

Betty Crocker's COOKING CALENDAR

Let this handsomely illustrated calendar cook book be your kitchen companion throughout the year. Its cook book pages are your key to monthly abundant fruits and vegetables—when to buy them in season... how to select the best... how to prepare and serve them. And you will find a wealth of "Kitchen-tested" recipes contained in each month's chapter.

Its calendar pages are the perfect place to list anniversaries, birthdays, and other important family occasions.

Other special features of this book include seasonal party ideas, house and garden hints, a stain removal chart, an anniversary gift list, a food equivalent table, an herb guide, and a roasting chart.

BETTY CROCKER'S
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Party Book
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Betty Crocker's COOKING CALENDAR

*A Year-Round Guide to Meal Planning
with Recipes and Menus*




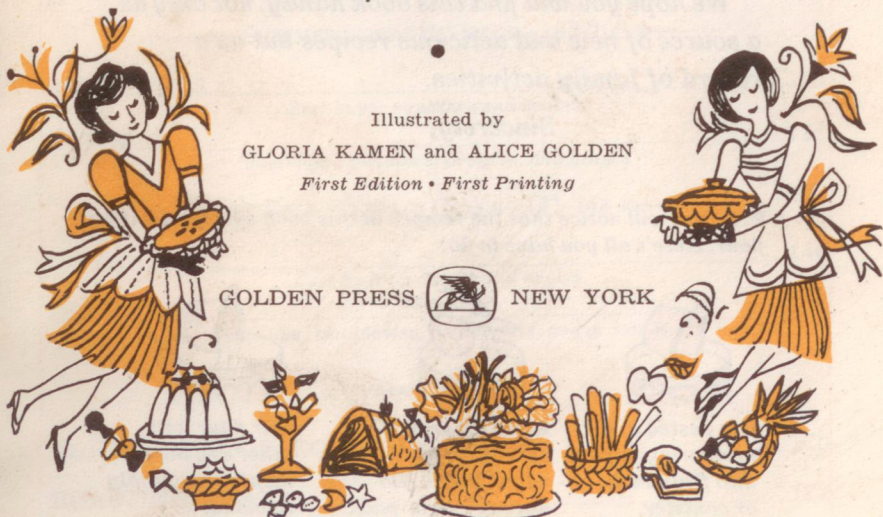


Betty Crocker's COOKING CALENDAR

A Year-Round Guide to Meal Planning
with Recipes and Menus

Illustrated by
GLORIA KAMEN and ALICE GOLDEN
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Dear Friend,

Here is a book that is really two books in one. First of all it is a cook book written to inspire you to lend variety to your meals by using fresh fruits and vegetables when they are at their peak of flavor and are most plentiful.

At the same time it is a calendar book with space to note family birthdays and anniversaries, holidays and appointments—plus famous dates of years gone by and homey mottoes.

You will find a section for each month, with appetizing recipes for featured fruits and vegetables—savory one-dish dinners, flavorful salads, succulent vegetable dishes, glamorous desserts, together with tender meats and fluffy hot breads to round out meals for both every day and entertaining.

We hope you will find this book handy, not only as a source of new and delicious recipes but as a record of family activities.

Sincerely,

Betty Crocker

P. S. You will notice that the recipes in this book specify unsifted flour. Here's all you have to do:



Dip nested dry measuring cups into flour sack or canister.



Level off with spatula or straight-edged knife. (Do not tap cup or pack more flour into cup before leveling off.)



Stir flour with other dry ingredients thoroughly to blend.

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*It is pleasant to think, just under the snow,
That stretches so bleak and blank and cold,
Are beauty and warmth that we cannot know,
Green fields and leaves and blossoms of gold.*

—HEMSTEAD

Flower: Violet or Primrose



Gem: Amethyst

February is a kind of Johnny-come-lately as months go, for it was the last month added to the old Roman calendar. Named after the *Februa*, the Roman feast of purification which was celebrated at this time, February is the month that gets the extra day in Leap Year. As the last month of the Roman year, one day was added to it every fourth year to compensate for the one-fourth extra day in each year. Years whose dates are divisible by four are Leap Years, with the exception of the century years. Only every four-hundredth century year is a Leap Year; thus, February, 2000, will have the extra day, while February, 2100, will not.

Let's make February tidy-up month. It's a good time to straighten out closets and drawers and to weed out books. Remember that what is one person's trash may be another's

treasure. Churches and charitable organizations are often able to make use of an outgrown dress or the yard goods you've never had time to make up. And your local hospital will welcome your once-read paperback books, which will probably yellow and turn brittle if you put them away on a bookshelf. Make it a point, too, to climb up and look at the topmost shelf of your closet. That silver bonbon dish or filigree vase you haven't used in years will probably make someone else happy at a church bazaar.

Although it is still a month of wintry cold, you can bring a breath of spring to February. As soon as forsythia, magnolia, or flowering quince buds begin to swell, bring the cut branches inside for forcing. Stand them in a deep vase with plenty of water at room temperature, perhaps near the register. It will take about ten days for the stalks to blossom out.

Valentine parties are expected in February, but why not try something different—a Mardi Gras party, perhaps, on Shrove Tuesday. And in the real Shrove Tuesday tradition, refreshments should be sausage links and pancakes or waffles topped with maple butter (a combination of 1 cup maple syrup for each $\frac{1}{2}$ cup butter, beaten until fluffy). In addition to using griddles on every unit of your range, borrow some additional electric units or frypans and line them right up on the buffet table. Have the batter ready in huge pitchers, and cook while your guests look—some of them may even want to flip their own.

SHROVE TUESDAY, 1620

"... there is a bell rung call'd the Pancake-Bell, then there is a thing call'd wheaten floure which cookes do mingle with water, eggs, spice and other tragicall, magicall enchantments into the form of a Flip-Jack, call'd Pancake, which ominous incantation the people do devour very greedillie."

—JOHN TAYLOR, the Water Poet

FEBRUARY RED-LETTER FOODS:
CABBAGE AND BANANAS



*Plentiful
Vegetables*

Beets (Late)
Cabbage
Carrots
Cauliflower
Celery
Eggplant
Mushrooms
Onions (Dry)
Potatoes
Turnips
Winter Squashes

*Other Available
Vegetables*

Artichokes
Broccoli
Brussels Sprouts
Celery Root
Greens
Parsnips
Peppers
Rutabagas
Sweet Potatoes
and Yams

*Plentiful
Fruits*

Apples
Avocados
Bananas
Grapefruit
Oranges (Navel)
Tangerines



CABBAGE BUYER'S GUIDE

1 lb. serves 3 to 4; makes 4 cups, shredded.

Weight of heads varies from 2 to 5 lb.

Types of Cabbage:

Domestic: Round or flat, slightly compact head; matures late.

Chinese: Cylindrical shape; long, thick light-green leaves.

Red: Red or purple color; strong flavor; solid head.

Signs of Quality:

Head well trimmed, heavy for size; no discolorations or worm holes. Looks fresh, not coarse or puffy.



1

"A snow year, a rich year."—George Herbert



Six more winter weeks in store, if sunrays strike the ground hog's door.

2

3

"Cabbage, like a good wife, is often taken for granted."—Old Saying



"To have friends, be one."—Elbert Hubbard

4



To make rice whiter, add 2 tsp. lemon juice to boiling water.

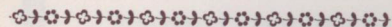
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6

"Bread and cheese make a healthy man."—Old French Proverb

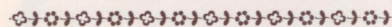
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"God loveth not the speaking ill of anyone in public."—The Koran



Hardy Sailor's Fare

- *New England Boiled Dinner
- Pickles and Tomato Relish
- Tossed Green Salad
- Buttermilk Bread (p. 40)
- with Strawberry Preserves
- Boston Cream Pie



NEW ENGLAND BOILED DINNER

See picture on pp. 34-35.

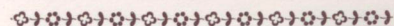
- 3 to 4-lb. corned brisket of beef
- 8 small onions
- 8 whole carrots
- 4 potatoes, halved or quartered
- 2 turnips, cubed (if desired)
- 1 green cabbage, cut in wedges

Place beef in heavy kettle. Cover with hot water. Cover tightly and simmer 3½ to 4 hr., until tender. About 35 min. before meat is done, skim off excess fat and add onions, carrots, potatoes, and turnips. Cover and cook 20 min. Add cabbage and cook another 10 to 15 min. 8 servings.

CABBAGE AND FRANK JUBILEE

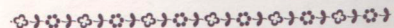
- 8 cups coarsely shredded cabbage
- 2 cups Medium White Sauce (p. 157)
- 2 tbsp. prepared mustard
- 1 lb. wieners, cut diagonally in 1½" pieces
- 1 cup grated Cheddar cheese
- 2 tbsp. fine bread crumbs

Heat oven to 350° (mod.). Cook cabbage covered in ½ to 1" boiling salted water, 5 min.; drain. Prepare White Sauce. Add mustard and mix thoroughly. Place half the cabbage in bottom of greased 2-qt. baking dish. Arrange half the wiener pieces on top of cabbage. Pour over half of mustard sauce. Repeat layers. Top with cheese and fine bread crumbs. Cover and bake 35 to 40 min. 5 to 6 servings.



Pennywise Supper

- *Cabbage and Frank Jubilee
- Whole Wheat Brown 'N Serve Rolls
- Gingerbread with Hot Applesauce



8

"Tell me what you eat, I will tell you what you are."—Brillat-Savarin



9

Top long banana slices with salad dressing and chopped peanuts.

10

"Variety is the best culinary spice."—Gulf City Cook-Book, 1886

11

Blend avocado, tomato, a bit of onion, and Tabasco for a tasty dip.



12

Lincoln's Birthday—a holiday in most states.

13

"Be to her Virtues very kind, be to her Faults a little blind."—Prior



14

St. Valentine's Day—"All mankind loves a lover."—Emerson



*The morrow was a bright September morn;
The earth was beautiful as if newborn;
There was that nameless splendor everywhere,
That wild exhilaration in the air,
Which makes the passers in the city streets
Congratulate each other as they meet.*

—HENRY WADSWORTH LONGFELLOW

Flower: Aster



Gem: Sapphire

It's summer-into-autumn now, with warm days and cool nights and that first golden glow that makes autumn weather so beautiful. It's probably the way the thermometer bobs up and down that gives us that feeling of "wild exhilaration." After Labor Day has come and gone and the children are safely back in school, I always have the urge to do something new—make new friends, join a discussion group, or emote with the local little theater group.

The autumnal equinox, when day and night are of equal length, comes about September 21. From then on, the hours of daylight rapidly diminish and the birds begin to race south with the sun. The little insect-eaters which helped to make your outdoor life last summer more enjoyable, are the first to seek more abundant feeding grounds. A few weeks later, the other birds wing their way south. Some, however, like the chickadee and even some cardinals, stay with you all winter. There are few things more rewarding than spreading the welcome mat for those that remain. Set up a feeding station near your window and watch them during the bleak winter months. Your local Audubon Society or a conservation organization can give you simple suggestions on how to attract our feathered friends.

In the old Roman calendar, September was the seventh month of the year and was called just that—*septima*, the Latin word for seventh. The modern names for October, November, and December were also derived from the original Latin which denoted their positions in the old calendar: *octima*, the eighth month; *novesima*, the ninth month; *decima*, the tenth month.

In many parts of the country late September means the first frost. Whenever a crackling clear evening sky threatens a frost, pick your still-green tomatoes. Cover the biggest ones with newspaper and store them in a warm part of the basement. They'll ripen to perfection. For the smaller ones, discover the joy and satisfaction of home canning. Green tomato pickles are as American as the proverbial apple pie, and anyone would be proud to make it "her specialty." Try your hand, too, at corn relish or watermelon pickles. A repertory of relishes can earn you the compliments of your family and guests. September is pickling and preserving time—and if you've never done it before, now is the time to learn. A shelf filled with jars of jams, chutneys, jellies, and condiments, put up by yourself, is one of the most satisfying accomplishments.

SEPTEMBER RED-LETTER FOODS:
SQUASHES AND MELONS

Plentiful Vegetables

Beans (Green and Lima)
Beets (Early)
Cabbage
Carrots
Cauliflower
Celery
Eggplant
Onions (Dry)
Peppers
Potatoes (Mature)
Squashes (Summer and Winter)
Sweet Potatoes and Yams
Tomatoes

Other Available Vegetables

Brussels Sprouts
Corn
Greens
Rutabagas
Turnips



Plentiful Fruits

Apples
Avocados
Bananas
Grapefruit
Grapes (Tokay and Seedless)
Lemons
Melons (in Variety)
Oranges (Valencia)
Peaches
Pears (Summer)
Plums

TIPS ON BUYING SQUASHES

Summer Squashes: 1 lb. serves 2.

Winter Squashes: 1 lb. serves 2 to 3.

Summer Squashes (Store in refrigerator.)

White: Cymling, Pattypan, or Scalloped – disc-shaped with scalloped edges; tender.

Yellow: Straight neck or crook-neck—lemon color, some warts.

Green: Zucchini – dark green. Chayote and Cocazelle—lighter green.

Winter Squashes (Store in cool, dark, dry place.)

Acorn or Table Queen: Acorn-shaped; hard shell, dark green, ridged.

Butternut: Bell or gourd-shaped; smooth, light-tan skin.

Hubbard: Large, heavy; thick, hard skin with warty surface; orange rind, deep-yellow flesh.



"Now if you're ready, Oysters dear, we can begin to feed."—Lewis Carroll

1945—Japan surrendered; World War II ended.



1609—Henry Hudson discovered the river now bearing his name.

"What will a child learn sooner than a song?"—Pope

1882—The first Labor Day Parade was held in New York City.

1860—Jane Addams, social worker and 1931 Nobel Prize winner, born.

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SQUASH WITH SAUSAGE

A favorite for autumn suppers. See picture on p. 141.

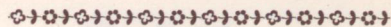
Cut acorn squash in half; each half serves one. Heat oven to 375° (quick mod.). Place squash cut-side-down in shallow pan. Bake 20 to 30 min. Turn up; brush with butter; season with salt and pepper. Fill with broken-up bulk sausage. Bake 20 to 30 min., or until squash is tender, sausage brown. Pour off fat before serving.



HONEYED FRUIT PARFAITS

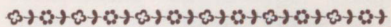
Prepare 6 cups cut-up fruit, combining two in-season fruits: strawberries with cantaloupe balls; green or Tokay grapes with sliced peaches; blackberries with melon balls; or blueberries with peaches. Make Honey Syrup (below). Alternate layers of the two fruits and syrup (2 tbsp. each) in 6 parfait glasses. Garnish with mint. *6 servings.*

Honey Syrup: Boil 1/2 cup sugar and 1/4 cup water 2 to 3 min. Stir in 1/2 cup honey, 1/4 tsp. cinnamon, and 1/2 tsp. rum extract.



Get-Together Dinner Party

- Veal Paprika
- Poppy Seed Noodles
- *Corn-Stuffed Zucchini
- Fresh Spinach Salad (p. 92)
- Hot Rolls
- *Honeyed Fruit Parfaits



CORN-STUFFED ZUCCHINI

- 6 medium zucchini squash
- 1 can (12 oz.) whole kernel corn or 1 1/2 cups fresh corn
- 2 tsp. seasoned salt
- 1 tsp. salt
- 1/4 cup chopped onion
- 1/4 cup chopped chives
- 1/2 cup grated Cheddar cheese

Heat oven to 350° (mod.). Cut off zucchini ends; do not pare. Cook whole in boiling water 5 to 7 min. Cut zucchini in half lengthwise. Carefully remove flesh from shells, leaving a 1/4" rim; chop. Drain well; squash will be watery. If using fresh corn, cut from ears and cook 5 min. Drain corn well; combine with chopped zucchini, salt, onion, and chives. Place zucchini shells in 13 x 9" baking dish. Pile corn mixture lightly into shells. Sprinkle with cheese. Bake uncovered 30 min. *6 servings.*

14

1778—Benjamin Franklin appointed first U.S. envoy to France.



Spoon brown sugar into acorn squash for the last half of baking.

15



16

1620—The "Mayflower" sailed from Plymouth, England.

17

"Credulity is the man's weakness but the child's strength."—Lamb



1793—George Washington laid the cornerstone of the Capitol.

18

19

When serving summer squash, add a dash of marjoram.



20

"If you love honey fear not the bees."—French Proverb



*We thank thee then, O Father,
For all things bright and good,
The seed-time and the harvest,
Our life, our health, our food.*

—19TH CENTURY HYMN

Flower: Chrysanthemum

Gem: Topaz

When we turn the calendar to November, our thoughts rapidly fly to the end of the month and Thanksgiving, that wonderful family day of fine food and equally fine conversation.

The first Thanksgiving by presidential proclamation was celebrated on November 26, 1789; following that, no regular holiday was set aside for many decades. But thanks to the untiring efforts of one woman, we now have our annual national day of Thanksgiving. Sarah Josepha Hale, editor of the famous *Godey's Lady's Book*, started her campaign in the 1830's, stressing the idea that "Thanksgiving, like the Fourth of July, should be a national festival observed by all our people." It was not until 1863, however, that her campaign succeeded, when Presi-

dent Abraham Lincoln proclaimed the last Thursday in November as Thanksgiving Day. Now it is always the fourth Thursday in November.

Thanksgiving makes most of us think of turkey, the conventional fare for the day. Everyone loves this fowl, so be sure there's enough to go around and around... and maybe around again. Allow $\frac{1}{2}$ to $\frac{3}{4}$ pound of the ready-to-cook weight per serving. And to some the stuffing is as important to the Thanksgiving feast as the noble bird itself. Stuffings vary from region to region, from family to family—in Baltimore, oyster stuffing is the favorite; while in the South, corn bread predominates. The basic ingredient may be bread, corn bread, or rice—made tastier with oysters or mushrooms; chestnuts, walnuts, or pecans; sausage meat, liver, or veal; or fruits such as dried apricots. All provide flavor and texture. To moisten a too-dry stuffing, use butter or margarine, meat broth or consommé, cider, or fruit juices. And don't forget spices and herbs!

A Newlywed's First Dinner Party

Soup

Fish

A Boiled Ham

A Boiled Turkey with Oyster Sauce

Three Roasted Ducks and Dish of Scalloped Oysters

Potatoes, Turnips, Parsnips, Celery

Pudding, Pastry, Fruit

Coffee

The above menu, recommended for a young, inexperienced housekeeper, was taken from a leaf of Miss Beecher's *Domestic Receipt Book*, published in 1848. Remember it when you feel overwhelmed by the culinary demands of Thanksgiving dinner.

NOVEMBER RED-LETTER FOODS:
POTATOES AND APPLES

*Plentiful
Vegetables*

Cabbage
Carrots
Cauliflower
Celery
Eggplant
Peppers
Potatoes
Sweet Potatoes
and Yams
Tomatoes
Turnips
Winter Squashes

*Other Available
Vegetables*

Artichokes
Beets (Late)
Broccoli
Brussels Sprouts
Celery Root
Greens
Mushrooms
Onions (Dry)
Rutabagas

*Plentiful
Fruits*

Apples
Avocados
Cranberries
Grapefruit
Grapes (Tokay
and Concord)



TIPS ON BUYING APPLES

3 medium apples equal 1 lb. or 3 cups, sliced.

Use 2 to 2½ lb. for pie.

Apples for General Use:

Baldwin, Jonathan, King
David, McIntosh, Northern
Spy, Wealthy, Winesap.

Apples for the Fruit Bowl:

Delicious, Golden Delicious,
Red Delicious, Gravenstein,
Grimes Golden, Winesap.

Apples for Cooking or Baking:

Baldwin, Greening, Rome
Beauty, Winesap, Jonathan,
Duchess, Wealthy.

Signs of Quality:

Firm, with good color. No
shriveling of peel. Immature
fruit lacks color and flavor.

Storage:

Store in cool, dry place, or in
refrigerator.



1

"Chill November's surly blast made fields and forests bare."—Scott

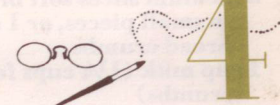
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Dip a lettuce leaf in soup to skim fat quickly.



3

"Virtue is like a rich stone—best plain set."—Bacon



4

1940—FDR was the first President elected to a third term.

5

Try dill leaves instead of parsley on boiled potatoes.



6

1901—Kate Greenaway, famous illustrator of children's books, died.

7

1805—Marie Curie, discoverer of radium, born.

Thanksgiving Dinner

Hot Spiced Apple Juice
Vegetable Relishes
with Sour Cream Dip
Roast Turkey, Sage Dressing
Mashed Potatoes, Turkey Gravy
Cranberry Ice (p. 162)
Carrots au Gratin (p. 52)
Broccoli with Lemon Butter
Perfection Salad
Crescent Rolls

*Fruits of the Harvest Cake



*Give no more to every guest
Than he's able to digest;
Give him always of the prime;
And give but little at a time;
Give to all but just enough,
Let them neither starve nor
stuff,
And that each may have
his due,
Let your neighbour carve
for you.*

—SIR WALTER SCOTT

FRUITS OF THE HARVEST CAKE

Try your hand at cake decorating.

Bake and frost cake: Bake Betty Crocker Honey Spice Cake Mix. Fill and frost with 1 pkg. Betty Crocker Caramel Fudge Frosting Mix.

Make fondant: Mix 1 pkg. Betty Crocker Creamy White Frosting Mix, $\frac{1}{2}$ cup soft butter, and $\frac{1}{2}$ tsp. almond flavoring with fork. Work with hands to form a ball. Knead 20 to 30 times on board lightly dusted with confectioners' sugar.

Shape decorations: Reserve $\frac{1}{4}$ cup fondant and tint remainder with orange food coloring. Using 1 tsp. each, shape 18 tiny pumpkins of orange fondant, making ridges around pumpkin sides with toothpick. Tint 2 tsp. reserved fondant green; shape into tiny squashes. Tint 2 tsp. reserved fondant red; shape into tiny apples. Arrange these miniature fruits of the harvest on and around the frosted cake.



TURKEY SANDWICH EN CASSEROLE

Delicious from the golden, toasty top to the creamy, meaty bottom.

Place warmed leftover turkey (sliced breast or diced meat) in a shallow greased baking dish. Pour hot Cheese Sauce (below) over top. Cover with triangular bread slices. Broil until browned, about 5 min.

CHEESE SAUCE

To 1 cup Medium White Sauce (right) add $\frac{1}{4}$ tsp. dry mustard with the seasonings. Blend in $\frac{1}{2}$ cup nippy Cheddar cheese (cut up or grated). Stir until cheese is melted.

MEDIUM WHITE SAUCE

2 tbsp. butter
2 tbsp. flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
1 cup milk

Melt butter over low heat in a heavy saucepan. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Bring to boil, stirring constantly. Boil 1 min. *Makes 1 cup.*



29

1832—*Louisa May Alcott*, author of "Little Women," born.

30

1835—*Samuel Clemens*, whose pen name was "Mark Twain," born.

