

## Pork Chops en Casserole

Select 6 or more tender & lean  
Pork Chops. Dip in egg & Cracker  
Crumbs and fry until nicely browned.  
Place in a Casserole & Pour over  
them - 1 can sifted Peas - (drained)  
& 1 can tomato Soup. Cover with  
Cracker crumbs - & Bake in a  
moderate oven - 1 hr.

Very good.

mother

## Casserole with Beef

1 lb noodles  
1 can mushroom Soup  
1 " milk  
1 onion  
1 pepper  
3/4 lb cheddar cheese  
1 can corn beef  
potato chips.  
Cook noodles.  
Brown onion & pepper  
& add other ing.  
put into casserole  
& top with crushed  
potato chips.  
Bake 35 to 45 min @ 375

## Beets in Tomato Juice

Cook beets. Grate or shred. Just cover  
with tomato juice and simmer 5 or 10 min  
until beets absorb tomato juice flavor.

## Sunshine Spaghetti

4 c sweet milk, 1 or more c grated or  
shredded carrots, salt. Heat till nearly  
boiling. Add about two handfuls of spaghetti  
so that when cooked it will be nearly dry.  
Stir gently while adding spaghetti so it  
will not stick together. Cook with lid on  
to avoid scorching. Cheese may be added for  
food value, if desired.

cheese & Cracker Snufflé  
12 salted crackers - 1 3/4 cup milk  
Soak crackers in milk in 8-inch square  
pan in Ref for 3 or 4 hrs. Mash crackers  
thoroughly and add 3 beaten egg yolks, 2 cups  
grated cheese, 1/2 tsp salt, pepper, fold in  
stiffly beaten egg whites. Bake in  
mod oven (325) for 40 min.

## Shipwreck Stew

2 T. fat                      1 Large onion sliced  
3 C diced potatoes        1 lb ground beef,  
1/4 C. uncooked Rice.    1 C sliced celery  
2 C cooked kidney beans   1/2 t salt  
1/4 t chili powder        1/4 t Worcester sauce  
1 C. tomato sauce        1/2 C water

Melt shortening in heavy pan arrange in layers first the onions, spuds, ground beef, rice and last celery & beans, combine

seasonings and water add to Tom.  
sauce and pour over stew.  
cover tightly and cook on high  
8 to 10 min. Turn to simmer 2 hrs  
& servings

### Worcester Pound Cake

1 C butter	1 t cream of tartar
2 C sugar	$\frac{1}{2}$ t soda
4 eggs	$\frac{1}{2}$ C milk
3 C flour	1 t vanilla
$\frac{1}{4}$ t salt	$\frac{1}{4}$ t mace

Cream butter and sugar then add yolk  
beaten until lemon color. Mix and  
sift together flour, salt, cream of tartar,  
and soda. Add alternately with milk  
Beat well add vanilla and mace last

fold in whites beaten stiff Bake in  
~~an~~ greased and floured tube pan 350°

45 minutes

### Lincoln Crisps



2 egg whites beaten stiff  
1 cup gran. sugar  
1/2 tsp salt  
1 tsp vanilla

2 tbsp melted shortening  
2/3 cup shredded coconut  
2/3 cup chopped nuts  
4 cups cornflakes

Add sugar + salt to egg whites, beat until dissolved.  
Add shortening + vanilla. Stir in coconut, nuts, +  
cornflakes which have been mixed together.  
(over)

Form in clusters any size you like on a greased pan about 2 inches apart. Bake 15 minutes in a moderate oven - (350° F.)

### Uncooked Cookies

Put in a mixing bowl and mix well.  
3 cups raw oatmeal (quick kind)

8 T cocoa 1 C coconut 1 C walnuts

Put in sauce pan 1 cube Butter or Marg.  
 $\frac{1}{2}$  C milk. Bring to rolling boil add  
1 t vanilla. Quickly mix well into oatmeal  
mixture. Drop by t on wax paper

These are quickly and easily made  
and are fine for coffee hours or  
late evening refreshments in recreation  
hall.

### Novel Layer Cookies

à la H.G. Haverley  
"11-132"

1<sup>st</sup> Layer

$\frac{1}{2}$  C Crisco

1 C white sugar

2 eggs, beaten

$\frac{1}{2}$  tsp. vanilla

$\frac{1}{2}$  " salt

$1\frac{1}{2}$  C pastry flour

1 tsp. baking powder

Cream sugar + Crisco. Beat eggs + vanilla. Last, flour sifted  
with salt + baking powder. Spread  $\frac{1}{2}$ " thick over Criscoed pan.

2<sup>nd</sup> Layer

1 C light brown sugar

1 egg white

$\frac{1}{2}$  tsp. vanilla

$\frac{3}{4}$  C chopped walnuts

Beat egg, fold in sugar. Add vanilla. Spread over first  
layer. Sprinkle with walnuts. Bake 30 mins. - mod. oven

(325° F.)  
Cut in squares when cool.

## Oatmeal Muffins. 12 med.

Soak 1 hr. in  
1 C. quick cooking oats  
1 C Buttermilk or Sourmilk

Then beat in  
1 Large egg, well beaten

Stir in  
1/2 C. Brown sugar packed  
1 cup flour  
1 t salt  
1 t Baking Powder 1/2 t soda

Sift together

Stir into Oatmeal mixture. Then stir in 1/2 C. shortening melted and cooled. Put in muffintins 2/3 full Bake 20 min 400°

## CITRUS MARMALADE

2 large oranges  
1 lime  
1 lemon  
6 cups water  
5 cups C and H Granulated Sugar

Wash fruit. Cut in half lengthwise and cut into very thin slices crosswise. Remove all seeds. Place fruits in large bowl. Add water. Let soak over night. Place water and fruit in large sauce pan. Bring to boil and cook until tender. Add sugar and stir well. Bring to boil and boil rapidly to jelly stage (220 degrees on candy thermometer) from 15 to 30 minutes. Quickly skim off any foam and ladle into sterilized jars to 1/2-inch from the top. Seal.

Makes 6 jars (1/2 pint each)

## Quick Rolls

1/2 C milk 1 cake yeast 2 T sugar  
1/2 C lukewarm water 1 1/2 t salt  
3 C Sifted flour 3 T melted shortening

Scald milk, add sugar and salt; cool to lukewarm. Dissolve yeast in warm water and add to warm milk. add 1 1/2 C flour & beat until smooth. Add melted shortening and remaining flour. Shape into rolls and cover and let rise until double in bulk about 1 hr. Bake in moderate oven 400° about 20 min. makes 12.

## Pepper Steak

Cut 1 pd round steak 1/2 in thick, in 4 pieces. Brown on both sides on greased skillet. Cover with 1 sliced onion and 3 green peppers, quartered. Add 1/2 cup consommé 1/2 t ginger, 1 T soy sauce and 1/2 t accent. Cover and cook slowly 1 hr. or until meat is tender. makes 4 servings 325 calories each.

## Hungarian Goulash

1 lb. lean beef

1 lb. lean veal

2 Tbs. fat

1 large onion (diced)

1 tsp. paprika

1 can tomatoes (sauce)

2 potatoes ~~and~~ diced

2 Tbs. salt

Heat cooker without base. Brown meat & onions in hot fat. Add seasoning & tomatoes. Cover, set on

Rise, reduce heat. Cook  $1\frac{1}{2}$  hrs. Open cooker, add potatoes & continue cooking  $\frac{1}{2}$  hr.

### Swiss Steak with Rice

1 cup rice - 1 cup flour - 2 Tsp. ~~salt~~ salt

1 Bay leaf - 1 pint tomato ~~sauce~~ sauce

1 pint cooked green string beans

2 lbs. round steak cut  $2\frac{1}{2}$  in thick.

6 onions -  $\frac{1}{4}$  cup lard - pepper.

Rub seasoning into meat. Dredge with flour & pound thoroughly. Brown meat in same pan.

Place meat in roasting pan. Cover with onions.

Add seasoning - water to cover. Boil  $1\frac{1}{2}$  hr then

cover meat with rice - tomato sauce.



## Cauliflower Souffle.

3 T Butter      4 T Flour  
1 t Baking Powder    1 c milk   ½ t salt  
Dash pepper   ¾ c grated cheese  
2 cups chopped cooked cauliflower  
3 egg yolks slightly beaten  
3 egg whites stiffly beaten  
Melt butter and flour + add milk  
and stir till thick add cauliflower +  
egg yolks then egg whites  
Bake in greased Baking dish in

pan of hot water till firm

### REFRIGERATOR ROLLS

Soften 1 cake yeast in  $\frac{1}{4}$  cup warm water; add 1 cup milk scalded and cooled to lukewarm;  $\frac{1}{3}$  cup sugar and 1 cup flour, beat well. Allow this sponge to stand until light. Then add  $\frac{1}{3}$  cup melted butter, 2 well-beaten eggs, 1 tsp. salt and 3 cups flour or enough to make a dough that is easy to handle. Knead until smooth. Let rise until double in bulk then punch down, place in a tightly covered jar and store in refrigerator until needed. Keep dough in a jar that has a tight cover. Waxed paper will not do so well because it allows a crust to form on top of the dough. Allow the dough to come to room temperature before shaping into rolls and let rise until double in bulk after forming into rolls. Bake at 425 degrees 15-20 minutes. If dough is kept longer than 24 hours, punch down once a day. This dough keeps well and the last batch of rolls seems better than the first.

Mother

### Refrigerator Rolls 3 doz

2 cups milk 1 T. salt

2 cakes yeast 2 eggs

$\frac{1}{2}$  cup shortening 1 cup mashed spuds

$\frac{1}{2}$  cup sugar 7 cups fisher flour

scald milk, add shortening. Cool

to lukewarm, dissolve yeast in  $\frac{1}{4}$  cup

lukewarm milk add to above, add sugar

salt beaten eggs, and lukewarm spuds

add 3 cups flour, beat vigorously for

5 min. Stir in remainder flour.

mixing until smooth. (Dough will be rather soft.) Place in greased bowl, cover, and put in refrigerator until ready to use. Take out by spoonfuls, form in desired shapes, and place on greased baking sheet, let rise about  $1\frac{1}{2}$  hours. Bake 15 to 20 min at 425 degrees.

### Wheat Girdle Cakes makes 27

1 C. milk  
2 T B. sugar  
1 t salt  
1 cake Fl. yeast  
1 C. Lukewarm water  
2 T melted shortening  
2 eggs well beaten  
 $2\frac{1}{2}$  C. sifted flour

Scald milk add sugar, salt; cool to lukewarm dissolve yeast in warm water and add to warm milk. Add shortening, eggs + flour Beat thoroughly to make smooth batter cover and let rise in warm place until light about 1 hr. stir well and take on hot griddle  
Over night method: use  $\frac{1}{4}$  yeast and additional  $\frac{1}{2}$  t salt let stand over night in cool place

$\frac{1}{2}$  C milk <sup>Amber Rolls.</sup> 1 cake yeast 2 T sugar  
 $\frac{1}{2}$  C lukewarm water  $1\frac{1}{2}$  t salt  
3 C sifted flour 3 T melted shortening

Scald milk, add sugars + salt; cool to lukewarm. Dissolve yeast in lukewarm water and add lukewarm milk. Add  $1\frac{1}{2}$  cups flour + beat till perfectly smooth. Add melted shortening + remaining flour or enough to make an easily handled dough. Knead well. Shape into rolls and place in well greased pans. cover and set in warm place, free from draft. Let rise till double in bulk, about 1 hr. Bake in moderate oven at 400° F. about 20 min makes 12 or 1 loaf Bread

## Quick Rolls

$\frac{1}{2}$  c milk  
2 T sugar  
 $1\frac{1}{2}$  t salt  
1 Fleischmanns yeast  
 $\frac{1}{2}$  c lukewarm water  
3 c sifted flour  
3 T melted shortening

Scald milk, add sugar + salt, cool to lukewarm. Dissolve yeast in warm milk. add  $1\frac{1}{2}$  c. flour and beat till real smooth. add shortening and remaining flour, or enough to make an easily handled dough. Knead well. Shape into rolls and place in well greased pan. cover and set in warm place. Let rise until double

in bulk about 1 hr. Bake in  
mod. oven at 400° about 20 min  
or makes one loaf

### Old-fashioned buckwheat cakes

Two cups buckwheat flour,  $\frac{1}{2}$  cup cornmeal,  
 $\frac{1}{2}$  cup lukewarm water, 3 more cups warm water,  
1 teaspoon salt, 2 teaspoons sugar, 1 table-  
spoon melted butter,  $\frac{1}{2}$  teaspoon soda.  
Soften yeast cake in lukewarm water. When thor-  
oughly dissolved add salt, sugar and  $2\frac{1}{2}$  cups  
luke-warm water. Add buckwheat and cornmeal  
and mix until perfectly smooth. Cover and let  
stand in a warm place over night. In the

morning add melted butter and soda dissolved in remaining half cup of water. Beat well and let stand five or ten minutes. Bake on a hot, well-greased griddle. The batter should be quite thin and runny. And remember that buck-wheat cakes require a hotter griddle than cornmeal or wheat cakes. Some of the batter can be saved and used as a starter for another baking instead of using a fresh yeast cake. Keep the batter in the refrigerator and add water and flour (buckwheat and cornmeal) the night before, just as you did in the beginning, Don't forget the soda in the morning, because this makes them light and tender.

### Combination Marmalade <sup>H</sup>

One large grapefruit, 1 large orange,  
1 large lemon, 1 1/4 cups cold water,  
10 cups granulated sugar.

Wash fruit and wipe dry. Cut into quarters through the peel and pulp + then cut into very thin slices. Discard seeds and white pith in the center. Add cold water and let stand over night. In the morning cook until the peel is very tender. It will take

several hours. Set aside again until the next morning. Then add sugar and cook until the syrup thickens. Turn into sterilized glasses and cover with paraffine when cold. This will make 12 large glasses of marmalade.



## BRAN CORN-BREAD

To duplicate the prize-winning results with this recipe you must use Royal Baking Powder, as Mrs. Sturman did. Its action is different than others, and to help get delicious, prize-worthy results *every time* you bake, rely on Royal—the *steady-action* baking powder, made with wholesome Cream of Tartar.

- 1/2 cup shortening
- 1/2 cup sugar
- 2 eggs
- 1 1/2 cups cereal bran
- 1 cup milk
- 1 cup all-purpose flour
- 1/2 cup yellow corn-meal
- 3 teaspoons Royal Baking Powder
- 1/2 teaspoon salt

Cream shortening; add sugar slowly, beating in well. Add well beaten eggs and beat until well blended. Add bran and milk and let stand 5 minutes. Sift together flour, corn-meal baking powder and salt. Add to first mixture; mix well. Bake in greased 8-inch square pan in moderate oven at 400° F. about 30 minutes. Cut into squares; serve with butter. Makes 9 squares.

## QUICK COFFEE CAKE

- |  |                                 |
|--|---------------------------------|
| 2 cups sifted flour                      | 1 egg, well beaten              |
| 2 teaspoons Calumet Baking Powder        | 1/2 cup milk                    |
| 3/4 teaspoon salt                        | 1 1/2 tablespoons melted butter |
| 1/2 cup sugar                            | 4 tablespoons sugar             |
| 6 tablespoons butter or other shortening | 1 tablespoon flour              |
|  | 1/2 teaspoon cinnamon           |

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Combine egg and milk; add to flour mixture, stirring until mixture is blended. Turn into greased 9-inch layer pan, spreading dough evenly. Brush top with melted butter. Sprinkle with mixture of sugar, flour, and cinnamon. Bake in hot oven (400° F.) 25 to 30 minutes. Cut in wedges in pan. (All measurements are level.)

## Gingerbread Filled Waffle

2 eggs	2 cup Pancake & Waffle
$\frac{1}{2}$ cup melted fat	$\frac{1}{2}$ tsp ginger
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp cinnamon
$\frac{1}{3}$ cup molasses	$\frac{1}{2}$ tsp nutmeg
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ tsp allspice

Beat eggs until light, add shortening and sugar, and beat thoroughly. Mix in molasses, milk, and flour which has been sifted with spices. Blend smooth and bake in moderately hot <sup>oven</sup>



waffle iron. can be served with

Date-n-cheese filling

1 package cream cheese

$\frac{1}{2}$  cup whipping cream

$\frac{1}{2}$  cup chopped dates

$\frac{1}{2}$  tsp vanilla

soften cheese to creamy consistency with  
2 tbs of cream and add dates. Add vanilla  
to remaining cream and whip until stiff  
fold in cream cheese & date mixture  
serve between hot waffle sections

### Cinnamon Coffee Cake

sift 2 cups flour, resift with

3 tspn B. powder 1 tspn salt

2 tbspn sugar

work 3 tbspn shortening until  
mixture looks like cornmeal.

1 well beaten egg  $\frac{3}{4}$  cups pet milk

stir into flour mixture quickly  
but thoro. top.

$\frac{1}{2}$  cup sugar  $1\frac{1}{2}$  tspn cinnamon  
sprinkle  $\frac{1}{4}$  cup pet milk

dot with 2 tbspen butter  
Bake 20 min.

### Cream Corn Pancakes

1 egg, beaten

1 cup canned cream style corn

2 cups Sperry Pancake & Waffle Flour

1  $\frac{1}{4}$  cups milk

mix egg with corn and add to flour. Add milk and beat only until smooth. Cook slowly on moderately hot griddle.

### CINNAMON ROLLS

Soften 2 pkgs. yeast in  $\frac{1}{4}$  c. lukewarm water. Scald 1 c. milk. Add  $\frac{1}{2}$  c. sugar, 2 tsp. salt and  $\frac{1}{4}$  c. shortening. Cool to lukewarm. Add 3 c. Kitchen Craft Flour, mix well. Add yeast and 2 eggs, a tsp. vanilla and 2 tsp. grated lemon rind. Beat well. Add about 2 c. flour to make soft dough. Knead on lightly floured surface until smooth. Place in greased bowl. Cover and let rise about 1  $\frac{1}{2}$  hrs. Punch down. Let rest 10 min. On floured surface, roll dough into long, narrow sheet,  $\frac{1}{4}$ " thick and 6" wide. Brush with  $\frac{1}{4}$  c. melted butter. Mix 1 c. sugar and 1 tsp. cinnamon and sprinkle over dough. Save  $\frac{1}{4}$  c. for top. Roll like jelly roll, sealing edge. Cut into inch slices. Place cut side down in greased cake pan. Brush top with 2 tsp. milk, sprinkle with remaining sugar and cinnamon. Let rise about 45 min. Bake in moderate oven (350°F.) 25 min. Yields about 3  $\frac{1}{4}$  doz.