



OUR FAMILY'S
CULINARY
HERITAGE

F o r w a r d b y E d i t o r

A family's heritage is one of the most precious things to know, to learn, and to understand. While some families around the world share a history full of nobility and land, others share their history through family recipes, passed on from one generation to the next. With those recipes come memories of families gathered around the kitchen table; of scraped knees made better with a fresh-baked treat; or of harvesting the last of the garden to preserve in jars for the long winter ahead.

The recipes contained on these pages were collected with care, and were used to feed and nourish growing children for many years. Hand-written cards, often containing little more than a list of ingredients, were passed on with love, with the hope that the culinary heritage would continue. No one knows for sure the original creator of these recipes, but they are an integral to the Cook Family history and culture, and meant to be shared for generations to come.

Enjoy!
Barbara



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A decorative border consisting of two parallel lines with ornate, geometric corner pieces at each of the four corners.

SECTION ONE:
Breads & Desserts



Banana Bread

2 cups flour	1 cup sugar
½ teaspoon baking powder	1 egg, beaten
1 teaspoon soda	2 tablespoons milk
½ teaspoon salt	1½ cup bananas
2 tablespoons shortening	2 cups walnuts

Oven 350 degrees for 60 minutes

Buns

Stir this real good:

3 cups boiling water
½ cup sugar
¼ cup shortening

Let this sit until lukewarm. Soak 2 yeast in lukewarm water with 1 teaspoon sugar and dash of salt. When your water, sugar, and shortening is lukewarm, add 2 eggs and yeast. Beat more and add flour to make a stiff dough. Raise and bake.

From Mrs. Jo Olson

Buttermilk Biscuits

3 cups sifted flour	1 teaspoon salt
½ teaspoon soda	½ cup Crisco
3 teaspoons baking powder	1 cup buttermilk

Mix flour, soda, baking powder and salt. Cut in Crisco with knives, fork or pastry blender until the mixture looks like coarse meal. Add milk and stir just enough to hold dough together. Place dough on board or pastry cloth which has been dusted with flour. Knead lightly several times. Roll out dough ½ inch thick, cut with floured biscuit cutter. Bake on ungreased baking sheet in hot oven (425 degrees) for 10 to 15 minutes.

Makes 30 medium biscuits

Coffee Cake Recipe

1½ cup sifted flour	1 egg
3 teaspoons baking powder	¾ cup milk
2 tablespoons sugar	1 cup wheat flakes
½ teaspoon salt	¾ cup orange marmalade
4 tablespoons shortening	

Doughnuts

3 eggs
1 cup sugar
1/8 cup sour milk
½ cup sweet milk
1 teaspoon salt
2½ cup flour
1 teaspoon baking powder
A little nutmeg
1 teaspoon soda

Hush Puppies

¾ cup corn meal	¼ cup water
1 teaspoon baking powder	½ cup milk
½ teaspoon salt	

Sift meal, baking powder and salt together. Mix water and milk. Stir into dry ingredients. Let stand for 5 or 10 minutes. Then drop by teaspoonfuls into deep Crisco, heated to 365 degrees or until 1 inch cube of bread browns in 60 seconds. Fry until brown 3 to 5 minutes.

Sugar and Spice Breakfast Bread

2 cups sifted flour	¾ cup milk
3 teaspoons baking powder	½ cup raisins
1 teaspoon salt	Topping:
½ cup sugar	¼ cup brown sugar
1/3 cup Crisco	1 tablespoon melted Crisco
1 egg	1 teaspoon cinnamon

Mix flour, baking powder, salt, and sugar in bowl. Cut in Crisco until mixture looks like coarse cornmeal. Add raisins, milk and egg. Stir enough to hold together, put in 8x8x2 inch pan that has been rubbed with Crisco. Sprinkle with topping of brown sugar and cinnamon and Crisco which has been stirred together. Bake in moderately hot oven (400 degrees) for 20 to 25 minutes.

Apple Cobbler

Crisco pastry: (all measurements level)	
1½ cup sifted flour	½ cup Crisco
½ teaspoon salt	3 tablespoons water

Mix flour and salt in bowl. Cut Crisco into flour with a fork or blender until pieces are about the size of peas. Add 3 tablespoons water to ¼ cup of the mixture and blend lightly. Add the remaining Crisco flour and more water with fork or fingers until dough holds together. From half the dough rolled out about 1/8 inch thick cut 2-inch strips to line the sides of the 8x8 inch baking dish. Roll out remaining pastry for top crust.

Filling:
6-8 medium size apples sliced (5 cups)
1 cup sugar
¼ cup water

Bring sugar and water to a boil for five seconds. Add apples and simmer slowly until soft. Line sides of baking dish with pastry. Sift out apples from syrup. Form a layer on bottom. Then dot with butter. Repeat layers until all is used. Cover top with pastry. Pinch sides, edges of top crust together. Cut or prick small steam vent in top crust. Bake in hot oven (425 degrees F) 20 to 30 minutes or until brown.

Apple Crisp

Many apples as you like	½ lard and butter
1/8 cup sugar	Salt
1 cup flour	

Mix and fit all together and sprinkle all over the top. Now cut apples just like for pie and put in a pan to bake.

Sugar, butter, spice topping:
2 tablespoons melted butter
4 tablespoons brown sugar
½ cup wheat cereal

Apple Pie

Put 6 cups pared thinly sliced apples in pastry lined pie pan. Sprinkle with 1 cup sugar, ¾ teaspoons cinnamon, 1/8 teaspoon salt, and 1 teaspoon lemon juice. Dot with 1 tablespoon butter. Trim under crust even with pan. Moisten edge with water. Roll remaining dough for top crust. Cut a few slits for steam to escape. Lay over apples, trim pastry ½ inch beyond pan. Tuck it under bottom crust. Press firmly with fork. Bake in hot oven (425 degrees F) 40 to 50 minutes.

Aunt Jenny's Cookies

1 cup Spry	2/3 cup sugar
1 teaspoon salt	2 eggs
1 teaspoon vanilla	2½ cup sifted flour

Blend Spry, salt and vanilla. Add sugar then eggs, singly, beating well after each addition. Add flour and mix well. Drop from tablespoon on Spry coated pan. Let stand few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. Bake in a moderate oven 8 minutes or until brown.

Banana Pie

½ cup sugar	2 rounded tablespoons flour
2 eggs	or 1 heaping tablespoon cornstarch
½ teaspoon salt	2 cups milk
	1 teaspoon vanilla

Separate eggs. Beat yolk and add sugar, then milk and salt. Mix flour in water until half cup of water or milk is used. If whole half is used at once, flour is apt to be lumpy. Cook in double boiler or heavy aluminum kettle until thick. Add vanilla. Slice a layer of bananas in a baked shell. Pour over a layer of prepared filling over again. Add 3 tablespoons of sugar and ½ tablespoon vanilla.

Banana Spice Cake

Bake at 375 degrees F for 25 to 30 minutes. Makes 8 inch layer cake.
Combine 2 cups (2 or 3) well mashed ripe bananas and 1 teaspoon lemon juice.
Sift together two times 2¼ cups sifted cake flour, 2 teaspoons double action baking powder, ½ teaspoon soda, 1 teaspoon salt, 1½ cup crystal sugar, 1 teaspoon cinnamon and ½ teaspoon nutmeg in large mixer bowl. Add ½ cup shortening, 2/3 cup buttermilk or sour milk and the mashed bananas. Beat for 2 minutes for 300 strokes or at medium speed with electric mixer. Add 2 eggs unbeaten and 1 teaspoon vanilla. Beat for 1 minute. Fold in ½ cup chopped nuts. Pour into 2 paper lined 8 inch cake pans. Bake at 375 degrees F for 25 to 30 minutes. Cool in pan 10 minutes and remove to wire rack. Cool thoroughly. Frost with fluffy boiled frosting.

Black Walnut Soufflé

Beat until thick and light colored in top of a double boiler, 3 egg yolks. Sift together 3 tablespoons sugar, 3 tablespoons flour and 1 teaspoon salt. Add to egg yolks, blending thoroughly. Put through your food chopper, using the medium blade, $\frac{3}{4}$ cup black walnuts. Pour over the chopped nuts. 1 cup milk, scald the milk, do not boil. Remove from heat and stir into the egg mixture slowly. Place over boiling water and cook until the mixture thickens. Add 1 teaspoon vanilla extract. Cool. Beat until stiff 3 egg whites. Mold into the cooled custard. Divide the mixture in four portions. Place in greased individual soufflé cups and bake in a 325 degree F oven for 40 to 50 minutes. Serve cold with whipped cream.

Brownies

$\frac{1}{2}$ cup Spry	2 eggs
2 ounces chocolate	1 cup sugar
$\frac{3}{4}$ cup sifted flour	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon baking powder	2 cups nuts, coarsely cut
$\frac{3}{4}$ teaspoon salt	

Melt Spry and chocolate together over heated water. Cool. Sift flour with baking powder and salt. Beat eggs until light and add sugar, then chocolate mixture. Blend. Add flour, vanilla and nuts. Mix well. Bake in 8x8 inch Spry covered pan in moderate oven 30 to 35 minutes. Cool and cut in squares. (Chocolate molasses brown reduce sugar to $\frac{1}{2}$ cup molasses substituted $\frac{1}{2}$ teaspoon soda for the baking powder.)

Butterscotch Pie

2 cups brown sugar	2 eggs
2 tablespoons corn starch	2 cups milk

Cake

Boil together 5 minutes:
2 cups white sugar
2 cups hot water
2 heaping tablespoons lard
1 pound seeded raisins.

When cool, add:
3 cups flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg, sifted together.

Bake 45 minutes.

Chocolate Cake

2 cups sugar	1 cup sour milk
$\frac{1}{2}$ cup shortening	2 teaspoons soda
2 eggs	2 cups flour
4 tablespoons cocoa or 2 squares chocolate	$\frac{3}{4}$ cup boiling water - add salt

Chocolate Cake

½ cup Spry	2 eggs, unbeaten
1 teaspoon salt	2 teaspoons baking powder
1 teaspoon vanilla	¼ teaspoon soda
1 cup sugar	1¾ cup sifted flour
2 ounces chocolate, melted	¾ cup milk

Blend Spry, salt and vanilla. Add Sugar gradually and cream well. Add eggs singly, beating well after each addition. Add chocolate and blend. Sift baking powder and soda with flour 3 times. Add flour to creamed mixture alternately with milk, mixing after each addition until smooth. Bake in two Spry-coated 8-inch layer pans in moderate oven 30 to 35 minutes. Frost with quick fudge frosting.

Chocolate Cake

2¼ cups flour	1½ cup sugar
½ cup Hershey's breakfast cocoa	1 teaspoon vanilla
1 teaspoon soda	2 eggs
1 teaspoon baking powder	2 cups sour milk
½ teaspoon salt	½ cup hot water
½ cup shortening	

Sift flour once then measure. Mix with soda, baking powder and salt again. Cream shortening, add sugar gradually, beating thoroughly after each addition. Add vanilla, then well beaten eggs. Beat until fluffy. Beat in Spry mixture alternately with sour milk. Mix hot water and cocoa to form a smooth paste. Beat into batter. Pans, bake in moderate oven (350 degrees F) 30 to 35 minutes. Cool. Spread with any chocolate icing.

From Mrs. Loss

Chocolate Fluff Icing

1½ cups sugar	2 egg whites, unbeaten
1/8 teaspoon cream or tartar	3 squares chocolate
1/3 cup water	

Place all ingredients except chocolate in top of double boiler. Beat over hot water with rotary beater until icing will hold in peaks. Melt chocolate and cool. Carefully fold into white icing.

Chocolate Rhapsody Cake

1¾ cup sifted cake flour	½ cup Spry
1½ cup sugar	3 ounces chocolate melted
¾ teaspoon salt	1 cup buttermilk or thick sour milk
½ teaspoon baking powder	1 teaspoon vanilla
or 1 teaspoon tartrate baking powder	2 eggs, unbeaten
¾ teaspoon soda	

Cocoa Cake

2 eggs	1 teaspoon soda
1 cup syrup	1 teaspoon baking powder
1 cup cream	1 teaspoon vanilla
½ cup cocoa	1¾ cup flour

Bake in 10x10x2 inch pan.

Coconut Layer Cake

½ cup Spry	2 teaspoons baking powder
¾ teaspoon salt	2 cups sifted flour
1 teaspoon vanilla	¾ cup milk
1 cup sugar	2 cups shredded coconut
1 whole egg or 2 egg yolks, well beaten	

Blend Spry and salt and vanilla. Add sugar gradually and cream well. Add beaten eggs, mixing well. Sift baking powder with flour 3 times. Add flour alternately with milk, mixing after each addition until smooth. Bake in moderate oven 25 to 30 minutes. Spread seven minute frosting between layers and on top and sides.

Cherry or orange coconut cake: Rub 1 cup coconut with 8 maraschino cherries cut fine or with the grated rind of 1 orange. Sprinkle over side and top of the frosted cake.

Cream Pie

2 cups milk	¼ teaspoon salt
1 cup light cream	2 eggs, slightly beaten
3 tablespoons flour	1 teaspoon vanilla
3 tablespoons cornstarch	1 baked Spry pie shell
½ cup sugar	

Scald milk and cream in top of double boiler. Combine flour, cornstarch, sugar and salt and mix thoroughly. Add to scalded milk and cook until thick and smooth. Cook 15 minutes longer, stirring constantly. Stir a small amount of mixture into egg yolk and return to double boiler. Cook a few minutes longer. Cool and add vanilla. Pour into baked pie shell and top with meringue and bake as directed.

Banana Cream Pie: Slice 2 bananas thin and arrange in baked shell. Pour cream pie filling over them, top with meringue and bake as directed.

Coconut Cream Pie: Add ½ cup coconut to cream pie filling and sprinkle ½ cup coconut over meringue before baking.

Dad's Day Dream Cake

For mix, use recipe for Devils Food cake on Swans Down cake flour package. For perfect results, use Swans Down flour, then for sure you'll have a dazzler for dad: a lighter, richer, tenderer cake. For Swans Down cake flour is so much finer, and tenderer than ordinary flour. In fact, no other flour can make this cake so Swans Down luscious. To bake in layers as directed on package, cool. To frost prepare chocolate fluffy frosting: spread between layers and on top and sides of cake.

Chocolate Fluffy Frosting:

Cream 6 tablespoons butter and add ¾ cups sifted confectioners sugar and blend. Add 1½ teaspoon vanilla, 4 squares Bakers unsweetened chocolate, melted and ½ teaspoon salt. Mix well. Beat 3 egg whites until stiff but not dry. Add 1½ cups sifted confectionary sugar, 2 tablespoons at a time, beating after each addition until blended. Then continue beating until mixture will stand in peaks. Add chocolate mixture and fold in gently only enough to blend. Tuck card in frosting and serve...."gorgeous," he'll say. But when he tastes that Swans Down tenderness, that rich, moist, lusciousness, he'll be speechless with joy.

Date Cake

1 package dates, stoned and cut	2 eggs
1 teaspoon soda, sprinkled over dates	½ teaspoon salt
1 cup hot water, poured over dates and soda	2 teaspoons baking powder
1 cup sugar	1 cup chopped nuts
1½ cup flour	½ teaspoon vanilla
½ cup Crisco	

Divinity Icing

1½ cup syrup (maple or Log Cabin)
3 egg whites
¾ cup chopped pecans

Boil syrup to 265 degrees F or when a thread of syrup cracks in cold water. Beat egg whites until stiff. Pour hot syrup slowly over egg whites, beating constantly until icing is of the consistency to spread. Stir in pecans.

Double Fruit Pie

Crisco pastry (all measurements level):

2 ¼ cups sifted flour	¾ cup Crisco
1 teaspoon salt	5 tablespoons water

Mix flour and salt in bowl. Cut Crisco into flour with pastry blender or two knives until pieces are the size of peas. Blend together 1/3 cup of this mixture and 5 tablespoons water. Add remaining Crisco/flour mixture and mix with fork or fingers until dough holds together. Shape into a round flat mass. Roll half of dough into a circle about 12 inches in diameter and 1/8-inch thick. Line pie pan. Trim edges to 1 inch beyond rim and add filling. Cut remaining dough into strips 1 inch wide. Weave strips closely together. Place on top of fruit. Fold pastry over edge, crimp. Bake in hot oven (425 degrees F) for 15 minutes. Reduce to 400 degrees F and bake 25 to 30 minutes or until crust is brown.

Filling:

Mix together 1 cup sugar, 2 tablespoons corn starch, 2 tablespoons flour, ¼ teaspoon salt. Combine with 4 cups drained sour cherries and 1 cup drained cubed pineapple. Note: If you prefer, use a solid top crust as illustrated by price on front of can.

Easy Date Bars

Stir together:

½ cup Crisco cookie mix	¼ teaspoon baking powder
½ cup light brown sugar	

Add and mix thoroughly:

1 egg	1 teaspoon vanilla
1 tablespoon milk	

Stir in:
1 cup chopped dates
1 cup chopped nuts

Blend well and pour into pan 8x8 brushed with Crisco. Bake at 375 degrees F for 20 to 25 minutes. Cool and cut into strips.

Makes 1½ dozen.

Fruit Cake

5 eggs	1 teaspoon soda
1½ cup sugar	3 cups flour
1 cup butter	1 teaspoon cloves
1 cup sour cream	1 teaspoon cinnamon
1 pound raisins	1 teaspoon nutmeg
1 pound currants	1 teaspoon salt
1 pound walnut meats	Candied citron and cherries

Cream the shortening and add the sugar, then the eggs, well beaten. Add the rest of the ingredients.

Graham Cracker Cake with Creamy Lemon Icing

Measure into mixing bowl:

1½ cups sifted cake flour	1½ cups finely crushed graham cracker crumbs
1¼ cup sugar	1 teaspoon salt
2/3 cup Crisco	¾ cup milk

Beat vigorously by hand or mixer (medium speed for 2 minutes). Stir in 3 ½ teaspoons double acting baking powder, 3 eggs, ½ cup milk and 1 teaspoon vanilla. Mix thoroughly by hand or mixer (medium speed for 2 minutes). Pour into two deep 9 inch layer pans 1½ inch deep which have been rubbed with Crisco or lined with heavy wax paper. Fill pans half full and bake remaining batter in cup cake pans. Bake in a moderate oven (375 degrees F) for 30 to 35 minutes. When layers are cool, ice between layers on top and side of cake with creamy lemon icing. Decorate top with finely crushed graham cracker crumbs if desired.

Creamy Lemon Icing:

¼ cup granulated sugar	3½ cup Crisco
1 egg	2 1/3 cups sifted confectioners sugar
2 tablespoons lemon juice	1 tablespoon lemon rind

Mix confectioners sugar and egg thoroughly. Bring lemon juice and granulated sugar to a boil. Boil one minute and add to sugar and egg mixture. Blend well and add Crisco and lemon rind. Beat until creamy.

Jam Cake

1 cup thick strawberry jam	1 teaspoon cloves
½ cup heavy sour cream	1 teaspoon allspice
2 cups cake flour	½ teaspoon ginger
1 teaspoon cinnamon	½ cup butter
1 teaspoon soda	1 cup sugar
½ teaspoon salt	3 eggs

Sift dry ingredients together. Cream butter, add sugar and cream until light. Add eggs one at a time. Add flour alternately with sour cream. Fold in jam. Bake in three 9-inch layer pans. Frost with 7 minute frosting flavored with lemon.

Jelly Roll

¾ cup sifted cake flour	¾ cup sugar
1 teaspoon baking powder	1 teaspoon vanilla or a few drops of lemon oil
¼ teaspoon salt	2 tablespoons water
4 eggs, separated	

Combine sifted cake flour, baking powder, and salt and sift again. Beat egg whites until stiff but not dry. Gradually beat in ½ cup sugar, about two tablespoons at a time. Beat egg yolks until stiff and light. Add remaining ¼ cup sugar and vanilla, beating until very thick. Gradually add water; stirring constantly fold egg whites. Gradually fold in dry ingredients sifting 3 times at 4 tablespoons at a time. Turn into shallow pan about 8x16 inches lined with wax paper. Bake in moderate oven (375 degrees) 15 to 20 minutes. Sprinkle powdered sugar on a clean dish towel. Loosen from sides of pan. Invert on cloth and remove paper. Trim off brown edges. Roll cake in powdered towel. Place in cool room. When thoroughly cool, unroll, remove cloth. Spread jelly that has been held at room temperature. Roll again and sprinkle with confectioners' sugar.

Luscious Lemon Cream Cake

2 cups sifted cake flour	½ cup Spry
1¼ cups sugar	1 cup less 2 tablespoons milk
3½ teaspoons baking powder or 5 teaspoons tartrate baking powder	1½ teaspoon vanilla
1 teaspoon salt	3 egg whites unbeaten

Sift first 4 ingredients into mixing bowl. Drop in homogenized Spry. Add 2/3 of milk and vanilla. Beat 200 strokes (2 minutes on mixer at low speed). Scrape bowl and spoon or beater and add egg whites and remaining milk. Beat 200 strokes (2 minutes on mixer at low speed). Bake in two square 8x8x2 inch Spry coated pans in moderate oven (360 degrees F) for 25 to 30 minutes. Spread lemon filling between layers. Cover top with ½ cup heavy cream whipped and sweetened. Decorate with grated lemon rind.

Marshmallow Frosting

Generously frosts 8 or 9-inch layer cake or tube cake.

Combine 2 egg whites, 1½ cup sugar, ½ cup water, 1 tablespoon light corn syrup and ½ teaspoon salt in top of double boiler. Beat over rapidly boiling water with high speed of electric mixer until mixture forms peaks when beaters are raised. Remove from heat and add 1 teaspoon vanilla and one cup marshmallows, cut fine. Continue beating until thick enough to spread.

Mami's Fudge Recipe

4½ cup sugar	12 ounces semisweet chocolate or chocolate bits
Pinch of salt	12 ounces German sweet chocolate
2 tablespoons butter	1 pint marshmallow cream
1 tall can evaporated milk	2 jars / 2 cups nut meats

Boil sugar, salt, butter and milk for 6 minutes. Pour boiling syrup over other ingredients in a bowl, beat until chocolate is all melted and pour into pan. Let stand a few hours before cutting. Store in tin box.

Never to Fail Devil's Food Cake

½ cup shortening	2 eggs well beaten
2½ tablespoons cocoa	1 cup milk (buttermilk is better)

Dissolve on stove. Set back to let cool.

Batter:

1 cup sugar	1½ cup flour
1 teaspoon vanilla	Pinch of salt
1 teaspoon soda	

Bake in moderate oven.

New Water Whip Pie Shell

Measure $\frac{1}{2}$ cup less 1 tablespoon homogenized Spry. Put in mixing bowl and add 3 tablespoons boiling water and 1 teaspoon milk. Whip with fork until smooth and thick like whipped cream. Sift in $1\frac{1}{2}$ cups sifted all-purpose flour and $\frac{1}{2}$ teaspoon salt. Stir quickly with round the bowl strokes into a dough that cleans the bowl. Shape into a smooth flat round. Roll dough between two 12-inch squares of waxed paper into circle about size of paper. Roll off top paper and place pastry in pie pan, pastry down. Carefully remove paper. Put pastry into pan with fork. Bake in very hot oven (450 degrees F) for 14 to 19 minutes. Yield: 9-inch pie shell.

Oatmeal Cookies

1 cup raisins boiled in $\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon baking powder
2 cups sugar	$2\frac{1}{2}$ cups flour
1 cup shortening	2 cups oatmeal
2 eggs	Salt and vanilla
1 teaspoon soda	Add chopped nuts or chocolate chips if desired.

Party White Cake

$2\frac{1}{2}$ cups sifted cake flour	1 teaspoon salt
$1\frac{2}{3}$ cups sugar	$\frac{3}{4}$ cup milk
$\frac{2}{3}$ cup Crisco	

Beat vigorously by hand or mixer (medium speed) for 2 minutes. Stir in $4\frac{1}{2}$ teaspoons double acting baking powder and add 5 egg whites, $\frac{1}{2}$ cup milk and 1 teaspoon vanilla. Mix thoroughly by hand or mixer (medium speed) for 2 minutes. Pour into two deep 9 inch layer pans ($1\frac{1}{2}$ inch deep) which have been rubbed with Crisco or lined with heavy waxed paper. For smaller pans, fill half full and bake remaining batter in cup cake pans. Bake in moderate oven (360 degrees F) for 30 minutes. Cool cake in pans or rack 15 minutes. Loosen cake edges. Place rack over cake and pan and invert together. Use your favorite icing.

(with tartrate type use $5\frac{1}{2}$ teaspoons)

Peanut Butter Cookies

2 eggs	1 teaspoon baking powder
1 cup butter or shortening	$1\frac{1}{2}$ teaspoon soda
1 cup white sugar	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	$2\frac{1}{2}$ cups flour
1 cup peanut butter	

Cram sugar and shortening and peanut butter together well. Add well beaten eggs. Sift flour baking powder, soda and salt together. Sift into creamed mixture and form dough into balls. Press down with fork. Press into each cookie 2 or 3 peanuts. Bake in quick oven.

From Annie Trusedull

Pie Crust

For 1 Double and 1 Single or 3 Single Pie Crusts

3 cups all purpose flour	1 cup Armour pure lard
$1\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup water (not iced)

Measure flour without sifting and add salt and sift. Have lard at room temperature. Blend into flour with pastry blender or fingers until size of small peas. Add water all at once. Press together with knife. Shape into 3 balls and roll out on lightly floured board or pastry cloth. To bake single crusts, prick with fork. Bake in 425 degree F oven for 16 minutes or until lightly browned. Double crust bake 425 degrees F for 30 minutes.

Pumpkin Pie

¾ cup brown sugar	2 eggs
1 cup milk	½ teaspoon pumpkin spice
1 cup pumpkin	

(400 degrees F for 15 minutes, 350 degrees F for 45 minutes.)

Rhubarb Pie

4 cups rhubarb	1 tablespoon flour
2 eggs	Cinnamon
2 cups sugar	

Mix all together and put in pie shell.

Rich Christmas Cookies

2 cups sifted flour	2/3 cup margarine
1 cup sugar	1 egg lightly beaten
¼ teaspoon ground nutmeg	1 tablespoon cold water

Sift flour, sugar and nutmeg together and add margarine. Cut it in until mixture resembles coarse meal. Stir in egg and water. Chill slightly and force through cookie press or chill until dough can be rolled easily, about one hour. Roll to 1/8-inch thickness on lightly floured board. Cut with different cookie cutters. Decorate if desired with candy sugar, silver shot and small pieces of candied fruit. Bake in hot oven (400 degrees F) for 9 to 10 minutes until edges are lightly brown. Frost as desired with plain or tinted confectioners sugar icing.

Makes 5 to 6 dozen assorted size cookies

Seven Minute Frosting

2 egg whites, unbeaten	1 teaspoon light corn syrup
1½ cup sugar	or 1/8 teaspoon cream of tartar
5 tablespoons corn starch	1 teaspoon vanilla

Put egg whites, sugar, water, corn syrup in top of double boiler and mix thoroughly. Place over rapidly boiling water and beat constantly with rotary egg beater until mixture will hold a peak, about 7 minutes. Remove from fire and add vanilla. Beat until cool and thick enough to spread. Makes enough frosting to cover top and side of two 9 inch layers. Use ½ recipe to frost top of layer only.

Sour Cream Pie

1 cup sour cream
½ cup raisins
1 cup sugar
1 egg white

Yolk of 3 eggs
½ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg

Bake in pie shell. Cover with meringue.

Spice Cake

2 cups syrup
2 eggs
½ teaspoon cloves
½ teaspoon nutmeg
½ teaspoon cinnamon

½ teaspoon vanilla
1 cup sour cream
½ teaspoon soda, dissolved in a little warm water
1 teaspoon baking powder
1½ cups flour

Spring Blossom Cake

1½ cup sugar
1 cup cake flour
¼ teaspoon salt
1 1/3 teaspoon cream of tartar

1 teaspoon vanilla flavoring
4 egg yolks
2 tablespoons flour
1 teaspoon lemon flavoring

Strawberry Short Cake

2 cups sifted flour
2 tablespoons sugar
3 teaspoons baking powder
¼ teaspoon cream of tartar

1 teaspoon salt
6 tablespoons shortening
½ cup milk with one egg

Swans Down Devil's Food Cake

2 cups sifted Swans Down cake flour
1 teaspoon soda
½ teaspoon salt
½ tablespoon butter or shortening
½ cup sugar
¾ cup corn syrup or honey

2 or 3 eggs, yolks unbeaten
2 or 3 squares Bakers unsweetened chocolate, melted
1 teaspoon vanilla
¾ cup milk

Swans Down Layer Cake

2 cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup sugar

¾ cup milk
1 teaspoon vanilla
½ cup butter or shortening

Two Egg Treasure Cake

2 cups sifted cake flour	½ cup Spry
1 1/3 cup sugar	1 cup less 2 tablespoons milk
2½ teaspoon baking powder	1½ teaspoons vanilla
or 4 teaspoons tartrate baking powder	2 eggs, unbeaten
1 teaspoon salt	

Sift flour, sugar, baking powder and salt into mixing bowl. Drop in Spry. Add 2/3 of milk then vanilla. Beat 200 strokes (2 minutes on mixer at low speed). Scrape bowl and spoon or beaters. Add eggs and remaining milk. Beat 200 strokes (2 minutes on mixer at low speed). Bake in two deep 8-inch Spry coated layer pans in moderate hot oven (375 degrees F) for 25 to 35 minutes. Spread your favorite fudge frosting between layers and on top.

Whipped Cream Cake

1 cup cream
3 egg whites, whipped until stiff
add 1½ cup sugar
2 cups flour
2 teaspoons baking powder
Pinch of salt after sifting together three times.



SECTION TWO:
Canning



Beet Relish

2 cups beets
2 cups horseradish
1 head cabbage

Grind and add 2 cups sugar, salt, vinegar.

Bread and Butter Pickles

3 pounds cucumbers (1½ inch diameter)
1/3 cup granulated sugar
5 cups cold water
½ pound onions
2 cups cider vinegar
1 2/3 cup sugar

1 teaspoon celery seeds
2 teaspoons prepared mustard
1 teaspoon ginger
¼ teaspoon turmeric
1/8 teaspoon mace
Few dashes of red pepper

Wash and remove stem end and blossom scar neatly, then cut into ¼ inch crosswise slices. Put into an enamelware or glass barrel. Sprinkle salt and add water. Cover, let stand overnight. Next morning turn into a colander and drain about 10 minutes. Now put into a preserving kettle and add onions, peeled and sliced thinly, then vinegar, sugar and spices. Heat to simmering then simmer only 3 to 4 minutes. Pack into hot sterile jars and seal.

Makes 3 pints.

Chow Chow

1 gallon pickles
1 gallon green tomatoes
3 or 4 pounds cabbage

2 pounds onions
2 pounds green peppers
If you have them, a few carrots

Cut this all up and mix it and put it in salt water overnight or 4 hours. Squeeze it out of salt water, then cook with water until everything is soft then pour off the water into a kettle and save. Then use 2 parts of the water and 1 part of vinegar and sugar (2½ cups) the way you like it and a few mixed spices about like you put into beets. Let boil 15 minutes. Put in jars.

Dill Pickles

Boil 1 quart of vinegar with 2 gallons of water, 2 cups of salt. Cover and cool. Packed cucumber with boiled brine. Cover tightly and store for several weeks before using or seal in jars at once.

Dill Pickles

Soak cucumbers overnight in cold water, wipe dry and pack in jars with sprig of dill, whole peppers or bay leaf.

Boil 6 quarts water, 1 pint salt, 1 quart vinegar, 1 tablespoon alum. Cool and pour over pickles then seal.

Tailor Made Pickles

24 cucumbers in brine
1 cup salt to 1 gallon of water

Soak for 3 days, then drain and put in cold water for 3 days with $\frac{1}{2}$ teaspoon alum. 7th day cut up and cook in weak vinegar until well heated through. Let stand 3 days.

Syrup:

3 pints sugar
1 pint vinegar
1 stick cinnamon
1 tablespoon mustard seeds
 $\frac{1}{2}$ whole clove
 $\frac{1}{2}$ whole allspice

Pour over pickles while hot. Heat for 3 mornings in a row.

Recipe is from Mrs. Loss

A decorative border consisting of two parallel black lines forming a square frame. At each of the four corners, the lines meet at a right angle, and there are small black squares at the outer corners of the frame.

SECTION THREE:
Main Dishes



Fried Chicken

1 frying chicken, disjointed
1/3 cup Crisco
1/2 cup flour
2 teaspoons salt

Dip chicken in seasoned flour. Melt 1/3 cup Crisco in an 8- or 9-inch skillet. When hot, add chicken and fry until brown on all sides. Reduce heat and cover skillet. Cook until tender, about 25 minutes. Place chicken on hot serving platter to serve.

Meat Burgers

1½ pounds ground beef	¼ cup chopped onions
1 cup uncooked quick cooking oats	2½ teaspoons salt
2 beaten eggs	¼ teaspoon pepper
½ cup milk	1 teaspoon prepared mustard

Combine all ingredients thoroughly. Shape into 12 flat patties. Pan fry slowly in hot fat. Serve on hamburger rolls. Delicious.

Meat extender:

To ground ham, pork, liver or heart, etc. add ¼ part uncooked oats. Season and form into pattie or loaf.

Rice Jamboree

1 cup chopped onion	¼ cup liquid drained from peas
2 tablespoons shortening	2 ½ cups / 1 number 2 tomatoes
1 pound ground beef	½ cup uncooked rice
1 teaspoon salt	1 ½ teaspoon melted butter (or more)
¼ teaspoon pepper	2 cups oven popped rice cereal
1 cup canned peas	

Cook the onions in heated shortening until lightly brown. Add the beef and seasoning and continue cooking until the beef is brown. Add peas and liquid, tomatoes and rice to the meat mixture, stirring lightly. Place in a greased two quart casserole and cover. Bake in a moderate oven (375 degrees) about 45 minutes. Remove the cover and sprinkle the top with finely crushed rice cereal, mixed with butter. Return to the oven uncovered and bake 15 minutes.

Serves 8

A decorative border consisting of two parallel lines with ornate corner pieces at each of the four corners.

SECTION FOUR:
Salads & Dressings



Cranberry Apple Relish

2 apples
3 cups cranberries
Honey
½ lemon

Put through a grinder.

Home Chef's Salad Dressing

Blend thoroughly with fork in wooden salad bowl: ½ clove garlic, ¼ teaspoon prepared mustard, 1 teaspoon salt and few grains pepper. Add ¼ teaspoon Worcestershire sauce, 1½ tablespoons vinegar, 4 tablespoons Mazola salad oil. Beat or whip with fork until thoroughly mixed. Add salad greens and toss.

Salad

1 pound cranberries
6 apples
2 oranges

Salad Dressing

Beat 5 eggs. Add 1 cup sugar, 1 teaspoon salt, 1 tablespoon prepared mustard mixed into 1 cup of vinegar. Add 2 cups cream either sour or sweet or one of each. Beat until nice and smooth. Makes one quart. Add corn starch.



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