TRIPP'S

RECIPE ROUNDUP

Compiled by
The Ladies Aid of
THE PILGRIM CONGREGATIONAL CHURCH
TRIPP, SOUTH DAKOTA
1 lb ground beef  
Salt and pepper  
6 hamburger buns, split  
1 can tomato paste or fresh tomato slices

Season hamburger with salt and pepper. Shape into patties. Pan broil until done. Spread tomato paste on each half of bun. Sprinkle with oregano. Top with hamburger patty and cheese slices in form of cross. Place under pre-heated broiler. Broil until cheese melts.

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Reprinted --- Feb. 1955

-A-  Tripp, So. Dak.
BEAUTY HINTS
BY JULIAN

TIPS FOR THE STOUT WOMAN

Avoid dainty and spindly chairs and furniture which serve to accentuate your bigness.
Hats with wide and slanting brims are usually best.
Wear gloves which match the sleeves in color.
Avoid shoes with heels too high, and slender and dark colored shoes are usually better than light ones.
Use fine textured stockings as dark as the current fashion allows.
Use a medium size handbag preferably square or rectangular. Too small a bag emphasizes your stoutness and too large a bag may look too bulky.
If you carry an umbrella use a long slender one.
Always select dresses with long straight lines which make you appear slimmer. Wear skirts and dresses as long as the fashion will allow.

TIPS FOR THE TALL WOMAN

Never make the mistake of trying to walk or stand in a slouched or bent over position in an effort to minimize your height.
Always wear your hair as flat as it can be made on top.
Wear hats with shallow crowns and large droopy brims.
Hat trimmings should be horizontal.
Gloves should be of a different color than the sleeves and the same applies to hosiery.
Wear low heels except with formal clothes.
Handbags should be large and of a contrasting color.
Long haired furs are very suitable.
Avoid plain straight dresses. Contrasting bands in blouse and skirt are good. If the dress is all of one color set off with a broad belt of a contrasting color.
HORS D'OEUVRES, PICKLES, RELISHES

SHRIMP COCKTAIL SAUCE  
Mrs. Russ Henderson

1 c. catsup
1/4 c. lemon juice
1 tsp. salt
1 tsp. Worcestershire sauce
Dash of Tabasco
4 tsp. prepared horseradish

Combine all ingredients and chill.

CREAM CHEESE DIP  
Mrs. Willard Carnahan

1 3-oz. pkg. Philadelphia cream cheese
1/4 c. sweet cream  Salt, to taste
1/4 tsp. grated onion

Mash cheese with fork; add other ingredients and beat until smooth. More cream may be added, if desired.

Spread on crackers or use as a potato chip dip.

CRISP PICKLES  
Mrs. Emma Freier

4 qts. sliced cucumbers
6 medium onions, sliced
2 green peppers
3 cloves garlic
1/3 c. salt
1 1/2 tsp. turmeric
1 1/2 tsp. celery seed
2 tsp. mustard seed
3 c. vinegar
3 c. sugar

Slice cucumbers, onions and peppers; add salt and cover with crushed ice. Let stand for three hours.

Drain thoroughly; add sugar, spices and vinegar; heat to boiling. Seal in hot jars.

CORN RELISH  
Mrs. Ruben Isaak

24 ears corn, cut off cob
6 large onions
6 red peppers (sweet)
6 green peppers (sweet)
1 large head cabbage
2 tsp. mustard seed
2 tsp. celery seed
1/4 c. salt
1 c. sugar
2 qts. vinegar

Chop cabbage, onions, peppers; add rest of ingredients and boil 20 minutes. Seal while hot.

SACCHARIN PICKLES  
Mrs. Emanuel Freier

Wash and wipe cucumbers and pack in jars. Cover with brine made of the following ingredients:

2 qts. vinegar
1/2 tsp. celery seed
-1-
Tripp, So. Dak.
SACCHARIN PICKLES (Continued)

2 tsp. mustard seed       4 tsp. salt
2 tsp. mixed pickling spices  1 tsp. saccharin

Mix and boil 10 minutes. Fill jars with hot brine and seal.

GREEN TOMATO and CARROT RELISH

Mrs. Clarence Gackle

1 qt. green tomatoes, ground 1 qt. sugar
1 qt. carrots, ground 1 Tbsp. celery seed
1 head cabbage, ground 1 Tbsp. mustard seed
1 pt. chopped onion 1 sweet red pepper
1 qt. vinegar 1 sweet green pepper

Drain tomatoes, mix all ingredients and simmer 1 hour. Seal in hot jars.

SALAD DRESSING

Mrs. Richard Brosz

3 eggs or 6 egg yolks Pinch of pepper
1/4 c. sugar 3/4 c. vinegar
1 tsp. dry mustard 3 Tbsp. butter
1 tsp. salt

Combine all ingredients and cook slowly in double boiler until thick.

BEST EVER SALAD DRESSING

Mrs. Jake Lindeman

2 3/4 c. sour cream 1/3 c. vinegar
3 Tbsp. sugar 1/2 tsp. mustard
2 eggs 1 tsp. salt
1/2 tsp. pepper 1/2 tsp. celery salt

Mix all ingredients and cook until thick. Will keep indefinitely if kept cool. May be thinned with sweet or sour cream when used.

FRENCH SALAD DRESSING

Mrs. Roland Brosz

1/2 c. salad oil 1/3 c. sugar
1/2 c. lemon juice 1 tsp. salt
1/4 c. vinegar 1 tsp. paprika
1/3 c. catsup 1/3 or 1/2 grated onion

Mix all ingredients and beat well. Place in covered bottle or jar and refrigerate until used.
REMOVAL OF FRECKLES

In the first place there will be less need to remove freckles if care is taken to keep the face well shaded when in the sun. A harmless and effective bleach for freckles is to cover them with lemon juice or buttermilk each evening just before retiring after the face has been carefully washed and dried. Another effective lotion may be made by mixing equal portions of lemon juice and peroxide. These should be left on overnight. If the freckles are very heavy and your skin is not unusually sensitive the following preparation may be used morning and evening after washing and drying the skin: 4 oz. distilled water; 1 oz. lavender water and 3-8 dram muriate of ammonia.

REMOVAL OF BLACKHEADS AND WHITEHEADS

These two skin conditions originate in the same way and the same general treatment applies to both. Blackheads and whiteheads are caused by clogged pores and the dirt and grime which have accumulated therein. A good treatment for correction of this condition is to wash face and hands thoroughly with warm water and a good soap to lessen risk of infection. Then cover the infected area with warm oil. The blackheads may then be squeezed out with tissue or soft sterile cloth covering the finger tips. Puncture the whiteheads with a sterilized needle and squeeze out the contents with covered fingertips. After this treatment wash the face again and wipe with an alcoholic lotion and then apply a good antiseptic ointment which should be left on overnight.
SOUPS, SALADS, VEGETABLES

CANADIAN CHEESE SOUP

Mrs. L. Roy Klatt

Prepare rich cream sauce:

- 1/2 c. butter
- 1 qt. milk
- 6 Tbsp. flour
- 2 c. grated old, fine quality American cheese
- 1 tsp. salt

Saute in butter, the following:

- 1/2 c. each, celery, onion, green pepper and carrots.

Boil in chicken stock to the crunchy stage (about 1 1/2 pts. of chicken broth). Combine the two mixtures and serve.

FROZEN SALAD

Mrs. Millard R. Shaw

1 No. 2 can pineapple, drained
1/2 c. chopped walnuts
2 c. cream, whipped
16 marshmallows, cut in pieces
3 Tbsp. lemon juice
1/2 c. salad dressing
Sugar, to taste

Combine ingredients; put in tray and freeze.

PINEAPPLE SALAD

Mrs. Art Perman

1 large can pineapple, cut in chunks
16 marshmallows, cut up
6 bananas
6 bananas

Drain juice from pineapple, add 1/2 c. sugar and 1 1/2 Tbsp. cornstarch and 2 eggs. Cool until thick. When cool, pour over pineapple, marshmallows and bananas. Fold in 1 c. whipped cream.

EVER BEST SALAD

Mrs. Adolph Mattheis

1 c. fruit cocktail, drained
1 c. pineapple, cut and drained
20 marshmallows, cut细
Nut meats

Dressing:

- 2 eggs
- Juice of 1 lemon
- 1 c. cream
- Sugar, to taste
- Pinch of salt

Cook dressing until thick. Cool. Mix with fruit and marshmallows. Fold in one cup whipped cream and chill over night.

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DELUXE APPLE SALAD  
Mrs. Robert Schlechter

2 c. cooked macaroni  
1 c. grapes  
1 c. bananas  
1 c. chopped dates  
1 c. apples  
1 c. cream  
1 c. marshmallows  
1/2 c. nut meats

Whip cream; sweeten; flavor with a little vanilla.  
Fold in fruits and chill.

SHRIMP SALAD  
Mrs. A. H. Nuss, Jr.

1 1/2 Tbsp. gelatin  
2 Tbsp. green pepper  
1/4 c. cold water  
2 Tbsp. pickle relish  
1 bouillon cube  
1 Tbsp. pimento  
1 c. hot water  
1 Tbsp. lemon juice  
1 c. mayonnaise  
1 small can shrimp  
4 hard-boiled eggs  
Salt and pepper  
3/4 c. diced celery


COTTAGE CHEESE SALAD  
Mrs. Clarence Gackle

1 pkg. lemon jello  
1/2 tsp. salt  
1/2 c. boiling water  
1 medium carrot  
1 lb. cottage cheese  
1 medium onion  
1 c. mayonnaise  
1 medium cucumber

Dissolve jello in water and let thicken.  Add cottage cheese, mayonnaise and salt.  Grind vegetables and drain.  Add to jello and cheese mixture and let set.  Serve on lettuce, garnishing with slices of stuffed olives to add color.

LIME CHEESE SALAD  
Mrs. Arthur Schafer

1 pkg. Philadelphia cream cheese  
1/2 c. diced celery  
1 pkg. lime jello  
1 c. cream, whipped  
1 c. boiling water  
1 can crushed pineapple  
1 c. marshmallows, cut  
1/2 c. nut meats

Dissolve jello in boiling water.  Cool.  Have cheese room temperature and work with fork.  Gradually add pineapple and juice.  When jello is syrupy, add cheese and pineapple mixture, nuts and celery.  Fold in cream
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LIME CHEESE SALAD (Continued)

and marshmallows. Chill in mold. Garnish with maraschino cherries when serving.

GERMAN POTATO SALAD  
Mrs. Jacob Schmoll

Brown a broiling chicken in a skillet with 2 large onions, salt and pepper, to taste. One-half hour before serving, remove chicken from pan, add:

1/2 c. hot water  
1 Tbsp. sugar  
2 Tbsp. vinegar  

to drippings. Let this reach boiling point. Add 1 1/2 qt. sliced, boiled potatoes. Stew 15 to 20 minutes. Serve hot.

24 HOUR SALAD  
Mrs. Albert Herr

2 eggs, beaten  
2 c. pitted white cherries  
1 Tbsp. vinegar  
2 c. pineapple bits  
4 Tbsp. sugar  
2 c. marshmallows, cut up  
2 Tbsp. butter  
2 oranges, cut up  
1 c. cream, whipped

Put beaten eggs in double boiler; add vinegar and sugar, beating constantly until thick and smooth. Remove from heat, add butter and cool. When cold, fold in whipped cream and fruit mixture. Turn into mold and refrigerate for 24 hours before serving.

CRANBERRY SALAD  
Mrs. Milton Freier

1/2 lb. cranberries, ground up  
1/2 c. chopped nuts  
1 c. sugar  
1/2 c. cream, whipped  
l6 marshmallows, cut up

Combine all ingredients and chill until ready to serve.

AU GRATIN POTATOES  
Mrs. Malvin Zirpel

8 medium potatoes, sliced  
2 Tbsp. flour  
1/4 lb. cheese  
1 c. milk  
2 Tbsp. butter  
Salt and pepper

Place sliced potatoes and cheese in layers in well-greased casserole. Make white sauce of butter, flour, seasoning and milk; cook until thickened. Pour over potatoes and cheese and bake 1 1/2 hours at 325 degrees.

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QUICK BAKED BEANS

Mrs. Don Herrboldt

1 16 to 18-oz. can pork and beans
3 Tbsp. brown sugar
1/2 tsp. prepared mustard
2 Tbsp. catsup
2 or 3 slices bacon, cut up
1 tsp. chopped onion

Brown bacon and onions in skillet. Add other ingredients and simmer 25 minutes, stirring occasionally.

STRING-BEAN and CARROT CASSEROLE

Mrs. Robert Freier

2 Tbsp. butter
2 Tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
1 c. milk and vegetable juice
1/2 c. grated cheese
4 medium carrots, cooked
4 eggs, hard cooked
2 c. string beans

Blend butter, flour, salt and pepper in top of double boiler; add milk and stir until smooth. Melt the cheese in this hot sauce. Split carrots and eggs lengthwise and place in bottom of buttered baking dish. Place string beans around them and pour cheese sauce over all.

Bake 30 minutes at 375 degrees.

BAKED STUFFED SWEET POTATOES

Mrs. Theophil Bitterman

6 medium-sized sweet potatoes
1/2 c. chopped walnuts
2 Tbsp. butter
1 tsp. salt
1 doz. marshmallows
1 c. crushed pineapple
Juice of 1 orange

Bake potatoes until tender. Scoop out of the shells; mash the pulp, adding butter, salt and orange juice. Mix in nuts and pineapple. Cut up marshmallows and spread over top of potatoes. Bake in 375 degree oven until brown.

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8. Front Shank

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MEAT, FISH, POULTRY

SWISS STEAK with RICE  
Mrs. Frank Medeck

1 lb. round steak  
1 clove garlic  
1 onion  

Flour, salt and pepper  
1/2 c. rice  
1 1/2 c. tomatoes  
1/2 c. water

Cut steak in serving pieces, rub with garlic, then roll in flour, salt and pepper. Brown onion in hot fat, remove and brown meat on both sides. Add uncooked rice, tomatoes and water. Make sure rice is in contact with water. Pressure cook 15 minutes.

PIGS in BLANKETS  
Mrs. Adolph Mogck

1 lb. ground beef  
1/2 lb. ground pork  
1 c. rice (cooked)  
1 small onion (chopped)  
1 c. tomatoes or 1 can tomato soup  
1 c. water  
Salt, pepper  
Cabbage leaves

Mix meat with seasoning and fry. Put cabbage leaves in hot water until wilted. Remove and wrap about 1 Tbsp. meat mixture in each leaf. Put in casserole and pour tomatoes and water over cabbage rolls. Bake about one hour in moderate oven.

RUSSIAN FLUFF  
Mrs. H. N. Krause

1 lb. ground beef  
2 large onions (chopped)  
1 c. celery (diced)  
1 can peas  
1 c. rice (steamed)  
Salt and pepper  
1 c. tomatoes

Mix rice with tomatoes and juice from peas. Brown beef, onions and celery. Add rest of ingredients and put in oiled casserole. Dot with a little butter and bake until brown on top.

MEAT LOAF  
Mrs. Philip Winckler

2 lbs. hamburger  
1 1/2 c. bread crumbs  
1 small onion  

2 eggs  
Salt, pepper and sage  
1 c. milk

Topping:
6 Tbsp. brown sugar  
1/2 c. catsup

Tripp, So. Dak.
MEAT LOAF (Continued)

3/4 tsp. nutmeg

Mix the first ingredients and spread with the topping. Bake at 350 degrees for one hour.

CHINESE VEAL  

Mrs. Russell Henderson

1 lb. veal (cubed)  
1 c. celery (diced fine)  
1 c. mushrooms with juice  
1/2 c. raw rice  
4 Tbsp. soy sauce  
1 can mushroom soup  
1 can chicken rice soup  
1 1/2 c. water  
Salt and pepper, to taste

Brown veal and celery in two Tbsp. of fat. Put in large casserole with all ingredients listed. Bake 1 1/2 hours at 325 degrees (first hour covered). When done, add 1 can of peas and 1 c. of almonds blanched and browned in butter.

ROUND STEAK with DRESSING  

Mrs. Martin Zirpel

2 c. moist bread crumbs  
1/4 c. chopped celery  
1 egg  
1/4 c. melted butter  
1 tsp. salt  
2 lbs. round steak  
1 c. water  
1 can mushroom soup

Mix the crumbs, celery, egg, butter and salt to make dressing. Cut steak into individual servings and place a spoonful of dressing on each. Wrap meat around dressing and fasten with toothpicks, roll in flour and brown in fat. Transfer to baking dish. Stir water into soup and pour over meat. Cover and bake 1 1/4 hours at 350 degrees.

SCALLOPED CHICKEN SUPREME  

Mrs. Art. Perman

6 c. cooked chicken  
4 c. chicken broth  
6 c. rice  
3 c. milk  
4 Tbsp. butter  
3/4 c. flour  
1 Tbsp. salt  
1/8 tsp. pepper  
1 small can pimento  
2 cans mushrooms  
1 c. blanched almonds

Cut chicken into 1-inch pieces. Pour 1 c. water over cooked chicken. Make rich gravy by adding milk and butter to remaining broth to which flour has been blended. Add seasoning. Cut almonds, pimentos, mushrooms. Butter casserole and arrange ingredients in layers. Bake

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SCALLOPED CHICKEN SUPREME  (Continued)

at 350 degrees for 1 hour. The ingredients may be mixed instead of placed in layers.

CHICKEN A' LA KING

Mrs. Willard Carnahan

1/2 c. sliced mushrooms  
1 small onion, chopped  
2 Tbsp. green pepper, chopped  
1/4 c. butter  
3 Tbsp. flour

2 c. milk  
Salt and pepper, to taste  
1 beaten egg yolk  
2 to 2 1/2 c. diced cooked chicken  
2 Tbsp. chopped pimento

Brown mushrooms, onions and green pepper in butter; add flour and blend. Add milk, salt and pepper and cook until thick. Stir a little of the hot mixture into egg yolk and add to remaining hot mixture. Add chicken and pimento and simmer a few minutes. Delicious served on toast or hot biscuits.

HAMBURGER TURNOVERS

Mrs. Jacob Dewald  
(Fleisch Küchle)

2 c. water  
1/2 c. sour cream  
2 eggs

2 tsp. baking powder  
1 tsp. salt  
Flour to make stiff dough

Filling:

1 c. ground pork  
2 c. ground beef

Salt and pepper

Mix dough and form into large balls. Leave for 15 minutes and then roll quite thin. Cut in 4-inch squares. Put one or two Tbsp. of the hamburger filling on each square, fold over and seal edges securely. Fry in hot, deep fat until both sides are brown.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK
Write Extra Recipes Here:

CHICKEN & TURKEY

1. Preheat oven to 350°F.
2. Season chicken or turkey with your favorite spices.
3. Place in a baking dish.
4. Bake for 20-30 minutes or until internal temperature reaches 165°F.

TRIPP, So. Dak.
THE FIRST RULE IN CARE OF NAILS IS GENTLENESS. NEVER PUSH CUTICLE BACK ROUGLY OR TRIM IT TOO CLOSE. A GOOD RULE TO FOLLOW ON CUTTING CUTICLE IS DO NOT CUT UNLESS IT IS RAGGED.

IN FILING NAILS BE SURE YOU DO NOT FILE TOO FAR DOWN IN CORNERS. THIS HELPS TO PREVENT BREAKAGE AND HANGNAILS.

IF YOU HAVE TROUBLE WITH POLISH STAYING ON, CHECK ON YOUR NEXT MANICURE FOR THESE POINTS:

1. THE NAIL MUST BE CLEAN AND DRY BEFORE APPLYING POLISH.

2. ALWAYS APPLY POLISH WHEN YOU WILL HAVE TIME FOR IT TO DRY THOROUGHLY.

A GOOD TREATMENT FOR ROUGH CUTICLE AND BRITTLE NAILS IS SOAKING THEM IN HOT OLIVE OIL FOR 10 TO 15 MINUTES.

BEAUTY OF HAIR IS IN THE GLOSS OR ALIVENESS OF ITS LOOK. DULL, LIFELESS HAIR IS NEVER BEAUTIFUL. THOROUGH AND FREQUENT SHAMPOOS AND DAILY BRUSHING ARE A MUST. NEITHER OF THESE WILL HARM YOUR PERMANENT WAVE OR SET. FOR LIGHT HAIR A LEMON OR VINEGAR RINSE WILL HAVE SLIGHT BLEACHING ACTION. HAIR THAT MATS OR TANGLES BADLY OR HAIR WITH DRY HARSH FEEL WILL BE AIDED BY A CREAM RINSE AFTER WASHING.
RAISIN BREAD  
Mrs. Alfred Tiede

1 lb. seedless raisins  2 Tbsp. butter
2 c. water
2 c. brown sugar (or 1 c. brown and 1 c. white)
Boil above mixture for 5 minutes and cool.
Then add:
3 c. flour
1/2 tsp. salt
1 tsp. soda
1/2 c. chopped walnuts

Bake 45 minutes at 325 degrees. Makes two loaves.

THREE LEAF CLOVER ROLLS  
Mrs. Fred Schneider

1 qt. milk, hot  1 c. shortening
1 tsp. soda  1 c. sugar

Mix above ingredients and cool.
Soak 2 pkgs. dry yeast in lukewarm water. When milk mixture is cool, combine with yeast and the following:
1 c. cold mashed potatoes
1 tsp. salt
1 tsp. baking powder
Flour enough to make soft dough

Let stand until double in size. Knead and let rise again. Put 3 small balls of dough in each muffin tin, let rise and bake at 350 degrees until crusty and brown. This dough can be kept in refrigerator for a week.

TEA ROLLS with GARLIC  
Mrs. Emil Freier

2 doz. tea rolls (made from bread dough)
1/2 c. melted butter  1 head garlic, mashed

Bake rolls, break into bowl. Combine garlic and butter and sprinkle over rolls. Mix well and serve hot.

REFRIGERATOR ROLLS  
Mrs. Roland Brosz

2 1/2 c. lukewarm water  2 tsp. salt
2 pkgs. yeast  1/2 tsp. baking powder
1/2 c. shortening  1/2 tsp. soda
1/2 c. sugar
1 egg
7 1/2 c. sifted flour

Method: Dissolve yeast in 1/2 c. of the lukewarm
REFRIGERATOR ROLLS (Continued)

water. Melt 1/2 c. shortening and set aside to cool. Sift flour once; measure exactly and then sift again. Pour remaining water into a large bowl; add dissolved yeast, sugar and salt. Add 4 c. of the flour, sifted with the baking powder and soda. Mix well. Add egg and beat well. Now add the cooled shortening, mix again; and then gradually add the remaining flour, mixing thoroughly.

This dough is not to be kneaded. Brush with melted fat and cover with a damp cloth placed between 2 sheets of waxed paper. Store in refrigerator. May be used after four hours chilling or may be kept as long as 7 days.

When using, remove from refrigerator and leave at room temperature for 20 minutes for easier handling. Shape as you wish and then let rise for two hours or until double in bulk. Bake in moderate oven.

A wonderful kuchen dough.

COFFEE KUCHEN  Mrs. Ammon Lippert

Dissolve 1 pkg. Fleischmann's yeast and 1/2 tsp. sugar in 1 c. lukewarm water. While this is soaking, combine the following:

1 egg
1 c. warm milk
2 Tbsp. sugar
1/2 tsp. salt
1 Tbsp. melted shortening
1 c. flour

Add the yeast mixture and mix well. Make a firm dough, adding more flour if necessary. Let rise for 30 minutes; knead well and let rise one hour. Divide dough into 4 or 5 parts; roll on floured board to fit layer pans or pie tins. Let rise 40 minutes. Sprinkle 1/2 c. crumbs over each kuchen; or else cover with fresh or cooked fruit. Make a topping of the following ingredients and spoon over each kuchen before baking:

1 1/2 c. cream or evaporated milk
3 eggs
1 c. sugar

Sprinkle cinnamon and 1 Tbsp. sugar over each kuchen and bake in moderate oven for 15-20 minutes.

CANADIAN SCONES  Mrs. W. B. Wightman

3 c. flour
3/4 c. sugar
3/4 c. butter
2 tsp. baking powder
1 tsp. soda
1 c. raisins
1 tsp. salt
1 c. sour milk

Tripp, So. Dak.
Cut butter into flour, baking powder, soda and salt; add sugar, milk and raisins. Mix like baking powder biscuits. Pat out on floured board to 1/4 or 1/2-inch thickness. Cut with biscuit cutter, place on ungreased cookie sheet and bake in hot oven 400 to 425 degrees.

**SOUR CREAM CORNMEAL MUFFINS**  
**Mrs. E. J. Eslinger**

1 1/4 c. flour  
3/4 c. yellow cornmeal  
1/2 tsp. soda  
1/2 tsp. salt  
1 1/2 tsp. baking powder  
1 c. sour cream  
1 egg, beaten  
1/4 c. sugar

Sift dry ingredients together. Add soda to cream; add to beaten egg and combine with dry ingredients. Bake 25 minutes at 375 degrees. Makes 8 large or 12 medium muffins.

**DOUGHNUTS WITHOUT A HOLE**  
**Mrs. John Tiede**

1/2 c. milk  
1/2 c. sugar  
1 egg, separated  
1 1/2 c. flour  
1/4 tsp. salt  
1 tsp. baking powder  
1/2 tsp. vanilla

Beat white of egg until stiff. Then beat the yolk with the sugar; add to white and beat 3 minutes. Add rest of ingredients and beat well. Drop by teaspoonful into deep hot fat. Forms tender doughnut balls.

**RAISED DOUGHNUTS**  
**Mrs. Paulina Dewald**

2 3/4 c. flour  
1 c. scalded milk  
Pinch of salt  
3/4 c. sugar  
1 cake yeast, softened in  
1/4 c. lukewarm water  
1 egg  
1/2 tsp. nutmeg

Add milk to shortening and salt; cool. When lukewarm, add yeast, 1 1/2 c. of the flour and the sugar. Let stand in warm place until light. Then add rest of ingredients; let rise. Roll on floured board and cut with doughnut cutter. Let rise again and fry in hot fat.

**LONG JOHNS**  
**Mrs. Herbert Isaak**

2 cakes compressed or 3 pkgs. dry granular, yeast  
Tripp, So. Dak.
LONG JOHNS (Continued)

1/4 c. lukewarm water 1/2 c. sugar
1 1/2 c. scalded milk 2 tsp. salt
1/4 c. shortening 2 eggs, beaten

Soften yeast in the water. To scalded milk, add shortening, sugar and salt; stir until thoroughly mixed and pour into large bowl. When lukewarm, stir in softened yeast. Add beaten eggs and 2 1/2 c. flour; beat until smooth. Add remaining flour to make soft dough and stir thoroughly. Cover dough and let rest 10 minutes. Turn out on floured board and knead until smooth and satiny, using about 1/2 c. flour for kneading. Place in greased bowl, brush with melted fat, cover and let rise in warm place about 1 hour (until double in bulk). Knead and let rise again. Roll dough 1/2-inch thick; cut into 1-inch wide strips, about 5-inches long. Let rise until light; fry like doughnuts. While warm, glaze with thin icing made by adding 2 Tbsp. water to 1 1/2 c. confectioners' sugar, mixing until smooth.

BUTTERHORNs  Mrs. Rudolph Freier

1/4 c. warm water 1 cake yeast
1 tsp. sugar 2 egg yolks, beaten

Mix and let stand about 10 minutes.

2 c. flour 1 tsp. salt
1 c. shortening

Filling:
1 c. chopped nuts 1 c. chopped dates

Mix like pie crust and add to first mixture. Divide dough into several parts, roll, cut into triangles; spread with filling and roll up. Bake 15 minutes at 350 degrees. Frost with powdered sugar icing.

BLINTZES  Mrs. Roy Siewert
(A Russian pastry)

4 c. flour 1 tsp. salt
2 tsp. baking powder 1/2 c. milk
2 eggs
2 Tbsp. sugar

Water, to make thin batter

Beat well. Spoon batter onto slightly greased, hot
BLINTZES (Continued)

gridle, spreading with spoon to make the desired size pancake. (Make thin as possible). Turn as soon as puffy and bubbly. Brown on other side. Roll up while hot, with sugar inside. May be served with cottage cheese, strawberries or brown sugar inside.

POPPY-SEED STRUDEL

Mrs. Richard Brosz

1/2 c. poppy-seed 1 tsp. flour
1/2 c. water 1 Tbsp. sugar


SUGAR KÜCHLE

Mrs. Oscar Brosz

3 c. flour 2 Tbsp. sugar
3 eggs 1 tsp. baking powder
Pinch of salt Milk enough to make a soft dough

Mix well. Divide into 5 parts, and roll out to 1/8-inch thickness. Cut into rectangular pieces, about 2x3-inches. Cut 2 slits in each piece not quite to the edges. Fry in deep fat until brown; sprinkle with sugar and serve while hot.

FASTNACHT KÜCHLE

Mrs. Sam Brost

4 eggs, beaten well 1/2 tsp. salt
1 Tbsp. vinegar Flour to make a stiff dough
1 Tbsp. melted butter

Combine all ingredients; divide dough into about 16 balls. Roll paper-thin and cut into small squares (about 2x2-inches). Fry in hot fat, drain and sprinkle with powdered sugar.

ROSETTES

Mrs. O. B. Husly

2 eggs, slightly beaten 1 c. flour
1 heaping tsp. sugar Pinch of salt
1 c. milk

Beat eggs and milk. Sift sugar, salt and flour; add to

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ROSETTES (Continued)

Egg s and milk and beat well. Allow to stand until all bubbles disappear. Heat fat to 375 degrees. Pre-heat rosette iron in fat, drain and dip about 3/4 of iron in the batter.

If batter slips off, the iron is not hot enough; if it sticks fast to iron, it is too hot. Fry until brown, drain on paper towel.

CHOCOLATE MARSHMALLO W PIE  Mrs. Anna Koth

Melt 20 marshmallows in 1/2 c. milk. Cool. Add 1 c. cream, whipped, pinch of salt, 1/2 tsp. vanilla and 1 sq. grated chocolate. Pour into graham cracker crust.

Crust:
12 graham crackers, crushed fine
4 Tbsp. melted butter

Mix well and press into 9-inch pie tin. Reserve some of the graham cracker mixture for the top of the pie.

RHUBARB CREAM PIE  Mrs. John Isaak

2 Tbsp. melted butter  1/4 c. sugar
2 c. diced rhubarb  2 Tbsp. cornstarch
3/4 c. sugar  2 egg yolks, well beaten

Cook rhubarb, butter and 3/4 c. sugar until rhubarb is tender. Combine remaining ingredients, add to rhubarb and cook until thick. Cool and pour into 9-inch pie shell (baked); top with meringue and bake at 350 degrees for 12 or 15 minutes.

FRESH STRAWBERRY PIE  Mrs. Gottfried Mogck

1 box fresh strawberries  1 Tbsp. cornstarch
3/4 c. sugar  1 scant cup water

Mix sugar and cornstarch; add water slowly, stirring constantly. Cook over low heat until thick. Add strawberries, being careful not to crush them. Pour in baked pie shell and top with whipped cream or vanilla ice cream. Fresh mulberries or raspberries may be substituted.
MARSHMALLOW PUMPKIN PIE  
Mrs. Herbert Isaak

32 marshmallows  
1 c. pumpkin, cooked  
1/2 tsp. cinnamon  
1/4 tsp. pumpkin mix

1 c. heavy cream, whipped  
1 9-inch baked pastry shell  
1/4 tsp. salt

Heat marshmallows, pumpkin and seasonings in top of double boiler, stirring occasionally, until marshmallows are melted. Cool for 50 or 60 minutes (not in refrigerator). Stir about 1/3 c. whipped cream into cooled pumpkin mixture. Then carefully fold in remaining whipped cream, pour into shell and chill in refrigerator. Top with more whipped cream before serving.

CHOCOLATE ANGEL PIE  
Mrs. Walter Tiede

Crust:
2 egg whites  
1/8 tsp. salt  
1/2 c. granulated sugar

1/8 tsp. cream of tartar  
1/2 c. chopped walnuts  
1/2 tsp. vanilla

Filling:
1/4 lb. German sweet chocolate (1 pkg. chocolate bits may be substituted)  
3 Tbsp. hot water

1 tsp. vanilla  
1 c. cream, whipped

Beat egg whites until foamy; add salt and cream of tartar and continue beating until mixture stands in soft peaks. Add sugar gradually and beat until very stiff. Fold in nuts and 1/2 tsp. vanilla. Turn into lightly greased pie plate. Make a nest-like shell, building up sides 1/2-inch. Bake in slow oven 300 degrees 50-55 minutes. Cool.

Melt chocolate in top of double boiler. Cool and add 3 Tbsp. hot water; add whipped cream with vanilla and cool before putting into shell. Chill several hours.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

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Tripp, So. Dak.
CAKES

COOKIES
SPOT AND STAIN REMOVAL

BLOOD - Fresh blood stains are set by hot water. To remove from washable material soak in cold water for 30 minutes, then launder. If traces still remain use chlorine bleach. On old stains use iodide of potassium diluted in four times its own weight. On non-washable materials sponge with cold water or a mild solution of soap.

INK - On washable materials the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap-suds.

LIPSTICK - On washable materials launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process till the stain disappears.

MERCUROCHROME - Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him what the stain is.

GRASS - Rub spot on washable materials with heavy soap suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM - On all fabrics moisten with carbon tetrachloride and scrape off with a dull knife.

FRUIT - Stretch washable material over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol till stain is removed.
OLD FASHIONED SOUR CREAM COOKIES

Mrs. A. W. Tyler

1 c. butter or other shortening
2 c. white sugar 1 tsp. baking powder
2 egg yolks 1/4 tsp. salt
1 c. sour cream 5 c. flour
1 tsp. soda 1 tsp. lemon flavoring

Cream shortening and sugar. Add egg yolks, sour cream to which soda has been added and lemon flavoring. Beat. Sift flour once, then measure. Add baking powder and salt and sift together. Fold into first mixture until flour disappears. Roll 1/4-inch thick on floured pastry canvas. Sprinkle with sugar and cut in desired shape. Bake in moderate oven 375 degrees for 12 minutes. Makes approximately 6 dozen.

AMMONIA COOKIES

Mrs. Sam Brost

Combine:
6 eggs, well beaten 1 c. sweet milk
2 1/2 c. sugar 10¢ worth baking ammonia
1/2 c. butter 2 tsp. vanilla
1 c. sour cream

Baking ammonia also known as "Harts of Salt". Add enough flour to make a very soft dough and let dough stand overnight. In the morning roll out and cut with cookie cutter. Bake for 20 minutes in a moderate oven.

DATE COOKIES

Mrs. Fred Schneider

1 c. shortening 2 tsp. soda
2 c. brown sugar 2 tsp. vanilla
2 eggs 1 c. chopped dates
2 c. heavy sour cream 1 c. chopped nuts
2 tsp. baking powder
Flour

Cream shortening, add sugar and cream again. Add well-beaten eggs to creamed mixture. Then add sour cream to which soda has been added followed by the vanilla, dates, nuts and last the baking powder and enough flour to make a soft dough. Mix well, cool and roll out on floured board. Cut with cookie cutter. Bake in greased -19- Tripp, So. Dak.
DATE COOKIES (Continued)

cookie sheet in moderate oven about 15 minutes.

POPPY SEED CAKE  
Mrs. Oliver Mogck

3/4 c. butter or other shortening
1 c. sugar  2 Tbsp. poppy seed
3/4 c. milk  3 egg whites
2 c. flour, 2 tsp. baking powder, sifted

Cream butter and sugar. Add milk, flour and baking powder and poppy seed. Beat the egg whites and fold in batter. Bake in moderate oven.

PINEAPPLE UPSIDE DOWN LAYER CAKE  
Amanda Brost

1 No. 2 can crushed pineapple
1/3 c. melted butter  2/3 c. brown sugar
1 pkg. white cake mix

Drain pineapple. Combine pineapple with melted butter, brown sugar and 2/3 c. of the pineapple syrup. Spread in two 9-inch layer cake pans. Pour in the cake mix batter and bake at 350 degrees for 30 or 35 minutes. Invert for 5 minutes. Remove from pans and cool. Decorate with quartered slices of pineapple. Serve as layer cake with whipped cream.

CHERRY NUT CAKE  
Mrs. Theophil Bitterman

1/2 c. shortening  1 tsp. salt
1 1/4 c. sugar  1/4 c. cherry juice
3 egg whites  3/4 c. milk
2 c. cake flour  1 jar maraschino cherries
2 1/2 tsp. baking powder  1/2 c. chopped nuts

Cream shortening and sugar. Stir into egg whites which have been beaten stiff. Sift flour, baking powder and salt three times and add to first mixture together with cherry juice and milk. Fold in chopped cherries and nuts last. Bake at 350 degrees.

SOUR CREAM SPICE CAKE  
Mrs. Eugene Hoff

3 eggs
1 1/2 c. white sugar  1 tsp. cinnamon
1 tsp. salt
Pinch of salt

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SOUR CREAM SPICE CAKE  (Continued)

1 1/2 c. sour cream   1/4 tsp. baking powder
1 tsp. soda          1/2 c. nuts, chopped
2/3 c. coffee        1/2 c. dates, chopped
2 1/2 c. sifted cake flour (Cocoanut and raisins may be substituted)

Beat eggs and sugar. Dissolve soda in sour cream and add. Sift flour with cinnamon, salt and baking powder and add alternately with coffee. Add dates and nuts last. Bake in oblong pan about 45 minutes at 300 degrees.

LEMON ROLL

Mrs. Henry P. Schlechter

1 c. sugar 1 tsp. baking powder
4 eggs (well beaten) 1 c. flour
1/4 tsp. salt 1 tsp. lemon extract

Beat two minutes with mixer. Pour into large greased pan lined with waxed paper. Bake at 400 degrees for 13 minutes.

Lemon Filling:

1/2 c. water 1 heaping Tbsp. cornstarch
1/2 c. sugar 1 egg yolk
Pinch of salt 1/2 lemon - juice and grated rind

Cook filling until thick. Put cake on cloth sprinkled with powdered sugar. Spread on cake the cooked filling and roll cake at once.

ORANGE CAKE

Viola Goehring

1 c. sugar 1/2 c. nuts
3/4 c. shortening Grated rind - 2 oranges
2 eggs 1/2 tsp. soda
1 c. sour milk 2 1/4 c. flour
1 c. dates 1 tsp. baking powder

Mix ingredients and bake in a moderate oven 50 to 60 minutes. Mix juice of 2 oranges and 3/4 c. sugar and pour carefully over cake as soon as cake is taken from oven.
FRUIT CAKE

Mrs. Edgar Freier

1 c. sweet cream
1 lb. marshmallows
1 lb. almonds
1 lb. pecans

1 lb. candied cherries
1 lb. candied pineapple
1 lb. pitted dates
1 lb. graham crackers

Melt marshmallows in cream which should be heated in a double boiler. Crush crackers and mix with chopped fruit and nuts. Combine the two mixtures and pack in angel food cake pan. Store in freezer.

RED DEVIL'S FOOD CAKE

Mrs. Albert Stoller

1/2 c. butter
1 1/2 c. sugar
1 egg
4 Tbsp. cocoa
1 tsp. red coloring
2 Tbsp. hot coffee

1 tsp. salt
2 c. Softasilk cake flour
1 tsp. soda
1 c. sour milk or buttermilk
1 tsp. vanilla

Cream shortening. Add sugar gradually and cream thoroughly. Blend in well-beaten egg. Mix cocoa, red coloring and hot coffee together to form smooth paste. Blend into creamed mixture. Sift flour once before measuring; then sift flour, salt and soda together and add to creamed mixture alternately with sour milk or buttermilk. Add vanilla. Pour into well-greased and floured pan. If using 8-inch pans, bake 25 to 30 minutes at 350 degrees.

APPLESAUCE CAKE

Mrs. Adolph Mogck

1 c. sugar
1/2 c. butter
2 eggs
1 tsp. cloves
1 tsp. cinnamon
1 tsp. soda

1/2 c. cold black coffee
1 1/2 c. sifted flour
1/2 c. raisins or dates
1/4 c. nuts
1 c. raw chopped apples

Cream sugar and butter; add eggs, well beaten. Sift flour, soda and spices. Add coffee, fruit and nuts together with dry ingredients to creamed mixture. Bake 35 minutes at 350 degrees.

This is very good served warm with whipped cream.

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WHIPPED CREAM CAKE  
Mrs. Emil Winckler

Boil together, then set aside to cool:
4 tsp. cocoa  1/2 c. hot water
2 tsp. sugar  Pinch of salt

Beat 2 eggs until light. Whip 1 c. sweet cream stiff, then combine the two ingredients. Add 1 c. sugar and beat well. Add 2 tsp. vanilla.
Sift 1 1/2 c. cake flour and 2 tsp. baking powder. Fold into above mixture. Add boiled chocolate syrup and few drops of red food coloring. Bake in greased 8x8-inch pan at 350 degrees for about 35 minutes.

SPEEDELUXE WHITE CAKE  
Mrs. Ruben Isaak

Preparations:
Have shortening at room temperature. Grease two deep 9-inch layer pans or a 13x9x2-inch pan, line with wax paper, grease again. Set oven at 350 degrees. Sift flour before measuring. Beat egg whites until foamy, add sugar gradually, beating only until mixture will hold up in soft peaks.
Measure into sifter:
2 1/2 c. sifted cake flour  1 tsp. salt
2 1/2 tsp. baking powder  1 1/4 c. sugar
Measure into bowl:
2/3 c. shortening
Measure into cup:
1 c. milk  1 tsp. vanilla

Have ready:
5 egg whites, beaten to meringue with 1/2 c. sugar

Mix shortening to soften. Sift dry ingredients; add 3/4 of liquid. Mix until flour is dampened, then beat 1 minute. Add remaining liquid, blend and beat 2 minutes. Add meringue and beat 1 minute. Bake in moderate oven 350 degrees about 35 minutes for layers or 45 minutes for loaf cake.

FRESH STRAWBERRY FROSTING  
Amanda Brost

1/2 c. strawberries  1 egg white
1/2 c. white sugar

Beat with electric mixer at low speed for 18 minutes. (Frosts a large cake).
FUDGE FROSTING  
Mrs. W. B. Wightman

1 c. sugar  
1/4 c. butter  
1/3 c. milk  
1 sq. chocolate (grated)

Boil 1 minute and bring to full rolling boil. Add 1 tsp. vanilla. Beat until thick.

BUTTER FROSTING  
Mrs. Ben Brosz

1 c. milk  
3/4 c. sugar  
4 Tbsp. flour  
1/2 c. butter  
1/2 tsp. vanilla

Cook milk, sugar and flour until thick. While hot, add butter and vanilla. Spread on cake after frosting has cooled a few degrees.

GERMAN LACE COOKIES  
Mrs. Melvin Freier

1 egg  
1 Tbsp. melted butter  
1/2 c. sugar  
1/2 c. nut meats  
1/2 c. cocoanut  
1/2 c. quick cooking oatmeal  
1/8 tsp. salt

Mix together thoroughly; drop on well-greased cookie sheet. Handle carefully and remove immediately from sheet when baked. Makes 15 cookies. Bake 350 degrees until lightly brown.

CHOCOLATE BITS OATMEAL COOKIES  
Mrs. Martha Leischner

Sift together:

1 c. sifted all-purpose flour  
1/2 tsp. baking soda  
1/2 tsp. salt

Add:

1 c. brown sugar (firmly packed)  
1/2 c. shortening

1 tsp. cinnamon  
1/4 tsp. cloves

1 egg, unbeaten  
2 Tbsp. milk

Blend. Beat until smooth, about 2 minutes. Stir in:

1 1/2 c. rolled oats  
1 c. chocolate bits

Shape into balls on greased cookie sheet; flatten slightly. Bake 15 to 18 minutes at 350 degrees. Makes three dozen.

HONEY COOKIES  
Mrs. John Isaak

1 c. honey  
1/2 c. boiling water  
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HONEY COOKIES (Continued)

1 c. butter 3 tsp. soda
1 c. sugar 1 tsp. vanilla or other
tsp. vinegar desired flavoring

Flour

Combine above ingredients and enough flour to make a soft dough. Chill in refrigerator at least one hour. Then roll out on floured board and cut with cookie cutter. Bake in moderate oven.

OATMEAL COOKIES

Mrs. Art Brosz

1 c. shortening 1 tsp. soda
1 c. white sugar 3 c. oatmeal
1 c. brown sugar 1 tsp. vanilla
2 eggs, beaten 1/2 lb. salted peanuts
1 1/2 c. sifted flour

Mix in order given. Roll in little balls and press with a fork. Bake for 15 minutes in a 350 degree oven.

DELICIOUS DEPRESSION COOKIES

Mrs. Ben Brosz

Sift three times:

3 c. flour 1 level tsp. soda
1 3/4 c. sugar 1 tsp. baking powder
2 c. sour cream 1/2 tsp. salt

Add:
1 tsp. lemon extract

Mix well and roll out slightly.
Place, without cutting, in cookie pan and sprinkle with nuts, if desired. When baked, cut in squares. These may be frosted, if desired.

PINEAPPLE DROP COOKIES

Mrs. Lowell Maxon

1 c. brown sugar 1 tsp. soda
1 c. white sugar 1/2 tsp. salt
1 c. shortening 1 tsp. baking powder
2 eggs, beaten 4 c. flour
1 c. crushed pineapple with 1/2 c. crushed nuts juice
1 tsp. vanilla

Combine sugar, shortening and eggs. Add pineapple and vanilla. Sift together soda, salt, baking powder and flour and add to first mixture. Mix well and add nuts last.
PINEAPPLE DROP COOKIES (Continued)

Drop from spoon to cookie sheet. Bake at 375 degrees.

BROWNIES

Mrs. Herbert Isaak

2/3 c. sifted flour 1 c. sugar
1/2 tsp. baking powder 2 eggs, well beaten
1/4 tsp. salt 1/2 c. chopped walnut or pecan meats
1/3 c. butter or other shortening 1 tsp. vanilla
2 sqs. unsweetened chocolate

Sift flour once, measure, add baking powder and salt and sift again. Melt shortening and chocolate over boiling water. Add sugar gradually to eggs, beating thoroughly; then add chocolate mixture and blend. Add flour and mix well, then add nuts and vanilla. Decorate with whole nuts, if desired. Bake in greased pan 8x8x2-inches, in moderate oven 350 degrees for 35 minutes. While still warm, cut in rectangles. Remove from pan and cool on cake rack. Makes two dozen brownies.

BROWN SUGAR COOKIES

Mrs. John Freier

1 c. white sugar 1 tsp. vanilla
1 1/2 c. brown sugar 1 tsp. baking powder
2 eggs 4 c. flour
1 c. shortening 1 c. salted peanuts
1 tsp. soda dissolved in 8 1 c. chocolate chips
Tbsp. hot water

Cream sugar and shortening. Add eggs, water and vanilla. Sift together the flour and baking powder and add to first mixture. Mix well. Then add peanuts and chocolate chips. Drop from spoon on cookie sheet and bake at 350 degree oven until brown.

OATMEAL MACAROON COOKIES

Mrs. Elmer Tietze

2 c. brown sugar 1/2 tsp. salt
1 c. shortening Vanilla
2 eggs 1 1/2 tsp. baking powder
1/2 c. flour 1 tsp. soda
1/4 c. milk 2 c. flour
3 c. oatmeal 1 1/2 c. coconut

Cream sugar, shortening and eggs. Add 1/2 c. flour,
OATMEAL MACAROON COOKIES (Continued)

1/4 c. milk, salt and vanilla. Add baking powder and soda to the remaining 2 c. of flour; then add 3 c. oatmeal and cocoanut and flour to first mixture. Cut in with a knife. Bake at 350 degrees.

CRUNCH COOKIES

Mrs. Herb. Brosz

2 c. flour
2 c. Rice Krispies
2 c. oatmeal
1 c. cocoanut
1 c. brown sugar

1 c. white sugar
1 c. shortening
1 tsp. soda
1 tsp. vanilla
2 eggs

Beat eggs. Add sugar and shortening and cream well. Add rest of ingredients. Drop on cookie sheet and bake until brown.

HONEY DROP COOKIES

Mrs. Robert Freier

1 c. shortening
3/4 c. strained honey
3/4 c. maple syrup
2 1/2 c. flour
2 eggs

1 tsp. salt
1 tsp. soda
1/2 c. chopped nuts
2 7-oz. packs of semi-sweet chocolate
Vanilla

Cream shortening, honey and syrup. Add well-beaten eggs. Sift dry ingredients together and add to creamed mixture. Add nuts and chocolate chips last. Drop by teaspoon on greased cookie sheet and bake.

CORN FLAKE COOKIES

Mrs. Elsa Mueller

3/4 c. butter
1 c. brown sugar
1 c. white sugar
1 tsp. soda
1 Tbsp. hot water
2 eggs

2 c. corn flakes
1 c. cocoanut
1 c. quick oatmeal
2 1/4 c. flour
1 tsp. baking powder
1 tsp. vanilla
1/4 c. chopped nuts

Thoroughly cream butter; add sugar and cream again. Add soda which has been dissolved in hot water. Beat in eggs. Stir in corn flakes, cocoanut, oatmeal, flour and baking powder, having first sifted the flour and baking powder together. Fold in vanilla and nuts. Roll in balls, size of a walnut. Flatten slightly with a fork. Bake in a moderate oven.

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RUSSIAN TEA CAKES  Mrs. Dan Fechner

1 c. butter  1/4 tsp. salt
1/2 c. confectioners' sugar  1 tsp. vanilla
2 1/4 c. sifted flour  3/4 c. chopped nuts

Mix ingredients in order given. Form into 1-inch balls and bake. While hot, roll in confectioners' sugar. Cool cookies and roll in sugar again.

QUICK COCONUT BARS  Betty and Diane Brost

1 can sweetened condensed milk
22 graham crackers, rolled fine
1/2 pkg. coconut  1/2 pkg. chocolate chips
1/2 c. nut meats

Mix, put in greased pan lined with waxed paper. Bake 30 to 35 minutes at 350 degrees. When done, turn on baking board; remove waxed paper and cut into bars while hot.

SALTED PEANUT COOKIES  Mrs. Milton Tiede

1 c. shortening  2 eggs
1 c. white sugar  2 c. flour
1 c. brown sugar  1 tsp. soda
2 c. oatmeal or 1 c. corn-flakes  1 tsp. baking powder
1 c. salted peanuts  1 tsp. vanilla

Mix usual way. Form in balls, place in baking pan and press flat. Bake in moderate oven.

SPRINGERLE  Peggy Brosz

Butter, size of an egg  1/2 tsp. harts of salt
2 c. sugar  1 lb. flour
4 large eggs, beaten  1/2 tsp. baking powder

Mix sugar and butter well; add eggs and beat very well. Add harts of salt which has been mixed with a little milk. Add flour, making a very stiff dough. Leave 1/2 hour or 1 hour and then add more flour. Roll to 1/4-inch thickness, using lots of flour in rolling. Roll with springerle rolling pin and cut. Place in pans which have been slightly buttered and sprinkled with anise seed. Leave overnight and bake in hot oven next day 375 - 400 degrees.
DESSERTS
COFFEE CREAM MAY BE WHIPPED BY ADDING ONE TEASPOON OF GELATIN WHICH HAS BEEN MELTED AND ALLOWED TO COOL ALMOST TO THE SETTING STAGE.

IF FOODS BOIL OVER IN STOVE OR OVEN COVER WITH SALT TO PREVENT SMOKING AND EXCESSIVE ODOR.

BROWN SUGAR WILL NOT BECOME LUMPY IF STORED IN A GLASS JAR WITH A PIECE OF BLOTTING PAPER FITTED TO THE INSIDE OF THE LID.

HAT VEILS MAY BE IRONED BY PLACING BETWEEN SHEETS OF WAXED PAPER.

TO PREVENT MARSHMALLOWS FROM STICKING TO THE KNIFE WHEN CUTTING FIRST DIP THE KNIFE INTO BOILING WATER.

ICE TRAYS WILL NOT STICK IN THE REFRIGERATOR IF FIRST SET ON A PIECE OF WAXED PAPER IN THE FREEZING COMPARTMENT.

AN APPLE CUT IN HALF AND PLACED IN THE CAKE BOX WILL KEEP THE CAKE FRESH SEVERAL DAYS LONGER.

WHEN DRIVING A NAIL INTO PLASTER FIRST RUB IT ON A CAKE OF SOAP.

STOPPED UP SINKS MAY SOMETIMES BE UNSTOPPED BY COVERING THE OPENING WITH BAKING SODA AND THEN POURING VINEGAR OVER THE SODA.

SPOTS MAY BE CLEANED FROM HATS BY RUBBING CORN STARCH INTO THEM AND THEN BRUSHING GENTLY.

TO KEEP SMALL RUGS FROM SLIPPING ON POLISHED FLOORS SEW OLD FRUIT JAR RINGS TO EACH CORNER UNDERNEATH.
APPLE CRUNCH
Mrs. Reuben H. Bitterman

3 c. apples sliced thin 1 Tbsp. flour
1/2 c. sugar 1/4 tsp. salt
Combine above ingredients and place in oiled baking dish.
Cinnamon, to suit taste

Topping:
3/4 c. oatmeal 1/4 tsp. soda
3/4 c. flour 1/4 tsp. baking powder
3/4 c. brown sugar 1/3 c. melted butter

Combine; crumble together thoroughly and sprinkle over first mixture. Bake in 350 degree oven about 40 minutes or until apples are tender.

ANGEL FOOD PUDDING
Mrs. Bess Schumacher

1 1/2 c. milk 1 tsp. cornstarch
1 c. sugar 2 beaten egg yolks

Cook in double boiler until creamy. Then dissolve 1 env. Knox gelatin in 1/4 c. cold water and add to custard while hot. Beat well. Cool. Beat egg whites until stiff; fold custard into whites. Add 1 tsp. vanilla.

Break up one angel food or gold cake into small pieces. Pour custard over this, handling as little as possible with fork. Chill and serve with whipped cream.

DATE PUDDING
Mrs. Frand Medeck

1 pkg. dates 8 Tbsp. cold water
1 c. sugar Pinch of salt
3/4 c. chopped nuts 2 or 3 eggs, beaten
2 Tbsp. flour

Beat eggs well; add sugar, flour and whip together. Add water. Add nuts, chopped dates and salt last. Bake at 350 degrees until firm. Serve with whipped cream.

BANANA PUDDING
Mrs. Don Brunken

3 c. milk 4 Tbsp. tapioca
1 tsp. salt 4 Tbsp. sugar

Boil above ingredients until thick. Add 2 beaten egg yolks to hot custard. Whip two egg whites until stiff;
BANANA PUDDING (Continued)

add 2 Tbsp. sugar and 1 tsp. vanilla. Add to hot custard. Cool slightly and then add 2 sliced bananas.

LOG CABIN ROLL

Mrs. H. N. Krause

1 lb. graham crackers 1 c. chopped walnuts
1 lb. chopped dates 1 c. sweet cream
1/2 c. marshmallows (cut up)

Crush all the graham crackers except three. Mix all ingredients and knead. Form long roll and roll in the remaining (3) crushed crackers. Wrap in waxed paper and clean towel. Store in refrigerator for 24 hours. Slice and serve with whipped cream or ice cream. Serves 15.

COCONUT CRUNCH TORTE

Mrs. Roy Siewert

1 c. graham cracker crumbs 1/2 c. chopped walnuts
1/2 c. chopped, shredded coconut
1/4 tsp. salt 4 egg whites
1 tsp. vanilla 1 c. sugar

Combine graham cracker crumbs, coconut and nuts. Beat egg whites with salt and vanilla until foamy; gradually add sugar and continue beating until egg whites form stiff peaks. Fold graham cracker mixture into egg white mixture. Spread in well-greased 9-inch pie plate or 10x6x1 1/2 inch baking dish. Bake in moderate oven 350 degrees about 30 minutes. Cool. Cut in wedges and top with scoops of ice cream.

CHOCOLATE MOUSSE

Mrs. Martin Zirpel

1 env. gelatin 2 1/2 c. heavy sweet cream
1/4 c. cold water 1 tsp. vanilla
1/2 c. boiling water 1 c. dates
2 sqs. unsweetened chocolate 1 c. nuts
1 c. sugar

Soften gelatin in cold water. Melt chocolate in boiling water; add gelatin, sugar and vanilla. Cool and then add to the whipped cream. Fold in dates and nuts. Chill.
CRUMBLE TORTE

3 eggs
1 c. sugar
1/8 tsp. salt
3 Tbsp. flour
1 tsp. baking powder

Mix well; bake in moderate oven 325-350 degrees. When serving, top with whipped cream.

RAISIN PUDDING

Sift together:
1 c. flour
1 c. sugar
Add:
1 c. raisins
1/2 c. milk

Add:
2 tsp. baking powder
Pinch of salt
1/2 c. chopped walnuts

Mix and pour in baking dish. Then prepare a sauce of:
1 c. brown sugar
2 c. boiling water

Pour sauce over the batter and bake 40 minutes in 350 degree oven. Serve with whipped cream.

NUT PUDDING

Soak 2 pkgs. Knox gelatin in 1/2 c. cold water.
Scald 2 1/2 c. milk; add 1 c. sugar and pinch of salt. Add 3 well-beaten eggs to milk mixture and cook until thickened, stirring constantly. Remove from heat and add gelatin. Cool until mixture begins to set; add 2 c. whipped sweet cream and 1 c. chopped nuts. Chill until firm.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK
Raised Doughnuts

1 1/2 cups scalded milk 2 cakes yeast
1/2 cup sugar 1/3 cup melted butter
2 beaten eggs 1 tsp salt
1 cup warm mashed potatoes
2 cups flour
Add milk to potatoes and mix until smooth. Then add sugar and butter.
This is like warm milk in yeast and let raise a few minutes, then add flour, let rise twice and then cut, let rise and fry in deep fat

No Cook Doughnut Glaze

1 lb or 2 cups powdered sugar
1 tsp butter 1 tsp corn starch
1 tsp sweet cream 1 tsp vanilla or lemon flavoring
Mix and add enough warm water until mixture is right consistency to dip. Take donuts and glaze as fast as you can. Take them out of deep fat. Never let doughnuts in glaze as they will be soggy.
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 and 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>THERMOMETER</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 1–2 tsp. 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 the 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 test for light crack—candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

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

CHOCOLATE GOODIES  Mrs. Robert Schlechter

1/3 c. butter  1 tsp. vanilla
1 lb. marshmallows  1 c. nut meats
1 pkg. chocolate bits  1 c. rice krispies

Melt butter in saucepan, add marshmallows and chocolate bits. Cover and simmer at low heat for 30 minutes. Remove from heat and stir until blended. Leave for few minutes, stir again and leave 5 minutes longer. Add vanilla, rice crispy and nuts. Mix well; pour into buttered pan. Cut when cool.

PEANUT BUTTER FUDGE  Mrs. Marvin Friederich

2 c. sugar  1 Tbsp. butter
3 Tbsp. cocoa  2 Tbsp. peanut butter
1 small can evaporated milk  1 tsp. vanilla
2 Tbsp. white syrup  1/2 c. chopped nut meats

Combine sugar, cocoa, milk and syrup in top of double boiler; mix well. Cook to soft-ball stage 236 degrees, stirring frequently. Remove from heat; add butter and peanut butter and stir until blended. Cool to lukewarm. Add vanilla and nut meats and beat until very thick. Spread in buttered pan; and when firm, cut in squares.

SÜSZ CANDY  Mrs. Albert J. Herr

2 c. sugar  16 marshmallows
1 small can evaporated milk  1 tsp. vanilla
1 pkg. chocolate bits  1 c. chopped nuts
1/4 lb. butter

Put milk and sugar in saucepan, bring to boil and then cook slowly for 6 minutes. Combine other ingredients in a bowl; pour hot milk and sugar over these and mix well. Pour in buttered pan and chill for 24 hours.

SPICED NUTS  Mrs. Oscar Brosz

1 c. sugar  1/2 tsp. cinnamon
6 Tbsp. milk  2 c. walnut halves

Boil sugar, milk and cinnamon to soft ball stage. Add walnuts and mix well. Pour on waxed paper; break apart when cool.
CONCORD GRAPE JAM

Wash grapes; cook without adding water. Leave over night. In morning, press through a colander. To every 3 c. of grape pulp, add 4 c. sugar. Mix until sugar is dissolved and seal in hot jars. Requires no cooking. Leave several weeks until jam becomes quite firm.

STRAWBERRY JAM

Mrs. Don Brunken

2 c. crushed strawberries 3 c. sugar
1 c. diced rhubarb

Boil 15 minutes and seal in hot jars.

RHUBARB BUTTER

Mrs. Henry Schlechter

6 c. rhubarb 1 pkg. strawberry jello
4 c. sugar

Dice rhubarb, add sugar and leave over night. Next morning, cook 30 minutes or until thick. Remove from heat, add jello and stir until dissolved. Seal in hot jars.

Write an Extra Recipe Here:
Beverages and Miscellaneous
QUANTITY SERVING
FOR FIFTY

JUICE FOR COCKTAIL – 6 1–2 QUARTS.
LEMONS FOR LEMONADE – 6 DOZEN.
PEAS, NO. 2 1–2 CAN – 10 TO 12.
POTATOES (WHITE) CREAMED – 16 LBS. BUTTERED WHOLE, 20 LBS.
AU GRATIN – 15 LBS. WITH 4 C. MEDIUM SAUCE, 1 LB. CHEESE.
POTATO SALAD – 12 LBS., 2 BUNCHES CELERY, 2 DOZEN EGGS,
4 GREEN PEPPERS, MAYONNAISE AND SEASONING TO TASTE.
POTATOES (SWEET) SOUFFLE – 16 LBS. CANDIED, 18 TO 20 LBS.
CABBAGE SALAD, SLAW – 8 LBS., 2 BUNCHES CARROTS, 1 BUNCH
CELERY, DRESSING.
CABBAGE-APPLE SALAD – 1–2 DOZ. APPLES, 6 LBS. CABBAGE, 2
BOXES RAISINS, NUTS.
RICE – 3 LBS. Grits – 2 1–2 LBS.
FRESH TOMATOES – 10 LBS.
ROLLS – 15 DOZEN OR 6 YEAST CAKES MADE INTO ROLLS.
BEEF ROAST – 18 TO 20 LBS.
MEAT CAKES, GROUND MEAT – 16 TO 18 LBS.
MEAT LOAF – 12 TO 15 LBS.
FRESH HAM – 20 TO 25 LBS. TENDERIZED, 17 TO 20 LBS.
SAUSAGE – 16 LBS.
CHICKEN (DRESSED) CREAMED – 15 TO 18 LBS. BAKED, 25 TO 30
LBS.
TURKEY (DRESSED AND DRAWN) – 22 TO 25 LBS.
CHICKEN STEW – 4 HENS, WEIGHING 5 LBS. OR MORE.
BRUNSWICK STEW – 14 LBS. BEEF, 3 LBS. LEAN PORK, 1 FOWL, 7
CANS TOMATOES, 4 CANS CORN.
ICE CREAM – 2 GALLONS OF BULK CREAM
COFFEE – 1 LB.
AMERICAN SPAGHETTI  Mrs. Albert Johnston

1 large slice ham 1 green pepper, chopped
1/2 lb. Velveeta cheese 1 onion, chopped fine
1 Tbsp. butter 1 small can mushrooms
1 No. 2 can tomatoes 2 c. spaghetti (long Italian style)

Trim excess fat from ham and cut into small pieces. Brown in large skillet. Lift out ham, add cheese and butter. Add tomatoes, green pepper and onion; cover and cook 10 minutes. Season with salt. Add mushrooms and ham pieces; bring to boil. Cook spaghetti separately. Serve sauce over spaghetti and garnish with Parmesan cheese, if desired.

CHEESE SANDWICH CASSEROLE  Mrs. Harrison Brosz

Arrange 6 slices bread in a greased baking dish. Cover with 6 thick slices American or Velveeta cheese. Top with 6 more slices bread. Pour over all a mixture of:
4 eggs or egg yolks, well beaten
2 1/2 c. milk 1/2 tsp. pepper
1 tsp. salt 1/4 tsp. mustard


KRAUT BERISHKA  Mrs. R. F. Feiok

1 thick slice ham, cubed 1 Tbsp. shortening
1 large can sauerkraut Roll or kuchen dough
1 c. sugar

Combine ham, kraut, sugar and shortening in saucepan and stew for 40 minutes. Cool. Divide dough into small balls (individual servings) and roll quite thin, oblong in shape. Fill with tablespoonful of ham and kraut mixture, fold over and seal edges securely. Let rise. Bake until brown.

CHEESE BUTTONS  Mrs. Adam Fink

4 eggs, beaten 4 c. flour
1/2 tsp. salt -35- Tripp, So. Dak.
Filling:
2 c. cottage cheese
1/2 c. sour cream
Salt and pepper

Combine eggs, salt and flour; roll thin and cut into 1/4 inch squares. Put 1 Tbsp. of the cheese filling on each square, fold over and pinch edges securely. Cook in 3 qts. of salted water for 15 minutes, drain and brown in hot butter. Serve hot.

KNEPFLA (Buttons)  
Mrs. Robert Freier

2 eggs, beaten
1/3 c. milk
1 tsp. salt
Flour to make a stiff dough

Mix and knead until smooth. Roll to 1/8-inch thickness. Cut with scissors into small pieces. While preparing this dough, boil 2 qts. water and 1 tsp. salt in a large kettle. To this salted water, add 2 medium potatoes, diced. When this has come to a boil, add the knepfla and boil about 15 minutes. Drain and cover with 3 or 4 Tbsp. melted butter.

Especially good served with spareribs and sauerkraut.

SUGAR STRUDLES  
Mrs. Gust B. Tiede

1 egg
3 c. flour
1/4 c. sugar
Pinch of salt
Water, to make a soft dough

Mix all ingredients and knead for about 10 minutes. Roll thin; spread with lard or shortening. Leave for few minutes and then stretch the sheet of dough until it is thin as tissue. Sprinkle with sugar, roll as jelly roll and cut into 3 or 4-inch pieces. Put 2 Tbsp. lard in a heavy kettle or skillet; heat. Add 2 Tbsp. sugar and let that brown in the hot lard. Add 1 c. water and the strudles. Cook for 1/2 hour; turning occasionally.

COTTAGE CHEESE STRUDLES  
Mrs. Gottfried Tiede

2 eggs
1/2 tsp. salt
1/2 c. cold water
2 c. flour

Filling:
1 egg
1/2 tsp. salt

-36-  
Tripp, So. Dak.
COTTAGE CHEESE STRUDLES (Continued)

1 1/2 c. dry cottage cheese   3/4 c. sugar

Mix water, eggs, salt and flour until smooth. Leave about 10 minutes and then roll out paper-thin. Brush with melted butter or lard. Mix ingredients for filling (except sugar) and spread on the dough. Sprinkle the sugar over all. Roll as jelly roll and cut into 3-inch pieces. Place side by side in well-greased pan. Brush with melted butter and add 1/2 c. cold water. Bake without a cover in a moderate oven 325-350 degrees for 45 minutes or until a golden brown.

Write Extra Recipes Here:

Date Cookies
1 cup white sugar
1 cup brown sugar
1 cup butter or lard
3 eggs
4 cup flour
1 ts. soda

Vanilla Doughnut
2 1/4 cup flour 2 tsp baking powder
1 cup sugar 1 tsp salt
1/2 tsp nutmeg 1 tsp vanilla
2 eggs 3/4 cup milk

Dift dry ingredients together into large bowl; add the softened shortening add eggs, vanilla, milk. Mix about 5 mins. Put batter into your doughnut maker and fry in 2-3 mins. -37- Tripp, So. Dak.
Quick Supper Pizza

2 c. sifted all purpose flour
3 T baking powder
1/2 c. milk (about)
1/2 c. butter
1/2 c. salt
1/2 c. grated onion
1 T. minced parsley
1 T. minced green pepper
1/2 c. ground beef
1/2 clove garlic
1 T. oregano
1/2 t. pepper
1/2 t. grated cheese

Prepare biscuit dough from the flour, baking powder, salt, butter and milk. Roll out to about 1/2 inch in thickness and place on a large cookie sheet. Spread with tomato paste. Combine ground beef which has been cooked in frying pan, with green pepper, parsley and grated onion, and spread over tomato paste. Top with cheese, cubes or shredded cheese and sprinkle with paprika. For a rich topping, salad oil may be sprinkled over the top just before placing pizza in oven. Bake in 450 degree oven for about 20 min., or until top is bubbly and crust is browned at edge. Serve hot.
WEIGHT CONTROL

* REDUCING DIETS * WEIGHT GAINING CHARTS * CALORIC TABLES
ALL MATERIAL IN THIS SECTION WAS SUBMITTED BY DR. JAMES D. ORR, P.T., DIETITIAN AND PHYSIOTHERAPIST OF THE GATEWAY HEALTH INSTITUTE, KANSAS CITY, MISSOURI.

BEFORE USING ANY DIET WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN.
## EIGHTEEN DAY REDUCING DIET

### BREAKFAST:
In this diet the same breakfast is used every day and consists of:

- 1/2 Grapefruit
- Melba Toast, Coffee

**NOTE:** Melba toast is dry bread toasted without butter.

### LUNCH

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<th>FIRST DAY:</th>
<th>DINNER</th>
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<tbody>
<tr>
<td>1/2 Grapefruit</td>
<td>2 Eggs</td>
</tr>
<tr>
<td>1 Egg</td>
<td>1 Tomato</td>
</tr>
<tr>
<td>6 Slices Cucumber</td>
<td>1/2 Head Lettuce</td>
</tr>
<tr>
<td>1 Slice Melba Toast</td>
<td>1/2 Grapefruit</td>
</tr>
<tr>
<td>Tea or Coffee</td>
<td>Coffee</td>
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<table>
<thead>
<tr>
<th>SECOND DAY:</th>
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<tbody>
<tr>
<td>1 Orange</td>
<td>1 Small Broiled Steak, PLAIN</td>
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<tr>
<td>1 Egg</td>
<td>1/2 Head Lettuce</td>
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<td>1 Tomato</td>
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<tr>
<td>1/2 Head Lettuce</td>
<td>1/2 Grapefruit</td>
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<tr>
<td>Tea</td>
<td>Tea or Coffee</td>
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<tr>
<th>THIRD DAY:</th>
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<tbody>
<tr>
<td>1/2 Grapefruit</td>
<td>1 Lamb Chop Lean, PLAIN</td>
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<tr>
<td>1 Egg</td>
<td>1 Egg</td>
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<td>3 Radishes</td>
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<tbody>
<tr>
<td>1 Tomato</td>
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<td>Coffee</td>
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<p>|                                | Tea                            |</p>
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<th>LUNCH</th>
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<td>1/2 Head Lettuce</td>
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<td>1/2 Grapefruit</td>
<td>1 Lamb Chop</td>
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<td>1 Egg</td>
<td>6 Slices Cucumber</td>
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<td>2 Olives</td>
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<tr>
<td></td>
<td>1 Tomato</td>
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<tr>
<td></td>
<td>2 Olives</td>
<td>Tea or Coffee</td>
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<tr>
<td>EIGHTH</td>
<td>1 Broiled Lamb Chop, LEAN</td>
<td>1 Egg</td>
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<tr>
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<td>1/2 Head Lettuce</td>
<td>1 Serving Spinach, PLAIN</td>
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<td>1/2 Grapefruit</td>
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<td>Coffee</td>
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<td>NINTH</td>
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<tr>
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<tr>
<td>Day</td>
<td>Breakfast</td>
<td>Lunch</td>
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<td><strong>ELEVENTH DAY:</strong></td>
<td>1 Slice Cinnamon Toast Tea</td>
<td>1 Small Broiled Steak, PLAIN 1 Stalk Celery 1 Tomato 2 Olives Tea</td>
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<tr>
<td><strong>TWELFTH DAY:</strong></td>
<td>1/2 Lobster 2 Crackers 1/2 Grapefruit Tea</td>
<td>1 Broiled Steak, PLAIN Cole Slaw 1 Tomato 1 Orange</td>
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<tr>
<td><strong>THIRTEENTH DAY:</strong></td>
<td>1 Egg 1 Slice Melba Toast 1/2 Grapefruit</td>
<td>1/2 Grapefruit 1 Small Broiled Steak 1/2 Head Lettuce 1 Stalk Celery Coffee</td>
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<tr>
<td><strong>FOURTEENTH DAY:</strong></td>
<td>1 Egg 1 Tomato 1/2 Grapefruit 1 Slice Melba Toast</td>
<td>1 Lamb Chop, PLAIN 1/2 Tablespoonful Catsup 1 Slice Melba Toast 1/2 Grapefruit</td>
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<tr>
<td><strong>FIFTEENTH DAY:</strong></td>
<td>1 Egg 1 Slice Melba Toast 1/2 Grapefruit Coffee</td>
<td>1 Small Broiled Steak, PLAIN 1 Small Portion Spinach, PLAIN 1 Orange Tea</td>
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<tr>
<td><strong>SIXTEENTH DAY:</strong></td>
<td>1 Egg 1 Tomato 1/2 Grapefruit Coffee</td>
<td>1 Small White Fish, Broiled 1 Small Portion Spinach, PLAIN 1 Orange Tea</td>
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SEVENTEENTH DAY:

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tr>
<td>1 Lamb Chop, PLAIN</td>
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<tr>
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<td>1/2 Grapefruit</td>
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<td>Tea</td>
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<td>1 Small Broiled Steak, PLAIN</td>
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<td>1 Tomato</td>
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<tr>
<td>1 Stalk Celery</td>
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<td>Coffee</td>
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EIGHTEENTH DAY:

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<tr>
<td>1 Glass Lemonade</td>
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<tr>
<td>NO SUGAR</td>
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<td>1 Serving Spinach, PLAIN</td>
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<tr>
<td>1/2 Grapefruit</td>
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<tr>
<td>Coffee</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.
If you have not lost the desired weight you will repeat until you have lost the weight you wish.
This diet takes the weight off slowly, but you do not become flabby.
Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET
FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>90</td>
</tr>
<tr>
<td>1 Slice Buttered Toast</td>
<td>75</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td>Ham Sandwich with Lettuce</td>
<td>200</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td>Vegetable Soup</td>
<td>80</td>
</tr>
<tr>
<td>Hamburger on a bun</td>
<td>200</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
</tbody>
</table>

Total: 1,045
<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>1/2 Grapefruit</td>
<td>75</td>
</tr>
<tr>
<td>1 Sweet Roll</td>
<td>125</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>100</td>
</tr>
<tr>
<td>1 Bran Muffin</td>
<td>85</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken Soup</td>
<td>70</td>
</tr>
<tr>
<td>Egg and Lettuce Salad, Russian Dressing</td>
<td>100</td>
</tr>
<tr>
<td>1 Slice Buttered Toast</td>
<td>75</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,030</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>Grapefruit Juice</td>
<td>70</td>
</tr>
<tr>
<td>1 Bran Muffin</td>
<td>85</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td>170</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>50</td>
</tr>
<tr>
<td>Sirloin Steak--3 in. square</td>
<td>200</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>100</td>
</tr>
<tr>
<td>1 Pat of Butter</td>
<td>100</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,175</td>
</tr>
</tbody>
</table>
SODA FOUNTAIN OR RESTAURANT REDUCING DIET

**THURSDAY**

**BREAKFAST**
- Orange Juice .......................................................... 90
- 1 Slice Buttered Toast ........................................... 75
- Tea or Coffee, Black

**LUNCH**
- Egg Salad Sandwich with Russian Dressing .............. 160
- Ice Cream ................................................................. 200
- Tea or Coffee, Black

**DINNER**
- Tomato Juice .......................................................... 50
- Hamburger on a bun .................................................. 200
- Vegetable ................................................................. 50
- Ice Cream ................................................................. 200
- Tea or Coffee, Black

**Total** ................................................................. 1,025

**FRIDAY**

**BREAKFAST**
- 1/2 Grapefruit .......................................................... 75
- 1 Slice Buttered Toast ........................................... 75
- Tea or Coffee, Black

**LUNCH**
- Salmon Salad Sandwich ............................................. 200
- Ice Cream ................................................................. 200
- Tea or Coffee, Black

**DINNER**
- Tomato Juice .......................................................... 50
- 2 Scrambled Eggs ...................................................... 160
- 1 Slice Buttered Toast ........................................... 75
- Ice Cream ................................................................. 200
- Tea or Coffee, Black

**Total** ................................................................. 1,035
# SODA FOUNTAIN OR RESTAURANT REDUCING DIET

## SATURDAY

<table>
<thead>
<tr>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Orange Juice</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td>1 Bran Muffin</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Bacon and Tomato Sandwich</td>
<td>225</td>
</tr>
<tr>
<td></td>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Vegetable Soup</td>
<td>80</td>
</tr>
<tr>
<td></td>
<td>Frankfurter on bun</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Cole Slaw</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
</tbody>
</table>

**Total**          | 1,155                           |

## SUNDAY

<table>
<thead>
<tr>
<th>Meal</th>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>1/2 Grapefruit</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>1 Sweet Roll</td>
<td>125</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>1 Boiled Egg</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>1 Slice Buttered Toast</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Fruit Cocktail</td>
<td>125</td>
</tr>
<tr>
<td></td>
<td>Chicken, 1 Slice White</td>
<td>65</td>
</tr>
<tr>
<td></td>
<td>Gravy</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td>65</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>120</td>
</tr>
<tr>
<td></td>
<td>Ice Cream</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Tea or Coffee, Black</td>
<td></td>
</tr>
</tbody>
</table>

**Total**          | 1,160                           |
SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.
The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

ATTEND CHURCH EVERY SUNDAY

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.
BREAKFAST

Fruit: Choice of the following:
One half grapefruit, one sliced orange,
one medium sliced peach, baked apple,
three stewed figs, or four to six stewed
prunes.

Cereal: One cup of farina type cereal, with cream
and sugar, or oatmeal or whole wheat
cereal or one shredded wheat biscuit
with cream and sugar. White or whole
wheat toast with butter or jam.

Egg: Soft boiled, poached, or scrambled egg.

Beverage: Light tea or coffee, cocoa, milk or
chocolate.

10:30 A.M. Egg nog, malted milk, hot chocolate, or
cocoa.

LUNCH

Soup: Choice of: One cup cream of spinach soup,
asparagus soup, or tomato soup.

Salad: Choice of: One serving of combination
salad, one serving of mixed vegetable
salad, or salmon salad. To this should
be added one tablespoonful of butter,
and one tablespoonful of mayonnaise.

Bread: White or whole wheat toast, melba toast,
bran or whole wheat muffin.

Dessert: Choice of: Chocolate pudding, bread
pudding, tapioca pudding, or any flavor
of gelatine. Raw fruit is especially
good.

Beverage: Light tea or coffee, cocoa, milk or cho-
colate.

3:00 P.M. Milk, (hot or cold), cocoa, malted milk.
HIGH CALORIE DIET

DINNER

Meat: Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

Vegetables: Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.

Salad: Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.

Beverage: Light tea or coffee, cocoa, malted milk.

Dessert: Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

DON'T FORGET

TO BUY EXTRA COOK BOOKS FOR

CHRISTMAS, BIRTHDAY AND WEDDING GIFTS.
## WEIGHT CHART

### WOMEN

Weight in Pounds.
(With Regular Clothes)

<table>
<thead>
<tr>
<th>HEIGHT</th>
<th>20-24</th>
<th>25-29</th>
<th>30 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 11&quot;</td>
<td>113</td>
<td>116</td>
<td>119</td>
</tr>
<tr>
<td>5' 0&quot;</td>
<td>115</td>
<td>118</td>
<td>121</td>
</tr>
<tr>
<td>5' 1&quot;</td>
<td>117</td>
<td>120</td>
<td>123</td>
</tr>
<tr>
<td>5' 2&quot;</td>
<td>120</td>
<td>122</td>
<td>125</td>
</tr>
<tr>
<td>5' 3&quot;</td>
<td>123</td>
<td>125</td>
<td>128</td>
</tr>
<tr>
<td>5' 4&quot;</td>
<td>126</td>
<td>129</td>
<td>132</td>
</tr>
<tr>
<td>5' 5&quot;</td>
<td>129</td>
<td>132</td>
<td>136</td>
</tr>
<tr>
<td>5' 6&quot;</td>
<td>133</td>
<td>136</td>
<td>140</td>
</tr>
<tr>
<td>5' 7&quot;</td>
<td>137</td>
<td>140</td>
<td>144</td>
</tr>
<tr>
<td>5' 8&quot;</td>
<td>141</td>
<td>144</td>
<td>148</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>145</td>
<td>148</td>
<td>152</td>
</tr>
<tr>
<td>5' 10&quot;</td>
<td>149</td>
<td>152</td>
<td>155</td>
</tr>
<tr>
<td>5' 11&quot;</td>
<td>153</td>
<td>155</td>
<td>158</td>
</tr>
<tr>
<td>6' 0&quot;</td>
<td>157</td>
<td>159</td>
<td>162</td>
</tr>
</tbody>
</table>

### MEN

Weight in Pounds.
(With Regular Clothes)

<table>
<thead>
<tr>
<th>HEIGHT</th>
<th>20-24</th>
<th>25-29</th>
<th>30 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 11&quot;</td>
<td>119</td>
<td>124</td>
<td>127</td>
</tr>
<tr>
<td>5' 0&quot;</td>
<td>121</td>
<td>126</td>
<td>129</td>
</tr>
<tr>
<td>5' 1&quot;</td>
<td>124</td>
<td>128</td>
<td>131</td>
</tr>
<tr>
<td>5' 2&quot;</td>
<td>127</td>
<td>131</td>
<td>134</td>
</tr>
<tr>
<td>5' 3&quot;</td>
<td>131</td>
<td>134</td>
<td>137</td>
</tr>
<tr>
<td>5' 4&quot;</td>
<td>135</td>
<td>138</td>
<td>141</td>
</tr>
<tr>
<td>5' 5&quot;</td>
<td>139</td>
<td>142</td>
<td>145</td>
</tr>
<tr>
<td>5' 6&quot;</td>
<td>142</td>
<td>146</td>
<td>149</td>
</tr>
<tr>
<td>5' 7&quot;</td>
<td>146</td>
<td>150</td>
<td>154</td>
</tr>
<tr>
<td>5' 8&quot;</td>
<td>150</td>
<td>154</td>
<td>158</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>154</td>
<td>158</td>
<td>163</td>
</tr>
<tr>
<td>5' 10&quot;</td>
<td>158</td>
<td>163</td>
<td>168</td>
</tr>
<tr>
<td>6' 0&quot;</td>
<td>163</td>
<td>169</td>
<td>174</td>
</tr>
<tr>
<td>6' 1&quot;</td>
<td>168</td>
<td>175</td>
<td>180</td>
</tr>
</tbody>
</table>
## CALORIC CHART

**NOTE:** Unless amount of food is otherwise specified the measurement is for a standard plate serving.

### FOODS

<table>
<thead>
<tr>
<th>BEVERAGES</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocoa, 1 cup.</td>
<td>160</td>
</tr>
<tr>
<td>Coffee</td>
<td>0</td>
</tr>
<tr>
<td>Buttermilk, 1 cup.</td>
<td>85</td>
</tr>
<tr>
<td>Milk, sweet, whole, 1 cup.</td>
<td>165</td>
</tr>
<tr>
<td>Tea</td>
<td>0</td>
</tr>
</tbody>
</table>

### BREAD

| Biscuits, baking powder, 2. | 100 |
| Bran muffins, 2.            | 100 |
| Corn bread                  | 200 |
| Cracked wheat bread, 1 slice | 55  |
| Rye Bread, 1 slice          | 75  |
| White Bread, 1 slice        | 60  |

### DESSERTS

| Angel food cake.            | 150 |
| Apple pie                   | 200 |
| Baked custard, 1            | 125 |
| Bread pudding               | 200 |
| Chocolate cake              | 400 |
| Gingerbread                 | 200 |
| Ice cream, vanilla          | 215 |
| Strawberry shortcake        | 300 |

### FISH

| Fried                  | 210 |
| Boiled or steamed      | 100 - 185 |
| Oysters, half-fry (6)  | 80  |
| Salmon, canned         | 110 |
| Tuna, canned           | 125 |

### MEAT

| Bacon, 3 strips, regular fry | 175 |
| Beef, roast, lean           | 100 |
| Beef, roast, fat            | 340 |
| Frankfurter, 1              | 150 |
## CALORIC CHART

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, smoked, medium fat</td>
<td>400</td>
</tr>
<tr>
<td>Liver</td>
<td>120</td>
</tr>
<tr>
<td>Pork chop, 1.</td>
<td>200</td>
</tr>
<tr>
<td>Spareribs</td>
<td>330</td>
</tr>
</tbody>
</table>

## MISCELLANEOUS

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, 1 pat.</td>
<td>110</td>
</tr>
<tr>
<td>Jelly, 1 tablespoon</td>
<td>445</td>
</tr>
<tr>
<td>Jam, 1 tablespoon</td>
<td>60</td>
</tr>
<tr>
<td>Macaroni and cheese</td>
<td>160</td>
</tr>
<tr>
<td>Omelet, 1 egg</td>
<td>130</td>
</tr>
<tr>
<td>Spaghetti and meat sauce</td>
<td>290</td>
</tr>
<tr>
<td>Spanish rice</td>
<td>155</td>
</tr>
<tr>
<td>Sugar, 1 teaspoon</td>
<td>20</td>
</tr>
<tr>
<td>Whipped cream, 1 level tablespoon</td>
<td>35</td>
</tr>
</tbody>
</table>

## VEGETABLES

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>15</td>
</tr>
<tr>
<td>Beans, green</td>
<td>35</td>
</tr>
<tr>
<td>Beans, Limas</td>
<td>130</td>
</tr>
<tr>
<td>Beets</td>
<td>45</td>
</tr>
<tr>
<td>Carrots</td>
<td>45</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>30</td>
</tr>
<tr>
<td>Corn</td>
<td>100</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>65</td>
</tr>
<tr>
<td>Peas, green</td>
<td>100</td>
</tr>
<tr>
<td>Potato, sweet, 1</td>
<td>200</td>
</tr>
<tr>
<td>Potato, baked, 1</td>
<td>100</td>
</tr>
<tr>
<td>Potatoes, creamed</td>
<td>100</td>
</tr>
<tr>
<td>Potatoes, fried</td>
<td>100</td>
</tr>
<tr>
<td>Spinach</td>
<td>20</td>
</tr>
<tr>
<td>Tomato, 1</td>
<td>25</td>
</tr>
<tr>
<td>Turnips</td>
<td>35</td>
</tr>
</tbody>
</table>

---

**THIS COOK BOOK MAKES A PERFECT GIFT FOR ALL OCCASIONS.**

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LUMBER COMPANY
ALVIN MAGSTADT, OWNER
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YOUR DOLLAR GOES FARTHER
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MIKUSKA'S STORE
DIAL 3301
TRIPP, S. DAK.

TRIPP, S. D.
# INDEX OF RECIPES

**HORS D'OEUVRÉS, PICKLES, RELISHES:**

<table>
<thead>
<tr>
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-A- Tripp, So. Dak.
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**PATRONIZE**

**MERCHANTS**

**ADVERTISED**

**IN THIS BOOK**

-D-  Tripp, So. Dak.
Fudge

4 cups sugar
1 large can Carnation milk
Boil until it form a soft ball

add small
2 pkgs. chocolate chips
1 4 1/2 oz. Herhey bar-almond
Pint 1 jar marshmallow creme
1 cup nuts
Write extra recipes here

Top honor in the S. E. Farm Bureau's Baking Contest

1 3/4 cups pumpkin
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp nutmeg
1/4 tsp cloves
1/2 tsp salt
2 eggs beaten
1 cup milk scalded
1/2 cup cream
3/4 cup brown sugar
1 tbsp white sugar

Mix all the ingredients together.

Add cream & scalded milk. Pour into pie shell. Bake 425° for 15 minutes. Reduce oven temperature to 350° & bake 30 min. more or until knife inserted in center comes out clean.

Snowflakes from Stockman

4 egg whites beat until stiff
Beat egg yolks + 2 more whole egg
then mix together. Then add the following
3 tablespoons sugar + lard as much as a walnut all flour until dough is stiff + light as you can roll out the dough real thin
then fry in lard.
Over Night Buns or Rolls

Boil 5 min.

(4 cups water
2 cups sugar
add 1 cup lard, cool to lukewarm)

Stir in
1 tbl salt
1 cake yeast
4 well beaten eggs

Beat in 1 1/2 cups flour, mix about 9 P.M.
Let rise till 5 A.M. Knead down let rise till 9:00 or 10 P.M.

Make into buns or rolls. Let set in pan over night. Bake in morning. Make 68 rolls.