JELLO PIE
Mrs. Roy Feussner
1 graham cracker pie shell, baked
1 box jello—lime or preferred flavor
1 cup sugar
1 cup boiling water
1 8-ounce package cream cheese
1 cup evaporated milk
Dissolve jello and sugar in boiling water. Add cream cheese while hot and let cool. Whip evaporated milk until stiff; fold into jello mixture and pour into baked pie shell. Refrigerate.

CHERRY SUPREME
Mrs. Roy Feussner
2 cups graham crackers (crushed)
3 tablespoons sugar
1 stick margarine (soft)
Blend ingredients listed above for pie shell. Whip, in a separate bowl, 8-ounce package of cream cheese (room temperature). Mix, in another bowl, Dream Whip, according to directions on package. Add 1 cup powdered sugar. Blend with cream cheese, add a few chopped nuts if desired; spread over cracker crumbs. Spread 1 can cherry pie filling on top. Refrigerate for at least one hour.

MOCK CHERRY PIE
Mrs. Harold Herring
1/4 cup chopped cranberries
1/4 cup seedless chopped raisins
1/4 cup sugar
3/4 cup cold water
1 tablespoon flour
1 teaspoon vanilla
Combine all ingredients and bake in a double crust at 350°F for 25 minutes or until done.

MOCK APPLE PIE
Mrs. Harold Herring
1 unbaked pie shell
2 cups water
1 cup sugar
2 teaspoons cream of tartar
25 crushed ritz crackers
(Served with Whipped Cream)
Combine water, sugar and cream of tartar; bring to a boil and boil for 2 minutes. Add crackers, dot with butter and cinnamon and stir. Pour into unbaked pie shell and bake at 450°F for 15 minutes, then reduce heat to 375°F and bake an additional 10 minutes.

SHOO-FLY PIE
Mrs. Harold Herring
LIQUID: 1 cup baking molasses
1 cup hot water
1 teaspoon baking soda, dissolved in a few drops of vinegar
CRUMBS: 3 cups flour
1 cup brown sugar
1/4 cup butter and shortening
Line 3 small-sized pie tins with rich pie crust. Pour liquid mixture into crusts, then sprinkle crumb mixture on top. Bake 30 minutes at 350°F.

Salads
Salad Dressings and Sauces
The idea of eating a salad every day is a modern nutritional concept; for generations Americans enjoyed eating green onions, radishes, sliced cucumbers, tomatoes and cole slaw...and then vitamins were discovered. Raw vegetables are included in the menu for a number of reasons: their crispness is a pleasant contrast to the soft foods in the meal; their fresh flavor seems to highlight the whole meal; they are usually slightly tart and pesty and perk up the appetite for the foods that are eaten with them, and they are beautiful in color and form and please the sight as well as the appetite.

No matter what kind of salad is being made, it can never be any better than every particle of food and every spoonful of dressing that go into it. The salad material must be chosen for freshness and high quality and prepared with care. The selection of the foods, the care of these foods in the home, their preparation for the salad, the assembly of the ingredients and finally the immediate service, all influence the eye and appetite appeal as well as the vitamin content of salads that are served at your table.
TOMATO STUFFED WITH EGG SALAD

6 hard-cooked eggs  
2/3 cup finely chopped celery  
2 tablespoons finely chopped green pepper  
1/2 cup chopped sweet pickle

1/2 cup mayonnaise  
1/8 teaspoon freshly grated onion  
1/2 teaspoon salt

Mix first four ingredients. Blend mayonnaise, onion and salt. Combine with first mixture. Peel 5 tomatoes, remove stem end. Cut tomatoes petal-fashion into fifths, not severing the sections at the base. Sprinkle with salt. Heap egg mixture in center of each tomato. Serves 5. This salad may be used as sandwich filling also, with leaf lettuce.

TOMATO STUFFED WITH TUNA SALAD

5 medium, meaty tomatoes  
7-ounce can tuna fish  
1/3 cup celery, thinly chopped  
1 tablespoon lime juice  
1 tablespoon chopped sweet pickle

1/4 cup mayonnaise  
1 hard-cooked egg, coarsely chopped  
1/2 cup lime rind  
1 hard-cooked egg, sliced

Peel tomatoes, remove stem end and chill. Place drained tuna in bowl and flake. Mix celery, juice, rind, pickle, salt and mayonnaise thoroughly. Combine with tuna and chopped egg, tossing lightly but thoroughly. Place each tomato in a lettuce cup or on a bed of shredded lettuce. Cut tomatoes petal-fashion into eights or fifths, not severing the sections at the base. Sprinkle with salt. Heap tuna mixture in center of each tomato. Garnish with cucumber slices placed between tomato sections. Place slice of egg on top. Serves 5.

TUNA FISH SALAD

7-ounce can tuna, solid pack or chunk  
1/4 teaspoon onion juice or scraped onion

3/4 cup celery sliced thin  
2 hard-cooked eggs, coarsely diced

1/4 cup chopped sweet pickle

Dash of tabasco and Pepper  
1/3 cup mayonnaise or boiled dressing

Drain tuna, turn into bowl; break fish with fork into small chunks. Drizzle with lemon juice. Add all ingredients except mayonnaise and toss lightly to mix. Now add mayonnaise all at once and toss with 2 forks or rubber spatula until pieces are well coated. Chill a few minutes if desired. Serve on thick slices of tomato or on crisp lettuce. Serves 3. This may be used as a filling for sandwiches.
HOT MACARONI SALAD OR POTATO SALAD  Mrs. Joseph Maloney

4 slices Bacon
2 tablespoons flour
1 tablespoon sugar
1 1/2 teaspoons salt
2/3 cup vinegar
1/4 cup water

1 medium sized onion, diced
1/2 cup thinly sliced celery
2 tablespoons chopped parsley
4 hard-cooked eggs, diced

Pan-fry bacon until delicately browned. Remove from fat onto absorbent paper to drain. Blend flour with drippings remaining in pan. Add sugar and salt, then gradually add liquids, stirring constantly until mixture boils and thickens. Crumble bacon into small pieces and add to the skillet with remaining ingredients listed above and an 8-ounce package cooked macaroni. Toss lightly to mix. Serve hot directly from skillet. 4 generous servings. When hot potato salad is preferred, use 6 medium potatoes, freshly boiled, peeled and diced. One teaspoon prepared mustard and 1/3 cup mayonnaise may be added to the ingredients if desired.

POTATO SALAD

3 cups diced, cooked potatoes
1/2 cup sliced celery
2 tablespoons chopped onion
1/4 cup mayonnaise or boiled dressing
1 tablespoon prepared mustard

1 tablespoon finely chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
3 hard-cooked eggs

cucumber, green pepper, sweet pickle optional

In a bowl, place the diced potatoes, celery and onions. In a cup combine the mayonnaise or boiled dressing (See Index) with the prepared mustard, finely chopped parsley, salt and pepper. Add to the potatoes with 2 hard-cooked eggs that have been chopped. Mix thoroughly. Transfer to a serving bowl, garnish with remaining hard-cooked egg and with chopped parsley if desired. Sprinkle with paprika. Cover and chill thoroughly before serving. Serves 4.

WESTERN POTATO SALAD  Mrs. William Reilly

5 pounds potatoes (boiled, cooled and diced)
1 pint jar Kraft's Miracle Whip
5 tablespoons dry mustard

Salt and Pepper to taste
4 hard boiled eggs (cooled and diced)
5 or 6 celery stems (diced fine)

Mix and blend together in large bowl. Chill in refrigerator. Keeps well. Decorate with parsley when ready to serve.

COLE SLAW

8 cups finely sliced cabbage
1/3 cup lemon juice
1/3 cup sugar
1/4 cup dry mustard
1/4 cup dry mustard
1 teaspoon dry mustard
1 teaspoon mayonnaise
1 teaspoon horseradish
1 teaspoon horseradish

Cabbage with lemon juice for 30 minutes. Pour off lemon juice and sprinkle cabbage with sugar. Blend mustard with mayonnaise and add to cabbage with carot. Mix well; transfer to serving bowl, cover and chill well before serving. Serves 4-6.

HOT COLE SLAW  Mrs. Stephen Tancin

4 cups crisp cabbage, grated
1/3 cup sliced stuffed olives
1/2 teaspoon celery seeds
1/3 cup salad dressing
1 teaspoon dry mustard
1 teaspoon horseradish

1 teaspoon salt
1 teaspoon salt
1/4 teaspoon paprika
2 tablespoons minced onion
1 tablespoon milk


BEAN SALAD  M. B. Rish

1 can cut green beans
1 can cut yellow string beans
1 can kidney beans

1 red onion, medium size
1/2 large sweet green pepper
Salt and Pepper

Drain all three cans and put them in a bowl. Cut a medium size red onion and 1/2 large green sweet pepper. Add salt and pepper to taste. Make a sweet and sour dressing as follows:

1/2 cup sugar — 1/2 cup vinegar — 1/2 cup Mazola oil

Beat together well. Add to the beans. Marinate refrigerated for 3 to 4 hours. Serve as individual salads or in a large bowl. Good for cook-outs, etc.

STRING BEANS SALAD  Mrs. John Jabjiniak

Boil:

1 1/2 cup sugar
1/4 cup vinegar
1/4 cup water
1 tablespoon butter

Then mix:

1/4 cup milk
1/2 teaspoon salt
1/2 teaspoon flour
1/2 teaspoon prepared mustard

Add the mixed ingredients to the boiled mixture and boil until thick. Drain liquid off 1 pint string beans. Add dressing and 3 diced hard-cooked eggs. Serve either hot or cold.
CAESAR SALAD
Miss Victoria Dvorshak
3 tablespoons lemon juice
2 tablespoons salad oil
1 ½ teaspoons Worcestershire sauce
1 clove garlic, split
1/3 cup French dressing
6 cups mixed crisp salad greens
(romaine, iceberg, endive, chicory)

Measure into a screw-top jar the lemon juice, salad oil, Worchester-
shire sauce, ½ clove garlic and French dressing. Let stand for 30
minutes or more to permit garlic to flavor dressing. In the meantime
wash, thoroughly dry and tear the mixed salad greens into bite-size
pieces to measure 6 cups. Place in large salad bowl, cover and re-
frigerate until ready to serve. Prepare the croutons by heating the
remaining tablespoon of salad oil with the remaining ½ clove garlic
in a skillet over low heat. Add the bread cubes and brown lightly on
all sides. Drain on absorbent paper. Cook the egg in rapidly boil-
ing water for just one minute. At serving time add the croutons to
the greens with the coddled egg (removed from shell). Add fresh
ly ground pepper, grated Parmesan cheese and well shaken dressing
(remove half garlic clove). Toss salad thoroughly until all greens
are coated with dressing. Serve at once. Serves 4.

COUNTRY SIDE SALAD
Mrs. John Ferry
4 tomatoes, cut in wedges
1 cucumber, sliced
½ green pepper, sliced
4 hard boiled eggs, sliced
2 green onions, chopped
1/3 cup mayonnaise
Salt and Pepper
Lettuce
4 slices bacon fried crisp
2 fresh basil leaves, minced

Combine tomatoes, cucumber, green peppers, eggs, onions and basil
leaves. Toss lightly with mayonnaise. Add salt and pepper to taste.
Serve on lettuce leaves and top with bacon. Makes 4 servings.

WALDORF SALAD
Mrs. John Grega
4 cups peeled, cored, diced apples
2 tablespoons lemon juice
2 cups sliced celery or fennel
2/3 cup coarsely chopped walnuts
¼ cup mayonnaise

In a bowl combine diced apples with the lemon juice, sliced celery,
walnuts and mayonnaise. Mix well and transfer to salad bowl lined
with crisp lettuce leaves. Garnish with unpeeled apple slices and
walnut halves. Cover and chill thoroughly before serving. If pre-
ferred, apples may remain unpeeled. Serves 4.

ROMAINE SALAD ALL' ITALIANA
Mrs. Lucy Kuklis
1 large head romaine (ice berg
or endive) cleaned and
broken into 2-inch lengths
1 clove garlic
½ cup grated Parmesan cheese
1/3 cup olive oil
1/2 tablespoons wine vinegar
Salt
Freshly ground pepper
Rub salad bowl with garlic, add greens, sprinkle with oil and vinegar,
salt and pepper, and toss briskly. Serves 4.

SPEEDY TOMATO ASPIC
Mrs. George Ambrose
4 ½ ounce package lemon
gelatin
1 cup hot water
1 8-ounce can Hunt’s tomato
sauce
½ teaspoon salt
1 tablespoon lemon juice
2 tablespoons vinegar

Dissolve gelatin in hot water. Add tomato sauce, salt, lemon juice
and vinegar. Mix thoroughly. Chill until practically set and then
pour into oiled mold and chill until firm. Serve on crisp greens with
mayonnaise. Also delicious made in a ring mold, filled with cottage
cheese. Makes 4-6 servings.

CRANBERRY CANDLES
Mrs. John Jabjiniak
1 1-pound can whole
cranberry sauce
1 3-ounce package red, yellow
or orange fruit flavored
gelatin
1 cup boiling water
¼ teaspoon salt
1 tablespoon lemon juice
½ cup mayonnaise
1 apple or orange,
peeled and diced
¼ cup chopped walnuts

Heat cranberry sauce, strain, set berries aside. Dissolve gelatin in
hot juice and water. Add salt and lemon juice. Chill until thickened
enough to mound slightly when dropped from a spoon. Beat in mayon-
naise with rotary beater until light and fluffy. Fold in cranberries,
fruit and nuts. Divide mixture evenly into eight 6-ounce fruit juice
cans. Chill 4 hours or longer. Unmold, garnish with mayonnaise to
taste. TO FLAME: Cut thin birthday candles in half to shorten.
Insert into tops of cranberry candles. Light.

COTTAGE CHEESE SALAD
Mrs. John Jabjiniak
1 package lime or
orange-pineapple jello
cottage cheese
16 marshmallows
can pineapple (crushed)

Dissolve marshmallows and jello in 2 cups boiling water. Add cottage
cheese. Add drained pineapple to mixture. Beat with rotary beater
and let set in refrigerator.
JELLO DELIGHT
Miss Anna Marie Gallagher
3 packages Jello, lime, cherry and lemon
1 medium can pear halves
1 jar maraschino cherries

STEP #1
Line bowl with pears (upright) with cherries in the center of each pear. Dilute cherry flavored Jello with one cup hot water and one cup of pear juice. Pour over pears and cherries and refrigerate until firm.

STEP #2
Dilate lemon flavored Jello with 1 cup hot water and one cup of cold water. Chill until slightly thickened. Put into a mixing bowl the cream cheese, adding 1 tablespoon milk and beat well. Add the heavy cream and 2 tablespoons confectioners' sugar; mix well. Combine with thickened lemon Jello and pour over cherry Jello and refrigerate until firm.

STEP #3
Dilate lime Jello with 1 cup boiling water and 1 cup pineapple juice. Chill until slightly thickened, then mix in crushed pineapple. Pour over lemon Jello and refrigerate. May be served on lettuce as a salad or as a dessert.

CHERRY PINEAPPLE MOLD
Mrs. Michael Karbowski, Jr.
1 package cherry Jello
2 3-ounce package cream cheese
1 cup heavy cream, whipped
1 can crushed pineapple (large can) drained

To one package cherry Jello add 1 cup boiling water, let cool. Soften cream cheese and blend with mayonnaise. Add remaining ingredients to cream cheese mixture, and fold into cooled Jello. Pour into salad mold and place in freezer. Freeze until firm. Serve on leaf lettuce, topped with a cherry and fruit salad dressing.

VERY GOOD FRUIT SALAD
Mrs. Mildred G. Vercusky
1 large can white cherries
1 large can sliced pineapple
1 large package cream cheese

Drain pineapple and dice. Drain and pit cherries. Combine cream cheese and mayonnaise and beat until very soft and smooth. Stir in fruit. Freeze for several hours. Serve on lettuce as a salad or as a luncheon snack with crackers.

LIME OLIVE-NUT MOLDED SALAD
Mrs. John Grega
1 package lime-flavored gelatin
1 can crushed pineapple
1/2 pint heavy cream
1 large package (8-ounces) cream cheese
1 cup boiling water
1/3 cup sliced stuffed olives
1 cup cold water
1/2 cup coarsely chopped pecans

Turn gelatin into mixing bowl. Add boiling water and stir until gelatin dissolves, then stir in cold water. Let cool to consistency of unbeaten egg white. Now fold in cottage cheese, olives and nuts. Turn into a small glass loaf pan rubbed with salad oil. Place in refrigerator until firm. Cut into squares, using spatula to transfer to lettuce-lined salad plates. Serve plain or with mayonnaise. Serves 6-8 people.

PERFECTION SALAD
Mrs. Bernard Balas
1 package lemon or lime Jello
1 cup boiling water
1 3-ounce package cream cheese

Dilate Jello in water, dissolve cheese in hot Jello. Cool; refrigerate—when it starts to congeal, beat and add 1 cup heavy cream, whipped. Then fold in:
1/2 cup nuts
1/2 cup chopped green peppers
1 small jar maraschino cherries
1 small can crushed pineapple

Place in mold and chill for several hours. Serve on lettuce leaf. (Fruit Cocktail or Apples may be substituted for Pineapple.)

FROZEN FRUIT SALAD SUPREME
Mrs. Daniel Goces
4 canned pear halves
2 seedless oranges
1 cup whole strawberries
1/2 cup crushed pineapple
1/4 cup moist shredded coconuts

Cut pear halves to make quarters lengthwise. Pare and section oranges and if berries are very large, cut in half. Combine fruits, coconuts, marshmallows and lemon juice. Whip cream until stiff, add mayonnaise, continue beating until blended. Combine with fruits, lightly but thoroughly. Turn into waxed paper lined freezing tray (one-quart capacity). Freeze at least 4 hours or until firm. Cut with a sharp knife into slices about 1 1/2-inches thick. Remove paper and serve on lettuce. 8 servings. Note: If small refrigerator trays are used, cut salad slices thicker. Excellent for party luncheon or dessert salad. Some people prefer to cut this salad while frozen and arrange it on lettuce, then let stand at room temperature for 10-15 minutes before serving. It will still be cold, but the iciness will have disappeared from the fruit.
PINEAPPLE SALAD
Mrs. Albert Corazza

1 package lime Jello  
1/3 cup evaporated milk
1 can crushed pineapple  
1 8-ounce package cream cheese
(medium, drained)

Congeal Jello with 1 cup hot water and 1 cup cold water. Whip evaporated milk until stiff. Whip softened cream cheese and combine with milk. Add to congealed Jello, using electric mixer. Add the pineapple and refrigerate until set. Serve on lettuce leaf.

FROZEN CRANBERRY FRUIT ROUNDS  
Mrs. Bernard Balas

1-pound can jellied cranberry  
1 #2 can crushed pineapple,
sauce (beaten until saucy)  
1/4 cup chopped pecans  
1/2 pint sour cream
(drained)

Combine above ingredients, reserving cranberry sauce and pineapple cans. Lightly grease the cans and spoon in the salad mixture. Cover tightly with foil and freeze for several hours or overnight. To serve, cut bottom lids off cans, using lids to press out the salad.

APPLE CINNAMON SALAD  
Mrs. Joseph Maloney

1/4 cup red cinnamon candies  
2 tablespoons sugar  
1 cup hot water  
1 package cherry jello
1 cup cold water  
1 cup diced apples
1/2 cup diced orange
1/4 cup walnut meats


STRAWBERRY TREAT SALAD  
Mrs. John Jabjiniak

16-ounces cream cheese  
1 family-size strawberry jello
1 cup marshmallows (small pieces)

Heat until melted and set in refrigerator

After mixture has set:

Drain small can pineapple  
Whip 1/2 pint whipped cream
Fold drained pineapple and whip cream into mixture and let set again.

FENNEL SALAD  
Mrs. Lucy Kuklis

4 medium stalks fennel,  
1/3 cup olive oil
thoroughly chilled  
Salt and pepper to taste

Trim fennel, wash and drain well; slice very thin. Place in salad bowl, add oil, salt and pepper. Toss and serve. Serves 4.

DRESSING FOR LETTUCE OR POTATO SALAD (boiled dressing)  

1 tablespoon butter  
1 tablespoon flour  
1 egg  
1/2 cup vinegar
1/2 cup water  
6 teaspoons sugar  
Dash of salt
1 tablespoon mayonnaise

Melt butter in sauce pan and add flour to make paste. Beat egg, vinegar and water and mix well. Add to paste and cook until thick, stirring while cooking. When thick, remove from heat and add sugar and salt. Just before adding to lettuce or potato salad beat in mayonnaise.

POTATO SALAD DRESSING (or any green salad)  
Mrs. James Brogan

2 eggs  
1 cup water
Dash of pepper  
1 teaspoon butter
1 teaspoon mustard  
1/4 cup vinegar
5 teaspoons sugar

Combine all ingredients except vinegar and mix well. Bring to a boil stirring constantly. Add vinegar when it begins to steam. Simmer for 1 minute and remove from heat.

HOT SALAD DRESSING  
Mrs. Albert Corazza

4 slices bacon  
2 tablespoons sugar
1/3 cup vinegar  
1/2 teaspoon dry mustard
2/3 cup water  
Pinch of salt
1 tablespoon flour  
1 egg, beaten

Fry bacon until crisp. Remove bacon, add vinegar and water to bacon fat; bring to a boil. Mix flour, sugar, mustard and salt; add to liquid and blend to smooth paste. Stir in egg and heat for 1 minute. Bacon may be broken up and put into dressing or on top of salad. Use as a warm dressing on potato salad or crisp lettuce. Yields 1 cup.

OLD-FASHIONED SOUR CREAM DRESSING  
Mrs. Daniel Goczk

1 teaspoon dry mustard  
1 egg yolk
1/2 teaspoon salt  
2 tablespoons cider vinegar
1 teaspoon flour  
1 tablespoon salad oil
1 tablespoon sugar  
1/2 cup sour cream
Dash of paprika

Blend all the dry ingredients in top of double boiler. Beat egg yolk well, stir in the vinegar until well blended, then add to mixture in double boiler, stirring thoroughly. Place over boiling water and stir and cook for about 5 minutes or until thick and smooth. Now remove from heat, cool, then beat in oil and sour cream until velvety smooth. Pour immediately into a small container with cover. About 2/3 cup dressing. Excellent to serve over sliced cucumbers and tomatoes or to combine with salted, sweetened shredded cabbage or cole slaw.
ITALIAN DRESSING  
Mrs. Lucy Kuklis
6 tablespoons olive oil  
3 tablespoons wine vinegar  
1 clove crushed garlic

Combine in a jar and shake well. Chill in refrigerator and shake thoroughly before serving. Makes ½ cup dressing.

SALAD DRESSING  
Mrs. Daniel Martin
1 small onion, grated  
1 teaspoon Worcestershire sauce  
½ cup sugar

1 teaspoon salt  
1/3 cup vinegar  
1/3 cup catsup  
2 cups salad oil

Mix all ingredients, beat well and chill.

CELEBRATION DRESSING (for fruit salads)  
(Mrs. Margaret Zahay)
Good for either canned or fresh fruits.
½ cup sugar  
1/3 cup vinegar  
1 teaspoon dry mustard  
1 teaspoon salt  
¾ grated onion or onion juice

Measure dry ingredients into small mixing bowl. Mix sugar, salt, mustard. Add onion juice and a small amount of vinegar. Add oil gradually, then remaining vinegar and celery seed.

FRUIT SALAD DRESSING  
Mrs. John Jabjiniak
2 eggs, beaten light  
2 tablespoons flour  
2/3 cup sugar

1 cup pineapple juice  
Juice of 1 lemon  
Juice of 1 orange

Combine eggs, flour and sugar. Add fruit juices and cook in double boiler stirring until thick, cool and fold in ½ cup whipped cream.

FRUIT SALAD DRESSING  
Mrs. Michael Karboski, Jr.
2 tablespoons flour  
¾ teaspoon salt  
2 large or 3 medium eggs, beaten

1 cup pineapple juice  
1 tablespoon butter

Combine or mix dry ingredients and the well beaten eggs and fruit juice. Cook in double boiler until the mixture coats the spoon. Continue to cook over hot water for 10-15 minutes. Add butter and cool. Beat with electric mixer to make it smooth. If it gets too thick, thin with more fruit juice. Enough for 10 salads. Can be used on all fruit salads.

TOMATO-SOUP SALAD DRESSING  
Mrs. Bernard Balas
1 can condensed cream of tomato soup

Use can to measure the following:

1/2 can salad oil  
1/4 cup vinegar  
1/4 cup sugar  
1 clove garlic, minced

1/2 teaspoon salt  
Pepper  
Dash of Worcestershire sauce

Mix with an electric mixer to keep from separating. Spices can be adjusted to taste. Variations: mix with mayonnaise or add Roquefort cheese.

CALIFORNIA FRENCH DRESSING  
Mrs. Margaret Zahay
1 8-ounce can Hunt’s tomato sauce  
2/3 cup salad oil  
1/3 cup vinegar  
1 tablespoon minced onion  
1 teaspoon salt

1 teaspoon Worcestershire sauce  
1/2 teaspoon dry mustard  
1/2 teaspoon paprika  
1 cut clove garlic, optional

Combine in a quart jar, cover and shake well to blend. Store in refrigerator. Shake before each use. Makes about 2 cups.

MAYONNAISE DRESSING  
Kathryn Yori
1 egg  
2 tablespoons vinegar  
1/2 teaspoon dry mustard  
1/2 teaspoon salt

Break egg into blender container. Add mustard, salt and vinegar. Add 1/4 cup of oil. Cover and turn on low speed. Immediately uncover and pour in remaining oil in a steady stream. Makes 1 1/4 cups. Homemade mayonnaise may be flavored to taste with garlic or herbs. Lemon juice may be used instead of vinegar. Half olive oil and half corn oil or peanut oil makes a delicious dressing.

FRENCH DRESSING  
Mrs. Harold Herring
1/2 cup sugar  
2/3 cup ketchup  
1/4 cup water  
1 medium onion  
7 tablespoons vinegar  
1 cup oil

1 teaspoon salt  
1 teaspoon paprika  
1/2 teaspoon celery salt

Boil sugar and water to thin syrup, cool. Grate onion and cover with vinegar. Let stand for 15 minutes. Add oil, ketchup, salt, paprika, celery salt and syrup. Shake well. Store in refrigerator.
WHITE SAUCE (Variations)

THIN WHITE SAUCE:
1 tablespoon butter 1 cup milk
1 tablespoon flour ¼ teaspoon salt
This is used as a soup base.

MEDIUM WHITE SAUCE:
2 tablespoons butter 1 cup milk
2 tablespoons flour ¼ teaspoon salt
This is used for vegetables, creamed meats or fish.

THICK WHITE SAUCE:
3 tablespoons butter 1 cup milk
3 tablespoons flour ¼ teaspoon salt
This is used for croquettes.

VERY THICK WHITE SAUCE:
4 tablespoons butter 1 cup milk
4 tablespoons flour ¼ teaspoon salt
This is used for soufflés.

METHOD: Melt butter on high heat, blend in flour. Add milk and salt. Turn to low heat and cook until it thickens, stirring constantly.

CHEESE SAUCE

VEGETABLES:
Prepare medium white sauce; add ½ cup diced mild or cheddar cheese and stir until cheese is melted. Serve over asparagus, broccoli, or cauliflower, etc.

BAKED FISH:
Prepare cheese sauce as above; add ¼ teaspoon dry mustard and pour over fillet. Bake at 350°F for 30 minutes.

TARTAR SAUCE

2 hard-cooked egg yolks 1/8 teaspoon cayenne
1 cup olive oil 2 tablespoons chopped dill pickles
1 tablespoon green onion tops 2 tablespoons chopped sweet pickles
minced or grated onion 2 tablespoons minced parsley
2 tablespoons chopped olives ½ cup mayonnaise or salad dressing
1 teaspoon dry mustard
2 tablespoons minced parsley
½ clove garlic, minced
3-4 tablespoons white vinegar

Sieve egg yolks and add salt and pepper to taste. Gradually beat in olive oil, vinegar and mayonnaise. Add remaining ingredients and beat until very smooth. Excellent with fish, cold cuts and cold chicken.

SEAFOOD SAUCE

Mrs. Joseph Maloney

1 cup mayonnaise 1 tablespoon tarragon vinegar
2 tablespoons ketchup 1 teaspoon lemon juice
2 tablespoons chili sauce ½ cup horseradish, optional
Mix all ingredients together and chill.

RAISIN SAUCE

Mrs. Margaret Zahay

1 cup raisins ¼ teaspoon salt
6 cloves Dash of pepper
1 cup water 1 tablespoon vinegar
2/3 cup brown sugar ¼ teaspoon Worcestershire sauce
1 teaspoon cornstarch 1 tablespoon butter
½ teaspoon cinnamon

Wash raisins. Cook slowly with cloves and water 10 minutes. Mix together sugar, cornstarch, cinnamon, salt and pepper. Add to raisins and cook stirring constantly until slightly thickened. Add vinegar, Worcestershire sauce and butter, stirring constantly until blended. Serve hot over hot baked ham.

MUSHROOM SAUCE

Dash of pepper

½ pound fresh mushrooms 3 tablespoons flour
3 cups water 3 tablespoons butter
½ teaspoon salt
Wash mushrooms well. Slice lengthwise through cap and stem. Cook in water 30 minutes over medium heat. Add salt; drain liquor and reserve 11/2 cups. Melt butter, add flour and blend well. Add mushroom liquor and cook, stirring constantly until thickened. Add mushrooms and pepper and cook 5 minutes longer. If desired chicken broth may be substituted for 1/2 cup mushroom stock. Makes 2 cups.

HOT HUCKLE-BERRY SAUCE

Mrs. George Ambrose

1 package frozen blueberries ¼ teaspoon cinnamon
or ½ cups fresh berries ¼ teaspoon nutmeg
¼ cup sugar (if fresh berries are used)

Thaw berries, if frozen ones are used, mix with spices in sauce pan. With fresh berries, wash and mix with sugar and spices. Cook to a boiling point, then reduce heat and cook very slowly for 5 minutes. Stir occasionally. Makes 1 cup sauce. Serve warm over vanilla ice cream.
GRILLED CRAB SANDWICHES

1 6½ or 7½-ounce can (about 1 cup) crab meat, drained and flaked
½ cup shredded sharp process American cheese
1/4 cup chopped celery
2 tablespoons drained sweet pickle relish
2 tablespoons green onions and tops

Combine first 9 ingredients; spread on unbuttered side of 5 bread slices. Add tomato slices; season with salt and pepper. Top with bread slices, buttered side up. Grill on griddle, sandwich grill, or in a skillet until sandwiches are golden brown. Makes 5 sandwiches.

DAD'S DENYERS

6 hamburger buns, split and toasted
1 4½-ounce can deviled ham
4 eggs
1/4 cup milk
1/4 teaspoon salt

Dash of pepper
1/4 cup chopped green onions
2 tablespoons butter, margarine or bacon drippings
6 thin tomato slices
6 slices sharp process American cheese


AFTER THE CARD GAME SNACK

Mrs. Bernard Balas

Mrs. George Ambrose

Corned beef sandwich mix
Refrigerator rye bread
Hot tomato juice (or V-8)
12-ounce can corned beef

1/4 cup salad dressing
1 teaspoon prepared mustard
1/4 cup minced onion

One day in advance—mash corned beef with a fork; add other ingredients; mix. Chill until serving time, in a small bowl; serve with spreading knives. A few hours before serving, slice small, long loaf of rye bread, spread with salad dressing, put two slices together, wrap well, chill. Let everyone make their own sandwiches. The tomato juice heats while you are assembling the sandwich tray.

Sandwiches

A sandwich can be the cowardly cook’s way out. On the other hand, we all have a secret admiration for the one who can produce a culinary triumph with, perhaps, some left-overs—treated with imagination and know-how. Here are a few ideas we hope will lead to hearty lunch dish, a light supper or an evening snack that’s truly satisfying.
MIXIE BURGER

1 tablespoon shortening
1/4 cup diced onion
1/4 cup green pepper
1/4 cup celery
1 pound ground meat
1/4 cup cheddar cheese
1 8-ounce can tomato sauce

1 tablespoon vinegar
1 tablespoon sugar
1 1/2 teaspoons Worcestershire sauce
Dash of pepper
1 teaspoon salt

Saute onion, pepper and celery in shortening until tender; add ground meat and simmer about 20 minutes. Add remaining ingredients and simmer 15 minutes. (For barbecue, add more tomato sauce and 1 can chicken gumbo soup.) Serve over warm hamburger buns.

HOT DOG BAR-B-Q

1/2 cup chopped onion
2 tablespoons margarine
1/4 cups catsup
2 tablespoons pickle relish
1 tablespoon sugar

1 tablespoon vinegar
1/4 teaspoon salt
1 pound (8-10) weiners
Dash of pepper

Saute onion in margarine until tender but not brown. Stir in catsup, pickle relish, sugar, vinegar and seasonings. Simmer 2 minutes. Add weiners to the sauce; simmer until weiners are thoroughly heated, about 15 minutes. Serve on hot dog buns or small hoagy buns.

HOT SANDWICHES

1 pound boiled ham, chopped
1/2 pound American cheese
2 boiled eggs, diced
1/3 cup sliced olives

1/3 cup chopped onion
1/2 cup chili sauce
3 tablespoons mayonnaise

Mix all ingredients together, put in hamburger buns. Wrap in aluminum foil and heat in oven.

GENTLEMEN'S DELIGHT (sandwich filling)

1 small package cream cheese (3-ounces)
1/4 pound liver sausage
1 small onion, finely chopped
1 ounce spiced ham, finely chopped

1 tablespoon green pepper, chopped
Dash paprika and Worcestershire sauce

Mix all ingredients together and blend thoroughly. Best on rye or cracked wheat bread.

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BEEF BARBECUE

Mrs. Albert Corazza

2 pounds ground beef or steak
1 medium sized onion, chopped
2 tablespoons vinegar
2 tablespoons brown sugar
2 teaspoons prepared mustard
1 cup water

Fry until brown, ground beef and onion. Dilute vinegar, brown sugar, and mustard with the water and add to meat. Add celery and green pepper. Simmer 1 hour. Then add ketchup, Worcestershire sauce, salt and pepper. Cook about 5 minutes. Serve on toasted bun.

BEEFBURGER SPECIAL

Mrs. Vincent Lowery

1 pound ground beef
3 tablespoons ketchup
2 teaspoons prepared mustard
1 1/2 teaspoons horseradish
1 small onion, finely chopped
1 teaspoon salt
1/2 cup soft bread, or corn

Combine all ingredients; shape into 4 large or 8 small patties. Broil on pan about 3 inches from source of heat about 6 minutes on each side for large patties, and about 4 minutes for smaller ones, or until browned and medium rare inside. They may be grilled outdoors also.

HAM AND EGG SANDWICH

Mrs. Francis Boyle

4 hard-cooked eggs
1 pound baked or boiled ham
1/2 cup mayonnaise
1/4 teaspoon prepared mustard
1 tablespoon green pepper
1/3 cup sweet pickle
1/4 teaspoon salt
1 teaspoon vinegar

In meat grinder, with coarse blade, grind ham, eggs, pepper, pickle and onion. Add remaining ingredients and blend well. Enough filling for 10 sandwiches.

SANDWICH DELIGHTS

Make it Cream Cheese with: bacon; dried beef; sliced radishes; sliced olives.
Make it Peanut Butter with: jelly; deviled ham; crisp bacon.
Make it Grilled Cheese with: tomato; crisp bacon and tomato.

SANDWICH FILLINGS

CHICKEN FILLING

Pass through food chopper enough cold chicken to make 1/4 cup, with 3 olives, a strip of green pepper and 2 hard-cooked eggs. Add 2 teaspoons chili sauce, 3 tablespoons mayonnaise (or sandwich spread) and a few drops Worcestershire sauce. Blend thoroughly. Makes 4 sandwiches.

TUNA FISH FILLING

To 1 cup flaked tuna, add 1/3 cup finely minced celery, few drops of onion juice, 2 hard-cooked eggs (diced), 1/3 cup mayonnaise (or sandwich spread), with salt and pepper to taste, 1/3 cup minced sweet pickle. Chill before using. (May be used on open hamburger bun with slice of American cheese and broiled.) Lobster, shrimp, salmon or crab meat may be similarly prepared. Makes 4 sandwiches.

HARD-COOKED EGG

Dice 6 hard-cooked eggs, add 1/3 cup finely minced celery, 1/3 cup finely minced sweet pickle, salt and pepper to taste and 3 tablespoons mayonnaise (or sandwich spread). Blend thoroughly. Makes 4 sandwiches.

WRITE EXTRA RECIPES HERE
DINNER CHOWDER

2 cups potatoes, diced
1/4 cup chopped onion
1/2 cup celery, diced
2 1/2 teaspoons salt
2 1/2 cups boiling water
4 tablespoons butter
4 tablespoons flour
2 cups milk

Cook potatoes, onions, celery and salt in water about 15 minutes or until tender. In double boiler melt butter; blend in flour, then milk and seasonings. Stir constantly until thickened. Add cheese; stir into potato mixture. Add parsley and tomatoes. Bring to a boil, then remove from heat. Serves 4, as a main dish.

HAM 'N TATER CHOWDER

1/4 cup butter
1/2 cup finely chopped celery
1/2 cup finely minced onion
2 cups cubed potatoes
1/2 cup water

Melt butter in a large sauce pan. Saute celery and onion, stirring until onion is transparent. Add potatoes and water and bring to a boil. Cover and simmer until potatoes are tender. Combine flour and 1 cup milk, add to the potato mixture, season and cook until thickened, stirring constantly. Add ham and remaining milk gradually, stirring constantly. Bring to serving temperature, adjust seasoning and serve at once with a garnish of parsley.

SPLIT PEA SOUP

2 cups (about 1 pound) split peas
3 quarts water
1 ham bone, cracked
1/4 cup chopped onion

Wash and soak peas overnight in hot water. Drain, put peas into large pot and cover with water. Add ham bone and onion and cook until peas are done. Remove ham bone. Press pea mixture through a sieve. Melt butter in sauce pan. Blend in flour, salt and pepper. Heat until mixture bubbles. Remove from heat and add milk gradually, stirring constantly. Bring rapidly to boiling point; cook 1-2 minutes longer. Stir into sieved pea mixture, bring to a boil and remove from heat. Serve hot.

Mrs. Vincent Lowery

One of the important functions of soup is as an appetizer, which is the reason it is served at the beginning of a meal. The hot, savory liquid puts the stomach in a good humor immediately. But the majority of soups are more than just appetizers; they are rich in food value. On the next few pages we have selected our choice old-fashioned soups; and since soup can be such an important item in the diet, every housewife should develop her soup repertoire.
BEEF AND NOODLE SOUP
1 1/2 pounds boiling beef, bone 1 small onion
1/4 cups stewed or strained 1/4 head cabbage, small sized
tomatoes salt and pepper to taste
2 stalks celery Parsley
4 carrots 4 medium sized potatoes

Add 4 quarts cold water to meat and bone and let come to a boil.
Skim off the top, repeat when necessary as soup is boiling on med-
ium high heat. This should no longer be necessary after about 10
minutes boiling time. Now add tomatoes and whole vegetables,
except potatoes; season and let simmer for 2 1/2 hours. Add potatoes
and continue cooking for 1/2 hour. Noodles are cooked separately
according to directions on package and are added to the broth at
serving time. Meat and vegetables are served separately. This
makes a complete meal: soup with noodles, meat and vegetables.
(For homemade noodles see index).

CHICKEN SOUP
Follow Beef Soup recipe and substitute chicken, either whole or cut
into pieces. The following are optional: tomatoes, cabbage, onion,
potatoes, turnips or kohlrabi.

STRING BEAN SOUP
8 cups string beans, green 1/2 cup flour
or yellow 1 small onion, diced
1/4 pint sour cream 2 tablespoons butter
1 egg 4 medium sized potatoes, diced
3 tablespoons mild vinegar (optional)

Cut string beans in 1-inch pieces; cook in 3 quarts salted water until
tender. Combine sour cream, egg, vinegar and flour; beat thoroughly
with egg beater. Remove string beans from heat and add creamed
mixture slowly, stirring well. Bring to a boil and let simmer a few
minutes longer. Saute onion in butter and add to soup and simmer a
few minutes longer. If potatoes are being added, put in soup 1/2 hour
before string beans are tender.

LIMA BEAN SOUP
1 cup dry lima beans
1 cup tomatoes, canned
1 cup potatoes, diced
1 onion, cut fine
1 cup carrots, diced
1 cup celery, diced

Miss Victoria Dvorshak
2 tablespoons butter
4 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 quart water
Soak limas in 2 quarts of water for 1 hour. Cook until almost tender. Add 1 quart water, vegetables and seasoning and cook until vegetables are done. Melt butter, add flour and let brown on medium heat, stirring constantly. Add to soup and stir until blended. Simmer for 5 minutes.

BORSCHE

Mrs. Albert Corazza
(with variation)

| 1 pound keilbasi | ½ cup cold water |
| 2 quarts water | 1 cup light cream |
| 1 tablespoon salt | 3½ tablespoons flour |
| ½ cup tarragon vinegar | Hard-cooked eggs |
| 2 eggs, separated |

WITH SMOKED SAUSAGE:
Cook keilbasi in water for 20 minutes. Remove keilbasi, add salt and vinegar to the broth. Beat egg whites with cold water; add ½ cup light cream and 3½ tablespoons flour, beat until blended thoroughly. Remove broth from heat and add creamed mixture to broth slowly, stirring well. Return to heat and bring to a boil. Beat egg yolks and remaining ¼ cup light cream; remove broth from heat and add this mixture to the broth. Return to heat but do not boil. Cut-up keilbasi and diced hard-cooked eggs are now added to the borsch. Serve immediately.

WITH RED BEETS:
Method remains the same as above except 2 cups diced or shredded red beets are substituted for the keilbasi and beet liquor is used in place of vinegar.

WITH MUSHROOMS:
Saute 2 cups cut-up mushrooms and ¼ cup chopped onion in 3 tablespoons cooking oil or butter for 15 minutes. Add 2 quarts water, then proceed as directed above. Hard-cooked eggs are omitted. Diced potatoes (cooked separately) are added to the borsch at serving time. Serve with rye bread. This variation is used at the Christmas Eve Dinner.

AN EASTERN CUSTOM:
Ham, keilbasi, hard-cooked eggs, beet horseradish (or grated root), (and other foods from the blessed Easter Basket) are placed in soup bowl and borsch spooned over them at serving time.

GROUND BEEF SOUP

| 1 pound ground beef | ¼ cup yellow split peas |
| 3 quarts water | 1 tablespoon salt |
| 1 cup celery, diced | ¼ teaspoon pepper |
| 1 cup carrots, diced | 3 tablespoons catsup |
| 1 medium onion, diced | ½ cup rice |

Place ground beef in cold water, stir and bring to a boil. Skim off top and add vegetables, seasonings and tomato. Cook slowly for 1½ hours. Add rice and cook 45 minutes longer. Serves 6-8.

YANKEE BEEF SOUP

Mrs. Aloysiua Brogan

| 1 pound Navy pea beans | 2 medium sized onions, diced |
| 1 tablespoon baking soda | 2 cups diced ham and ham bone |
| 3 pieces diced celery | ½ bottle catsup |
| ¼ cup parsley | 4 medium sized diced potatoes |
| 1 pound diced bacon |

Cook beans briskly for ½ hour. Add baking soda. Remove from stove immediately after adding baking soda and drain and wash beans. Add 4 quarts water, celery, parsley and ham bone to the beans and begin cooking. Saute bacon, onions and ham together until lightly browned. Add ¼ bottle catsup and some water to the bacon mixture and simmer 5 minutes. Pour into bean soup, adding remaining catsup and diced potatoes. Simmer for 2½ hours.

NAVY BEAN SOUP

Mrs. George Medash

| 1 pound Navy beans | ½ cup potatoes, diced |
| 1½ pounds butt end of ham | 1 1-pound can tomatoes, drained |
| 8 cups (about) cold water | 2 teaspoons minced parsley |
| 2 cups celery, diced | salt and pepper to taste |
| ½ cup onion, chopped |

Soak beans overnight in enough water to cover. Drain off the water. Add fresh water and cook until beans are tender. Cover with cold water, cover and cook until tender, about 2½ hours. Skim fat from broth and add the drained beans, celery, onion and potatoes. Cook until vegetables are tender, about 20 minutes. Add the tomatoes and parsley and simmer about 10 minutes. Season with salt and pepper.

OYSTER STEW

Mrs. Bernard Balas

| 1 quart milk | Salt and pepper to taste |
| ½ pint light cream | 12-ounce can oysters |
| 1 tablespoon butter |

Combine first 4 ingredients, in a sauce pan; scald and skim. Meanwhile, cook oysters in their own liquor until edges curl. Just before serving, combine with milk and cream mixture.

VARIATION:
Add 1 slice onion, 2 stalks celery, 2 sprigs parsley, ¼ bay leaf to milk. Heat milk over boiling water for 20 minutes. Remove vegetables; add cream and ¼ cup cracker crumbs. Heat milk and cream mixture, add prepared oysters, butter, salt and pepper, and serve at once.
PASTA FAZZULA
(Macaroni and bean soup)

2 tablespoons oil
1 small onion
1 clove garlic
1 can tomato sauce
½ teaspoon salt
¼ teaspoon oregano

1 package cooked macaroni (Ditalini) or spaghetti, broken
in small pieces
½ pound dry beans (soaked until soft) or 1 can Progresso white beans

Heat oil in skillet, sauté onion and garlic until golden; remove garlic. Add tomato sauce and let simmer until it begins to thicken. Add cooked macaroni or spaghetti and beans to the sauce and let simmer slowly for about 20 minutes. Serve with grated Roman cheese.

MINESTRONE SOUP

1 medium size bunch of Kale or Endive
3 or 4 potatoes
1 cup macaroni (Ditalini)
2 tablespoons oil
3 or 4 strips bacon cut in small pieces

1 clove garlic (optional)
½ onion, chopped
1 small can tomato sauce
1 can Ceci
1 can baby lima beans
Salt and pepper to taste

Separate and wash several times Kale or Endive. Break in small pieces and boil in water until tender. Drain and set aside. Dice and cook potatoes and macaroni (separately) and set aside. Put oil in frying pan and when heated add bacon, garlic and onion. When bacon is browned, take out garlic, add tomato sauce, seasoning and 1 can water. Let simmer for 15-20 minutes. Then change from frying pan to cook pot. Add Kale or Endive, add cooked potatoes (some of the potato water can be saved and added). Drain Ceci and lima beans and add. Lima beans may be omitted. Simmer all slowly for 20 minutes, then add cooked macaroni and let simmer 20 minutes longer.

BEAN AND PRUNE SOUP (Slavic Christmas Eve Dinner)

½ pound lima or kidney beans
¼ pound prunes
2 potatoes, diced

Salt and Pepper
Vinegar

Wash and soak beans overnight, drain. Cook beans in about 2 quarts of water until ALMOST DONE; add washed prunes, potatoes and seasoning to taste, and continue cooking until beans are thoroughly done. Make soup thickening by using 2 tablespoons of shortening or butter and 4 tablespoons flour; fry slowly on medium heat until it is light brown, stirring constantly. Remove from heat and add thickening, stirring well. Let simmer few minutes longer and remove from heat. If desired, 3 tablespoons vinegar may be added at this time.

Vegetables

Cooking vegetables may be as dramatic as making the finest sponge cake; it is just as rare an accomplishment, and much more practical. From a health standpoint, it is infinitely more important to your family that you be a good vegetable cook, since vegetables supply a large portion of the vitamins and minerals needed for health. When you bring one of these interesting recipes to the table the happy faces will make you know you're the best cook in the whole wide world.
BAKED LIMAS

2 pounds large lima beans  
1/4 bottle Blue Label Karo
1 family size bottle ketchup  
Salt

Cook limas until done, using plenty of salted water. Pour into large broiler pan with enough water to completely cover the limas. Reserve remaining bean water. Combine ketchup, karo and enough bean water to thin the consistency, then add to beans, mixing well. Place bacon strips on top and bake at 350°F about 1 hour, or until bacon is done. If beans become dry during baking, add more bean water.

BAKED BEANS

1 pound dried beans, cooked (baby limas preferred)  
1/4 cup chopped onion
1/4 pound diced bacon, or salt pork

1/4 cup baking molasses (for hearty flavor) or Vermont Maid Syrup (for mild flavor)
1/4 cup ketchup
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce, if desired

Mix all ingredients together with the cooked limas and bake at 350-375°F for about 2 hours, with enough broth to cover. Add bacon strips and bake for another 1/2 hour.

BAKED LIMA BEANS

Soak and boil 1 pound lima beans with 1 onion. Take out onion. (Beans should be boiled until tender before preparing them for the oven). Beans should be barely covered with broth they were cooked in. Stir together and add:

1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon French's mustard

1/4 cup brown sugar
1/2 bottle catsup

Put in casserole and cover with sliced bacon. Bake in slow oven (350°F) for 21/2 hours.

GREEN BEAN CASSEROLE

1 can condensed cream of mushroom or cream of chicken soup
1/4 cup milk
1 teaspoon soy sauce, optional
Dash of pepper

3 cups cooked (or 2 10-ounce packages frozen) French style green beans
1 package frozen onion rings or 1 can (31/2 ounces) French fried onions

In a 1-quart casserole, stir soup, milk and soy sauce until smooth; place green beans, then onions and pepper, into casserole. Bake in 350°F oven for 20 minutes or until bubbly. Serves 6.
GREEN BEANS IN SAUCE  
Mrs. Lucy Kuklis
1 pound green beans  
2 tablespoons olive oil  
1 clove garlic, chopped  
2½ cups (2# can) tomatoes, seeded  
1 cup boiling water
Wash and break off ends of green beans and cut cross-wise pieces. Cook beans until tender. While beans are cooking, heat the skillet until garlic is lightly browned in the olive oil. Then add tomatoes and water. Stir in salt, pepper, oregano and parsley. Bring to a boil and then simmer covered about 20 minutes, stirring. Pour sauce over beans and serve. Makes 4 servings.

GREEN BEANS SUPERB  
Mrs. George Ambrose
2 tablespoons chopped onions  
1 tablespoon chopped green pepper  
3 tablespoons oil  
1 teaspoon flour  
½ teaspoon salt  
½ teaspoon paprika
Cook onions and green pepper in oil (or bacon fat) until onion is golden. Add flour and seasonings. Gradually add milk and bean liquor. Cook over low heat until thick, stirring constantly. Remove from heat. Add pimento and cheese, stir until cheese melts. Pour over beans. Serves 6.

EASY CREAMED VEGETABLES
Top-of-stove method: Cook 2/10-ounce packages frozen vegetables (such as cauliflower, corn, green beans, lima beans, mixed vegetables, peas, peas and carrots, or spinach) in unsalted water until tender; drain. Stir in 1 can condensed cream of vegetable, celery, chicken or mushroom soup; heat. Thin to desired consistency with additional milk. Season to taste. Serves 6-8.

CREAMED CARROTS  
Mrs. John Grega
Cook until tender; 1 pound sliced carrots, add 2 tablespoons sugar and ½ teaspoon salt to water. Drain, reserving 1 cup of the water. Combine 2 tablespoons flour with 1 cup cold milk. Add to carrots with water. Bring to a boil at medium heat; add 1 tablespoon butter, remove from heat and serve. Serves 4.

GLAZED CARROTS
12 medium size carrots, sliced lengthwise  
1/4 cup water  
½ cup honey  
1 teaspoon salt
Boil carrots in salted water for 15 minutes. Remove from heat and drain. Melt butter in heavy fry pan, add honey and water and stir until well mixed. Add carrots; turn carrots until they are completely covered with syrup. Cook over low heat until glazed (about 15 minutes). Serves 4.

CANDIED CARROTS  
Mrs. Albert Corazza
5 medium carrots  
2 tablespoons brown sugar  
½ cup butter or margarine  
1/4 cup canned, jellied cranberry sauce
Slice carrots crosswise...on the bias, about ½-inch thick. Cook covered until tender (6-8 minutes). In skillet, combine remaining ingredients; heat slowly and stir until cranberry sauce melts. Add drained carrots; heat, stirring occasionally, until nicely glazed on all sides (about 5 minutes). Serves 4.

CANDIED SWEET POTATOES  
Mrs. Albert Corazza
Cook 4 medium sweet potatoes until done, but firm; or use canned ones. Prepare as in candied carrots (above). Double amount of butter, cranberry sauce, brown sugar and salt.

PARTY CANDIED YAMS  
Mrs. Margaret Zahay
6 sweet potatoes  
¼ cup brown sugar  
½ cup margarine  
½ cup dark corn syrup
Wash and cook yams for 15 minutes. Remove from heat, drain and cool. Peel and cut in half, length-wise. In shallow dish combine margarine, syrup, sugar, and the juice and rind of half of the orange. Arrange potatoes over mixture. Slice remaining half of the orange and place over potatoes (1/3 cup shredded coconut optional). Bake in slow oven (325F) for 1¼ hours, basting occasionally. Serves 6

SWEET POTATO PUFS
3 medium sweet potatoes (yams preferred)  
1/4 teaspoon cinnamon or nutmeg  
½ cup pecans, chopped  
1 tablespoon melted butter  
Juice from ½ orange  
½ teaspoon salt  
8 marshmallows, cut in halves
Bake 30 minutes.
Cook sweet potatoes until tender, peel and mash until creamy. Add butter, salt, seasoning, pecans and juice. Mix well. Using a marshmallow as a center for the puff, shape the potato mixture around it and form into a ball; roll in crushed corn flakes or corn flake crumbs. Arrange on a greased cookie sheet and bake at 350°F for 30 minutes. Serve hot. These may be prepared ahead of time and placed in refrigerator until time for baking.

HARVARD BEETS

Mrs. Daniel Gociek

2 1/4 cups red beets (#2 can) 1 tablespoon corn starch
1 tablespoon sugar 1/4 teaspoon salt
1/4 cup water 2 tablespoons vinegar

Dice or slice beets. Dissolve sugar in water. Combine corn starch, salt, vinegar and sugar water. Cook over low heat until thick, stirring constantly. Add beets, heat until beets are hot. If desired, 1 tablespoon butter and 1 teaspoon grated horseradish may be added. Serves 4.

SWEET POTATO SOUFFLE

Mrs. Albert Corazza

3 cups mashed sweet potatoes, (boiled or baked) 1/2 cup brown sugar
1/4 cup raisins
2 tablespoons butter 1/2 cup broken pecans
1 teaspoon salt 2 eggs, separated

Mix potatoes, butter, salt, sugar and egg yolks. Add raisins and pecans. Beat 2 egg whites until stiff; fold into sweet potatoes. Dot with marshmallows or pecan halves. Bake at 350°F for 45 minutes.

CUCUMBERS IN SOUR CREAM

1/2 pint sour cream, evaporated milk or light cream
1 small onion, sliced very thin 1 tablespoon vinegar
1/2 teaspoon salt 1 1/2 teaspoons sugar
Dash of paprika

Combine onions and cucumbers. Sprinkle with salt; let stand 15 minutes; press off excess water; pour over cucumbers and onions. Cover and chill about 15 minutes before serving. Serves 4.

SOUR CUCUMBERS

1 teaspoon salt
2 tablespoons vinegar
1 cup cold water

Combine onions, cucumbers and salt; let stand 15 minutes. Press off excess liquid. Add vinegar, water and a few ice cubes if desired. Let stand in refrigerator 15 minutes before serving.

BEANS WITH SOUR CREAM

Mrs. Harold Herring

2 1/2 cups Great Northern beans
2 cups sour cream
1/3 cup sugar
Salt and Pepper to taste

Soak beans overnight. Parboil until quite soft (approximately 1 hour). Pour into casserole and add other ingredients. Dot with butter. Bake 1 hour at 300°F.

POLISH POTATO PANCAKES

Mrs. Edward Quinn

6 large potatoes
1/8 teaspoon pepper
1/3 cup all-purpose flour
1 tablespoon grated onion, optional
1 teaspoon baking powder
2 eggs
1/3 cup shortening
1 1/4 teaspoons salt

Pare potatoes and cover with water. Sift flour and baking powder. Beat eggs slightly with fork; add salt, pepper, onion and flour. Drain potatoes, quickly grate them and pack into measuring cup; press off excess liquid. There should be 2 1/2 cups of drained, grated potatoes. Stir potatoes into egg mixture and blend thoroughly. Heat shortening in skillet until medium hot, lift potato mixture into hot skillet by heaping tablespoonful. Fry 3 or 4 cakes at a time to a crusty brown; turn and brown on other side. Drain on paper towel. Serves 4. May be served with sour cream or apple sauce.

POTATO PATTIES

1 egg beaten with 1 teaspoon water
1 teaspoon grated onion, 1/2 cup fine dry bread crumbs optional
1/4 cup shortening

Blend potatoes with the onion and half of the egg mixture to a smooth uniform consistency. Divide into 4 portions. Shape into flat patties of uniform thickness. Dip both sides of patties in remaining egg mixture, then in the crumbs. Fry in hot shortening or oil until golden brown, turn and brown on other side. Drain on absorbent paper.

MEXICAN SPINACH

Mrs. George Ambrose

1 14-ounce package frozen spinach
2 tablespoons margarine
1/2 teaspoon salt
1/8 teaspoon pepper

Prepare spinach as directed on package, chop. Add remaining ingredients and heat. Garnish with hard boiled eggs. Serves 4-5.
VEGETABLES IN CHEESE SAUCE

2 10-ounce packages frozen 1/4 cup milk
carrots or cauliflower 1/4 cup buttered bread crumbs
cooked 10 minutes, drained
1 can condensed Cheddar cheese soup

Place vegetable in shallow baking dish. Blend soup and milk; pour over vegetable. Top with crumbs. Bake in a 350°F oven about 30 minutes or until hot and bubbling. 6-8 servings.

FRIED CABBAGE

1 1/2 pounds green cabbage or 1/2 teaspoon salt
6 cups coarsely shredded Dash of pepper
2 tablespoons bacon fat or butter

Prepare cabbage. Heat fat in a heavy skillet until hot. Add cabbage; spread out level and sprinkle with salt. Cover, reduce heat and cook gently, shaking skillet occasionally to prevent sticking. After 3 minutes cooking, turn cabbage over with a pancake turner. Replace cover and cook another 2-3 minutes or until cabbage is soft but still has a little crispness remaining. Is pale green color and has only a suspicion of brown on the bottom. Sprinkle with pepper and turn out into a hot dish and serve hot. Serves 4. This is one of its most appetizing cooked forms.

FRENCH FRIED ONIONS

Mrs. George Medash

2 pounds large Bermuda or Spanish onions

Batter:
1 cup flour 1 cup milk
1/2 teaspoon salt 1 egg, slightly beaten
1 teaspoon baking powder

Slice onions 1/4-inch thick. Separate into rings; soak in ice water about 2 hours. Drain and dry thoroughly. Dip into batter, fry in hot deep fat (370°F) until brown. Drain on absorbent paper. Crisp in 350°F oven. Wonderful with broiled steak.

FROZEN VEGETABLES BAKED

Frozen vegetables are delicious baked. Simply place block of vegetables in a casserole. Spread with butter, sprinkle with salt (for limas only, add 1/4 cup water). Cover and bake right along with your oven dinners.

SERVE VEGETABLES WITH A DIFFERENCE

Mrs. George Ambrose

EVERY VEGETABLE

Cook until crispy-tender, no longer! If it's canned, heat gently as label directed. Add salt, or Accent, or seasoned salt. Then butter, plus one (1) of the additions listed below.

ASPARAGUS

Cook quickly in a shallow skillet. Add browned butter, salt and pepper, or snipped chives or slivered almonds. For something delicious slowly heat a 3-ounce package of chive cream cheese. Pour over cooked, drained, hot, asparagus.

BEETS

Try adding grated orange rind, a sprinkle of snipped dill. Wonderful topped with sour cream and horseradish.

BROCCOLI

Top with grated carrot, poppy seeds or sauteed mushrooms. Try gently heating 1/4 cup sour cream with 2 teaspoons minced onion, 1 tablespoon milk, dash cayenne pepper. Pour over one package cooked, drained broccoli.

CABBAGE

Use bacon-bits, celery, caraway or poppy seeds, grated cheese, or try adding a little curry powder to melted butter.

CARROTS

Just butter and snipped fresh parsley, bacon bits, grated cheese, oregano, or sauteed green pepper.

CAULIFLOWER

Thinly sliced, it cooks faster. Add slivered dill pickles, grated cheese, or poppy seed. Gently heat 1/3 cup sour cream with 1 tablespoon milk. Stir in 2 teaspoons chili sauce. Pour over one package cooked, drained, cauliflower.

CORN

Off the cob, it is good with a bit of minced onion or green pepper, or slivers of almonds. To one package cooked, drained, whole-kernel corn add 2 tablespoons melted butter and 1/2 teaspoon curry powder.

GREEN BEANS

Add bacon bits, sauteed mushrooms, slivered nuts. Try cooking to-
gether ½ pound green beans, 2 stalks celery (both cut on an angle for
er nicer appearance), ¼ teaspoon marjoram till vegetables are just ten-
der. Drain, add butter and paprika.

GREEN LIMAS
Any of the old stand-bys—celery, garlic or celery salt, celery seeds,
bites of bacon, sauteed mushrooms. Or to a package of cooked, drained
limas add 2 tablespoons melted butter and 2 slivered pimentos.

MUSHROOMS
Fresh, canned, or dehydrated they are wonderful with any other vege-
table. Or try adding minced onion, lemon juice, or sherry in the
melted butter.

ONIONS
Try tiny ones, whole, in sour cream. Or larger ones with snipped
parsley in mint. Those bigger ones french fry beautifully—soak in
milk for an hour before dipping in batter or frying.

PEAS
Unbeatable with sauteed mushrooms. Wonderful with sour cream or
slivered almonds, snipped parsley. Exciting with 2 tablespoons mint jelly melted over one package hot, cooked, drained peas.

POTATOES
Mashed—try adding grated cheese, minced onion or chives, or a little
sour cream. Boiled or baked use celery or poppy seeds, sour cream,
or crumbled blue cheese.

SWEET POTATOES
Boiled—try grated orange rind or a little honey. Mash a bit of crush-
ed pineapple, spoonful of sherry.

SPINACH, OTHER GREENS
Spark with sour cream and horseradish, poppy or sesame seeds, slivered almonds, bacon bits or french dressing.

SQUASH
Regardless of whether acorn or the summer variety, and how it is
cooked, try grated cheese or orange rind, chopped chives, bacon bits
or sour cream.

TOMATOES
Can stand lots of seasoning and unite well with other vegetables.
Thyme, dill or oregano go well with 'plain' (no such thing) tomatoes.

Feeding the Crowd

Whether it is a P.T.A. tea, a church supper or a bridal shower or
buffet luncheon, cooking BIG is part of our living today. Instead of
adding, multiplying or trying to change a recipe for 8 into a recipe for
48, here are recipes suited to just such cooking. You will find the
recipes on the following pages a great help because they have been
worked out for large quantities using pantry-shelf utensils and in-
gredients. We are sure the recipes will be a treat on the table and
a flock of compliments for you.
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<tbody>
<tr>
<td><strong>BEVERAGES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee</td>
<td>1 cup</td>
<td>1 to 1 1/4 pound</td>
</tr>
<tr>
<td>Cocoa</td>
<td>1 cup</td>
<td>8 ounces</td>
</tr>
<tr>
<td>Tea, Hot Iced</td>
<td>1 cup, 1 glass</td>
<td>2 1/2 ounces, 3 ounces</td>
</tr>
<tr>
<td><strong>DAIRY PRODUCTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1 pat</td>
<td>1 pound</td>
</tr>
<tr>
<td>Coffee Cream</td>
<td>2 teaspoons</td>
<td>1 1/2 quarts</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 1/2 ounces</td>
<td>4 1/4 pounds</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>1 dipper</td>
<td>2 gallon bulk</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>1 1/2 teaspoons</td>
<td>1/4 pound</td>
</tr>
<tr>
<td>Loaf</td>
<td>1 1/2 cubes</td>
<td>1/2 pounds</td>
</tr>
<tr>
<td><strong>MEATS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground meat, patties</td>
<td>4 ounces</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>4 ounces</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>1 each</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Ham, smoked with bone</td>
<td></td>
<td>25 pounds</td>
</tr>
<tr>
<td>Turkey, dressed weight</td>
<td>2 1/2 ounces</td>
<td>40 pounds</td>
</tr>
<tr>
<td>Beef Roast</td>
<td></td>
<td>25 pounds</td>
</tr>
<tr>
<td>Sausage</td>
<td></td>
<td>25 pounds</td>
</tr>
<tr>
<td>Chicken, dressed (baked)</td>
<td></td>
<td>25-30 pounds</td>
</tr>
<tr>
<td><strong>RELISHES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery curls 2 1/2-inches</td>
<td>1 piece</td>
<td>2 medium stalks</td>
</tr>
<tr>
<td>Olives, green</td>
<td>3-4</td>
<td>2 quarts</td>
</tr>
<tr>
<td>Pickles, 3-inches</td>
<td>1/2 pickle</td>
<td>1/2 quarts</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Tomatoes</td>
<td></td>
<td>10 pounds</td>
</tr>
<tr>
<td>Frozen Vegetables</td>
<td></td>
<td>12 12-ounce pkgs</td>
</tr>
<tr>
<td>Lettuce hearts</td>
<td></td>
<td>8-10 heads</td>
</tr>
<tr>
<td>Lettuce for garnish</td>
<td></td>
<td>4-5 heads</td>
</tr>
<tr>
<td>Sweet Potatoes, candied souffle</td>
<td>5 ounces</td>
<td>20 pounds</td>
</tr>
<tr>
<td>Potato Salad</td>
<td></td>
<td>18 pounds</td>
</tr>
<tr>
<td>Potatoes, Mashed</td>
<td>5 ounces</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Buttered Whole</td>
<td></td>
<td>18 pounds</td>
</tr>
<tr>
<td>Au Gratin (with 1 pound cheese, 4 cups White Sauce)</td>
<td>22 pounds</td>
<td></td>
</tr>
<tr>
<td>Puddings, soft</td>
<td>1/2 cup</td>
<td>15 pounds</td>
</tr>
<tr>
<td></td>
<td>206</td>
<td>6-7 quarts</td>
</tr>
</tbody>
</table>
FRUIT CUP
5 large cans fruit cocktail, drained
½ dozen grapefruit, sectioned
1 large can crushed pineapple
1 dozen oranges, sectioned
Mix—store in refrigerator overnight. Before serving add 6 bananas, cut up.

PEACH AND RICE CREAM
1 quart heavy cream
2 pounds sugar
2 quarts canned peaches, diced, well drained
3 quarts cold cooked rice
4 teaspoons vanilla
Cook rice in boiling salted water, cool. Whip cream until stiff. Combine with peaches, sugar, rice and vanilla. Chill thoroughly before serving.

MACARONI AND CHEESE
3 pounds macaroni
8 quarts milk
3 pounds American cheese
1½ tablespoons dry mustard
½ teaspoon cayenne pepper
1 teaspoon paprika
Boil macaroni until just tender in a large amount of boiling water to which 3 tablespoons salt have been added. Drain and rinse. Scald milk over boiling water. Add cheese, that has been cut into small pieces, mustard and cayenne and continue cooking over boiling water until cheese is just melted. Combine macaroni and cheese sauce. Turn into buttered baking pans, cover with crumbs that have been thoroughly mixed with the melted butter. Sprinkle with paprika. Bake in a moderate oven (350°F) until crumbs are brown, about 25 minutes.

STEAK STRIPS WITH SOUR CREAM GRAVY
10 pounds beef steak, chuck
2 cups chopped onion
2-2/3 cups shortening or lard
1 cup shortening or lard
1 cup chopped onion
3 tablespoons salt
2 teaspoons pepper
Cut steak into strips about 3-inches long and 1-inch wide. Brown meat and onion in shortening or lard. Place in baking pans:

GRAVY
½ cup butter
1½ cups all-purpose flour, sifted
½ cup sour cream
1½ cups hot water
3-1/3 tablespoon prepared mustard
½ teaspoon Worcestershire sauce
Melt butter; stir in flour and add to remaining ingredients. Heat mixture until it thickens. Pour gravy over meat-onion mixture. Cover and bake at 350°F for 2½ hours or until meat is tender.

SAVORY MEAT LOAF
3 cups milk
3 cups fine dry bread crumbs
9 pounds ground beef
3 tablespoons salt
1 teaspoon onion juice
2 tablespoons lemon juice
3 tablespoons poultry seasonings
2 tablespoons minced parsley
Scald milk; add to bread crumbs. Combine with meat and seasonings; mix thoroughly. Pat into 6 loaf pans 9½ x 4½-inches. Bake in a moderate oven, 350°F one hour. Serve with tomato sauce.

SWEDISH MEAT BALLS and Mushroom Sauce
3-1/3 pounds ground beef
3-1/3 pounds ground pork
1-1/3 pounds ground veal
¼ cup onion, chopped
1 quart bread crumbs
4-5 eggs
3 tablespoons salt
1 teaspoon pepper
2 cups milk
1-1/3 carrots, grated
Have meat ground three times. Mix ingredients together in order given. Use #30 scoop (rounded) to measure meat. Shape into balls. Fry meat balls in skillet to a nice brown. Put into roasting pans. Make 2 quarts well-seasoned mushroom sauce and pour over meat balls. Cook at moderate temperature 325°F for one hour. Serve two-to-a-serving with sauce. Size of serving: 2 meat balls; 100-110 balls with #30 dipper.

MUSHROOM GRAVY
2 cans or 1 pound fresh mushrooms, cleaned
2 quarts medium white sauce
(index)
Cut mushrooms in two and brown with a little onion, in butter, before they are added to white sauce. Make 2 quarts well-seasoned medium white sauce. Serve mushroom sauce also on tuna fish or ham souffle.

HAMBURG BAR-B-QUE
10 pounds ground meat, pork and beef
20 onions
20 peppercorns
20 tablespoons vinegar
20 tablespoons Worcestershire sauce
10 tablespoons sugar
3 tablespoons ketchup
Salt
Brown ground meat. Grind onion and peppers. Add vinegar, mustard, sauce and sugar. Combine ingredients with ground meat, ketchup and add salt to taste. Simmer 1½ hours.
CHEESE SAUCE
10-ounces butter 2¼ quarts hot milk
1-1/3 cup all-purpose flour, sifted 1¼ pounds cheese, grated or
ground
½ teaspoon dry mustard
Melt butter. Blend in flour and mustard. Stir into the hot milk. Cook
until thickened. Remove from heat. Add cheese and stir until melted.

SCALLOPED POTATOES
12-14 pounds potatoes 2 teaspoons pepper
¾ cup flour 1½ cups butter
4 tablespoons salt 2½ quarts hot milk
Peel potatoes and slice. If potatoes are very large, cut them in two,
lengthwise, before slicing. Drain raw, sliced potatoes. Put into
baking dishes, a layer of potatoes, then a slight dredging of flour,
and repeat until potatoes are used. Dissolve salt, pepper, and butter
in hot milk. Pour over potatoes. Cook at 400°F for one hour, or until
done. Potatoes should be nicely browned. Size of serving: 1 large
serving spoon.

POTATO SALAD
2 tablespoons salt 3 cups green peppers (chopped),
½ teaspoon pepper or 3 cups pickles, (chopped) or
15 pounds potatoes, cooked 3 cups stuffed olives (chopped)
and diced 1 cup minced onion
6 cups diced celery 1½ dozen eggs, hard-cooked
Add salt and pepper to cold potatoes; mix with prepared vegetables.
(Note, green peppers may be used, or chopped pickles, or chopped
stuffed olives in addition to celery and onion). Add chopped eggs
and salad dressing. Toss lightly together. This recipe allows 2/3
cup per serving.

GERMAN POTATO SALAD
1½ pounds bacon ¼ cup flour
15 pounds potatoes, cooked 1½ cups vinegar
and sliced 6 cups water
2 tablespoons salt 1 cup onion
1 teaspoon pepper
Cook diced bacon over low flame until crisp. Add bacon to potatoes.
To bacon fat, add salt, pepper and flour; mix well. Stir in vinegar
and water. Cook until thick. Add thinly sliced onion. Pour hot over
either hot or cold potatoes. Allows 2/3 cup per serving.

COOKING HINTS
To make a jar of "SPECIAL BLEND" for GREASING PANS for bak-
ing, Margaret Zahay combines one-half cup hydrogenated shortening
and one-fourth cup flour. This will keep and can be used to grease
all pans. Store in refrigerator.

Theresa Stefanovich adds graham cracker crumbs to her CAKE FROS-
TING. It adds a pleasant nut flavor.

When the recipe says "Dredge with seasoned flour", DON'T WASTE
FLOUR. Bernice Reczkowski puts a little in a paper bag, drops in
the food and shakes it together thoroughly. The food will be evenly
coated and much less flour will be used.

Mixing a CAKE BATTER in the electric mixer? Antoinette Medash
slowly decreases the speed when she is ready to lift out the beaters
from the bowl: this way the beaters practically clean themselves of
the batter.

Patricia Balas tells us that ROLLING DATES or other dried fruit
IN FLOUR before cutting will prevent them from sticking to the
scissors.

For a delicious TOPPING FOR SPICE CAKE, Betty Burns whips
one cup of heavy cream and gradually folds in 1/3 cup apple butter.

FOR A SMOOTHER, CREAMIER FUDGE, Sue Myers adds one tea-
spoon corn starch to each cup of sugar.

After GRINDING NUTS OR RAISINS, etc., Dorothy Feussner grinds a
couple of graham crackers. It adds flavor and cleans out the gringer.

IF YOUR GRAVY IS A LITTLE GREASY. Mrs. Wagner suggests adding
a pinch of baking powder and the grease will disappear.

SOLID FATS ARE STICKY and hard to measure in quantities of less
than a cupful. Agnes Maloney uses what the experts call the water
displacement method. Suppose your recipe calls for 2 3/4 cup short-
ening. Simply fill your measuring cup 1 1/2 full of cold water, add the
shortening piece by piece until the water is just at the one cup mark.
Pour off the water and there's your shortening accurately measured
and easy to remove from the cup.
Lucy Kuklis tells us CHEESE is EASILY GRATED if you partly freeze it, then it will not stick to the grater.

DON'T RISK SOGGY FRUIT OR PUMPKIN PIES. Dolores Gocek brushes the sides and bottom crust with beaten white of egg, then sprinkles it lightly with flour and proceeds with the filling.

Betty Jabiniak lets raw potatoes stand in cold water for at least 1/2 hour before frying to improve the crispness of FRENCH FRIED POTATOES.

Nan Brogan says it's easy as pie to get a FLAKY UPPER CRUST. Just before putting the pie in the oven, brush top crust lightly with cold water. The result will melt in your mouth.

Lettuce to go into the refrigerator should not be wrapped in saran or plastic bags; Charlotte Tancin uses a moistened paper towel, THEN LETTUCE WON'T RUST.

TO REMOVE THE "FISH ODOR" OF TUNA, Emma Grega simply pours boiling water over a sieve containing the chunks of tuna. It will taste very much like chicken when used as a salad or in puffs.

Anne Marie Gallagher suggest using powdered sugar instead of flour when ROLLING AND CUTTING COOKIES. They will be tastier and lighter.

Use your judgement in making SUBSTITUTIONS FOR BUTTER, but the flavor of it in foods is its own reward, says Laura Corazza.

DID YOU KNOW?

EGGS BEAT UP LIGHTER and make finer cake when not too cold. They should be at cool room temperature for best results. When making sponge cakes, especially angel food, remove eggs from refrigerator several hours before using.

It is easiest to SEPARATE WHITES AND YOLKS right after removing eggs from the refrigerator.

TO KEEP EGG YOLKS FRESH for several days, cover with cold water and store in refrigerator.

If you place a paper towel on the bottom of the pot and add 1 teaspoon salt to the water FOR BOILING EGGS they are less likely to crack.

---

COMMON FOOD EQUIVALENTS

SUGAR
granulated ........................................ 1 pound equals 2 cups brown, firmly packed ........................................ 1 pound equals 2 1/4 cups confectioners' .............................................. 1 pound equals 3 1/2 cups sifted

NUTS, in the shell
1 pound almonds .................................... 1 to 1 1/4 cups nutsmeats
1 pound peanuts .................................... 2 1/4 cups nutsmeats
1 pound pecans ..................................... 2 1/4 cups nutsmeats
1 pound walnuts ..................................... 1 to 2 1/3 cups nutsmeats

NUTS, shelled
1 pound almonds .................................... 3 1/2 cups nutsmeats
1 pound peanuts .................................... 3 cups nutsmeats
1 pound pecans ..................................... 4 cups nutsmeats
1 pound walnuts ..................................... 4 cups nutsmeats

BUTTER
4 sticks (1 pound) equals 2 cups
1 stick (1/4 pound) equals 1/2 cup
1/2 stick (1/8 pound) equals 1/4 cup

FLOUR
4 cups flour equals 1 pound
2 cups sugar equals 1 pound
2 cups butter equals 1 pound

EGGS
2 medium equal 1 3/4 cup
2 large equal 1 1/2 cup
3 medium equal 1 1/2 cup
3 large equal 2 3/4 cup

WEIGHTS and MEASURES

3 teaspoons ........................................ 1 tablespoon
4 tablespoons ...................................... 1/4 cup
5 tablespoons plus 1 teaspoon ................... 1 1/3 cups
8 tablespoons ...................................... 1/2 cup
10 tablespoons plus 2 teaspoons ................ 2 1/4 cups
12 tablespoons ..................................... 3/4 cup
16 tablespoons ..................................... 1 cup
2 tablespoons ..................................... 1 liquid ounce
1 cup .................................................. 1/2 pint
2 cups ............................................... 1 pint
4 cups or 2 pints ................................... 1 quart
4 quarts .............................................. 1 gallon
8 quarts ............................................. 1 peck
4 pecks .............................................. 1 bushel
**substitutions that are safe!**

**FOR -------------------------USE**

1 cup sifted all-purpose flour.............. 1 cup plus 2 tbsp. sifted cake flour
1 cup sifted cake flour...................... 1 cup minus 2 tbsp. sifted all-purpose flour
1 tbsp. cornstarch (for thickening)........ 2 tbsp. flour (approximately)
1 tsp. baking powder...................... 1/2 tsp. soda plus 1/2 tsp. cream of tartar
1 whole egg................................ 2 egg yolks plus 1 tbsp. water (in cookies, etc)
1 whole egg................................ 2 egg yolks (in custards and such mixtures)
1 cup fresh sweet milk...................... 1/2 cup evaporated milk plus 1/2 cup water
1 cup fresh sweet milk...................... 3 tbsp. powdered milk plus 1 cup water
1 cup fresh sweet milk...................... 1 cup sour milk or buttermilk
1 cup sour milk or buttermilk.............. 1/2 tsp. soda (decrease baking powder 2 tsp.)
1 cup sour milk or buttermilk.............. 1 cup fresh sweet milk with 1 tbsp. lemon juice or vinegar stirred in

1 cup light cream........................... 7/8 cup milk plus 3 tablespoons butter (for cooking only)
1 cup heavy cream........................... 3/4 cup milk plus 1/3 cup butter (for cooking only) not for whipping
1 sq. unsweetened chocolate (1 oz.)....... 3 to 4 tbsp. cocoa plus 1/2 tbsp. shortening
1 cup honey................................ 1/2 cup sugar plus 1/2 cup liquid
1 cup sugar................................ 1 cup honey or syrup and reduce liquid in recipe 1/4 cup (in cakes substitute honey for only 1/2 the sugar)

1 cup brown sugar (firmly packed)......... 1 cup granulated sugar
1 cup canned tomatoes...................... about 1-1/3 cups cut-up fresh tomatoes, simmered 10 minutes

1 1/2 teaspoons molasses to 1 cup sugar makes good substitute for brown sugar
OUR THANKS....

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