

JELLO PIE

Mrs. Roy Feussner

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| 1 graham cracker pie shell,
baked | 1 cup sugar |
| 1 box jello—lime or preferred
flavor | 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

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| 2 cups graham crackers (crushed) | 1 stick margarine (soft) |
| 3 tablespoons sugar | |

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

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| $\frac{3}{4}$ cup chopped cranberries | $\frac{3}{4}$ cup cold water |
| $\frac{3}{4}$ cup seeded chopped raisins | 1 tablespoon flour |
| $\frac{3}{4}$ cup sugar | 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

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| 1 unbaked pie shell | 2 teaspoons cream of tartar |
| 2 cups water | 25 crushed ritz crackers |
| 1 cup sugar | (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:

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| 1 cup baking molasses |
| 1 cup hot water |
| 1 teaspoon baking soda,
dissolved in a few drops
of vinegar |

CRUMBS:

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| 3 cups flour |
| 1 cup brown sugar |
| $\frac{3}{4}$ 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 cōle 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 peppery 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

Mrs. Alex Reczkowski

6 hard-cooked eggs ½ cup mayonnaise
 2/3 cup finely chopped celery 1/8 teaspoon freshly grated
 2 tablespoons finely chopped onion
 green pepper ½ teaspoon salt
 ½ cup chopped sweet pickle

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

Mrs Alex Reczkowski

5 medium, meaty tomatoes ¼ cup mayonnaise
 7-ounce can tuna fish 1 hard-cooked egg, coarsely
 1/3 cup celery, thinly chopped chopped
 1 tablespoon lime juice Lettuce
 ¼ teaspoon grated lime rind Cucumber, about ½ medium, cut
 1 tablespoon chopped sweet into thin slices
 pickle 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 ¾ cup celery sliced thin
 or chunk 2 hard-cooked eggs, coarsely
 ¼ teaspoon onion juice or diced
 scraped onion ¼ cup chopped sweet pickle
 Dash of tabasco and 1/3 cup mayonnaise or boiled
 Pepper 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	1 medium sized onion, diced
2 tablespoons flour	½ cup thinly sliced celery
1 tablespoon sugar	2 tablespoons chopped parsely
½ teaspoons salt	¼ cup green pepper, diced, optional
2/3 cup vinegar	4 hard-cooked eggs, diced
¼ cup water	

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 up bacon into small pieces and add to the skillet with the 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 ½ cup mayonnaise may be added to the ingredients if desired.

POTATO SALAD

3 cups diced, cooked potatoes	1 tablespoon finely chopped parsley
½ cup sliced celery	1 teaspoon salt
2 tablespoons chopped onion	¼ teaspoon pepper
¼ cup mayonnaise or boiled dressing	3 hard-cooked eggs
1 tablespoon prepared mustard	

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)	Salt and Pepper to taste
1 pint jar Kraft's Miracle Whip	4 hard boiled eggs (cooled and diced)
5 tablespoons dry mustard	5 or 6 celery stems (diced fine)

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

COLE SLAW

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

Marinate 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 carrot. 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 teaspoon salt
1/3 cup sliced stuffed olives	¼ teaspoon pepper
½ teaspoon celery seeds	3 tablespoons vinegar
½ cup salad dressing	¼ teaspoon paprika
1 teaspoon dry mustard	2 tablespoons minced onion
1 teaspoon horseradish	1 tablespoon milk

Mix cabbage, olives and celery seeds. Set aside. Blend salad dressing and seasonings. Stir in milk. Heat, don't boil. Toss cabbage and hot dressing and heap in a salad bowl. Serve with carrot sticks and radishes

BEAN SALAD

M. B. Rish

1 can cut green beans	1 red onion, medium size
1 can cut yellow string beans	½ large sweet green pepper
1 can kidney beans	Salt and Pepper

Drain all three cans and put them in a bowl. Cut a medium size red onion and ½ large green sweet pepper. Add salt and pepper to taste. Make a sweet and sour dressing as follows:

½ cup sugar — ½ cup vinegar — ½ cup Mazola oil

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

STRING BEAN SALAD

Mrs. John Jabjiniak

Boil:	Then mix:
½ cup sugar	¼ cup milk
¼ cup vinegar	½ teaspoon salt
¼ cup water	½ teaspoon flour
1 tablespoon butter	½ 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

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| 3 tablespoons lemon juice | 1 tablespoon salad oil |
| 2 tablespoons salad oil | 1 cup bread cubes (1/2-inch) |
| 1 1/2 teaspoons Worcestershire sauce | 1 egg |
| 1 clove garlic, split | 1/4 teaspoon freshly ground pepper |
| 1/3 cup French dressing | 1/4 cup grated Parmesan cheese |
| 6 cups mixed crisp salad greens (romaine, iceberg, endive, chicory) | |

Measure into a screw-top jar the lemon juice, salad oil, Worcestershire sauce, 1/2 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 refrigerate until ready to serve. Prepare the croutons by heating the remaining tablespoon of salad oil with the remaining 1/2 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 boiling water for just one minute. At serving time add the croutons to the greens with the coddled egg (removed from shell). Add freshly 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

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| 4 tomatoes, cut in wedges | 1/3 cup mayonnaise |
| 1 cucumber, sliced | Salt and Pepper |
| 1/2 green pepper, sliced | Lettuce |
| 4 hard boiled eggs, sliced | 4 slices bacon fried crisp |
| 2 green onions, chopped | 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

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| 4 cups peeled, cored, diced apples | 2/3 cup coarsely chopped walnuts |
| 2 tablespoons lemon juice | 1/2 cup mayonnaise |
| 2 cups sliced celery or fennel | |

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 preferred, apples may remain unpeeled. Serves 4.

ROMAINE SALAD ALL' ITALIANA

Mrs. Lucy Kuklis

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| 1 large head romaine (ice berg or endive) cleaned and broken into 2-inch lengths | 1/3 cup olive oil |
| 1 clove garlic | 1 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

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| 4 1/2 ounce package lemon gelatin | 1/2 teaspoon salt |
| 1 cup hot water | 1 tablespoon lemon juice |
| 1 8-ounce can Hunt's tomato sauce | 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

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| 1 1-pound can whole cranberry sauce | 1/4 teaspoon salt |
| 1 3-ounce package red, yellow or orange fruit flavored gelatin | 1 tablespoon lemon juice |
| 1 cup boiling water | 1/2 cup mayonnaise |
| | 1 apple or orange, peeled and diced |
| | 1/4 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 mayonnaise 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

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| 1 package lime or orange-pineapple jello | 1 pound pressed or dry cottage cheese |
| 16 marshmallows | 1 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

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| 3 packages Jello, lime, cherry and lemon | 1 can crushed pineapple |
| 1 medium can pear halves | ½ pint heavy cream |
| 1 jar marischino cherries | 1 large package (8-ounces) cream cheese |

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

Dilute 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

Dilute 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 Karboski, Jr.

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| 1 package cherry Jello | ½ cup mayonnaise |
| 2 3-ounce package cream cheese | 1 cup Maraschino Cherries, drained, quartered |
| 1 cup heavy cream, whipped | 2½ cups large marshmallows, cut |
| 1 can crushed pineapple (large can) drained | Red food coloring |

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

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| 1 large can white cherries | 1 pint heavy cream |
| 1 large can sliced pineapple | 2 tablespoons mayonnaise |
| 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

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| 1 package lime-flavored gelatin | 1 carton dry cottage cheese |
| 1 cup boiling water | 1/3 cup sliced stuffed olives |
| 1 cup cold water | ½ 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

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| 1 package lemon or lime Jello | 1 3-ounce package cream cheese |
| 1 cup boiling water | |

Dilute 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:

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| ½ cup nuts | 1 small jar maraschino cherries |
| ½ cup chopped green peppers | 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 Gocek

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| 4 canned pear halves | 6 marshmallows, cut in quarters |
| 2 seedless oranges | 1 teaspoon lemon juice |
| 1 cup whole strawberries | 1 cup whipping cream |
| ½ cup crushed pineapple | ½ cup mayonnaise |
| ¼ cup moist shredded cocoanut | |

Cut pear halves to make quarters lengthwise. Pare and section oranges and if berries are very large, cut in half. Combine fruits, cocoanut, 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 1½-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 can crushed pineapple
(medium), drained

1/3 cup evaporated milk
1 8-ounce package cream cheese

Congeeal 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
sauce (beaten until saucy)
1/4 cup chopped pecans

1 #2 can crushed pineapple,
drained
1/2 pint sour cream

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

Dissolve candies and sugar in hot water; heat to boiling. Pour over jello, stir to dissolve. Add cold water. Chill until partially set. Stir in remaining ingredients. Serves 4.

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
Fold drained pineapple and whip cream into mixture and let set again.

Whip 1/2 pint whipped cream

FENNEL SALAD

Mrs. Lucy Kuklis

4 medium stalks fennel,
thoroughly chilled

1/3 cup olive oil
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
Dash of pepper
1 teaspoon butter
1 teaspoon mustard

1 cup water
1/2 teaspoon cornstarch
5 teaspoons sugar
1/4 cup vinegar

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
1/3 cup vinegar
2/3 cup water
1 tablespoon flour

2 tablespoons sugar
1/2 teaspoon dry mustard
Pinch of salt
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 Gocek

1 teaspoon dry mustard
1/2 teaspoon salt
1 teaspoon flour
1 tablespoon sugar
Dash of paprika

1 egg yolk
2 tablespoons cider vinegar
1 tablespoon salad oil
1/2 cup sour cream

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 ¼ teaspoon salt
 3 tablespoons wine vinegar 1/8 teaspoon pepper
 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 salt
 1 teaspoon Worcestershire 1/3 cup vinegar
 sauce ¾ cup catsup
 ½ cup sugar 2 cups salad oil

Mix all ingredients, beat well and chill.

CELERY SEED DRESSING (for fruit salads)

(Good for either canned or fresh fruits)

½ cup sugar 1/3 cup vinegar
 1 teaspoon dry mustard 1 cup salad oil
 1 teaspoon salt 1 tablespoon celery seed
 ¼ 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 1 cup pineapple juice
 2 tablespoons flour Juice of 1 lemon
 2/3 cup sugar 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 1 cup pineapple juice
 ¾ teaspoon salt 1 tablespoon butter
 2 large or 3 medium eggs,
 beaten

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:

½ can salad oil ½ teaspoon salt
 ¼ can vinegar Pepper
 ¼ can sugar Dash of Worcestershire sauce
 1 clove garlic, minced

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 1 teaspoon Worcestershire
 sauce sauce
 2/3 cup salad oil ½ teaspoon dry mustard
 1/3 cup vinegar ½ teaspoon paprika
 1 tablespoon minced onion 1 cut clove garlic, optional
 1 teaspoon salt

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
 ½ teaspoon dry mustard 1 cup salad oil
 ½ teaspoon salt

Break egg into blender container. Add mustard, salt and vinegar. Add ¼ cup of oil. Cover and turn on low speed. Immediately uncover and pour in remaining oil in a steady stream. Makes 1¼ cups. Home-made 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

½ cup sugar 2/3 cup ketchup
 ½ cup water 1 teaspoon salt
 1 medium onion 1 teaspoon paprika
 7 tablespoons vinegar ½ teaspoon celery salt
 1 cup oil

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 souffles.

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
1 tablespoon green onion tops	pickles
minced or grated onion	2 tablespoons chopped sweet pickles
2 tablespoons chopped olives	pickles
1 teaspoon dry mustard	½ cup mayonnaise or salad dressing
2 tablespoons minced parsley	3-4 tablespoons white vinegar
½ clove garlic, minced	

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

½ pound fresh mushrooms	Dash of pepper
3 cups water	3 tablespoons flour
½ teaspoon salt	3 tablespoons butter

Wash mushrooms well. Slice lengthwise through cap and stem. Cook in water 30 minutes over medium heat. Add salt; drain liquor and reserve 1½ 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 ½ cup mushroom stock. Makes 2 cups.

HOT HUCKLE-BERRY SAUCE

Mrs. George Ambrose

1 package frozen blueberries	¾ teaspoon cinnamon
or 1½ 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

Mrs. Bernard Balas

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| 1 6½ or 7½-ounce can (about 1 cup) crab meat, drained and flaked | 1 hard-cooked egg, chopped |
| ½ cup shredded sharp process American cheese | 3 tablespoons salad dressing or mayonnaise |
| ¼ cup chopped celery | ½ teaspoon lemon juice |
| 2 tablespoons drained sweet-pickle relish | ½ teaspoon prepared horseradish |
| 2 tablespoons green onions and tops | 10 slices bread, generously buttered |
| | 5 tomato slices |

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 DENVERS

Mrs. Bernard Balas

- | | |
|-------------------------------------|---|
| 6 hamburger buns, split and toasted | Dash of pepper |
| 1 4½-ounce can deviled ham | ¼ cup chopped green onions |
| 4 eggs | 2 tablespoons butter, margarine, or bacon drippings |
| ¼ cup milk | 6 thin tomato slices |
| ¼ teaspoon salt | 6 slices sharp process American cheese |

Spread lower half of buns with deviled ham. Combine eggs, milk, salt and pepper. Beat slightly for gold-and-white effect, thoroughly for all-yellow eggs. Add onions. Heat butter in skillet till just hot enough to make a drop of water sizzle. Pour in egg mixture. Reduce heat and cook, lifting and folding occasionally, till eggs are set, but still moist. Pile eggs atop deviled ham and add tomato and cheese slices. Place on cooky sheet; broil about 4-inches from heat just till cheese melts. Cover with bun tops. Makes 6.

AFTER THE CARD GAME SNACK

Mrs. George Ambrose

- | | |
|---------------------------|-----------------------------|
| Corned beef sandwich mix | ¼ cup salad dressing |
| Refrigerator rye bread | 1 teaspoon prepared mustard |
| Hot tomato juice (or V-8) | ¼ cup minced onion |
| 12-ounce can corned beef | |

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 a hearty lunch dish, a light supper or an evening snack that's truly satisfying.

MIXIE BURGER

- | | |
|----------------------------|----------------------------------|
| 1 tablespoon shortening | 1 tablespoon vinegar |
| ¼ cup diced onion | 1 tablespoon sugar |
| ¼ cup green pepper | ½ teaspoons Worcestershire sauce |
| ¼ cup celery | Dash of pepper |
| 1 pound ground meat | 1 teaspoon salt |
| ¼ cup cheddar cheese | |
| 1 8-ounce can tomato sauce | |

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

- | | |
|-----------------------------|------------------------|
| ½ cup chopped onion | 1 tablespoon vinegar |
| 2 tablespoons margarine | ¼ teaspoon salt |
| ¼ cups catsup | 1 pound (8-10) weiners |
| 2 tablespoons pickle relish | Dash of pepper |
| 1 tablespoon sugar | |

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

HOT SANDWICHES

- | | |
|-----------------------------|--------------------------|
| 1 pound boiled ham, chopped | 1/3 cup chopped onion |
| ½ pound American cheese | ½ cup chili sauce |
| 2 boiled eggs, diced | 3 tablespoons mayonnaise |
| 1/3 cup sliced olives | |

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 tablespoon green pepper, chopped |
| ¼ pound liver sausage | Dash paprika and Worcestershire sauce |
| 1 small onion, finely chopped | |
| 1-ounce spiced ham, finely chopped | |

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

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
1 cup diced celery
1 cup diced green pepper
 $\frac{3}{4}$ bottle ketchup
 $\frac{1}{2}$ teaspoon Worcestershire sauce
Salt and pepper to taste

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
 $\frac{1}{2}$ teaspoons horseradish
1 small onion, finely chopped
1 teaspoon salt
 $\frac{1}{2}$ cup soft bread, or corn
flake crumbs
 $\frac{1}{4}$ cup light cream
 $\frac{1}{2}$ teaspoons Worcestershire sauce

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
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{4}$ teaspoon prepared mustard
1 tablespoon green pepper
 $\frac{1}{3}$ cup sweet pickle
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vinegar
1 teaspoon onion

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 $\frac{3}{4}$ 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 $\frac{1}{3}$ cup finely minced celery, few drops of onion juice, 2 hard-cooked eggs (diced), $\frac{1}{3}$ cup mayonnaise (or sandwich spread), with salt and pepper to taste, $\frac{1}{3}$ 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 $\frac{1}{3}$ cup finely minced celery, $\frac{1}{3}$ 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

Mrs. Vincent Lowery

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|------------------------|-----------------------------------|
| 2 cups potatoes, diced | ¼ teaspoon pepper |
| ¾ cup chopped onion | ½ teaspoon dry mustard |
| ½ cup celery, diced | 1½ teaspoons Worcestershire sauce |
| 2½ teaspoons salt | ¼ pound grated cheese |
| 2½ cups boiling water | Minced parsley |
| 4 tablespoons butter | 1 cup tomatoes |
| 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

Mrs. Francis Pelot

- | | |
|-----------------------------|--------------------------|
| ¼ cup butter | ¼ cup flour |
| ½ cup finely chopped celery | 4 cups milk |
| ½ cup finely minced onion | Salt and Pepper to taste |
| 2 cups cubed potatoes | 1 cup chopped ham, cubed |
| ½ cup water | Finely minced parsley |

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

Mrs. George Medash

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|-----------------------------------|----------------------|
| 2 cups (about 1 pound) split peas | 3 tablespoons butter |
| 3 quarts water | 3 tablespoons flour |
| 1 ham bone, cracked | 2 teaspoons salt |
| ¼ cup chopped onion | 1/8 teaspoon pepper |
| | 2 cups milk |

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.

Soups



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

1½ pounds boiling beef, bone	1 small onion
¼ cups stewed or strained tomatoes	¼ head cabbage, small sized
2 stalks celery	salt and pepper to taste
4 carrots	Parsley
	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 medium 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 2½ hours. Add potatoes and continue cooking for ½ 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 or yellow	½ cup flour
½ pint sour cream	1 small onion, diced
1 egg	2 tablespoons butter
3 tablespoons mild vinegar	4 medium sized potatoes, diced (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 ½ hour before string beans are tender.

LIMA BEAN SOUP

1 cup dry lima beans	2 tablespoons butter
1 cup tomatoes, canned	4 tablespoons flour
1 cup potatoes, diced	½ teaspoons salt
1 onion, cut fine	¼ teaspoon pepper
1 cup carrots, diced	1 quart water
1 cup celery, diced	

Miss Victoria Dvorshak

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.

BORSCH

Mrs. Albert Corazza

(with variations)

1 pound keilbasi	½ cup cold water
2 quarts water	1 cup light cream
1 tablespoon salt	3½ tablespoons flour
1/3 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 ½ 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 EASTER 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 BEAN SOUP

Mrs. Aloysius 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 ham 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

Mrs. Joseph Quinn

(Macaroni and bean soup)

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|--------------------|---------------------------------|
| 2 tablespoons oil | 1 package cooked macaroni |
| 1 small onion | (Ditalini) or spaghetti, broken |
| 1 clove garlic | in small pieces |
| 1 can tomato sauce | ½ pound dry beans (soaked until |
| ½ teaspoon salt | soft) or 1 can Progresso white |
| ¼ teaspoon oregano | beans |

Heat oil in skillet, saute 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.

MINISTRONE SOUP

Mrs. Joseph Quinn

- | | |
|-----------------------------|---------------------------|
| 1 medium size bunch of Kale | 1 clove garlic (optional) |
| or Endive | ½ onion, chopped |
| 3 or 4 potatoes | 1 small can tomato sauce |
| 1 cup macaroni (Ditalini) | 1 can Ceci |
| 2 tablespoons oil | 1 can baby lima beans |
| 3 or 4 strips bacon cut in | Salt and pepper to taste |
| small pieces | |

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)

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|------------------------------|-----------------|
| ½ pound lima or kidney beans | Salt and Pepper |
| ¼ pound prunes | Vinegar |
| 2 potatoes, diced | |

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

Mrs. John Grega

2 pounds large lima beans ¾ 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

Mrs. John Della Croce

1 pound dried beans, cooked ¾ cup baking molasses (for hearty
 (baby limas preferred) flavor) or Vermont Maid Syrup
 save broth (for mild flavor)
 ¼ cup chopped onion ½ cup ketchup
 ¼ pound diced bacon, or 1 teaspoon dry mustard
 salt pork 1 teaspoon Worcestershire
 sauce, if desired

Mix all ingredients together with the cooked limas and bake at 350-375F for about 2 hours, with enough broth to cover. Add bacon strips and bake for another ½ hour.

BAKED LIMA BEANS

Mrs. Albert Corazza

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 ¾ cup brown sugar
 ¼ teaspoon pepper ½ bottle catsup
 1 tablespoon French's mustard

Put in casserole and cover with sliced bacon. Bake in slow oven (350 F) for 2½ hours.

GREEN BEAN CASSEROLE

Mrs. Aloysius Brogan

1 can condensed cream of 3 cups cooked (or 2 10-ounce
 mushroom or cream of packages frozen) French
 chicken soup style green beans
 ¼ cup milk 1 package frozen onion rings
 1 teaspoon soy sauce, optional or 1 can (3½ ounces) French
 Dash of pepper 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

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|--------------------------------------|-----------------------------|
| 1 pound green beans | 1/2 teaspoon salt |
| 2 tablespoons olive oil | 1/8 teaspoon pepper |
| 1 clove garlic, chopped | 1/8 teaspoon oregano |
| 2 1/2 cups (#2 can) tomatoes, seived | 2 teaspoons chopped parsely |
| 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

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|-----------------------------------|--------------------------------|
| 2 tablespoons chopped onions | 1 cup light cream |
| 1 tablespoon chopped green pepper | 1/2 cup bean liquor |
| 3 tablespoons oil | 1 chopped canned pimento |
| 3 tablespoons flour | 1/4 cup grated American cheese |
| 1 teaspoon salt | 2 cups hot, cooked green beans |
| 1/2 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 1/2 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

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|---|-------------------|
| 12 medium size carrots, sliced lengthwise | 1/4 cup water |
| | 1/4 cup butter |
| 1/3 cup honey | 1/2 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

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|---|---------------------------|
| 5 medium carrots | 2 tablespoons brown sugar |
| 1/4 cup butter or margarine | 1/2 teaspoon salt |
| 1/4 cup canned, jellied cranberry sauce | |

Slice carrots crosswise...on the bias, about 1/2-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

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|-------------------------|---------------------|
| 6 sweet potatoes | 1/4 cup brown sugar |
| 1/4 cup margarine | 1 orange |
| 1/2 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 1 1/4 hours, basting occasionally. Serves 6

SWEET POTATO PUFFS

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|--|---------------------------------|
| 3 medium sweet potatoes (yams preferred) | 1/4 teaspoon cinnamon or nutmeg |
| 2 tablespoons melted butter | 1/2 cup pecans, chopped |
| 1/2 teaspoon salt | Juice from 1/2 orange |
| | 8 marshmallows, cut in halves |

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 Gocek

2¼ cups red beets (#2 can) 1 tablespoon corn starch
1 tablespoon sugar ¼ teaspoon salt
¼ 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, ½ cup brown sugar
(boiled or baked) ¼ cup raisins
2 tablespoons butter ½ 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

2 medium size cucumbers, ½ pint sour cream, evaporated
sliced thin milk or light cream
1 small onion, sliced very 1 tablespoon vinegar
thin 1½ teaspoons sugar
½ teaspoon salt Dash of paprika

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

SOUR CUCUMBERS

3 medium size cucumbers, 1 teaspoon salt
sliced thin 2 tablespoons vinegar
1 small onion, sliced thin 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

2½ 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,
1 teaspoon baking powder optional
2 eggs 1/3 cup shortening
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 2½ 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

2 cups stiff, leftover mashed 1 egg beaten with 1 teaspoon
potatoes water
1 teaspoon grated onion, ½ cup fine dry bread crumbs
optional ¼ 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 2 tablespoons horseradish
spinach ½ teaspoon salt
2 tablespoons margarine 1/8 teaspoon pepper
¼ cup light cream

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 broccoli or cauliflower cooked 10 minutes, drained
1/4 cup milk
1/4 cup buttered bread crumbs
- 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 6 cups coarsely shredded
1/2 teaspoon salt
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 a 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
1/2 teaspoon salt
1 teaspoon baking powder
- 1 cup milk
1 egg, slightly beaten

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 it 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 1/2 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 hot, 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 nicer appearance), ¼ teaspoon marjoram till vegetables are just tender. Drain, add butter and paprika.

GREEN LIMAS

Any of the old stand-bys – celery, garlic or celery salt, celery seeds, bits 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 vegetable. 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 crushed 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 unites 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 ingredients. We are sure the recipes will be a treat on the table and a flock of compliments for you.

Quantities for 50

FOOD	SERVING PER PERSON	ORDER
	BEVERAGES	
Coffee	1 cup	1 to 1¼ pound
Cocoa	1 cup	8 ounces
Tea, Hot	1 cup	2½ ounces
Iced	1 glass	3 ounces
	DAIRY PRODUCTS	
Butter	1 pat	1 pound
Coffee Cream	2 teaspoons	1½ quarts
Cheese	1½ ounces	4¾ pounds
Ice Cream	1 dipper	2 gallon bulk
Sugar, granulated	1½ teaspoons	¾ pound
Loaf	1½ cubes	1½ pounds
	MEATS	
Ground meat, patties	4 ounces	15 pounds
Meat Loaf	4 ounces	15 pounds
Pork Chops	1 each	15 pounds
Ham, smoked with bone		25 pounds
Turkey, dressed weight	2½ ounces	40 pounds
Beef Roast		25 pounds
Sausage		25 pounds
Chicken, dressed (baked)		25-30 pounds
	RELISHES	
Celery curls 2½-inches	1 piece	2 medium stalks
Olives, green	3-4	2 quarts
Pickles, 3-inches	½ pickle	1½ quarts
	VEGETABLES	
Fresh Tomatoes		10 pounds
Frozen Vegetables		12 12-ounce pkgs
Lettuce hearts		8-10 heads
Lettuce for garnish		4-5 heads
Sweet Potatoes, candied	5 ounces	20 pounds
souffle		18 pounds
Potato Salad		15 pounds
Potatoes, Mashed	5 ounces	18 pounds
Buttered Whole		22 pounds
Au Gratin (with 1 pound cheese, 4 cups White Sauce)		15 pounds
Puddings, soft	½ cup	6-7 quarts

FRUIT CUP

5 large cans fruit cocktail, drained
1 large can crushed pineapple
1 dozen oranges, sectioned
1/2 dozen grapefruit, sectioned
1 8-ounce jar maraschino cherries and juice

Mix—store in refrigerator overnight. Before serving add 6 bananas, cut up.

PEACH AND RICE CREAM

1 quart heavy cream
2 quarts canned peaches, diced, well drained
2 pounds sugar
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
1/2 teaspoons dry mustard
1/8 teaspoon cayenne pepper
1/2 quarts bread crumbs
3/4 pound butter
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 or round, about 1/2-inch thick
2-2/3 cups chopped onion
1 cup shortening or lard
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

1/2 cup butter
1/2 cups all-purpose flour, sifted
1/4 gallon hot water
3-1/3 tablespoon prepared mustard
1/2 teaspoon Worcestershire sauce
1/2 cups sour cream
2/3 cup tomato puree

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 2 1/2 hours or until meat is tender.

SAVORY MEAT LOAF

3 cups milk
3 cups fine dry bread crumbs
9 pounds ground beef
3 pounds ground pork
3 tablespoons salt
1/2 teaspoons pepper
2 tablespoons onion juice
2 tablespoons lemon juice
1 tablespoon poultry seasoning
2 tablespoons minced parsley

Scald milk; add to bread crumbs. Combine with meat and seasonings; mix thoroughly. Pat into 6 loaf pans 9 1/2 x 4 1/4-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
3/4 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 peppers
20 tablespoons vinegar
20 tablespoons wet mustard
20 tablespoons Worcestershire sauce
10 tablespoons sugar
3 bottles 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 1 1/2 hours.

CHEESE SAUCE

10-ounces butter
1-1/3 cup all-purpose flour,
sifted
1/2 teaspoon dry mustard

2 1/4 quarts hot milk
1 1/4 pounds cheese, grated or
ground

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
3/4 cup flour
4 tablespoons salt

2 teaspoons pepper
1 1/2 cups butter
2 1/2 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
1/2 teaspoon pepper
15 pounds potatoes, cooked
and diced
6 cups diced celery

3 cups green peppers (chopped),
or 3 cups pickles, (chopped) or
3 cups stuffed olives (chopped)
1 cup minced onion
1 1/2 dozen eggs, hard-cooked
1 1/2 quarts salad dressing

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

1 1/2 pounds bacon
15 pounds potatoes, cooked
and sliced
2 tablespoons salt
1 teaspoon pepper

3/4 cup flour
1 1/2 cups vinegar
6 cups water
1 cup onion

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 baking, **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 FROSTING**. 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 teaspoon 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 grinder.

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 cup shortening. Simply fill your measuring cup 1/3 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 Jabjiniak lets raw potatoes stand in cold water for at least ½ 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 2¼ cups
confectioners'.....1 pound equals 3½ cups sifted

NUTS, in the shell

1 pound almonds.....1 to 1¾ cups nutmeats
1 pound peanuts.....2¼ cups nutmeats
1 pound pecans.....2¼ cups nutmeats
1 pound walnuts.....1-2/3 cups nutmeats

NUTS, shelled

1 pound almonds.....3½ cups nutmeats
1 pound peanuts.....3 cups nutmeats
1 pound pecans.....4 cups nutmeats
1 pound walnuts.....4 cups nutmeats

BUTTER

4 sticks (1 pound) equals 2 cups
1 stick (¼ pound) equals ½ cup
½ stick (1/8 pound) equals ¼ 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 ⅓ cup
2 large equal ½ cup
3 medium equal ½ cup
3 large equal 2/3 cup

WEIGHTS and MEASURES

3 teaspoons.....1 tablespoon
4 tablespoons.....¼ cup
5 tablespoons plus 1 teaspoon.....1/3 cup
8 tablespoons.....½ cup
10 tablespoons plus 2 teaspoons.....2/3 cup
12 tablespoons.....¾ cup
16 tablespoons.....1 cup
2 tablespoons.....1 liquid ounce
1 cup.....½ 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..... | ¼ tsp. soda plus ½ 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..... | ½ cup evaporated milk plus ½ 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
½ 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..... | ¾ 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 ½ tbsp. shortening |
| 1 cup honey..... | ¾ cup sugar plus ¼ cup liquid |
| 1 cup sugar..... | 1 cup honey or syrup and reduce liquid in recipe ¼ cup (in cakes substitute honey for only ½ 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 |
- 1½ teaspoons molasses to 1 cup sugar makes good substitute for brown sugar



FIRST-AID FOR THE COOK

ICE — The Wonder Drug In Your Kitchen

When you burn a finger by accidentally touching something hot, you want instinctively to cool it immediately. But very likely you have been taught to treat burns with butter or some other oily substance. Not so, says medical science. Ideally, you should put your finger in a bowl of cool water with ice cubes in it. Or you can rub ice directly on the burn until the sting disappears. Not only is the pain relieved, but the finger will heal much more quickly.

Ice has other first-aid uses. It will help stop bleeding and prevent bruising by shrinking blood vessels. This means not only less discoloration, but less swelling, less damage to surrounding tissue, and less pain.

Another advantage of the ice-cube treatment is that it helps to prevent infection. Any part of the body that is refrigerated is less likely to become infected, even if it is contaminated with dirt. The ice-cold temperature keeps germs dormant, unable to multiply and spread. The body's natural defenses can do the rest. When there is a deep wound, if an ice cube can be held against it until a doctor arrives the danger of infection is almost eliminated.

Ice has even been successfully used as first aid in treating emotional disorders. An ice cube held against the neck is usually enough of a "shock treatment" to calm an agitated patient.

When a person gets a heart attack, the doctor sometimes uses morphine to prevent shock resulting from the intense pain. But until the doctor comes, you can relieve pain by gently rubbing an ice cube on the chest. After such treatment, it may even be that the doctor will find it unnecessary to use morphine when he arrives.

A little sliver in the tip of your finger can easily be removed with the point of a needle sterilized in a match flame. If you cannot stand the pain in the sensitive finger tip, place it on an ice cube until it becomes numb. Then the sliver can be pried out with no discomfort.

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Missing
beginning of
index

COOKIES

Velvet Cookies.....	72
Swedish Christmas Cookies.....	72
Orange Pecan Delights.....	72
Cherry Winks.....	73
Pineapple Drop Cookies.....	73
Butter Cookies.....	73
Sugar or Drop Cookies.....	73
Snicker-Doodles.....	74
Mexican Wedding Cakes.....	74
Vanilla Kiffells.....	74
Snacktime Favorite Cookies.....	74
Thumbprint Cookies.....	75
Brownies.....	75
Chocolate Sour Cream Drops.....	75
Golden Carrot Cookies.....	75
Refrigerator Cookies.....	76
Walnut Ice Box Cookies.....	76
Aunt Fannies Zu-Zu's.....	76
Pretzels.....	76
Pumpkin Cookies.....	77
Gum Drop Cookies.....	77
Date and Nut Cookies.....	77
Rocks.....	78
Michigan Rocks.....	78
Gilbralter Rocks.....	78
Butterscotch Cookies.....	78
Butterscotch Cookies.....	79
Cowboy Cookies.....	79
Apple Nutmeg Cookies.....	79
Raisin Drop Cookies.....	80
Welsh Cooky.....	80
Ginger Cookies.....	80
Soft Molasses Cookies.....	80
Ginger Puffs.....	81
Molasses Drop Cookies.....	81
Old-Fashioned Molasses Cookies.....	81
Delicious Molasses Cookies.....	81
Molasses Cookies.....	82
Peanut Blossoms.....	82
Peanut Butter Hermits.....	82
Peanut Butter Cookies.....	82
Peanut Cookies.....	83
Date and Nut Filled Cookies.....	83
Pineapple Filled Cookies.....	83
Bethlehem Cookies.....	84
Filled Butter Horns.....	84
Raisin Filled Cookies.....	85
Fruit Cookies.....	85
Moons.....	85
Hungarian Kifli.....	86
Crescents.....	86
Nut Filled Cookies.....	86

DESSERTS

Cherry Cake Dessert.....	87
Cherry Torte.....	87
Strawberry or Cherry Torte.....	88
Harvest Torte.....	88
Apple Cake Dessert.....	88
Apple Crunch.....	89
Baked Devil's Float.....	89
Frozen Fruit Dessert.....	89
Pineapple Nut Balls.....	90
Strawberry Fluff.....	90
Creamy Rice Pudding.....	90
Rice Pudding.....	90
Whipped Rice Pudding.....	91
Rice Pudding.....	91
Fluffy Pineapple Rice Pudding.....	91
Chocolate Pudding.....	91
Huckleberry Pudding.....	92
Cream Cheese Pudding.....	92
Cottage Pudding.....	92
Custard Bread Pudding.....	92
Rum Cream Pudding.....	93
Puffy Custard.....	93
Iced Zabaglione.....	93
Zabaglione.....	94
Spanish Cream.....	94
Cherry Cream Parfait.....	94

MAIN DISHES

MEAT AND POULTRY

Chicken Fancy.....	95
Patio Chicken Dinner.....	95
Parmesan Chicken Supreme.....	95
Baked Noodles and Chicken.....	96
Chicken Chow Bake.....	96
Sweet-Sour Chicken.....	96
Bar-B-Que Chicken.....	96
Oven-Browned Chicken.....	97
Easy Chicken Cacciatore.....	97
Plantation Chicken.....	97
Fried Chicken Oriental.....	98
Turkey Croquettes.....	98
Terriaki Steak.....	98
Pepper Steak.....	98
Creole Steak.....	99
Chicken Fried Round Steak.....	99
Beef Stroganoff.....	99
Beef Stew.....	100
Irish Stew.....	100
Pork Stew.....	101
Hungarian Goulash.....	101
Goulash.....	101

Pork Butt Barbeque.....	102	Bread Stuffing.....	121
Barbecued Pork Chops.....	102	Dumplings for Stew.....	121
Chinese Pork and Rice.....	102	Homemade Egg Noodles.....	121
Fried Rice.....	103		
Chow Mein.....	103		
Baked Pork Chops.....	103		
Pork Chops and Apples.....	103		
Arabian Pork Chops.....	104		
Sauer Kraut and Pork.....	104	MEATLESS MAIN DISHES	
Sauer Kraut and Franks.....	104	Eggs Ala King.....	122
Spare Ribs and Sauer Kraut.....	104	Eggs A'la Goldenrod.....	122
Pork and Potato Scallop.....	104	Cheese Souffle'.....	122
Scalloped Potatoes and Ham.....	105	Fluffy Omelet.....	122
Scalloped Potato Casserole.....	105	Gnoccki.....	123
Broiled Ham Steaks.....	105	Shells and Lima Beans.....	123
Honey Glazed Ham Slices.....	106	Rice-Spinach Croquettes.....	123
Sub-Gum.....	106	Potato Pancakes.....	124
Veal Birds.....	106	Creamed Finnan Haddie (Haddock).....	124
Paprika Veal.....	107	Finnan Haddie Cheese Toast.....	124
Parmesan Veal Cutlets.....	107	Baked Fillet.....	124
Lamb and Green Beans.....	107	Salmon Loaf.....	125
Pasties.....	108	Salmon or Tuna Loaf.....	125
Kraute Berox.....	108	Olive Salmon Loaf.....	125
One Pot Dish.....	108	Crabcakes.....	126
Meat Loaf.....	109	Deviled Crab.....	126
Favorite Beef Loaf.....	109	Crabby Stuffed Tomatoes.....	127
Meat Loaf.....	109	Cashew Nut Casserole.....	127
Meat Loaf Perfection.....	109	GWA Casserole.....	127
Juicy Meat Loaf.....	110	Spaghettini and Anchovy Sauce.....	127
Talarine.....	110	Cod (Italian Style).....	128
Five-Layer Casserole.....	110	Baked Whiting in Green Sauce.....	128
Six-Layer Dish.....	110	Fried Smelts.....	128
Chili Con Carne.....	111	Colcannon.....	128
Corned Beef Casserole.....	111	Stuffed Shells.....	129
Corned Beef Hot Dish.....	111	Italian Macaroni and Cheese.....	129
Swedish Cabbage Rolls.....	112	Cabbage, Potato Pies or Pizza.....	129
Cabbage Rolls (Mexican Style).....	112	Pierogi, Dough No. 1.....	131
Bohemian Cabbage Rolls.....	113	Pierogi, Dough No. 2.....	131
Hungarian Stuffed Peppers.....	113	Leniwe Pierogi.....	132
Stuffed Peppers (Italian Style).....	114	Slavic Easter Cheese (Cirak).....	132
Kibbee.....	114	Bobalki.....	132
Swedish Meat Balls.....	114	Tyrolean Torta.....	133
Lumberjack Stew.....	114	Mushroom Polenta.....	133
Stuffed Manacotti Shells.....	115		
Ravioli.....	115	PASTRY, ROLLS, ETC.	
Bracciole.....	116	Lebkuchen.....	134
Lasagne.....	116	Applesauce Squares.....	134
Baked Lasagne.....	117	Walnut Squares.....	134
Lasagne.....	117	Pineapple Squares.....	135
Meatballs and Sauce.....	118	Double Crust Pineapple Squares.....	135
Meatballs and Spaghetti.....	118	Pecan Squares.....	136
Meatballs and Sauce.....	119	Pecan Rolls.....	136
Italian Easter Pie.....	119	Pecan Tarts.....	136
Italian Easter Pie.....	120	Cherry Cooky-Crisp.....	137
Bread Stuffing (12 pound Turkey).....	120	Easy Apple Tart.....	137

Chyrstles.....	137
Chrusciki (Flaky Pastry).....	137
Cream Puffs.....	138
Italian Sfinge (St. Joseph Puffs).....	138
Cheese Cake.....	139
Cottage Cheese Cake.....	139
Cheese Buns.....	139
No-Knead Kolache.....	140
Filled Doughnuts (Fried).....	140
Apple Strudel.....	141
Bohemian Rolls.....	141
Bishop's Hats.....	142
Cinnamon Flop.....	142
Cinnamon Buns.....	143
Sticky Buns.....	144
Orange Glory Rolls.....	145
Galacian Coffee Cake.....	145
Pluckets.....	145
Spoon Rolls.....	146
Yeast Rolls.....	146
Easter Biscuits.....	146
Doughnut Balls.....	147
Doughnuts.....	147
Sugar Yeast Doughnuts.....	147
Sour or Buttermilk Doughnuts.....	148
Mashed Potato Dough.....	148
Dutch Cake.....	148
Dutch Cake Dough.....	149
Fillings for Kolache.....	149
Baking Powder Kolache.....	149
Apple Dutch Cake.....	150
Nut and Poppy Seed Rolls and Fillings.....	150
Refrigerated Dough.....	151
Nut and Poppy Seed Rolls and Fillings.....	151
Dough for Rolls (With Oil).....	152
Cherry-Cocoanut, Poppy Seed and Nut Fillings.....	152
Nut and Poppy Seed Rolls and Fillings.....	153
Nut and Poppy Seed Rolls and Fillings.....	154
QUICK BREADS	
Nut Bread.....	155
Middle Western Nut Bread.....	155
Date-Nut Bread.....	156
Maple Nut Loaf.....	156
Cranberry Fruit Bread.....	156
Tropical Loaf.....	157
Pineapple Bread.....	157
Apricot Bread.....	157
Cheese-Onion Bread.....	157
Banana Bread.....	158

Chocolate Bread.....	158
Ginger Bread.....	158
Johnny Cake.....	158
YEAST BREADS	
Oatmeal Bread.....	155
White Bread (2 Loaves).....	159
White Bread (3 Loaves).....	159
Homemade White Bread (2 Loaves) or Pizza Dough.....	160
White Bread (4 Loaves).....	160
Babka (Easter Sweet Bread).....	161
Paska Bread.....	161
Easter Paska (Russian).....	162
Cheese Paska.....	162
PANCAKES, FRITTERS, ETC.	
Baking Powder Biscuits.....	163
Buttermilk Griddle Cakes.....	163
Hot Corn Meal Cakes.....	163
Sweet Milk Griddle Cakes.....	163
Heavy Fritter Batter.....	164
Three-Way Apple Fritters.....	164
Vegetable Fritters.....	164
Corn Fritters.....	164
PIES	
Pie Crust (Electric Mixer).....	165
Never-Fail Crust.....	165
Pie Crust.....	165
Home Pastry Mix.....	165
Crispy Pie Crust.....	166
Graham Cracker Crust.....	166
Angel Pie.....	166
Cheese Pie.....	166
Pineapple Pie.....	167
Pineapple Cream Pie.....	167
Pineapple Pecan Cheese Pie.....	167
Pineapple Cheese Pie.....	167
Pineapple Cream Cheese Pie.....	168
Tart Lemon Pie.....	168
Lemon Sponge Pie.....	169
Lemon Cake Pie.....	169
Fresh Strawberry Pie.....	169
Strawberry Parfait Pie.....	169
Pumpkin Pies.....	170
Butterscotch Pie.....	171
Cocoanut Custard Pie.....	171
Creole Chess Pie.....	171
Raisin Crumb Pie.....	171
Cocoanut Blueberry Cream Pie.....	172
Rhubarb Custard Pie.....	172
Rhubarb Chiffon Pie.....	172
Shoo Fly Pie.....	173
Pennsylvania Ritz Apple Pie.....	173

Raisin Pie.....	173
Cheese Pie Supreme.....	173
Sunny Peach Pie.....	174
Graham Cracker Pecan Pie.....	174
Pecan Pie.....	174
Rich Nut Pie.....	174
Jello Pie.....	175
Cherry Supreme.....	175
Mock Cherry Pie.....	175
Mock Apple Pie.....	175
Shoo Fly Pie.....	175

SALADS, SALAD DRESSINGS AND SAUCES

SALADS

Tomato Stuffed with Egg Salad.....	176
Tomato Stuffed with Tuna Salad.....	176
Tuna Fish Salad.....	176
Hot Macaroni or Potato Salad.....	177
Potato Salad.....	177
Western Potato Salad.....	177
Cole Slaw.....	178
Hot Cole Slaw.....	178
Bean Salad.....	178
String Bean Salad.....	178
Caesar Salad.....	179
Country Side Salad.....	179
Waldorf Salad.....	179
Romaine Salad All'Italiana.....	180
Speedy Tomato Aspic.....	180
Cranberry Candles.....	180
Cottage Cheese Salad.....	180
Jello Delight.....	181
Cherry Pineapple Mold.....	181
Very Good Fruit Salad.....	181
Lime Olive-Nut Molded Salad.....	182
Perfection Salad.....	182
Frozen Fruit Salad Supreme.....	182
Pineapple Salad.....	183
Frozen Cranberry Fruit Rounds.....	183
Apple Cinnamon Salad.....	183
Strawberry Treat Salad.....	183
Fennel Salad.....	183

SALAD DRESSINGS

Dressing for Lettuce or Potato Salad....	184
Potato Salad Dressing.....	184
Hot Salad Dressing.....	184
Old-Fashioned Sour Cream Dressing....	184
Italian Dressing.....	185
Salad Dressing.....	185
Celery Seed Dressing (Fruit Salads)....	185
Fruit Salad Dressing.....	185
Tomato Soup Salad Dressing.....	186
California French Dressing.....	186

Mayonnaise Dressing.....	186
French Dressing.....	186

SAUCES

White Sauce (Variations).....	187
Cheese Sauce (Vegetables or Fish).....	187
Tartar Sauce.....	187
Seafood Sauce.....	188
Raisin Sauce.....	188
Mushroom Sauce.....	188
Hot Huckleberry Sauce.....	188

SANDWICHES

Grilled Crab Sandwiches.....	189
Dad's Denvers.....	189
After the Card Game Snack.....	189
Mixie Burger.....	190
Hot Dog Bar-B-Q.....	190
Hot Sandwiches.....	190
Gentlemen's Delight.....	190
Beef Barbecue.....	191
Beefburger Special.....	191
Ham and Egg Sandwich.....	191
Sandwich Fillings.....	192

SOUPS

Dinner Chowder.....	193
Ham 'n Tater Chowder.....	193
Split Pea Soup.....	193
Beef and Noodle Soup.....	194
Chicken Soup.....	194
String Bean Soup.....	194
Lima Bean Soup.....	194
Borsch.....	195
Ground Beef Soup.....	195
Yankee Bean Soup.....	196
Navy Bean Soup.....	196
Oyster Stew.....	196
Pasta Fazzula.....	197
Minestrone Soup.....	197
Bean and Prune Soup.....	197

VEGETABLES

Baked Limas.....	198
Baked Beans.....	198
Baked Lima Beans.....	198
Green Bean Casserole.....	198
Green Beans in Sauce.....	199
Green Beans Superb.....	199
Easy Creamed Vegetables.....	199

Creamed Carrots.....	199
Glazed Carrots.....	200
Candied Carrots.....	200
Candied Sweet Potatoes.....	200
Party Candied Yams.....	200
Sweet Potato Puffs.....	200
Harvard Beets.....	201
Sweet Potato Souffle.....	201
Cucumbers in Sour Cream.....	201
Sour Cucumbers.....	201
Beans with Sour Cream.....	202
Polish Potato Pancakes.....	202
Potato Patties.....	202
Mexican Spinach.....	202
Vegetables in Cheese Sauce.....	203
Fried Cabbage.....	203
French Fried Onions.....	203
Frozen Vegetables, Baked.....	203
Serving Vegetables with a Difference...	204

FEEDING THE CROWD

Quantities for 50.....	206
Fruit Cup.....	207
Peach and Rice Cream.....	207
Macaroni and Cheese.....	207
Steak Strips with Sour Cream Gravy....	207
Savory Meat Loaf.....	208
Swedish Meatballs.....	208
Hamburg Bar-B-Que.....	208
Cheese Sauce.....	209
Scalloped Potatoes.....	209
Potato Salad.....	209
German Potato Salad.....	209
COOKING HINTS.....	210
FOOD EQUIVALENTS and WEIGHTS and MEASURES.....	212
SUBSTITUTIONS.....	213

COOKING NOTES

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