T'S COOKIN AT MEMORIAL?

Just turn the pages and our Ladies Auxiliary will give you a pleasant surprise. By the way, we also provide a wide range of health care services to Water­town and surrounding communities. In addition to routine services found in most community hospitals, we have the following services available for your health care needs:

1. A Regional Kidney Dialysis Unit (supervised by the Mayo Clinic)
2. A 51 bed Skilled Nursing Home attached to our hospital.
3. A Nuclear Medicine Department.
4. A Social Service Department.
5. A Patient Education Department.
6. A fully accredited Cancer Program.
8. A Tuberculosis Control Center.
9. A Mental Health Center (owned and operated by the Human Services Agency).
10. An Alcohol and Drug Referral Center (owned and operated by the Human Services Agency).

We wish you good health always, but if you do become ill or injured, see your doctor immediately. If you don’t have a doctor, and you need help after the Medical Clinics are closed, come to Memorial and we will put you in contact with one of the many fine physicians on our medical staff.

Our Phone Number Is 886-8431

Memorial Medical Center

Fully Accredited for Over 56 Years, a Record of Excellence.
MESSAGE from the ORGANIZATION

We, the organization, wish to recognize the role of those "advertisers" in today's society who provide the ongoing boost by constantly supporting projects like this.

We sincerely appreciate and thank all the merchants, business people, and others, whose fine spirit of co-operation made it possible for us to publish and market this book.

We truly hope that you will enjoy its use. Should you require extra copies of this publication for your friends, relatives or neighbors, you may purchase them from us.

The Organization

Published by
GATEWAY PUBLISHING CO. LTD.
811 Pandora Ave. W., Box 220 Transcona P.O.
Winnipeg, Manitoba R2C 2Z9

LITHO IN CANADA

Canada
Take time for 10 things

1 Take time to Work—
it is the price of success.

2 Take time to Think—
it is the source of power.

3 Take time to Play—
it is the secret of youth.

4 Take time to Read—
it is the foundation of knowledge.

5 Take time to Worship—
it is the highway of reverence and washes the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends—
it is the source of happiness.

7 Take time to Love—
it is the one sacrament of life.

8 Take time to Dream—
it hitches the soul to the stars.

9 Take time to Laugh—
it is the singing that helps with life's loads.

10 Take time to Plan—
it is the secret of being able to have time to take time for the first nine things.
**SOME COMMON METRIC UNITS AND SYMBOLS**

**used with the**

**INTERNATIONAL SYSTEM OF UNITS**

**SI**

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>METRIC UNITS</th>
<th>CUSTOMARY UNITS</th>
<th>SYMBOL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>length</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>millimetre (one thousandth of a metre)</td>
<td>inches by</td>
<td>25</td>
<td>mm</td>
</tr>
<tr>
<td>centimetre (one hundredth of a metre)</td>
<td>feet by</td>
<td>30</td>
<td>cm</td>
</tr>
<tr>
<td>metre</td>
<td>yards by</td>
<td>0.9</td>
<td>m</td>
</tr>
<tr>
<td>kilometre (one thousand metres)</td>
<td>miles by</td>
<td>1.6</td>
<td>km</td>
</tr>
<tr>
<td><strong>weight</strong> (mass)</td>
<td>gram (one thousandth of a kilogram)</td>
<td>ounces by</td>
<td>28</td>
</tr>
<tr>
<td>kilogram</td>
<td>pounds by</td>
<td>0.45</td>
<td>kg</td>
</tr>
<tr>
<td>tonne (one thousand kilograms)</td>
<td>short tons by</td>
<td>0.9</td>
<td>t</td>
</tr>
<tr>
<td><strong>time</strong></td>
<td>second</td>
<td>minute</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>hour</td>
<td>h</td>
</tr>
<tr>
<td><strong>electric current</strong></td>
<td>ampere</td>
<td></td>
<td>A</td>
</tr>
<tr>
<td><strong>temperature</strong></td>
<td>degree Celsius (formerly Centigrade)</td>
<td>°F - 32) by</td>
<td>5/9</td>
</tr>
<tr>
<td><strong>luminous intensity</strong></td>
<td>candela</td>
<td></td>
<td>cd</td>
</tr>
<tr>
<td><strong>area</strong></td>
<td>square centimetre</td>
<td>square inches by</td>
<td>6.5</td>
</tr>
<tr>
<td></td>
<td>square metre</td>
<td>square feet by</td>
<td>0.09</td>
</tr>
<tr>
<td></td>
<td>hectare (ten thousand square metres)</td>
<td>acres by</td>
<td>0.40</td>
</tr>
<tr>
<td><strong>volume</strong></td>
<td>cubic centimetre</td>
<td>cubic inches by</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>cubic decimetre</td>
<td>cubic feet by</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>cubic metre</td>
<td>cubic yards by</td>
<td>0.8</td>
</tr>
<tr>
<td><strong>capacity (fluid)</strong></td>
<td>millilitre (one thousandth of a litre)</td>
<td>ounces by</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>centilitre (one hundredth of a litre)</td>
<td>ounces by</td>
<td>2.8</td>
</tr>
<tr>
<td></td>
<td>decilitre (one tenth of a litre)</td>
<td>pints by</td>
<td>5.7</td>
</tr>
<tr>
<td></td>
<td>litre (one cubic decimetre)</td>
<td>gallons by</td>
<td>4.5</td>
</tr>
<tr>
<td></td>
<td>hectolitre (one hundred litres)</td>
<td>bushels by</td>
<td>0.36</td>
</tr>
<tr>
<td><strong>force</strong></td>
<td>newton</td>
<td>pounds force by</td>
<td>4.5</td>
</tr>
<tr>
<td><strong>pressure</strong></td>
<td>pascal (newton per square metre)</td>
<td>torrs by</td>
<td>133</td>
</tr>
<tr>
<td></td>
<td>kilopascal</td>
<td>pounds per sq in by</td>
<td>6.9</td>
</tr>
<tr>
<td><strong>power</strong></td>
<td>watt</td>
<td>horsepower by</td>
<td>746</td>
</tr>
<tr>
<td></td>
<td>kilowatt (one thousand watts)</td>
<td>horsepower by</td>
<td>0.75</td>
</tr>
<tr>
<td><strong>energy</strong></td>
<td>kilowatt hour</td>
<td>thousands of BTU by</td>
<td>0.30</td>
</tr>
<tr>
<td></td>
<td>joule</td>
<td>foot pounds force by</td>
<td>1.4</td>
</tr>
<tr>
<td><strong>electric potential difference</strong></td>
<td>volt</td>
<td></td>
<td>V</td>
</tr>
<tr>
<td><strong>electric resistance</strong></td>
<td>ohm</td>
<td></td>
<td>Ω</td>
</tr>
<tr>
<td><strong>frequency</strong></td>
<td>hertz</td>
<td></td>
<td>Hz</td>
</tr>
<tr>
<td><strong>speed</strong></td>
<td>metre per second</td>
<td>feet per second by</td>
<td>0.30</td>
</tr>
<tr>
<td></td>
<td>kilometre per hour</td>
<td>miles per hour by</td>
<td>1.6</td>
</tr>
</tbody>
</table>

**NOTES:**

*Strictly the gram, kilogram and tonne are units of mass. For most people the distinction between weight and mass is unimportant.*

It should be noted that most of the conversion factors shown in this summary are rough approximations only, and intended to give people unfamiliar with the metric system a feel for the relationships. The exact conversions in any case differ by less than 5%.

**PROPOSED NEW MEASURES FOR THE KITCHEN**

1. **Liquid Measures:**
   - 250 ml graduated in 25 ml
   - 500 ml graduated in 50 ml
   - 1000 ml or 1 litre graduated in 50 ml

2. **Dry Measuring Set to Include Three Units:**
   - 250 ml
   - 125 ml
   - 50 ml

3. **Small Liquid & Dry Measuring Set to Include Five Measures:**
   - 1 ml — 2 ml — 5 ml (1 teaspoon) — 15 ml (1 tablespoon) — 25 ml

To correspond with these proposals a New 250 ml "cup" will likely be available, which in capacity is only (approx.) 1 tablespoon more than the conventional measuring "cup" in use now, because most measuring "cups" used in Canada were manufactured in the U.S. and have a capacity of 237 ml.

---

---
# Simple Conversion Table of Volume

<table>
<thead>
<tr>
<th>Gallons</th>
<th>Litres</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4.5</td>
</tr>
<tr>
<td>2</td>
<td>9.0</td>
</tr>
<tr>
<td>3</td>
<td>13.5</td>
</tr>
<tr>
<td>4</td>
<td>18.0</td>
</tr>
<tr>
<td>5</td>
<td>22.5</td>
</tr>
<tr>
<td>6</td>
<td>27.0</td>
</tr>
<tr>
<td>7</td>
<td>31.5</td>
</tr>
<tr>
<td>8</td>
<td>36.0</td>
</tr>
<tr>
<td>9</td>
<td>40.5</td>
</tr>
</tbody>
</table>

# Simple Conversion Table of Weight

<table>
<thead>
<tr>
<th>Weight</th>
<th>Grams</th>
<th>Pounds</th>
<th>Kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces (av)</td>
<td>equals</td>
<td>equals</td>
<td>equals</td>
</tr>
<tr>
<td>1</td>
<td>28.3</td>
<td>1</td>
<td>0.45</td>
</tr>
<tr>
<td>2</td>
<td>56.6</td>
<td>2</td>
<td>0.90</td>
</tr>
<tr>
<td>3</td>
<td>84.9</td>
<td>3</td>
<td>1.35</td>
</tr>
<tr>
<td>4</td>
<td>113.2</td>
<td>4</td>
<td>1.80</td>
</tr>
<tr>
<td>5</td>
<td>141.5</td>
<td>5</td>
<td>2.25</td>
</tr>
<tr>
<td>6</td>
<td>169.8</td>
<td>6</td>
<td>2.70</td>
</tr>
<tr>
<td>7</td>
<td>198.1</td>
<td>7</td>
<td>3.15</td>
</tr>
<tr>
<td>8</td>
<td>226.4</td>
<td>8</td>
<td>3.60</td>
</tr>
<tr>
<td>9</td>
<td>254.7</td>
<td>9</td>
<td>4.05</td>
</tr>
<tr>
<td>10</td>
<td>283.0</td>
<td>10</td>
<td>4.50</td>
</tr>
<tr>
<td>11</td>
<td>311.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>339.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>367.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>396.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>424.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>452.8 (Approx. 0.45 kg)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Simple Conversion Table of Area

<table>
<thead>
<tr>
<th>Units</th>
<th>Customary</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Square Feet</td>
<td>Square Metres</td>
<td>Square Feet</td>
</tr>
<tr>
<td>1</td>
<td>equals</td>
<td>equals</td>
</tr>
<tr>
<td>2</td>
<td>6.45</td>
<td>0.09</td>
</tr>
<tr>
<td>3</td>
<td>12.90</td>
<td>0.18</td>
</tr>
<tr>
<td>4</td>
<td>19.35</td>
<td>0.27</td>
</tr>
<tr>
<td>5</td>
<td>25.80</td>
<td>0.36</td>
</tr>
<tr>
<td>6</td>
<td>32.25</td>
<td>0.45</td>
</tr>
<tr>
<td>7</td>
<td>38.70</td>
<td>0.54</td>
</tr>
<tr>
<td>8</td>
<td>45.15</td>
<td>0.63</td>
</tr>
<tr>
<td>9</td>
<td>51.60</td>
<td>0.72</td>
</tr>
<tr>
<td>10</td>
<td>58.05</td>
<td>0.81</td>
</tr>
<tr>
<td>11</td>
<td>64.50</td>
<td>0.90</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# Simple Conversion Table of Volume

<table>
<thead>
<tr>
<th>Ounces (fl.)</th>
<th>Millilitres</th>
<th>Pints</th>
<th>Litres</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 equals</td>
<td>28.4</td>
<td>1</td>
<td>0.57</td>
</tr>
<tr>
<td>2</td>
<td>56.8</td>
<td>2</td>
<td>1.14</td>
</tr>
<tr>
<td>3</td>
<td>85.2</td>
<td>3</td>
<td>1.71</td>
</tr>
<tr>
<td>4</td>
<td>113.6</td>
<td>4</td>
<td>2.28</td>
</tr>
<tr>
<td>5</td>
<td>142.0</td>
<td>5</td>
<td>2.85</td>
</tr>
<tr>
<td>6</td>
<td>170.4</td>
<td>6</td>
<td>3.42</td>
</tr>
<tr>
<td>7</td>
<td>198.8</td>
<td>7</td>
<td>3.99</td>
</tr>
<tr>
<td>8</td>
<td>227.2</td>
<td>8</td>
<td>4.56</td>
</tr>
<tr>
<td>9</td>
<td>255.6</td>
<td>9</td>
<td>5.13</td>
</tr>
</tbody>
</table>

# Customary Measures of Length and Approximate Metric Equivalents

<table>
<thead>
<tr>
<th>Distance</th>
<th>Customary</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 miles</td>
<td>= 16.0 kilometres</td>
<td></td>
</tr>
<tr>
<td>9 miles</td>
<td>= 14.4 kilometres</td>
<td></td>
</tr>
<tr>
<td>8 miles</td>
<td>= 12.8 kilometres</td>
<td></td>
</tr>
<tr>
<td>7 miles</td>
<td>= 11.2 kilometres</td>
<td></td>
</tr>
<tr>
<td>6 miles</td>
<td>= 9.6 kilometres</td>
<td></td>
</tr>
<tr>
<td>5 miles</td>
<td>= 8.0 kilometres</td>
<td></td>
</tr>
<tr>
<td>4 miles</td>
<td>= 6.4 kilometres</td>
<td></td>
</tr>
<tr>
<td>3 miles</td>
<td>= 4.8 kilometres</td>
<td></td>
</tr>
<tr>
<td>2 miles</td>
<td>= 3.2 kilometres</td>
<td></td>
</tr>
<tr>
<td>1 mile</td>
<td>= 1.6 kilometres</td>
<td></td>
</tr>
</tbody>
</table>

1760 yards = 5280 feet
10 feet = 3.0 metres
3 yards = 9 feet = 2.7 metres
8 feet = 2.4 metres
7 feet = 2.1 metres
2 yards = 6 feet = 1.8 metres
5 feet = 1.5 metres
4 feet = 1.2 metres
1 yard = 3 feet = 0.9 metre
2 feet = 0.6 metre
1 foot = 12 inches = 0.3 metre
11 inches = 27.94 centimetres
10 inches = 25.40 centimetres
9 inches = 22.86 centimetres
8 inches = 20.32 centimetres
7 inches = 17.78 centimetres
6 inches = 15.24 centimetres
5 inches = 12.70 centimetres
4 inches = 10.16 centimetres
3 inches = 7.62 centimetres
2 inches = 5.08 centimetres
1 inch = 2.54 centimetres
3/4 inch = 19.05 millimetres
1/2 inch = 12.70 millimetres
1/4 inch = 6.35 millimetres

# Customary Units METRIC UNITS

<table>
<thead>
<tr>
<th>Items</th>
<th>Customary Units</th>
<th>Metric Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Clothing</td>
<td>inches sizes by numbers</td>
<td></td>
</tr>
<tr>
<td>2. Cooking Utensils</td>
<td>spoons litres millilitres</td>
<td></td>
</tr>
<tr>
<td>3. Wall Paper</td>
<td>yards metres</td>
<td></td>
</tr>
<tr>
<td>4. Paints</td>
<td>quarts litres pints litres gallons litres</td>
<td></td>
</tr>
<tr>
<td>5. Carpets &amp; Tiles</td>
<td>yards metres</td>
<td></td>
</tr>
<tr>
<td>6. Yard Goods for drapes</td>
<td>inches centimetres</td>
<td></td>
</tr>
<tr>
<td>7. Sports such as track &amp; field, horse racing, football &amp; baseball</td>
<td>yards metres</td>
<td></td>
</tr>
<tr>
<td>8. Shoes</td>
<td>Sizes based on international agreement</td>
<td></td>
</tr>
<tr>
<td>9. Groceries such as:</td>
<td>pounds kilograms</td>
<td></td>
</tr>
<tr>
<td>Meats</td>
<td>Cans ounces (Fluid) grams</td>
<td></td>
</tr>
<tr>
<td>Bottles</td>
<td>Bottles ounces (Fluid) millilitres</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>quarts litres</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>pounds kilograms</td>
<td></td>
</tr>
<tr>
<td>10. Baked Goods</td>
<td>Cans ounces (wt.) grams</td>
<td></td>
</tr>
<tr>
<td>Fruits &amp; Vegetables</td>
<td>pounds grams</td>
<td></td>
</tr>
<tr>
<td>11. Hardware and Lumber</td>
<td>inches millimetres</td>
<td></td>
</tr>
<tr>
<td>12. Paper for wiring</td>
<td>Sizes under review and wrapping</td>
<td></td>
</tr>
</tbody>
</table>

# Temperature

<table>
<thead>
<tr>
<th>Degrees Fahrenheit</th>
<th>Degrees Celsius</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>equals -17.8</td>
</tr>
<tr>
<td>10</td>
<td>-12.2</td>
</tr>
<tr>
<td>20</td>
<td>-6.7</td>
</tr>
<tr>
<td>30</td>
<td>-1.1</td>
</tr>
<tr>
<td>40</td>
<td>0 (Water Freezes)</td>
</tr>
<tr>
<td>50</td>
<td>4.4</td>
</tr>
<tr>
<td>60</td>
<td>10.0</td>
</tr>
<tr>
<td>70</td>
<td>15.6</td>
</tr>
<tr>
<td>80</td>
<td>21.1 (Room Temperature)</td>
</tr>
<tr>
<td>90</td>
<td>26.7</td>
</tr>
<tr>
<td>100</td>
<td>32.2</td>
</tr>
<tr>
<td>200</td>
<td>37.8</td>
</tr>
<tr>
<td>212</td>
<td>93.3</td>
</tr>
<tr>
<td>400</td>
<td>204.4 (Hot Oven)</td>
</tr>
</tbody>
</table>

# Simple Conversion Table of Volume

<table>
<thead>
<tr>
<th>Gallons</th>
<th>Litres</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 equals</td>
<td>4.5</td>
</tr>
<tr>
<td>2 equals</td>
<td>9.0</td>
</tr>
<tr>
<td>3 equals</td>
<td>13.5</td>
</tr>
<tr>
<td>4 equals</td>
<td>18.0</td>
</tr>
<tr>
<td>5 equals</td>
<td>22.5</td>
</tr>
<tr>
<td>6 equals</td>
<td>27.0</td>
</tr>
<tr>
<td>7 equals</td>
<td>31.5</td>
</tr>
<tr>
<td>8 equals</td>
<td>36.0</td>
</tr>
<tr>
<td>9 equals</td>
<td>40.5</td>
</tr>
</tbody>
</table>
Memorial Medical Center Auxiliary's purpose is to promote and advance the welfare of Memorial Medical Center by means of good public relations, by service to the Hospital and to the patients, and by fund-raising in a manner satisfactory to the hospital's administration.

In recent years our Auxiliary has raised funds through many projects for the benefit of the hospital. This cook book is one such project.

We sincerely appreciate and thank all the business people and others who made it possible for us to publish this book. We truly hope you will enjoy the recipes it contains and will continue to support those who have contributed to its publication.

Memorial Medical Center Auxiliary
Watertown, South Dakota.
Hors d'oeuvres, Pickles & Relishes
BEATITUDES FOR THE HOUSEWIVES

Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.

Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.

Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.

Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.
HORS D'OEUVRES, PICKLES

& RELISHES

CRUNCHY CHEESE BALL

1-8 oz. pkg. softened cream cheese
¼ c. real mayonnaise
2 c. ground cooked ham
1 tbsp. chopped parsley
1 tsp. minced onion
¼ tsp. mustard
¼ tsp. hot pepper sauce
½ c. chopped peanuts or pistachio nuts

Beat cheese and mayonnaise until smooth. Stir in remaining ingredients. Cover. Chill several hrs. Form into ball and roll in nuts. Serve with crackers.

Bertha Limberg

JALAPENO VEGETABLE DIP

2 lb. cheddar cheese
1-32 oz. jar salad dressing
1-10 oz. can jalapeno peppers - seeded and chopped
3 to 6 garlic cloves, crushed


Virginia Noteboom

GUACAMOLE DIP

1 avocado
¼ tsp. chili powder
1 tsp. lemon juice
2 tsp. minced onion

Garlic if desired
¼ c. mayonnaise

(continued)

1 - Watertown, S. D.
Mash avocado with ¼ tsp. salt, chili powder and lemon juice. Stir in onion. If desired, diced tomato or crisp crumbled bacon may be added. Mix well and cover with mayonnaise to prevent darkening. Just before serving, stir well. Yield - 1 c.

Jo Schull

HOT PECAN DIP

½ c. chopped pecans
2 tbsp. butter
8 oz. pkg. cream cheese at room temp.
2 tbsp. milk
1 - 2½ oz. jar dried beef, cut up
2 tbsp. onion flakes
½ tsp. garlic powder
½ tsp. pepper
½ c. sour cream

Saute ½ c. pecans in the 2 tbsp. butter and set aside. Mix the cream cheese with the milk. Add the remaining ingredients and mix well. Put into two small casserole dishes. Sprinkle the nuts on top and bake in a 300 degree oven for 20 min. or until bubbly. Serve hot on crackers.

Lenore Moquist

SHRIMP DIP

1-8 oz. pkg. cream cheese
2 c. sour cream
2 pkg. Italian dressing mix
4 tbsp. lemon juice
2 cans shrimp

Mix cheese and sour cream. Add dry dressing mix, juice and shrimp. This makes a large amount.

Freda Jensen

HOT CRAB MEAT APPETIZERS

1-8 oz. pkg. cream cheese
1-6 oz. pkg. frozen crab meat - thawed and drained
2 tbsp. chopped onion

(continued)

2 - Watertown, S. D.
1 tbsp. milk
½ tsp. cream style prepared horseradish
¼ tsp. salt
Dash of pepper
1/3 c. sliced toasted almonds

Preheat oven to 375 degrees. Blend all ingredients together in oven-proof bowl. Bake 20 min. Serve on crackers.
Yield - 2 c.

Jo Schull

MUSHROOM PASTRIES & FILLING

3-3 oz. pkg. cream cheese
½ c. margarine or butter
1½ c. sifted flour

½ onion, chopped
2 tbsp. butter
½ lb. fresh mushrooms, chopped
1½ tbsp. flour
1/8 tsp. thyme
Salt and pepper to taste
½ c. sour cream

Blend soft cheese and butter. Cut in flour. When mixed well, form ball. Roll thin and cut in 3" rounds. (you may refrigerate if needed).

To prepare filling, sauté onion in 2 tbsp. butter. Add chopped mushrooms that have been cooked about 5 min. Sprinkle with flour, thyme, salt and pepper. Turn off heat and add ½ c. sour cream.

Place ½ tsp. filling in centre of rounds. Bring up sides and close. Place on cookie sheets. Puncture twice with a fork. Bake at 400 degrees 12-15 min. or until light brown.

Chloe Larson

3 - Watertown, S. D.
SHRIMP ROUNDS & FILLING

1 c. Oleo 1 c. sour cream
1 1/2 c. flour 1/2 c. shredded cheddar cheese
8 oz. Philadelphia cream cheese, softened
1/4 c. milk
1 tsp. lemon juice
1 tsp. Worcestershire sauce
1/4 tsp. dried dill weed
Dash of garlic powder
1 - 4 1/2 oz. can small shrimp - drained

Cut Oleo into flour until crumbly. Stir in sour cream and shredded cheddar cheese. Divide dough in half and chill 4 hrs. or overnight. Take 1/2 of the dough, roll out on a floured surface to 1/16" thickness. With 2" cookie cutter cut 48 rounds. Cut 1" circle out of the centre of 32 dough rounds. Place remaining 16 rounds on an ungreased baking sheet. Brush each with milk and top each with 2 dough rounds, making 3 layers. Brush each layer with milk.

Bake at 350 degrees for 22 to 25 min. Remove and cool. Fill with the above shrimp filling.

Vernall Adams

KOSHER DILL PICKLES

Dill size cucumbers Green pepper rings
3 or 4 cloves garlic Dill
Celery

Brine - 2 qts. water
1 qt. dark cider vinegar
1 c. salt (Kosher-Star of David preferred)

Select and wash dill size cucumbers. Put 3 or 4 cloves of garlic, some celery, green pepper rings and dill in the bottom of jar. Pack cucumbers in jars, place more dill, garlic, celery and green pepper on top. Make brine of ingredients boiled together for 5 min.

(continued)

4 - Watertown, S. D.
Pour over cucumbers. Seal. Chill well before using.

Ollie Pence

REFRIGERATOR PICKLES

4 c. sugar
4 c. vinegar
½ c. pickling salt
1-1/3 tsp. turmeric
1-1/3 tsp. mustard seed
1-1/3 tsp. celery seed
8-10 large cucumbers
4-5 large onions

Mix ingredients until the sugar and salt are dissolved. Do not heat. Pour a portion in bottom of gallon refrigerator jar. Slice cucumbers, unpeeled, alternately with layers of onion in jar. Add syrup and pickles with layers of onions, packing as you go until the jar is full. (The above recipe is sufficient for 1 gallon of pickles.) Keep in fridge.

Gloria Corbett

TELL OUR ADVERTISERS
YOU HAVE READ THEIR ADVERTISEMENT IN THIS BOOK

5 - Watertown, S. D.
Salads, Soups & Vegetables
SAUCES

<table>
<thead>
<tr>
<th>WHITE SAUCE</th>
<th>LIQUID</th>
<th>THICKENING</th>
<th>FAT</th>
<th>SEASONING (Salt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 1 thin</td>
<td>1 c. milk</td>
<td>1 Tbsp. flour</td>
<td>1 Tbsp.</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>No. 2 medium</td>
<td>1 c. milk</td>
<td>2 Tbsp. flour</td>
<td>1½ Tbsp.</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>No. 3</td>
<td>1 c. milk</td>
<td>3 Tbsp. flour</td>
<td>2 Tbsp.</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>No. 4 thick</td>
<td>1 c. milk</td>
<td>4 Tbsp. flour</td>
<td>2½ Tbsp.</td>
<td>1 tsp.</td>
</tr>
</tbody>
</table>

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>(Minutes)</th>
<th>BOILED</th>
<th>STEAMED</th>
<th>BAKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus Tips</td>
<td>.</td>
<td>10 - 15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus, tied in bundles</td>
<td>.</td>
<td>20 - 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes, French</td>
<td>.</td>
<td>40</td>
<td>45 - 60</td>
<td></td>
</tr>
<tr>
<td>Bean, Lima, depending on age</td>
<td>.</td>
<td>20 - 40</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Bean, String</td>
<td>.</td>
<td>15 - 35</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Beets, young with skins on old</td>
<td>.</td>
<td>30</td>
<td>60</td>
<td>70 - 90</td>
</tr>
<tr>
<td>Broccoli, flowerets</td>
<td>.</td>
<td>5 - 10</td>
<td>1-2 hrs.</td>
<td>1-2 hrs.</td>
</tr>
<tr>
<td>stems</td>
<td>.</td>
<td>20 - 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>.</td>
<td>20 - 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage, chopped, cut sectional</td>
<td>.</td>
<td>10 - 20</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Cauliflower, stem down, whole</td>
<td>.</td>
<td>20 - 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>flowerets</td>
<td>.</td>
<td>8 - 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots, cut across</td>
<td>.</td>
<td>20 - 30</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Chard</td>
<td>.</td>
<td>60 - 90</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Celery, cut in lengths ½ inch</td>
<td>.</td>
<td>20 - 30</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Corn, green, tender</td>
<td>.</td>
<td>5 - 10</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>.</td>
<td>8 - 10</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Eggplant, whole</td>
<td>.</td>
<td>30</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Marrow</td>
<td>.</td>
<td>15 - 40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>.</td>
<td>25 - 40</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>Parsnips</td>
<td>.</td>
<td>25 - 40</td>
<td>60</td>
<td>60 - 75</td>
</tr>
<tr>
<td>Peas, green</td>
<td>.</td>
<td>5 - 15</td>
<td>5 - 15</td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>.</td>
<td>20 - 30</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Potatoes, depending on size</td>
<td>.</td>
<td>20 - 40</td>
<td>60</td>
<td>45 - 60</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>.</td>
<td>40</td>
<td>40</td>
<td>45 - 60</td>
</tr>
<tr>
<td>Scalloped potatoes</td>
<td>.</td>
<td></td>
<td></td>
<td>60 - 90</td>
</tr>
<tr>
<td>Pumpkin, in cubes</td>
<td>.</td>
<td>30</td>
<td>45</td>
<td>60</td>
</tr>
<tr>
<td>Salsify</td>
<td>.</td>
<td>25</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>.</td>
<td>8 - 10</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Squash in cubes</td>
<td>.</td>
<td>20 - 40</td>
<td>50</td>
<td>60</td>
</tr>
<tr>
<td>Tomatoes, depending on size</td>
<td>.</td>
<td>5 - 15</td>
<td>50</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Turnips, depending on size</td>
<td>.</td>
<td>25 - 40</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GLAZED FRUIT SALAD

Large can fruit cocktail, drained
1 can chunk pineapple, drain and save juice
2 bananas, sliced
2 apples, pared and diced
2 oranges, peeled and diced
Miniature marshmallows
½ c. lemon juice
½ c. pineapple juice
½ c. sugar
3 eggs, well beaten

To make glaze - combine - ½ c. lemon juice, ½ c. pineapple juice, ½ c. sugar and 3 eggs - well beaten and cook over low heat until the consistency of a custard glaze. Cool glaze and pour over fruits - mix well. This will keep 2-3 days. Other fresh or canned fruits may be added or substituted.

Virginia Noteboom
Nancy Meidinger

CHEESE PINEAPPLE SALAD

1-3 oz. pkg. lemon Jello
1 c. crushed pineapple
½ c. sugar
½ c. cold water
½ lb. grated Velveeta cheese
1 c. whipping cream
½ c. chopped nuts

Heat pineapple and sugar to boiling. Add Jello. Add cold water.

Chill. When partially set, add whipped cream, cheese and nuts.

Violet Hurkes

7 - Watertown, S. D.
**FROZEN CRANBERRY CREME SALAD**

1-3 oz. pkg. cream cheese  
1 c. heavy cream  
¼ c. sugar  
1 tsp. lemon extract  
1 tsp. grated lemon rind  
1 - 1 lb. can whole cranberry sauce  
½ c. coarse chopped pecans or walnuts

Whip cream cheese until soft and fluffy. Whip cream, sugar and lemon until thick but not dry-stiff.

Add the cream mixture to the soft cream cheese, beating until smooth and fluffy. Now fold in, blending well, the lemon rind, cranberry sauce and nuts.

Pour into 1 qt. mold or a square 8" pan. Freeze.

Velma Johnshoy

**CRANBERRY SALAD**

1 bag cranberries, ground  
1 bag miniature marshmallows  
1 med. size can crushed pineapple, drained  
1 c. sugar  
½ c. chopped nuts  
1 c. cream, whipped

Combine ground cranberries, miniature marshmallows, pineapple and sugar. Mix well and let set overnight in fridge. When ready to serve, fold in nuts and whipped cream. Refrigerate until serving time.

Margaret Gustafson

**CUCUMBER SALAD**

7 cucumbers  
1 tsp. celery seed  
½ c. sugar  
½ c. vinegar  
1 onion, chopped  
1 green pepper, chopped  
2 tsp. salt  
1 can bean sprouts, drained

(continued)
Mix all ingredients together and serve cold. You may use celery instead of sprouts.

Virginia Noteboom

BYERLY'S CREAMY COLE SLAW

1½ c. dairy sour cream
½ c. mayonnaise
¼ c. sugar
1 tsp. celery seed
2 tsp. salt
¼ tsp. pepper
2 tbsp. vinegar
¼ c. minced onion


For variety choose from following possibilities -

1 c. peanuts
1 c. green pepper or
green pepper or
1 c. grated carrots
1 c. grated carrots
1 small can crushed pineapple
1 c. raisins
1 c. raisins
(drained)

Betty Titze

OLIVE WREATH MOLD

1-3 oz. pkg. lime Jello
1 c. boiling water
2/3 c. cold water
2 tbsp. lemon juice
1 c. heavy cream (whipped)
1/3 c. sliced stuffed olives
1-8 oz. can crushed pineapple, drained
½ c. shredded American cheese
Chopped pimento as desired
½ c. finely chopped celery
½ c. chopped walnuts
½ tsp. salt
24 slices stuffed olives

Dissolve Jello in boiling water. Add cold water and lemon juice. Chill until syrupy. Stir in whipped cream, fold in the 1/3 c. sliced olives, pineapple, cheese, pimento, celery, walnuts and salt.

(continued)

9 - Watertown, S. D.
Arrange the 24 olive slices in a circle around the bottom of an oiled 9" ring mold. Pour mixture into mold. Chill until firm.

Nancy Meidinger

PEA SALAD

1 can drained peas
1 small can drained, sliced sweet pickles
2/3 c. cut up cheese
1 c. chopped walnuts.

Mix ingredients together. Add Miracle Whip for dressing. Toss.

Mame Tulson

CARROTS, MARINATED

2 lb. carrots, cut into ½" pieces
1 can tomato soup
½ c. vinegar
½ c. oil
1 tsp. salt
1 c. sugar
1 tbsp. prepared mustard
1 tsp. Worcestershire sauce
Green pepper
1 chopped onion

Cook carrots until firm. Mix the remaining ingredients and bring to a boil and beat until smooth. Pour over cooled carrots. Add chopped green pepper and onion. Chill. This keeps indefinitely. This can also be served hot.

Nancy Meidinger
Mrs. M. C. Thompson

CARROT TUNA SALAD

1 c. grated carrots
1 c. diced celery
1 tsp. grated onion
2 small cans flaked tuna
1 c. salad dressing

1 - #2½ can shoestring potatoes
Juice of 1 lemon or equivalent amount of reconstituted lemon juice

(continued)

10 - Watertown, S. D.
Put lemon juice over the tuna and let set a few min. Mix all the remaining ingredients with the tuna and lemon juice, excluding the potatoes. Chill 1 hr. Just before serving, mix in the potatoes. Serve alone or on a lettuce cup.

Nancy Meidinger

CRAB MEAT MOLD

1 pkg. lemon flavoured gelatin
2 chicken bouillon cubes
1/2 tsp. salt
1 c. hot water
3-4 tbsp. lemon juice or vinegar
Dash of pepper
1 c. sour cream
1 tsp. grated onion
1/4 c. (6 1/2 oz.) can crabmeat
1/2 c. chopped celery
1 tbsp. coarsely chopped parsley

Dissolve gelatin, bouillon cubes, and salt in hot water. Add lemon juice, pepper, sour cream and grated onion. Beat until blended. Chill until slightly thickened. Remove cartilage from crab meat. Fold crab meat in with celery and parsley. Spoon into individual molds or one large mold. Serve with sour cream, salad dressing or mayonnaise.

Freda Jensen

RICH POTATO SOUP

6 large peeled potatoes, diced
1 qt. boiling water
1 tbsp. salt
1 carrot, scraped and grated
1 tsp. margarine
1 small onion, chopped fine
3 c. milk
1 tbsp. parsley flakes
3 tbsp. margarine
Salt and pepper to taste

(continued)
Bring to a boil, reduce heat and cook potatoes until well done. Drain off all but ½ c. of the water. Take potato masher and mash potatoes until they are in tiny chunks but not smooth. Return to burner and add remaining ingredients.

Heat until steaming hot but do not boil. If it is too thick, add more milk. If thinner than you like add ¼ c. dehydrated potato flakes, stirring constantly.

Karen Frankenhoff

BROCCOLI CAULIFLOWER CASSEROLE

2 pkg. frozen broccoli
2 pkg. frozen cauliflower
1 can cream of chicken soup
1 can cream of mushroom soup
8 oz. cheez whiz
Slivered almonds
1 can French fried onions

Cook and drain the broccoli and cauliflower. Add remaining ingredients and top with the French Fried onions. Bake at 350 degrees for 35 min.

Arlene Frantz

RICE BROCCOLI CASSEROLE

1½ c. cooked rice - ½ c. dry
1 pkg. frozen broccoli pieces
½ stick Oleo
½ c. onion
½ c. celery
1 can creamed soup - any kind
½ small jar cheese whiz
Paprika

Cook broccoli, drain and save juice (if needed). Melt Oleo, saute onion and celery. Mix well, add soup, cheese, rice and broccoli to this.

Put in med. casserole dish. Sprinkle with paprika.

(continued)

12 - Watertown, S. D.
Bake at 375 degrees for about 10 min. (until it bubbles). Can be made the night before. Let set before serving. Serves 6-8.

Marie Anderson

HAWAIIAN GOLDEN CARROTS

1 c. pineapple tidbits ½ tsp. salt
3 c. sliced cooked carrots 1 tbsp. butter
2 tbsp. brown sugar
1 tsp. tapioca

Drain pineapple, reserving juice. Mix carrots, and pineapple in buttered baking dish. Combine reserved juice, brown sugar, tapioca, salt and butter. Pour over carrot mixture. Bake, covered, at 350 degrees for 30 min.

Marie Anderson

FESTIVE CELERY CASSEROLE

4 c. celery, cut into ¼" slices
2 tbsp. butter or margarine
1 - 10½ oz. can cream of celery soup
2 tbsp. milk
2 tbsp. chopped pimento
½ c. finely crushed cheese
flavoured round crackers
1 tbsp. melted butter or margarine

In a sauce pan, cook celery and 2 tbsp. butter for 12 to 20 min. or until tender. Stir in soup, milk and pimento. Pour into 1 qt. casserole. Combine the cracker crumbs and 1 tbsp. melted butter. Sprinkle over casserole and bake at 350 degrees for 20 min. or until heated through. Serves 4 to 6.

Betty Bryant

13 - Watertown, S. D.
CORN AND CHEESE SOUFFLE

1 c. hot milk
1 1/2 c. soft bread crumbs
1 1/2 c. shredded cheddar cheese
1-17 oz. can cream style corn
2 tbsp. melted butter or margarine
3/4 tsp. salt
1/4 tsp. pepper
3 eggs, separated

Combine all ingredients except eggs, mixing well. Beat egg yolks until thick and stir into corn mixture. Beat egg whites until stiff but not dry and fold into mixture. Pour into a greased 2 qt. casserole or souffle dish.

Bake at 400 degrees for 45 min. or until a knife inserted in centre comes out clean. Yields - 8 servings.

Virginia Noteboom

POTATO CASSEROLE

1-2 lb. pkg. frozen hash browns
1 can potato soup
1 can cream of celery soup - do not dilute soup
1 carton sour cream
1 small onion, finely chopped
1 c. grated cheese
Buttered crumbs

Mix all ingredients together. Top with buttered crumbs. Bake at 350 degrees for 1 1/2 hrs. Bake in large casserole or glass cake pan. Length of baking time depends on depth of potatoes.

Illa Thompson

CHEESY POTATOES

2 lb. pkg. frozen hash brown potatoes
1-8 oz. pkg. Philadelphia cream cheese
2 cans cream of celery soup

Heat the soup and cheese until the cheese is thoroughly melted.

(continued)
Put the potatoes in a baking dish. Pour the heated mixture over the potatoes, salt and pepper and stir. Cover. Bake at 350 degrees for 1½ - 2 hrs.

Virginia Noteboom

SWEET POTATO BAKE

5 med. size sweet potatoes, cooked - or - 1-29 oz. can sweet potatoes
Salt to taste
1/2 c. firmly packed brown sugar
1 tbsp. cornstarch
1 c. orange juice
1/4 c. seedless raisins
1/4 c. melted margarine or butter
2 tbsp. chopped walnuts

Halve sweet potatoes and arrange in a shallow baking dish, sprinkle lightly with salt.

Combine sugar, cornstarch and gradually add orange juice, blending well. Quickly bring to a boil, stirring constantly. Add raisins, margarine and walnuts, mix well. Pour over potatoes, bake uncovered at 350 degrees for 20 min.

Yield - 6 servings.

Virginia Noteboom

15 - Watertown, S. D.
Meat, Fish & Poultry
### TIME CHART for MEAT, POULTRY and FISH

<table>
<thead>
<tr>
<th>MEAT and POULTRY</th>
<th>TIME per lb.</th>
<th>OVEN Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, rare</td>
<td>18 to 20 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>medium</td>
<td>22 to 25 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>well done</td>
<td>27 to 30 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>Pork, fresh</td>
<td>35 to 45 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>cured, well done</td>
<td>20 to 35 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>Ham, smoked</td>
<td>25 to 30 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>Lamb</td>
<td>30 to 35 mins.</td>
<td>300 - 350</td>
</tr>
<tr>
<td>Veal</td>
<td>25 to 35 mins.</td>
<td>300</td>
</tr>
<tr>
<td>All rolled roasts</td>
<td>add 10 to 15 mins. per lb.</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>22 to 30 mins.</td>
<td>325 - 350</td>
</tr>
<tr>
<td>Duck</td>
<td>20 to 25 mins.</td>
<td>325 - 350</td>
</tr>
<tr>
<td>Goose</td>
<td>25 to 30 mins.</td>
<td>325 - 350</td>
</tr>
<tr>
<td>Turkey, large</td>
<td>20 to 25 mins.</td>
<td>275 - 300</td>
</tr>
<tr>
<td>Small</td>
<td>15 to 25 mins.</td>
<td>300 - 325</td>
</tr>
<tr>
<td>Fish</td>
<td>20 mins.</td>
<td>325 - 350</td>
</tr>
</tbody>
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### AMOUNT OF MEAT TO PURCHASE

<table>
<thead>
<tr>
<th>TYPE OF MEAT</th>
<th>NO. of SERVINGS</th>
<th>CUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb.</td>
<td>4</td>
<td>Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.</td>
</tr>
<tr>
<td>1 lb. (small amount of bone)</td>
<td>3</td>
<td>Round steak, ham slice, pot roast, rib steaks</td>
</tr>
<tr>
<td>1 lb. (large amount of bone)</td>
<td>2</td>
<td>Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.</td>
</tr>
</tbody>
</table>

### TO STEW MEAT

- Beef . 40 to 60 mins. /lb. Veal . 25 mins. /lb.
- Lamb 20 mins. /lb. Chicken . 20 mins. /lb or more.

### TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3” from the heating unit and leave oven door slightly open. Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.
MEAT, FISH & POULTRY

BARBECUED CHICKEN

1 c. chopped onion  3 tbsp. Worcestershire sauce
\( \frac{1}{2} \) c. chopped celery  2 tbsp. vinegar
1 c. water  1 tsp. salt
1 c. ketchup  1\( \frac{1}{2} \) tsp. prepared mustard
\( \frac{1}{3} \) c. lemon juice  Dash of red pepper
2 tbsp. brown sugar  1 - 3 to 4 lb. chicken

Flour and brown a 3 to 4 lb. chicken. Combine the above ingredients and simmer for 30 min. Place chicken in shallow pan and pour sauce over it. Bake uncovered at 350 degrees for about 1 hr. or until done.

Freda Jensen

CHICKEN DIVAN

2 pkg. broccoli  3 chicken breasts, cooked and thinly sliced
\( \frac{1}{4} \) c. butter  \( \frac{1}{4} \) c. shredded Parmesan cheese
\( \frac{1}{4} \) c. flour
2 c. chicken broth
3 tbsp. sherry
\( \frac{1}{2} \) c. heavy cream

Cook broccoli, drain and arrange crosswise in baking dish. Melt butter in pan, blend in flour. Add chicken broth. Cook until mixture thickens. Stir in cream and sherry, \( \frac{1}{2} \) tsp. salt, dash of pepper. Pour half of above sauce over broccoli. Top with chicken slices. To remaining sauce, add \( \frac{1}{4} \) c. shredded Parmesan cheese and pour over chicken.

Bake at 350 degrees until done - about \( \frac{1}{2} \) hr. This may be frozen ahead and baked later.

Bonnie Piro

17 - Watertown, S. D.
CHICKEN POLYNESIA

2 chickens, disjointed
2 tsp. salt
1 tsp. curry powder
2 cans water chestnuts, sliced
2 cans French fried onion rings
¼ c. mayonnaise
2 cans cream of chicken soup
2 cans whole or French cut green beans, drained

Combine chicken and salt in deep sauce pan. Cover with water. Simmer until chicken is tender, drain, reserve stock. Bone chicken - cut into small pieces.

Mix mayonnaise, soup, ½ c. reserved stock and curry powder. Blend well. Place layers of chicken, green beans, water chestnuts and onion rings in well greased casserole. Top with soup mixture. Bake covered at 350 degrees for 45 min. Yield - 12 servings.

Marie Anderson

CHICKEN ’N RICE

Serves 8.

3 cans cream of chicken soup
3 cans mushroom soup
3 cans cream of celery soup
3 soup cans milk
3 c. uncooked rice
*8 chicken breasts.

Mix soup, milk, and rice in large roasting pan. Rinse and drain chicken. Melt Oleo in skillet to coat each chicken breast. Salt and pepper chicken and coat on both sides with melted Oleo. Lay on top of soup mixture. Bake at 350 degrees for 1½ - 2 hrs. covered. Bake uncovered 1/2 hr. longer until chicken is brown. *May use whole cut up chicken also. (recipe may be reduced by thirds).

Nancy Meidinger
Virginia Noteboom

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CHICKEN SOUFFLE BAKE

6 slices white bread, cubed
2 c. diced chicken or turkey
¼ c. minced onion
½ c. mayonnaise
¼ c. green pepper
½ c. diced celery                    ½ c. grated sharp cheese
2 beaten eggs                                         Salt and pepper
1½ c. milk
1 can mushrooms

Put half of the cubed bread in bottom of loaf pan (crusts should be cut off bread). Combine chicken, vegetables and mayonnaise. Spread over bread. Add other half of bread crumbs. Combine milk and eggs. Pour over mixture - do not stir.

Refrigerate overnight before baking. Bake last 10 min. with soup and cheese over top. Bake at 325 degrees for 1 hr. Serves 10.

Barb Drake

SAUCY TURKEY SQUARES

3 eggs
1 can cream of chicken soup
1 can chicken broth
2 c. crushed Ritz crackers
3/4 c. chopped celery
2 tbsp. chopped pimento
4 c. diced cooked turkey    1 1/2 c. cooked rice

SAUCE - 2 cans cream of chicken soup
1 c. milk
½ c. grated Parmesan cheese
2 tsp. parsley flakes
1-8 oz. can sliced mushrooms, drained

Mix sauce and set aside. Grease a 9x13 pan. In large mixing bowl, beat the eggs. Stir in soup and broth, then remaining (continued)

19 - Watertown, S. D.

Jo Schull

BARBECUED SPARERIBS

4 lb. spareribs
Salt and pepper
2 c. ketchup
1 oz. liquid smoke
2 c. water
1 oz. Worcestershire sauce

½ c. brown sugar
1 clove garlic, cut fine
1 scant tbsp. salt
1 med. onion, sliced
¼ c. red wine

Apply liquid smoke to both sides of ribs. Brown in 450 degree oven. Drain off fat. Combine ketchup, water, Worcestershire sauce, brown sugar, garlic, salt, onion and wine. Pour over ribs and bake at 350 degrees for 1 hr to 1½ hrs.

Freda Jensen

BUSHES BEAN HOT DISH

1½ lb. hamburger
1 c. ketchup
1 c. celery
1⁄4 c. ketchup
1⁄4 c. brown sugar
1 c. minute rice

1 c. water
1 large can Bushes Beans
Salt and pepper

Brown hamburger, onion and celery. Add the ketchup, brown sugar, rice, water, salt, pepper and beans (Bushes). Put in casserole and bake at 350 degrees for 1 hr.

Barb Drake

CABBAGE CASSEROLE

2 lb. ground beef
1 lb. wide egg noodles
Big can vegetable beef soup

(continued)
3 small cans tomato sauce
½ head cabbage - cut up small
2 cans mushroom soup Salt & Pepper

Brown meat and pre-cook noodles. Mix in remaining ingredients. Bake at 300 degrees for 2 hrs.

Rita Evans

CABBAGE ROLLS

1 lb. ground beef ¼ tsp. pepper
¼ lb. ground pork ¼ c. brown sugar
3/4 c. uncooked rice ¼ c. vinegar
1 small onion
2-8 oz. cans tomato soup or sauce
1 tsp. salt

Combine meats, rice, onion, salt, pepper and 1 can tomato sauce or soup.

Cover cabbage with boiling water for 4 min. Drain. Place portions of meat mixture on cabbage leaf, roll up, fold ends over, fasten with toothpick. Place seam down in skillet.

Mix remaining can of tomato, brown sugar and vinegar. Pour mixture over rolls. Simmer covered 1 to 1½ hrs. Baste several times with liquid. Raw rolls may be wrapped and frozen until needed.

Bertha Limberg

SKILLET CORNED BEEF 'N CABBAGE

Sauce - 1 c. water
2/3 c. hot dog relish
2 tsp. cornstarch
1½ tsp. salt
1 tsp. regular horseradish

(continued)
Mix together and set aside.

\[\frac{1}{4} \text{ c. salad oil}\
4 \text{ c. frozen hash browns}\
12 \text{ oz. can corned beef}\
2 \text{ c. shredded cabbage}\

Heat \(\frac{1}{4}\) c. salad oil in large sauce pan, add 4 c. frozen hash browns (large pkg.) and sauté over med. heat for about 10 min., turning occasionally. Add 1-12 oz. can corned beef, crumbled. Mix to combine and push this mixture to center of pan. Arrange 2 c. of finely shredded cabbage around the above. Pour above sauce mixture over skillet mixture. Heat to boiling, cover, reduce heat and simmer 15 min. until cabbage is tender.

Vernell Adams

**CORNED BEEF CASSEROLE**

<table>
<thead>
<tr>
<th>1-12 oz. can corned beef</th>
<th>8 oz. pkg. noodles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c. grated American cheese</td>
<td>3/4 c. buttered crumbs or Wheaties</td>
</tr>
<tr>
<td>1 can cream of chicken soup</td>
<td>1 c. milk</td>
</tr>
<tr>
<td>(\frac{1}{2}) c. chopped onion</td>
<td></td>
</tr>
</tbody>
</table>

Combine corned beef, cheese, soup, milk and onion. In 9x12 baking dish alternate layers of drained cooked noodles and combined ingredients. Top with buttered crumbs or Wheaties.

Bake at 370 degrees for 30-40 min. May be made ahead and frozen unbaked.

Dale Harris

**CRABMEAT AND ARTICHOKE CASSEROLE**

| 3 tbsp. butter |
| 3 tbsp. flour |
| 1\(\frac{1}{2}\) c. milk |
| 1 tsp. salt |
| 1/8 tsp. pepper |

(continued)
2 tbsp. cooking sherry
3-6 oz. cans crab meat
1 lb. can or 1 lb. frozen artichoke hearts
3/4 c. buttered bread crumbs

Make a cream sauce. Add seasonings, sherry, crab and artichokes. Pour into a greased casserole and top with crumbs. Bake at 350 degrees for 30-40 min.

Chloe A. Larson

OVERNIGHT CASSEROLE

2 c. uncooked elbow macaroni *
4 hard boiled eggs, cut up
6 oz. dried beef, shredded
1 can cream of chicken soup
1 can mushroom soup
2 c. milk
½ lb. American cheese, shredded
1 med. onion, chopped

Combine above ingredients. Place in casserole. Let stand in fridge overnight. Bake for 90 min. at 350 degrees. Cover for first 45 min. of baking time.

*Do not cook macaroni separately.

Freda Jensen

PIRATES TREASURE CASSEROLE

1-8 oz. pkg. macaroni twists
1/4 c. chopped onion
1/4 c. chopped celery
1/2 c. melted Oleo
1/4 c. flour
1 tsp. salt
1 tsp. lemon juice
1 c. milk

1-8 oz. jar pasteurized process cheese spread
1 - 151/2 oz. can salmon
1-10 oz. pkg. frozen peas, thawed

(continued)

23 - Watertown, S. D.
Cook macaroni, drain. Saute onion and celery in Oleo. Blend in flour, salt and lemon juice. Gradually add milk. Add cheese to this, stirring until melted. Drain and flake salmon, reserving 1/3 c. liquid. Add salmon, macaroni and the reserved liquid and peas to the cheese sauce.

Toss lightly, spoon mixture into lightly greased 2 1/2 qt. casserole. Bake at 350 degrees for 35 min. Serves 6-8.

Arletta Hindman

PIZZA BURGERS

1 1/2 lb. hamburger 3/4 tsp. oregano
1 med. diced onion 1 can Chef Boy-ar-dee spaghetti sauce with mushrooms
1 can Spam (grind or dice finely)
1/2 lb. grated Mozzarella cheese
1/3 tsp. salt
1/3 tsp. sage

Brown hamburger with diced onion, add remaining ingredients. Let mixture marinate 3 hrs. before serving on sliced hamburger buns. Place portion on open face bun.

HINT - Excellent meal and easy to serve a large crowd with molded fruit salad and cookie for dessert.

(Heat at 425 degrees for 10-12 min. on cookie sheet. Serves 8.)

Lucille Hestad

SPAM HOT DISH

1 box macaroni rings, cooked
1 can Spam
1/4 lb. Velveeta cheese
2 small onions
1 small green pepper
1 1/2 c. cracker crumbs

(continued)
1½ c. milk
4 eggs, beaten
¼ lb. margarine
1 can cream of chicken soup
1 can cream of mushroom soup

Cook macaroni rings, drain and pour cold water over it.

Put through food chopper - Spam, cheese, onion and pepper. Add mixture of crumbs, milk and eggs. Put all together in baking dish (9x13 cake pan). Pour ¼ lb. margarine (melted) over top. Bake at 350 degrees for 1 hr.

Heat soups together and serve as topping on squares of hot dish.

Elvira Englund

SUMMER SAUSAGE

2½ lb. ground beef
2 tbsp. liquid smoke
3 tbsp. Morton's Tender Quick Cure Meat Salt
½ tsp. onion powder
½ tsp. garlic powder or juice
½ tsp. mustard seed
½ tsp. pepper
1 c. water


Peg King

SWEET AND SOUR PORK

1½ lb. lean pork, cut in strips
1 can (2½ c.) pineapple chunks
½ c. brown sugar
2 tbsp. cornstarch
¼ c. vinegar
1 tbsp. soy sauce
3/4 c. green pepper strips
¼ c. thinly sliced onion

(continued)

25 - Watertown, S. D.
Brown pork slowly, add \( \frac{1}{4} \) c. water, cover and simmer for 1 hr. Drain pineapple and reserve syrup. Combine brown sugar and cornstarch, add pineapple syrup, vinegar, soy sauce and \( \frac{1}{2} \) tsp. salt. Cook over low heat until thick, stirring constantly. Pour over pork and let stand. At the last min., add green pepper, onion and pineapple. Serve over noodles or rice.

Bonnie Piro

TACO HOT DISH

1-6 oz. pkg. Fritos
1\( \frac{1}{2} \) lb. ground beef
1 c. chili beans
1-8 oz. pkg. Mozzarella cheese - grated
1 med. onion, chopped
2 tomatoes, cut up
\( \frac{1}{4} \) head lettuce, shredded
1 c. enchilada sauce
1-8 oz. can tomato sauce \( \frac{1}{2} \) green pepper, diced

Put Fritos in bottom of 9x13 pan. Heat until crisp. Add ground beef, browned and drained. Heat beans, drain and pour over meat. Sprinkle \( \frac{1}{2} \) cheese over beans. Add lettuce, onion, and green pepper. Heat sauces together and pour over top of all. Add remaining cheese. Serve at once.

Coleen Hedges
Gloria Corbett

TERRY TERIYAKI

1 c. Teriyaki
1 tsp. brown sugar
1 tsp. ginger
1 tsp. garlic salt
\( \frac{1}{2} \) c. Wesson oil
1 oz. wine, salt and pepper
2 lb. round steak

Sprinkle steak with Teriyaki. Mix the rest of the ingredients and pour over meat. Marinate for 2 hrs. Cut meat in \( \frac{1}{4} \)" lengths. Put on bamboo skewers and broil on grill.

Jeanne Hanson
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WIENER HOT DISH

10-12 wieners
1 can cream of mushroom soup
¼ tsp. paprika
1 large can sauerkraut, drained
5 c. diced potatoes, cooked
½ c. mayonnaise
½ c. buttered bread crumbs


Vernell Adams
OVEN TEMPERATURE CHART

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Minutes</th>
</tr>
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<tbody>
<tr>
<td>250 degrees - 325 degrees F.</td>
<td>50 - 60</td>
</tr>
<tr>
<td>325 degrees - 375 degrees F.</td>
<td>20 - 30</td>
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<tr>
<td>375 degrees - 425 degrees F.</td>
<td>12 - 15</td>
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<tr>
<td>425 degrees - 450 degrees F.</td>
<td>20 - 25</td>
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<tr>
<td>450 degrees - 475 degrees F.</td>
<td>30 - 40</td>
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<td>25 - 30</td>
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<td>40 - 50</td>
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<table>
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<td>400 - 450</td>
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<td></td>
<td>350 - 370</td>
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</tbody>
</table>

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter — To 1 cup liquid use 1 cup flour.
Drop Batter — To 1 cup liquid use 2 - 2½ cups flour.
Soft Dough — To 1 cup liquid use 3 - 3½ cups flour.
Stiff Dough — To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits — To 1 cup flour use 1¼ teaspoons Baking Powder
Muffins — To 1 cup flour use 1½ teaspoons Baking Powder
Popovers — To 1 cup flour use 1¼ teaspoons Baking Powder
Waffles — To 1 cup flour use 1¼ teaspoons Baking Powder
Cake with fat — To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.
BREADS, ROLLS & COOKIES

FRESH APPLE BREAD

1 c. sugar 1 tbsp. salt
½ c. melted Oleo 1 tsp. vanilla
2 eggs 2 c. diced apples
1 tbsp. sour milk
2 c. flour
1 tsp. soda

Topping - 2 tbsp. sugar
1 tsp. cinnamon
2 tbsp. melted Oleo

Cream together sugar, Oleo and eggs. Add sour milk. Sift dry ingredients and add to creamed mixture. Add vanilla, apples, nuts if desired. Pour into large bread pan, sprinkle the following on top - 2 tbsp. sugar, 1 tsp. cinnamon, 2 tbsp. melted Oleo. Bake at 350 degrees for 1 hr.

Alice Ristvedt

CRANBERRY-PUMPKIN BREAD

3½ c. flour 4 eggs
2 tsp. baking soda 2/3 c. milk
1 tsp. salt 1½ c. canned pumpkin
1 tbsp. pumpkin pie spice 1 c. fresh cranberries, rinsed and drained
2½ c. sugar ½ c. chopped nuts
½ c. salad oil

Combine all dry ingredients and stir to blend. Stir in remaining ingredients and beat well. Pour into 3 regular loaf pans. Bake at 325 degrees for 45 to 60 min. or until firm to touch. Cool 5 min. and then unmold and cool on racks. Freezees well.

Velma Johnshoy

29 - Watertown, S. D.
OATMEAL BREAD

2 c. water
1½ tsp. salt
1 c. oatmeal
½ c. molasses

1 tbsp. shortening
1 pkg. yeast
½ c. water - warm
6 c. flour

Mix 2 c. water, 1½ tsp. salt, and 1 c. oatmeal. Bring to a boil. Let stand 10 to 15 min. Mix ½ c. water and 1 pkg. yeast and let dissolve. Mix the oatmeal mixture, yeast mixture and remaining ingredients together and let rise, then punch down and let rise again.

Make into 2 loaves, let rise again and bake at 350 degrees for 40 min.

Gloria Corbett

ORANGE DATE BREAD

1 large orange
1 c. sugar
1 tsp. vanilla
2 tbsp. butter
1 beaten egg
1 tsp. soda

1 tsp. salt
¼ tsp. baking powder
2 c. flour
½ c. nut meats, cut up

Squeeze orange, put juice in cup and fill with hot water. Grind orange pulp - put in another cup - fill cup with ground dates. Add the above to the remaining ingredients.

Bake 50 min. at 325 degrees, in a greased and floured loaf pan.

Lenore Moquist

WHOLE WHEAT GRANOLA MUFFINS

1-3/4 c. flour
½ c. whole wheat flour
1 c. Granola with raisins
½ c. packed brown sugar

1 slightly beaten egg
1 c. milk
¼ c. cooking oil

(continued)

30 - Watertown, S. D.
3 tsp. baking powder
¼ tsp. salt

In mixing bowl, thoroughly stir together all purpose flour, whole wheat flour, granola, sugar, baking powder and salt. Combine egg, milk and oil. Add liquid ingredients all at once to dry ingredients, stirring just to moisten. Fill greased muffin tins 2/3 full with batter.

Bake in 400 degree oven for 20-25 min. Makes 12 muffins.

Eunice Rud

DE LUXE ROLLS

1¼ c. scalded milk
1 c. melted margarine
1 c. sugar
1 tsp. salt
2 tbsp. dry yeast
¼ c. lukewarm water

6 or 7 c. sifted all purpose flour
4 well beaten eggs

Combine scalded milk, shortening and salt. Cool to lukewarm. Soften yeast in water with about 1 tsp. sugar to activate it, stir and combine with cooled milk mixture. Add about ¾ of the flour.

To WELL beaten eggs, add the sugar and then add this mixture to the first mixture and beat well. Add enough of remaining flour to make a soft dough and mix thoroughly.

Turn out on a lightly floured bread board, knead about 10 min. or until smooth and satiny. Place dough in a warm greased bowl, brush surface lightly with melted shortening, cover and let rise in a warm place (80 to 85 degrees), about 2 hrs. or double in bulk. Turn out on a bread board and shape into cinnamon rolls, butter horns, or clover leaf rolls. Place on a greased cookie sheet or a 9x13 pan. Cover and let rise ½ to 3/4 hr. or until double in bulk. Brush surface with milk or melted shortening or diluted egg white or diluted egg yolk. Bake in a moderate oven 15-20 min. Frost with powdered sugar icing while hot. Nuts may be added if you wish.

June Clark

31 - Watertown, S. D.
PRUNE ROLLS

1 c. milk, scalded
1 cake yeast
1 tsp. sugar
1 c. shortening
1 c. sugar
3 eggs
2 tsp. salt
6 c. flour
1 can prune filling or 1 lb. prunes, cooked, drained and cut in half

Mix together as for bread - let rise twice. Press out in flat rounds. Put in prune filling and seal dough around this, let rise overnight. Sprinkle top with sugar, cinnamon and crushed nuts. Bake at 350 degrees for 15 min.

Gloria Corbett

BUTTER COOKIES

1 c. shortening, part butter
2 c. ground walnuts
2 c. flour
2 tsp. vanilla
4 tbsp. sugar
Pinch of salt
2 egg whites, slightly beaten
Maraschino cherries

Mix all but the nuts, then make into small balls. Roll in slightly beaten egg whites, then in ground walnuts. Bake a few min. remove from oven. Put a red cherry in centre of each cookie and bake until done at 350 degrees. These are good rolled in coconut also.

Margaret Gustafson

BUTTERSCOTCH COOKIES

1 c. brown sugar
1 c. white sugar
1½ c. shortening
¼ tsp. butter flavouring
2 eggs
1 tsp. soda
2 tbsp. vinegar
2 tsp. baking powder
4 c. flour
¼ tsp. salt
1 tsp. vanilla
3/4 c. chopped nuts
¼ tsp. almond flavouring

Mix all the ingredients above together, roll into balls and flatten with a glass. Bake at 350 degrees for 10 min.

Dale Harris

32 - Watertown, S. D.
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CHEESECAKE COOKIES

1/3 c. butter or margarine
1/3 c. brown sugar, packed
1 c. flour
1/2 c. nuts, walnuts - chopped
1/4 c. sugar
8 oz. cream cheese
1 egg
2 tbsp. milk
1 tbsp. lemon juice

Cream margarine and brown sugar. Add flour and nuts. Mix and reserve 1 c. for topping. Press remaining mixture into 8" pan. Bake at 350 degrees for 12 to 15 min. Blend granulated sugar with the cream cheese until smooth - add egg, milk, lemon juice and flavourings. Beat well.

Spread over baked crust. Sprinkle with remaining cup of flour mixture and bake 25 min. Cook and cut into squares. Refrigerate.

Chloe A. Larson

PHILIPS CAFE COOKIES

1 c. white sugar
1 c. brown sugar
1 c. margarine
1 c. Crisco oil
1 egg
1 tsp. vanilla

3 1/2 c. flour
1 c. oatmeal
1 c. rice krispies
1 1/2 tsp. cream of tartar
1 tsp. soda
1 c. coconut
1/2 c. walnuts, cut up

Mix in order given and bake at 375 degrees for 10 to 15 min. Press down with fork.

Grace Friske

33 - Watertown, S. D.
SALTED PEANUT COOKIES

1 c. brown sugar
1 egg
3/4 c. melted butter
3/4 c. salted peanuts, ground coarsely
1 1/4 c. sifted flour
1 1/2 c. oatmeal

1/2 c. cornflakes
1/2 tsp. soda
1/2 tsp. baking powder

Mix in order given. Drop by tsp. Bake at 350 degrees for 10 min. Cookies will puff up and when they flatten out they are done.

Mrs. S. W. Allen
### OVEN TEMPERATURE CHART

- **Slow**: 250 degrees - 325 degrees F.
- **Moderate**: 325 degrees - 375 degrees F.
- **Moderate Hot**: 375 degrees - 425 degrees F.
- **Hot**: 425 degrees - 450 degrees F.
- **Very Hot**: 450 degrees - 475 degrees F.

### TEMPERATURES FOR BAKING FLOUR MIXTURES

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>TIME (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter Cake, loaf</td>
<td>360 - 400 degrees</td>
<td>40 - 60</td>
</tr>
<tr>
<td>Butter Cake, layer</td>
<td>380 - 400 degrees</td>
<td>20 - 40</td>
</tr>
<tr>
<td>Cake, angel</td>
<td>300 - 360 degrees</td>
<td>50 - 60</td>
</tr>
<tr>
<td>Cake, sponge</td>
<td>300 - 350 degrees</td>
<td>40 - 60</td>
</tr>
<tr>
<td>Cake, fruit</td>
<td>275 - 325 degrees</td>
<td>3 - 4 hours</td>
</tr>
<tr>
<td>Cookies, thin</td>
<td>380 - 390 degrees</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Cookies, molasses</td>
<td>350 - 375 degrees</td>
<td>18 - 20</td>
</tr>
<tr>
<td>Cream Puffs</td>
<td>300 - 350 degrees</td>
<td>45 - 60</td>
</tr>
<tr>
<td>Meringues</td>
<td>250 - 300 degrees</td>
<td>40 - 60</td>
</tr>
<tr>
<td>Pie Crust</td>
<td>400 - 500 degrees</td>
<td>20 - 40</td>
</tr>
</tbody>
</table>

#### CAKES

- **Angel**: 325 degrees (60 minutes)
- **Sponge**: 325 degrees (60 minutes)
- **Cup**: 350 degrees (25 minutes)
- **Layer**: 375 degrees (25 - 30 minutes)
- **Loaf**: 350 degrees (45 - 60 minutes)
- **Sheet**: 375 degrees (20 - 30 minutes)
- **Pound**: 325 degrees (60 - 90 minutes)

#### PIES

- **Pumpkin**: 400 degrees (35 - 45 minutes)
- **Two-crust**: 400 degrees (25 - 40 minutes)
- **Shells**: 450 degrees (10 - 12 minutes)
- **Meringue**: 300 degrees (10 - 15 minutes)

### RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2 1/4 tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.
CAKE & PASTRY

NOBBY APPLE CAKE

1 c. sugar  
¼ c. shortening  
1 egg  
3 c. sliced apples  
⅛ - ½ c. nuts  
1 c. flour

⅓ tsp. baking powder  
⅓ tsp. salt  
⅓ tsp. cinnamon  
⅓ tsp. nutmeg

Mix at once the sugar, shortening, egg, sliced apples and nuts and set aside. Blend or sift together the flour, baking powder, salt, cinnamon and nutmeg. Add to the first mixture and pour into an 8x8x2 pan. Bake at 350 degrees for 45 min.

Mrs. Arvid Frankenhoff

CHOCOLATE PECAN BUNDT CAKE

1½ c. pecans  
12 oz. chocolate chips  
Chocolate fudge cake mix  
4 oz. instant chocolate pudding  
4 eggs  
1 c. sour cream  
⅛ c. water  
⅛ c. oil  
1 tsp. vanilla

Chop nuts and toast with tbsp. butter for 3 to 5 min. Sprinkle ½ c. nuts in bottom of greased and floured bundt pan. Beat remaining ingredients for 4 min. at med. speed. Stir in chocolate chips, and nuts.

Bake at 350 degrees for 70 min. Cool 15 min. Remove from pan and finish cooling on a rack. May be served with whipped cream or ice cream.

Virginia Tracy

35 - Watertown, S. D.
MILK CHOCOLATE POUND CAKE

1 c. butter or margarine, softened
1½ c. sugar
4 eggs
8 - 1-1/8 oz. milk chocolate candy bars, melted
1 c. buttermilk
2½ c. all purpose flour
Pinch of salt
¼ tsp. soda
1 c. chopped pecans
1 - 5½ oz. can chocolate syrup
2 tsp. vanilla extract
Powdered sugar - opt.

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add melted candy bars and buttermilk and mix well. Combine flour, salt and soda and add to chocolate mixture mixing well.

Add pecans, chocolate syrup and vanilla, blending well. Spoon batter into a greased and floured 10" bundt pan or tube pan. Bake at 325 degrees for 1 hr. and 15 min. or until done. When cake is cool, sift powdered sugar over cake if desired.

Virginia Noteboom

COCOA COLA CAKE

2 c. white sugar
2 c. flour
½ c. butter or margarine
½ c. Crisco
3 tbsp. cocoa
1 c. Coca Cola

½ c. buttermilk
1 tsp. soda
2 eggs
1 tsp. vanilla
1½ c. miniature marshmallows

FROSTING - ½ c. butter
3 tbsp. cocoa
6 tbsp. Coca Cola
1 lb. box powdered sugar
1 tsp. vanilla
1 c. chopped nuts

(continued)

36 - Watertown, S. D.
Combine the sugar and flour in a bowl and make a well in the centre. Bring to a boil the butter, Crisco, cocoa and Coca Cola. Pour while still hot over dry ingredients. Dissolve the soda in the buttermilk, add the eggs, vanilla and marshmallows and add to the first mixture. Bake in a 9x13 pan for 45 min. at 350 degrees.

For frosting bring to a boil the butter, cocoa and Coca Cola. Add the powdered sugar, vanilla and nuts. Beat and spread on cake.

Nancy Meidinger

MIRACLE SALAD DRESSING CAKE

1 c. Miracle Whip Salad Dressing
1 c. water
2 tsp. vanilla
1 c. sugar
2 tsp. baking soda
4 tbsp. cocoa

Cream the salad dressing, water and vanilla. Mix dry ingredients together and add to creamed mixture and beat. Pour into 9x12 pan and bake at 350 degrees for 30 min.

HINT - The salad dressing takes the place of egg and shortening.

Dixie Schnoor

OATMEAL CAKE

1 c. oatmeal
1 3/4 c. boiling water
1/2 c. butter or margarine
1 c. brown sugar
1 c. white sugar
2 eggs, beaten

Topping - 6 tbsp. melted margarine
1 c. coconut
1/2 c. cream or evaporated milk

(continued)

37 - Watertown, S. D.
3/4 c. brown sugar  
½ c. nut meats

Combine the oatmeal and water and set aside. Cream together the butter, sugars, eggs, cinnamon and salt. Add the oatmeal mix. Add the flour and soda sifted together and mix. Put into an 11x15 pan and bake. Cool. Combine the topping ingredients and spread over baked cake. Brown under broiler.

Margaret Gustafson

POPpy Seed COFFEE CAKE

1 c. buttermilk  
¼ c. poppy seeds  
1 c. Crisco  
1 ½ c. sugar  
4 eggs  
1 tsp. vanilla

2 ½ c. flour  
1 tsp. soda  
½ tsp. salt  
2 tsp. cinnamon  
½ c. sugar

Mix the buttermilk and poppy seeds and soak overnight. Cream together the Crisco and sugar. Add the eggs, one at a time and beat well. Add vanilla and sifted dry ingredients alternately with the buttermilk mixture. Mix the cinnamon and sugar. Put ½ of batter in well greased and floured bundt pan, then half of sugar mixture, rest of the batter and rest of sugar mixture on top. Swirl with a knife. Bake at 350 degrees for 50 to 60 min. Cool 10 min. and remove from pan.

Freda Jensen

PUMPKIN PIE CAKE

1 large can pumpkin  
1 c. sugar  
2 eggs  
1 large can evaporated milk  
4 tsp. cinnamon

1 pkg. yellow cake mix  
¼ lb. butter or margarine  
½ c. nuts

Mix the pumpkin, sugar, eggs, milk and cinnamon and pour into a 9x13 pan. Sprinkle over the top of this mixture, the cake mix and the butter - melted.

(continued)

38 - Watertown, S. D.
Top with the nuts. Bake in a 350 degree oven for 50 min. If desired, serve with whipped topping.

Bertha Limberg

CARROT BARS

4 eggs, beaten 1 1/2 c. Crisco oil
2 tsp. soda 1/2 c. chopped walnuts
1 tsp. salt 3 small cans baby food carrots
2 c. sugar 1-8 oz. pkg. Philadelphia
2 1/2 c. flour cream cheese
2 tsp. cinnamon 1/2 tbsp. vanilla
1 1/2 c. soft Oleo
3 1/2 c. powdered sugar

Mix eggs, soda, salt, flour, sugar, cinnamon, oil, carrots, walnuts thoroughly with mixer. Bake at 350 degrees for 30-40 min. in greased and floured 15x20 roasting pan. Beat together cream cheese, vanilla, Oleo and powdered sugar. Spread on cooled bars.

Virginia Noteboom

FROSTED RAISIN BARS

1 c. raisins 1 tsp. nutmeg
1 c. water 2 c. flour
1 c. sugar 3/4 tsp. soda
1/3 c. shortening 1/2 tsp. baking powder
1 tsp. cinnamon Dash of salt
1 tsp. cloves 3/4 c. nuts


Mrs. Peg King

39 - Watertown, S. D.
RUSSIAN PIE (BARS)

1 c. butter
2 c. flour
¼ c. sugar
4 eggs, separated
½ c. tart jelly

½ tsp. salt
1½ c. sugar
2½ c. ground walnuts
1 tbsp. lemon juice
Grated rind of 1 lemon

Make dough from butter, flour, egg yolks and ¼ c. of sugar. Divide dough in half. Roll and pat out each piece to fit a 9x13 pan. Place one of the halves in the pan and bake for 10 min. at 350 degrees. Spread jelly on the warm crust.

Beat egg whites with salt until stiff and fold in 1½ c. sugar slowly. Add the ground nuts, lemon juice and rind. Pour over jelly. Top with the 2nd crust and bake for 30 min. at 400 degrees. Sprinkle liberally with powdered sugar. Cool and cut into small bars.

Makes 24 or more. Very rich.

Volga Argabrite
OVEN TEMPERATURE CHART (Miscellaneous)

<table>
<thead>
<tr>
<th></th>
<th>Minutes</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Custard Cup</td>
<td>20-30</td>
<td>300</td>
</tr>
<tr>
<td>Custard Casserole</td>
<td>45-60</td>
<td>300</td>
</tr>
<tr>
<td>Souffle</td>
<td>50-60</td>
<td>325</td>
</tr>
<tr>
<td>Timbales</td>
<td>35-45</td>
<td>300</td>
</tr>
<tr>
<td>Rice Pudding</td>
<td>50-60</td>
<td>325</td>
</tr>
</tbody>
</table>

TABLE FOR DRIED FRUITS

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Cooking Time</th>
<th>Amount of Sugar or Honey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>About 40 minutes</td>
<td>¼ c. for each c. fruit</td>
</tr>
<tr>
<td>Figs</td>
<td>About 30 minutes</td>
<td>1 Tbsp. for each c. fruit</td>
</tr>
<tr>
<td>Peaches</td>
<td>About 45 minutes</td>
<td>¼ c. for each c. fruit</td>
</tr>
<tr>
<td>Prunes</td>
<td>About 45 minutes</td>
<td>2 Tbsp. for each c. fruit</td>
</tr>
</tbody>
</table>

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.

2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.

3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.

4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.
DESSERTS

A GOOD RECIPE

25 Ritz crackers
¼ stick Oleo
3/4 c. milk
1 pkg. Pistachio nut pudding
4 c. softened ice cream
6 Heath bars

Finely crush 25 Ritz crackers with rolling pin and add Oleo. Shape into pie crust in 9" pie pan and bake 10 min. in 350 degree oven. Add milk to pudding mix, carefully fold in softened ice cream. Pour into pie shell. Sprinkle top with 3 crushed Heath bars and place in deep freeze. When ready to serve, remove from freezer 20 min. before serving.

Mix remaining 3 crushed Heath Bar bits, a few pistachio nuts, if you have them, and the Cool Whip and cover the pie. May be kept 5 days in freezer. Serves 8.

Nancy Clark Ruhe

BAKED APPLE PUDDING

1/3 c. margarine, softened
1 c. sugar
1 egg
1 c. unsifted flour
1 tsp. baking soda
¼ tsp. each salt, nutmeg and cinnamon
1 tsp. vanilla
2 c. grated unpared apples
½ c. chopped walnuts

Combine margarine, sugar and egg in mixer bowl and beat until light. Gradually blend in combined flour, soda, salt, nutmeg and cinnamon. Stir in vanilla, apples and walnuts. Turn mixture into an ungreased 8" square pan. Bake at 350 degrees for 35 min. or until done. Serve warm or cold topped with whipped cream or ice cream. Makes 8-10 servings.

Gloria Corbett

41 - Watertown, S. D.
BREAD PUDDING WITH LEMON SAUCE

PUDDING - Soak bread in milk for 5 min. - add sugar, butter and salt. Pour slowly over eggs, add vanilla, nutmeg, cinnamon and mix well. Pour into greased 1½ qt. baking dish. Bake at 350 degrees until firm, about 1 hr. Serve warm with lemon sauce. Raisins or dates may be added.

SAUCE - Mix first 4 ingredients. Gradually stir in water and cook over low heat, stirring constantly until thick and clear. Blend in butter and lemon juice. Makes 1-1/3 c.

Dixie Schnoor

BLUEBERRY DESSERT

Mix first 3 ingredients - pat into 9x9 pan. Bake at 350 degrees for 20 min. Mix eggs, sugar and cream cheese and pour over top of crumbs. Just before serving, pour 1 can of blueberry pie mix over top. Serve with whipped cream or ice cream.

Arleen Nelson

42 - Watertown, S. D.
BUTTERSCOTCH DESSERT

1 c. flour
½ c. butter or margarine
½ c. finely chopped nuts
8 oz. Philadelphia cream cheese
1 c. sugar
1 small Cool Whip
1 pkg. coconut cream pudding mix
1 pkg. butterscotch pudding mix
3 c. milk

Mix first 3 ingredients. Bake in a 9x13 pan at 350 degrees for 15 min. Cool. Combine the cream cheese, sugar and 1 c. of the Cool Whip, pour on baked crust. Cook the pudding mixes and milk and cool. Pour over cream cheese filling.

Spread remaining Cool Whip from small container over the above. Sprinkle with browned coconut flakes and refrigerate.

Mrs. Dr. M. Thompson

LINDY'S ORIGINAL CHEESE CAKE

1 c. graham cracker crumbs
¼ c. powdered sugar
4 tbsp. butter or margarine, melted
1 lb. cream cheese 2 c. sour cream
½ c. sugar 2 tbsp. sugar
2 eggs 1 tsp. vanilla
1 tsp. vanilla Nutmeg
2 shakes cinnamon

Prepare crust and press into bottom of large spring mold pan or large deep pie pan. Chill.

FILLING Cream cheese, sugar, eggs, vanilla and cinnamon - mix well in electric mixer. Pour onto chilled crust. Bake at 275 degrees for 20 min.

TOPPING - mix and spoon over baked cheese cake, dust very lightly with nutmeg.

Bake 6 min. at 425 degrees. Chill and serve plain or with cherry or strawberry preserves. Serves 10.

Virginia Stoltz

43 - Watertown, S. D.
**CHOCOLATE MINT CREME**

1 pkg. chocolate Oreo cookies  
4 tbsp. melted Oleo  
1 pt. whipping cream – whipped stiff  
2 c. miniature marshmallows  
7½ oz. pkg. pillow mints

Crush cookies – add melted butter or Oleo. Put ½ mixture in bottom of 9x13 pan. Fold together. Whip cream, marshmallows, mints, spread on crumbs. Put remaining crumbs on top.

Refrigerate 1 or 2 days before serving.

_Betty Meyer_

**MOTHER'S CUSTARD PIE**

1 unbaked 9" pie shell  
4 eggs  
1 c. sugar  
2 c. milk  
1 tsp. vanilla  
Dash of salt

Heat milk to scalding, slightly mix sugar, and eggs. Add scalded milk, vanilla and salt. Pour into shell and sprinkle nutmeg on top.

Bake at 450 degrees for 10 min. then at 325 degrees F. for about 25 min. - or until knife inserted 1" in from outer shell comes out clean.

_Mrs. S. W. Allen_

**FRESH PEACH DELIGHT**

1-9 oz. pkg. yellow cake mix  
1 - 3½ oz. pkg. vanilla pudding  
1 c. sour cream  
½ c. chopped nuts  
1 c. milk  
3 c. sliced fresh peaches  
1 container (9 oz.) Cool Whip  
or 2 envelopes Dream Whip

Prepare cake according to pkg. directions. Pour batter into a 9x13 baking pan. Bake at 350 degrees for 15 min. Cake will be thin. Prepare pudding mix with sour cream and milk.

(continued)

44 - Watertown, S. D.
Spread over cake, which has cooled. Place peaches over the pudding. After pudding is set, spread with Cool Whip. Sprinkle with nuts. Refrigerate several hrs. or overnight.

Velma Johnshoy

RASPBERRY DESSERT

1-12 oz. pkg. frozen raspberries
½ lb. marshmallows
1 tbsp. lemon juice
1 c. whipping cream
Vanilla wafers - rolled fine

Thaw raspberries. Drain and add to marshmallows. Heat together until melted stirring constantly. When cool add lemon juice and whipping cream. Crumble in bottom of 9x9 pan the vanilla wafers. Fill with filling and sprinkle more crumbs on top.

Freeze. Remove from fridge early when ready to serve.

Adeline Jackson

FRUIT CUP

2 c. sugar
3½ c. water
1-12 oz. can crushed pineapple
  Grated rind of 1 orange
  Juice from 4 or 5 oranges
  Grated rind and juice from 1 lemon
1 pkg. frozen strawberries or raspberries

Bring sugar and water to a boil until dissolved. Mix all ingredients and pour into ice cube trays. Freeze until hard. Take out 15 min. before serving. Put 1½ - 2 cubes in a glass and pour 7-up over it. Serve on the slushy side.

Alice Ristvedt

45 - Watertown, S. D.
**GRAPEFRUIT DELIGHT**

2 - 10½ oz. cans grapefruit sections  
2 c. sugar  
1 c. water  
Ginger ale  

Pulverize the grapefruit with blender or hand mixer. Boil sugar and water for 3 min. Pour over grapefruit and freeze in 9x13 pan for 4-6 hrs.  

Serve in chunks in dessert or parfait glasses with enough Ginger Ale to cover. Top with a cherry.  

Mrs. Jon Kirchman  

**LEMON LUSH**  

1 stick margarine  
2 c. plus 2 tbsp. flour  
½ c. chopped nuts  
1 c. powdered sugar  
½ of 9 oz. carton Cool Whip  
1-8 oz. pkg. cream cheese  
3 boxes instant lemon pudding  
3 c. milk  

Mix first 3 ingredients until crumbly. Press in 9x13 pan and bake at 350 degrees for 20 min. Beat powdered sugar, ½ carton of Cool Whip and cream cheese together and spread on cooled crust. Mix lemon pudding and milk well and spread over cream cheese mixture.  

Spread remaining Cool Whip on top and sprinkle with nuts. Cool in fridge and keep in fridge.  

Arletta Hindman  

46 - Watertown, S. D.
Candy, Jelly & Preserves
CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

<table>
<thead>
<tr>
<th>Type</th>
<th>Temperature Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thread</td>
<td>230 - 234 degrees</td>
</tr>
<tr>
<td>Soft ball</td>
<td>234 - 238 degrees</td>
</tr>
<tr>
<td>Medium ball</td>
<td>238 - 244 degrees</td>
</tr>
<tr>
<td>Firm ball</td>
<td>244 - 248 degrees</td>
</tr>
<tr>
<td>Hard ball</td>
<td>248 - 254 degrees</td>
</tr>
<tr>
<td>Very hard ball</td>
<td>254 - 265 degrees</td>
</tr>
<tr>
<td>Light crack</td>
<td>265 - 285 degrees</td>
</tr>
<tr>
<td>Hard crack</td>
<td>290 - 300 degrees</td>
</tr>
<tr>
<td>Carmelized Sugar</td>
<td>310 - 338 degrees</td>
</tr>
</tbody>
</table>

TEMPERATURES IN CANDY MAKING

- **Fudge, opera creams, penuche and cream candies**: 234 - 236 degrees, soft ball
- **Fondants (mints, etc.)**: 238 - 240 degrees, soft ball
- **Marshmallows**: 238 - 240 degrees, medium ball
- **Caramel mixtures**: 246 - 252 degrees, firm ball
- **Taffies**: 265 - 270 degrees, hard ball
- **Butterscotch**: 290 - 300 degrees, crack
- **Brittles**: 300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar — 238 - 242 degrees, soft ball or thread
2 egg whites to 1 c. sugar — 244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar — 254 - 260 degrees, firm ball or long thread
**CANDY, JELLY & PRESERVES**

**BUTTERMILK CARAMELS**

2 c. buttermilk  
1 c. sugar

Boil the buttermilk and sugar until light brown and very thick. Remove from heat and beat until you can hardly beat it any more. This does not take very long. Pour into buttered pans and let cool. Cut into squares. Flavouring may be added but is not needed.

Freda Jensen

**DIVINITY**

2 c. white sugar  
2 egg whites  
½ c. water  
1 tsp. vanilla  
½ c. white Karo syrup  
Chopped walnuts as desired  
Pinch of salt

Mix together the sugar, water, syrup and salt. Bring to a rapid boil (setting burner at hottest temp.). Boil rapidly for 7½ min. stirring constantly. Have the egg whites beaten stiffly and pour the boiled syrup in a fine stream into the egg whites having beater going constantly. Add the vanilla. Beat until it loses it's gloss. Add chopped walnuts. When very stiff, drop by spoonfuls onto waxed paper.

Freda Jensen

**ENGLISH TOFFEE**

2/3 c. butter not margarine  
½ c. water  
½ c. sugar  
½ tsp. salt  
2/3 c. blanched almonds  
¼ tsp. soda  
Melted chocolate chips

Cook over low heat the butter, water, sugar and salt until it reaches 236 degrees on a candy thermometer. Add the blanched almonds and continue cooking until 290 degrees or (continued)

47 - Watertown, S.D.
soft crack stage, stirring constantly. Remove from heat and stir in soda. Pour onto cookie sheet to a thickness of ¼". Spread with melted chocolate chips. Break into pieces.

Bertha Limberg

FANNY FARMER CANDY

4½ c. sugar
1 large can Carnation milk
1 lb. butter not margarine
3 tsp. vanilla
3-6 oz. pkg. chocolate chips
2 c. chopped nut meats

Boil sugar and milk for 8 min., stirring constantly. Remove from heat and add other ingredients. Beat with beater. Put into 9x13 pan and refrigerate.

Margaret Gustafson

RHUBARB PRESERVES

5 c. rhubarb
3 c. sugar
1 box strawberry Jello

Boil the rhubarb and sugar together for 10 min. Add strawberry Jello. Pour into hot sterilized jars and seal.

Margaret Gustafson
### TIME TABLE FOR COOKING CEREALS

<table>
<thead>
<tr>
<th>CEREAL</th>
<th>QUANTITY</th>
<th>SALT</th>
<th>WATER</th>
<th>TIME</th>
<th>AMOUNT WHEN COOKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cracked Wheat</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>3 c.</td>
<td>2 hrs.</td>
<td>3 cups</td>
</tr>
<tr>
<td>Farina</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>4 c.</td>
<td>30 mins.</td>
<td>3½ cups</td>
</tr>
<tr>
<td>Macaroni</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>4 c.</td>
<td>25 mins.</td>
<td>2¼ cups</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>4 c.</td>
<td>30 mins.</td>
<td>3 cups</td>
</tr>
<tr>
<td>Rice</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>8 c.</td>
<td>40 mins.</td>
<td>4 cups</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>2½ c.</td>
<td>30 mins.</td>
<td>2 2/3 cups</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>4 - 6 cups</td>
<td>40 mins.</td>
<td>3 cups</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>1 cup</td>
<td>1 tsp.</td>
<td>4 c.</td>
<td>30 mins.</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

### FRIED FOOD TIME TABLE

<table>
<thead>
<tr>
<th></th>
<th>TEMP. of FAT</th>
<th>TIME in MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Croquettes of cooked food</td>
<td>375 - 385</td>
<td>2 to 4</td>
</tr>
<tr>
<td>uncooked food</td>
<td>370</td>
<td>5 to 6</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>375</td>
<td>2 to 3</td>
</tr>
<tr>
<td>Fritters</td>
<td>365 - 375</td>
<td>2 to 5</td>
</tr>
<tr>
<td>French Fried Potatoes</td>
<td>370</td>
<td>5 to 7</td>
</tr>
<tr>
<td>thin</td>
<td>390</td>
<td>1 to 1½</td>
</tr>
<tr>
<td>Vegetable rings</td>
<td>375 - 380</td>
<td>2 to 3</td>
</tr>
<tr>
<td>Oysters</td>
<td>375</td>
<td>1 to 2</td>
</tr>
<tr>
<td>Small Fish</td>
<td>375 - 385</td>
<td>2 to 5</td>
</tr>
</tbody>
</table>

### APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder = ¼ tsp. soda and ¼ tsp. cream of tartar
1 cup cake flour = 7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate = 3 Tbsp. cocoa plus 1½ tsp. fat
1 cup thin cream (18 - 20%) = 7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat) = ¼ cup milk plus 1/3 cup fat
1 cup sour or butter milk = 1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar = 1 cup granulated sugar
1 lemon = 3 to 4 Tbsp. juice
Grated rind of 1 lemon = ½ tsp. juice
1 orange = 6 to 8 Tbsp. juice
12 to 14 egg yolks = 1 cup
8 to 10 egg whites = 1 cup
1 Tbsp. cornstarch = 2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers = 1 cup
11 finely crumbled graham wafers = 1 cup
7 coarsely crumbled salt crackers = 1 cup
9 finely crushed salt crackers = 1 cup
1 cup evaporated milk + ½ cup water = 1 cup milk

### CONTENTS OF STANDARD CANS

<table>
<thead>
<tr>
<th>CANS</th>
<th>CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Picnic .</td>
<td>1¼ cups</td>
</tr>
<tr>
<td>No. 300</td>
<td>1¼ cups</td>
</tr>
<tr>
<td>No. 1 Tall</td>
<td>1 cup</td>
</tr>
<tr>
<td>No. 303</td>
<td>2 cups</td>
</tr>
<tr>
<td>No. 2</td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>
WEDDING FRUIT PUNCH

1-46 oz. can pineapple juice
1-46 oz. can Hawaiian punch
1 pkg. Cherry Kool Aid
1 can frozen lemonade
1 qt. 7-up

Combine all except the 7-up. Add it at serving time and ice. You may add water if you want as this is strong.

Gloria Corbett

TEA'N FRUIT COOLER

6 c. water
3/4 c. sugar
1/2 c. Minute Maid 100% lemon juice
1/4 c. instant Nestea
1 pt. fresh strawberries hulled and halved or 1 - 1 lb. pkg. frozen sweetened strawberries and reduce sugar to 1/2 c.

Mix strawberries in sugar in bowl. Let stand for 10 min. Mix water and lemon juice in 2 qt. pitcher. Stir in tea. Stir in strawberry mixture. Add ice cubes and serve cold. For a variation try fresh peach slices or pineapple tidbits.

Gloria Corbett

HOME MADE GRAPE NUTS

3 c. rolled oats
3 c. whole wheat or graham flour
3 c. cornmeal
3 c. white flour
2 tsp. salt
1/2 - 1 qt. milk
5 tbsp. sugar or molasses

(continued)

49 - Watertown, S. D.

Alice Neal

BUMSTEADS

¼ lb. (1 c.) cubed American cheese
3 hard boiled eggs, peeled and chopped
1 small can flaked tuna
2 tbsp. minced onion
2 tbsp. chopped green pepper
2 tbsp. chopped dill pickles
2 tbsp. chopped stuffed olives
½ c. mayonnaise

Mix all ingredients and put into buns. Wrap individually in foil and bake 30 min. at 250 degrees F. Serve hot.

Nancy Meidinger

FRENCH DRESSING

1 can tomato soup
3/4 c. sugar
⅛ c. Wesson oil
1 tsp. mustard
½ tsp. salt
1 tsp. paprika

2 tbsp. onions, finely chopped
½ c. dark vinegar
2 tbsp. Worcestershire sauce
1 tsp. celery seed
1 tsp. Italian seasoning, opt.

Put all ingredients in bowl and mix with beater. Pour into 1 qt. jar.

Mrs. Dean Spooner

HOT CRANBERRY PUNCH

1 pkg. (1 qt.) cranberries - washed
5 qts. water
6 cinnamon sticks - broken
1 doz. cloves
3 c. sugar
Juice of 3 lemons
Juice of 3 oranges

(continued)

50 - Watertown, S. D.
Wash cranberries and place in pan with water. Boil together with cinnamon and cloves in bag. When boiled well run through a colander or strainer. Place cranberry juice in pan with sugar and juice of lemons and oranges. Bring to a full boil and serve hot. Skim top. Refrigerate.

Gloria Corbett

LEMON SAUCE

5 eggs, slightly beaten

Add - 2 c. sugar
  Juice of 2 lemons
  Rind of 1 lemon

½ c. butter and 1 c. whipped cream

Cook eggs, sugar, lemon juice and lemon rind, over slow heat until thick. Add the ½ c. butter. Cool and add 1 c. whipped cream. Store in Tupperware. Serve on Angel food cake or white cake. Top with tbsp. of whipped cream.

Gloria Corbett
TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES -- Ribbon & rolled:

4 doz. eggs — hard boil, make filling with salad dressing and seasoning.
4 tins Klik or 1 lb. of ham or bologna — Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.
1 ½ lbs. white cream cheese — Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.
1 ½ lbs. Velveeta — Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.
3 tins shrimp — Mix with salad dressing. Roll.
2 large tins salmon — Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each should be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills
### SUPPER QUANTITY COOKING

#### BAKED BEANS FOR 100:
- 8 qts. dry beans
- 20 qts. salad
- 4 lbs. butter
- 4 qts. cream
- 4 lbs. salt pork
- 20 doz. rolls
- 20 pies
- 2 lbs. coffee

#### HASH SUPPER FOR 100:
- 40 lbs. corned beef
- 32 qts. potatoes
- 20 doz. rolls
- 20 qts. chopped cabbage
- 5 qts. salad dressing
- 4 lbs. butter
- 2 lbs. coffee
- 4 qts. cream

#### CABBAGE SALAD FOR 175:
- 20 lbs. cabbage
- 1½ qts. salad dressing
- 4 large cans crushed pineapple
- 2 bunches carrots

#### HAM SUPPER FOR 225:
- 48 lbs. canned ham
- 24 potato salads (solicited)
- 48 pkgs. peas (1 lb.)
- 5 lbs. coffee
- 9 qts. cream
- 45 qts. strawberries
- 6 pkgs. Bisquick (mixed directions for shortcake)
- 6 qts. heavy cream

#### BRAISED BEEF FOR 200:
- 65 lbs. stew beef
- 60 lbs. potatoes
- 36 pies
- Harvard beets
- 40 lbs. turnips
- 2 lbs. cheese

#### TURKEY DINNER FOR 250:
- 7 turkeys
- 75 lbs. butternut squash
- 20 large cranberry rings
- 75 lbs. potatoes
- 10 bunches celery
- 44 pies

#### CHICKEN SHORTCAKE FOR 135:
- 60 lbs. chicken
- 30 pkgs. frozen peas
- 12 cans cranberry sauce
- 3 large pkg. Bisquick
- 17 pkgs. Flakon corn mix
- 2 bunches celery
POISON ANTIDOTES AND FIRST AID

KEEP CALM – DO NOT PANIC – CALL HELP

EMERGENCY PHONE NUMBERS

Doctor’s Office ___________ Home ___________

Rescue Squad ___________ Police ___________

Pharmacy ___________ Hospital ___________

Emergency Poison Control Center ___________

See other side of this page for substances most frequently ingested by Children . . .

* An emergency always exists if someone swallows poison. Do not delay contacting hospital or physician to obtain advice concerning first aid materials that are not readily available. If necessary, summon police or rescue squad for assistance. Keep telephone numbers immediately available. Even after emergency measures have been taken, always consult physician. A delayed reaction could be fatal.

* It is important to dilute or remove poisons as soon as possible. Sometimes Syrup of Ipecac (available from some Pharmacies or poison centers) is kept in the home to induce vomiting IF RECOMMENDED by physician, or indicated on product label. If Syrup of Ipecac is not available, try to make patient vomit by tickling back of throat with finger, spoon, or similar blunt object after giving water.

HOWEVER . . .

* Vomiting is NOT recommended in all cases. Never induce vomiting in a patient who is unconscious or convulsing. Do not induce vomiting if swallowed substance is acidic or corrosive or petroleum distillate products.

* If poison is from a container, take container with intact label to medical facility treating patient. If poisonous substance is a plant or other unlabeled substance, be prepared to identify suspected substance. Save evidence such as portions of ingested materials from vomitus which may help identify plant or object involved.
The following represent substances most frequently ingested by children, and first aid measures that may be employed until medical aid can be summoned.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Emergency treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEDICINE (OVERDOSAGE)</strong></td>
<td></td>
</tr>
<tr>
<td>Aspirin and aspirin-containing medications</td>
<td>Give 2-3 glasses of water or milk, then induce vomiting UNLESS patient is unconscious or convulsing.</td>
</tr>
<tr>
<td>Cough medicine</td>
<td></td>
</tr>
<tr>
<td>Hormones (including thyroid preparations)</td>
<td></td>
</tr>
<tr>
<td>Vitamins and iron tablets</td>
<td>Induce vomiting. Then give glass of milk</td>
</tr>
<tr>
<td>Sleeping pills</td>
<td>Induce vomiting. Do not induce vomiting or force fluids if patient is unconscious</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>Induce vomiting unless patient is unconscious. Give 2 tablespoons epsom salts in 2 glasses of water</td>
</tr>
<tr>
<td><strong>HOUSEHOLD CLEANING AND POLISHING AGENTS</strong></td>
<td></td>
</tr>
<tr>
<td>Laundry bleach</td>
<td></td>
</tr>
<tr>
<td>Automatic dishwasher detergents</td>
<td></td>
</tr>
<tr>
<td>Household cleaners</td>
<td>Give 2-3 glasses of milk or water immediately. <strong>Do not induce vomiting.</strong></td>
</tr>
<tr>
<td>Furniture polish</td>
<td></td>
</tr>
<tr>
<td>Cleaning fluid (gasoline, kerosene)</td>
<td></td>
</tr>
<tr>
<td>Charcoal fire starter</td>
<td></td>
</tr>
<tr>
<td>Toilet bowl and drain cleaners</td>
<td><strong>Do not induce vomiting.</strong> Give 2-3 glasses of milk or water at once. <strong>Avoid</strong> gas-forming carbonates and bicarbonates.</td>
</tr>
<tr>
<td>Wax remover</td>
<td>Give milk or water. <strong>Do not induce vomiting.</strong></td>
</tr>
<tr>
<td>Household ammonia</td>
<td>Give citrus juice or diluted (1 tablespoon per glassful) vinegar. Then give 2 raw egg whites or 2 oz. olive oil. <strong>Do not induce vomiting.</strong></td>
</tr>
<tr>
<td><strong>INSECTICIDES, POISON SUBSTANCES, PAINTS</strong> (Read labels for content)</td>
<td></td>
</tr>
<tr>
<td>Arsenic</td>
<td>Give glass of milk immediately and induce vomiting. Then give activated charcoal (available from pharmacist).</td>
</tr>
<tr>
<td>DDT</td>
<td>Induce vomiting. Give 2 tablespoons epsom salts in 2 glasses of water.</td>
</tr>
<tr>
<td>Lye</td>
<td><strong>Do not induce vomiting.</strong> Give solution of vinegar (2 tablespoons vinegar in 2 glasses water). Next give 2 raw egg whites or 2 oz. olive oil.</td>
</tr>
<tr>
<td>Paint (dry)</td>
<td>Give milk or water. Induce vomiting.</td>
</tr>
<tr>
<td>Paint (liquid)</td>
<td><strong>Do not induce vomiting.</strong></td>
</tr>
<tr>
<td><strong>COSMETICS</strong></td>
<td></td>
</tr>
<tr>
<td>Cologne or perfume</td>
<td>Give milk. Induce vomiting if large amounts ingested.</td>
</tr>
<tr>
<td>Hand lotion</td>
<td></td>
</tr>
<tr>
<td>Liquid makeup</td>
<td></td>
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<tr>
<td>Skin lotion</td>
<td></td>
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<tr>
<td>After-shave lotion</td>
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<tr>
<td>Deodorant</td>
<td>Give milk of magnesia. Induce vomiting.</td>
</tr>
<tr>
<td>Bubble bath liquid</td>
<td></td>
</tr>
<tr>
<td>Hair rinse (conditioners)</td>
<td></td>
</tr>
<tr>
<td>Shampoo</td>
<td>Give milk or water at once. Induce vomiting.</td>
</tr>
<tr>
<td>Nail polish and removers</td>
<td></td>
</tr>
<tr>
<td>Lacquers</td>
<td></td>
</tr>
<tr>
<td>Bath oil</td>
<td></td>
</tr>
<tr>
<td>Home permanent neutralizer</td>
<td></td>
</tr>
<tr>
<td>Permanent wave solution</td>
<td></td>
</tr>
<tr>
<td><strong>PLANTS</strong></td>
<td>Any plant is a potential poison.</td>
</tr>
<tr>
<td></td>
<td>Induce vomiting if convulsions not imminent. Give artificial respiration if necessary.</td>
</tr>
</tbody>
</table>
THE ST. JOHN AMBULANCE FIRST AID CHART

1. Don’t panic — reassure casualty — have him lie down if possible.
2. If patient is not breathing, apply artificial respiration at once.
3. Stop severe bleeding at once.
4. Call or send for Doctor immediately.

ASPHYXIA
(no breathing)

Causes: electric shock, suffocation, drowning, strangulation. Patient’s lips, nose, ears, fingers, nails, toes may be bluish-grey. Breathing may be difficult or may have stopped.

4. If patient is unconscious, watch closely—give nothing by mouth.
7. Protect from harm, keep reasonably warm.
8. Examine for further injuries.

SEVERE BLEEDING

External: Blood may spurt or flow steadily from wound. Internal: indicated by bleeding from mouth, blood in urine, stool, swelling or site of fracture, internal pain, pallor, fast/weak pulse, restlesslessness, air hunger, thirst, clammy skin.

4. Stop any bleeding. If possible do not move patient. Splint fracture carefully. If a joint is dislocated immobilize in most comfortable position. For sprains apply cold water compresses. Place chest injury in best position for breathing.

BROKEN BONES

Generally pain, deformity, loss of use, difficult breathing (ribs). Bone end may protrude through skin. Bleeding from ear indicates possible skull fracture. Numbness or paralysis of lower extremities indicates injury to spine.

4. Immobilize all fractures.

INJURIES TO JOINTS

Causes: flame, hot metal, hot liquid, acid, sun, electricity, skin may be reddened, blistered, hard and yellowish or black with bleeding. Frostbite appears as waxy whitish area with loss of sensation — often unnoticed by victim.

4. Follow with this first aid treatment.

FOLLOW WITH THIS FIRST AID TREATMENT

Apply artificial respiration at once. (See below). Call a Doctor immediately. Have bystanders help with wet clothing, cover patient with blankets, call police, and fire rescue team if available.

BURNS, SCALDS AND FROSTBITE

External: apply pressure directly on wound with thumb or fingers over a clean pad or dressing. Have patient sit or lie down, elevate injured part. Internal: have patient lie with feet raised 8", cover with blanket.

4. If victim has taken lye, drain cleaner, gasoline, kerosene, strong acids — DO NOT MAKE HIM VOMIT. Take the victim and a sample of the poison swallowed to hospital immediately. In case of delay in treatment give water or milk to dilute poison.

external: apply additional dressings, bondage firmly. If bleeding continues apply tighter bondage on top. Call Doctor. Internal: advise doctor and remove patient to hospital soonest. Give nothing by mouth.

Maintain cold water treatment until patient is revived. Give sips of worm drinks. Bandage cold compress firmly to sprains. Notify doctor. If back injury suspected, get help; lift patient without bending neck or spine onto firm flat surfaces, pad body hollows.

Secure dislocations and splinted fractures in a sling or to chest or other leg. Bandage cold compress firmly to sprains. Notify doctor. If back injury suspected, get help; lift patient without bending neck or spine onto firm flat surfaces, pad body hollows.

DON’T break blisters, or breathe on burns. DON’T put anything on serious burns, e.g., ointment, creams, etc. DON’T give anything by mouth in serious cases. DON’T hesitate to call Doctor re burns to children or elderly persons.

DON’T move until necessary, particularly cases of head, spine and hip injury; and then move with adequate support and in most comfortable position. Never jackknife. DON’T remove clothing unless bleeding is present.

Don’t waste time looking for special dressing, etc. STOP bleeding first. DON’T give stimulants until bleeding controlled. DON’T give alcohol. DON’T disturb blood clotting over a wound.

DON’T break blisters, or breathe on burns. DON’T put anything on serious burns, e.g., ointment, creams, etc. DON’T give anything by mouth in serious cases. DON’T hesitate to call Doctor re burns to children or elderly persons.

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DON’T break blisters, or breathe on burns. DON’T put anything on serious burns, e.g., ointment, creams, etc. DON’T give anything by mouth in serious cases. DON’T hesitate to call Doctor re burns to children or elderly persons.

POISONING

Identify poison as soon as possible, notify Doctor or if not available, Poison Control Centre, immediately. Be able to inform doctor or hospital if possible, what poison was taken, quantity swallowed, how long previously, present condition of victim, location of victim and your phone number.

4. If victim has taken other poison give milk or water and make vomit by pressure of finger or spoon handle on back of tongue. Place victim’s face down with head lower than hips when vomiting. Be sure to clear airway. Don’t waste time inducing vomiting — get victim to hospital.

DON’T spend more than five minutes trying to get patient to vomit—if not successful get him to hospital. DON’T store poisons, medications, aspirins, detergents, solvents, acids, etc., where children can reach. DON’T take any medicine without first reading the label.
MISCELLANEOUS INJURIES AND CONDITIONS

MINOR WOUNDS: (SCRATCHES, ABRASIONS) Wash with soap and water. Cover with sterile dressing and bandage firmly to stop bleeding. See doctor if further treatment necessary.

POISON IVY, OAK, AND SUMAC: Wash affected part thoroughly with soap and water, dry, and swab with alcohol. Apply calamine lotion.

FOREIGN BODIES IN EAR: Fill ear with mineral or olive oil or water containing baking soda. If insect does not float free, consult Doctor.

IN EYE: If it can be seen and does not appear to be imbedded, gently remove foreign body with corner of clean handkerchief or tissue moistened with water. If no ovoid, cover eye and as with imbedded objects, seek medical aid. DO NOT RUB. For chemicals in eye, wash eye carefully with copious amounts of water for at least 20 minutes. Consult Doctor at once.

ANIMAL BITES: All animal bites should be treated as serious and a Doctor consulted immediately. If an animal is suspected of being rabid, it should be destroyed but the head saved for analysis. If the bite is from an apparently healthy animal, the animal should be impounded for seven days to make sure it does not develop symptoms of rabies. Keep bitten part low. Bathe wound in a weak solution of potassium permanganate.

STINGS AND INSECT BITES: Bathe with moist bicarbonate of soda or weak ammonia. If a bee stinger remains, don't squeeze, but scrape out of skin. Best prevention for mosquito, blackfly bites: preparations containing Diethyltoluidine. Use and store commercial herbicides and pesticides with extreme care. They are also poisonous to birds, animals, and humans.

HEAT EXHAUSTION: Symptoms include headache, dizziness, nausea, vomiting, sometimes abdominal cramp, collapse, and unconsciousness. The face is pale with cold clammy sweat. Pulse is weak. Temperature may be normal or slightly raised. Place casualty in cool place. If conscious, give cool salted water to drink 1/4 tsp. per gallon. Keep comfortably warm. Watch for any change in condition. If temperature rises rapidly, face becomes flushed, skin hot and dry and pulse full and bounding, patient is suffering from Heat Stroke. Immediately wrap patient in cool wet sheet and fan him. Temperature must be brought down to 102 degrees as soon as possible. When this is done, wrap patient in damp sheet and call doctor.

ARTIFICIAL RESPIRATION

WHEN BREATHING STOPS — LOSE NO TIME — EVERY SECOND COUNTS
DELAY CAN BE FATAL

POSITION OF CASUALTY: When rescued, place casualty on his back and raise shoulders with available clothing, blankets, etc. Tilt head well back in order to raise tongue off back of throat and open airway. Remove obvious obstruction with fingers by tilting head to side.

ORAL METHOD:

With one hand lift chin; with other press forehead back and pinch off nose. Seal off casualty's mouth with yours and blow sufficiently to make his chest rise.

Remove your mouth allowing air to exhale. Repeat cycle every 3-5 seconds until recovery. For children use smaller puffs more frequently.

MAKE SURE THE HEAD IS KEPT TILTED WELL BACK.

When you can't effectively seal off mouth, close mouth with one hand against chin, tilt head well back and blow through casualty's nose. For infants, cover both nose and mouth with your mouth.

Where casualty has been submerged in water, covered by earthfall or avalanche—administer first breaths as soon as face is uncovered.

SYLVESTER METHOD:

Kneeling astride casualty's head, grasp his arms at wrists. Cross them over lower half of his sternum and rocking forward, press firmly downward only sufficient to force air out of the lungs. This phase should take 2 seconds. Count "one and two and . . ." Release downward pressure, pull arms upward, outward and backwards. This extends the chest walls drawing air into lungs—PROVIDED THE AIRWAY IS KEPT OPEN BY ADEQUATE HEAD TILT. This phase should take 3 seconds, counting "three and four and five . . ." Return the wrists to the sternum for a continuation of the rhythmic cycle each 5 seconds, somewhat faster for a child.

CAUTION: adjust chest pressure to correspond with age and build of casualty.

WARNING: LISTEN FOR: expired air, obstruction to airway. WATCH FOR: adequate head tilt, change in colour (cheeks, ears) eye movements, etc.

Operator can be relieved from side by side position in both methods. Keep warm and under observation until medically examined.

N.B.: KEEP YOUR FIRST-AID KIT UP TO DATE

BE PREPARED
Homemaker book publications rank in the "top 10" on the North American Hobby List and are extremely saleable; they are probably the easiest way for an organization to raise those ever needed $ dollars $ for the prestige continuance of their many projects and charities.

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(Please See Other Side)

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Date

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do ________________________________

Organization Is ________________________________

do ________________________________

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do ________________________________

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