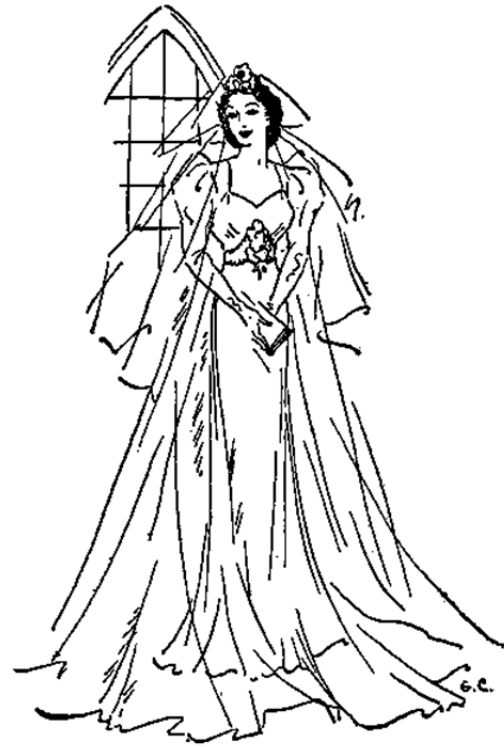


*The Bride's
First Cook Book*



National Furniture Company

NATIONAL

FURNITURE CO. - SERVING SINCE 1899

335 W. WASHINGTON STREET
INDIANAPOLIS 4, INDIANA

PHONE MELROSE 4-4348

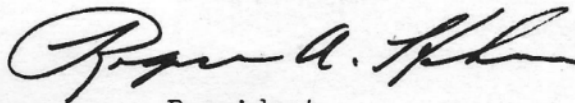
Dear Bride,

We wish to take this opportunity to wish you happiness in your new life. If now, or in the future, you need anything for your home, it will be our pleasure to serve you. We extend to you special credit privileges.

Our experience, starting before the turn of the century, has proven how important small things may be in creating a happy home. Therefore, we send you this cook book with the hope it may in some measure help achieve this end.

Will you please bring, or mail, the enclosed card with your comments to let us know if you are enjoying our cook book.

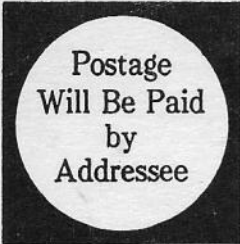
Sincerely yours,



President

P.S. We are looking forward to personally welcoming you to our store.

WHERE BETTER FURNITURE IS SOLD



B U S I N E S S R E P L Y C A R D
First Class Permit No. 2518, Indianapolis, Ind.



NATIONAL FURNITURE CO.
335 West Washington St.
Indianapolis 4, Ind.

YOUR COMMENTS ON
THE BRIDE'S FIRST COOK BOOK

Signed _____

Address _____

Copyright 1958



Published in the United States of America



FOREWORD

Statistics contend that two out of every ten brides know how to cook. Modern career girls for the most part have been so occupied with the business of earning enough money to eat that they've been unable to find the time to develop and practice the culinary arts. Comes the time she finds her man and trades her typewriter for a shiny new stove she often laments the fact that life in the office was so simple!

In the pages that follow we have tried to give you the basic principles of cooking. In these days of high taxes and threatened inflation you're bound to win the favor of your new husband if you can find a way to save money in the food department. With this thought in mind we have included recipes which will serve as meat substitutes and recipes which do not require the most expensive ingredients. Remember that meals served attractively, though cheap, go a long way in substituting for expensive menus.

The Editors

P. S. - Don't forget to have your hair combed and your face made up before you join your husband at breakfast. And for Heaven's sake, don't let him ever think of a hurried cup of coffee down at the corner drug store!

TO THE BRIDE

This cook book is presented to you with our compliments.

Now that you've got your man, the way to keep him is to feed him well.

If you carefully follow the rules of the book, it's a cinch.

GOOD LUCK, GIRLS!

INDEX

	Page
Breads	1
Cakes	2
Cookies	5
Desserts	8
Fish	12
Frozen Foods	15
Fowl	16
Meats	18
Pies	30
Salads	34
Sauces and Dressings	37
Soups	40
Vegetables	43
Waffles and Hot Cakes	47

COOKING TERMS

BASTING

Tilt the pan and scoop up the juices with a large spoon and pour them back over the meat. The meat will be moistened with its own juices.

BLANCHING

Pour boiling water over the food, then let it stand for 5 minutes. Drain and rinse with cold water. This will remove the skins from fruits, vegetables or nuts.

BRAISING

Brown the food in a little hot fat -- usually in a frying pan.

CREAMING SHORTENING

Use a large wooden spoon to rub the shortening until it is quite soft.

MARINATING

soak in dressing, vinegar or lemon juice.

PARBOILING

Boil the food until it is half cooked.

SAUTE'

Meat is browned first on one side, and then on the other to seal in the juices. It must be done very quickly over a high flame with only a little fat.

HOT BREADS

BASIC BAKING POWDER BISCUITS

2 cups flour
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

4 tablespoons shortening
 $\frac{1}{2}$ to $\frac{3}{4}$ cup milk

Northern Method — Sift flour, measure, mix with salt and baking powder and sift again. Cut in shortening. Add only enough milk to make a soft dough. Roll in $\frac{1}{2}$ in. thickness on a slightly floured board. Cut. Bake slightly above center of oven. Makes 1 dozen with 2 inch cutter. Oven temp. 450°. Time 12 - 15 minutes.

Southern Method — Use same ingredients and mixture as listed above except roll biscuits to $\frac{1}{3}$ inch thickness. A larger number of biscuits will be obtained. Oven temp. 475°. Baking time 8 - 10 minutes.

CHEESE BISCUITS. Use Basic Biscuit Dough. Add $\frac{1}{2}$ cup grated American Cheese to sifted dry ingredients before adding milk. Temp. 450°. Time 12 - 15 minutes.

TOMATO BISCUITS. Follow directions for Basic Biscuits, substituting tomato juice for milk. Grated cheese may be added if desired. Temp. 450°. Time 12 - 15 minutes.

FRUIT SHORTCAKES. Sift Basic Biscuit Dough with 2 teaspoons sugar. Add 1 egg to $\frac{1}{2}$ cup milk. Use more milk if needed. Roll to $\frac{1}{2}$ in. thickness. Cut with large cookie cutter or pat into shape to fit a large shallow pan. Bake at 425° for 15 - 20 minutes. Split. Fill with sweetened fruit or berries. Put fruit and whipped cream on top. Serves 6.

CORNBREAD

1 cup cornmeal
1 cup flour
3 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup sugar

3 tablespoons shortening
2 eggs
 $\frac{3}{4}$ cup milk

Sift dry ingredients. Add 1

Sift dry ingredients. Beat eggs, add milk. Add liquid to dry mixture and mix only until all are moistened. Add melted shortening. Mix slightly. Bake in 8 inch pan at 400° 25 - 30 minutes.

TIPS FOR BAKING

Pick the size and depth of pans with care. If they are too deep for food, proper browning will be prevented. Sheets are recommended for cookies and biscuits. Fill cake pans only 3/4 full.

Arrange pans so they neither touch each other nor the oven walls.

It is an economy of time and fuel to bake more than one dish at a time, if the same oven temperature is suitable for both.

MOST IMPORTANT OF ALL — always set the Oven Heat Control for the exact temperature given in your recipe. Your oven in pre-heated when the desired temperature is reached and the flame "cuts down" to a minimum.

CAKES

1/2 cup shortening
1 cup sugar
2 beaten eggs
3/4 cup milk
1 teaspoon vanilla
2 cups cake flour
1/4 teaspoon salt
3 teaspoons baking powder

BASIC BUTTER CAKE -- here is a plain cake from which different frostings and fillings, you can make a variety of delicious "party" cakes. Recipes for these on this page. Cream shortening, add sugar gradually and continue creaming until very fluffy. Add eggs. Beat until light. Sift flour, measure, add salt and baking powder and sift twice more. Add vanilla to milk. Add dry and liquid ingredients alternately to creamed mixture. Beat until thoroughly blended. Oven temperature 375°, baking time 25 to 30 minutes.

Fudge Frosting
1 cup brown sugar
1 cup granulated sugar
2 squares unsweetened chocolate
1/2 cup milk
1 teaspoon vanilla
1/4 teaspoon salt
1 tablespoon butter

CHOCOLATE LAYER CAKE -- bake Basic Cake Batter in two greased 8-inch layer pans. Join layers with Fudge Frosting between. Frost top and sides of cake. Oven temperature 375°, baking time 25 to 30 minutes.

FUDGE FROSTING — cook sugar, chocolate and milk together. Stir constantly until sugar is dissolved. Then occasionally, to prevent burning. Cook until small amount of mixture forms soft ball in cold water. Add butter, salt, vanilla. Cool. Beat until thick enough to spread.

COCOANUT LAYER CAKE -- bake Basic Cake Batter in two greased 8-inch layer pans. Join layers with Easy White Frosting between. Frost top and sides of cake. Sprinkle with Cocoanut. Oven temperature 375°, baking time 25 to 30 minutes.

Easy White Frosting
1 1/2 cups sugar
1/2 teaspoon light corn syrup
1/2 cup boiling water
2 egg whites, stiffly beaten
1 teaspoon vanilla

EASY WHITE FROSTING — combine sugar, corn syrup, and water. Bring quickly to a boil, stirring until sugar is dissolved. Boil rapidly, without stirring until small amount of syrup forms a soft ball in cold water. Pour syrup in fine stream over egg whites, beating constantly. Add vanilla. Continue beating with rotary egg beater 10 to 15 minutes or until frosting is right consistency to spread.

Chocolate Fudge

$\frac{1}{4}$ cup melted butter 3 heaping tsp. cocoa
 $\frac{1}{4}$ cup corn syrup $\frac{1}{2}$ cup cream
2 granulated sugar

Mix butter, cocoa, syrup, then cream and sugar and bring slowly to a boil. Remove from fire when it forms a soft ball in cold water. Add one teaspoon of vanilla and beat until thick. Add nuts. The "soft ball" stage is reached almost as quickly as it comes to a boil.

Peanut Brittle

Cook 2 cups sugar, $\frac{1}{2}$ cup water and $\frac{1}{4}$ tsp. cream of tartar without stirring until a small quantity dropped in cold water separates in heavy thread. Add 2 tbs. molasses, 2 tbs. butter and $\frac{1}{2}$ tsp. salt. Cook, stirring constantly or when a little dropped in cold water become brittle. Add nuts, 1 cup and $\frac{1}{2}$ tsp. baking soda. Pour into greased platter and spread.

Maple Pralines

2 cups granulated sugar 1 cup maple syrup
 $\frac{2}{3}$ cups milk 2 cups pecan meats

Boil the sugar, milk and syrup to 240° or until the mixture reaches the soft-ball stage, when a drop is tested in cold water. Remove from fire and cool. When lukewarm, beat until it is smooth and creamy. Add broken nut meats and drop on buttered paper from spoon.

Brown Sugar Candy

$\frac{2}{3}$ cups white sugar $\frac{1}{2}$ cup Milk
 $1\frac{1}{3}$ cups brown sugar $\frac{1}{4}$ lb. butter

Cook all together slowly until mixture forms soft ball in cold water. Remove from heat and beat. Add $\frac{1}{2}$ cup of finely cut nut meats.

COOKIES

BASIC COOKIES

2/3 cup shortening
1 1/4 cups sugar
2 eggs
3 cups flour
1 1/2 teaspoons salt
2 teaspoons baking powder
1 teaspoon vanilla
2 tablespoons milk

Cream shortening, sugar and eggs. Add milk. Sift flour, measure, add salt and baking powder and sift twice. Add to the creamed mixture and mix to a smooth dough. Chill in refrigerator. Roll thin on slightly floured board. Cut with cookie cutter. Lift with spatula to greased baking sheet.

SUGAR COOKIES — Sprinkle lightly with sugar. Bake on cookie sheet. (Makes about 10 dozen 2-inch cookies. Oven temp. 400°. Time 8 - 12 minutes.

DATE DROP COOKIES — Use Basic cookie dough. Use brown sugar instead of white. Add 2 tablespoons more milk, 1 cup cut dates. Drop from teaspoon on greased cookie sheet. Oven temp. 375°. Baking time 10 - 15 minutes.

CHOCOLATE NUT COOKIES — Use Basic cookie dough. Add melted 2 squares unsweetened chocolate to creamed mixture...2 tablespoons more milk. Add 1/2 cup chopped nuts last. Oven temp. 375°. Baking time 10 - 15 minutes.

Butterscotch Sauce
1 cup brown sugar
1 tablespoon cornstarch
1/4 cup cold water
3/4 cup boiling water
2 tablespoons butter

CUP CAKES — bake Basic Cake Batter in greased muffin pans or paper baking cups. Serve with Butterscotch Sauce. Makes 1 1/2 dozen medium sized cakes. Oven temp. 375°. Baking time 20 - 25 minutes.

BUTTERSCOTCH SAUCE — mix cornstarch and sugar with cold water. Add boiling water and cook until it thickens, stirring constantly. Add butter.





Chocolate Nut Brownies

1/2 cup shortening
1 cup sugar
2 eggs
3/4 cup flour
1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. vanilla
2 one ounce squares
unsweetened chocolate
1 cup chopped walnuts

Melt shortening and chocolate together in double boiler over hot water. Cool. Beat eggs until light; add sugar; beat thoroughly. Add chocolate mixture. Blend. Add sifted dry ingredients. Mix thoroughly. Stir in vanilla and nuts. Pour in greased 8" square pan. Bake in 350° oven 30 minutes. Cool. Cut in 16 squares.

Indiana Mincemeat Cookies

1/2 cup butter 5 tsp. baking powder
1 cup sugar 2 1/2 cups flour
2 eggs 1/2 cup nut meats
2 cups moist mincemeat

CREAM butter, add sugar, beaten eggs, moist mincemeat, nuts and flour. (Flour should be sifted, measured and combined with baking powder.) This will make a stiff batter. Drop by spoonfuls on a greased baking sheet. Bake in 400° oven - 10 to 12 minutes.

Ginger
Bread

Mam



From Mom's Scrapbook -

Pumpkin Chiffon Pie

- | | |
|-----------------------------------|------------------------------|
| 1 package orange-flavored gelatin | ¼ teaspoon allspice |
| 1 cup hot water | ½ teaspoon ginger |
| 2 egg yolks, slightly beaten | Dash of cloves |
| ¼ cup milk | 2 tablespoons molasses |
| ¼ cup sugar | 2 cups mashed cooked pumpkin |
| ¼ teaspoon salt | 2 egg whites |
| 1 teaspoon cinnamon | 4 tablespoons sugar |
| | 1 baked 3-inch pie shell |

Dissolve gelatin in hot water. Combine egg yolks, milk, ¼ cup sugar, salt, spices, and molasses in top of double boiler, mixing well. Cook over hot water until mixture coats spoon, stirring constantly. Remove from fire. Add pumpkin and gelatin and mix well. Chill until slightly thickened. Beat egg whites until foamy; then add remaining 4 tablespoons sugar gradually, and continue beating until stiff. Fold lightly into gelatin mixture. Pour into cold pie shell. Chill until firm. Serve plain or pile whipped cream lightly around edge and garnish with gelatin orange cubes.

Molasses Pecan Pie

- ¼ cup butter or margarine.
- ¼ cup molasses.
- ½ cup granulated sugar.
- 3 eggs unbeaten.
- Juice of 1 lemon.
- 1 cup pecan meats, sliced.

Line nine inch pie dish with pastry. Cream butter and sugar. Add eggs, molasses and lemon juice and beat with rotary egg beater. Add pecan meats and pour into unbaked pastry. Bake 10 minutes in hot oven 450 degrees F. then decrease heat to moderate 350 degrees F. and bake 30 minutes longer.

MRS. O. E. BOLEY,

Walnut Bars

Cream ½ cup butter and ½ cup brown sugar until smooth and fluffy. Add 1½ cups sifted, all-purpose flour and mix to a smooth, stiff dough. Press into a shallow pan (12x8½x½) and bake in a moderate oven (350 degrees F.) for 15 min. Cool while mixing top layer made by beating 1 egg, add ¾ cup brown sugar and mix thoroughly. Add 2 tablespoons flour, ½ cup chopped walnut meats, ½ teaspoon baking powder, ½ teaspoon vanilla and ¼ teaspoon almond flavoring. Mix well and spread over cooled baked part. Return to oven for 20 minutes. Top will look slightly unbaked. Cool thoroughly. Dust with powdered sugar. Cut into bars 2½x1¾ inches. Yield: 25 bars.

Mrs. Herbert Shipley, R. 3, Warsaw, Ind., Wins Second Prize \$2 for Molasses Chiffon Pie.

- 1 envelope unflavored gelatine
- ¼ cup cold water
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- ½ cup water
- ½ cup molasses
- 3 egg yolks
- 2 egg whites
- 2 tablespoons sugar
- 1 cup broken nutmeats
- 1 8-in. baked pie shell
- 1 egg white
- 3 tablespoons sugar
- 6 teaspoons tart jelly.

Dissolve gelatine in water. Mix cinnamon, salt, water, molasses, and beaten egg yolks, cook until thick. Add gelatine, chill until syrupy. Beat until fluffy. Beat two egg whites stiff, add 2 tablespoons sugar; fold into gelatine mixture with nuts. Pour into pie shell. Make meringue of remaining egg white and sugar. Line pan with greased paper. Drop six small, hollowed mounds of meringue on paper, set in pan of water, bake in oven (325 degrees F.) until brown. Place on pie, drop jelly in centers.

Try Special Sauces For Simple Dessert

Sweet sauces are not intended to cover up poor food. Instead they should round out or put the finishing touch on good food. For example the following Citrus Marshmallow Sauce added to sliced bananas makes the banana dessert something as delectable and appealing as sliced bananas with good thick cream. It would also be a delicious accompaniment for plain boiled rice. The Cocoa Sauce is good served on vanilla ice cream, canned pears, or baked custard. The Butterscotch Sauce is appropriate with cottage pudding, ice cream, apple dumplings and even pancakes.

Citrus Marshmallow Sauce

30 Marshmallows (10 ounce package)

- ½ cup boiling water
- 2 tablespoons lemon juice
- ½ cup orange juice
- 1-16 teaspoon grated orange rind
- Dash of salt

Put marshmallows and water in top of double boiler and cook for about 10 minutes, over boiling water. Cool then beat with a rotary beater to a creamy consistence. Add the lemon and orange juice gradually, beating all the while. Add orange rind and salt and blend well. Chill and serve. Makes 2 cups.

Cocoa Sauce

- 1 cup cocoa
- 1½ cups sugar
- ½ cup light corn syrup
- 1½ cups water
- ¼ teaspoon salt
- 1 teaspoon vinegar
- 1 teaspoon vanilla

Mix thoroughly all ingredients except the vanilla. Bring to the boiling point over direct heat, and simmer gently for 5 minutes, stirring occasionally. Remove from heat and add vanilla. Cool, and store in covered container in refrigerator. Makes about 2½ cups. 1 to 2 tablespoons stirred into 1 cup of hot or cold milk makes a quick, delicious chocolate milk drink.

Butterscotch Sauce

- ¾ cup brown sugar
- ¾ cup white corn syrup
- 3 tablespoons water
- 2 tablespoons butter
- 3 tablespoons milk

Combine brown sugar, corn syrup, water and butter and cook about two minutes or to 230 degrees F. on candy thermometer. Cool; add milk and blend. If a thinner sauce is desired, add more milk.

No-Bake Fruit Cake

- ½ cup seedless raisins.
- ½ cup white raisins.
- ½ cup dates.
- ½ cup figs.
- ½ cup candied cherries.
- ½ cup candied pineapple.
- ½ cup orange peel.
- ½ cup lemon peel.
- ½ cup citron.
- ½ cup walnuts.
- ½ cup margarine or butter.
- ½ cup honey.
- ½ teaspoon cinnamon.
- ¼ teaspoon mace.
- 1 teaspoon salt.
- 1 teaspoon vanilla.
- 2 teaspoons lemon juice.
- ½ pound graham crackers (20) rolled fine.

Cut up all fruit as for any other fruit cake. Cream butter, add honey and spices, salt and flavorings. Pour over fruit and let stand two hours. Add graham crackers—mix thoroughly—pack into loaf pan 3½ by 7½ by 2¼ inches and set in cool place. May be served immediately or may be kept several months. Weight 3 pounds.

Jay's Whipped-Cream Cake

- 2¼ cups sifted cake flour
- ½ teaspoon salt
- 3 teaspoons double-acting baking powder
- 1½ cups sugar
- 3 egg whites
- 1 cup heavy cream
- ½ cup cold water
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract

Sift flour twice with salt and baking powder. Add sugar and sift again. Beat egg whites until stiff but not dry. Whip cream until stiff and fold into egg whites. Add half of the flour mixture, a little at a time. Add remaining half alternately with the water. Add flavorings. Pour into two 8-inch greased layer pans and bake in a moderate oven (350°F.) 25 to 30 minutes. Cool. Spread with whipped-cream icing.

Whipped-Cream Icing

- 1 cup heavy cream
- 3 tablespoons Dutch-process cocoa
- ½ cup sugar

Whip cream until stiff. Combine cocoa and sugar and fold into whipped cream. Spread between layers and over top and sides of cake. Store cake in refrigerator until serving time. Yield: 2-layer 8-inch cake to serve 8 large wedges.

* * *

Choco-Nut Pudding for 8

- 4 cups cold milk
- 4 tablespoons of sugar
- 2 packages instant chocolate dessert
- 1 teaspoon almond flavoring
- ⅓ cup chopped maraschino cherries
- ½ cup chopped nuts
- ½ cup heavy cream, whipped

Pour milk into a large bowl, add sugar and instant chocolate dessert. Whip rapidly with a rotary beater for 30 seconds until smooth. Fold in almond flavoring, cherries, nuts and whipped cream. (Preparation time: Five minutes.)

Tuna (not tuna fish) is an accommodating food—fits in so many places! For example, Tuna Mexicali Cocktail offers elegance at a nominal cost. Grated tuna combines ideally with crunchy celery and blue cheese. Then to top it off comes the sharp catsup sauce. The meal will be off to a good start with this tangy appetizer.

Fresh Rhubarb Pie

"Rosy rhubarb pie with a little grated orange peel for punch"—

- | | |
|---------------------------------|---|
| 3 cups cut rhubarb | 1/8 teaspoon salt |
| 1 cup sugar | 1 recipe Plain Pastry |
| 1/2 teaspoon grated orange peel | 2 tablespoons butter or fortified margarine |

Combine rhubarb, sugar, orange peel, flour, and salt. Fill 9-inch pastry-lined pie pan; dot with butter; adjust top crust. Bake in hot oven (450°) 10 minutes, then in moderate oven (350°) about 30 minutes.

Cherry Pudding

Batter:—

2 T. Butter

½ C. Sugar

1 C. Flour

1 t. Baking Powder

¼ t. Salt

½ C. Milk

½ t. Vanilla

Cherry mixture

1 Can Sour Red

Cherries & Juice

1 C. Sugar

1 T. Butter

Mix batter as for cake.

Pour into 2 qt. pyrex dish.

Bring cherry mixture to a rolling boil and pour over unbaked batter. Bake at 375° for 30 minutes. Serve hot with a pitcher of cream.

Busy Day Cake

Mix a simple One Egg cake or use ½ package of cake mix. Pour into greased loaf pan and bake 30 to 35 minutes at 350°. Mix together 3 T. melted butter, 5 T. Brown Sugar, 2 T. Cream and ½ C. Coconut. Spread over baked cake and place under broiler until mixture is bubbly. Remove from broiler and serve warm.

Does hubby
like to fish?
Learn how to
serve him &
catch his
& he'll say
the hooked
the smartest
girl in the
county!

Keep raw fish in coldest part of refrigerator. Frozen fish can be cooked without thawing.

* Most important to remember about fish: Don't OVERCOOK!

Frying Fish

Cut fish to serving portion size. Dip in milk or beaten egg, then in a mixture of $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup cornmeal, & $1\frac{1}{2}$ tsp salt. Bring fat to a smoking heat, then put fish in skillet for 3 min. Remove pan from heat. Cover. Let fish steam for 3 min. Remove cover. Turn fish. Return to flame. Fry other side 3 min.

A Quick Tuna Fish

Place a layer of cooked noodles in bottom of casserole dish, then a layer of tuna, then a layer of mushroom soup. Repeat. Season each layer & top with butter. Bake 45 min. in 350° oven.



Newburg

$\frac{1}{8}$ lb. butter - $\frac{1}{4}$ pt. sherry - $\frac{1}{2}$ pt cream
+ egg yolks beaten with 2 tbs. cream.
Melt butter, add cream, sherry, salt,
pepper. Stir over a low flame for
7 min. When sauce is simmering
and starts to thicken pour slowly
over egg yolks. Then add
desired sea food.

This sauce may be used
for: $\frac{1}{2}$ lb. Lobster, 1 lb Shrimp
or a Seafood mix of $\frac{1}{2}$ lb.
oysters + $\frac{1}{2}$ lb. Shrimp, $\frac{1}{2}$ lb.
Scallops.

OYSTERS ROCKEFELLER

1 1/2 cups Bluepoint oysters
2 Tblsp. COOKED SPINACH
1 sprig parsley
1/8 tsp. celery salt
Dash of cayenne
3 Tblsp. bread crumbs
1/2 onion
1/2 tsp. salt
3 Tblsp. butter
1/3 Bay leaf - 10 oyster
SHELLS

DRAIN oysters. Dry between towels.
ARRANGE ON SHELLS. 2 or 3 oysters may
be used if shells are large. Put
spinach, bay leaf, onion and parsley
through food chopper. using finest
knife. Add seasoning. SAUTE in
butter 5 min. Add bread crumbs.
MIX WELL. SPREAD MIXTURE OVER
oysters. PLACE filled shells on bed of
preheated rock salt in broiler pan.
BROIL UNDER MODERATE heat - 350°
8-10 min. SERVE WITH LEMON WEDGES.
SERVES 4 OR 5.

FROZEN FOODS

For economy the neighborhood locker plant has become a vital necessity for modern homemakers. The following may successfully be frozen: Vegetables - all with the exception of tomatoes and cabbage; fruit - except for bananas and watermelon; fruit juices all including tomato; all meats; poultry - no exception; game - rabbits and game birds maybe frozen like chicken, venison the same as veal and beef; eggs - should be frozen in liquid form, mixed but not beaten; fish - all kinds of fresh caught whole.

LENGTH OF TIME FROZEN FOODS WILL KEEP

Fruits, vegetables, beef, and eggs keep 10 to 12 months. Lamb, mutton, veal, poultry, hamburger, 8 to 12 months. Pork, butter, lean fish - 6 to 8 months; sausage, unsalted - 4 to 6 months; fatty fish and sausage which has been seasoned and salted 3 to 4 months. The length of time meat may be safely stored depends on how long it has been held before freezing. Slab bacon, cured ham, and salt pork may develop rancidity after four months; large pieces of meat keep better than thin slices, or chopped meats.

THAWING FROZEN FOODS

Several methods may be used, the selection depends upon the way the foods have been packaged.

1. Place on the open shelf of the refrigerator. A 1-lb. package thaws in about 6 hours.
2. Place at room temperature in the kitchen. A 1-lb. package thaws in about 3 hours.
3. Place the package in front of an electric fan, it will thaw in about an hour.
4. If the package is water-tight, place it in cold running water, it will thaw in about 40 minutes.
5. In cold weather foods will thaw at room temperature if allowed to stand near a radiator, but not on it.

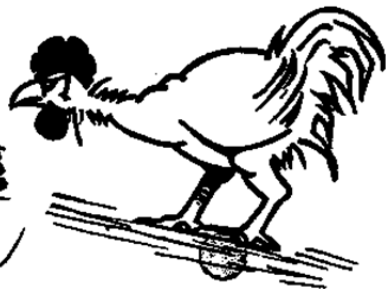
In no case should the package of food be opened until thawing or defrosting is completed, for exposure to air means loss of vitamins.

PREPARATION FOR SERVING

Cook exactly like fresh foods. Allow less time for vegetables, but allow 10 to 15% more time for cooking meat, game, or fish.

Southern Fried

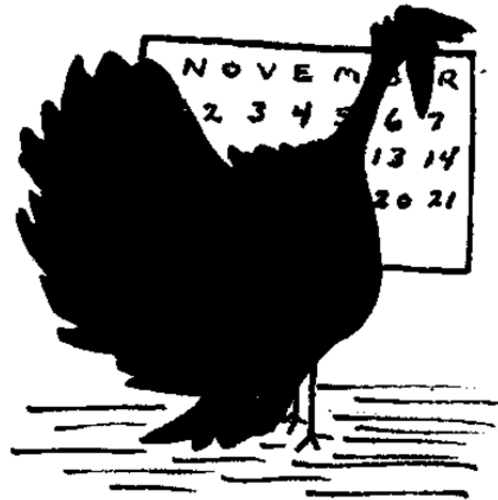
Wash, dry. Dip in milk or cream, then in flour to which salt & pepper has been added. Use generous amount of butter in iron skillet. When hot, drop in chicken & brown quickly on all sides. Reduce heat; add 1 cup water & let simmer slowly 'til tender. Remove lid. Let chicken fry slowly.



Chicken 'n Dumplings

Place cut up chicken in kettle. Partly cover with water. Add salt, pepper & 1 finely chopped onion. Cook 'til tender. Mix 2 tsp. baking powder, 1 cup flour salt, pepper & enough milk to make a thick batter.

Drop from the end of a spoon into slowly boiling chicken broth; cover tightly. Cook 20 min. without raising lid.



ROAST TURKEY

Select a turkey weighing 8 to 12 lbs. for an average family. Breast bone should be flexible, the skin waxy and unbroken. Remove pin feathers and singe bird over flame. Wash inside and out. Most turkeys are improved with steaming the day before cooking if desired. To steam, place on rack in roaster with a little water in bottom. Cover and place over low fire. Steam until flesh can be pricked with fork. Stuff dressing from neck end first. Opening may be covered with an end slice of bread and held together with toothpicks. Rub bird with salt, pepper and grease. Place thin slices of salt port over bird to insure juicy meat and even browning. Cover and bake in moderate oven 2 - 4 hours. Allow 25 minutes per pound. Remove cover last half hour. Make brown gravy of stock and chopped giblets.

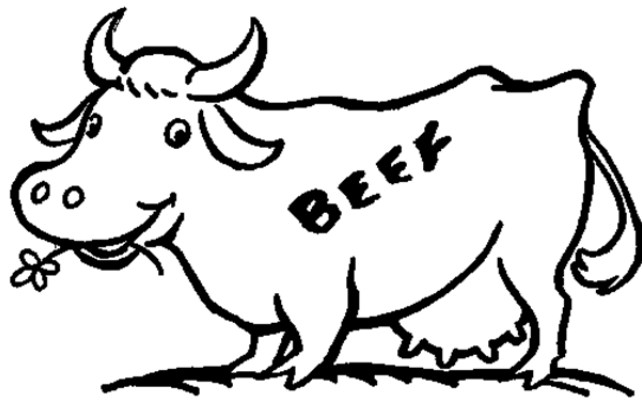
BREAD DRESSING

8 to 10 cups toast crumbs
3 medium onions - minced
2 tablespoons ground sage (more if desired)
 $\frac{1}{2}$ teaspoon pepper
 $1\frac{1}{2}$ tablespoons salt

1 cup warm water, melted butter or stock from steaming may be used to make stuffing hold together.

OYSTER STUFFING

Melt $\frac{1}{2}$ cup butter over a simmer flame. Add and saute' 3 to 5 minutes 5 tablespoons chopped onion and the cooked chopped giblets, if desired. Combine these ingredients with 8 to 10 cups bread crumbs, 4 or 5 eggs, $\frac{1}{2}$ cup chopped parsley, 2 cups chopped celery, 1 tablespoon salt, 1 teaspoon paprika, and $\frac{1}{2}$ teaspoon nutmeg. Drain 1 quart and 1 pint oysters. Chop or leave whole and add to mixture. Add enough milk and oyster liquor to moisten dressing. Stuff fowl lightly.



CHUCK ROAST (bone-in)

Juicy, well-flavored meat. Both the blade bone pot roast and the arm bone cut contain a moderate amount of bone and fat.

Cooking method: Braise (pot roast).



SIRLOIN STEAK

From loin end. Sirloin steaks vary in size, shape, and bone size. The wedge-bone steak is largest. Others are round-bone, pin-bone, double-bone steaks.

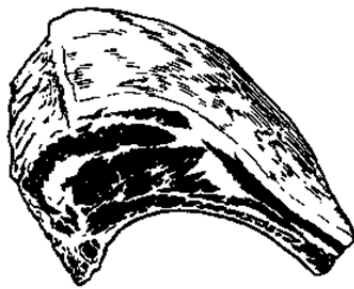
Cooking method: Broil or pan-broil. (Exception—lean utility beef—braise.)



RIB ROAST (standing)

Tender, juicy meat—well fattened or marbled and containing the rib bones. Layer of fat on outside surface.

Cooking method: Roast. (Exception—lean utility beef—roast covered.)





SHORT RIBS. These are cut from the ends of the ribs and the plate. Contain layers of lean and fat with the flat rib bone.

Cooking method: Braise.



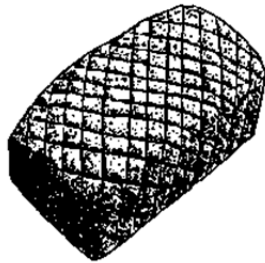
BRISKET. Layers of fat and lean, with some bone. Frequently cured (corned beef).

Cooking method: Simmer slowly in water until tender.



PLATE. Layers of fat and lean, with ends of rib bones.

Cooking method: Simmer slowly in water until tender.



GROUND BEEF

May come from the chuck, neck, brisket, plate or shank. Flank and heel of round frequently are also ground.

Cooking method: Patties—broil or pan-broil. Loaves—bake.



STEW MEAT

Beef stews may be made from chuck, shank, flank, neck, brisket or heel of round.

Cooking method: Slow, gentle simmering in water. May be browned first in fat.



CLUB STEAK. From rib end of short loin. Triangular in shape, smaller than the T-bone, and with little or no tenderloin.

Cooking method: Broil or pan-broil.



T-BONE STEAK. Adjoins the club steak, but is larger and includes some tenderloin. From center section of short loin. Identified by the T-shaped bone. Well marbled.

Cooking method: Broil or pan-broil.



PORTERHOUSE STEAK. From sirloin end of the short loin, the tenderest section of the side. Fine grained, well marbled with a characteristic portion of fat. Includes large portion of tenderloin.

Cooking method: Broil or pan-broil.



RUMP ROAST (bone-in)

Triangular piece of meat, sold either bone-in or boneless. Juicy, tender, moderate amount of fat.

Cooking method: Braise (pot roast). (Exception—prime or choice rump may be oven-roasted or broiled as steaks.)



RIB ROAST (rolled)

The same cut as standing rib, with bones removed. Shaped into roll and tied, with layer of fat outside.

Cooking method: Roast. (Exception—lean utility beef—roast covered.)



CHUCK STEAK

From the shoulder section of beef. Round bone or blade bone steaks. Muscles are small and run in different directions.

Cooking method: Braise.



FLANK STEAK

A lean, flat muscle with no bone; meat fibers running lengthwise. Only one in a side of beef.

Cooking method: Score on both sides. Usually stuffed and baked covered, or braised as steak.



HEART

Weighs 3 to 3½ pounds. Very little waste.

Cooking method: Simmer slowly in water until tender, or braise with or without stuffing.



TONGUE

(Fresh, or cured and smoked.) Weighs 2 to 5 pounds. High percentage of lean meat.

Cooking method: Simmer slowly in water until tender. Skin, slice, serve hot or cold.



KIDNEY

Cooking method: Cut into sections and simmer slowly in water until tender, or slice and braise.



OXTAILS

Well flavored, considerable bone.

Cooking method: Separate at joints. For soups, simmer small joints slowly in water. Braise large joints.



SWEETBREADS

A mild-flavored delicacy.

Cooking method: Pre-cook in water. Remove membrane. (Refrigerate if not used immediately.) Crumb and bake; crumb and fry; dice and cream, or serve in salad.



LIVER

Cooking method: Slice and braise, or grind for patties and loaves.

HOW TO ROAST

1. Wipe meat with clean, damp cloth.
2. Season with salt and pepper.
3. Place roast fat side up in open roasting pan. Do not add water. *Do not cover.* Do not baste.
4. Roast in preheated moderately low oven—325°F. (If you have a meat thermometer, insert it through outside fat into center of thickest muscle so that bulb does not rest on bone or fat.)

HOW TO BROIL

1. Preheat broiler with regulator set at "broil."
2. Slash fat edge of steak in several places. Lay steak on broiler rack with top of steak 2 to 5 inches from source of heat: *A one-inch steak 2-3 inches from source of heat. A two-inch steak 3-5 inches from source of heat.* (Greater distance is for well-done steak.)
3. Broil until top side is nicely browned, then season.
4. Turn and broil until second

HOW TO BRAISE

Braising is a method of moist heat cookery in which the meat is browned in a little hot fat, then cooked slowly in a covered utensil with a small amount of added liquid.

1. Season meat with salt and pepper. (Sprinkle with flour, for a richer brown.)
2. Brown meat slowly on all sides in a little hot fat.

ROASTING TIMETABLE*

BEEF—	Thermometer Reading	Minutes Per Pound**
<i>rare</i>	140° F.	22-26
<i>medium</i>	160° F.	26-30
<i>well-done</i>	170° F.	33-35

*Figures given are for standing rib roast; for rolled roast, add 5 to 10 minutes per pound.

**In estimating roasting time for small roasts (3 to 5 lbs.) use larger figure given. (This timetable is for meat taken chilled from refrigerator.)

side is browned. Season.

(If broiling compartment is too shallow to allow above distances, heat should be reduced slightly.)

BROILING TIMETABLE

Broiling time depends on thickness of steak and degree of doneness desired. Approximate length of time for broiling is as follows:

Steak 1 inch thick—rare, 12 minutes; well-done, 16 minutes.
Steak 2 inches thick—rare, 36 minutes; well-done, 44 minutes.

3. Add small amount of liquid. As liquid cooks away, a little more may be added.

4. Cover tightly. Cook over low heat at simmering temperature on top of range or in moderately low (325°F.) oven, until meat is tender.

(30-45 minutes before meat is done, vegetables may be added. Continue cooking until meat and vegetables are tender.)

Baked Ham

Scrub or scrape a cured ham. If it's a strong ham soak several hours.



Cover with boiling water.

Simmer (25-30 min per lb.)

Cool. Remove rind + part of fat. Stud outside with whole cloves. Place in roaster. Cover ham with maple syrup or pineapple juice. Baste occasionally to form glaze. Roast in 325° oven.

Boiled Ham

Prepare ham for boiling as in recipe above. Cover with cold water + bring to boil slowly. Add 1 cup cider + 1 cup maple syrup. Turn flame low and simmer until tender. Cool ham in liquid if it's to be served cold. Then remove skin. If served hot, allow ham to remain in hot stock until time to serve.

Meat Str-e-t-ch-ers- Meat Pie

Brown 1 diced onion in 2 tbs. butter. Add diced meat. Sear. Remove meat + onion. Stir 2 tbs. flour 1/4 cups milk + 1 tbs. Worcestershire into frying pan, blending well. Butter a baking dish. Fill with meat, sauce, 1 cup cooked peas, 1 cup cooked carrots, 1 cup cooked diced potatoes. Cover with biscuit dough. Bake 20-25 min. in 425° oven.

Meat Croquettes

2 cups ground cooked meat 1 cup thick white sauce
1 tsp. chopped onion 1 tsp. catsup
1 egg beaten slightly
1 tblep. milk or water
fine bread crumbs

Stir any left-over cooked meat in white sauce with seasonings. Chill. Shape in cylinders or balls. Roll in flour. Dip in egg mixed with milk. Roll in bread crumbs. Fry in hot deep fat 2-5 min. until brown.

Old Fashioned Beef Stew With Dumplings

Blend 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, 3 tblep. flour together. Dice 2 lbs. lean beef and roll in flour mixture. Brown beef in fat in heavy kettle. Add 3 cups water, 1 bay leaf, 2 tbs. chopped celery top, 4 cloves, 2 sprigs parsley, 1 tsp. salt. Cover. Simmer $2\frac{1}{2}$ hrs. Add 2 tsp. salt, 12 small onions, 6 medium carrots, 3 medium potatoes. Cover. Cook 20 min. Blend 2 tblep. flour and $\frac{1}{2}$ cup cold water. Add small amount hot liquid from stew. Mix.

Dumplings

2 cups flour
4 tsp baking powder
1-2 tblep shortening
1 tsp. salt
1 cup milk

Sift the flour once, measure, add baking powder; sift again. Cut in shortening; add milk, stirring quickly to make a soft dough. Drop by small spoonfulls on top of stew.

Make sure dough rests on meat or vegetable. Cover tight. Steam 10 min.

Escalloped Potatoes & Frankfurters

4 large potatoes 2 Tblep. butter
5 frankfurters 2 1/2 Tblep. flour
1 cup diced celery 1 tsp. salt
2 tsp. prepared mustard

Peel and slice potatoes thin. Cut frankes in 1/2" slices. Arrange alternate layers of potatoes, frankes, and celery in buttered casserole.

Melt butter in a saucepan and blend in flour, mustard, salt; Add milk slowly. Stir mixture over medium flame until sauce boils. Pour over ingredients in casserole. Cover. Bake 50-60 min. in 350° oven (until potatoes are tender.)

Bar-B-Q Short Ribs with Rice

Brown 2 lbs short ribs with 1/2 cup dry, uncooked rice in 2 Tblep. shortening. Place in deep casserole dish. Mix sauce. Pour over rice & meat. Cover. Bake at 350° - 1 1/4 hrs.

Sauce: 1/2 c. chopped onion, 1/4 cup vinegar, 1/2 cup catsup, 1/4 cup water, 1 tsp. mustard, 1 tsp. paprika, 1/2 tsp. pepper, 1 Tblep sugar, 1 tsp. Tobacco sauce, 4 tsp. Worcestershire.



Spaghetti with Italian Sauce

Bring a large pot of water to rapid boil. Add $1\frac{1}{2}$ lbs. spaghetti + tsp. salt. Boil rapidly for 20 min. Drain off water + place spaghetti in serving dish. Add sauce and Parmesan cheese. Serve at once.

Sauce: Chop 2 cloves garlic + 4 sprigs parsley fine. Fry in 7 tblep. olive oil until brown. Add 6 average tomatoes and cook thoroughly. Salt + pepper. Strain through sieve.

Meat Loaf

Add 2 cups bread crumbs to $1\frac{1}{2}$ lb. beef + $\frac{1}{2}$ lb. pork (ground). Add 1 beaten egg, 1 cup tomato sauce, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper. Mix thoroughly. Place 4 strips of bacon across the top. Bake in 1 cup boiling water in 350° oven 30 to 35 minutes.

NEW ENGLAND BOILED DINNER

- 4 lbs. corned beef brisket
- 6 pared medium potatoes
- 6 pared medium carrots
- 6 pared medium white turnips
- 1 medium head cabbage

Wipe off the corned beef, cover with cold water, bring to a boil, and boil 5 to 10 minutes; remove scum, cover and simmer until tender (about 3 hours). Forty-five minutes before corned beef is done, skim all excess fat from the meat stock, then add potatoes, carrots and turnips. Cover and cook 20 minutes; then on top of meat lay the cabbage, quartered and cored. Cover and continue cooking until vegetables.

SWISS STEAK

- 2 to 3 T. Jewel shortening or suet
inches thick
- 1/3 c. E-Z Bake enriched flour
- 1 1/2 t. salt
- 1/4 t. pepper
- 2 to 3 T. Jewel shortening or suet
- 2 c. canned tomatoes
- 3 large peeled onions, sliced
- 1 stalk celery, diced
- 1 peeled clove garlic, minced
- 1 T. thick condiment sauce
- 3 to 4 drops tabasco sauce

Trim excess fat off meat. Combine flour, salt, and pepper and with the edge of a saucer, pound 1/2 of it into one side of the beef; turn beef over and pound remaining flour into other side. Heat shortening in heavy skillet and, when very hot, brown beef quickly on both sides. Then add rest of ingredients, cover and bake in the oven of your Gas Range at 300° F. 2 to 3 hours. Uncover last half hour so that sauce may cook down to a rich thickness. This steak may also be cooked over a low flame on top of the range.

To Preserve a Husband

Be careful in your selections. Do not choose too young and take only such varieties as have been raised in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire time and thought to preparations for domestic use. Some insist on keeping them in a pickle, while others are constantly keeping them in hot water. But even poor varieties may be made sweet, tender and good by garnishing with patience, well sweetened with smiles and flavored with kisses to taste. Wrap them well in the mantle of charity, keep warm with a steady flow of domestic devotion and serve well with peaches and cream. When thus prepared, they will keep for years.

NEW ENGLAND BOILED DINNER

- 4 lbs. corned beef brisket
- 6 pared medium potatoes
- 6 pared medium carrots
- 6 pared medium white turnips
- 1 medium head cabbage

Wipe off the corned beef, cover with cold water, bring to a boil, and boil 5 to 10 minutes; remove scum, cover and simmer until tender (about 3 hours). Forty-five minutes before corned beef is done, skim all excess fat from the meat stock, then add potatoes, carrots and turnips. Cover and cook 20 minutes; then on top of meat lay the cabbage, quartered and cored. Cover and continue cooking until vegetables.

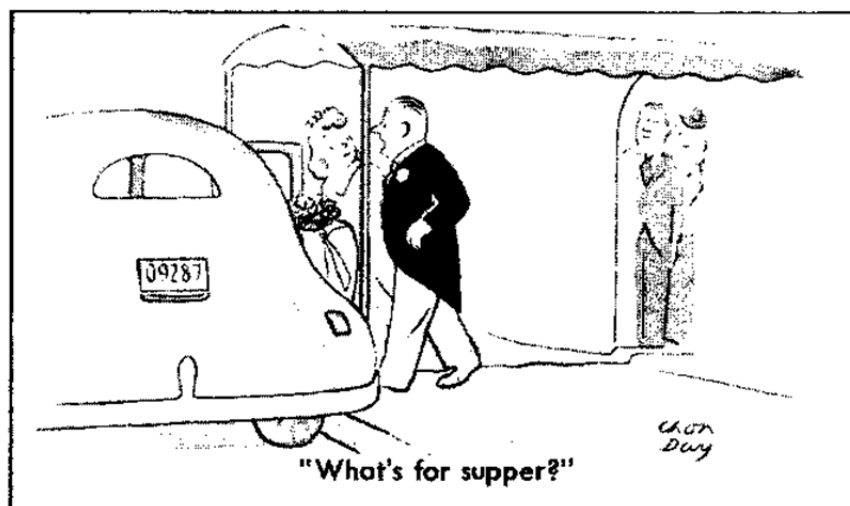
SWISS STEAK

- 2 to 3 T. Jewel shortening or suet
inches thick
- 1/3 c. E-Z Bake enriched flour
- 1 1/2 t. salt
- 1/4 t. pepper
- 2 to 3 T. Jewel shortening or suet
- 2 c. canned tomatoes
- 3 large peeled onions, sliced
- 1 stalk celery, diced
- 1 peeled clove garlic, minced
- 1 T. thick condiment sauce
- 3 to 4 drops tabasco sauce

Trim excess fat off meat. Combine flour, salt, and pepper and with the edge of a saucer, pound 1/2 of it into one side of the beef; turn beef over and pound remaining flour into other side. Heat shortening in heavy skillet and, when very hot, brown beef quickly on both sides. Then add rest of ingredients, cover and bake in the oven of your Gas Range at 300° F. 2 to 3 hours. Uncover last half hour so that sauce may cook down to a rich thickness. This steak may also be cooked over a low flame on top of the range.

To Preserve a Husband

Be careful in your selections. Do not choose too young and take only such varieties as have been raised in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire time and thought to preparations for domestic use. Some insist on keeping them in a pickle, while others are constantly keeping them in hot water. But even poor varieties may be made sweet, tender and good by garnishing with patience, well sweetened with smiles and flavored with kisses to taste. Wrap them well in the mantle of charity, keep warm with a steady flow of domestic devotion and serve well with peaches and cream. When thus prepared, they will keep for years.



BOILED FRESH OR SMOKED TONGUE

- 1 3 to 5-lb. fresh or smoked beef tongue
- 3 to 4 quarts boiling water
- 1 to 2 cloves garlic, peeled
- 2 stalks celery
- 1 onion, peeled and sliced
- 1 carrot, scraped
- 1/4 c. vinegar
- 1/4 c. granulated sugar

If tongue is smoked, wash well, then soak in cold water for several hours and drain. (Do not soak fresh tongue.) Place in a kettle, and add the water, garlic, celery, onion, carrot, vinegar, and sugar. Cover and simmer 3½ to 4 hours or until a fork pierces the tongue easily. Let the tongue cool in the liquor for 1 to 2 hours; then remove. Take off skin and trim the thick end where small bones are apparent. Slice diagonally across; arrange on platter and serve hot with tomato sauce.

MEAT BALLS AND VEGETABLE CASSEROLE

Grind together ½ lb. beef, ½ lb. veal and ½ lb. fresh pork; season mixture with 1½ teaspoon salt, 1/8 teaspoon pepper and 1 small onion, minced. Stir in ½ cup applesauce, ½ cup soft bread crumbs and 1 to 2 eggs. Shape into balls, roll in flour and brown in Jewel shortening; then place in greased casserole. To the drippings in the frying pan add, 2 to 3 cups canned tomatoes, 4 to 5 potatoes, diced, 1 to 2 carrots, diced, and ½ small onion, 1 stalk celery and ½ green pepper, minced. Bring mixture to a boil; then turn out over meat balls. Bake casserole dish in the oven of your Gas Range at 350° F. 50 to 60 minutes.

PIES



BASIC PASTRY DOUGH

2 cups flour
½ tsp. salt
2/3 cup shortening
cold water

Sift flour and salt, cut shortening into flour with a knife. Add only water enough to hold dough together. Chill. Roll. Makes 2 9-inch pastry shells or one 2 crust pie.

TWO CRUST PIE - Roll chilled Basic Pastry Dough. Line Pan. Put in filling. Moisten edge of crust. Cover fruit with top crust. Prick in center. Trim and pinch edges together.

CHERRY PIE

3 to 4 cups fresh, pitted cherries
1 cup sugar
2 tablespoons flour
1/4 teaspoon salt
2 tablespoons butter

Line pie pan with Basic Pastry. Blend flour with 2 tablespoons sugar. Cover bottom crust with mixture. Add fresh cherries and sprinkle remaining sugar on top. (If canned cherries, drain juice. Heat and thicken with cornstarch -- 1 tablespoon to 3/4 cup of juice. Omit flour. Pour juice over cherries.) Place top crust. Prick. Bake. (See 2-crust pie above.) Oven temperature 425°, baking time 35 to 45 minutes.

FRESH BERRY PIES

fresh berries
½ to 3/4 cup sugar

Follow directions for cherry pie above, reducing sugar to ½ to 3/4 cup.

PEACH PIE

3 cups sliced fresh peaches
1 cup sugar
1/4 teaspoon salt
1 tablespoon butter
2 tablespoons flour

Line pan with Basic Pastry. Cover bottom with mixture of flour and 2 tablespoons sugar. (More flour, if juicy peaches.) Put in fruit. Mix sugar and salt. Sprinkle over peaches. Dot with butter. Place top crust. (See 2-crust pie at top of page.)

LEMON MERINGUE PIE

Lemon Filling

1 cup sugar
3 tablespoons cornstarch
3 tablespoons flour
1½ cups boiling water
2 teaspoons butter
2 egg yolks
juice and rind of 1 lemon

Meringue

2 egg whites
4 tablespoons sugar

Bake pastry shell (see below): Mix flour, cornstarch and sugar in top of double boiler. Add boiling water gradually, stirring until smooth. Cook over water until thickened, stirring constantly. Add butter, egg yolks, lemon rind. Cook 3 minutes. Add lemon juice. Cool mixture. Pour in baked shell. Cover with meringue.

BAKED PASTRY SHELL— line pie pan with chilled Basic Pastry. Flute edge. Prick bottom and sides. Bake.

MERINGUE— beat egg whites until stiff. Add sugar gradually.

DEEP DISH APPLE PIE

5 - 7 medium sized apples	1 tsp. cinnamon
2 tbs. flour	tsp. nutmeg
1 cup sugar	2 tbs. butter
tsp. salt	Basic pastry

Pare and core apples; slice thin. Add flour mixed with sugar, salt and spices; fill pastry lined pie tin. Dot with butter. Roll top crust, making slits for escape of steam. Bake at 425 degrees for 50 - 55 minutes.

OPEN FACE MINCE PIE

1½ cups cold water	3 large tart apples
2 - 9 oz. pkgs. mincemeat	½ cup brown sugar
3 tbs. granulated sugar	2 tbs. flour

Boil first three ingredients together until thick. Cool. Place in uncooked pie shell. Arrange sliced, unpeeled apple slices over mincemeat. Sprinkle with brown sugar and flour mixture. Dot with butter, sprinkle with nutmeg. Bake at 425 degrees for 45 minutes.

PECAN PIE

1½ cups dark corn syrup	3 eggs
1 cup brown sugar	½ cup butter
1/8 tsp. salt - 1 cup chopped pecans	

Cook brown sugar and corn syrup slowly for 5 minutes, stirring constantly. Remove from heat. Beat eggs. When syrup cools, add mixture to eggs, stirring all the time. Add butter, salt, nuts. Pour in pan lined with uncooked basic pastry.

CUSTARD PIE

Scald 3 cups milk. Beat 3 eggs slightly. Add ½ cup sugar, 1/4 tsp. salt, and 1 tsp. vanilla. Pour hot milk slowly over egg mixture. Pour into pan lined with chilled unbaked basic pastry. Custard is done when a silver knife, inserted in mixture comes out clean. CHOCOLATE CUSTARD PIE may be made by adding

OLD FASHIONED CREAM PIE

2 cups sugar
2 cups thick cream
4 tablespoons flour

Sprinkle with nutmeg
Add dots of butter
Pour in unbaked pie shell. Bake in oven
at 450 until mixture reaches boiling.
Stir while baking. After reaching boiling
point complete baking at 325. Baking time
30 minutes.

.....

CHEESE PIE DeLUXE

Crust

16 graham crackers rolled fine
2 tablespoons sugar
1/2 cube butter (melted)

Mix well - line pie tin. Bake 8 to 10 min-
utes at 350. Use 10 inch pie pan.

Filling

2 eggs beaten stiff. Add 1/2 cup sugar,
1 eight ounce Philadelphia cream cheese,
1/2 teaspoon vanilla
Beat well. Fill pie shell and bake 15 minutes.

Topping

1 pint carton Hampshire cream
5 tablespoon sugar
1/2 teaspoon vanilla
Beat well. Put on top of filling and bake
5 minutes spreading carefully.

Speed Salads

1. Drain chilled can of mixed fruits. Add chopped celery. Form cottage cheese ring on lettuce. Fill with fruit. Garnish with cooked prunes stuffed with walnuts.

2. Drain chilled, canned pear halves. Fill centers with mayonnaise. Squeeze lemon juice over pears. Top with grated American cheese.

3. Drain pickled beet slices. Arrange on lettuce leaf, around a center of cottage cheese. Sprinkle with chopped green onion. Serve with French dressing.

4. Lay a slice of cranberry sauce on lettuce. Arrange drained, canned grapefruit sections on cranberry sauce. Serve with French dressing.

5. 4 cups shredded raw cabbage
2 cups diced cored apples
1 cup raisins
1 cup French dressing

Arrange cabbage, apples, raisins and dressing in alternate layers in salad bowl. Chill thoroughly. Toss + serve.

Melons

*Cut honeydew
circles like
layer cake.*

*Serve
with
orange
slices*



- o -

*Fill
with
cubes
of
melon*



*Heart, slices of fresh
sugared peaches + coconut.*



*Salad Tray
of assorted melon slices
around cottage cheese center.*

— Cole Slaw —

1 tsp. salt
1/4 tsp. pepper
1 tsp. celery seed
1/2 tsp. dry mustard
1/4 cup chopped green pepper
1/2 tsp. grated onion
3 Tbsp. salad oil
3 Cups Chopped Cabbage

2 Tbsp. sugar
1/3 cup vinegar

Mix well in large bowl.
Cover & Chill. Serves 4.

Stuffed Tomatoes

Slice down through tomatoes to make 5 equal sections joined at base. Fill with salmon salad, tuna fish, Cole Slaw, chicken-ham, potato salad, cottage cheese or any combination of chopped leftover vegetables mixed with mayonnaise. Use paprika & green pepper strips for garnish.

QUICK RUSSIAN DRESSING

COMBINE $\frac{1}{4}$ CUP MAYONNAISE, 2 TBSP. CATSUP, 2 TSP. PREPARED MUSTARD. BLEND.

SPECIAL GARLIC DRESSING

1 tsp. salt	$\frac{1}{2}$ tsp. chili powder
$\frac{1}{2}$ cup VINEGAR	1 cup salad oil
$\frac{1}{2}$ tsp. pepper	$\frac{1}{2}$ tsp. celery salt
1 tsp. sugar	1 clove garlic, grated
$\frac{1}{4}$ tsp. dry mustard	DASH TABASCO SAUCE

COMBINE INGREDIENTS IN BOTTLE;
COVER. SHAKE WELL. MAKES $1\frac{1}{2}$ CUPS.

FRENCH DRESSING

1 cup MAZOLA oil	$\frac{1}{4}$ cup VINEGAR
$\frac{1}{2}$ cup CATSUP	$\frac{1}{3}$ GRATED ONION
$\frac{1}{2}$ cup SUGAR	1 tsp. SALT
1 tsp. PAPRIKA	JUICE OF 1 LEMON

— SHAKE WELL —

ROQUEFORT CHEESE DRESSING

6 EGG YOLKS	DASH OF TABASCO
$\frac{1}{4}$ cup olive oil	1 tsp. salt
$\frac{1}{4}$ cup LEMON JUICE	$\frac{1}{4}$ tsp. PAPRIKA
$\frac{1}{4}$ cup light CREAM	$\frac{1}{4}$ cup. VEGETABLE OIL
1 cup CRUMBED ROQUEFORT.	

Whip egg yolks until thick. Add blended oils slowly. Continue beating 'til it starts to thicken. Thin with lemon juice. When smooth add Tobasco, salt, paprika, Worcestershire. Crumble in Roquefort. Add cream. Whip until smooth. Dressing will be thick. MAKES 3 CUPS.

The Right Sauce!

For fried fish — lemon
slices or —

Tartare Sauce

- 1 cup mayonnaise
 - 1 tsp grated onion
 - 1 tblep. minced dill pickle
 - 1 tsp. minced parsley
 - 1 tblep chopped pimento
- Combine ingredients. Makes
1 cup.

Cocktail Sauce

(For seafood)

- 2 tblep. mayonnaise
 - 4 tblep. chili sauce
 - ½ tsp. Worcestershire sauce
 - 1 tsp. horse radish
juice ½ lemon
 - few drops Tobacco sauce
- Mix + Chill

- o -

For broiled fish — cream
sauce or drawn butter.

White Sauce

1 cup milk ½ tsp. salt
2 tblep. flour 1 tblep. butter

Thoroughly mix milk, salt and flour by shaking in screw-top jar. Heat in saucepan until thick. Stir in butter.

Cheese Sauce

Add ½ cup grated American cheese to White Sauce.

Mornay Sauce

Add 1 minced onion + 2 egg yolks to White Sauce, cook until thickened. Stir in 1 tblep. grated cheese. Serve on fish or egg dishes.

Egg Sauce

Add 1 hard-bailed egg, chopped, to White Sauce. Good on spinach, and asparagus dishes.

Vegetable

Cut 2 lb.
into small
Brown in
butter or



Soup

beef
pieces.
2 tblep.
oil.

Place in kettle with soup
bone + 2 qts. cold water.
Boil 5 min. Skim. Simmer
1 hr. Add 1 tsp. salt, 1 tsp.
onion salt, 1 tsp. celery
seed, $\frac{1}{4}$ tsp. pepper.

Tie 1 whole clove, 2
sliced carrots, 2 sprigs
parsley, 1 bay leaf, $\frac{1}{4}$
tsp. leaf thyme in
cheesecloth bag. Add to
soup. Simmer 2 hrs.

Add $\frac{1}{2}$ cup diced
carrots, $\frac{1}{2}$ cup onions, $\frac{1}{2}$
cup turnips, $\frac{1}{2}$ cup
green beans, $\frac{1}{2}$ cup green
peas.

Cook until vegetables
are tender. Remove
seasoning bag + bone.
Makes $1\frac{1}{2}$ qts. soup.

Chili Con Carne

Fry 5 slices diced bacon. When crisp, remove, and slice one medium onion in drippings. Brown. Return bacon. Add one #2 can kidney beans, 2 to 3 cups tomatoes; 1 tblep. chili powder. Salt to taste. Simmer over low flame 25 min. May be served over cooked spaghetti or rice.

Potato Soup for 6

4 large potatoes	1 qt. water
2 " onions	1 " milk
1 tblep. butter	
1 " flour	} (pepper + salt
1/4 tsp. celery seed	

Peel + cut potatoes and onions in small pieces. Add water. Cook slowly until tender. Add seasonings and butter.

Heat again. Add the flour which has been mixed to a paste with the milk.

THE finer you cut the cabbage for this rice soup the less time you will have to cook it, and you will have more vitamins to serve and a more attractive appearing and tasting soup.

Cabbage Rice Soup

2 tablespoons margarine.	4 bouillon cubes.
¼ cup minced onion.	½ teaspoon salt.
¼ cup raw rice.	2½ cups finely shredded cabbage.
4 cups water.	4 tablespoons grated cheese.

Melt margarine in saucepan. Add onions and saute for five minutes. Add all ingredients except the cabbage and cheese and simmer for 15 minutes. Add the cabbage and cook another five minutes. Sprinkle 1 tablespoon of grated cheese on top of each serving and serve immediately. 4 servings.

Grandmother Barton's Corn Soup

2 cups water
1 No. 2 can corn, cream style
1 slice onion
2 cups milk
3 tablespoons butter
2 teaspoons flour
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons whipped cream
½ teaspoon paprika

Add water to corn and simmer 20 minutes. Strain and press through a sieve. Scald onion slice in milk over hot water. Melt two tablespoons butter, blend in flour and seasonings and add to corn. Bring just to a boil, remove from heat; add milk, removing onion. Heat thoroughly but keep under boiling point after milk is added. Serve immediately, adding 1½ teaspoons butter to each cup and one teaspoon whipped cream. Fleck with paprika. Yield: 6 portions.

Oyster Stew:

Melt 4 Tbs. butter. Add 1 pt. drained oysters. Cook until edges curl (about 3 min.) Add 1 qt. milk (rich). Add oyster liquor, 1½ tsp salt, ½ tsp. pepper - dash celery salt. Bring almost to boiling point. Garnish with paprika.

Should serve 6.

TIME CHART FOR VEGETABLES

<p>"Waterless" Method</p> <p>Cook with $\frac{1}{2}$ to 1 inch of water in bottom of pan. Use close-fitting lid. Reduce flame to simmer when steam appears.</p>	<p>COOKING TIME</p> <p><i>Varies with age of vegetables, size of pieces and amount cooked at one time. Approximate times for young, tender vegetables in quantities suitable for six people are given here. Note: High altitudes increase boiling time.</i></p>
15-18 minutes	ASPARAGUS, 2 lbs. Wash, remove scales. Tie in bundles.
18-25 minutes	STRING BEANS, green, young, tender. $1\frac{1}{2}$ lbs. Wash, remove ends. Slice in thin slivers, lengthwise.
18-20 minutes	LIMA BEANS, green. 3 lbs. Shell. Wash.
22-25 minutes	BEETS, young, $1\frac{1}{2}$ lbs. Wash. Pared, sliced thin or diced, for "waterless" method only.
20-25 minutes	BROCCOLI—1 bunch—about $1\frac{1}{2}$ lbs. Trim off coarse leaves. Soak 10 minutes in cold, salted water before cooking. Pare and split.
18-20 minutes	BRUSSELS SPROUTS, young and green. $1\frac{1}{2}$ lbs. Remove wilted leaves. Soak 10 minutes in cold, salted water before cooking.
8-10 minutes 12-15 minutes	CABBAGE, $1\frac{1}{2}$ -lb. head. Remove wilted leaves. Stand in cold water 30 minutes before cooking. 1. Shredded 2. Quartered
10-12 minutes 15-20 minutes	CARROTS, tender. $1\frac{1}{2}$ lbs. Scrape. Slice in quarters, lengthwise or halves, if small. Or shred. 1. Shredded 2. Quartered
5-12 minutes	CORN ON COB, 6 ears. Husk. Remove silk.
12-15 minutes 20-22 minutes	CAULIFLOWER, $1\frac{1}{2}$ -lb. head. Wash. Soak in cold, salted water 30 minutes. Separate in flowerets or cook whole. 1. Flowerets 2. Head
20-22 minutes	ONIONS, small. $1\frac{1}{2}$ lbs. Peel under cold water.
10-18 minutes	PEAS, young. 2 lbs. Select plump, well developed pods. Shell.
20-22 minutes	POTATOES, white. $1\frac{1}{2}$ lbs. Small. Wash. Cook, peeled or in skins.
12-14 minutes	SPINACH, 2 lbs. Remove roots and wilted leaves. Wash in several waters, lifting out of water rather than pouring off. Add no water as moisture clinging to leaves after washing is sufficient.
8-10 minutes 20-22 minutes	SQUASH, 2 lbs. Wash. Cut in thin slices. 1. Summer squash. Cook, season well. 2. Winter squash. Remove seeds and pulp.
8-10 minutes	TOMATOES, 2 lbs. Wash. Peel. Quarter. Cook in own juice.
18-20 minutes 20-22 minutes	TURNIPS, $1\frac{1}{2}$ lbs. 1. White. Wash, peel, slice small. 2. Yellow. Wash, peel, slice small.

NOTE: Save vitamins and minerals by cooking vegetables in small amount of water. Cook only until tender. Do not use soda.

BOSTON BAKED BEANS

1 LB. SMALL NAVY BEANS
1/3 CUP CATSUP
2/3 CUP GRANULATED SUGAR
2" SQUARE SALT PORK
SALT, PEPPER

SOAK BEANS OVER NIGHT. COOK UNTIL SKINS ARE LOOSE. DRAIN. ADD SUGAR, CATSUP, PORK, SALT, AND PEPPER. COVER WITH WATER. BAKE 8 HOURS AT 275°.

ADD WATER OCCASIONALLY WHEN BEANS BECOME DRY. A SMALL ONION MAY BE PLACED IN CENTER OF BEAN POT FOR EXTRA ZIP!



French Fried Onions =

Pick big, mild either white or Bermuda onions. Cut slices $\frac{3}{16}$ to $\frac{1}{4}$ inch thick.

Beat well 2 cups milk + 3 eggs. Pour into shallow pan. Drop onion rings into pan. Swish onion rings around to make sure each is saturated with egg and milk mixture.

Lift onion rings. Drain. Now drop them into pan of flour. Place in a wire French Frying Basket. Shake off excess flour.

Set basket into hot fat (450°) Basket shouldn't be more than $\frac{1}{4}$ full.

Brown rings quickly. Keep rings separate as they fry. Tumble them onto paper towel and salt.

Candied Sweet Potatoes

Boil 4 large potatoes in jackets. Cool + peel. Slice $\frac{1}{2}$ " thick. Arrange in baking dish, dot with 2 tbleps. shortening. Cover with 1 cup brown sugar + $\frac{1}{4}$ cup water. Bake in 450° oven 30 min. Baste with syrup.

Lyonnaise Potatoes

6 cooked potatoes
4 onions
 $\frac{1}{2}$ tsp. salt
4 tblep. fat

Brown chopped onions in fat. Cut potatoes in small pieces. Add to onions. Salt. Cook until potatoes are brown. Stir frequently.

Griddle



Cakes

2 cups sifted flour
2 tsp. baking powder } sift
1 tsp. salt } together

Combine $1\frac{1}{2}$ cups milk with 2 eggs (beaten). Pour into flour mixture. Stir until smooth. Stir in 2 tblep. melted butter. Bake on ungreased hot griddle. Make 12 small cakes.

and

Waffles



2 cups sifted cake flour
2 tsp. baking powder } sift
1 tsp. salt } together

Beat 3 egg yolks until thick. Add $1\frac{1}{4}$ cups milk. Stir well. Add dry ingredients. Stir in 4 tblep. melted butter. Fold in 3 egg whites stiffly beaten. Bake on hot waffle iron according to directions.

From Wisconsin Kitchens

LEMON TART

1/2 envelope Knox gelatine
1/3 cup cold water

Cook 1/2 cup sugar, 4 egg yolks,
and 1 lemon

Beat 4 egg whites, 1/2 cup sugar
fold and mix to-gether with above.

For crust

Mix 1 tablespoon sugar
1 cup flour
1/2 cup butter
Bake 30 minutes in 350 oven

Pour above mixture over crust

BLITZ TORTE

1 cup sifted flour
1 teaspoon baking powder
1/8 teaspoon salt
1/2 cup shortening
1 1/4 cup sugar
4 eggs separated
1 teaspoon vanilla
3 tablespoons milk
1/2 cup sliced almonds or pecans
1 tablespoon sugar
1/2 teaspoon cinammon

Sift flour, baking powder and salt to-gether.
Cream shortening with 1/2 cup sugar until fluffy
Add well beaten egg yolks, vanilla, milk, and
sifted dry ingredients. Spread mixture in
greased pans. Beat egg whites until stiff but
not dry, add remaining sugar gradually and beat
until eggs hold a sharp peak. Spread over un-
baked mixture in both pans. Sprinkle with nuts,
1 tablespoon sugar and cinnamon and bake in
moderate oven about 30 minutes (350). Cool and
spread custard filling between layers. Makes
two 9 inch layers.

Tuna Pot Pie

Heat one can of Mixed vegetables and juice to boiling. Mix 2 T. Flour with cold water and add to vegetables, stirring constantly. Boil 2 min. longer and add the juice of 1 fresh lemon. Remove from fire and add 1 Can of Chunk Style Tuna fish. Mix well and pour into 2 qt. casserole. Top with choice of rich pie crust, biscuit mix or can of ready made biscuits. Bake 30 min. at 350°
Serve hot with fruit and cheese.

Rain Barrel Olives

Pack whole, fresh, unpitted cherries into sterilized pint fruit jars. Combine 1/2 pint vinegar, 3 tablespoons salt and 1 pint of rainwater. Mix cold and pour over cherries. Seal jars and place on dark shelf. Do not use for 6 weeks.

These are delicious to use as you would Olives. Note: - Rainwater must be used. Proper results cannot be obtained with the use of distilled water.

Strawberry Shortcake

Rich, crusty biscuit, split while it's hot, heaped high with sugared June berries. Pass a pitcher of cream

2 cups enriched flour	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoon salt	1 well-beaten egg
4 teaspoons baking powder	$\frac{1}{2}$ cup milk
1 tablespoon sugar	1 quart sugared strawberries

Sift dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add combined egg and milk. Stir just until all flour is moistened. Spread evenly in greased 8-inch round cake pan. Bake in hot oven (450°) until golden brown, about 15 to 20 minutes. Split shortcake. Spread with butter. Fill and top with sugared berries. Serves 6.

FRENCH MINT PIE (Makes 10 to 12 servings)

2 sq. unsweetened chocolate
1 c. confectioners' sugar
 $\frac{1}{4}$ lb. butter
2 eggs
 $\frac{1}{4}$ tsp. oil of peppermint
 $\frac{1}{2}$ pt. whipping cream, whipped
Graham cracker crust

Melt chocolate over hot water; cool. Cream sugar and butter until smooth; add eggs, one at a time, beating well after each addition. Stir in

cooled chocolate, then peppermint.

POUR INTO 9-inch pie pan, lined with graham cracker crust. Place in refrigerator and chill for several hours. Top with whipped cream before serving.

To make the graham cracker crust: crush 18 graham crackers ($1\frac{1}{2}$ c. crumbs); add $\frac{1}{4}$ cup sugar and $\frac{1}{3}$ cup melted butter or margarine; mix well. Press firmly in greased 9-inch pie pan. Chill until set (at least 30 minutes).

Chocolate Candy Pie Shell

1 6-ounce package (1 cup) semi-sweet chocolate morsels 2 tablespoons shortening
2 tablespoons confectioners' sugar

Line a 9-inch pie plate by pressing a 12-inch square of aluminum foil on bottom, sides and over rim to assume shape of plate. Lift foil to baking sheet; keep carefully to shape. Sprinkle morsels evenly in foil. Place in a 250°F. oven for 5 minutes; remove. Carefully replace foil in pie plate. Add shortening; blend with morsels using back of teaspoon. Add sugar and then blend again until mixture thickens slightly. Spread evenly over bottom and sides and about $\frac{1}{3}$ of pie-plate rim. Place in refrigerator 30 minutes. Carefully peel foil from chocolate. Return shell to pie plate. Fill as desired. Yield: one 9-inch candy shell.

Peppermint-Chiffon Filling

1 envelope unflavored gelatin $\frac{1}{4}$ teaspoon peppermint flavoring
 $\frac{1}{2}$ cup sugar Red food coloring
 $\frac{1}{8}$ teaspoon salt 1 cup heavy cream
2 eggs, separated 1 9-inch chocolate candy shell
 $1\frac{1}{4}$ cups milk $\frac{1}{4}$ cup crushed peppermint stick candy

Mix gelatin, $\frac{1}{4}$ cup of the sugar and salt in double boiler. Beat together egg yolks and milk; add to gelatin mixture. Cook over boiling water, stirring constantly, until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove from heat; add peppermint flavoring. Tint with a few drops of red food coloring. Chill until mixture is slightly thicker than the consistency of unbeaten egg white. Beat egg whites until stiff but not dry. Gradually add remaining $\frac{1}{4}$ cup sugar and beat until very stiff. Fold into gelatin mixture. Whip $\frac{1}{2}$ cup of the cream; fold in. Turn into prepared shell; chill until firm.

To serve, whip remaining $\frac{1}{2}$ cup cream. Use to make a Valentine motif on pie, or spoon around edge. Sprinkle with crushed candy.

stantly, until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove from heat; add rum flavoring. Chill until mixture is slightly thicker than the consistency of unbeaten egg white. Beat egg whites until stiff but not dry. Gradually add remaining $\frac{1}{4}$ cup sugar and beat until very stiff. Fold into gelatin mixture. Whip $\frac{1}{2}$ cup of the cream; fold in with nuts and cherries.

Turn into prepared candy shell; chill until firm. To serve, whip remaining $\frac{1}{2}$ cup cream; spoon around edge of pie. Garnish with maraschino cherries.

Rum-Cherry Pie Filling

1 envelope unflavored gelatin 2 teaspoons rum flavoring
 $\frac{1}{2}$ cup sugar 1 cup heavy cream
 $\frac{1}{8}$ teaspoon salt $\frac{1}{2}$ cup chopped nuts
2 eggs, separated $\frac{1}{8}$ cup chopped maraschino cherries
 $1\frac{1}{4}$ cups milk 1 9-inch chocolate candy shell

Mix gelatin, $\frac{1}{4}$ cup of the sugar and salt in top of double boiler. Beat together egg yolks and milk; add to gelatin mixture. Cook over boiling water, stirring con-

Indiana Favorites

PINEAPPLE DELIGHT

1 cup milk heat in double boiler
16 marshmallows add and melt
1 package lemon jello
Sprinkle jello over the above and stir

2 medium size packages of Philadelphia
cream cheese - add to above and stir

1 21/2 can crushed pineapple
Add to above after it has cooled

1 cup whipping cream
3/4 cup nuts
When the mixture has partially stiffened pour over 1 package red jello.

DATE PUDDING

1 cup brown sugar
1 1/4 cup water
1 tablespoon butter
(boil the above)

1 cup brown sugar
1 cup flour
1 teaspoon baking powder
1 teaspoon salt
1 cup nuts
1 cup dates
1/2 cup milk

Pour the top mixture over the lower one and bake slowly for one hour in a loaf pan at 300 degrees.

DREAM BARS

First part

1/2 cup butter (melted)
1/2 cup brown sugar
Mix and add butter
1 cup flour
Put in a pan and bake 10 minutes in moderate oven

Second part

1 cup cocanut
1/2 cup chopped nuts
2 eggs beaten well
1/2 teaspoon baking powder
2 tablespoons flour
1 cup brown sugar

Mix dry ingredients, add beaten eggs. Put on baked shell and bake 15 minutes in moderate oven. Cut in pieces (1 x 2 inches) Be sure to watch the oven so it does not bake any longer than 10 minutes.

BANANA CAKE

1/3 cup butter
1 egg
2 cups flour
1 cup brown sugar
1 cup mashed bananas
1/2 teaspoon soda
1 teaspoon baking powder
Pinch salt
Cream butter and sugar. Add beaten egg and bananas. Dissolve soda in 1/2 cup sweet milk. Add flour and baking powder. Bake in layer or loaf for 30 minutes.

FROSTING FOR BANANA CAKE

1/2 cup sugar
3 tablespoons flour
1 cup milk
Boil until thick then add piece of butter

NATIONAL
Furniture Company

335 W. Washington St.

Indianapolis, Indiana

"Serving Since 1899"