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| Borden, Marie | Kellogg, Julia |
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| Christie, Alta | Krueger, Ethel |
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| Christie, Elizabeth | Ladd, Olive |
| Christie, Helen | Larson, Miriam |
| Cobly, Edna | Lawrence, Selma |
| Collins, Lillian | Liebig, Lillian |
| Coulson, Ann | Little, Hazelle |
| Craddock, Beverly | Loken, Nora |
| Crapser, Jeannette | Martin, Marjorie |
| deBlonk, Ebba | Masson, Delpha |
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| Enevoldsen, Bernadine | McCord, Mary |
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Meyer, Tasha
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Waltner, Monica
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-G- Brookings, S. D.
## KITCHEN MEASURES

<table>
<thead>
<tr>
<th>Measure</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tsp.</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>2 Tbsp.</td>
<td>1 fluid oz.</td>
</tr>
<tr>
<td>4 Tbsp.</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>6 Tbsp.</td>
<td>3/8 cup</td>
</tr>
<tr>
<td>8 Tbsp.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>16 Tbsp.</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 cup</td>
<td>8 fluid oz.</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 qt.</td>
</tr>
<tr>
<td>4 qts.</td>
<td>1 gal.</td>
</tr>
<tr>
<td>8 qts.</td>
<td>1 peck</td>
</tr>
<tr>
<td>4 pks.</td>
<td>1 bu.</td>
</tr>
<tr>
<td>16 oz.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 c. liquid</td>
<td>1 lb.</td>
</tr>
<tr>
<td>4 c. flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 c. granulated sugar</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 2/3 c. brown sugar</td>
<td>1 lb.</td>
</tr>
<tr>
<td>3 1/2 c. powdered sugar</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 c. butter</td>
<td>1 lb.</td>
</tr>
<tr>
<td>2 c. solid meat</td>
<td>1 lb.</td>
</tr>
<tr>
<td>1 lb. brick butter</td>
<td>2 cups</td>
</tr>
<tr>
<td>9 medium sized eggs</td>
<td>1 lb.</td>
</tr>
<tr>
<td>4 Tbsp. flour</td>
<td>1 oz.</td>
</tr>
<tr>
<td>2 tsp. butter or salt</td>
<td>1 oz.</td>
</tr>
<tr>
<td>1 oz. chocolate</td>
<td>1/4 c. cocoa</td>
</tr>
<tr>
<td>1 sq. bitter chocolate</td>
<td>1 oz.</td>
</tr>
<tr>
<td>1 peck tomatoes</td>
<td>15 lbs.</td>
</tr>
</tbody>
</table>

## MEASURE ABBREVIATIONS

<table>
<thead>
<tr>
<th>Measure</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaspoon</td>
<td>tsp.</td>
</tr>
<tr>
<td>Tablespoon</td>
<td>Tbsp.</td>
</tr>
<tr>
<td>Ounce</td>
<td>oz.</td>
</tr>
<tr>
<td>Cup</td>
<td>c.</td>
</tr>
<tr>
<td>Pint</td>
<td>pt.</td>
</tr>
<tr>
<td>Quart</td>
<td>qt.</td>
</tr>
<tr>
<td>Gallon</td>
<td>gal.</td>
</tr>
<tr>
<td>Peck</td>
<td>pk.</td>
</tr>
<tr>
<td>Bushel</td>
<td>bu.</td>
</tr>
<tr>
<td>Pound</td>
<td>lb.</td>
</tr>
<tr>
<td>Square</td>
<td>sq.</td>
</tr>
</tbody>
</table>
SWEET CRISP PICKLE STICKS
Mrs. Gus Risch

7 lb. large cucumbers (may even have turned yellow), peel, seed and cut into desired lengths before weighing.

Pour above over cucumbers and let stand for 24 hours. Remove cucumbers from lime mixture and wash well. Cover with fresh water and let stand 3 hours. Drain well. Mix together, but do not heat:

12 c. sugar
2 qt. vinegar
2 tsp. salt
1 tsp. celery seed
2 Tbsp. mixed pickling spice, tied in a cheesecloth bag

Let stand for 3 hours then pour, cold, over the drained cucumbers. The next day boil the pickles gently for 35 minutes with green coloring added as you desire. These may be canned by open kettle method or hot packed in jars and processed for 15 minutes. Yield: Approximately 8 pints.

SWEET PICKLES
Judy Nagel

Pour boiling water over 14 large long green cucumbers. Put plate on top to hold pickles down. Put fresh boiling water on for 3 more mornings. On fifth day drain, dry and slice across in 1/4" slices. Make syrup of:

1 qt. white vinegar
1/2 tsp. alum
1 box cinnamon sticks
8 c. sugar
2 Tbsp. salt
Green food coloring

Bring to a boil and pour over sliced pickles. Let stand 24 hours. Heat syrup 3 more mornings and pour over pickles. On eighth day put in jars and seal with hot syrup.

GARLIC DILL PICKLES
Teola Meester

Wash pickles, put in dill in bottom of jar, fill 3/4 full with pickles, put more dill on top plus a section of garlic in each jar. Pour boiling brine over pickles. Seal.
EXTRA RECIPES
Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>HOW PREPARED</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.</td>
</tr>
<tr>
<td>BEANS, GREEN AND WAX</td>
<td>Wash, stem, slice, cut or leave whole. Blanch, chill, pack.</td>
</tr>
<tr>
<td>BEANS, LIMA</td>
<td>Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.</td>
</tr>
<tr>
<td>CARROTS</td>
<td>Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.</td>
</tr>
<tr>
<td>CORN, ON COB</td>
<td>Husk, trim away silk and spots. Wash, blanch, chill, pack.</td>
</tr>
<tr>
<td>CORN, KERNELS</td>
<td>Same as corn on cob. After chilling, cut off kernels and pack.</td>
</tr>
<tr>
<td>GREENS</td>
<td>Wash, discard bad leaves, tough stems. Blanch, chill, pack.</td>
</tr>
<tr>
<td>PEAS</td>
<td>Shell, sort, blanch, chill, pack.</td>
</tr>
<tr>
<td>PEPPERS, GREEN</td>
<td>Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>BLANCHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>3 to 4 minutes in boiling water, depending on size.</td>
</tr>
<tr>
<td>BEANS, GREEN AND WAX</td>
<td>Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.</td>
</tr>
<tr>
<td>BEANS, LIMA</td>
<td>1 to 2 minutes in boiling water, depending on size.</td>
</tr>
<tr>
<td>CARROTS</td>
<td>Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>3 to 4 minutes in boiling water.</td>
</tr>
<tr>
<td>CORN, ON COB</td>
<td>7 minutes in boiling water for slender ears. 9 for medium, 11 for large.</td>
</tr>
<tr>
<td>CORN, KERNELS</td>
<td></td>
</tr>
<tr>
<td>GREENS</td>
<td>2 minutes in boiling water.</td>
</tr>
<tr>
<td>PEAS</td>
<td>1 to 2 minutes in boiling water, depending on size.</td>
</tr>
<tr>
<td>PEPPERS, GREEN</td>
<td>3 minutes in boiling water.</td>
</tr>
</tbody>
</table>
**FRUIT SALAD**

Sharon Filholm

1 can cherry pie mix  
#2 can pineapple chunks

Cool all ingredients in refrigerator overnight. Add:

2 bananas  
4 c. miniature marshmallows

**LIME MIST JELLO**

Ethel Swanson

2 cans applesauce, heated  
2 small bottles 7-Up

Heat 2 cans applesauce. Add 2 packages lime jello and stir to dissolve. Then add 2 small bottles of 7-Up. Put in pan to set. Serve with whipped cream for a dessert or mayonnaise for a salad.

**JELLO SALAD**

Anna Sutton

1 pkg. lemon jello  
1 can pineapple chunks mixed in with jello

Dissolve 1 package lemon jello in 1 cup hot water. Let set until like egg whites. Mix in mixed fruit, pears, peaches or pineapple chunks, mixed. When slightly set, add 1 package cream cheese, whipped together with 1/2 cup milk until smooth. Then pour into jello mixture. Let set until slightly thickened. Pour into greased pan and let set overnight.

**SALAD**

Anna Sutton

1 pkg. lime jello  
1 c. cottage cheese

Using pineapple juice, add enough water to make 1 2/3 cup liquid. Use boiling water. Mix jello to dissolve, then rest of ingredients. Let set to thicken.

**APRICOT PINEAPPLE PARTY SALAD**

Clara A. Johnson

2 pkg. jello  
2 c. boiling water

Mix and let cool.

1 large can apricots, mashed (#2 1/2 can)  
1 large can crushed pineapple

Add to jello mixture and put in large cake pan.

Topping:

1 c. pineapple and apricot juice  
1 c. pineapple and apricot juice  
1/2 c. sugar  
2 heaping Tbsp. flour

Cook until thick. Fold cooked stuff in 1 cup whipped cream and spread over jello.

---

Brookings, S. D.
CRANBERRY SALAD

1 lb. cranberries, grinded

Add:

1 (#2) can crushed pineapple, drained
1 c. sugar

1 lb. miniature marshmallows
1 c. cream, whipped

Mix and chill. Serves 12 to 15.

MILLIONAIRE SALAD

1 large can pineapple chunks, drained
1 large can Queen Anne Cherries, drained
1 lb. miniature marshmallows
1 lb. blanched almonds, slivered
1 pt. whipped cream


APPLESAUCE CINNAMON SALAD

3 Tbsp. cinnamon candy
1 c. boiling water
1 pkg. strawberry jello

2 Tbsp. lemon juice
1 c. applesauce

FRUIT SALAD

1 pkg. vanilla tapioca pudding
1 pkg. orange tapioca pudding
2 cans Mandarin oranges

1 can pineapple tidbits
1 c. miniature marshmallows
2 or 3 bananas

Drain liquid from cans of fruit, add water to make 3 cups liquid. Add to puddings and cook until thick. Cool and add fruits and marshmallows.

RASPBERRY SALAD

2 boxes raspberry jello
2 c. boiling water
1 pt. vanilla ice cream

1 small can crushed pineapple
2 or 3 bananas, mashed
1/2 c. nut meats

Dissolve jello in boiling water. Mix well. Add ice cream and blend well. Refrigerate for 10 minutes. Then add pineapple, bananas and nut meats. Pour into greased 1 quart mold. Chill.
WILD GAME RECIPES

ROASTED WILD DUCK
Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15-20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE
On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20-25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL
Dry, pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close-fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM
2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter

1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables. Serve with buttered noodles and currant jelly.

MOOSE STEAK
1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms

2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender, add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes.
MEAT, SEAFOOD, POULTRY

SCALLOPED SALMON WITH PEAS

1 lb. can salmon
1 can peas

White Sauce:

4 Tbsp. butter
4 Tbsp. flour

1/2 can cracker crumbs
2 c. milk

Pour white sauce over salmon and peas. Bake 30 minutes.

SALISBERRY STEAK

1 1/2 lb. ground beef
1/2 lb. ground pork
1 beaten egg
1/2 c. fine bread or cracker crumbs
1 med. onion
1 tsp. salt

1/4 tsp. pepper
1 can mushroom soup
1 c. water
1/4 tsp. pepper
1/4 tsp. salt

Preheat electric fry pan to 350°. Combine first 7 ingredients. Shape into patties and place in pan, brown. Mix rest of ingredients for gravy. Lower heat to 240°, cover and bake about 20 minutes.

EXTRA RECIPES
Write Extra Recipes Here
COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN ........ 250 to 325 degrees
MODERATE OVEN .... 350 to 375 degrees
HOT OVEN ........... 400 to 450 degrees
VERY HOT OVEN .... 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.
NUT BREAD

1 c. brown sugar
1 Tbsp. butter
1 egg
1 c. sour milk or buttermilk

Bake 1 hour in medium oven.

Gertrude Hanson

APPLESAUCE NUT BREAD

2 c. flour
3/4 c. sugar
1 Tbsp. baking powder
1/2 tsp. salt
1 egg, well beaten

Sift and mix dry ingredients, combine egg, applesauce and shortening. Mix well and bake.

Clara Johnson

BANANA FRUIT BREAD

1 c. sugar
1/4 c. butter
1/4 c. shortening
2 eggs
1 c. ripe mashed bananas
3 Tbsp. sour milk
2 c. flour

Mix ingredients together in order given. Fold in fruits and nuts last. Pour into 1 long pan or 2 small loaf pans or 7 soup cans. Bake 45 minutes in 350° oven.

Carrie Russell

PUMPKIN BREAD

1 1/2 c. sugar
1/2 c. cooking oil
2 eggs
1 c. pumpkin, cooked
1 3/4 c. flour
1/4 tsp. baking powder
1 tsp. soda
1 tsp. salt

Add sugar to the oil, then add eggs, pumpkin, spices sifted with the flour, water and raisins. Bake 1 hour at 350°. Makes 1 large or 2 small loaves.

Mrs. C. M. Hanson

BANANA BREAD

Cream together:

1/2 c. shortening
1 c. sugar
2 eggs

Add 2 cups flour sifted with 1 teaspoon salt and 1 teaspoon soda. Grease loaf pan. Bake at 350°.

Mary McCord
POTATO BUNS
1 pkg. dry yeast
2/3 c. shortening
2/3 c. sugar
2 eggs
1/2 c. water
1 tsp. salt
1 c. mashed potatoes
1 c. milk
Mix scalded milk, shortening, salt, sugar and mashed potatoes (instant work fine), let cool. Add 2 well beaten eggs, dissolved yeast and enough flour to make a fairly soft dough. Let rise to double in bulk. Knead down, let rise again. Form into buns. Let rise again. Bake at 375° for 15 minutes.

DOUGHNUTS
1 c. sugar
1 c. sour milk
1 c. mashed potatoes (instant work fine)
5 Tbsp. melted lard
2 eggs, well beaten
1/2 tsp. baking powder
1 tsp. soda
3 1/2 c. flour
1/4 tsp. salt
1 tsp. vanilla
Dissolve sugar in sour milk; add potatoes while hot. Add melted lard and beaten eggs. Sift flour with other dry ingredients. Roll 1/2" thick and cut. Fry in hot lard, turning often.

APPLE ROLLS
2 c. water
1 1/2 c. sugar
Combine and boil slowly. Pour in bottom of cake pan.
2 c. flour
2 Tbsp. sugar
4 tsp. baking powder
1/2 tsp. salt
4 Tbsp. shortening
Thinner sliced apples
Sift flour, sugar, baking powder and salt. Mix in shortening. Then add enough milk to make a soft dough. Roll out quite thin, cover with slices of apples and sprinkle with cinnamon and sugar. Roll up and cut in 1 1/2" slices, like you would cinnamon rolls. Place rolls in the hot syrup in the cake pan and bake 30 minutes in 360° oven. Serve with cream or ice cream.

PUMPKIN BREAD
1/2 c. shortening
2 c. sugar
4 eggs
3 1/2 c. flour
1 tsp. cinnamon
1/4 tsp. cloves
1/2 tsp. baking powder
1/2 tsp. salt
2/3 c. water, cold
2 tsp. soda
2 c. pumpkin, scant
1 c. raisins
1 c. walnuts
1 lb. orange candy, cut up
Cream shortening and sugar. Add eggs and beat well. Mix dry ingredients, all but soda. Blend soda with water. Bake 1 hour at 325°. Makes 3 small loaves.

NEVER FAIL BUNS
2 pkg. yeast
1/2 c. sugar
2 c. scalded milk
1 Tbsp. salt
2 Tbsp. shortening
2 eggs, beaten
8 c. flour
1/4 c. lukewarm water to dissolve yeast with a teaspoon sugar added
Mix eggs, sugar, salt, shortening and milk and yeast. Then add flour. Mix well. Let raise until double in size, punch down and let rise again. Then make into buns. Bake 360° for 20 minutes.

-Cora Svaren
-Bess Hanson
-Ruth F. Steen
-Ethel Swanson
-Brookings, S. D.
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MANAGER

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DUMPLINGS

Beat 1 egg well and put in large cup. Fill cup with milk. To this add:

2 c. flour (in mixing bowl) 1/2 tsp. salt
4 tsp. baking powder

EXTRA RECIPES
Write Extra Recipes Here
## IF YOU COUNT CALORIES

### APPETIZERS, PICKLES, RELISHES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp Cocktail (½ c.)</td>
<td>100</td>
</tr>
<tr>
<td>Crab Paste (1 t.)</td>
<td>10</td>
</tr>
<tr>
<td>Melon Balls, frozen (1 c.)</td>
<td>160</td>
</tr>
<tr>
<td>Pate de fois gras (1 T.)</td>
<td>84</td>
</tr>
<tr>
<td>Dill Pickle (1 large)</td>
<td>15</td>
</tr>
<tr>
<td>Sour Pickle (1 large)</td>
<td>15</td>
</tr>
<tr>
<td>Sweet Pickle (1 med.)</td>
<td>20</td>
</tr>
<tr>
<td>Cucumber Pickles (6 slices)</td>
<td>29</td>
</tr>
<tr>
<td>Pickle Relish (1 T.)</td>
<td>14</td>
</tr>
<tr>
<td>Mustard Pickle Relish (1 T.)</td>
<td>25</td>
</tr>
<tr>
<td>Relish Cheese Spread (1 oz.)</td>
<td>70</td>
</tr>
<tr>
<td>Chili Sauce (1 T.)</td>
<td>15</td>
</tr>
</tbody>
</table>

### SOUPS, SALADS, VEGETABLES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean Soup (1 c.)</td>
<td>191</td>
</tr>
<tr>
<td>Beef Soup (1 c.)</td>
<td>100</td>
</tr>
<tr>
<td>Chicken Soup, cream (1 c.)</td>
<td>200</td>
</tr>
<tr>
<td>Clam Chowder, milk (1 c.)</td>
<td>200</td>
</tr>
<tr>
<td>Vegetable Soup (1 c.)</td>
<td>82</td>
</tr>
<tr>
<td>Cole Slaw (1 c.)</td>
<td>102</td>
</tr>
<tr>
<td>Gelatín, with fruit (sq.)</td>
<td>139</td>
</tr>
<tr>
<td>Mixed greens, with</td>
<td></td>
</tr>
<tr>
<td>French Dressing (½ c.)</td>
<td>50</td>
</tr>
<tr>
<td>Waldorf (½ c.)</td>
<td>140</td>
</tr>
<tr>
<td>Asparagus (6 spears)</td>
<td>21</td>
</tr>
<tr>
<td>Green Beans (1 c. cooked)</td>
<td>25</td>
</tr>
<tr>
<td>Broccoli (½ c.)</td>
<td>22</td>
</tr>
<tr>
<td>Corn (1 ear)</td>
<td>85</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>170</td>
</tr>
</tbody>
</table>

### MEAT, SEAFOOD, POULTRY

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger, reg. (3 oz.)</td>
<td>245</td>
</tr>
<tr>
<td>Roast, lean only (3 oz.)</td>
<td>110</td>
</tr>
<tr>
<td>Beef steak, round (4 oz.)</td>
<td>288</td>
</tr>
<tr>
<td>Pork Chops, lean (1.6 oz.)</td>
<td>120</td>
</tr>
<tr>
<td>Pork Roast, lean (2.2 oz.)</td>
<td>160</td>
</tr>
<tr>
<td>Catfish (3 oz.)</td>
<td>168</td>
</tr>
<tr>
<td>Lobster Newburg (½ c.)</td>
<td>185</td>
</tr>
<tr>
<td>Pink Salmon, canned (3 oz.)</td>
<td>122</td>
</tr>
<tr>
<td>Fried Clams (10)</td>
<td>250</td>
</tr>
<tr>
<td>Tuna, canned (3 oz.)</td>
<td>169</td>
</tr>
<tr>
<td>Chicken (small leg, fried)</td>
<td>64</td>
</tr>
<tr>
<td>Baked Chicken (2 slices)</td>
<td>158</td>
</tr>
<tr>
<td>Stewed Chicken (½ breast)</td>
<td>207</td>
</tr>
<tr>
<td>Turkey, roasted (1 slice)</td>
<td>100</td>
</tr>
<tr>
<td>Creamed Turkey (1 c.)</td>
<td>430</td>
</tr>
</tbody>
</table>

### BREAD, ROLLS, PASTRY

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Bread (1 slice)</td>
<td>130</td>
</tr>
<tr>
<td>Cracked Wheat Bread (1 slice)</td>
<td>60</td>
</tr>
<tr>
<td>French Bread (1 sm. slice)</td>
<td>54</td>
</tr>
<tr>
<td>White Bread (1 slice)</td>
<td>60</td>
</tr>
<tr>
<td>Whole Wheat Bread (1 slice)</td>
<td>55</td>
</tr>
<tr>
<td>Hamburger Roll (1)</td>
<td>150</td>
</tr>
<tr>
<td>Parker House Roll (1)</td>
<td>125</td>
</tr>
<tr>
<td>Plain Roll (1)</td>
<td>118</td>
</tr>
<tr>
<td>Sweet Roll (1)</td>
<td>178</td>
</tr>
<tr>
<td>Whole Wheat Roll (1)</td>
<td>98</td>
</tr>
<tr>
<td>Apple Turnover (1)</td>
<td>275</td>
</tr>
<tr>
<td>Cream Puff (1)</td>
<td>296</td>
</tr>
<tr>
<td>Cherry Pie (1 piece)</td>
<td>340</td>
</tr>
<tr>
<td>Apple Pie (1 piece)</td>
<td>331</td>
</tr>
<tr>
<td>Lemon Meringue (1 piece)</td>
<td>302</td>
</tr>
</tbody>
</table>

### CAKES, COOKIES, DESSERTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angel Food Cake (sm. slice)</td>
<td>110</td>
</tr>
<tr>
<td>Cheesecake (1 piece)</td>
<td>275</td>
</tr>
<tr>
<td>Chocolate Cake, plain (1 pc.)</td>
<td>150</td>
</tr>
<tr>
<td>Pound Cake (1 slice)</td>
<td>130</td>
</tr>
<tr>
<td>Sponge Cake (1 piece)</td>
<td>117</td>
</tr>
<tr>
<td>Fig Bar (large)</td>
<td>87</td>
</tr>
<tr>
<td>Macaroon (1)</td>
<td>55</td>
</tr>
<tr>
<td>Oatmeal Cookie (1 large)</td>
<td>114</td>
</tr>
<tr>
<td>Peanut Cookies (1)</td>
<td>50</td>
</tr>
<tr>
<td>Vanilla Wafer (1)</td>
<td>25</td>
</tr>
<tr>
<td>Strudel (1)</td>
<td>200</td>
</tr>
<tr>
<td>Apple Dumpling (1)</td>
<td>345</td>
</tr>
<tr>
<td>Chocolate Pudding (½ c.)</td>
<td>175</td>
</tr>
<tr>
<td>Prune Whip (½ c.)</td>
<td>100</td>
</tr>
<tr>
<td>Vanilla Pudding (½ c.)</td>
<td>138</td>
</tr>
</tbody>
</table>

### CANDY, JELLY, PRESERVES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divinity (1 sq.)</td>
<td>100</td>
</tr>
<tr>
<td>Fudge (1 oz.)</td>
<td>118</td>
</tr>
<tr>
<td>Peanut Brittle (1 oz.)</td>
<td>125</td>
</tr>
<tr>
<td>Popcorn Ball</td>
<td>100</td>
</tr>
<tr>
<td>Taffy (1 piece)</td>
<td>50</td>
</tr>
<tr>
<td>Blackberry Jelly (1 T.)</td>
<td>50</td>
</tr>
<tr>
<td>Currant Jelly (1 T.)</td>
<td>50</td>
</tr>
<tr>
<td>Grape Jelly (1 T.)</td>
<td>54</td>
</tr>
<tr>
<td>Lemon Jelly (1 T.)</td>
<td>40</td>
</tr>
<tr>
<td>Apple Butter (1 T.)</td>
<td>33</td>
</tr>
<tr>
<td>Blackberry Jam (1 T.)</td>
<td>55</td>
</tr>
<tr>
<td>Plum Jam (1 T.)</td>
<td>50</td>
</tr>
<tr>
<td>Preserves (1 T.)</td>
<td>55</td>
</tr>
<tr>
<td>Strawberry Jam (1 T.)</td>
<td>56</td>
</tr>
<tr>
<td>Orange Marmalade (1 T.)</td>
<td>56</td>
</tr>
</tbody>
</table>

### CASSEROLES, BEVERAGES, MISCELLANEOUS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Stroganoff (med. serv.)</td>
<td>450</td>
</tr>
<tr>
<td>Beef &amp; Vegetable Stew (1 c.)</td>
<td>252</td>
</tr>
<tr>
<td>Hungarian Goulash (½ c.)</td>
<td>165</td>
</tr>
<tr>
<td>Spanish Rice (½ c.)</td>
<td>130</td>
</tr>
<tr>
<td>Crab Imperial (1 serving)</td>
<td>150</td>
</tr>
<tr>
<td>Lemonade (1 c.) frozen</td>
<td>75</td>
</tr>
<tr>
<td>Tea with 1 t. sugar</td>
<td>16</td>
</tr>
<tr>
<td>Coca-Cola (8 oz.)</td>
<td>107</td>
</tr>
<tr>
<td>Orange Soda (8 oz.)</td>
<td>95</td>
</tr>
<tr>
<td>Grape Juice (1 c.)</td>
<td>165</td>
</tr>
<tr>
<td>V-8 juice (1 c.)</td>
<td>98</td>
</tr>
<tr>
<td>scrambled egg</td>
<td>100</td>
</tr>
<tr>
<td>1 T. mayonnaise</td>
<td>100</td>
</tr>
<tr>
<td>1 T. peanut butter</td>
<td>100</td>
</tr>
<tr>
<td>Spaghetti w/ meat sauce (1 c.)</td>
<td>350</td>
</tr>
<tr>
<td>French Dressing (1 T.)</td>
<td>60</td>
</tr>
<tr>
<td>Vanilla Ice Cream (¼ pt.)</td>
<td>150</td>
</tr>
</tbody>
</table>
CAKES, COOKIES, DESSERTS

**SPICY APPLESAUCE LAYER CAKE**  
Sonja Jensen

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/4 c. sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. canned applesauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 c. vegetable oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 c. water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 3/4 c. sifted all purpose flour</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beat eggs until frothy, add sugar gradually, beat until thick and lemon colored, Stir in applesauce, oil and water, blend well. Mix and sift flour, salt, soda, cinnamon and nutmeg. Add gradually to applesauce mixture, blending well. Stir in nuts. Pour into two well greased and floured 9" round layer cake pans. Bake at 350° for 30 to 35 minutes or until cake tests done. Let cool in pans 10 minutes, remove, finish cooling on racks. Frost.

**CHOCOLATE CAKE**  
Anna Sherwood

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 c. flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 lb. oleo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 sq. of chocolate, melted</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


**BUTTER BRICKLE CAKE**  
Ann Coulson

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can crushed pineapple (#2), juice and all</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Place in greased pan, 9 x 13". Add 1 package dry Betty Crocker Butter Brickle cake mix. Cover this, put:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. melted butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. brown sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. pecans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. coconut</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bake at 350° for 30 minutes. May be served with whipped cream.

**LIGHTENING CAKE**  
Belinda Meyer

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp. soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Tbsp. cocoa</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sift dry ingredients together, add salad dressing, water and vanilla. Beat well. Bake 30 to 40 minutes at 325°. Put in 8 x 10" pan.

**DATE CAKE**  
Anna Sutton

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c. dates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. hot water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c. sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. cocoa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 3/4 c. flour</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Add this to 2 well beaten eggs. Then add:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp. soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 c. chocolate chips (if you like)&amp; nuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bake at 350° for 30 minutes. Candied fruit may be used at Christmas.
SMALL DEVILS FOOD
Alma Johnson
1 egg
1 c. sugar
2 sq. chocolate, melted with butter the size of an egg
Bake in a 8 x 9" pan.

LEMON JELLO CAKE
Louise Albright
1 pkg. yellow cake mix
1 pkg. lemon jello
Mix well and add:
3/4 c. salad oil
3/4 c. water
Beat 4 minutes. Bake in moderate oven, 35 to 40 minutes. While cake is baking stir up juice of 2 lemons and 2 cups powdered sugar. As quick as cake comes from oven prick top with meat fork and put topping on while cake is hot. Serve with whipped cream or Dream Whip.

POPPY SEED COFFEE CAKE
Laura Finger
Soak for 2 hours or overnight:
1 c. buttermilk
1/4 c. poppy seeds
Cream well:
1 c. shortening
1 1/2 c. sugar
Add 4 eggs, one at a time, beating well, also add:
1 tsp. vanilla
2 1/2 c. flour to which 1/2 tsp. salt and 1 tsp. soda has been added
Add alternately with buttermilk to creamed mixture. Place in well greased brundt or loaf pan by first placing layer of dough and swirl on cinnamon and sugar, until all mixture is in pan. Bake 50 to 60 minutes at 350°. Cool 10 minutes and tip out on plate, Freezes well.
Layer used throughout cake:
2 Tbsp. cinnamon
1/2 c. sugar

CHOCOLATE CAKE
Selma Laurence
Cook and cool:
2 sq. chocolate
1 egg yolk
Cream together the following:
1 1/2 c. brown sugar
1/2 c. milk
1/2 c. butter
Then add 2 egg yolks and beat. Add:
2 c. cake flour
1 tsp. soda
1/2 c. milk
1 tsp. vanilla
Add last 2 egg whites, beaten stiff. Bake at 350° for 20 to 30 minutes.
-Brookings, S. D.
DIFFERENT CAKE  
Ida Hanson  

1 box white cake mix  
1 box red gelatin  
1 box Whip N' Chill  
1 envelope topping mix  

Prepare cake mix as directed on box and bake. While cake is still hot, prick holes all over top of cake with a fork. Dissolve gelatin in 1 cup hot water, add 1/2 cup of cold water. Slowly pour hot gelatin over top of cake, letting it run down into holes. Cool cake in refrigerator, then spread 1 box of strawberry Whip N' Chill over top of cake. Mix this according to directions on box. Let set. Spread with whipped topping. Keep chilled.

FRUIT COCKTAIL CAKE  
Gertrude Nesby  

Sift together:

1 c. sugar  
1 tsp. soda  
1 c. flour  
1/4 tsp. salt  
1 tsp. vanilla  
1/2 c. cocoa  

Add 1 egg, beaten and mix. Add 2 cups fruit cocktail, drained. Batter will be very moist as baked. Pour into greased 8 x 12" pan and sprinkle with:

1/4 c. brown sugar  
1/2 c. nuts  

Bake about 1 hour and 20 minutes at 300°. Serve with whipped cream.

CHOCOLATE CAKE  
Veryl Hai  

1/2 c. Crisco  
2 c. sugar  
2 eggs  
1 tsp. vanilla  
1/2 c. cocoa  
2 1/2 c. sifted flour  
2 tsp. soda  
1/4 tsp. salt  
1 c. buttermilk  
3/4 c. boiling water  

Cream Crisco and sugar. Add eggs and vanilla. Add sifted dry ingredients alternately with buttermilk. Last add boiling water. Bake 45 minutes at 350° in a 9 x 12" pan.

GERMAN SWEET CHOCOLATE CAKE AND FROSTING  
Marie Borden  

Combine:

1 box white cake mix  
1 pkg. instant chocolate pudding  
2 beaten eggs  
2 c. milk  
1 Tbsp. melted shortening or oil  

Mix ingredients well. Pour batter in a layer cake pan which has been greased. Bake at 350° for 30 to 40 minutes.

Frosting:

1 c. sugar  
1 c. evaporated milk  
3 egg yolks  
1/2 c. margarine  

Combine and cook over a double boiler until thick, about 5 to 10 minutes.

Add:

1 1/2 c. coconut  
1/2 c. nut meats  
1 tsp. vanilla  

Spread on cake.
SOUR CREAM DEVIL'S FOOD

Vi Gilbert

1 c. sour cream 1 tsp. soda
2 eggs 1 1/2 c. cake flour, sifted
1 c. sugar 1 1/2 sq. chocolate, melted

Mix in order given. Bake in 350° oven.

SOUR CREAM FILLING

Teola Meester

1/2 c. sugar 1/2 c. sour cream
1 egg, beaten 1/2 c. raisins, ground

Boil until thick, stirring constantly. When cool, may add 1/2 cup nut meats.

GRANDMA'S COOKIES

Veryl Hai

1 c. white sugar 2 tsp. baking powder
1 c. brown sugar 1 tsp. cinnamon
1 c. Crisco 2 c. oatmeal
2 eggs 1 c. raisins
1/4 c. milk 1 c. nut meats
2 c. flour 1/2 c. coconut
1 tsp. salt 1 pkg. chocolate chips
1 tsp. vanilla

Mix and bake at 350° for 20 minutes. Drop by teaspoonful.

BUTTERSCOTCH DROP COOKIES

Louise Albright

1/2 c. butter 1 tsp. soda
1 1/2 c. brown sugar 1 tsp. vanilla
2 eggs 2/3 c. nut meats
1 c. sour cream 2 1/2 c. flour

Mix well and drop by teaspoon on greased cookie sheet. Bake at 350° for 12 to 15 minutes.
Frost with burnt sugar frosting:

6 Tbsp. butter, melted and browned

Cool and add:

1 1/2 c. powdered sugar 1 tsp. vanilla
Enough hot water to spread easily

GINGER COOKIES

Alma Johnson

1 c. sugar 1 tsp. soda
1/2 c. shortening 1 tsp. ginger
2 eggs 1 tsp. cinnamon
3 1/4 c. molasses 3 1/2 tsp. baking powder
3 c. flour

Cool, roll in small balls and sugar and bake.

FORK COOKIES

Alma Johnson

2 c. brown sugar 1 tsp. soda
1 c. shortening 1 tsp. cream of tartar
2 eggs, pinch of salt 1 tsp. ginger
3 c. flour 1 tsp. lemon
1/4 c. cream 1 tsp. vanilla

Pat in shape and fork the top.

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MITTAN-PETERTON IMPLEMENT CO.
SOFT RAISIN COOKIES
Anne Prunty

Cook 2 cups water and 1 1/2 cups raisins 10 minutes and cool. Mix:

- 1 1/2 c. sugar
- 2 eggs
- 1 tsp. cinnamon
- 1 tsp. soda

Add 1 cup raisin fluid and drained raisins. Spread on large greased cookie tin and bake at 350°. Frost if desired.

NO BAKE COOKIES
Velda Cappel

1/2 c. milk
2 c. sugar
1/2 c. margarine

Combine in pan and bring to boil milk, sugar and margarine. Boil 1 minute. Remove from heat and add oatmeal, cocoa and nut meats, if desired. Stir well. Put on buttered cookie sheet and chill.

FROSTED CREAMS OR COOKIES
Anna Sutton

1 c. sugar
1 c. shortening
1 c. cold strong coffee
1 tsp. ginger

Flour, enough to roll out dough

Cut and bake. Frost with:

- 2 egg whites
- 2 c. sugar

Cook in double boiler for 7 minutes, beatin constantly. When frosting is thick, add vanilla and spread on cookies immediately. Makes about 90 cookies.

TEA TIME LASSIES
Laura Finger

1 (3 oz.) pkg. creamed cheese
1/2 c. butter

Mix and chill 1 hour. Shape into 24 (1") balls. Place in ungreased muffin cups, press on bottom and sides.

Filling:

- 1 egg
- 3/4 c. brown sugar

Beat until smooth. Divide pecans in half and spoon among pastry lined cups. Add egg mixture and top with remaining pecans. Bake at 325° for 25 minutes. Cool, remove from pan.

SUGAR COOKIES
Freda Olson

Cream together:

- 1 c. sugar
- 1 c. butter

(Continued)
SUGAR COOKIES (Continued)

Sift together:

3 c. sifted flour  1/2 tsp. salt
2 tsp. cream of tartar  1/2 tsp. nutmeg
1 level tsp. soda

Sift dry ingredients together, then add to creamed mixture. Roll in small balls and flatten with glass dipped in sugar. Bake 8 to 10 minutes at 375°.

SOUR CREAM COOKIES AND ICING

Mrs. Carl Kjellsen

1 1/2 c. brown sugar
1/4 c. shortening
1 c. sour cream
2 1/2 c. sifted flour

1 tsp. soda
1 tsp. baking powder
1/2 c. nut meats

These are drop cookies. Frost with:

6 Tbsp. butter, melted
1 Tbsp. lemon juice
1 1/2 c. powdered sugar
4 Tbsp. water

SUGAR WHITE COOKIES

Ann Coulson

3 c. flour
1 tsp. cream of tartar
1/2 tsp. soda

Salt

Cut into above ingredients:

1 c. shortening

Mix like a pie crust. Beat 3 eggs very light, add 1 cup sugar and beat again until very light. Add to other mixture. Chill. Roll out and cut thin. Sprinkle sugar on top.

DATE ORANGE SLICE BARS

Mary McCord

1/2 lb. dates
2 Tbsp. flour

1/2 c. sugar
1 c. water

Cook until thick. Cool. Mix:

3/4 c. butter (1/2 oleo)
1 c. brown sugar
1 tsp. vanilla
1 3/4 c. flour

2 eggs
1 tsp. soda in 1 Tbsp. hot water
1 tsp. salt

Spread 1/2 of mixture in 9 x 13" pan. Cover with orange slices, cut in bits, then cover with cooled date mixture, now cover with rest of mixture and spread over all. Bake 40 to 50 minutes in 350° oven. Either dust with powdered sugar or ice with glaze.

SUGAR COOKIE

Alethea Schroeder

Cream:

1 c. sugar
1 egg

Sift:

1/2 tsp. salt
1/2 tsp. soda

(Continued)
SUGAR COOKIE (Continued)


CASSEROLE COOKIE

Mrs. Case Wagenaar

2 eggs
1 c. sugar
1 c. chopped dates
1 c. coconut

1 c., nut meats
1 tsp. vanilla
1/2 tsp. almond


CINNAMON THUMBS

Sonja Jensen

5 Tbsp. sugar
1 c. butter
2 c. flour
1 tsp. vanilla

Blend together. Roll into oblong shape like lady-fingers, only shorter. Press to flatten slightly. Bake in 350° oven for 10 to 15 minutes. While hot roll in mixture of:

1/2 c. sugar
1/4 tsp. cinnamon

BROWNIES

Veryl Hai

2 c. white sugar
1 1/2 c. oleo (3 sticks)
2 eggs
1 c. milk
3/4 c. cocoa


COCONUT BARS

Teola Meester

1/2 c. butter
1/4 c. sugar
1/4 tsp. salt
1 c. flour

Pat in bottom of pan. Bake 15 minutes at 250°.

1 1/2 c. brown sugar
2 eggs
1 tsp. salt
1/4 tsp. baking powder

1 tsp. vanilla
2 Tbsp. flour
1 1/2 c. flaked coconut
Nuts, if desired

Spread on top of above. Bake 20 minutes at 350°. Cool slightly. While still warm frost with:

1 1/2 c. powdered sugar
1 Tbsp. lemon juice
2 Tbsp. orange juice
2 Tbsp. hot butter

Cut in small pieces as these are very rich.
**RHUBARB BARS**  
Alethea Schroeder

1 c. butter  
1 1/2 c. brown sugar  
2 c. quick oatmeal

2 c. flour  
1 tsp. soda  
Pinch of salt

Mix like pie crust. Pat in pan, save 1 cup for topping. Boil together without water:

3 c. rhubarb, cut up  
1 1/2 c. sugar

After mixture is cooked, thicken with 2 level tablespoons of flour and a little water. Pour over bottom layer and top with crumbs. Bake 25 minutes at 350°.

**DATE BARS**  
Vi Johnson

1 c. flour  
2 tsp. baking powder or soda  
1 Tbsp. butter  
1 c. sugar  
1/4 tsp. salt

1 tsp. vanilla  
2 eggs, beaten  
1 Tbsp. milk  
2 c. chopped dates  
1 c. nut meats

Bake in 9 x 13" pan, well greased. Cut into bars while still warm and roll in powdered sugar.

**DANISH KRINGLES**  
Teola Meester

2 c. flour  
1 large c. butter  
2 3/4 c. rich sweet cream

1 Tbsp. vinegar in cream, and set aside awhile

Mix flour and butter as for pie crust. Add the cream and mix lightly enough to roll out. Cut in strips 1/2" wide and with a knife make a figure 8. Brush with thick cream on top and dip in sugar. These need a very hot oven.

**BLONDE BROWNIES**  
Anna Sherwood

1 c. sifted flour  
1/2 tsp. baking powder  
1/2 tsp. soda  
1/2 tsp. salt  
1/2 c. nuts

1/3 c. butter or oleo  
1 c. brown sugar  
1 egg, slightly beaten  
1 tsp. vanilla  
1/2 pkg. chocolate chips

Add small amount of milk at last. Put in 8 x 8" pan. Bake at 350° for 25 minutes.

**CHOCOLATE CHERRY CRUNCHES**  
Anne Prunty

Mix:

1 1/2 c. soft butter  
3/4 c. confectioners sugar

Stir in 1 teaspoon vanilla. Add:

1 sq. melted chocolate  
1/8 tsp. salt

1/12 c. sifted flour

Mix. Measure about 1 tablespoon dough. Flatten with hand. Securely wrap the dough around a well drained maraschino cherry. Bake 12 to 15 minutes in 350° oven. Makes 18 to 24 cookies.

(Continued)
CHOCOLATE CHERRY CRUNCHES (Continued)

Frosting:
1 c. confectioners sugar 1 sq. melted chocolate
1/4 c. cream Flavoring

Frost while cookies are warm.

MARASCHINO CHERRY BARS

Sonja Jensen

Sift together:
1/2 c. flour 1/2 tsp. salt
1/4 tsp. soda

To this add:
1/2 c. brown sugar 1/3 c. melted butter
1 c. oatmeal

Press the above into a 9" square pan. Mix together the following:

1/4 c. flour 1/2 c. coconut
3/4 c. cut maraschino cherries 1/2 c. nuts
2 eggs, beaten 1/2 tsp. salt

Spread over base layer. Bake at 350° for about 30 minutes. Do not overbake.

DATE CRISPIES

Sharon Filholm

2 sticks margarine
2 c. brown sugar

Cook these ingredients with dates until dates are soft. Pour over:

4 c. Rice Krispies Coconut and pecans (optional)

Form in balls and roll in powdered sugar.

CHOCOLATE COCONUT MOUNDS

Sonja Jensen

1 2/3 c. graham cracker crumbs 1/3 c. sugar
1/2 c. melted butter 1 Tbsp. flour

Mix together. Put in 9 x 13" pan. Bake at 350° for 10 minutes. Take from oven and sprinkle 2 cups coconut over crumb mixture. Drizzle on 1 can Bordens sweetened condensed milk over all. Bake in oven, 350°, for 15 minutes or until mixture is bubbly and starts to brown. Take from oven and put 10 Hershey bars over top and spread when melted. Add nut meats (optional). Let cool before cutting into squares.

WHEATIES COOKIES

Ethel Krueger

1 c. sugar 1 tsp. vanilla
3/4 c. shortening 1 tsp. baking powder
2 eggs 1/2 tsp. soda
3 Tbsp. milk 1/2 tsp. salt
1 c. dates 2 c. flour
1 c. nuts

Mix all together and drop by teaspoonfuls into 3 cups crushed Wheaties. Put on cookie sheet and bake.

-19- Brookings, S. D.
SCHOOL DAY COOKIES

Myrna Schirmer
Elkton, S. D.

1/2 c. butter or oleo 1 1/2 tsp. baking powder
1 1/2 c. brown sugar 1/2 tsp. soda
2 eggs 1 c. sour cream (commercial may be used)
2 1/2 c. flour (may need a little more) 1 tsp. vanilla
2 3/4 c. chopped nuts

Chill in refrigerator, then drop on greased cookie sheet, size you like. Bake 8 to 10 minutes at 375°. Frost with:

1/4 lb. butter 1/4 c. milk

Boil this down, then add 1 teaspoon vanilla. Add powdered sugar until it is of spreading consistency.

DATE DESSERT

Marie Borden

1 c. chopped dates 2 tsp. baking soda
1 c. boiling water

Cream:

1 c. sugar 1 c. shortening

Add:

1 beaten egg yolk 1/2 tsp. salt
1 1/2 c. sifted flour 1 c. chopped nuts

Mix well and put this mixture in the date mixture. Fold in beaten egg white. Put in greased pan. Bake 45 minutes at 300°. Use Cool Whip or whipped cream and sprinkle nuts on top for topping.

DESSERT

May Wald

1 lb. apricots 1 c. butter (butter gives better flavor)
2 1/2 c. powdered sugar 2 c. vanilla wafers, ground

Stew apricots, put through a sieve. Add powdered sugar and butter. Put layer vanilla wafers in bottom of dish, spread with above mixture, cover with whipped cream or Cool Whip and sprinkle rest of wafers over top. Let stand in refrigerator until used. Can be made the night before.

STRAWBERRY JELLO DESSERT

May Wald

2 pkg. strawberry jello 1 (2 1/2 oz.) can crushed pineapple
2 c. boiling water 2 crushed bananas
1 pkg. frozen strawberries 1 c. cultured sour cream

Dissolve jello in water, add frozen berries. When berries have thawed, mix pineapple and bananas. Put part in pan and set in deep freeze or freezing compartment where it will set quick. Spread sour cream over and add the rest of mixture. Let set.

CHOCOLATE COOKIE DESSERT

Teola Meester

Crush 1/2 pound chocolate Hydrox cookies and place in pan. Boil until thin thread:

1 c. sugar 1/2 tsp. salt
1/4 c. water

(Continued)

-20-

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BROOKINGS, SOUTH DAKOTA
CHOCOLATE COOKIE DESSERT (Continued)

Pour over 3 beaten egg whites and beat like frosting. Cool and add:

2 Tbsp. almond flavoring
1 Tbsp. food coloring (red)
1/2 c. chopped nuts

Whip 2 cups cream and add to above. Pour over crumbs and add crumbs on top. Freeze.

TASTY APPLE PUDDING

Sift together:

1 c. flour
1 tsp. soda
1/2 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. salt

Cream together:

1 c. sugar
1/4 c. butter or oleo

Add 1 egg, beaten well, until light and fluffy. Add:

2 c. unpeeled shredded apples
1/2 c. chopped nuts

Pour into greased 8 x 9" pan. Bake at 350° for 35 to 40 minutes, cut in squares and serve with topping.

Butter Sauce:

1/2 c. butter
1 c. sugar

Heat slowly 10 to 15 minutes. Add:

1 1/2 tsp. vanilla
Dash nutmeg

Serve warm.

ORANGE FILLING FOR ANGEL FOOD CAKE

Josephine Kracht

5 Tbsp. cake flour
1 c. sugar
Grated rind of 1 orange
1/2 c. orange juice
1/4 c. water
1 egg
2 Tbsp. butter
1 Tbsp. lemon juice and a little lemon rind

Cook in double boiler. Cool and fold in 1 pint whipped cream. Cut Angel Food in 3 layers, put filling in between and on outside.

APRICOT DELIGHT

Sonja Jensen

1 or 2 cans apricot (or blueberry)
pie filling
2 c. flour
1 1/2 c. crushed soda crackers
1 c. brown sugar
2 c. shredded coconut
1/3 Tbsp. baking powder

Mix well, then add 1 cup butter or shortening and again mix well. Put 2/3 of mixture in large loaf cake pan. Add fruit filling and sprinkle remaining crumb mixture on top and bake in moderate oven for 30 minutes. Serve with whipped cream.
**TOASTED COCONUT PIE**

Vi Johnson

3 eggs, beaten
1 1/2 c. sugar
1/2 c. butter, melted
4 tsp. lemon juice
1 tsp. vanilla
1 (3 1/2 oz.) can Angel Flake coconut
(1 1/3 c.)
1 unbaked 9” pastry shell

Thoroughly combine eggs, sugar, coconut, butter, lemon juice and vanilla. Pour filling into unbaked shell. Bake 40 to 45 minutes at 350° or until knife inserted halfway between center and edge comes out clean. Cool before serving. If desired, garnish with toasted coconut or whipped cream.

**PRUNE PIE**

Veryl Hai

2 c. cooked mashed prunes
2/3 c. sugar
4 Tbsp. lemon juice
1 c. prune juice
1/4 c. quick cooking tapioca
5 drops of red food coloring
2 Tbsp. flour

Mix thoroughly. Pour into unbaked crust. Top with crust. Bake at 350° for 1 hour.

**CHERRY RHUBARB PIE**

Anne Prunty

Combine:

4 c. (1/2” slices) rhubarb
1 lb. can (2 c.) pitted tart red cherries, drained
1 1/4 c. sugar
1/4 c. quick cooking tapioca
5 drops of red food coloring

Place in two crust pie and bake 40 to 50 minutes at 400°.

**LEMON PIE**

Gertrude Hanson

1 c. hot water
3/4 c. sugar
Butter, size of a walnut
Juice of 1 lemon

When it comes to a boil, add 1 heaping tablespoon cornstarch, dissolved in a little water. Beat yolks of 3 eggs and add these. Fill baked crust with this. Beat whites of eggs until stiff and add 2 tablespoons sugar. Put on pie and brown in oven.

**SPEEDY CHOCOLATE FROSTING**

Bernice Weilage

3 sq. chocolate
1/4 c. butter
1/4 c. water
1/8 tsp. salt
3 c. confectioners sugar
1 tsp. vanilla

Combine chocolate, butter, water and salt in saucepan and place over low heat. Blend well. Add sugar and vanilla and beat well. If too thick, add a little hot water.

**FROSTING**

Sharon Filholm

1 c. sugar
1/4 c. margarine or butter
1/4 c. milk

Bring to a boil on stove and add 1/2 cup chocolate chips.

**FROSTING**

Gertrude Hanson

1 c. sugar
2 egg whites
1 pinch salt
1/4 tsp. cream of tartar

Mix all together and cook in double boiler. Whip constantly until frosting forms peaks when lifted by beater. Takes 7 minutes or less.
Write Extra Recipes Here
TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

<table>
<thead>
<tr>
<th>TYPE OF CANDY</th>
<th>DEGREES</th>
<th>COLD WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>FONDANT, FUDGE</td>
<td>234 - 238°</td>
<td>SOFT BALL</td>
</tr>
<tr>
<td>DIVINITY, CARAMELS</td>
<td>245 - 248</td>
<td>FIRM BALL</td>
</tr>
<tr>
<td>TAFFY</td>
<td>265 - 270</td>
<td>HARD BALL</td>
</tr>
<tr>
<td>BUTTER SCOTCH</td>
<td>275 - 280</td>
<td>LIGHT CRACK</td>
</tr>
<tr>
<td>PEANUT BRITTLE</td>
<td>285 - 290</td>
<td>HARD CRACK</td>
</tr>
<tr>
<td>CARAMELIZED SUGAR</td>
<td>310 - 321</td>
<td>CARAMELIZED</td>
</tr>
</tbody>
</table>

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.
CANDY, JELLY, PRESERVES

CHOCOLATE FUDGE
Josephine Kracht

3 c. sugar
1 c. Carnation milk
1 jar marshmallow creme
12 oz. pkg. chocolate chips
1/2 c. chopped walnut meats

Cook sugar and milk until form soft ball. Take off burner, beat in chocolate chips. Then put in 2 tablespoons butter, marshmallow creme and nuts. Stir until dissolved. Add 1 teaspoon vanilla, beat and pour in 8 x 12" pan. Cut when cooled.

MINTS
Anne Prunty

1/4 of an (8 oz.) pkg. cream cheese
1/4 tsp. flavoring (peppermint is best)
1 2/3 c. powdered sugar
Color as desired (use very little)

Mash cheese, add flavoring and color. Then mix in sugar. Knead with hands until like pie dough. Roll into balls the size of marbles. Place one side in small amount of sugar, then press sugared side down into mold. Unmold at once. Makes 45 to 50 mints.

RHUBARB CONSERVE
Vi Gilbert

4 lb. rhubarb, cut into cubes
4 lbs. sugar
2 oranges, ground fine
1 c. pineapple tidbits, drained
1/2 c. blanched almonds

Add sugar to cut rhubarb. Allow to stand overnight. Stir mixture in the morning and boil a few minutes until it looks glossy. Add:

Boil until a heavy syrup drips from spoon.

Helpful Hint: When making jelly or jam, skim off foam with a clean vegetable brush. Rinse from brush.

TOMATO JELLY
Grace Kellogg

6 c. tomato juice
6 c. sugar

Boil for about 5 minutes until well dissolved. Add 2 packages lemon or orange jello. Put in glasses and refrigerate.
Write Extra Recipes Here
CASSEROLES

BEVERAGES

MISCELLANEOUS
Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sandwiches:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>50 slices or 100 slices or 200 slices or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 1-lb. loaves 6 1-lb. loaves 12 1-lb. loaves</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>½ pound</td>
<td>¾ to 1 pound</td>
<td>1 ½ pounds</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
<td>2 to 3 cups</td>
<td>4 to 6 cups</td>
</tr>
<tr>
<td><strong>Mixed Filling</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(meat, eggs, fish)</td>
<td>1½ quarts</td>
<td>2½ to 3 quarts</td>
<td>5 to 6 quarts</td>
</tr>
<tr>
<td>(sweet-fruit)</td>
<td>1 quart</td>
<td>1½ to 2 quarts</td>
<td>2½ to 4 quarts</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1½ heads</td>
<td>2½ to 3 heads</td>
<td>5 to 6 heads</td>
</tr>
<tr>
<td><strong>Meat, Poultry or Fish:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wieners</td>
<td>6½ pounds</td>
<td>13 pounds</td>
<td>25 pounds</td>
</tr>
<tr>
<td>Hamburger</td>
<td>9 pounds</td>
<td>18 pounds</td>
<td>35 pounds</td>
</tr>
<tr>
<td>Ham (bone in)</td>
<td>14 pounds</td>
<td>28 pounds</td>
<td>55 pounds</td>
</tr>
<tr>
<td>Turkey or chicken</td>
<td>13 pounds</td>
<td>25 to 35 pounds</td>
<td>50 to 75 pounds</td>
</tr>
<tr>
<td>Fish, large whole (round)</td>
<td>13 pounds</td>
<td>25 pounds</td>
<td>50 pounds</td>
</tr>
<tr>
<td>Fish, fillets or steaks</td>
<td>7½ pounds</td>
<td>15 pounds</td>
<td>30 pounds</td>
</tr>
<tr>
<td><strong>Salads, Casseroles:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato Salad</td>
<td>4½ quarts</td>
<td>2½ gallons</td>
<td>4½ gallons</td>
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<tr>
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<td>4½ quarts or 8½ quarts</td>
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<td></td>
<td>1 12x20” pan</td>
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<tr>
<td>Spaghetti</td>
<td>1¾ gallons</td>
<td>2½ gallons</td>
<td>5 gallons</td>
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<tr>
<td>Baked Beans</td>
<td>¾ gallon</td>
<td>1¾ gallons</td>
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<tr>
<td>Jello Salad</td>
<td>¾ gallon</td>
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<td>3¾ quarts</td>
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<td>4½ quarts or 1½ gallons</td>
<td>9 quarts or 2½ gallons</td>
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<td></td>
<td>1½ gallons</td>
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<tr>
<td>Coffee</td>
<td>½ pound and 1 pound and 2 pounds and</td>
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<tr>
<td></td>
<td>1½ gal. water 3 gal. water 6 gal. water</td>
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</tr>
<tr>
<td>Tea</td>
<td>1/12 pound and 1/6 pound and 1/3 pound and</td>
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<tr>
<td></td>
<td>1½ gal. water 3 gal. water 6 gal. water</td>
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<tr>
<td>Lemonade</td>
<td>10 to 15 lemons, 20 to 30 lemons, 40 to 60 lemons,</td>
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<tr>
<td></td>
<td>1½ gal. water 3 gal. water 6 gal. water</td>
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<td><strong>Desserts:</strong></td>
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<tr>
<td>Watermelon</td>
<td>37½ pounds</td>
<td>75 pounds</td>
<td>150 pounds</td>
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<tr>
<td>Cake</td>
<td>1 10x12” sheet cake 1 12x20” sheet cake</td>
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</tr>
<tr>
<td></td>
<td>1½ 10” layer cakes 3 10” layer cakes</td>
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<tr>
<td></td>
<td>¾ pint</td>
<td>1½ to 2 pints</td>
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<tr>
<td>Whipping Cream</td>
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DITTE’S CASSEROLE

Valborg Rishoi

1 cauliflower, cooked
5 carrots, cooked (or any cooked vegetable)
1 lb. mixed hamburger and sausage
(mix in flour to blend and milk, 1 egg, salt and pepper)

Make medium white sauce with liquid drained from cooked vegetables. Remove from heat and add 8 unbeaten eggs, one at a time, mix thoroughly. Spread meat in bottom of baking dish, add vegetables, then sauce. Put pans in pans of water, bake 1 hour at 350°. Serve as soon as it is baked with melted butter and French bread.

This recipe came from Denmark.

CHOW MEIN HOT DISH

Bonnie McCord

1 lb. hamburger
1/2 c. chopped onion
Brown and cook thoroughly. Add:

1 can mushroom soup
1 can cream of chicken soup
1 Tbsp. Worcestershire sauce

Pour above ingredients over 1 can chow mein noodles. Bake 1/2 to 3/4 an hour at 325°.

SATURDAY NOODLE BAKE

Bernice Weilage

2 lb. ground beef
2 Tbsp. butter
2 3 c. chopped onion
1 pkg. cream cheese, diced
2 Tbsp. sugar
1 1/2 Tbsp. Worcestershire sauce
1/4 tsp. pepper
1 tsp. salt
2 cans tomato soup
1 (6 oz.) pkg. wide noodles
1 c. corn flakes
1/4 c. melted butter

Cook noodles as directed. Brown meat and onion in butter, add next 6 ingredients, and simmer about 15 minutes. Alternate a layer of noodles and meat mixture in casserole. Mix corn flakes and butter and put on top. Bake at 350° for about 20 minutes.

TATOR TOT HOT DISH

Marie Borden

1 lb. ground beef
Salt and pepper
1 can celery or mushroom soup
1 small onion, chopped,
1 can cream of mushroom soup
Tator Tots

Butter fry pan and brown 1 pound ground beef and add 1 small onion, chopped. Stir until brown. Season with salt and pepper. Put mixture in casserole. Add 1 can drained carrots, then 1 can drained mixed vegetables, pour 1 can celery or mushroom soup over all and top with tator tots as they come from the package. Bake at 350° for 30 to 40 minutes.

TATOR TOT HOT DISH

Laura Finger

1 lb. raw hamburger
1 pkg. tator tots
1 can cream of mushroom soup

Place 1 pound raw hamburger in baking dish. Place 1 package tator tots over meat. Pour 1 can cream of mushroom soup over this. Add no seasonings or liquid, Bake for 1 hour at 350°, covered.
CHICKEN HOT DISH

3 c. chicken, diced or 1 whole canned chicken
2 c. chicken broth (cooked with bay leaf, onion, salt and celery to season, then strain)
5 oz. egg noodles, cooked and drained
1 can cream of mushroom soup

Mrs. Case Wagenaar

1/3 c. flour (use to thicken broth)
1 1/2 c. frozen peas
1/2 of a small jar chopped pimiento
1 c. Velveeta cheese, cubed or shredded
(Add to hot thickened broth)
Buttered crumbs to sprinkle on top

Use a 12 x 7 1/2" buttered pan. Layer in cooked noodles, cooked chicken, peas, pimiento. Thicken broth and bring to a boil. Add cheese and stir to blend, then add mushroom soup. Pour this liquid over top of the ingredients in the pan. Top with buttered crumbs. Bake for 50 minutes at 350°. Pan will be very full so use care. Wrap in newspaper to allow to set for 20 minutes. Makes 10 to 12 good servings.

GOLDEN HARVEST CASSEROLE

Beef and vegetable base:

1 lb. ground beef, browned
1/2 c. chopped carrots
1/2 c. drained whole kernel corn
1/4 c. chopped onion
1/4 tsp. thyme

1 (10 1/2 oz.) can condensed cream of potato soup
1/4 tsp. salt
1/4 tsp. pepper

Use corn bread topping. Bake 25 to 30 minutes in 425° oven. Serves 5 to 6.

BEEF BOWL STEW

2 lb. stew meat
6 Tbsp. tapioca

Aldred Monteith

1 pt. tomatoes or 2 1/2 cans
6 carrots, cut in chunks

Sprinkle 1 package onion soup over all. Then pour 1 cup water over all. Top with 2 slices dried bread, diced. Cover and bake 200° for 6 hours.

NOODLES AND CHEESE CASSEROLE

Lillian Steffenson

2 c. noodles, cooked
2 c. milk
1/2 c. grated cheese
1/4 c. diced onion

1/4 c. green pepper (optional)
1/2 c. bread crumbs
1/4 c. melted butter

Mix above ingredients. Add:

3 eggs
1/2 tsp. baking powder
Salt and pepper to taste

Bake in a slow oven,

CHICKEN AND RICE

Ida Hanson

1 c. raw long grain rice
1 frying chicken, cut in serving pieces
1 pkg. dry onion soup

1 can chicken soup
2 soup cans water

Put uncooked rice in bottom of greased baking dish. Sprinkle dry soup mix over top. Combine chicken soup and water and pour over rice. Spread chicken pieces over top and season with salt and pepper. Sprinkle well with paprika. Cover and bake for 1 1/2 hours at 350°. Uncover and brown before serving. If mixture gets too dry, add a little water. Serves 6 to 8.

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TUNA ALA CASHEW CASSEROLE

Vi Johnson

1 (7 oz.) can tuna
1/2 c. very finely diced celery
1/4 c. diced green pepper
3 Tbsp. chopped onion
1 can cream of mushroom soup mixed with a scant can milk
1 can chow mein noodles
1/2 c. cashews, broken in large pieces

Place 1/2 can noodles in bottom of casserole. Add mixture of tuna, celery, pepper, onion, soup and milk. Top with rest of noodles and cashews. Bake 350° for 30 to 35 minutes.

PUNCH

Sonja Jensen

12 pkg. raspberry Kool-Aid
12 pkg. cherry Kool-Aid
12 cans lemonade, frozen
12 cans orange juice, frozen
30 qt. water
Sugar to taste

Add 6 quarts ginger ale just before serving. Serves 175.

PUNCH

Veryl Hai

4 pkg. Kool-Aid
1 can apricot nectar
4 qt. water
4 c. sugar
3 c. pineapple juice
4 cans lemonade
2 bottles ginger ale (9 qt.)

Add ginger ale last.

EASY CITRUS PUNCH

Ethel Krueger

1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade
1 (6 oz.) can frozen limeade
4 c. water

Mix all together. Add 1 large bottle of ginger ale just before serving. Just before serving add 1 pint each of sherbet, lime and pineapple (or other flavors). Serves 12 to 15.
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____________________________________

(If a church organization include name & denomination of church)

Please send information to:

Name _______________________________________

Address _______________________________________

City _____________________ State ______________

Zip Code ______

I understand that sending for this information does not obligate me in any way.

cp
PLEASE PATRONIZE

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