for sandwiches with or without mayonnaise.

TANGY TOPPING FOR HAM SLICES

Eleanora M. Knight

1 smoked ham slice cut 1 inch thick	1 Tbsp. grated orange rind
1 c. whole cranberry sauce	1 Tbsp. horseradish

Spread on ham slice, bake in slow oven, 1 hour at 300 degrees. 6 servings

SLOPPY JOE SANDWICHES

Beverly Macrae

Good with the Teenagers.

2 lb. hamburger	1 c. diced celery
2 medium onions, diced	2 c. tomatoes or juice
1/2 c. catsup	1 c. water
2 Tbsp. vinegar	1 tsp. chili powder
4 Tbsp. tapioca	2 Tbsp. brown sugar

Cook together 1/2 hour or longer, until thick. Use hamburger buns.

Write Extra Recipes Here:

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REDUCING DIETS * WEIGHT GAINING CHARTS * CALORIC TABLES

DIET

SECTION

