Simply Delicious Dishes and Reflections

A Collection of Recipes and Memories
From the Members of the South Dakota Society
Daughters of the American Revolution
Daughters of the American Revolution was incorporated by Act of Congress in 1896.

It is a non-profit, non-political, volunteer organization with nearly 180,000 women in some 3,000 chapters in each of the fifty states, District of Columbia, Australia, Canada, France, Mexico, the United Kingdom and Japan.

The Society was founded in Washington, D.C. on October 11, 1890 and has celebrated more than 100 years of service to the nation.

NSDAR Objectives are historic preservation, promotion of education, and patriotic endeavor.

The DAR motto is "God, Home, and Country.

Among the things we do are:

- Provide scholarships
- Sponsor American History Essay Contests in the schools
- Support two DAR schools; contribute to four DAR-sponsored schools, and to two Indian schools.
- Provide the DAR Manual for Citizenship free of charge to those studying to become American citizens.
- Operate the NSDAR Museum and Genealogical Library at our headquarters in Washington, D.C.
- Promote Constitution Week.
- Support Conservation
- Volunteer within the DAR Service for Veteran-Patients.
- Recognize outstanding high school seniors through the DAR Good Citizens Program.
- And the list goes on, and on.

Any woman is eligible for membership who is no less than 18 years of age and can prove lineal, blood line descent from an ancestor who aided in achieving American independence.

To learn more about the National Society Daughters of the American Revolution, check out our web page at http://www.dar.org/
Simply Delicious Dishes And Reflections

A Collection of Recipes and Memories From the members of the South Dakota Society Daughters of the American Revolution
Participating Today
Preserving Yesterday
Preparing for Tomorrow

A Centennial Publication of the
South Dakota Society
Daughters of the American Revolution

1999 - 2000

Rexene Brown Plucker
State Regent
Thank you to the following Daughters who have contributed their recipes, memories, and suggestions to "Simply Delicious Dishes And Reflections"

Mary Preston Anderson (Mrs. Orville)
Bernice Ritzman Benson (Mrs. B. M.)
Mary Louise Howland Brown (Mrs. Rex L.)
Eileen Wilson Clauson (Mrs. John A.)
Kay Rich Coddington (Mrs.)
Sandra L. Gabel (Sandy) Davis (Mrs. David)
Dorothy Pike Deethardt (Mrs. Harold)
Shirley Deethardt (Miss)
Robin L. Gabel Dustman (Mrs. Jack D.)
Harriet Eisenberg (Ms.)
Carol Pierce Foiles (Mrs. Raymond)
Dorothy Dirksen Fuller (Mrs. Lee)
Patricia A. McCoy (Pat) Gabel (Mrs. Nelson T.)
Marjorie Danforth Gross (Mrs. N. C.)
Joyce Grubbs (Mrs. G.)
Betty Berry Hagmann (Mrs.)
Donna Howland Hamill (Mrs. C. Dan)
Marjorie Hann (Mrs. Oscar)
Betty Hrachovec (Mrs. Raymond)
M. K. Shields Hugghins (Mrs. E. J.)
Mary Fargo Jensen (Mrs. N. A.)
Adele Crumley Kipp (Mrs. Roger P.)
Bernice N. Haas Long (Mrs. Carl W.)
Aileen Carey Luckhurst (Mrs. Harlan)
Reva Hendricks Maas (Mrs.)
Karen Heraty McGraw (Mrs. Richard)
Mary Meyer (Miss)
Maxine McCollam Meyer (Mrs. William)
Ramona White Moe (Mrs. Charles)
Marcia Moos (Mrs. Theodore C.)
Reta Pinkston Neilsen (Mrs. E. Milton)
Lisa Kipp Nydam (Mrs. Ed)
Elaine Parliaman (Mrs. Edwin)
Rexene Brown Plucker (Mrs. Wayne G.)
Helen Richards (Mrs. Eugene)
Dorothea Mackenthank Rohlick (Mrs. Orville A.)
Bonnie S. Hamill Rosebrook (Mrs. Ron)
Ardis Sieh (Mrs. Gordon)
Audrey Slott (Mrs. Willis)
Charlene Saggau Smith (Mrs. Demming)
Kay Snyder (Mrs. Dean)
Lois Fargo Solberg (Mrs. Bert A.)
Peggy A. Hamill Tanner (Mrs. David)
Lois Thompson (Mrs. LeRoy)
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GOD -- HOME -- COUNTRY

Published during the administration of President General Mrs. Dale Kelly Love
The theme for her administration is

Unity of Spirit and Unity of Purpose
FORWARD

Have you noticed that certain foods bring back memories of past experiences or people? Perhaps it's a food that your family shares only on special occasions or holidays. Or something that you only had once, but that was the night that you celebrated a significant point in your life. Maybe it's a dish that your best friend's mother always made when you were a child. "Simply Delicious Dishes And Reflections" is a little different from the cookbooks that you may usually find. Among the goals of the South Dakota Society Daughters of the American Revolution, a genealogical based organization, is historic preservation. So, we asked our members to share some of their memories associated with the recipes they submitted, and/or to also send recipes from prior to the end of World War II. Some were kind enough to do so, other's shared only their recipes. One thing they all have in common is that they are great recipes.

You will find some unusual items, styles and sections were added to this book. First of all, the "Table of Contents" list all of the recipes found in the book in each section. Since the South Dakota Daughters have always been fond of "just a little sweet" at the end of their meals or at their meetings, the dessert recipes were numerous. To accommodate this, they were broken down into three separate sections: "Cakes, Pies, Frostings and Sauces"; "Cookies, Bars, and Candy"; and "Other Desserts". And if you need some special help after sampling all of those very tasty desserts, check out the "Healthy Foods" section for useful information and recipes. Under the section called "Cook Stoves and Campfires" you will find recipes both old and new. The "Cook Stoves" part has recipes starting with "Cabbage Soup" which was taken from an 1860s cookbook to "Wartime Chocolate Cake" from the days of the sugar rationing of World War II. You will also find in this section, as well as scattered throughout the book, selections from "Dr. Chase's Recipes", which was published in 1887. If you need to bake 4 dozen cookies for Cub Scouts or a Sunday School party, or if you're planning to feed from 10 - 12 or upwards of 50, check out the "Round-up Recipes" section. We've also prepared a special section just for "Breakfasts and Brunches", which is where you'll not only find egg and meat dishes, but all of those sweet bread treats as well. Most of the charts are in the section titled "Useful Information", but a few that are specific to a section, such as "Common Causes of Failure in Baking" are found in that section. All are in the index under "Charts".
Sometimes the best recipes are those "non-food" type. We've added some of those as well. Some will make you laugh, others are more recipes for life. We hope that you will enjoy them, as well as the sayings that are scattered throughout the book. And speaking of scattered throughout the book, you will also find numerous "Helpful Hints" to make cooking and/or housework a little easier. And don't forget to check-out the "Miscellaneous" section. You can find everything from "Pet-pourri" to "Small Batch Soap".

South Dakota Daughters bring a wide range of experience and experiences. We have recipes from a Daughter who lived in a "soddie"; a Daughter who has a Master's Degree in Nutrition and worked for many years in food research; a Daughter who serves as Vice President of the National Cattlewomen; Daughters who are ranch wives and cook for round-up and/or harvest each year; Daughters who work and prefer quick and easy recipes; and Daughters who remember the War Years, both WWI and WWII.

A comprehensive "Index" has been provided at the end of this cookbook. You may find the same recipe listed under multiple topics. All of the temperatures listed are in Fahrenheit unless otherwise stated. The following abbreviations are used: Tbsp. for tablespoon; tsp. for teaspoon; C. for cup; qt. for quart; pt. for pint; oz. for ounce; pkg. for package with size placed in parenthesis, such as (7 oz.); gal. for gallon; gm for grams; ml for milliliters; kg. for kilograms, F for Fahrenheit; C for Centigrade.

We hope you enjoy "Simply Delicious Dishes And Reflections". That you find good eating, good humor, good advice, good information, and good stories within these pages.

The South Dakota Society Daughters of the American Revolution would like to thank you for purchasing our cookbook and sharing our recipes and memories.

Rexene
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APPETIZERS AND BEVERAGES
FAVORITE RECIPES
Helpful Hint: Stale, dried-up cheese turns into a delicious spread when placed into a meat grinder with chunks of raw onion.

CHEESE AND OLIVE CANAPES  
Rexene Plucker, State Regent  
Bear Butte Chapter

6 portions prepared bread  
3 Tbsp. cream cheese  
Olives stuffed with pimientos  
Garnish of red pepper or pickled beet

Spread on the prepared bread a paste made by mixing equal proportions of cream cheese and chopped stuffed olives. Garnish with a quarter-inch border of the chopped olives and a star of red pepper or pickled beet in the center of each canapé.

CHEESE BALL  
Peggy Tanner  
Bear Butte Chapter

2 pkg. (8 oz.) Philadelphia cream cheese, room temperature  
1 jar (5 oz.) Old English Cheese, room temperature  
½ tsp. garlic salt  
1 tsp. hot sauce  
1 tsp. Worcestershire sauce  
2 tsp. milk  
Pecans, crushed

Mix first 6 ingredients well until smooth and creamy. Form into ball and roll in pecan meal.
CHICKEN -- HAM -- CELERY SANDWICH
Rexene Plucker, State Regent
Bear Butte Chapter

1 C. cooked chicken
½ C. celery
1 Tbsp. green pepper
¼ C. mayonnaise
¼ C. cooked ham

Mince the chicken, ham, celery and green pepper. Add mayonnaise. Mix well. Spread on buttered bread, which has had the crust removed. Cut into quarters or use cookie cutters or cut into fancy shapes.

CHICKEN STICKS
Rexene Plucker, State Regent
Bear Butte Chapter

I like this recipe because I can make them ahead, and have to do minimal work just before the party to get them ready to serve.

350°

Makes 30 pieces

3 lb. chicken wings (about 15)
1 C. butter
1½ C. flour
1/3 C. sesame seeds
1 Tbsp. salt
½ tsp. ground ginger

Cut off and discard bony tips of wings. Cutting through the joint, divide each wing into two meaty parts. Wash and drain on paper towels.

Melt butter in a large baking pan. Mix remaining ingredients together. Roll chicken pieces, one at a time, in butter then in flour mixture; and arrange in a single layer about an inch apart in the pan. Bake at 350° for 1 hour. Refrigerate or freeze. When ready to serve, bring to room temperature and broil 3 - 5 minutes until golden.
DAWSON'S MEXICAN CHILI RELISH DIP
Rexene Plucker, State Regent
Bear Butte Chapter

When we were stationed at Castle Air Force Base, in Atwater, California I had my first experience with a computer. To give you an idea of how long ago that was, the computer, whom we called Igor, filled a 10 x 14 foot area. Needless to say, I was terrified of Igor, so the experience was not a pleasant one; however, the people were wonderful. It was from one of my co-workers that I obtained this recipe for authentic Mexican relish. I always liked this one, as it was not only easy, but very good.

1 can (small) chopped ripe olives
1 can (small) chopped green chilies
3 - 4 green onions, chopped (you may add more if you prefer)
2 large tomatoes peeled and chopped
1 ½ Tbsp. vinegar
3 Tbsp. olive oil
1 tsp. garlic salt
salt and pepper to taste

Mix all of the ingredients together. Cover and chill overnight. Serve with tortilla chips.

EASY CRAB DIP
Mary Louise Brown
Bear Butte Chapter

1 pkg. (small) Philadelphia cream cheese, whipped
1 pkg. (8 oz.) sour cream
1 can crab meat, drained
Dash of Worcestershire sauce
Salt to taste

Blend ingredients together. Serve with crackers or potato chips.

IGNORANCE IS THE DEVIL'S COTTAGE
FRESH STRAWBERRY SPECIAL
Rexene Plucker, State Regent
Bear Butte Chapter

Fresh strawberries
Sour cream
Sugar
Wine


FRESH VEGETABLE PIZZA
Rexene Plucker, State Regent
Bear Butte Chapter

2 cans Pillsbury Crescent Dinner Rolls
2 pkg. (8 oz.) cream cheese
1 C. mayonnaise or salad dressing
1 pkg. Original Hidden Valley dressing
Assorted fresh vegetables

Roll crescent rolls on an ungreased jelly roll pan. Bake until golden brown. Let cool completely. Mix cream cheese, mayonnaise and dressing and spread over baked rolls.

Chop carrots, tomatoes, broccoli, cauliflower, green and red bell peppers, mushrooms, green onions, and any other vegetable you like into small pieces and press into the cream topping. Grated cheese is also good on this. Cut into squares and enjoy.
MOLDED GUACAMOLE
Rexene Plucker, State Regent
Bear Butte Chapter

This is another recipe that I like to use. Because of the gelatin it can be made earlier in the day and stored until ready to serve.

If you wish, you may substitute 2 cans frozen guacamole for the avocados, lemon juice, salt and hot pepper sauce.

1½ quart mold

1 Tbsp. instant minced onion
1/3 C. pale dry sherry
1 envelope unflavored gelatin
1/2 C. cold water
2 large avocados
1/3 C. sour cream
4 tsp. lemon juice
1 1/4 tsp. salt
1/4 tsp. hot pepper sauce
corn or tortilla chips

Combine onion and sherry and let stand for 10 minutes. Soften gelatin in cold water and dissolve completely over low heat. Cool at room temperature.

Cut in half and remove seeds and skin from the avocados. Mash coarsely. Stir into avocados the cooled gelatin, onion/sherry mixture, sour cream, lemon juice, salt, and hot pepper sauce.

Turn into 3 cup mold and chill until firm. Unmold to serve. Serve with corn chips or tortilla chips.
PARTY-TIME SANDWICHES
Mary Louise Brown
Bear Butte Chapter

Make these ahead, then toast them just before serving.

1 pkg. (3 oz.) cream cheese, softened
1 can cream of mushroom soup
1 can (4 oz.) chopped almonds
1/8 tsp. garlic powder
1/2 Tbsp. Worcestershire sauce
1/2 Tbsp. horseradish
1 can (3 oz.) mushrooms, chopped
30 slices sandwich bread with crusts cut off
Toothpicks

Blend cream cheese, soup, almonds, garlic powder, Worcestershire sauce, horseradish and mushrooms together. Spread 1 tablespoon mixture on slice of bread. Roll and fasten with 3 toothpicks. Freeze or cut into thirds and chill overnight.

When ready to serve, brush with melted butter. Toast in 450° degree oven 10 - 12 minutes (15 minutes if frozen) until golden brown.

RECIPE FOR FRIENDSHIP

| Patience         | Understanding          |
| Love             | Kindness               |
| Generosity       | Faith                  |
| Laughter         |                        |

Take 2 heaping cups of patience, 1 heart full of love, 2 handfuls of generosity, a dash of laughter, and 1 handful of understanding. Sprinkle generously with kindness; add plenty of faith and mix well. Spread over a period of a lifetime. Serve everyone you meet.
OLIVE-NUT SPREAD
Mary E. Anderson
Laura Ingalls Wilder Chapter

6 oz. cream cheese
½ C. mayonnaise
Dash black pepper
1 C. salad olives, chopped
2 Tbsp. liquid from salad olives
½ C. chopped pecans

Combine cream cheese and mayonnaise. Mix well. Add liquid from olives and dash of pepper. Mix then fold in nuts and olives. Store in glass container for up to one week.

PACIFIC CRAB PUFFS
Rexene Plucker, State Regent
Bear Butte Chapter

1½ C. Bisquick
½ lb. crab meat (fresh, frozen or canned)
1 egg, slightly beaten
1 tsp. Worcestershire
Salad oil for frying
½ C. Parmesan cheese
¼ C. green onions, finely chopped
½ C. water
⅛ tsp. liquid hot pepper seasoning (or to taste)

Combine Bisquick, cheese, and green onion. Shred crab and add to Bisquick, mix. Combine egg, water, Worcestershire and hot pepper seasoning. Stir into crab mix. Lightly blend. Heat ½ inch oil in deep sauce pan or electric frying pan to 375°. Drop batter by tablespoon into hot oil, fry, turn as necessary until golden brown. Lift out -- drain and keep warm in low oven until all are fried. Serve with Mustard Sauce.

Mustard Sauce:

Combine ½ C. sour cream, 2 Tbsp. Dijon mustard and 1 tsp. lemon juice.
SHEEPHERDERS BREAD AND SPINACH DIP
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Here is another potluck pleaser. I often took this to work for office Christmas or New Years' parties.

1 pkg. Hidden Valley Ranch "Milk" Recipe Original Salad Dressing Mix
¼ C. onion, minced
¾ t. basil
2 C. (1 pt.) sour cream
½ t. oregano
1 pkg. (10 oz.) frozen chopped spinach, cooked and drained
Round loaf of French or Sheepherders Bread

Set aside bread. Combine remaining ingredients. Stir to blend. Chill for at least 1 hour. Serve in hollowed out round loaf of French or sheepherders bread. Use hollowed out section to make bread pieces for dipping.

MISCELLANEOUS SANDWICH FILLINGS

1. Raisins worked into cream cheese.

2. Chopped raisins, figs, dates or prunes, mixed with chopped nut-meats and moistened with mayonnaise dressing or lemon juice.

3. The well-whipped white of an egg mixed with a cup each of chopped raisins and nut-meats, seasoned with a little salt.

4. Peanut butter moistened with salad dressing and mixed with raisins, dates, figs or bananas.

5. Equal parts olives, peanut butter, celery, mixed with a little salad dressing.

6. Peanut butter mixed with chopped dill, sweet or sour pickles.

7. Cream cheese and chopped stuffed olives.
8. Chopped stuffed olives and chopped nuts, moistened with salad dressing.

9. Cream cheese and crushed pineapple between very thin slices of bread.

10. Tuna fish mixed with parsley, lemon-juice, seasoning and a bit of onion.

11. Cream cheese and chopped nuts.

12. Ground boiled ham and chopped pickles or chopped peanuts.

13. Cottage cheese and pickles, olives, nuts or pimientos.

14. Currant jam with pounded walnut meats and creamed butter. Pass with cream cheese. Preserved currants may be substituted in this combination.

15. Boston brown bread with cream cheese or mayonnaise mixed with chopped nuts and raisins.

16. Rounds of brown bread spread with chopped olives, minced lettuce and water cress, tarragon, paprika, parsley and chives mixed with mayonnaise.

17. Pimientos, cucumbers and onion or chives, minced, mixed with mayonnaise and spread on buttered entire-wheat bread.

18. Green pepper, pimento and olives with mayonnaise.


20. Cream cheese used with chopped parsley, pimentos and mayonnaise, chopped nuts, sliced sugared bananas, crushed pineapple, chopped or sliced olives, shredded sliced apples. The cheese may be rubbed with butter or the creamed butter may be spread on the bread.
BEVERAGES

AUNT INEZ'S PUNCH
Rexene Plucker, State Regent
Bear Butte Chapter

When I was a girl growing up in a Nash, Oklahoma, (a small rural town where everyone knew everyone else) my grandmother's (Mabel Hayes Brown) sister, Inez Hayes Hildinger was always called on to make the punch for the bridal showers, weddings, and other special community occasions. This is the very simple punch that she always made.

This is the recipe that we used when Wayne and I were married in 1970. Trust me, this was not normal wedding. We were beginning to think that we were cursed. Three days before the wedding, the pastor was rushed to the hospital with peritonitis (he recovered some weeks later). The pastor of my paternal grandparents, Clarence and Mabel Brown, agreed to step in at the last moment and drive the 30 miles to perform the ceremony. We had a very bad ice storm the day before and day of our wedding. The day before, they did some of the set-up for the reception. As they were carrying Aunt Inez's very large Fostoria crystal punch bowl into the church, my mother commented to my dad (Mary Louise and Rex Brown), "If I start to fall, grab the punch bowl. It'll be a lot cheaper to have the bones set than to replace the bowl." That same day, Wayne was also getting commissioned into the Air Force, and by the time he could leave Oklahoma State University, 90 miles away in Stillwater, a mirror-like sheet of ice covered all of the highways. We had to cancel the rehearsal that evening, after Wayne, the groomsmen, and his sister Barbara, who was one of the bridesmaids, got blown off the road near Perry which was only about 30 miles from Stillwater, where they spent that night. The next morning found my mother at the picture window in the kitchen. We have a very clear view of the road leading into Nash from the east. Mom was sitting there with Dad's binoculars saying, "If he doesn't show, we'll feed everyone anyone, because I'm not going to call 250 people and tell them the weddings off!" Wayne and company pulled into town about an hour before the wedding was to start, with one of groomsmen wearing a bandage over his eyebrow, as he'd slipped on the ice about 45 miles
earlier. It had only taken them 18 hours to drive 90 miles. Our photographer skidded into a ditch about 2 miles out of town, but someone picked her up and brought her into the church. One of the guests slipped and broke her arm as she was leaving her home to attend. Remarkably the wedding took place on time, with the minister bringing my grandparents over the icy roads. The roads were still too slick to travel the 30 miles to Enid, so our banker and his wife, Lowell and Elva Jones, gave us the use of their brand new house for our wedding night.

Makes 25 - 30 4 oz. cups

1 qt. sherbet (any flavor)
3 bottles (1 pt. 12 oz.) 7-UP (ginger ale may be substituted, but it will have a different flavor), slightly chilled

Put the sherbet and ice in a large punch bowl. Pour 7-UP over the sherbet. Ladle into punch cups.

Helpful Hint: You will get more juice out of a lemon if you warm it in hot water or in the oven before cutting and squeezing it.
While working at SDSU and in a research lab, I found myself on the social committee many times, as I did not have a regular teaching schedule. Through the years I had to make a punch for the Home Economics Staff Christmas Tea. It became such a tradition that I finally developed a recipe as follows:

**HOT WASSAIL**

**Basic Recipe:**

- 2 oranges
- 2 lemons
- Squeeze and reserve juice

- 2 Tbsp. whole cloves
- 2 sticks cinnamon
- 1 C. (196 gm) sugar
- 1½ qt. (360 ml) water

Simmer together, tightly covered, with the orange and lemon rinds for 1 hour or more. Strain. Then add 1 gallon (3.78 liters) apple cider and the reserved orange and lemon juice. Reheat and serve hot. Serves about 30 punch cups.

**Dorothy's Version:**

Double syrup recipe and omit lemons. Chill syrup, add:

- 1 gal. (3.78 liters) chilled apple cider
- 2 cans (6 oz., 168 ml) lemonade, diluted
- 1 can (6 oz., 168 ml) lemonade concentrate
- ½ C. (120 ml) Real Lemon juice to cut the sweetness of the lemonade

Chill. Serve in punch bowl with colored ice ring.
HOT WASSAIL CONT.

**Ice Ring:**

Ice ring is made with red and yellow food coloring but do not mix. Pour red coloring into water first, then add yellow coloring carefully on one side. Freeze.

(Editor's Note: Dorothy Deethardt has earned both a Bachelor of Science in Home Economics Education and a Masters of Science in Nutrition and Food Science from South Dakota State University, where she worked for many years. In addition to her many articles for the Extension Service, she has published her own cookbook, "Dorothy's Kitchen", from which the modern recipes in this book were taken.)

**EASY PARTY PUNCH**

Rexene Plucker, State Regent
Bear Butte Chapter

Yields 4½ qt.

2 pkg. lemon-lime Kool-Aid  
1 1/3 C. sugar  
2 qt. water  
1 can (46 oz.) pineapple juice  
1 qt. ginger ale

Mix Kool-Aid, sugar and water. Add pineapple juice, chill. Pour over chopped ice or ice cubes. Add chilled ginger ale.
EGGNOG
(NON-ALCOHOLIC)
Rexene Plucker, State Regent
Bear Butte Chapter

Did you know vanilla extract has alcohol? Flavoring does not.

3/4 C. sugar
1/8 tsp. nutmeg
3 egg yolks
1/4 C. sugar
3/8 tsp. salt
1/2 tsp. vanilla flavoring
4 C. milk
3 egg whites

Nutmeg

Beat 1/2 cup sugar, egg yoke, and 1/4 teaspoon of salt together. Stir in milk slowly. Cook slowly in a double boiler or over water until mixture coats spoon. Stir constantly. Cool. Add the 1/8 teaspoon salt to egg whites and beat until almost stiff, then add the 1/4 cup sugar, 1 tablespoon at a time. Fold this mixture into the cooked mixture. Add flavoring. Serve in punch cups and sprinkle top of eggnog with grated or powdered nutmeg.

FROM "DR. CHASE'S RECIPES"

Ginger Pop
--White sugar, 3/4 lb; cream of tartar and ginger root, bruised, each, 3/4 oz.; juice and grated yellow of 1 lemon; water, 1 gal.; fresh yeast, 1 tablespoonful; ess. of winter green or sassafras as you prefer, or half as much of each, if a mixed flavor is liked. DIRECTIONS -- Put all into a jar, except the yeast and ess.; and pour out over the water, boiling hot; cover, and let stand until it is only lukewarm, and add the yeast and ess., and let stand in a cool place 24 hours, strain and bottle, securing the corks tightly. It will be ready in about 3 days. More or less flavor may be used to suit different tastes.

EARTH HOLDS NO SORROW THAT HEAVEN CANNOT HEAL
MI NT TEA SYRUP
Rexene Plucker, State Regent
Bear Butte Chapter

My great-aunt, Reba Holcomb Shannon, used to make an orange mint drink, in which she used a diluted orange juice instead of tea.

4 C. water
2 C. sugar
2 C. mint leaves
3 lemons grated rind and juice

Make syrup by boiling water and sugar together for 5 minutes. Add mint leaves, grated rind and lemon juice. Cover and let stand for 6 - 8 hours. Strain.

To serve put about 2 inches of syrup in each glass and fill with ice and tea.

Double portion may be made and frozen until ready to use.

MULLED CIDER
Rexene Plucker, State Regent
Bear Butte Chapter

With South Dakota's long and cold winters, this is a great alternative to hot chocolate or hot tea.

Serves 6 - 8

I qt. cider
2 whole allspice
2 whole cloves
1 stick cinnamon (3 inches long)
3/8 C. brown sugar

Mix cider, allspice, cloves, and cinnamon in a saucepan. Boil 5 minutes. Add brown sugar. Boil 5 minutes longer.

THE WORLD IS FULL OF CACTUS, BUT WE DON'T HAVE TO SIT ON IT!
SPICED TEA
Rexene Plucker, State Regent
Bear Butte Chapter

6 C. water
1 tsp. cloves
1 stick cinnamon
4 tea bags or 2½ Tbsp. black tea
¾ C. orange juice
2 tsp. lemon juice
½ C. sugar

Boil together water, cloves, and cinnamon. Add tea bags or tea. Heat to boil.

In a separate container, stir together orange juice, lemon juice and sugar. Add to hot tea.

STRAWBERRY PUNCH
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 25

1 (48 oz.) can pineapple juice (not sweet)
1 (6 oz.) can frozen lemonade
1 C. sugar
6 cans strawberry pop

Mix pineapple juice, lemonade, and sugar ahead of time. At the last minute, add strawberry pop.
WASSAIL
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 30 cups

5 C. sugar
10 sticks whole cinnamon
10 C. water
1 tsp. ground nutmeg
1 tsp. whole cloves
4 cans (medium) frozen orange juice, diluted per directions on can
4 cans (small) frozen lemonade, diluted per directions on can

To make spice syrup, boil sugar, cinnamon, water, nutmeg and cloves together for 2 minutes. Let set for several hours (preferably overnight). Strain spices out.

Mix together the orange juice and lemonade.

Add spice syrup. Let set several hours. Heat, don't boil, and serve.

Mixing syrup and juices may be done the day before, it improves the flavor to set longer. A delicious hot holiday drink. Serve with turkey sandwiches or as great party punch. Makes 50 - 60 (1/2 cup) servings.
soups and stews
FAVORITE RECIPES
Helpful Hint: To make a quick homemade soup from leftovers, collect vegetables and meats left in pans at close of each meal; chop meats. Place in plastic container; cover. Place in freezer. Combine contents of container with tomato juice or broth; season and heat when nutritious hot soup is desired.

SOUPS

BEER CHEESE SOUP (WISCONSIN)

Rexene Plucker, State Regent
Bear Butte Chapter

My husband, Wayne, was a gypsy. His father, A. B. Plucker, was a Sales Manager for Kimberly-Clark, and the family moved more than we did in the Air Force. But their roots were in Wisconsin. For years, Wayne talked about Beer Cheese Soup. It didn't sound very good to me, but I finally tried it -- and it was great.

Makes 6 - 8 servings

1½ C. butter
½ C. minced celery
½ C. grated carrots
½ C. finely chopped onions
½ C. flour
4½ C. chicken broth
½ tsp. dry mustard
2 Tbsp. Parmesan cheese
6 oz. grated Cheddar cheese
1 can (12 oz.) beer
Salt and pepper to taste

Melt butter in a large sauce pan. Sauté vegetables until limp -- do not brown. Stir flour into sautéed vegetables all at once and continue stirring, over low heat, until flour expands. Gradually add chicken broth, stirring constantly until thickened. Simmer 5 minutes. Blend in cheeses and beer, stirring constantly, until cheese melts. Add seasonings and simmer 10 minutes.
BORSCHT
Rexene Plucker, State Regent
Bear Butte Chapter

When we were stationed in Germany, my husband's office had a progressive dinner. My neighbor, whose husband worked with Wayne, and I did soup and build-it-yourself salads. She brought borscht, a traditional Russian soup, and it was delicious.

1 bunch beets
1 C. tomatoes, fresh or canned
4 C. water
1 small onion
½ lb. beef, cut into small pieces
1 Tbsp. lemon juice
¼ C. sugar
¼ tsp. salt
4 eggs
Sour Cream

Pare the beets and cut them into long strips. Strain the tomatoes, over the beets, not letting any seeds through. Add water. Put in the onion and meat and simmer for 30 minutes. Add lemon juice, sugar, and salt. Boil ½ hour more. Beat eggs with a pinch of salt. Add the hot borscht to this, a little at a time, stirring well to prevent the separating of the eggs. Serve at once, while hot, with a teaspoon of sour cream dropped on top.

CHICKEN SOUP
Rexene Plucker, State Regent
Bear Butte Chapter

3 - 4 lb. stewing hen, cut up
1 Tbsp. salt
1 onion, whole
1 bay leaf
2 carrots, peeled
4 celery tops
CHICKEN SOUP CONT.

Place chicken in 3 quarts of salted water in a pot. Cover and bring to a boil, uncover and cook until liquid is reduced to half. Add onion, bay leaf, carrots, and celery tops. Simmer about 3 hours until chicken is tender, skimming frequently. Remove chicken (save to use in other dishes). Strain soup; chill. When cold, skim off fat congealed on surface. Reheat and serve.

EASY TOMATO SOUP
Mary Louise Brown
Bear Butte Chapter

1 (No. 2) can tomato juice
1 (No. 2) can filled with milk

Heat tomato juice separate from milk and heat milk also. When steam is rising from both, but not boiling, add very slowly the tomato juice to the milk. Do not add the milk to the tomato juice. This step is very important to keep it from clabbering.

Variation: Add a little garlic salt and/or margarine and simmer.
FRENCH ONION SOUP
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 8 - 10 servings

1 Tbsp. butter
salt and pepper
¾ C. sliced onions (or more)
½ Tbsp. sugar
1 Tbsp. flour
4 C. beef broth
4 thick slices French bread or rounds cut from sliced bread
grated mozzarella

Melt butter in a large pan. Add onions and cook slowly until soft. Add sugar and flour. Stir and cook for 1 minute. Add broth. Season with salt and pepper to taste. Simmer at least 30 minutes. Add additional water if needed to make 4 cups. (This may be simmered as long as you like - the longer, the better the taste. It is also better if stored in the refrigerator at least overnight and then reheated.)

When ready to serve, toast bread and put a slice in each oven-proof soup bowl. Pour soup over toast and sprinkle with cheese. Set bowls in a 400° oven to melt and brown cheese. Pass extra cheese to sprinkle over soup.

Note: I recently made this using pumpernickel rounds for the bread and laid slices of provolone cheese over the top instead of the Parmesan cheese. It was delicious.

PATIENCE ... OFTEN MAKES THE SUNSHINE COME;
LOVE . . . . . MAKES A HAPPY HOME;
HOPE . . . . . MAKES A RAINY DAY LOOK GAY;
CHARITY . . . MAKES GLAD A WEARY DAY.
**GULYASSUPPE**  
**GOULASH SOUP**  
Rexene Plucker, State Regent  
Bear Butte Chapter

Serves 4 to 6

1 lb. beef (chuck, shin, neck)  
2 Tbsp. fresh lard or rendered beef or bacon fat  
1 large onion, diced  
1 heaping Tbsp. Hungarian sweet paprika  
Salt and pepper  
2 Tbsp. vinegar  
1 Tbsp. tomato paste  
1 Tbsp. caraway seeds  
½ tsp. marjoram  
1 clove garlic  
1½ - 2 qt. water  
3 medium potatoes, peeled and diced

Cut beef into ¾ to 1 inch cubes. Heat lard or beef fat in 3 quart saucepan and sauté onion until golden. Sprinkle with paprika and sauté a minute or two, stirring constantly over very low heat. Add beef and stir around well in paprika and onion mixture. Let meat sear and brown very slightly. Sprinkle with salt, pepper, and vinegar and stir in tomato paste. Simmer 3 or 4 minutes, then add caraway seeds, marjoram, garlic, and water. Bring to a boiling point; cover and simmer gently 45 minutes or until meat is almost done. Add diced potatoes and cook slowly 15 to 20 minutes longer, or until meat and potatoes are thoroughly cooked. Check seasoning and serve in deep bowls.

**Note:** Should be made the day before you intend to serve it. Germans frequently add leftover vegetables and noodles to this recipe.

*PATIENCE IS THE ABILITY TO IDLE YOUR MOTOR WHEN YOU FEEL LIKE STRIPPING YOUR GEARS*
KRAUT CABBAGE SOUP
Betty Hagmann
Black Hills Chapter

Serves 10 - 14

1 small head cabbage
1 can (15 oz.) sauerkraut, undrained
3 medium raw potatoes, diced
1 large can (2 qt.) chicken broth
2 qt. water
¼ lb. salt pork, diced
1 medium onion, diced
5 Tbsp. flour
1 Tbsp. sugar
salt, pepper, and garlic powder to taste

Slice head of cabbage as you would for slaw. Put in a big pot with water to cover. Add a pinch of salt. Bring to a boil and continue boiling for 5 minutes. Drain the cabbage. Then add sauerkraut, potatoes, chicken broth, and water. Cook slowly for 30 minutes.

Meanwhile fry the salt pork on low heat until brown. Add onion and cook for 5 minutes longer. Then add flour to the pork and onion mixture. Stir vigorously and then add to soup.

Cook the soup for 20 more minutes. Add the sugar and salt, pepper, and garlic powder. Makes about 14 servings.

Note: I've frozen what's left over and used it later.
PEA SOUP WITH SOUR CREAM
Rexene Plucker, State Regent
Bear Butte Chapter

8 oz. fresh shelled peas
2 C. chicken broth
3 oz. butter, softened
2 Tbsp. flour
1 egg yolk
2 Tbsp. chopped chives
½ C. sour cream
salt
freshly ground black pepper
4 slices white bread, cubed

Cook the peas in the stock for 10 to 15 minutes or until soft. Rub them through a sieve or puree in a food processor or blender.

Make a paste from the flour, egg yolk, sour cream, and half of the butter. Mix the pea puree and paste together. Heat but do not boil. Season.

Make croutons by frying the bread cubes in remaining butter until golden. Serve the soup hot with the croutons and sprinkled with chives.

PLAIN OLD-FASHIONED POTATO SOUP
Mary Louise Brown
Bear Butte Chapter

4 potatoes
1 onion
water
salt
milk
1 Tbsp. butter or oleo

Cube potatoes and chop onion. Put into pan of water and salt to taste. Boil. When potatoes are almost cooked, drain water from pan, leaving about ½ inch of liquid in pan. Add amount of milk for your own personal taste (more for thin soup, less for chunkier soup) and add butter and salt to taste. Heat over low flame.
SQUASH BISQUE
Rexene Plucker, State Regent
Bear Butte Chapter

1 lb. butternut squash, peeled, halved, seeded, and cubed
2 tart apples, peeled, cored, and cubed
1 medium onion, chopped
2 slices white bread, crusts removed and cubed
4 C. chicken broth
½ tsp. salt
¼ tsp. pepper
¼ tsp. dried rosemary, crushed
¼ tsp. dried marjoram, crushed
2 egg yolks, slightly beaten
¼ C. whipping cream
Thin apple slices (optional)
Fresh rosemary (optional)

In a large pan, combine the squash, apples, onion, bread, chicken broth, salt, pepper, rosemary and marjoram. Bring to boiling. Reduce heat and simmer, uncovered, about 35 minutes or until the squash and apples are tender. Remove from heat; cool slightly.

Spoon 1/3 of the soup into a blender container or food processor bowl. Cover and blend or process until pureed. Repeat with the remaining soup.

Return all of the pureed mixture to the saucepan. Reheat the soup gently over very low heat.

In a small bowl, stir together the egg yolks and whipping cream. Beat in 1 cup of the hot soup, then add the yolk mixture to the saucepan, stirring constantly. Heat and stir just until the soup begins to boil.

Transfer soup to a tureen. Garnish with the apple slices and rosemary, if desired.

Helpful Hint: A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
SQUIRREL SOUP

3 - 4 squirrel
1 Tbsp. salt
Corn
Irish potatoes
Tomatoes
Lima beans
Butter
Flour
Celery leaves, chopped, to taste
Parsley leaves, chopped, to taste
2 slices bread

Wash the squirrels. Cut into quarters. Place in a large kettle. Add salt and 1 gallon water. Bring to a boil. Reduce heat. Cover. Cook over very low heat until squirrels are very tender. Add desired amount of vegetables. Simmer until vegetables are tender. Pour through coarse colander into kettle. Press squirrel meat and vegetables through colander, leaving bones. Simmer soup for several minutes. Coat desired amount of butter with generous amount of flour. Add to soup; add celery and parsley leaves. Simmer, stirring until thickened and hot. Toast bread; cut into ½ inch cubes. Fry in butter until coated. Place toast squares in tureen; pour soup over toast and serve.

The time to be happy is -- now.
The place to be happy is -- here.
And the way to be happy is -- to make others happy!!
SU DDEUTSCHE ZWIEBELSUPPE
SOUTH GERMAN ONION SOUP
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 6 cups

¼ lb. butter
3 large onions, chopped
1½ qt. hot veal stock or milk (preferably stock)
½ C. flour
2 egg yolks
½ C. heavy sweet cream

Melt butter in a 2 quart saucepan and in it sauté chopped onion very slowly until deep golden but not brown. Sprinkle in flour, blend and sauté to a deep golden color also. Add hot stock or milk and simmer slowly 30 minutes. Purée through sieve. Heat thoroughly and remove from stove. Beat egg yolks into cream; add a few spoonfuls of hot onion soup, then return egg-soup mixture to soup pot and serve.

SPLIT PEA SOUP
Betty Hagmann
Black Hills Chapter

Serves 6

1 bag dried split peas, washed and soaked overnight
2 qt. water
1 ham bone, or 4 - 5 oz. of ham cubed
1 medium onion, minced
2 carrots, sliced
2 stalks celery, sliced
1 bay leaf

Bring ingredients to a boil in a large pot. Then reduce heat and simmer for 1 - 2 hours. Remove the ham bone, if used. Press the entire mixture through a sieve. Reheat.
TACO SOUP
Betty Hagmann
Black Hills Chapter

1 lb. ground beef, cooked and drained
1 can hominy
1 can Mexican beans
1 can tomatoes
2 chicken bouillon cubes
1 pkg. Taco Mix
1 pkg. Hidden Valley Ranch Dressing Mix
Grated cheese, to top
1 clove garlic, sliced
½ medium Onion, sliced

Mix all together except garlic, onion, and cheese. Then top with the garlic and onion. Simmer for 30 - 40 minutes. Serve topped with cheese.

TOMATO BISQUE SOUP
Mary Louise Brown
Bear Butte Chapter

1 (No. 2) can tomatoes, chopped
1 (No. 2) can filled with milk
1/2 tsp. baking soda

Put milk in pan and add baking soda; stir and add tomatoes, do not let boil.

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

There is a place that you are to fill and no one else can fill it. Something you are to do that no one else can do.
Carry this though with you.

Plato
VEGETABLE SOUP
Mary Louise Brown
Bear Butte Chapter

1 lb. stew meat
1 can (large) tomatoes
6 potatoes, cubed
4 carrots, sliced
2 stalks celery, sliced
½ medium onion, diced
⅛ tsp. chili powder
salt and pepper to taste

In a 4½ quart pot, brown stew meat. Pour in enough water to bring level up to ½ of the pot. Add remaining ingredients. Cover and simmer two hours, stirring occasionally. Add water as needed.

RECIPE FOR A HAPPY HOME

To 3 C. of love and 2 C. of understanding add 4 t. of courtesy, 2 t. each of thoughtfulness and helpfulness.

Sift together thoroughly, then stir in an equal amount of work and play.

Add 3 t. of responsibility, season with study and culture.

Fold in a generous amount of worship.

Place in pan well greased with security and line with respect for personality.

Sprinkle lightly with a sense of humor.

Allow to set in an atmosphere of democratic planning and mutual sharing.

Bake in a moderate oven. When well done remove top and cover with a thick coating of Christian Teachings. Serve on platter of friendliness garnished with smiles.
OYSTER STEW
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Being a third generation DAR I am steeped in tradition. This is one of those traditions that was passed down to my mother (Pat McCoy Gabel) from her mother (Helen Knee McCoy) and then to me.

This has been a Christmas Eve tradition for generations! We don't pick our Christmas tree up until Christmas Eve evening. Every Christmas Eve includes attending church service, coming home to put up the tree, hang stockings on the mantle, eating oyster stew (in my generation we also added Chili to include my husband's traditional fare), read The Night Before Christmas and rush off to bed so Santa can come to decorate our tree and leave our presents.

Serves 2 - 4

1 pt. oysters
1 qt. milk (not canned)
½ stick butter
oysters crackers

In a sauce pan bring to boil oysters in their juices, cook until the ends curl. In a separate sauce pan simmer milk, salt, pepper and butter. When oysters are ready, add to milk mixture, simmer until warmed through, add oyster crackers.
This is my favorite meal when we have guys in to work cows. It can stay in the oven if they are late and is very filling. Of course, I always double the recipe.

325° 6 - 8 servings

1 can (10¾ oz.) condensed tomato soup, undiluted
1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
2½ C. water
2 lb. beef stew meat, cut into cubes
2 bay leaves
3 medium potatoes, peeled and cut into 1-inch chunks
4 carrots, cut into 1/2-inch slices
1 lb. medium fresh mushrooms, halved
1 Tbsp. quick-cooking tapioca

In a Dutch oven, stir the soups and water until smooth. Add meat and bay leaves. Cover and bake at 325° for 1½ hours. Stir in potatoes, carrots, mushrooms and tapioca. Cover and bake 1 hour longer or until the meat and vegetables are tender. Remove the bay leaves before serving.
Savory Beef Stew
Betty Hagmann
Black Hills Chapter

325°

2 1/2 - 3 lb. boneless chuck roast
1/3 C. flour
5 slices bacon
3 C. sliced mushrooms
1/2 C. onion, chopped
2 - 3 C. water
1/2 tsp. thyme
1/2 tsp. basil
1/4 tsp. pepper
6 medium carrots, sliced
1 C. frozen peas
1/4 C. chili sauce
2 tsp. instant beef cubes or bouillon granules

Trim fat from beef. Cut into 1 1/2 inch cubes. Place in a plastic bag. Add flour. Shake bag to coat. In a Dutch oven fry bacon, drain and crumble. Reserve 2 tablespoons of the bacon dripping in the pan. Brown the beef, one half of it at a time. Remove the meat. Cook the mushrooms and onion in the pan until the onions are soft. Then return the beef and bacon to the pan. Add two cups of water, the chili sauce, bouillon, and spices. Bring to a boil. Cover and bake at 325° for 2 1/2 hours. Add more water during cooking. Meanwhile cook the carrot separately for 10 minutes. Then drain them and add them to the stew. Sprinkle in the frozen peas, cover and bake for an additional 15 minute.

Things You Just Can't Do

Sow bad habits and reap good character.
Sow jealousy and hatred and reap love and friendship.
Sow dissipation and reap a healthy body.
Sow cowardice and reap courage.
Sow deception and reap confidence.
Sow neglect of the Bible and reap a well-guided life.
STEW
Rexene Plucker, State Regent
Bear Butte Chapter

Every Christmas eve that we spent at home instead of at Grandma and Grandpa Howland's, my mother would fix a pot of vegetable soup. I started with her recipe, but as time went by it evolved into a more complicated stew; however, the tradition continued at our house. It just wasn't Christmas eve for our son unless I made stew.

I use a very large pot for this. When it was vegetable soup I used my 4½ quart pot. As it progressed into stew, I began using my 8 quart pot from my slow cooker. When it got to the top of that pot, my husband bought me a stock pot, which I now use. This makes a good size batch, which I like so that I can freeze what's left over and zap it in the microwave when I want a quick meal or a single serving.

1½ - 2 lb. stew meat or cubed round steak
1 can (large) tomatoes
2 C. V-8 Juice
10 potatoes, cubed
8 carrots, sliced
4 stalks celery, sliced
⅛ tsp. chili powder
salt and pepper, to taste
1 packet onion soup mix
1 medium onion
1 can (14½ oz.) green beans, Blue Lake Cut
½ bag frozen corn, or 1 box
½ bag frozen cauliflower
½ bag frozen broccoli
1 can lima beans

Over a high heat, put just enough water in bottom of stock pot to cover. Pour in meat and sear on all sides. Add onion and cook until soft. Add onion soup mix. Stir. Pour in 4 cups water and V-8. Add 6 of the potatoes, 4 of the carrots, celery, canned tomatoes and chili powder. Bring to a boil and then turn down heat and let simmer over low heat for three hours.
STEW CONT.

Add water as needed, but do not drown the stew, as you want the water to evaporate and the potatoes to turn to a mush to thicken the stew. But you do not want to stew to burn. Stir occasionally.

Add remainder of potatoes and carrots. Add rest of vegetables and let simmer until sauce is thick and vegetables are cooked.

HOW TO COOK A HUSBAND

Place him in the kettle of comfort. Wrap him in the linen of sympathy. Tie him with the cord of love. Add sugar in the form of kisses. Use a little spice with judgment. Make a fine mixture of neatness and cheerfulness. Don't worry if he fizzes and sputters. Do not stick sharp objects in him to see if he is tender. When done, he will be a "Gift from God".
Salads
And
Salad
Dressings
FAVORITE RECIPES
SALADS AND SALAD DRESSINGS

SALADS

BEST TUNA MACARONI SALAD
Carol Foiles
Laura Ingalls Wilder Chapter

1½ Tbsp. lemon juice
1 Tbsp. vegetable oil
1 C. raw macaroni, cooked
1 small can grated tuna, drained
2 hard boiled eggs, chopped
1 Tbsp. chopped onion
½ C. chopped celery
¼ C. grated carrots
½ C. mayonnaise
½ tsp. salt

Drain macaroni and mix all together.

BLUEBERRY JELL-O
Donna Hamill
Bear Butte Chapter

2 pkg. raspberry Jell-O
1 small Cool Whip
1 can blueberries
1 C. small marshmallows
1 (No. 2) can pineapple
½ C. nuts (optional)

Drain juice from fruit. Add enough water to juice to make 2 cups. Dissolve Jell-O with 2 cups hot water mixture, then add juice/water mixture to Jell-O and let it begin to set. Fold marshmallows and Jell-O into Cool Whip. Add nuts if desired.
BLUEBERRY JELL-O SALAD
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Another Pot Luck favorite. I used to make these salads for branding, but discovered that if a salad or dessert is not easily recognized (i.e. like potato or macaroni salad), men just won't eat it even if it is delicious.

Serves 6 - 8

1 small pkg. Raspberry Jell-O
1 small pkg. black raspberry Jell-O
1 large can crushed pineapple with juice
1 can blueberries (drain off most of the juice)
2 C. boiling water

Prepare above Jell-O and pour into 8 x 8 inch square glass dish. Refrigerate until set.

Topping:

1 large pkg. softened cream cheese
1 C. sour cream
½ C. sugar
1 tsp. vanilla
1 C. chopped nuts

Mix above first four ingredients and pour on salad. Top with chopped nuts. Refrigerate several hours before serving.

He who helps a child helps humanity with an immediateness which no other help given to human creature in any other stage of life can possibly give again.
CINNAMON JELL-O
Shirley Deethardt
John Kerr Chapter

This makes a pretty holiday salad.

1 pkg. (3 oz., 84 gm) Cherry Jell-O
1 C. (240 ml) hot water
¼ C. (35 gm) red hot cinnamon candy
½ C. (120 ml) boiling water
Water to make one cup
1 C. (124 gm) chopped apple
1 C. (119 gm) chopped celery
½ C. (60 gm) chopped nuts

Dissolve Jell-O in 1 cup of hot water. Melt red hots in ½ cup boiling water, make to 1 cup with additional water. Cool. Add remaining ingredients and pour into mold; chill until thoroughly set.

COLESLAW
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

A pot luck or branding meal favorite.

1 head of cabbage, shredded
3 Tbsp. sugar
1 carrot
3 Tbsp. "over heaping" of mayonnaise (not salad dressing)
2 thin slices onion
3 capfuls vinegar
Milk

Place shredded cabbage in a bowl. Shred carrot with a potato peeler into cabbage. Dice up slices of onion and add (the longer the slaw sits, the more the onion flavors the slaw). Sprinkle vinegar and sugar over the cabbage and carrots. Mix mayonnaise with a little milk until creamy, then mix into slaw.
COLESLAW
Rexene Plucker, State Regent
Bear Butte Chapter

1 head cabbage, shredded
2 large Delicious apples, cubed
1 pkg. chopped pecans
½ pkg. miniature marshmallows
½ bottle prepared coleslaw dressing

Mix all ingredients together and let stand for at least 4 hours.

CRANBERRY SALAD
Rexene Plucker, State Regent
Bear Butte Chapter

3 C. cranberries
3 egg yolks
1 C. water
1 C. sugar
1 box orange Jell-O
3 egg whites
½ C. hot water

Boil and run through sieve cranberries and 1 cup water. Add orange Jell-O, ½ cup hot water, beaten egg yolks, and ½ cup sugar. Cool. Beat egg, ½ cup sugar and fold into cranberries.
CRUNCHY GREEN PEA SALAD
Karen McGraw, State Chairman of American History
Laura Ingalls Wilder Chapter

1 pkg. (10 oz.) frozen peas
1 C. sliced celery
1 C. chopped cauliflower
¼ C. diced onion
2 Tbsp. sliced pimento
1 C. sunflower seeds
¼ C. crisp crumbled bacon
½ C. sour cream

Dressing:

1 C. Hidden Valley Ranch dressing -- original recipe
½ tsp. mustard
⅛ tsp. garlic powder

Rinse the peas in hot water. Combine ingredients in a large bowl.

Mix dressing and pour over the salad. Refrigerate.

DIFFERENT COLE SLAW
Betty Hagmann
Black Hills Chapter

1 head cabbage, shredded
2 pkg. Ramen noodles (chicken), cooked
8 scallions, chopped
1 small pkg. of almonds, toasted in skillet
Sesame seeds, toasted in a skillet

Dressing:
2 pkg. flavoring from Ramen noodles
6 Tbsp. vinegar
¾ C. olive or other oil
4 Tbsp. sugar
½ tsp. pepper

Pour dressing over the salad ingredients. Refrigerate -- let sit -- can eat on it for days.
FRUIT SALAD
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is one of those Community Pot Luck favorites. A very colorful and cheerful salad!

Serves 8 -10

1 can (15¼ oz.) chunk pineapple (drain and reserve juice)
2 bananas
2 apples diced (with peelings)
1 can fruit cocktail (drained)
2 peaches (or you can use strawberries)
1 can Mandarin oranges (drained)

Topping:

Juice from pineapple
1 small pkg. vanilla Instant Pudding
¼ C. "Tang" (powdered juice drink)

Mix above ingredients together with whisk and pour over fruit.

GERMAN HOT POTATO SALAD
Rexene Plucker, State Regent
Bear Butte Chapter

8 medium potatoes
1 lb. bacon, diced
2 onions, minced
2 Tbsp. flour
2 Tbsp. sugar
⅓ C. vinegar
1 egg, well beaten
Salt
Pepper

Cook unpeeled potatoes in salted water until tender; peel and cube while warm.
GERMAN HOT POTATO SALAD CONT.

Fry bacon in skillet until brown. Drain off fat, reserving ¼ cup bacon fat. Add onions to this reserved bacon fat and cook until soft. Stir in flour, sugar, vinegar, and 2/3 cup water. Cook and stir sauce over low heat until thickened, about 5 minutes. Stir egg quickly through cubed hot potatoes. Pour sauce over potatoes, stirring lightly. Season to taste with salt and pepper. Serve warm, but may be served cold as well.

GURKEN SALAT
CUCUMBER SALAD
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 4

1 large cucumber
½ tsp. salt
1 Tbsp. sugar
1 Tbsp. white wine vinegar
¼ C. (2 fl. oz.) sour cream
1 Tbsp. chopped parsley

Peel cucumber, leaving some of green rind. Slice it very thin. The cucumber may be served either fresh or marinated.

Fresh: Sprinkle the cucumber with salt, sugar, and vinegar. Mix in the sour cream and sprinkle with parsley.

Marinade: Alternately mix the salt and sugar into the vinegar. Marinate the cucumber in this mixture for 30 minutes. Drain off the liquid; mix the sour cream with the cucumber and serve, sprinkled with parsley.

Helpful Hint: It's easy to remove the white membrane from oranges -- for fancy desserts or salads -- by soaking them in boiling water for five minutes before you peel them.
HAWAIIAN FRUIT FLOWER POT
Eileen Clauson, Honorary State Regent
State Chairman of Insignia
Mary Chilton Chapter

6 medium sliced bananas -- cut in half lengthwise
lettuce leaf curls

½ C. papaya balls
½ C. pineapple chunks
½ C. melon balls
½ C. maraschino cherries
½ C. shredded coconut
1 pkg. lime Jell-O

Mold Jell-O into a flower pot shape and place on salad plate. Place three slices of banana above the pot and arrange papaya, pineapple, melon and lettuce curls. Place shredded coconut on lime Jell-O and add touches of cherries on both the pot and the fruit. Add whipped cream, if desired in several places on the arrangement.

NO COOK PEA SALAD
Mary Louise Brown
Bear Butte Chapter

My cousin, Claudia Thomas, prepared this one Thanksgiving. She shared the recipe with me. It is both quick and easy to prepare, but must done ahead, as it has to set for a while.

1 head cauliflower, chopped
5 or 6 green onions, chopped
1 pkg. (10 oz.) frozen peas, thawed and drained
1 pkg. (10 oz.) frozen chopped broccoli, thawed and drained
½ C. sour cream
½ C. mayonnaise (do not substitute Miracle Whip)
1 Tbsp. Morton's "Nature's Seasons" seasoning blend

Mix together well and put in refrigerator. Tastes best if it sets overnight.
PISTACHIO SALAD
Mary Louise Brown
Bear Butte Chapter

This recipe came from a friend in Pond Creek, where I grew up. It has become a family favorite.

1 can (No. 2) crushed pineapple
3 - 4 C. miniature marshmallows
1 pkg. pistachio instant pudding
1 large carton Cool Whip
1 C. chopped pecans

Mix pineapple (juice and all) with marshmallows in a large bowl. Put Cool Whip in large bowl and sprinkle pudding mix over it; mix well by folding gently. Add Cool Whip to pineapple. Add nuts and fold together. Do not whip.

Place in desired pan or bowl and refrigerate. This salad freezes well.

TACO SALAD
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is always a smash at any branding. We never have leftovers when I serve this taco salad. I usually serve chopped onion and jalepenos on the side.

1 head lettuce
1 lb. hamburger, fried and drained
2 tomatoes, chopped
1 bag taco-flavored Doritos
1 can red kidney beans, drained
1 bag cheddar cheese, shredded
1 onion
1 jar (small) Western dressing, or Dorothy Lynch Dressing, or a large jar of salsa

Brown hamburger, drain. Then mix in 1 pkg. of taco seasoning. Let hamburger cool and mix all remaining together.
TAFFY APPLE SALAD
Audrey Slott
Bear Butte Chapter

4 C. apple, diced
4 C. miniature marshmallows
1 large can chunk pineapple
½ C. sugar
1 Tbsp. flour
1 egg, beaten
1 ½ Tbsp. white vinegar
Cool Whip
1 - 1 ½ C. salted peanuts, chopped

Drain pineapple, saving juice. Mix pineapple, nuts, apples, and marshmallow. Cook pineapple juice, sugar, flour, egg, and vinegar on low heat until thickened. Let cool. Mix together with cool whip. Then add pineapple-apple mixture. Garnish with whole peanuts.

Helpful Hint: When cream will not whip, add the white of an egg to it. Let both egg and cream thoroughly chill before whipping.

TAPIOCA SALAD
Mary Louise Brown
Bear Butte Chapter

1 box tapioca pudding mix
1 box vanilla instant pudding mix
1 box (3 oz.) orange Jell-O
1 C. frozen orange juice (diluted)
1 C. water
1 can mandarin oranges, drained
1 can crushed pineapple, drained
1 carton (9 oz.) Cool Whip

Take orange juice and water and add the pudding mixes and Jell-O and put in a saucepan and cook until thick and clear. Let cool. Add the other ingredients and refrigerate several hours or overnight. You can add nuts and small marshmallows, if you desire.
One of my favorite salads that my grandmother (Clarice Fuller Howland) made was this Waldorf salad. Since I don't like walnuts, I substitute pecans.

4 - 5 apples, cubed
1 C. diced celery
½ - 1 C. broken nuts (walnuts or pecans)
½ C. raisins
1 C. mayonnaise
1 Tbsp. milk or cream
1 tsp. vinegar or lemon juice
1 tsp. sugar

Toss apples, celery, raisins and nuts in a bowl. Mix mayonnaise, milk, vinegar and sugar together. Pour over salad. Toss and chill until ready to serve.

RECIPE FOR A HOME

½ cup of friendship
Add a cup of thoughtfulness
Cream together with a pinch of powdered tenderness
Very beat in a bowl of loyalty
With a cup of faith, one of hope and one of charity.
Be sure to add a spoonful of each of gaiety that sings
And also the ability to laugh at little things.
Moisten with the sudden tears of heartfelt sympathy
Bake in a good natured pan and serve repeatedly.
YUM YUM SALAD
Mary Louise Brown
Bear Butte Chapter

This has been my standard salad to take to family holiday dinners when we gather with the aunts, uncles, and cousins ever since Rex and I have been married. I've been told that I should never contemplate showing up with anything else, or without it. It is also our own family's Thanksgiving and Christmas dinners tradition.

(Editor's note: This recipe has been passed down, and is also a part of our holidays when we can not be at home.)

2 pkg. Knox gelatin
1 C. sugar
1 (20 oz.) can crushed pineapple
Juice of 2 lemons (approx. 2 oz. of ReaLemon)
3/4 C. grated American cheese
1 pt. whipping cream
Very large salad bowl

Heat pineapple in a saucepan; add sugar to mixture. Add Knox gelatin that has been dissolved in just enough water to make a liquid, and lemon juice. Remove from heat and cool until it begins to set. Whip cream until stiff. Fold in cheese and pineapple mixture slowly. Chill. It usually must set overnight to gel completely.

Too many cooks may spoil the broth in some kitchens, but not in mine, I like help!
DRESSINGS

Helpful Hint: Use curry in mayonnaise on salads.

CREAMY EGGLESS MAYONNAISE
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 1 pint

1 Tbsp. sugar
½ tsp. paprika
½ tsp. salt
Few grains white pepper
½ tsp. dry mustard
½ C. evaporated milk, undiluted
2½ Tbsp. vinegar
1¼ - 1½ C. salad oil

Mix dry ingredients with milk; beat in vinegar, add oil gradually, beating thoroughly. Use less oil for thinner mixture or thin with evaporated milk before serving.

FRENCH DRESSING
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 2 Cups

½ C. sugar
1 tsp. dry mustard
1 tsp. salt
1 tsp. celery seed
½ C. honey
5 Tbsp. vinegar
Juice of one lemon
1 C. salad oil

Blend together sugar, mustard, salt, celery seed, honey, vinegar, and lemon juice. Beat in oil.
RAW VEGETABLE MARINADE
Rexene Plucker, State Regent
Bear Butte Chapter

When we were living in Germany, each time we ordered dinner at a German Gasthaus it was accompanied by Salat -- shredded carrots, beets, and knob celery or celery root. Each was arranged separately on the salad plate. What made it so good was the marinade, which was different at each restaurant. Here is the one that I brought back with me.

Makes about ½ cup

2 - 3 Tbsp. white vinegar, wine vinegar or lemon juice
½ tsp. salt, or to taste
1 Tbsp. finely minced onion
1 or more green herbs, such as chives, chervil, dill, tarragon or parsley, to taste
4 - 6 Tbsp. sour cream or yogurt (if you are not using with a root vegetable, substitute 2 - 3 Tbsp. olive or salad oil.

Combine all ingredients except oil or yogurt and shake well in a bottle or mix in a bowl. Pour over prepared raw vegetables and let stand at room temperature about 15 minutes. Add oil, yogurt or cream and toss into salad lightly. Chill, check seasoning and serve. When green salads are prepared, the oil is usually tossed in before the rest of the marinade.

RECIPE FOR LIFE -- THE BEST THINGS TO GIVE

To your enemy forgiveness
To an opponent tolerance
To a friend your heart
To your child a good example
To parents conduct pleasing to them
To yourself respect
To all men charity
THREE TOWERS' DRESSING
Mary Louise Brown
Bear Butte Chapter

Three Towers Restaurant was a family owned restaurant in Enid, Oklahoma that has closed. It was named for the three radio towers that sat just behind the building. Their specialty was their dressing. People came from miles around just to have their salads, because the dressing was both unique and good.

1 C. oil
½ tsp. garlic powder
2 tsp. salt
2 C. mayonnaise
1 tsp. dry mustard
1 egg, beaten
3 C. buttermilk

Combine all ingredients, except buttermilk, and shake well. Chill. Add buttermilk when you are ready to use. Shake well after adding buttermilk.
Home Canning
FAVORITE RECIPES
BAKED APPLE BUTTER
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

One year a neighbor gave us buckets of crab apples. This recipe worked great for crab apple butter, but I believe that I added a bit more sugar.

300°F

Wash and quarter apples. Nearly cover with water and cook gently 1½ hours. Run through a food mill.

12 C. apple pulp
6 C. sugar
5 Tbsp. lemon juice
3 tsp. cinnamon
1½ tsp. cloves
½ tsp. allspice

Combine above and bake in a roaster in a 300° oven until thick but still moist. Stir occasionally. Seal in sterile jars.
CHOKECHERRY JELLY OR SYRUP
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Last year when we had such an abundant crop of chokecherries, I found myself looking for a good jelly recipe. This one worked really well.

Next to Ponderosa pine, I think chokecherries are the most abundant crop in the Black Hills, depending on the rain and hail, of course. This recipe has a few sliced apples to add pectin to the juice. I think it also added to the flavor.

Wash cherries 2 or 3 times, removing green ones, stems, etc. Put cherries in large heavy kettle with apples and cover with water. Cook until soft; drain.

**Jelly:** Put 6 - 7 cups juice in pan - Add 1 box Sure-Jell. Cook to boil. Add 6 cups sugar. Return to boil and boil about a minute. Pour in jars and seal.

**Syrup:** Boil juice, plus sugar to taste until it cooks down about 1 inch in the kettle. Pour in jars and seal. Chokecherry juice can be frozen or canned to make up later.

GOOSEBERRY JAM
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

I developed this recipe when we had so many gooseberries — stemming is a chore. I used to take pans along in the car when the children played in summer band at Elkton. It was good finger exercise.

Stem and wash gooseberries. Measure into kettle, add water until almost covered. Boil to a brisk boil and cook until berries pop. Add sugar cup for cup of berries. Cook until a red color develops. Stir frequently to avoid sticking. Seal in hot jars, or freezer jars.
PEAR HARLEQUIN PRESERVES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe came from Aunt Johannah Deethardt Knapp, who helped care for Harold when he was a baby. They had several pear trees in their garden in rural Spokane, Washington.

24 average (medium) pears (about 12 cups -- 2.04 kg sliced pears)
1 can (2¼ C., 554 gm) crushed pineapple
2 oranges
1 small bottle maraschino cherries
¾ as much sugar as fruit (9 C., 1764 gm)

Pare peelings from pears and slice thinly and add sugar, ¾ as much as pears. Mix and set aside. In separate pan put crushed pineapple and oranges sliced thinly crosswise and cook until orange peel is tender, adding water if necessary. Add pineapple mixture to pears and cook all until clear and thickened. Add drained, chopped maraschino cherries. Seal in sterilized jars.

OUR FAVORITE MARMALADE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This is one I grew up on. Mother (Grace Van Cleve Pike) always added some to mince meat.

Makes 11 - 12 half-pint jars

6 lb. (2.73 kg) fresh rhubarb
7 lb. (3.18 kg) sugar
6 oranges
3 lemons

Clean and cube rhubarb, slice oranges and lemons thin. Mix all together with sugar and let stand 1 hour or more. Cook until clear and seal in hot jars.
SAND PLUM JELLY
Mary Louise Brown
Bear Butte Chapter

Sand plums grow wild in Oklahoma and make an excellent jelly; however, any wild edible plum from any region could be substituted.

Jar Preparation: Always use clean jars. Wash thoroughly before using. Place flat lids in a saucepan. Add boiling water to cover. Let stand in hot water until ready to fill jars. Contaminants which may cause spoilage are destroyed when hot fruit mixture is poured in immediately, covered and inverted to seal jam or jelly.

Jelly:

5 lb. sand plums
1½ C. water
6½ C. sugar
1 box "Sure-Jell"
½ t. margarine or butter

Place sand plums in a saucepan. Add 1½ cup water. Bring to a boil. Reduce heat. Cover and simmer 10 minutes, stirring often. Run through colander (removes seeds and peels to be discarded). Return to saucepan. Add enough water to make 5½ cups juice. Then prepare jars, washing thoroughly. Measure sugar into a separate bowl. Stir "Sure-Jell" into juice. Add margarine or butter (this prevents foaming during cooking). Bring mixture to full rolling boil on high heat, stirring constantly. Add sugar quickly to juice mixture. Return to full rolling boil and boil exactly 1 minute; stirring constantly. Remove from heat; skim off foam, if any, and immediately fill and seal jars. Fill all jars quickly to 1/8 inch from top. Wipe jar rims and threads. Cover quickly with flat lids; screw bands tightly. Invert jars for 5 minutes, then turn upright.

After jars are cool, check seals by pressing middle of lid with finger (if lid springs up when finger is released, lid is not sealed). Let stand at room temperature for 24 hours. Store unopened jelly in cool, dry, dark place for up to 1 year. Store open jellies in refrigerator for up to 3 weeks.
ZUCCHINI ORANGE MARMALADE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Makes 3 pints

2 C. (328 gm) peeled, chopped zucchini
2 C. (354 gm) chopped, unpeeled orange
2 C. (392 gm) sugar
1 pkg. (3 oz., 84 gm) orange gelatin

Cook first three ingredients together until zucchini is tender (about 5 minutes). Remove from heat; add gelatin. Stir to mix and until dissolved. Seal in jars. A triple sized batch makes 9 - 10 pints.

Variation for Triple Recipe:

6 C. (984 gm) zucchini
3 pkg. (10 oz., 840 gm) frozen strawberries
3 C. (588 gm) sugar
3 pkg. (3 oz., 252 gm) strawberry gelatin

PICKLES AND RELISHES

BREAD AND BUTTER PICKLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Slice small cucumbers and soak in salt water for 2 hours. Slice small onions or put in whole if very small.

Cook in syrup:
1 C. (196 gm) sugar
1 C. (240 ml) vinegar (\(\frac{2}{3}\) vinegar and \(\frac{1}{3}\) water)
1 tsp. celery seed
1 tsp. mustard

Fill jar well with pickle mixture as a great amount of the syrup is not needed in the jar. (Syrup is enough for one quart.)

Note: This same method is good for large peeled, sliced cucumbers.
BAKED WHITNEY CRAB APPLE PICKLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

My father, Willis Lloyd Pike, learned to cook at his mother's side, in fact he was his mother's hired girl from the age of 12 to 16. He learned to cook, make bread, cakes and pies, churn butter; etc. He learned to sew and did the patching and made his own apron. This was one of my father's favorites; in fact, he gave me the recipe.

Remove blossom end from crab apples.

Take a 2 gallon earthen jar. Put in layer of crab apples (on green order so they will be very firm), a few cloves and stick of cinnamon. Fill in with granulated sugar. Then another layer of crabs, sugar and spices until jar is full. Use 1½ cups (360 ml) vinegar to ½ cup (120 ml) water to each gallon of apples. Cover and place in moderate oven and cook until crabs are tender. Leave in jar to store. Do not need to be sealed. Leave stems on apples.

CORN RELISH
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

My daughter Shirley asked for corn relish like she was buying. Well, I read many labels then came up with the following recipe.

1 C. (196 gm) sugar
3 Tbsp. (24 gm) cornstarch
1 Tbsp. instant minced onion (3 Tbsp. fresh chopped onion)
1 Tbsp. turmeric
1½ tsp. celery salt
1 tsp. salt
¾ C. (180 ml) vinegar
2⅓ C. (398 gm) cut whole kernel corn
1/3 C. (50 gm) finely chopped green pepper
3 Tbsp. (28 gm) finely chopped red pepper or pimento

Mix the first eight ingredients together until thick. Add pepper and pimento and bring to a good boil again. Seal in hot half-pint jars.
CHILI SAUCE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

February 9, 1909 was the wedding day of Grace Mae Van Cleve and Willis Lloyd Pike in Storm Lake, Iowa. Two years after farming in Iowa, they moved to South Dakota, Brookings County, Parnell township. This recipe came from Mrs. Haines, who was a Storm Lake, Iowa friend.

6 large ripe tomatoes, chopped fine
3 large onions, chopped fine
3 green peppers, chopped fine
1 Tbsp. salt
3 Tbsp. (40 gm) brown sugar
1 C. (240 ml) vinegar

Boil one hour; seal while hot.
EASY SWEET PICKLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This is another recipe from my husband Harold's Aunt Dena Deethardt Blecker. Her husband Sam was School Superintendent in Aurora during my high school days -- where I met Harold.

Makes 1 quart

Put cukes in whole; and add
1 Tbsp. salt
1 Tbsp. pickling spices
½ tsp. alum
½ tsp. celery seed
1 C. (240 ml) cider vinegar

Wash cukes and pack whole into jars. Add spices and vinegar, finish filling jars with cold water. Seal and let stand at least 60 days. Shake jars occasionally.

When ready to sweeten, remove from jar, wash and cut into one-inch chunks. Throw away brim. Put pickles back in jar, add 1 cup (196 gm) sugar. It will form its own liquid but if you have used pickle juice, this can be used to dissolve the sugar. Keep in refrigerator. Can be used in a day or two.

Note: Pickles can stand in brim up to two years, if one so desires.

(Editor's Note: "Cukes" is a Great Plains term used for cucumber)

GOOD AND EASY SWEET PICKLES
Bernice Long
Mary Chilton Chapter

2 C. sugar
1 C. water

Boil and pour over qt. jar hamburger sliced dill pickles that have been drained.
Granda Brown's Kosher Style Dill Pickles
Rexene Plucker, State Regent
Bear Butte Chapter

Every year my grandmother, Mabel Hayes Brown, would plant a large garden and can or freeze much of the produce. She always planted lots of cucumbers and made these pickles. She would keep our family stocked with them throughout the year, which was no small feat since I loved dill pickles, and especially these.

Cucumbers (medium size)
salt
Water
White vinegar
2 Tbsp mixed pickling spices
Several small bunches dill
Quart jars
Garlic
Hot peppers (small)

Soak medium size cucumbers 24 hours in a brine of 1 cup salt to 8 cups water. Remove from brine and dry. Make vinegar solution of 2 cups vinegar to 3 cups water. Add about 2 tablespoons of mixed pickling spices and several small bunches of dill (as much as your taste requires). Heat to the boiling point. Add the cucumbers and remove from heat. Into each clean quart jar, place 2 buttons (cloves) of garlic and 2 small hot peppers. Pack cucumbers in jar along with at least 1 small bunch of dill. Put vinegar back on stove; bring to a boil. Pour over cucumbers in jar, insuring the liquid covers the cucumbers. Seal at once.
REFRIGERATOR PICKLES
(Pickled Beets)
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

I use this recipe for any leftover beets for our senior citizens pot luck dinners. There seem to be some who cannot eat dinner unless they have beet pickles.

Slice or chunk cooked beets into jars. Cover with a brine of 1 cup (240 ml) vinegar and ½ cup (98 gm) sugar. Cover jars and refrigerate. Will keep for several months.

SWEET CURRY PICKLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe was given to me by Elizabeth Rust, who was the Head of Nutrition and Food Science while I was working at South Dakota State University.

Makes 4 pints

2 qt. (1112 gm) cucumbers, sliced ¼ inch thick
2 C. (226 gm) onions, sliced thin
3 Tbsp. (55 gm) salt
1 tray ice cubes
2½ C. (450 ml) vinegar
1½ C. (294 gm) sugar
2 tsp. curry powder
1½ tsp. mustard seed

Combine cucumbers, onions and salt. Add ice cubes, mix, let stand 3 hours. Drain well. Put in large kettle. Combine vinegar, sugar and spices; pour over cucumbers. Heat just to boiling. Pour into hot, sterilized jars, filling to ½ inch from top. Seal.
VERY GOOD REFRIGERATOR PICKLES
Carol Foiles
Laura Ingalls Wilder Chapter

3 C. vinegar
\( \frac{1}{3} \) C. salt
1 tsp. turmeric
1 tsp. mustard seed
3 C. sugar
\( \frac{1}{4} \) tsp. alum
1 tsp. celery seed
Cucumbers

Mix well. Slice cucumbers into a jar and pour the cold mixture over the cucumbers and cover. Let set in refrigerator for 3 weeks before using. As pickles go down, more may be added.

ZUCCHINI PICKLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Makes 6 - 7 pints

4 C. (956 ml) apple cider vinegar
2 C. (392 gm) white sugar
\( \frac{1}{4} \) C. (93 gm) salt
2 tsp. celery seed
2 tsp. ground turmeric
1 tsp. dry mustard
5 lb. (2.4 kg) 5-6 inch zucchini, unpeeled, cut into \( \frac{1}{4} \)-inch slices
1 qt. (452 gm) thinly sliced onions (4-5 medium)

Combine first 6 ingredients in saucepan; bring to a boil. Pour over zucchini and onions; let stand 1 hour, stirring occasionally. In saucepan, bring mixture to a boil, then simmer 3 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within \( \frac{1}{2} \) inch of top, making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling water bath.
ZUCCHINI RELISH
Rexene Plucker, State Regent
Bear Butte Chapter

10 C. squash, ground
4 C. onion, chopped fine
5 Tbsp. salt
2½ C. white vinegar
4¼ C. sugar
1 Tbsp. nutmeg
1 Tbsp. dry mustard
1 Tbsp. turmeric
1 Tbsp. corn starch
½ tsp. pepper
2 tsp. celery salt
2 bell peppers, ground

Mix squash, onion and salt and let stand overnight. Drain, rinse well. Drain again. Put remaining ingredients in with first three. Bring to boil. Simmer uncovered for 30 minutes or until desired consistency. Can add more corn starch to thicken. Put into sterilized jars and seal.

OTHER CANNED FOODS

PREERVED CHILDREN

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

½ peck (12 lb., 26 kg) tomatoes
3 red peppers
2 medium onions, cut fine
2 Tbsp. (36 gm) salt
1/3 C. (65 gm) sugar
2 C. (480 ml) vinegar
2 tsp. celery salt
2 tsp. ground mustard
1 Tbsp. whole allspice
1 Tbsp. whole cloves
1 Tbsp. ground cinnamon
1 tsp. paprika

Cook tomatoes, peppers and onions together without adding water. Press mixture through strainer, and measure pulp. To pulp (4 qt, 3.84 liters) add the salt, sugar and spices. Place spices in a bag during cooking and remove bag before pouring the catsup into jars. Ground spices, except paprika will darken catsup. Long, slow cooking also gives a dark color. Cook ingredients together, except vinegar, rapidly for one hour. Add vinegar and cook mixture until it is thick. Seal in clean, hot jars.

"MINDS ARE LIKE PARACHUTES --- NOT MUCH GOOD UNLESS THEY ARE OPEN."
TOMATO SOUP
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

23 lb. (10.45 kg) ripe tomatoes
4 bunches celery
14 pieces parsley or ½ C. (8 gm) parsley flakes
10 medium sized onions
30 whole cloves
3 peppers
3 bay leaves

Boil together until soft. Put mixture in a sieve, or food mill.

Make a cream sauce of:

2 C. (286 gm) flour
2 C. (422 gm) brown sugar
½ C. (146 gm) salt (scant)
1 lb. (454 gm) butter

Add to the tomato mixture and boil until thickened. Stir frequently.
Pour into pint jars and seal. To make soup add 1 pint of hot milk to 1 pint of tomato soup. (I freeze soup in various size containers.)

DIVINE RECIPE

Cream a cup of sunshine, and mix it with a smile,
Add a cup of patience, then gently stir awhile,
Sprinkle a little Charity, a dash of Hope and then,
A tablespoon of Faith, mix well together again.
Now don't get excited -- just stir until thick.
Add 2 cups of Peace -- this will do the trick.
With a cup of Understanding -- stir mixture until fine.
Dot generously with Love.
THIS RECIPE IS DIVINE.
Breads
And
Rolls
BREADS AND ROLLS

TESTS FOR DETERMINING WHEN BREAD IS DONE

The color is a rich golden brown.
The loaf shrinks from the sides of the pan.
The loaf sounds hollow when tapped.

ANGEL BISCUITS
Adele Kipp, Honorary State Regent
State Chairman of the President General's Project
Mary Chilton Chapter

Nice to have in refrigerator to prepare for friends at times of sadness or joy or for special gatherings.

450°

5 C. flour
1 C. shortening
¼ C. sugar
2 C. buttermilk
3 tsp. baking powder
1 tsp. soda
1 pkg. yeast dissolved in ¼ C. warm water

Combine dry ingredients, cut in shortening, stir in yeast and milk. Roll and cut. Place on a greased cookie sheet and bake on middle rack of oven at 450° for 12 to 14 minutes.

Dough may be covered and refrigerated as long as a week.

"DON'T PRAY FOR AN EASY LIFE: PRAY TO BE A STRONGER WOMAN."

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BANANA NUT BREAD

Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

I haven't found a Banana Nut Bread recipe anywhere better than this one.

345° Makes 2 loaves

3½ C. sifted flour
2/3 C. softened margarine
3 tsp. baking powder
1½ C. sugar
1 tsp. baking soda
3 eggs
1 tsp. salt
¾ C. milk
2 Tbsp. lemon juice
¾ C. chopped walnuts or pecans
2 C. mashed bananas (4 to 6)

Heat oven to 345°. Grease two (8½ x 4½ x 2½ inch) loaf pans with unsalted shortening. Sift together flour, baking powder, baking soda, and salt. In small bowl, stir lemon juice into mashed bananas. In large bowl, mix butter or margarine and sugar together until blended. Add eggs, one at a time, mixing well after each addition. Add sifted dry ingredients to butter mixture, alternating with milk, beginning and ending with flour mixture. Fold bananas and walnuts into mixture and pour equal amounts into pans. Bake 48 - 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes and remove from pan.

"PEACE IS SEEING A SUNSET AND KNOWING WHO TO THANK."
CHERRY NUT BREAD
Donna Hamill
Bear Butte Chapter

Pretty and delicious for the Christmas Holiday.

325°

Makes 2 small loaves

$\frac{1}{2}$ C. shortening
$1\frac{1}{4}$ C. sugar
3 eggs, beaten
$2\frac{1}{2}$ C. flour
2 tsp. baking powder
$\frac{1}{2}$ C. juice from cherries
$\frac{1}{4}$ C. milk
1 C. chopped maraschino cherries
1 C. chopped nuts

Cream shortening and sugar together. Add beaten eggs, flour, and add cherry juice and milk. Add maraschino cherries and nuts last. Pour into well greased bread pan.

Bake in 325° oven for 55 minutes. Makes 2 small loaves.

Double recipe -- makes 3 big loaves. Bake 325° oven for 55 - 65 minutes.

Optional -- $\frac{1}{4}$ tsp. red food coloring.

*Keep you eye on the ball,*
*Shoulder to the wheel,*
*Nose to the grindstone,*
*Your feet on the ground,*
*Your head on your shoulders,*
*Now try to get something done!!!
CRACKED WHEAT BREAD OR HUNTER'S BREAD
Marcia Moos, State Vice Regent
Harney Peak Chapter

Nine to ten loaves of this bread was my husband's contribution to the food basket when he went hunting with his buddies. One year when he couldn't go and his friends asked if they could have the bread anyway. Naturally the loaves accompanied them. I make several kinds of bread and although my husband and I have been married for 52 years, we have never purchased a loaf of bread.

350°
Makes 8 small loaves

½ C. wheat germ
1½ C. whole wheat flour
2 C. cracked wheat flour
3 C. milk
2/3 C. brown sugar
3½ C. water
3 Tbsp. yeast
3¾ Tbsp. salt
½ C. oil
White flour

Mix all of the ingredients together except the white flour. Add just enough white flour to reach kneading consistency. Knead. Let rise twice. Then put into pans and let rise until doubled in size. Bake at 350° for 50 minutes. Makes 8 small loaves.
FRY BREAD
Rexene Plucker, State Regent
Bear Butte Chapter

I've had this recipe since high school home economics. It's not very healthy by today's standards, but it is good for breakfast or a snack with a little jelly, jam or honey on it.

2¼ C flour
2 tsp. baking soda
¼ tsp. salt
2 tsp. sugar
1 egg
1 C. milk
Oil

Sift the flour into a bowl. Add baking powder, sugar, and salt. Make a little well. Add your beaten egg and milk. Mix well. Put on floured board or cloth; roll out to ¼ inch thick. Cut into strips or squares. Fry in deep oil.

From "Dr. Chase's Recipes"

Corn Bread, Southern; Improved.
- This writer says: "In the Blade I saw a recipe for the 'far-famed Southern Corn Bread.' I was raised in the South, and have a few times eaten bread made in that way; but it is not the way we make our bread - and as I think there is an 'excellence' about ours, I send you the recipe. Take 1 egg, a teaspoonful of salt and 1 of soda (if the milk is very sour it will take more soda), and 1½ pts. buttermilk; then put in white corn meal enough to make a nice tolerably *thick batter. It is very nice liked in a bread pan, but we like it best baked in gem irons, or muffin irons, as some people call them. Whatever it is baked in must be well greased and smoking hot when the batter is put in. Serve while hot. Corn bread never was intended to be eaten cold." - Hawthorne, La Place Ill.

White Corn Dodgers.
- Take 1 pt. of Southern corn meal (white corn meal), and turn over it 1 pt. of boiling water, add a little salt and 1 egg well beaten up and stirred into the batter when nearly cold. Butter some sheets of tin and drop your cakes by the tablespoonful all over the pan. Bake for 25 minutes in a hot oven.
HOBO BREAD
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

(This recipe contains no eggs or shortening!)

325°

Prep time: 15 min. + 15 min. Baking time: 1 hour 15 minutes

2½ C. leftover coffee
4 tsp. baking soda
2 C. raisins
1 C. white sugar
1 C. brown sugar
4 C. flour
1½ C. broken nuts
¼ tsp. salt

Preheat oven to 325°.

Grease and flour three 1 pound coffee cans.

Bring coffee to boil. Add baking soda and raisins. Cover and allow to stand overnight.

Next morning: Add sugars, flour, nuts and salt to coffee/raisin mixture. Mix well with pastry fork.

Pour into 3 prepared cans.

Bake for 1¼ hour, until toothpick comes out clean. Cool 15 minutes in cans before removing.

Serve with cream cheese or butter. Makes 3 loaves.

Before repeating anything a "little bird" told you -- make sure it wasn't a little cuckoo.
ICE BOX ROLLS
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This is an old recipe -- about the first one of its kind to be put in the ice box. This recipe is from college days and Home Management House. Even girls -- Home Ec Seniors -- can have problems with bread. One girl seemed not to have 'good luck' with her rolls until we watched what she did wrong by using hot tap water and killed the yeast. A problem soon corrected.

1 C. (240 ml) luke warm water or potato water
1½ tsp. salt
2½ Tbsp. (30 gm) sugar
2½ Tbsp. (30 gm) melted shortening
½ cake compressed yeast (½ pkg. of dry yeast or ½ Tbsp., or 5 gm)
1 egg
2 C. (232 gm) sifted all-purpose flour

Softened yeast in ¼ cup (60 ml) warm water.* To rest of liquid add sugar, salt and melted fat. Then add the yeast mixture. Beat in enough flour to make a batter. Beat until large bubbles appear. Add well beaten egg, and rest of the flour. Knead until dough springs back when touched with the finger. Oil kettle well. Place dough in kettle and oil dough by turning. Cover and place in refrigerator. This may be kept several days and quantities used as needed. For the whole recipe place over warm water 2 hours before molding into rolls. Let rise 2 more hours. Bake at 365° F (180° C) for 15 minutes. (Shape into clover leaf rolls, Parker House or other fancy shapes).

* Dissolve compressed yeast in 105° F to 110° F (40° to 43° C) water. Dissolve dry active yeast in 110° to 120° F (43° to 49° C) water. Dry yeast may be used by adding it with the first incorporation of flour. Be sure to beat well so it gets completely dissolved.
CRANBERRY KRINGLE
Mary Meyer
Black Hills Chapter

375°

Filling:

3 C. fresh cranberries, chopped
¾ C. sugar
2 Tbsp. cornstarch
1 Tbsp. grated orange peel

Dough:

5¾ - 6¾ C. bread flour
1 C. milk
¼ C. sugar
½ C. water
2 pkg. active dry yeast
2 eggs
1 tsp. salt
1 C. butter or margarine

Icing:

2 C. powdered sugar
3 Tbsp. milk

In medium saucepan, combine filling ingredients over medium heat for 3 - 5 minutes, stirring constantly. Refrigerate while preparing dough.

Grease 2 cookie sheets. Lightly spoon flour into measuring cup, level off. In large bowl, combine 2 cups flour, sugar, yeast, and salt. Blend well. In medium saucepan, heat 1 cup milk, water, and margarine or butter until very warm (120° - 130°). Add warm liquid and eggs to flour mixture. Blend at low speed until moistened. Beat 3 minutes at medium speed. By hand stir in 3½ to 4 cups flour until dough pulls cleanly away from sides of bowl. On floured surface knead in ¼ to ¾ cup flour until dough is smooth & elastic with blisters under the surface, about 10 minutes. Cover dough with inverted bowl and let rest 15 minutes,
CRANBERRY KRINGLE CONT.

Divide dough in half. On lightly floured surface roll each half into a 14 x 16 inch rectangle. Spread filling lengthwise down the center and fold both edges over. Place on prepared cookie sheets. Cover with plastic wrap that has been greased. Let loaf rise in warm place for about 30 minutes. Bake 25 - 30 minutes in 375° oven.

In small bowl, combine icing ingredients. Drizzle icing over warm loaves,

High altitude, above 3500 feet, let loaves rise in warm place for about 40 minutes. Bake as directed.

MONKEY BREAD
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is a wonderful brunch item.

350°

3 cans biscuits (refrigerator tube type)
1 C. sugar
3 Tbsp. cinnamon
1½ sticks oleo, melted
1 C. brown sugar

Mix together sugar and cinnamon.

Cut each biscuit into 4 pieces. Roll each piece in cinnamon-sugar mixture and arrange in bundt pan. Melt butter and mix with brown sugar. Pour over biscuit pieces. Bake at 350° for 30 minutes or until done.

KINDNESS PLANNED FOR TOMORROW
DOESN'T COUNT TODAY
MONKEY BREAD
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

350°

Serves 10

Prep time: 30 minutes

Baking time: 30 minutes

4 cans/tubes refrigerated biscuits
white sugar and cinnamon mixture
1 stick oleo
1 C. brown sugar
1 tsp. cinnamon
1 Tbsp. milk

Heat together oleo, brown sugar, cinnamon, and milk just to boiling.

Open cans and divide biscuits. Cut biscuits into four (4) sections. Roll biscuit sections in cinnamon/white sugar mixture.

Place in oiled/sprayed large bundt pan in layers. Spoon small amount of heated syrup over each layer.

When all biscuits are in pan, pour remaining heated syrup over all. Bake at 350° for 30 minutes.
POPTAT LEFSE (NORWEGIAN)
Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

4 C. mashed potatoes
½ C. oleo
1¾ C. flour
1 tsp. salt
1 tsp. sugar

Mash the cooked potatoes and measure out 4 cups. Add oleo, salt and sugar. Mix. Cool (not overnight). Add flour (more if needed). Make into patties. Refrigerate and bake one at a time on a large grill. Place between terry towels and then in plastic bags. Freezes well. Cut circles in fourths when serving. Spread with butter (some like to add sugar) and roll up. It is a finger food. Cold meat and cheese is also good when rolled in the lefse.

NO WAIT ROLLS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

I never have been able to get into this labor intensive bread making, so this is a wonderful alternative, without all the kneading and waiting.

350°

1 pkg. dry yeast
½ C. sugar
1 C. very warm water
1 egg beaten
1½ sticks margarine, melted
4 C. self-rising flour

Dissolve yeast in water. Cream margarine with sugar; add egg. Add dissolved yeast to creamed mixture, then stir in flour until well combined. Drop spoonfuls into well-greased muffin tin and bake about 20 minutes at 350° F until brown. Store leftover dough in air-tight bowl in refrigerator.
SCONES
Mary Meyer
Black Hills Chapter

450°

3 C. flour
1 tsp. salt
2½ tsp. baking powder
¼ C. butter
¼ C. sugar
¾ C. currants
½ tsp. baking soda
1 C. buttermilk

Combine dry ingredients. Cut butter into mixture and add fruit. Gradually add buttermilk until dough clings together. Make 2 round patties on greased cookie sheet. Score top and bake at 450° for 15 minutes.

SHORTBREADS
M. K. Hugghins
John Kerr Chapter Regent

This recipe came from a cookbook compiled by the women of Union Church in Lima, Peru. Our family lived in Lima for seven months in 1967. It has always been a favorite of ours.

325°

6 C. flour
1 lb. butter
1½ C. sugar
1 egg

Knead dough with hand a bit. Line cookie sheet with brown paper. Press on dough with palm of hand and even up with rolling pin. With fork prick all over and with knife score in size pieces desired. Bake in 325° oven for 45 minutes. Let rest 5 minutes after baking before cutting.
ZUCCHINI BREAD
Marjorie Hann
State Chairman of Americanism and the DAR Manual for Citizenship
Bear Butte Chapter

Makes 2 large loaves or 7 mini-loaves

350°

3 eggs
1½ C. brown sugar
¾ C. salad oil
½ C. orange marmalade
2 t. vanilla
1 C. grated zucchini
1 C. grated carrots
2½ C. flour (may also add ½ C. oat flour)
1 t. salt
1 t. soda
2 t. baking powder
3 t. cinnamon
1 C. chopped nuts
1 C. raisins

Spray loaf pans with "Pam".

Beat eggs and brown sugar well. Add salad oil, orange marmalade, and vanilla. Beat again. Add remaining ingredients. This is a heavy batter. Pour into loaf pans. Bake at 350°. 2 large loaf pans should be baked for 1 hour. If you use 7 mini-pans, bake for 30 minutes.
COMMON CAUSES OF FAILURE IN BAKING

Biscuits

1. Uneven browning is caused by cooking in a dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

2. Rough biscuits are caused by insufficient mixing.

3. Dry biscuits are caused by baking in too slow an oven and handling too much.

Breads (Yeast)

1. Bread is streaked - this is caused from under-kneading and not kneading evenly.

2. Bread baked uneven - is caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

3. Yeast bread is porous - this is caused by over-rising or cooking at too low of a temperature.

4. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.

5. Bread does not rise - this is caused from over-kneading or from using old yeast.

Muffins

1. Tunnels in muffins, peaks in center and soggy texture are caused from over-mixing.

2. Coarse texture is caused by insufficient stirring and cooking at too low a temperature.

3. For a nice muffin, mix well but light and bake at correct temperature.
Vegetables

Vegetable Casseroles and Pastas
FAVORITE RECIPES
VEGETABLES, VEGETABLE CASSEROLES, AND PASTAS

VEGETABLES

BAKED CORN
Carol Foiles
Laura Ingalls Wilder Chapter

350°

1 can cream style corn
1 can whole kernel corn
1 C. Bisquick
1 egg, beaten
2 Tbsp. margarine, melted
½ C. milk

Mix all together and bake 1 hour at 350°.

CAESAR GREEN BEANS
Carol Foiles
Laura Ingalls Wilder Chapter

1 can (No. 2) green beans
1 Tbsp. salad oil
1 Tbsp. vinegar
1 tsp. finely minced onion
½ C. grated cheese
1 C. crisp croutons

Heat beans and drain. Add oil, vinegar, and onion. Sprinkle cheese over all and add croutons.

THE BEST WAY TO BE UNDERSTOOD IS TO BE UNDERSTANDING.
CARROT PENNIES
Betty Hagmann
Black Hills Chapter

4½ C. carrots, sliced and cooked, but not well done
1 medium pepper, sliced
1 onion, sliced
1 can tomato soup
½ C. vinegar
¼ C. cooking oil
1 C. sugar
1 tsp. prepared mustard
1 Tbsp. Worcestershire Sauce
1 tsp. salt

Mix all the ingredients except the carrots, pepper, and onion in a saucepan and cook. Then pour this sauce over the carrots, pepper, and onion. Refrigerate overnight.

FROM "DR. CHASE'S RECIPES"

Corn Oysters.

-- Take young sweet corn; cut from the cobs into a dish. To 1 pt. of corn add 1 well-beaten egg, small tea-cupful of flour, 1/2 gill sweet cream, 1/2 tea-spoonful of salt; mix it well. Fry like oysters by dropping into hot drippings or butter by spoonfuls about the size of an oyster.

Yesterday is a canceled check
   Tomorrow is a promissory note
   Today is ready cash
Use it wisely -- it is the most precious possession you can have.
This is another recipe that came down from my Great-aunt Reba. Shannon used to invite her brothers and sisters, all of their children and grandchildren to her house for Thanksgiving. This is how she prepared the yams.

425°

1 can yams
½ tsp. Mapleine
2 C. corn flakes
Marshmallows
1 Tbsp. liquid brown sugar

Drain yams and mash with a fork. Crumble 1 cup corn flakes and mix with yams. Add brown sugar and Mapleine. Take some of yam mixture (about golf ball size) and roll in remaining corn flakes. Place on cool sheet. Using a teaspoon, make an indentation in center. Repeat until all of mixture is formed. Bake for 20 minutes at 425°. Place marshmallows in indentation. Return to oven until marshmallows are browned (approximately 5 minutes).

Helpful Hint: Sweet potatoes will not turn dark if put in salted water immediately after peeling (5 tsp. salt to 1 qt. water).
EASY POTATOES
Mary Louise Brown
Bear Butte Chapter

425°

Potatoes, peeled and diced
Onion, chopped
Margarine
Bac-Os
Velveeta, diced
Aluminum foil
Salt and pepper

Tear aluminum foil into pieces, one for each serving (size depends on size of serving). Place potato, onion, margarine pat, Bac-0s, salt, and pepper on foil. Wrap and close with folds. Bake 50 minutes at 425°. Open foil. Add pieces of Velveeta. Re-close and bake an additional 10 minutes. Serve in foil opened to make a dish. (Part of this time may be in conjunction with broiling meat, if you do not have a separate broiler, cut the time). This adapts well to campfire cooking.

EXTRA-SPECIAL PARSNIPS
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

4 - 6 C. (656 - 984 gm) cooked parsnips, chunked
1 C. (263 gm) undrained crushed pineapple
½ tsp. grated orange peel
½ C. (120 gm) orange juice
2 Tbsp. brown sugar
½ tsp. salt
2 Tbsp. butter or margarine

Place cooked parsnips in a 2-quart casserole. Combine next five ingredients, pour over the parsnips. Dot with butter. Bake at 350°F (177° C) for 30 to 35 minutes, basting occasionally. This makes a good "pot luck" dish.
E-Z BAKED CORN
Karen McGraw, State Chairman of American History
Laura Ingalls Wilder Chapter

400°
Makes 8 servings

1 egg, beaten
1 pkg. (8 oz.) corn bread mix
1 C. sour cream
½ tsp. salt
¼ tsp. pepper
2 cans whole kernel corn, drained

Combine the egg and sour cream. Stir in the bread mix, salt, pepper, and corn and mix well. Pour into a greased 11 x 7 pan. Bake for 25-30 minutes at 400°.

Helpful Hint: Put walnuts in cabbage when cooking to absorb odor.

FRIED CABBAGE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

My younger brother David got this recipe from one of his girlfriends. We just love it.

1 large head cabbage, shredded
½ tsp. onion powder
½ stick butter
½ tsp. pepper
½ tsp. garlic powder

Set aside cabbage. Melt butter. Stir in garlic powder, onion powder and pepper. Add cabbage. Cover and fry, turning occasionally until golden brown.

Helpful Hint: When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.
HARVARD CARROTS
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Harvard carrots give a tangy taste and sunny appearance.

Makes 6 servings

½ C. (98 gm) sugar
1½ Tbsp. cornstarch
¼ C. (60 ml) vinegar
¼ C. (60 ml) water
¼ tsp. salt
⅛ tsp. pepper
4 C. (516 gm) cooked, sliced carrots
2 Tbsp. butter

Combine sugar and cornstarch in saucepan. Blend in vinegar and water. Cook over medium heat until thick and bubbling, stirring constantly. Add salt, pepper and carrots. Heat until carrots are hot. Stir in butter.

TO TRAIN CHILDREN AT HOME, IT IS NECESSARY FOR THE PARENTS AND THE CHILDREN TO SPEND SOME TIME AT HOME.
KOHLRABI AND CARROTS IN SAUCE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Kohlrabi is a vegetable that has a delicate turnip-like flavor and can be eaten raw or cooked. It is easily grown in the family garden. Use the bulbs when a medium size and leaves are fresh and green. Peel off rind and any woody layer that develops under the rind. To use raw, cut into wedges. To cook, cube or slice and boil in salted water until tender, 12 - 15 minutes. Drain.

Makes 8 servings

2 C. cubed, peeled kohlrabi bulbs
2 C. (288 gm) diced carrots
1 chicken bouillon cube
3 Tbsp. butter or margarine
3 Tbsp. flour
½ C. (121 ml) light cream or evaporated milk
2 egg yolks, beaten
1 Tbsp. lemon juice
½ tsp. salt
⅛ tsp. ground red pepper (Cayenne)
⅛ tsp. ground ginger

Cook kohlrabi and carrots separately in boiling, salted water; drain, reserving one cup liquid from carrots and one-half cup from kohlrabi. Combine liquids, add chicken bouillon cube and dissolve.

In a saucepan, melt butter; add flour and vegetable liquid. Cook until thickened. Combine cream and egg yolks; pour a little of the hot sauce into egg yolk mixture, thoroughly mixing, then add to sauce quickly, stirring well. Cook over low heat until thickened, stirring constantly. Add lemon juice and spices, stir to mix. Pour sauce over hot vegetables and serve at once.

Helpful Hint: Try 1 teaspoon of onion or garlic salt in mashed potatoes.
STUFFED ONIONS
Rexene Plucker, State Regent
Bear Butte Chapter

350° Serves 6

6 large onions, peeled
1 pkg. (10 oz.) frozen mixed vegetables
1 Tbsp. chopped parsley
½ tsp. salt
¼ tsp. pepper
¼ tsp. basil
¼ tsp. savory
1 Tbsp. butter
3 slices bacon, cooked, crumbled
1 C. chicken stock

Slice the top off of each onion. Place onions in 1 cup boiling water and cook 20 minutes. Drain. Remove centers from onions, leaving ¼ inch shell. Chop onion centers. Combine with defrosted frozen vegetables, parsley, salt, pepper, basil and savory. Sauté mixture in butter until vegetables are tender. Add bacon, and mix. Fill onions with mixture; place onions in baking dish. Pour stock over onions. Bake at 350° F for 35 minutes.

Helpful Hint: Onions will fry more readily if dipped in milk after being peeled and sliced.
OVEN VEGETABLES
Dorothy Fuller, State Chairman of the DAR Library
Laura Ingalls Wilder Chapter Regent

350°

2 pkgs. frozen mixed vegetables
1 C. diced Velvetta cheese
1 can cream of celery soup
¼ tsp. onion, chopped fine
¼ C. milk

Thaw vegetables and mix all together. Place buttered crumbs on top. Bake 45 minutes at 350°.

PUMPKIN
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Wash pumpkin well, then cut in pieces and cook over slow heat until tender. Put through a coarse sieve or colander. The skin of the pumpkin gives added flavor to the puree. This freezes well for later winter use.

SCALLOPED POTATOES WITH MUSHROOM SOUP
Rexene Plucker, State Regent
Bear Butte Chapter

350°

6 medium size potatoes
1 can mushroom soup
1 can milk
Cheese (optional)
Salt (optional)
Pepper (optional)

Peel and slice potatoes into a buttered casserole dish. Heat mushroom soup and milk together, then pour over potatoes. Salt and pepper to taste. Sprinkle cheese over top as desired. Bake at 350° for 45 minutes to 1 hour.
FROM "DR. CHASE'S RECIPES"

Pea Pie -- Crust, No. 3.
-- Stew the split peas as for dinner. Strain through a colander or coarse sieve. Then add equal parts good wheat meal (sifted Graham will do nicely) and fine corn meal sufficient to make a soft dough. Knead well for fifteen minutes, adding mixed meal enough to make a moderately stiff dough, then roll out and use as any other pie-crust. As it cooks very quickly, it is not best to put in for a filling, any fruit that requires long cooking.

Remarks. -- This is undoubtedly of German origin, as they make great use, of the split pea soup, etc. But you may be assured of its healthfulness, for the Germans, with their plain cookery and hard labor manage to be healthy and long-lived people.

VEGETABLE MEDLEY
Lois Solberg
Daniel Newcomb Chapter

325° Serves 4 - 6

1 bag (16 oz) frozen vegetables (including broccoli, cauliflower, carrots, green pepper and onion)
1 can Cream of Celery Soup
½ to ¾ C. Velveeta cheese
1 can (small) French fried onion rings

Preheat oven to 325°.

Mix together vegetables with one can of cream of celery soup. Add cheese. Cover and bake for 1 hour at 325°. Remove cover. Add onion rings on top and bake for 10 minutes longer. Serves 4 - 6.

A smile is not a costly thing,
But who can tell its worth?
What an awful place to live
If no smiled on earth
ZUCCHINI MILANO
Peggy Tanner
Bear Butte Chapter
Makes 6 servings

¼ C. butter
¼ C. onion, chopped
4 C. zucchini
1 tomato
¼ C. green pepper
¼ tsp. oregano
1 C. (4 oz.) shredded Cheddar cheese

Melt butter in skillet. Add chopped onion and green pepper and oregano. Sauté vegetables until tender. Add zucchini, sliced ¼ inch thick. Cover, cook over low heat about 15 minutes or until zucchini is tender. Stir in one tomato, cut in wedges. Fold in shredded Cheddar cheese, stirring until cheese is melted.

Helpful Hint: Use greased muffin tins as molds when baking stuffed green peppers.
VEGETABLE CASSEROLES

ASPARAGUS/PEA CASSEROLE
Sandy Davis, State Chairman for Community Events
Black Hills Chapter

This recipe comes from my Mother-in-law, Mitzi Davis, and is a holiday favorite around our house.

350°

Serves 4 - 6

1 large can of asparagus spears, drained
1 can cream of mushroom soup
1 large can of English or small, tender peas, drained
1 large can of asparagus spears
2 hard boiled eggs, sliced
1 can cream of celery soup
1 C. grated Cheddar cheese
Dry bread crumbs or crushed crackers
Melted butter

Layer in casserole dish as listed above, using asparagus first. Top with: bread crumbs mixed with melted butter first, then add grated cheese. Sprinkle over the top of the casserole. Bake at 350° for 25 - 30 minutes.

BROCCOLI CASSEROLE
Betty Hagmann
Black Hills Chapter

1 pkg. frozen broccoli, thawed
1 can cream of mushroom soup
½ can water
1 small jar Cheese Whiz
1½ C. Minute Rice, uncooked
½ C. onion, chopped
½ C. celery, chopped
1 stick margarine, cut in chunks

Pour into a 1½ - 2 quart casserole dish. Top with frozen onion rings or bread crumbs. Bake at 350° for 30 minutes.
BROCCOLI CASSEROLE
Rexene Plucker, State Regent
Bear Butte Chapter

400°

1 box chopped broccoli, cooked
½ can celery soup
½ C. grated cheese
1 stick butter or oleo, melted
1 egg
1 Tbsp. onion


THE REASON THAT SOME PEOPLE FIND LIFE AN EMPTY DREAM IS THAT THEY PUT NOTHING SUBSTANTIAL INTO IT!
This recipe came from my husband Harold's Aunt Emily Shook Deethardt (Mrs. Ted), whom he grew up with.

This casserole is unusual in the fact that it can be made and refrigerated until needed. It is one that also carries nicely to 'pot lucks'.

2 C. (144 gm) shredded cabbage
1 C. (109 gm) shredded carrots
½ tsp. salt
Water
Rice Krispies or other crumbs
1 C. medium white sauce (below)

Add a small amount of water and salt to the vegetables. Cover, boil just long enough to heat thoroughly (4 to 5 minutes). Drain well. Make white sauce while vegetables are cooking.

**White Sauce:**

2 Tbsp. (28 gm) butter
2 Tbsp. (16 gm) flour
½ tsp. salt
1 C. (240 ml) milk

Blend butter and flour over low heat. Add milk and stir constantly until thickened; add salt.

Combine sauce with vegetables and transfer to a buttered 2-qt casserole or flat baking dish. Sprinkle with Rice Krispies or other crumbs. Bake in a 350°F (177°C) oven until brown - about 30 minutes.

**Helpful Hint:** Soak colored cottons overnight in strong salt water and they will not fade. This works especially well on blue jeans.
CHEESE-RICE CASSEROLE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

375° F or 190° C  Serves 4 to 6

½ C. (110 gm) canned mushrooms (stem & pieces)
1 Tbsp. (11 gm) chopped onion
¼ C. (32 gm) coarsely chopped almonds
1 Tbsp. (14 gm) butter
½ C. (96 gm) long kernel, uncooked rice
2 Tbsp. chopped parsley
½ C. (49 gm) shredded cheese
½ tsp. salt
1½ C. (360 ml) hot water & mushroom liquid

Drain mushrooms; save liquid. Lightly brown mushrooms, onion and almonds in the butter. Add uncooked rice, parsley and cheese; mix thoroughly. Place in a greased casserole. Add salt to water and mushroom juice and pour over the rice. Bake at 375° F (190° C) for 45 minutes to 1 hour, until rice is done. May cover if getting too brown.

Take two ounces of plain old fashioned work, add 1 ounce of confidence, flavor with common sense, and color with tincture of dreams of greater and better things. Eliminate all waste and worry, spank according to knowledge, act according to conscience. Mix well.

Take morning, noon and night.
CHILE RELLENO CASSEROLE
Rexene Plucker, State Regent
Bear Butte Chapter

NOTE: This recipe requires 7 1/2 x 11 1/2 inch baking dish

325° Serves 4 - 6
2 C. shredded sharp Cheddar cheese
2 C. milk 2 tsp. salt
2 C. shredded Jack cheese
2 tsp. paprika 1 can (4 oz.) California green chilies
1 tsp. crumbled oregano leaves
½ tsp. pepper 6 eggs, beaten
¼ tsp. garlic powder
¼ tsp. dry mustard

Sprinkle 2 cups shredded sharp cheese and 2 cups Jack cheese evenly over bottom of baking dish. Distribute green chilies over cheese layer. Beat eggs and milk together, add all remaining ingredients and beat until well blended. Pour mixture over cheese. Cover and chill overnight or at least 4 hours. Bake, uncovered, in 325° oven about 50 minutes. Let stand 10 minutes before serving.
CORN CASSEROLE
Bernice Long
Mary Chilton Chapter

350°

1 stick butter
1 can (17oz.) creamed style corn1 can (17 oz.) whole kernel corn
1 box (8oz.) corn bread mix
2 eggs
1 C. sour cream1 C. grated cheese

Melt butter in 9 by 13 pan. Mix next 4 ingredients. Fold in sour cream, pour all over melted butter, top with cheese. The end product is lighter if corn is not drained. Bake 30 to 45 minutes or until firm at 350°.

Variation: Can add ½ C. chopped onion and 1 extra egg.

FAR EAST CELERY HOT DISH
Bernice Long
Mary Chilton Chapter

350° Serves 6

4 C. sliced celery
1 can (5 oz.) water chestnuts
1 can cream of chicken soup
¼ C. diced pimento
½ C bread crumbs
¼ C slivered almonds
2 Tbsp. melted butter

Cook celery which has been cut in 1 inch slices until crispy, about 8 minutes, drain. Mix celery, water chestnuts (drained and thinly sliced), chicken soup and pimento in a one quart casserole. Bake at 350° for 35 minutes. Makes about 6 servings.
HASH BROWN CASSEROLE
Karen McGraw, State Chairman of American History
Laura Ingalls Wilder Chapter

350°

2 lb. pkg. shredded hash browns
1 onion, chopped
1 tsp. salt
¼ tsp. pepper
2 C. sour cream
1 can cream of chicken soup
½ stick butter
Grated cheese

Put hash browns in buttered casserole and thaw for six hours. Mix in remaining contents, except cheese. Cover with grated cheese. Bake for 30 minutes at 350°

SPINACH CASSEROLE
Audrey Slott
Bear Butte Chapter

350°

3 pkg. chopped spinach, cooked and drained
1 pkg. Lipton Onion Soup
1 pt. sour cream
1 C. Parmesan cheese, grated
4 oz. cheddar cheese, grated
Bread crumbs for topping

Combine all ingredients. Bake 25 - 30 minutes at 350°.

Helpful Hint: If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.
**ZUCCHINI CASSEROLE**  
Rexene Plucker, State Regent  
Bear Butte Chapter  

375°

1 lb. zucchini  
1 large onion  
2 eggs, well beaten  
½ tsp Accent  
Salt and pepper  
10 or more crumbled soda crackers  
½ C. milk  
½ - 1 C. grated cheese  

Cook zucchini and onion in small amount of water, drain well, mash. Add eggs, milk, Accent, salt and pepper. Mix. Pour into a buttered casserole. Top with crackers and cheese. Bake at 375° for 45 minutes. May be made the day before and refrigerated. Bake just before serving.

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**ZUCCHINI CASSEROLE**  
Shirley Deethardt  
John Kerr Chapter  

½ C. (32 gm) minute rice  
2 C. (328 gm) grated zucchini  
½ C. (74 gm) chopped pepper  
2 eggs  
½ tsp. salt  
½ tsp. pepper  
½ C. (49 gm) grated cheese - Cheddar or Monterey Jack  

Cook zucchini and pepper, stir in minute rice and let set. Mix eggs and seasonings, stir into rice with cheese. Pour into 1½ quart casserole, cover with crumbs. (Triple recipe makes a good pot luck dish).
PASTAS

AMERICAN BEAUTY BLUE RIBBON CLASSIC FETTUCCINI WITH ALFREDO SAUCE

Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is our favorite after-church meal at our house.

Makes 6 Servings

1 pkg. American Beauty Fettuccini Florentine, uncooked
1½ C. grated Parmesan
½ C. butter or margarine
1 C. whipping cream
¼ Tbsp. chopped fresh parsley

Cook pasta according to package directions; drain. Meanwhile, in small saucepan melt butter over medium heat; gradually stir in cheese, then cream until well blended. Continue heating sauce, stirring constantly, just to boiling point. Remove from heat; stir in parsley. Toss hot pasta with sauce. NOTE: Recipe can be halved.
BAKED MACARONI AND CHEESE  
Rexene Plucker, State Regent  
Bear Butte Chapter

This is a little different from the standard method, but it insures that the cheese gets throughout the macaroni.

400° Makes 4 - 6 servings

2 C. elbow macaroni  
2 Tbsp. butter  
2 Tbsp. flour  
1¾ C. milk  
½ tsp. salt  
½ lb. (2 C.) grated cheese

Cook macaroni as directed; drain. Melt butter in heavy saucepan. Blend in flour. Stir in milk slowly and cook, stirring constantly, until mixture thickens. Add salt and ½ cup cheese, stirring until cheese is melted.

Place 1/3 of macaroni in butter casserole, sprinkle with enough grated cheese to cover; pour 1/3 of the cheese sauce over this. Place another 1/3 of macaroni in dish, sprinkle with enough grated cheese to cover; pour 1/3 of the cheese sauce over this. Put remaining macaroni in dish; sprinkle with enough cheese to cover; pour remaining cheese sauce over this. Sprinkle top with remaining cheese.

Bake at 400° for 20 - 30 minutes, or until golden brown on top.
EGG NOODLES
Rexene Plucker, State Regent
Bear Butte Chapter

As a child, we went to my grandparents, Oscar and Clarice Fuller Howland's, every week for Sunday dinner. One of my favorite dishes that Grandma made was chicken and noodles. It wasn't the chicken part I liked, but the noodles that she always made. Now, my mother, Mary Louise Howland Brown sometimes makes them when we go to visit.

4 egg yolks
Flour

1. Whip egg yolks until frothy.
2. Start adding flour.
3. When dough no longer sticks to your fingers, roll it out and let dry.
4. Cut into thin strips and allow to dry a little more

May be added to chicken broth with pieces of chicken or cooked with roast beef in oven. For cholesterol free noodles, substitute 1 (8 oz.) carton of Egg Beaters or other egg substitute.
WHOLE GRAIN FLOUR NOODLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Makes 3 cups of cooked noodles

This recipe is the basic recipe used in "Noodles ... Naturally! A natural with whole grain flours", Bulletin 644, Agricultural Experiment Station, SDSU, Brookings. (Editor's Note: This article was written by Dorothy Deethardt.)

50 gm whole egg (1 medium to large egg)
80 gm whole grain flour (1/2 c)
3 gm salt (scant 1/2 tsp.)
2 Tbsp. flour (variable)

Combine flour and salt, make a well, drop in egg (or beat egg slightly with salt then stir in the flour). Mix with a fork, then fingers, until all the flour is incorporated. Knead a minute or two until smooth and no longer sticky. Roll dough on a lightly-floured board until very thin (less than 1/8 inch or about 2 millimeters). Let rest for about one hour. Roll up and cut ¼ inch wide strips or any desired width. Shake the strips free of folds and let dry for later use or use immediately. This recipe makes 113 gm (4 oz) of dried noodles or 3 cups of cooked noodles.
MEATS,
MEAT
CASSEROLES,
CHEESE
AND SKILLET
DISHES
MEATS AND MEAT SAUCES, MEAT CASSEROLES, CHEESE, AND SKILLET DISHES

MEATS AND MEAT SAUCES

Helpful Hint: Put onion soup mix around Roast Beef, Roast Pork, or Roast Veal, then wrap in foil and bake. Unwrap ½ hour before serving to brown.

BARBECUED PORK
Mary Louise Brown
Bear Butte Chapter

350°

1 Tenderloin of Pork or pork roast
Easy Barbecue Sauce

Place Tenderloin of Pork or pork roast in a roasting pan on a stand or aluminum foil that has been rolled and formed into a ring. Add enough water to keep moist. Cover and cook according to package or standard roasting directions.

When pork is done, remove from roaster and shred into fine 2 - 3 inch strips. (At this point, pork may be refrigerated overnight, if desired, and the balance of the recipe completed the next day. This makes it easier if you are busy or a working woman, or if you are preparing a large party.)

Place tenderloin in clean roasting pan. Pour Easy Barbecue Sauce over the pork, stir in until pork is coated. Cook 1½ hours at 350°, stirring occasionally.

Helpful Hint: A large roast can be carved more easily after it stands for about 30 minutes.
EASY BARBECUE SAUCE

½ C. ketchup
¼ C. Kraft Barbecue Sauce
1/3 C. Hunt's Thick and Rich Hickory Barbecue Sauce
1/3 C. Hunt's Original Barbecue Sauce
1/3 C. Hunt's Brown Sugar Barbecue Sauce
½ C. (minimum) brown sugar (if you prefer sweeter, add more)

Put ketchup and all barbecue sauces together in a bowl. Mix brown sugar with just enough hot water to dissolve. Add brown sugar to mixture. Stir.

BARBECUED PORK RIBS

Bernice Long
Mary Chilton Chapter

Country style ribs are better than spare ribs

3 - 4 lb. ribs

Sauce

Bake 3 or 4 pounds of ribs 1 ½ hours or well done, drain thoroughly. Pour sauce over ribs and bake ½ hour longer.

Sauce:

1 C. catsup
5 Tbsp. brown sugar
5 Tbsp. Worcestershire sauce
salt and pepper
BARBECUE SAUCE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

1 C. (240 ml) catsup
¼ C. (60 ml) vinegar
¼ C. (60 ml) Worcestershire sauce
2 C. (480 ml) water
1 tsp. salt
1 tsp. celery seed
1 tsp. grated onion
2 Tbsp. brown sugar
Dash of chili powder

Mix all ingredients in fry pan and bring to a boil. Use on meat or chicken. Good on Country Style Ribs.

BERNIE’S BEEF BRISKET
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

A man in my church shared this recipe with me. It is so easy and so good!

325° Serves 4 - 6

1 pkg. Lipton Onion Soup Mix
1 beef brisket
1 can cream of mushroom soup
Course black pepper

Turn brisket fat side up. Sprinkle with onion soup mix. Cover with mushroom soup.

Seal tightly in aluminum foil (fold sides up first then roll end the ends).

Bake in a 13 x 9 inch cake pan at 325°. Bake 1 hour per pound.

Do not turn or bother.
FROM "DR. CHASE'S RECIPES"

Broiled Oysters.
-- Drain and wipe the oysters and dip them in melted butter; then broil them on an oiled griddle over a moderate fire. Season to taste.

BROILED PHEASANT
Rexene Plucker, State Regent
Bear Butte Chapter

The Pheasant Capitol of the World is in Redfield, South Dakota.

1 young pheasant
Butter
Salt and pepper to taste

Preheat broiler. Place the broiler rack so that the top of the pheasant will be 4 inches from the heat.

Rub well pheasant with butter. Baste often with melted butter during broiling. Split and place the pheasant on the rack, skin side down. Sprinkle with salt and pepper.

Broil 3 - 7 minutes. Turn over, brush with melted butter, and broil 3 - 7 minutes. Turn again and continue cooking until pheasant is very tender (8 - 20 minutes in all, depending on size of pheasant).

Put on plate. Pour the drippings from the pan over the pheasant.
CREOLE FRANKS
Peggy Tanner
Bear Butte Chapter

Makes 6 servings

5 slices bacon, diced
½ C. chopped onion
1 C. unsweetened pineapple juice
¾ C. catsup
½ tsp. chili powder
1½ lb. (about 12) frankfurters
¼ C. chopped green pepper

Cook the bacon, but do not crisp. Add chopped onion and cook till tender, but not brown. Stir in the unsweetened pineapple juice, catsup and chili powder.

Score franks diagonally at 1-inch intervals; add to the sauce. Cover and bring to boiling; add chopped green pepper and simmer 8 to 10 minutes. Serve on fluffy hot rice, if desired.

FROM "DR. CHASE'S RECIPES"

DUCKS -- To Bake Wild or Tame, to Avoid their Naturally Strong Flavor.

-- DIRECTIONS -- After having prepared them for stuffing, first parboil them for 1 hour, having an onion cut into 2 or 3 pieces, according to its size; put a piece inside of each duck while parboiling, which removes their strong flavor; then stuff with bread-crumb dressing, in which half of a common-sized onion, chopped fine, has been added for each duck. Bake in a hot oven, leaving the oven door ½ inch ajar to carry off the strong flavor which may be left. Baste often with water and butter kept on the stove for that purpose, as the water first put in is to be poured off, to get rid of the duck-oil, which at first comes out very freely and contains much of the rancid or strong flavor of the duck, which it is our design hereby to avoid. After this the water and butter may be put into the pan for basting and for the gravy. The object is to act rid of all the oil possible.
DANISH MEATBALLS
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Serves 6

2 lb. (908 gm) hamburger
1½ C. (256 gm) chopped onion
2 eggs, slightly beaten
1 tsp. ground nutmeg
2 tsp. salt
½ tsp. black pepper
2½ C. seasoned flour
¾ C. cooking fat
2½ C. (600 ml) beef bouillon
bay leaf

Mix first five ingredients thoroughly. Form into balls 1½ inches in diameter. Roll the meatballs in seasoned flour. Brown on all sides in ¼ cup cooking fat. Add 1 cup condensed beef bouillon and bay leaf. Cover and simmer for 30 minutes. Remove meatballs. Blend in 3 tablespoons of seasoned flour and stir in remaining beef bouillon. Cook, stirring constantly, until medium thick. Serve with meatballs and mashed potatoes or rice.

FISH CROQUETTES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Serves 3 - 4

Fish Croquettes:

1½ - 2 C. (215-286 gm) cooked, flaked fish
1 C. croquette sauce (below)
salt and pepper
lemon juice

Left over fish makes good dishes; one of our "musts" is Fish Croquettes. They take time to make but are worth it.
Add fish to sauce. Season to taste. Chill, shape, crumb and fry.

**Croquette Sauce:**

4 Tbsp. (51 gm) butter  
⅓ C. (48 gm) flour  
1 C. (241-242 gm) milk or cream  
¼ tsp. salt  
Few grains pepper

Melt butter; add flour mixed with seasonings. Stir until well blended. Pour on milk gradually while stirring constantly. Bring to boiling point. Cook 2 minutes.

Stir in flaked fish and lemon juice. Chill.

**To shape croquettes:** Make ball by rolling one rounding tablespoon of chilled mixture between hands. Flatten ends.

**To crumb:** Have a dish of flour ready to use. Beat one egg slightly and add 2 tablespoons water. Have ready dry bread or corn flake crumbs. Roll croquette in flour, then in egg mixture. Be sure all areas are coated with egg to keep the croquette from breaking open. Roll in crumbs; let rest a few minutes before frying.

**To fry croquettes:** Heat frying media to 390° F (199° C). If frying thermometer is not used, drop in an inch cube of soft bread. If it is golden brown in forty seconds, fat is at right temperature for croquettes or any cooked mixture.

Dip frying basket in and out of fat. Arrange croquettes, a few at a time in frying basket. Lower into fat and fry until delicately brown (about one minute). It may be necessary to increase heat slightly as the cold croquettes will lower temperature of fat.

Drain on soft, crumpled paper such as paper towel.
GRAVY BAKED PORK CHOPS
Pat Gabel, Associate Member
Black Hills Chapter

350° F  Serves 4

4 lean pork chops (½ - ¾ inches thick)
1 can cream of mushroom soup (or cream of chicken soup)
¼ tsp. salt
1/8 tsp. pepper
2/3 C. (1 small can) evaporated milk
1 Tbsp. shortening
½ C. water

Sprinkle pork chops with salt and pepper. In a 10 inch skillet, brown pork chop in hot shortening. Pour off drippings.

Mix soup, evaporated milk and water. Pour around the chops.

Bake in 350° oven for 45 minutes, until chops are tender.

Stir gravy well.

TIP: Instead of baking, you can cover and cook chops and gravy about 45 minutes over a low heat, stirring now and then, until chops are tender.
HURRY UP BEEF ENCHILADAS
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

425° (glass pan 375° - 400°) Serves 4 - 6
Prep time: 30 - 35 minutes Baking time: 20 - 30 minutes

1½ lb. ground beef
1 C. diced onion
1 pkg. Taco Seasoning (hot/spicy, if desired)
1 - 2 cans green chilies
1 pkg. (8 oz.) cream cheese, divided into 10 pieces
10 flour tortillas (6 - 8 inch)
2 C. grated Colby/Jack cheese or Mozzarella cheese
2 cans dice tomatoes with added chilies (can substitute salsa for tomatoes)

Preheat oven at the above temperature.

Brown ground beef and onion. Add Taco Seasoning package with water. See package instructions. Add green chilies.

Spread on each tortilla cream cheese and meat mixture. Roll up and place in sprayed 9 x 13 inch pan (use toothpicks to hold together).

Pour over all: tomato mixture with the added chilies, then grated cheese. Bake at above temperature for 20 - 30 minutes.

(Editor's Note: Kay Snyder serves as Vice President of the National Cattlewomen. You will find more of her beef recipes in this section, as well as in "Breakfasts and Brunches")
**JAGERSCHNITZEL**
**HUNTER'S VEAL CUTLET**
Rexene Plucker, State Regent
Bear Butte Chapter

Veal cutlets (schnitzels)
Salt and pepper
Butter or bacon fat
Carrot, chopped
Onion, chopped
Parsley, minced
2 Tbsp. flour
1 C. water or white wine
Celery, minced (optional)
1 Tbsp. chopped mushrooms (optional)

Cut schnitzels in halves after they have been pounded thin. Sprinkle with salt and pepper and sauté in hot butter or bacon fat until both sides of cutlet pieces are golden brown. Remove meat and add chopped carrot, chopped onion, and some minced parsley to fat.

Sauté vegetables until they are soft and begin to turn golden. Return veal to pan; add a tablespoon butter and when it bubbles, stir in 2 tablespoons flour. Stir flour through and sauté about 5 minutes. Pour 1 cup water or white wine into pan. Cover and simmer slowly, about 15 or 20 minutes, or until veal is tender. Season sauce to taste.

Place schnitzels on serving platter and top each with a spoonful of vegetables and sauce. Minced celery and/or chopped mushrooms can be added to the sauce.
**HUTSPOT**  
Reva Maas  
Black Hills Chapter

This Dutch dish starts with:

At least 2 lb. cooked meat (Steak, Roast, or Hamburger)  
5 lb. peeled, boiled potatoes  
2 - 3 lb. cooked carrots

Drain the potatoes and carrots, add salt and pepper (lots of pepper), butter (lots of butter) to taste. Mash the result together. Do not add milk or cream. Then add in meat while still hot. My mother-in-law sometimes added onion and cabbage. I like it better without.

**KORN FLAKED CHICKEN**  
Pat Gabel, Associate Member  
Black Hills Chapter

Pat Gabel is the mother of Honorary State Regent Robin Dustman. Robin tells us, "This was one of my favorite meals as a kid. My mom fixed it often and the whole family just foundered on it."

Serves 4 - 6

3 lb. chicken (fryer/broiler)  
1 tsp. Accent  
1 can Pet Evaporated Milk  
1 tsp. salt  
1 C. crushed corn flakes  
¼ tsp. pepper

Dip chicken pieces in Pet milk, then roll in a mixture of crushed flakes, Accent, salt and pepper.

Place chicken in 13 x 9 inch baking pan lined with foil. Bake in oven at 350° until drumstick is tender.
MEATBALLS
Pat Gabel, Associate Member
Black Hills Chapter

Serves 4

1 lb. lean ground beef
1/8 tsp. pepper
½ C. Pet Evaporated Milk
1 Tbsp. shortening
2/3 C. soft bread crumbs
1 C. sliced onions
1 tsp. salt

Mix all ingredients, except shortening and onions, well. With wet hands shape into 16 balls.

Brown in skillet in shortening and onion. Cover, cook over low heat 10 minutes.

STOVE TOP BEANS AND MEATBALLS

2 C. (1 lb.) baked beans
1/8 tsp. salt
2 Tbsp. catsup
¼ tsp. dry mustard

Add mixture of baked beans, salt, catsup and dry mustard to above meatball recipe. Cover and heat.

YOU ARE OFTEN SORRY FOR SAYING A HARSH WORD,
BUT YOU WILL NEVER BE SORRY FOR SAYING A KIND WORD.
OUR FAVORITE MEATLOAF
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

325°
Prep time: 15 minutes  Baking time: 1 hour 15 minutes

2 lb. ground beef
2 eggs
2 C. cereal flakes
½ tsp. salt
1 small onion, chopped
½ - ¾ C. milk
2 Tbsp. steak sauce
¼ tsp. pepper

Glaze/Sauce:
¼ C. catsup
3 Tbsp. brown sugar
2 Tbsp. prepared mustard

Mix all meat loaf ingredients together with a large fork, lightly.

Pour out and form into loaf in 9 inch bread pan or small oblong casserole.

Mix glaze ingredients and spread over meat mixture.

Bake at 325° for 1¼ hour.

Helpful Hint: Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.
PARMESAN CHICKEN
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

To make it more convenient, I mix up the crumb mixture and keep it in a large jar in my freezer. That way I have it ready and handy. I just pour out however much I need depending on the number of chicken breasts I'm preparing. I always get rave reviews when I serve this dish.

350°

1 C. crushed packaged herb seasoned stuffing
¼ C. parsley
2/3 C. Parmesan cheese
½ C. melted butter

Mix first three ingredients together. Dip chicken pieces in melted butter. Roll in crumb mixture.

Bake at 350° F for 45 - 60 minutes.

"The inner side of every cloud is bright and shining:
I therefore turn my clouds about,
And always wear them inside out,
To show the lining."
PRIME TIME STEAK
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Being a city kid originally, I found the taste of the beef we butch-ered from our own herd for ourselves, a taste I wasn't quite used to. It was probably all the food coloring, preservatives, and additives that the grocery stores put into it that I was missing. I came across this marinade recipe that I use for steaks, it is just delicious.

Makes 6 servings

½ C. A-1 Steak Sauce
1 Tbsp. Gray Poupon Dijon Mustard
1 tsp. Tabasco brand Pepper Sauce
1 tsp. curry powder
½ tsp. thyme leaves
1½ lb. beef steak

Mix steak sauce, mustard, pepper sauce, curry powder and thyme. Place steak in nonmetal dish or plastic bag; add steak sauce mixture. Cover, refrigerate for 1 hour.

Remove steak from marinade; discard marinade. Grill or broil until desired doneness.
RAHMSCHNITZEL
CREAM VEAL CUTLET
Rexene Plucker, State Regent
Bear Butte Chapter

Veal cutlets (schnitzels)
Salt and pepper
Butter
½ C. water
1 Tbsp. flour
½ C. sour cream
Beef bouillon (powdered)
Lemon juice

Sprinkle cutlets with salt and pepper and cut into 2 x 3 inch pieces. Brown both sides of meat in butter and remove from pan. Pour water into pan, scraping coagulated juices into it with a wooden spoon. Blend flour into sour cream and stir that into water. Return schnitzels to sauce and simmer slowly 5 to 10 minutes, or until meat is tender. Season sauce to taste with a little beef bouillon and lemon juice.

ROAST PHEASANT
Rexene Plucker, State Regent
Bear Butte Chapter

No South Dakota Cookbook would be complete without recipes on how to prepare South Dakota's State Bird, the Ring-necked Pheasant.

1 Pheasant
several strips of bacon

Put strips of bacon over the breast. Roast 30 - 40 minutes at 350° (or longer if you like pheasant well done). Remove bacon.
SAUERBRATEN
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 8

4 lb. beef (chuck, rump or round)
1 bunch carrots, cut into strips
Salt and pepper
1 pt. vinegar
4 bay leaves
12 peppercorns
4 cloves
6 onions, sliced
1 Tbsp. sugar
12 gingersnaps

Wipe meat with damp cloth and sprinkle thoroughly with salt and pepper. Place in an earthen dish and add vinegar and enough water to cover. Add bay leaves, peppercorns and cloves and let stand tightly covered in a cool place for 5 days. Drain meat, place in a Dutch oven and brown well on all sides. Add carrots, onions and 1 cup of spiced vinegar mixture. Cover tightly and cook over low heat about 3 hours or until meat is tender. When meat is cooked, add the sugar and crumbled gingersnaps and cook for 10 minutes. This makes delicious gravy. If necessary, more of the spiced vinegar may be added for cooking meat or making gravy.

VARIATION -- Omit gingersnaps and thicken gravy with flour moistened with water.

HOT MARINADE -- Combine salt, pepper, vinegar, peppercorns, cloves, 1 carrot, 1 onion and sugar. Add 2 cups water.

Cook until vegetables are tender. Strain.
This is one of our favorite recipes.

350°

**Sauce:**

2 cans cream of chicken soup [undiluted]
1 C. sour cream
4 oz. diced green chilies [drained]

Mix until smooth and heat.

**Filling:**

Toss together:
2 C. grated Monterey jack cheese [save some for top]
½ C. chopped onion
3 or 4 boned, cooked, chicken breasts [shredded or chopped]

1 dozen flour tortillas

Allow tortillas to come to room temperature. Put filling and 1 teaspoon sauce in tortilla and roll. Put a small layer of sauce in the bottom of shallow pan. Arrange filled-rolled tortillas in pan.

Cover with remaining sauce and layer of Monterey jack cheese.

Bake at 350° for 25 to 30 minutes.

**Helpful Hint:** Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.
SWEDISH MEATBALLS
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

350°
Prep time 30 - 45 minutes  
Baking time: 30 - 45 minutes

Serves 8

2 lb. ground beef
2 C. cereal flakes
1 large onion, chopped
½ tsp. pepper
1½ Tbsp. Worcestershire sauce
1 can mushroom soup
3 - 4 eggs
½ C. milk
1 tsp. salt
1 tsp. ground nutmeg
1 tsp. dry mustard

Preheat oven to 350°.

Mix all ingredients, except mushroom soup, together lightly. Form into 2 inch balls.

Brown in fry pan or under broiler.

Place meatballs into 9 x 13 inch pan. Heat mushroom soup in fry pan with meat drippings. Pour over meatballs. Bake at 350° for 30 - 45 minutes.

A famous Chinese proverb: "If you are planning for one year, sow grain; ten years, plant trees; but when planning for one hundred years, grow men."
TARTAR SAUCE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

½ C. (116 gm) whipping cream
2 dill pickles

Whip cream. Dice dill pickles; add to whipped cream.

TASTY SIRLOIN STEAK
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter Regent

Prep time: 20 minutes
Baking time: 1 hour 30 minutes

325°
Serves 4 - 6

1 bay leaf
1 tsp. garlic
½ onion, sliced
2 lb. beef sirloin steak
1 Tbsp. Worcestershire sauce
½ tsp. salt
¼ tsp. pepper
1 can cream of mushroom soup

Preheat oven to 325°.

Cut sirloin into individual pieces. Heat together all ingredients, but sirloin steak. Place steak in a covered pan or casserole. Pour heated sauce over beef pieces.

Cover and bake for 1½ hours.
TUNA ROLL-UPS
Maxine Meyer, State Chairman for American Heritage
Black Hills Chapter

2 C. sifted flour
3 tsp. double acting baking powder
1 tsp. salt
\( \frac{1}{3} \) C. Wesson Oil
\( \frac{2}{3} \) C. milk

Sift together flour, baking powder, and salt. Pour into a measuring cup, but don't stir together, Wesson Oil and milk. Then pour all at once into the flour. Stir, with a fork, until mixture cleans sides of bowl and rounds up into a ball. Smooth by kneading dough about 10 times without additional flour. Place between 2 sheets of waxed paper (12 inches square). Roll out until dough reaches edges of paper. Peel off top paper. Cut dough into 9 squares. Spread over each square 2 tablespoons Tuna Filling. Roll up each square as for jelly roll. Place sealed side down on an ungreased cookie sheet. Bake 10 to 15 minutes in hot oven (450°).

Serve with hot celery or mushroom soup. (Bring to boil over low heat, stirring constantly, one can condensed cream of celery or mushroom soup, 2 tablespoons chopped parsley). Serves 6 to 9.

Tuna Filling:

1 C. tuna (6½ oz. can)
\( \frac{1}{2} \) C. minced celery
1 egg, unbeaten
VEAL FRICASSE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is a third generation recipe, a favorite of both my mother and her mother's.

Serves 4 - 6

1 ½ lb. veal steak
1 dash pepper
3 Tbsp. butter
1 tsp. salt
1 medium onion
2 cans (small) mushrooms
3 Tbsp. flour
1 C. cream (or top of milk or homogenized milk)
1 tsp. lemon juice

Cut veal in cubes. In a large skillet, brown veal in butter. Add chopped onion and 1 ½ cup hot water. Cover and let simmer until tender.

Add 1 cup hot water to flour. Mix well, then add to mixture. Stir. Add lemon juice and salt. Boil for 1 minute. Add mushrooms and cream. Bring to a boil again.

Serve on Chinese Noodles, with a crisp salad and rolls.

Helpful Hint: To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.
Pat Gabel is the mother of Honorary State Regent Robin Dustman.

Serves 4

2 Tbsp. butter or margarine
¼ C. flour
4 serving size pieces veal, ½ inch thick (cutlets, steaks, chops)
½ tsp. salt
A few grains pepper
5/6 C. evaporated milk
1 can (8 oz.) tomato sauce
½ C. + 2 Tbsp. grated Parmesan cheese

Turn on oven and set at 350°.

Melt butter in 12 x 8 inch pan in oven. Dip veal in ½ cup evaporated milk. Roll in mixture of 2 tablespoons Parmesan cheese, flour, salt and pepper. Put into pan. Bake, uncovered 30 minutes.

Meanwhile, mix 1/3 cup evaporated milk and ½ cup Parmesan cheese. Take veal from oven. Pour 8 oz. can of tomato sauce around veal. Spoon cheese mixture on veal. Bake 20 - 25 minutes more, until meat is tender.

IF YOU HAVE A TASK AHEAD, AND YOU DREAD TO DO IT, JUST FORGE AHEAD AND DO IT FIRST – YOU’LL FIND THERE’S NOTHING TO IT!
VEGETABLE STUFFED ROUND/FLANK STEAK
Bonnie Hamill Rosebrook
Bear Butte Chapter

350°

1 large round or flank steak (flank steak works best)
1 small zucchini (sliced thin)
2 medium carrots (slivered)
3 hard boiled eggs (sliced)
1 - 1½ C. freshly grated Romano cheese
Olive oil
Crushed garlic
Baking (or kite) string
2 jars spaghetti sauce
Angel hair pasta

Cover steak with waxed paper (or plastic trash bag) and smash flat with smooth meat mallet or other tool. Continue until steak has thinned and grown in size (nearly doubled). Remove waxed paper (or bag). Rub both sides of meat with a light coat of olive oil. Rub in crushed garlic to form a light garlic paste.

In center of steak, place slivered carrots, sliced zucchini, sliced hard boiled eggs (DO NOT MIX THESE TOGETHER). Cover vegetables with grated cheese. Carefully roll meat around veggies in pinwheel fashion until all veggies are covered. Using baking (or kite) string tie roll up tight. Place in skillet and brown. Transfer to casserole dish and cover with spaghetti sauce. Bake in preheated oven at 350° for 1¼ to 1½ hours, stirring often.

Remove from sauce and let stand 20 minutes. Remove string carefully and slice roll like pinwheels to expose stuffing. Place a serving of angel hair pasta on plate, cover with sauce, and top with two slices of flank steak roll with stuffing exposed. Garnish with parsley and hot garlic bread. This is a complete meal, salad is optional but will not be required. Light dessert is suggested.

Variation on a theme: Try stuffing with sliced potatoes, mushrooms, onions, a hard cheese and bake in chili or barbecue sauce. Enjoy!
CASSEROLES

CHICKEN SUPREME
Maxine Meyer, State Chairman of American Heritage
Black Hills Chapter

350° Serves 6

1 can condensed celery soup
1 can condensed mushroom soup
⅔ C. dry rice
1 C. milk
1 chicken, cut in pieces
1 pkg. onion soup mix

Place all ingredients in casserole sprinkling onion soup mix over top. Bake 350° for 2½ hours, covered tightly.
CHILI CHEESE JUBILEE
Rexene Plucker, State Regent
Bear Butte Chapter

This is a make ahead and store recipe. It can be refrigerated or frozen, then when ready to serve, thawed and baked.

325°  
Serves 6 - 8

1 lb. ground beef
2 Tbsp. shortening
2 Tbsp. butter
1 medium onion, chopped
1 can (8 oz.) tomato sauce
1 pkg. (1¼ oz.) chili seasoning mix
½ C. water
2 eggs
1 C. light cream
½ pkg. (11 oz.) corn chips
1 pkg. (8 oz.) Monterey Jack, grated
1 C. sour cream
½ C. grated Cheddar cheese

Brown beef in shortening in a skillet until crumbly.

In another skillet, melt butter, then sauté onion. Add tomato sauce, chili seasoning mix, and water to the onion. Simmer for 5 minutes. Beat eggs and cream slightly and add to the onion mixture.

Place corn chips on the bottom of a 2 quart casserole. Top with ½ of the browned beef and a layer of Monterey Jack cheese. Cover with half of the onion sauce. Repeat layers. Top with sour cream and Cheddar cheese. Bake at 325° for 25 - 30 minutes.
DEEP DISH PIZZA
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

425° Serves 6

1 lb. ground beef
¼ C. chopped onion
¼ C. chopped green pepper
1 can (16 oz.) tomatoes
1 pkg. Kraft Cheese Pizza Mix
2 pkg. (6 oz.) Kraft Natural Low Moisture Part-skim Mozzarella Cheese Slices

Brown meat; drain. Add onion and green pepper; cook until tender. Stir in tomatoes, The Pizza Sauce and Herb Spice Mix; simmer 15 minutes. Heat oven to 425°. Prepare pizza dough as directed on package. With fingers greased, press onto bottom and halfway up sides of greased 13 x 9 inch pan. Cover with half of Mozzarella cheese and meat sauce; repeat with remaining cheese and meat sauce, sprinkle with the grated Parmesan cheese. Bake at 425°, 20 - 25 minutes. Let stand 10 minutes before serving.
DOROTHY'S SPANISH RICE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

(Editor's Note: This is one of two recipes that appeared along with a newspaper article on Dorothy in the 
Brookings Daily Register on October 11, 1979.)

This recipe is a good one to be doubled. I have made it to take into homes where there has been an emergency. The spices can be varied to your liking of the day.

350° F or 177° C

Serves 4 - 6

1 lb. (454 gm) lean hamburger
½ C. (86 gm) onion, coarsely chopped (medium size)
¼ C. (37 gm) green or red pepper, coarsely chopped (½ pepper)
1 C. (192 gm) long grain rice
1 qt. (948 ml) tomatoes plus some water
1 tsp. salt
⅛ tsp. black pepper
2 tsp. sugar
1 Tbsp. Worcestershire sauce
A dash or oregano, thyme or herbs of your choice (chili powder, Tabasco sauce, garlic powder, etc.)

Brown hamburger in electric fry pan or Dutch oven; add onion and pepper, stirring until all are browned. Stir in rice and brown it. Add tomato and seasonings.

Electric fry pan: Turn control to simmer; stir occasionally until rice is tender, about 30 minutes. More water may be added to keep moist.

Dutch oven: Put in a 350° F (177° C) oven and bake one hour. Stir at least once. If the mixture seems dry, add small amount of water.
LICKING GOOD CROCKPOT
Carol Foiles
Laura Ingalls Wilder Chapter

1 lb. ground beef, browned
4 to 6 sliced potatoes
1 medium, chopped onion
1 small pkg. of frozen corn
1 can of tomato soup

Layer first 4 ingredients in crock pot. Put tomato soup on top and cook on low for 8 hours.

MY MOTHER’S FAVORITE CASSEROLE
Marcia Moos, State Vice Regent
Harney Peak Chapter

350°

1 ½ lb. ground beef, browned in 1 Tbsp. butter
1 large + 1 small can tomato sauce
1 ½ C. small curd cottage cheese
1 pkg. (8 oz.) cream cheese
½ C. sour cream
1/3 C. onion, minced
1 Tbsp. green pepper (if desired)
4 - 5 C. noodles, cooked and drained

Brown beef. Add tomato sauce. Mix remaining ingredients together.

Alternate layers of the beef and tomatoes with layers of the next five items and layers of noodles, ending with a layer of meat. Actually if you are in a hurry, it can all be mixed together. It will taste the same, but will not be as attractive. Bake at 350° for 30 minutes.
PHEASANT HOT DISH
Rexene Plucker, State Regent
Bear Butte Chapter

This is a recipe that my son, Terry, gave me. He got it while attending South Dakota State University from his Housemother, Debra DeBates.

350° Serves 8 - 10

5 lb. pheasant
1 C. blanched almonds, slivered
¾ C. rice, cooked in stock
¾ C. wild rice
1 can (8 oz.) mushrooms
salt and pepper to taste

Cream Sauce:

1 C. cream
2 Tbsp. fat
1 C. milk
4 Tbsp. flour

Stew pheasant and remove meat from bones. Mix cooked rice, pheasant meat, mushrooms, blanched almond slivers together. Season with salt and pepper and spread in a greased 9 x 13 pan. Make a white sauce by first melting the fat, adding flour to make a paste, then gradually adding milk and cream. Cook over low to medium heat until thickens. Pour over above mixture and bake in a 350° oven for 45 minutes to 1 hour.

RUNNING LATE -- I put off jobs until the last, that I detest the worse, Then dread 'em more as time goes past and wish I'd done 'em first.
REUBEN CASSEROLE
Karen McGraw, State Chairman of American History
Laura Ingalls Wilder Chapter

350° Serves 8 - 10

2 cans cream of chicken soup
1 1/3 C. milk
1/2 C. chopped onion
2 - 3 Tbsp. mustard
2 cans (16 oz.) sauerkraut, undrained
1 pkg. (8 oz.) uncooked noodles
1 can (12 oz.) corned beef
2 C. shredded Swiss cheese

In a bowl mix the soup, milk, onion and mustard. Grease a 9 x 13 pan. Spread sauerkraut in bottom of this pan. Layer the noodles over the kraut. Spoon the soup mixture evenly over the noodles. Sprinkle the broken-up corned beef over top and spread cheese over this. Cover the pan tightly with foil. Bake for 1 hour at 350°.

SAUSAGE MACARONI DISH
Maxine Meyer, State Chairman of American Heritage
Black Hills Chapter

350°

1 1/2 lb. ground sausage, browned and drained
2 C. macaroni, cooked and drained
4 - 5 green onions, chopped with tops
1 1/2 C. American cheese, grated
1 tsp. salt
1/8 tsp. pepper
1 can cream of celery soup
3/4 C. milk
1 egg, beaten

Combine ingredients in a baking dish. Bake at 350° for 45 minutes.
STUFFED ZUCCHINI
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 6 - 8

Squash (fresh)
1 large tomato 1 - 1½ lb. hamburger (for amount of squash)
1 can tomato sauce
Salt and pepper to taste
1 small onion, chopped
2 slices bread, crumbled
½ green pepper, chopped
Parmesan cheese

Parboil squash until slightly tender, but firm. Scoop out centers and save. Brown meat (lightly) and add onion, green pepper, squash centers, tomato and tomato sauce. Cook until almost dry. Salt and pepper to taste. Add bread crumbs. Put squash shells in a casserole and fill with meat mixture. Sprinkle generously with Parmesan cheese and brown in 350° oven for 30 minutes.

STUFFED ZUCCHINI NEAPOLITAN
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 8

1 lb. lean ground beef
2 cans (8 oz.) or 1 can (15 oz.) tomato sauce with tomato bits
½ C. minced onion
1 clove garlic, minced
8 medium zucchini
¼ C. chopped walnuts
1 pkg. (8 oz.) small shell macaroni, cooked, drained
1 egg
¼ C. grated Parmesan cheese
STUFFED ZUCCHINI NEAPOLITAN CONT.
Combine beef, onion, garlic, nuts, egg, salt and ¼ cup tomato sauce with tomato bits. Cut ends from zucchini; use apple corer to scoop out centers, leaving a 1/4 inch wall. Slice centers or chop coarsely; reserve. Lightly fill zucchini with meat mixture; do not pack. Form any leftover meat mixture into balls. In skillet, heat remaining tomato sauce with tomato bits; add reserved zucchini, stuffed zucchini and meat balls. Cover; simmer 45 minutes, or until stuffed zucchini are tender. On large heated platter, toss hot macaroni shells with Parmesan cheese; arrange zucchini on top, pour sauce over all. Makes 8 (or number of zucchini used) servings.

TUNA CASSEROLE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This was another one of those family favorites I remember as a kid growing up. My mom always added crushed potato chips into the mixture, instead of the noodles, which made it most unique. That is still how I mix mine up; however, it does tend to make a drier casserole, so I always add a little more milk.

425°
Serves 4

1½ C. broken noodles (cooked in unsalted water)
or 4½ C. crushed potato chips reserving ½ C for topping
½ C. Pet evaporated milk
1 can (7 oz.) tuna, drained
1 can cream of mushroom or cream of chicken soup
1 C. grated American cheese
½ C. onion, cut-up

Mix all but ½ C. potato chips together. Pour into greased 1½ quart baking dish. Top with remaining potato chips.

Bake at 425° F (very hot) for 15 minutes until bubbly hot.
ZATONI
Adele Kipp, Honorary State Regent
State Chairman of the President General's Project
Mary Chilton Chapter

350°

1 lb. hamburger
1 can tomato sauce
1 pkg. spaghetti
4 large onions, chopped
1 can corn
1 can mushrooms
3 cloves garlic, minced
1 lb. American cheese, grated
2 cans tomato soup
Salt & pepper to taste

Cook spaghetti. Brown meat, add onions and cook several minutes. Add other ingredients, drain spaghetti and add to mixture. Bake in a covered dish at 350° for 45 minutes.

SKILLET DISHES

ASCAN BEEF AND NOODLES
Betty Hagmann
Black Hills Chapter

4 servings

1¼ C. ground beef
2 pkg. Oriental Flavor Ramen Noodles
2 C. frozen vegetable mixture
¼ tsp. ground ginger
2 Tbsp. thinly sliced green onions
2 C. water
ASCAN BEEF AND NOODLES CONT.

In a large non-stick skillet brown the beef for 10 - 12 minutes. Remove the beef with a slotted spoon. Drain the drippings off of the skillet. Season the beef with one of the noodle seasoning packets. Set aside. In the same skillet, combine the water, vegetables, noodles, ginger, and the remaining seasoning packet. Bring to a boil, and reduce heat. Cover. Simmer for 3 minutes or until noodles are tender, stirring occasionally. Return beef to skillet and heat through. Add green onion, and serve.

BEEF STROGANOFF

Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

1 lb. hamburger (browned or boiled)
1 tsp. garlic salt
Onion (chopped to taste)
¼ tsp. pepper
¼ C. margarine
1 can (8 oz.) mushrooms (drained)
2 Tbsp. flour
1 can (10½ oz.) cream of chicken soup
1 tsp. salt
1 C. sour cream

Cook hamburger, onion and margarine until the onions become transparent. Drain.

Add flour, salt, garlic salt and pepper. Simmer for 5 minutes, stirring constantly. Add soup and drained can of mushrooms. Simmer for 10 minutes. Remove from heat and add the sour cream, until warmed through.
HAM AND POTATO SKILLET
Pat Gabel, Associate Member
Black Hills Chapter

Serves 4

1 lb. ham, ready-to-eat
¼ C. onion
1 Tbsp. butter or margarine
½ tsp. salt
1 Tbsp. brown sugar
⅛ tsp. pepper
1 can cream of mushroom soup
3 C. thinly sliced potatoes
2/3 C. (1 small can) Pet Evaporated Milk
1 C. thinly sliced carrots
¼ C. water

In 10-inch skillet brown ham in butter and brown sugar. Remove ham and pour off drippings.

Mix in same skillet: soup, milk, water, onion, salt, pepper, potatoes and carrots.

Cover, cook over low heat, stirring now and then, until vegetables are tender (35 minutes). Place ham on vegetables.
Cover and cook about 10 minutes more.

**PORK CHOP N' POTATO BAKE**
Pat Gabel, Associate Member
Black Hills Chapter

350° Serves 6

6 pork chops
¼ tsp. black pepper
Vegetable oil
1 pkg. (24 oz.) frozen hash brown potatoes, thawed
½ tsp. seasoned salt
1 can (10 ¾ oz.) cream of celery soup
1 C. (4 oz.) shredded cheddar cheese
½ C. milk
1 can (2.8 oz.) French fried onions
½ C. sour cream

Brown pork chops in lightly greased skillet. Sprinkle with seasoned salt and set aside. Combine soup, milk, sour cream, pepper and seasoned salt. Stir in potatoes, ½ cup cheese and ½ can French fried onions.

Spoon mixture into 9 x 13 inch baking dish. Arrange pork chops over potatoes.

Bake, covered, at 350° for 40 minutes. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer.

**Helpful Hint:** Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
PORK CHOPS WITH BROWNED RICE
Adele Kipp, Honorary State Regent
State Chairman of the President General's Project
Mary Chilton Chapter

4 pork chops
1 1/2 C. water
1 Tbsp. oil
1/2 C. chopped onion
1 C. uncooked rice
2 tsp. salt
2 C. canned tomatoes
1/4 tsp. pepper

Brown the pork chops in oil. Remove from the pan and season with 1 tsp. salt. Wash rice and brown in oil, stirring constantly. Add tomatoes, water, onion and seasonings. Lay chops over the top. Cover and cook on low heat 20 minutes. Turn current off and cook 20 minutes longer.

RAMONA'S GOU LASH
Ramona Moe
Laura Ingalls Wilder Chapter

Regular size macaroni -- about 2 cups or whatever you need
1 lb. or so hamburger
1 onion
Tomato catsup, to taste
1 can (8 oz.) tomato sauce
Cheese, if handy
Water

Put hamburger and onions in skillet to fry till brown, and drain. Add macaroni and catsup, tomato sauce and water to cover. Stir. Cook till macaroni is done. Add cheese, if desired, and whatever else for seasonings. Takes about a half hour to make and can be adjusted to serve many.
But now I have an animal to introduce, the name of which I am so unfamiliar with I hardly know where to place him, whether among the meat-producing beasts, or the family of fowls; still, I know so many will like to try a few of his " rare-bits," I will give him a place among the choicest recipes I have in the nature of dishes. But as he is taken partly from the beast, and partly from the fowls, we will call him the

WELSH RAREBIT-English Style. Or GOLDEN BUCK,
A golden buck is, in other words, simply a Welsh rarebit, with a poached egg on his back. I will first give the true one, as directed by Warne's (English) Model Cookery: Time, 10 minutes; 1/2 lb. of cheese; 3 table-spoonfuls of ale; a thin slice of toast. Grate the cheese fine, put to it the ale, and work in a small saucepan over a slow fire, until it is melted. Spread it on the toast, and send it up boiling, hot. Now for the " buck " part of it:

Take fresh, but rather rich cheese and cut into small even-sized pieces, the amount to be regulated by the number of rarebits needed, and melt upon I rather slow fire. If the cheese be dry, add a small quantity of butter. A little -- say a wine-glass full to each rarebit -- sour ale; or, in its absence, fresh ale, should be added as the cheese melts. After the cheese is thoroughly melted and the above ingredients stirred in, add a small quantity of celery salt, and immediately pour upon a piece of toast previously placed upon a hot plate. By placing a poached egg, upon this it immediately becomes a golden buck. The further addition of a slice of broiled bacon renders it a Yorkshire buck.

Remarks. -- For those with good digestion either of the "bucks" will be found nice. For me, I should prefer not to have the ale sour, but fresh, and nice, so I think, would most others. I will give a few more recipes for a plainer, or more Americanized way of making the Welsh rarebit (generally called rabbit), which will be less troublesome to make, and also more easily digested. A young, but experi-
enced housekeeper, of Brinton, Pa., gives the following:

**Welsh Rarebit.**

-- Chop fine, with a knife, pieces of dry cheese (sharp cheese is best), and to 1 pt. of this allow 1 pt. of milk. 'Have the milk boiling hot and stir into it the cheese, stirring all the time until it becomes pretty well dissolved, then add a beaten egg, a little salt, and when it has all come to a boil your rarebit is done. Some persons prefer browning in the oven before sending to the table, but it is best eaten as soon as cooked, as the cheese is apt to separate from the milk if allowed to stand long after it is ready.

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**WELSH RAREBIT**

Serves 6 single portions

1 lb. grated American cheese  
1 tsp. paprika  
Salt and prepared mustard to taste  
1 Tbsp. butter  
½ pt. ale or beer

Melt the butter and stir so that it oils the bottom of your pan. (A chafing dish over hot water is ideal.) Add the cheese and gently stir into it one tablespoon of beer or ale. The cheese will at once thicken and another tablespoon of beer or ale should be added. Stir continuously. Add more liquid until the mixture is smooth and velvety. The exact amount of ale varies with different cheeses. Season
Breakfasts And Brunches
BAKED EGGS
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe is one of those unwritten ones that had to be put into recipe form, when my daughter Shirley moved to her first work. Allow 2 eggs per serving.

375° F or 190° C

Serves 4

1 Tbsp. (14 gm) butter or margarine
8 eggs
½ C. (120 ml) cream
Salt and pepper to taste

Melt butter in an 8-inch round baking dish. This can be in the oven while it is heating (375° F, 190° C). Add eggs to the butter; pour cream over eggs, being sure to get some over each yolk. Sprinkle with salt and pepper. Bake until firm in the middle of the dish. Serve hot.

BAKED GRAPEFRUIT
Eileen Clauson, Honorary State Regent
State Chairman for Insignia
Mary Chilton Chapter

1 grapefruit, halved
½ tsp. brown sugar per half
½ tsp. honey per half

Prepare grapefruit as usual. Put brown sugar and honey in center. Place in a baking pan with 1 inch water. Bake for 30 minutes in a moderate oven. Serve hot.

Helpful Hint: A teaspoon of cold water added to the white of an egg causes it to whip more quickly and increases the quantity as well.
BIG FLUFFY BAKED OVEN OMELET
Rexene Plucker, State Regent
Bear Butte Chapter

350° Serves 6 - 8

6 eggs, separated
2 Tbsp. butter
1 Tbsp. flour
½ tsp. salt
01 Tbsp. cornstarch
Dash of fresh ground pepper
1 C. milk
Dash of fresh ground nutmeg
Chives (add to own taste)
1 can (small) "Ortega" chilies (optional for Spanish-style omelet)

Beat egg yolks. Add flour, cornstarch, salt and pepper, nutmeg and chives. Beat until smooth. Add milk gradually, beating constantly. Beat egg whites until stiff, but not dry. Fold into egg yolk mixture. Melt butter in heavy iron 9 inch skillet or Pyrex dish. Pour in egg mixture and bake in 350° oven for 20 minutes.

Note: If desired for Spanish effect you can add a small can of "Ortega" chilies.
BREAKFAST CASEROLE
Rexene Plucker, State Regent
Bear Butte Chapter

6 slices bread, buttered
1 lb. bulk sausage, partially cooked
8 eggs
1/3 C. sour cream
1/2 lb. sharp Cheddar cheese
1 can (4 oz.) chopped green chilies

Butter 9 x 13 inch pan. Place bread, buttered side down, in pan. Crumble sausage over bread. Mix eggs and sour cream; pour over sausage. Grate cheese; combine with chilies. Sprinkle over all. Refrigerate 6 to 8 hours. Bake at 350° for 1 hour.

Serves 6 - 8
BREAKFAST HOT DISH
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

350°
Serves 6
Prep time: 25 minutes
Baking time: 50 minutes total

3 C. frozen shredded hash brown potatoes
4 oz. mozzarella cheese
1 C. cubed ham
¼ - 1/3 C. chopped green onion
2 beaten eggs
1/3 C. melted butter
4 oz. grated pepper cheese
¼ tsp. oregano
½ C. light cream

Put hash browns into 9 inch pie pan. Pour melted butter over hash browns. Bake 25 minutes at 350°.

Mix ham, grated pepper cheese and mozzarella cheese, onion, and oregano. Put over hash brown potatoes.

Mix eggs and light cream. Pour over hash browns, ham and cheese. Bake 25 minutes more.

(Editor's Note: For many years, Kay has hosted the Bear Butte Birthday Brunch at her home on the Snyder Ranch. Each year she has surprised the Daughters with a different egg casserole. You will find some of those recipes in this section.)
COMPANY SOUFFLE
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

(This recipe is prepared the night before, then is baked in the morning.)

350°
Prep time: 30 minutes

Baking time: 60 - 70 minutes

Serves 8 - 10

8 slices buttered bread, cubed
1 C. diced or grated cheese
1½ - 2 C. cubed ham OR 1 pkg. little smokies, cut up
1 can (small) mushroom pieces
6 eggs
2 C. milk
1 tsp. dry mustard
¼ tsp. pepper

Alternate bread, cheese, meat and mushrooms into large sprayed 4 quart bowl or casserole.

Lightly beat eggs, milk and seasonings. Pour over layers in bowl.

Add enough additional milk to come to top of ingredients.

Refrigerate overnight, covered. Bake in the morning in a preheated 350° oven for 60 - 70 minutes.

Some people are making such thorough preparation for rainy days that they aren't enjoying today's sunshine.
EGG CASSEROLE
Dorothy Deethart, State Corresponding Secretary
John Kerr Chapter

A nice breakfast or brunch dish. It can be put together and refrigerated overnight, then popped in the oven when needed.

400° F or 204° C
Serves 4 - 6

2 Tbsp. (28 gm) butter or margarine
2 Tbsp. (16 gm) flour
1 C. (240 ml) milk
4 - 6 hard cooked eggs, chopped
¼ C. (61 gm) diced celery
2 Tbsp. (23 gm) diced pimento
1 C. (80 gm) finely crushed cracker crumbs
¼ C. (58 gm) mayonnaise
½ tsp. salt
Dash of garlic salt
½ tsp. ground pepper

Topping:

½ C. (40 gm) cracker crumbs
3 Tbsp. (56 gm) butter or margarine

Melt butter in 2-qt sauce pan. Stir in flour; cook over low heat, stirring constantly, until bubbly. Add milk all at once and cook until thickened, stirring constantly. Blend sauce and all remaining ingredients, except topping. Spread in 1-qt casserole (shallow). To make topping, mix cracker crumbs with melted butter; sprinkle over casserole mixture. Bake in 400° F (204° C) oven 20 minutes or until golden brown.

Helpful Hint: Wash hands in Clorox to take away hair dye, then scrub with salt to take the smell of the Clorox away. Don't forget to use hand cream afterward.
FRIED FRESH PINEAPPLE
Mary Louise Brown
Bear Butte

My father, Oscar Howland was the State Master of the Oklahoma Grange for many years. As a result my mother was always collecting recipes, not just from close friends, but from ladies around Oklahoma and the United States. In addition, she cut them from newspapers and magazines. Many of her recipes were written on whatever was available at the time -- used envelopes, wall paper, margins of advertisements, etc., then placed between the appropriate pages of cookbooks. Here's one of those recipes.

1 fresh pineapple
1½ C. sugar
1 piece of ham, diced

Peel and cube pineapple. Place in skillet with sugar over it. Cover and cook until pineapple is done. Take lid off; and add piece of ham that has been diced; and cook down.

FROM "DR. CHASE'S RECIPES"

Oyster Omelet.

-- Twelve large oysters, 6 eggs, 1 cup of milk, 1 tea-spoonful of butter, salt and pepper, and parsley, if agreeable; chop the oysters. Beat the whites and yolks of the eggs separately, as for cake. Heat 3 table-spoonfuls of butter, pour the milk, yolks of eggs, oysters and seasoning in a dish and mix, and add the whites of eggs and 1 spoonful of melted butter, with as little stirring as possible, then cook to an appetizing brown, turning the omelet carefully.
TOASTED TREASURE CHEST
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 6 - 8

1 loaf of unsliced bread, any kind
12 eggs
¼ C. milk
salt and pepper
4 Tbsp. butter or margarine
1 green bell pepper, chopped
1 red bell pepper, chopped
½ onion, chopped
½ C. bacon, crumbled
1 C. cooked ham, diced
½ C. grated cheese

Cut top from loaf of bread. Slice around sides leaving wall ¼ inch thick and bottom crust. Scoop out center (cut this up and toast for use as croutons for soups and salads). Toast top and chest in a 350° oven.

Place butter in a very large frying pan and allow to melt.

In a large bowl, beat eggs until well mixed. Beat in milk. Salt and pepper according to individual taste. Fold in remaining ingredients. Pour mixture into frying pan and cook, stirring constantly, until fluffy, as with scrambled eggs.

Spoon eggs into bread and serve.

(The eggs may be prepared in a microwave, but add 4 teaspoons margarine to mix. An equal amount of egg product may be used instead of the 12 eggs. This will produce a healthier version of the recipe)

Blast from the Past: According to a 1948 cookbook, eggs should be washed and let stand overnight in cold water. This compensates for evaporation that occurs during "mechanical refrigeration". 
BREAKFAST ROLLS AND CAKES

BLUEBERRY COFFECAKE
Lisa Nydam, State Recording Secretary
Mary Chilton Chapter

350°

2 eggs
3 C. flour
1½ C. sugar
4 tsp. baking powder
2 Tbsp. melted oleo
½ tsp. baking soda
2 tsp. vanilla
½ tsp. salt
2 C. sour cream
2 C. blueberries

Topping:

½ C. brown sugar
2 Tbsp. flour
1½ tsp. cinnamon
2 Tbsp. melted oleo
½ C. chopped nuts

Beat eggs until fluffy. Beat in sugar, oleo, vanilla and sour cream. Mix flour, baking powder, soda and salt; add to creamed mixture.

Pour half of batter in greased 9 x 13 pan. Spread blue berries over all, then pour on remaining batter. Sprinkle with topping and bake at 350° for 40 - 50 minutes.

There are 2 days in every week about which we should not worry.
Yesterday or Tomorrow
BLUEBERRY COFFECAKE
Mary Jensen
State Chairman for the DAR Magazine
Daniel Newcomb Chapter

350°

1 pkg. (6 oz.) low-fat cream cheese
2 Tbsp. powdered sugar
1 Tbsp. lemon juice
2 C. flour
1 tsp. baking soda
1 tsp. baking powder
¾ tsp. cinnamon
¾ tsp. nutmeg
¼ tsp. salt
1 C. + 2 Tbsp. sugar
½ C. butter
3 eggs
1 tsp. vanilla
1 container (8 oz.) low-fat sour cream
2/3 C. blueberries
½ C. walnuts

Beat softened cream cheese, powdered sugar and lemon juice until smooth. Sift together flour, baking powder, baking soda, ¼ tsp. cinnamon, ¼ tsp. nutmeg, and salt. Cream 1 C. sugar and butter. Add eggs, one at a time, beating until smooth. Add vanilla. Add flour mixture alternating with sour cream. Fold in blueberries.

Pour half of mixture into a greased and floured 10 inch tube pan. Spoon cream cheese mixture over the top to within a ½ inch of the edge. Add remaining batter and spread over the filling.

Mix remaining sugar, nutmeg, cinnamon, and walnuts. Sprinkle this mixture over the top.

Bake in a 350° oven for 1 hour.
Prepare this the night before, then bake in the morning.

350°

1 pkg. frozen dinner rolls
1 box (3¾ oz.) regular butterscotch pudding mix
1 C. brown sugar
½ C. nuts
¼ C. granulated sugar
1 - 2 tsp. cinnamon
½ C. melted butter

Grease and flour bundt pan. Arrange frozen rolls (24 to 30) in pan. Mix pudding mix and brown sugar together and crumble over rolls. Sprinkle with nuts, granulated sugar and cinnamon. Pour melted butter over this. Cover and let stand over-night on cabinet to rise.

The following morning, bake in preheated 350° oven 25 to 30 minutes before removing from oven. Cool 10 - 15 minutes before removing from pan.

FROM "DR. CHASE'S RECIPES"

Buckwheat Griddle Cakes, Aunt Essy's.

-- Warm water, 3 pts.; salt, 1 dessert-spoonful; 1/2 cup of good jug yeast; buckwheat flour to make a batter. DIRECTIONS -- Set in a warm place over night, and bake on a hot griddle. Serve warm, with good butter and syrup, made of sugar -- maple is best -- and she says you will need but little else for breakfast. The author would have at least some potatoes and nice steak, and plenty of butter gravy with his breakfast; does not even refuse nice ham with plenty of ham gravy with his buckwheat cakes.
During our 26 years as an Air Force family, we had the joy of living in several places. Just prior to being transferred to Ellsworth Air Force Base in Rapid City, we were fortunate to have a four year tour of duty in Germany. This is one of the recipes that we picked while there. It is really more my husband Wayne's than mine. It has become something of a family tradition that each year at Christmas time he will take over the kitchen and make it. It is then enjoyed by all.

350°

Makes 2 loaf pans

1 pkg. yeast
¼ C. warm water
¼ C. softened butter
¼ C. sugar
½ tsp. salt
½ tsp. grated lemon rind
½ C. scalded milk
1 C. flour
2 egg yolks
1 whole egg
1 to 1½ C. flour
½ C. raisins
½ C. grated hazelnuts
1 tsp. cinnamon
1/3 C. sugar
2 Tbsp. butter
Dissolve yeast in warm water. Combine softened butter, ¼ cup sugar, salt, and lemon rind in a bowl. Scald milk and pour into the bowl. Let cool to lukewarm; add first cup of flour and yeast and mix well. Set aside until warm and bubbly. Stir in egg yolks, whole egg, and gradually add in remaining flour and beat until you have a smooth light dough. Knead until dough is smooth and elastic and forms blisters. Shape into a ball; place in a clean floured bowl and cover with a kitchen towel. Set in a warm spot and let rise for about 1 to 1½ hours or until doubled in bulk. Punch the dough flat and roll into a square that is ¼ inch thick. Let the dough rest for 10 minutes. Brush with melted butter. Combine remaining sugar, raisins, nuts, and cinnamon in a bowl. Spread 2/3 of mixture on the dough, leaving about 1/2 inch uncovered on the edges. Roll the square into a tube shape. Cut the remaining butter into small flecks and dot the surface with them. The dough can then be put into loaf pans or formed into a circle on a cookie sheet. The remaining sugar mixture is then sprinkled on the top. Bake at 350° for 45 minutes.
STREUSEL TOPPING
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This goes great on top of blueberry muffins or coffee cakes.

½ C. brown sugar
1 tsp. sugar
2 Tbsp. flour
2 Tbsp. butter or margarine.

Combine ingredients and blend until creamy.

**Helpful Hint:** Use a string to cut your cinnamon rolls instead of a knife. It's quicker and not sticky.
1 C. milk - lukewarm
1 pkg. yeast
¼ C. sugar
1 C. whole wheat flour
2½ C. white flour
1 tsp. salt
2 beaten eggs
¼ C. salad oil
1 stick butter or margarine
Cinnamon
Brown sugar
6 Tbsp. dark corn syrup
¾ C. brown sugar
Pecans or walnuts

Scald milk. When lukewarm, add yeast, sugar and 1½ cups flour. When bubbly, add salt, eggs, oil and remaining 2 cups flour. Knead well. Let rise until doubled. Roll ¼ inch thick, spread ½ stick margarine or butter over dough and sprinkle with cinnamon and brown sugar to suit taste.

Roll and cut into 1½ inch slices. Before placing rolls into pan, heat ½ stick margarine or butter, corn syrup, and brown sugar just to boiling. Pour into bottom of a 10 x 14 inch pan. Sprinkle with nuts and place rolls on top. Let rise until doubled.

Bake at 350° for 25 minutes. (I use two round 9 inch pans and bake them at 350° for 20 minutes). This recipe makes 16 - 18 rolls.
AMOUNTS OF WATER TO USE WITH VARIOUS CEREALS

<table>
<thead>
<tr>
<th>To One Cup</th>
<th>Use Cups Water</th>
<th>Will Make Cups Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornmeal</td>
<td>5 to 6</td>
<td>5 +</td>
</tr>
<tr>
<td>Hominy Grits</td>
<td>4 to 5</td>
<td>4 +</td>
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<tr>
<td>Oatmeal</td>
<td>4 to 5</td>
<td>4 +</td>
</tr>
<tr>
<td>Oats, rolled</td>
<td>2 to 2½</td>
<td>2+</td>
</tr>
<tr>
<td>Rice</td>
<td>4 to 5</td>
<td>4 +</td>
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<tr>
<td>Samp</td>
<td>4 to 5</td>
<td>4 +</td>
</tr>
<tr>
<td>Wheat, finely ground</td>
<td>5 to 6</td>
<td>5 +</td>
</tr>
</tbody>
</table>

AMOUNT OF SALT NEEDED -- Tastes differ again here, but a safe rule from which to vary is to use one teaspoonful to each quart of water used.

SWELLING OF CEREALS -- The amount of swelling is the same as the amount of water required; that is, rolled cereals swell about twice, coarsely ground or whole cereals swell about four times; and finely ground and refined cereals swell from five to six times.

TIME NEEDED FOR COOKING -- Cereal products have a naturally delicious flavor, although not pronounced, which is brought out by long slow cooking, and the right proportion of water and salt.

Long slow cooking used to mean four to six hours, but manufacturing processes have cut the time considerably -- to fifteen or twenty minutes in the case of some of the fine grained wheat products, and even three to five minutes for partially cooked cereals. However, a longer cooking only improves them.

In trying a breakfast cereal for the first time, follow the directions on the package; then if you wish, adapt them to the consistency and saltiness you prefer.
FAVORITE RECIPES
CAKES, PIES, FROSTINGS, FILLINGS, AND SAUCES

COOKING SUGGESTIONS

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

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

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

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

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

CAKES

Helpful Hint: To successfully cut angel food cake, use a hot sharp knife.
A LOVE CAKE FOR MOTHER

1 can of "Obedience"
Several pounds of "Affection"
1 pt. of "Neatness"
Some Holiday, Birthday, and everyday "Surprises"
1 can of "Running errands" (willing brand)
1 box powdered "Get up when I should"
1 bottle of "Keep sunny all day long"
1 can of pure "Thoughtfulness"

Mix well, bake in a hearty, warm oven, and serve to "Mother" every day. She ought to have it in Big Slices.

ANGEL FOOD CAKE
Rexene Plucker, State Regent
Bear Butte Chapter

My maternal grandmother (Clarice Fuller Howland) always made her Angel Food Cake from scratch and it never failed. I never realized how hard this was until I tried, using a recipe from a commercial cookbook. This is her recipe.

Like a soufflé, you need to have a quiet house to keep it from falling.

350°

1½ C. egg whites
1 C. flour
1½ C. sugar
¼ tsp. salt
¼ tsp. cream of tartar
1 tsp. vanilla
¼ tsp. almond extract

Beat egg whites with electric mixer on high for 8 minutes. Add salt and cream of tartar and turn mixer down on low. Add sugar gradually. Then add vanilla and almond extract. Fold in flour by hand. Slowly fold into tube pan. Bake in a preheated 350° oven for 30 - 35 minutes.
**AUNT REBA'S CHOCOLATE CAKE**

Mary Louise Brown  
Bear Butte Chapter

1 pkg. Coconut Almond or Coconut Pecan Frosting Mix  
1 pkg. German Chocolate or Fudge Cake Mix  
1 C. water  
½ C. cooking oil  
4 eggs  
1 C. (5¾ oz. pkg.) Milk Chocolate or Semi-Sweet Chocolate pieces  
1 Tbsp. sugar

Generously grease 10 inch Bundt or tube pan. Sprinkle entire pan with sugar, then coat pan with about ¼ cup dry frosting mix. Set aside. In a large mixer bowl, combine 1 cup dry frosting mix (reserve remaining for layering), dry cake mix, water, oil, and eggs. Blend until moistened; beat as directed on cake mix package.

Pour about ⅓ of cake batter into prepared pan. Sprinkle with ½ cup dry frosting mix and ½ cup chocolate pieces. Repeat with another ⅓ batter, ½ cup frosting mix, and ½ cup chocolate pieces. Cover with remaining batter; sprinkle with remaining frosting mix. Bake at 350° for 45 to 55 minutes until toothpick inserted in center comes out clean. Cool upright in pan for 30 minutes; remove from pan. Cool completely.
For over 75 years these recipes have been a part of the winter holidays. The original cooks are gone, but the fourth generation carries on the tradition.

Thanksgiving at our house with my mother, Clara Landes Marino Bollmann, step-father, August Bollmann, and me; Christmas with mother's sister, Lelora Landes Caple, her husband, Frank Caple, and daughter, Clara Landes Caple; and New Years with my "Dad's" sister, Annie Bollmann Mallman, her husband, Adolph Mollman, Sr., and son, Adolph, Jr.

And then "but we'd better ask --- he/she has no place to go", so there were seldom less than twenty hungry people. After days of preparation, two tables were set. One in the "good" dining room with the Irish linen cloths and embroidered napkins, the fragile stemware, the delicate china and the sterling silver. And the other in the "everyday" dining room where the children and "extra's" used the sturdier table service.

After dinner, the men played cards, the women did the dishes and the young people gathered around the piano and sang.

Later on, the fancy desserts were set out for anyone who couldn't resist! At our house it was one of these (plus pies, of course!).

(Editor's note: In addition to this recipe, the "these" that she refers to are: Maple-Nut Bavarian Cream; Peppermint Ice Cream; and Aunt Annie's Oatmeal Cookies.)

This cake may sound like a lot of work, but it really isn't any more work than any made from scratch cake.
AUNTIE'S POTATO CAKES CONT.

350°

1 C. butter
2 C. sugar
1 C. mashed potatoes, packed
4 egg yolks, beaten
4 egg whites, beaten until stiff
2 C. sifted flour
1 tsp. soda
2 tsp. baking powder
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. lemon extract
½ tsp. ground cloves
1 C. chopped nuts
2 C. raisins
1 square chocolate, melted
¾ C. milk

Cream butter and sugar. Add eggs yolks and mix well. Add potatoes and melted chocolate and mix well. Sift dry ingredients together and add alternately with milk, beating well after each addition. Add lemon extract and beat again. Stir in nuts and raisins. Fold in beaten egg whites. Pour into greased and floured 9 x 13 or round pans. Bake at 350° for 30 - 40 minutes or until a toothpick comes out clean. Remove from pans and cool. Frost with any white icing – placing layers on top of each other.
BLACK CHOCOLATE CAKE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

3 eggs
1¼ C. (245 gm) sugar
1 C. (236 ml) sour cream (divided)
1½ C. (174 gm) sifted, all-purpose flour
4 oz. (112 gm) baking chocolate
¼ tsp. salt
1 tsp. vanilla
1 tsp. soda
1 Tbsp. water

Separate eggs; beat whites to stiff peaks. Beat yolks and sugar together and add half of the sour cream, beat well. Add flour sifted with salt and the other half of the sour cream in which the chocolate has been melted, and vanilla. Blend until smooth. Fold in the beaten egg whites. Lastly, dissolve the soda in the hot water and stir in quickly. Spread batter in greased 9 x 13 pan or 9 inch layer pans, lined with waxed paper. Bake in moderate oven (350° F, 177° C) 30 to 35 minutes or until done. Cool layers 10 minutes before removing from pans. Frost as desired.

(Look under "Cook Stoves and Campfires" for the original of this recipe.)

Helpful Hint: To whip evaporated milk, place the unopened can in a pan of cold water, bring water to the boiling point, remove the can and chill quickly and thoroughly. When very cold, the evaporated milk will whip exactly like whipping cream.

Helpful Hint: To give a sponge cake that desired rich, brown-looking crust, sprinkle a little fine white sugar on the top before putting the cake in to bake.
When Ronald had his eleventh birthday, Aunt Dena Deethardt Blecker had a chocolate angel food cake for him. He never forgot it and would suggest that I make one. Yes, mother did by just adding cocoa. How much I didn't know. In all my cookbooks, no recipe could we find. In recent years a Chocolate Angel Food cake won a prize in our local paper recipe contest. I sure have saved that recipe.

375° F or 190° C

¾ C. (75 gm) sifted cake flour
⅞ C. (172 gm) sugar
¼ C. (22 gm) cocoa
1½ C. (382 gm) egg whites
1½ tsp. cream of tartar
¼ tsp. salt
1½ tsp. vanilla
¾ C. (147 gm) sugar (additional)

Sift together three times the flour, ⅞ cup sugar and cocoa. Measure into large bowl the egg whites, cream of tartar, salt and vanilla. Beat till foamy. Add remaining ¾ cup sugar, 2 tablespoons at a time, beating about 10 seconds after each addition. Continue beating until meringue holds stiff peaks. Sift dry ingredients over egg white mixture, a small amount at a time. Fold in gently with a wire whip or rubber scrapper, blending completely. The mixture is very thick. Carefully push into ungreased 10-inch tube pan. Cut through batter 5 or 6 times to break large air bubbles and push batter up sides of pan. Bake at 375° F (190° C) for 30 to 35 minutes. Invert and let hang until cool. Remove from pan and decorate as desired.

OF ALL THE HOME REMEDIES, A GOOD WIFE IS THE BEST.
When cake mixes first came on the market, Harold took the Chocolate Fudge Cake to Methodist Men. "Hmm! Hmm! Cake made from scratch!" and almost quarrels over the corner pieces as they usually had more frosting!

350°F or 177°C

¾ C. (140 gm) vegetable shortening
2¼ C. (441 gm) sugar (divided)
3 eggs
3¼ C. (271 gm) sifted all-purpose flour
2¼ tsp. baking soda
1½ tsp. salt
¾ C. (65 gm) cocoa
2¼ C. (547 gm) buttermilk* or sour milk
1 tsp. red food coloring

Combine ¾ cup sugar, cocoa, buttermilk or sour milk and food coloring. Blend until smooth.

Cream shortening with 1½ cups sugar. Add eggs, one at a time, blending until mixed. Beat until light and fluffy. Sift together flour, soda and salt. Add alternately with cocoa mix to egg mixture, blending thoroughly after each addition. Spread batter evenly in 2 well-greased and floured 9-inch pans or 10 x 14 inch loaf pan. Bake in the oven (350°F - 177°C) about 45 minutes or until cake tests done. Cool 10 minutes before removing from pans, or leave in pan as desired. Frost with favorite chocolate frosting.

* ¾ C. dried buttermilk & 2 C. water will make enough liquid.

Helpful Hint: Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scatter of dust.
This recipe is from my Mexican mother-in-law. I use dried figs in place of the candied figs, which I haven't found here. I also use dried fruit (pineapple) instead of the candied variety.

250°

6 ears corn
3 candied figs
Milk
4 oz. candied pineapple or mixed fruit
4 eggs, separated
2 Tbsp. walnuts
1 1/3 cubes melted butter
bread crumbs
3/4 C. sugar
Flour
1 tsp. salt
Powdered cinnamon
1 tsp. yeast

Cut the corn off the cob and put in the blender, adding some milk to ease pureeing it, for about 3 minutes. Pour in a bowl and add the salt, sugar, butter, and egg yolks, mixing all very well. Beat the egg whites till stiff, then add to the previous mix, little by little, and finally add the yeast. Grease a baking pan and cover it with bread crumbs. Pour half the corn mixture, then add a layer of the candied fruits and walnuts, previously dusted with flour. Pour in the rest of the corn mix and sprinkle cinnamon over the top. Bake at 250°, letting it cook until a toothpick comes out dry.
DATE CAKE
Maxine Meyer, State Chairman American Heritage
Black Hills Chapter

325°

1 C. dates
2 tsp. soda
1 C. hot water
1 C. white sugar
2 C. flour
1 C. mayonnaise
½ C. nuts
½ C. brown sugar
1 C. chocolate chips

Pour water over soda and dates. Then let cool to room temperate. Add sugar, flour, mayonnaise. Mix. Pour into a 9 X 13 cake pan. Then sprinkle the following mixture of nuts, brown sugar, and chocolate chips over the top. Bake at 325° for 45 minutes or until done.
My mother and grandmother always made Devil's Food Cake, a family staple, in the blue bowl. My sister and I sat on the back steps to lick the bowl. She was older and usually got two spoons.

350°

2 C. sugar  
2 C. flour  
1 C. shortening  
½ C. buttermilk  
4 eggs  
1 tsp. baking soda  
½ C. boiling water  
1 tsp. vanilla  
½ C. cocoa in water

Cream sugar and shortening. Add eggs and beat well. Add cocoa to water and add to mixture alternating with flour. Stir soda into buttermilk and stir into mixture. Add vanilla. Pour into greased pan and bake at 350° degrees till done.
DUMP CAKE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

1 can (595 gm) cherry pie filling
1 can (566 gm) crushed pineapple
1 pkg. dry white cake mix
1½ - 2 (168 - 225 gm) sticks butter
½ C. (60 gm) chopped nuts

Grease a 9 x 13 x 2 inch pan. Spread cherry filling, add pineapple then the dry cake mix. Dot with butter and sprinkle on nuts. Bake in a 350° F (177° C) oven for 1 hour or until top is brown and crisp. Cool and cut in squares.

FRUIT COCKTAIL PUDDING CAKE
Rexene Plucker, State Regent
Bear Butte Chapter

This is a recipe that I picked up at Mather Air Force Base in Sacramento, California, when Wayne was in navigator training.

350° Serves 8 - 10

1 C. flour
1 C. sugar
1 tsp. baking soda
¼ tsp. salt
2 C. fruit cocktail (partly drained)
1 egg

Topping:
½ C. chopped nuts
½ C. brown sugar

Mix together all cake ingredients. Pour into 8 inch greased baking dish. Mix brown sugar and chopped nuts; spread over batter.

Bake at 350° for 40 - 45 minutes. Serve warm with whipped cream or additional fruit cocktail.
LEMON ICE BOX CAKE
Mary Louise Brown
Bear Butte Chapter

This is one of those family recipes that has been passed down. It came to Mother (Clarice Fuller Howland) from her sister (Reba Holcomb Shannon).

Reba Holcomb Shannon and Claude Shannon

1 pkg. Knox gelatin, soaked in ¼ C. cold water
6 egg yolks, beaten
1 ½ C. sugar
½ C. lemon juice
¼ C. water
1 ½ tsp. lemon rind
6 egg whites
Angel Food Cake, torn into chunks

Combine egg yolks, ¼ cup sugar, lemon juice, water, and lemon rind in a pan. Cook until it coats spoon and stir in water and gelatin.

Beat egg whites. Add ¼ cup sugar and fold into lemon mix. Pour over chunks of Angel Food Cake. Chill until firm.
LEMON INSTANT PUDDING CAKE
Donna Hamill
Bear Butte Chapter

350°

1 pkg. yellow cake mix
1/3 C. cooking oil
4 eggs
1 C. plus 2 Tbsp. water
1 pkg. lemon instant pudding

Combine cake mix, pudding mix, and cooking oil; add water and heat 2 minutes. Add eggs one at a time, beating well after each. Bake in greased pan 30 minutes at 350° F.

Frosting:

1/2 C. orange juice
2 C. confectioners sugar
2 Tbsp. butter

Combine ingredients and pour over cake. Let cake cool before removing from pan.
OUR LORD'S SCRIPTURE CAKE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

325°

4½ C. flour ........................................ (2 Samuel 13:8)
1 C. butter ........................................ (Psalms 55:21)
2 C. sugar ......................................... (Jeremiah 6:20)
2 C. raisins ....................................... (1 Samuel 30:12)
2 C. figs ........................................... (Judges 9:11)
2 C. almonds ...................................... (Numbers 17:8)
2 Tbsp. honey .................................... (Isaiah 7:15)
1 pinch salt ....................................... (James 3:12)
6 whole eggs ..................................... (Isaiah 10:14)
½ C. milk ........................................... (Exodus 3:8)
2 tsp. leaven (baking powder) ................. (Leviticus 6:17)
Season to taste with spices .................... (2 Chronicles 9:1)

Mix all ingredients together to make this divine fruitcake. Bake in
325° F oven for approximately 1 hour and 15 minutes.

Back of the bread is the snowy flour;
And back of the flour -- the mill.
Back of the mill is the wheat and the sower,
And the sun and the Father's will . . . .
PIG EATING CAKE
Dorothy Fuller, State Chairman of DAR Library
Laura Ingalls Wilder Chapter Regent

350°

1 yellow cake mix
2 eggs
1 lg. can mandarin oranges with juice
½ C. oil

Beat together for 3 minutes with mixer. Bake at 350° for 35 minutes in 9 x 17 inch greased pan. Cool completely.

Icing:

1 box instant vanilla pudding
1 can crushed pineapple with juice
1 lg. container whipped topping

Combine and spread on top of cooled cake. Keep refrigerated.

PLUM CAKE
Adele Kipp, Honorary State Regent
State Chairman of President General's Project
Mary Chilton Chapter

350°

2 C. flour
1 tsp. soda
2 C. sugar
2 small jars plum baby food
1 C. oil
1 tsp. cloves
3 eggs
1 tsp. cinnamon
½ tsp. salt

Beat oil, sugar and eggs until light. Add remaining ingredients and mix well. Bake 1 hour at 350° in greased bundt pan. Turn upside down on plate and let stand 10 minutes before removing pan.
POPCORN CAKE
Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

4 qts. popped corn
1 lb. gumdrops, M&Ms- or your choice
½ lb. dry roasted peanuts or a nut mix
½ C. oleo
½ C. vegetable oil
1 lb. marshmallows

Mix the first three ingredients together in a roasting pan. Melt oleo, add vegetable oil and marshmallows- be exact- ( 66 large marshmallows). Melt in microwave and stir well before pouring over the dry mix, stir and put into a buttered angel food pan. Cool. Invert and serve on a large tray. Store in a cool place but do not freeze. Cut in slices and serve like cake.

POPPYSEED CAKE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is a deliciously moist cake and is a great with a chocolate glaze drizzled on top.

350°F

1 pkg. white cake mix
1 C. water
½ C. melted shortening
4 eggs
1 pkg. (3½ oz.) instant coconut cream pudding mix
4 Tbsp. poppy seed

Mix dry ingredients; add water and shortening. Beat in one egg at a time. Pour into a well-greased bundt pan. Bake at 350°F for 45 minutes.

OPTION: May drizzle with frosting if desired.
PRIDE O'PUMPKIN CAKE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

2¼ C. (223 gm) sifted cake flour
3 tsp. baking powder
½ tsp. salt
¼ tsp. soda
1½ tsp. cinnamon
½ tsp. ginger
¼ tsp. allspice
½ C. (112 gm) butter or other shortening
½ C. (98 gm) white sugar
1 C. (211 gm) brown sugar
1 egg and 2 egg yolks, unbeaten
¾ C. (182 ml) buttermilk or sour milk
½ C. (178 gm) pumpkin
½ C. (60 gm) finely chopped walnut meats

Measure sifted flour, add baking powder, salt, soda and spices; sift together three times. Cream butter, add sugars gradually and cream well. Add egg and egg yolks, one at a time, beating until light. Add flour alternately with buttermilk, in small amounts, beating after each addition until smooth. Add pumpkin and nuts; mix well. Bake in two 8 or 9 inch layer pans, lined on bottom with wax paper, in 350° F (177° C) for 30 to 35 minutes or until done. Cool 10 minutes and turn out of pan. Ice with Sea-foam Frosting.

SEA-FOAM FROSTING:
2 egg whites
¾ C. (147 gm) brown sugar
1/3 C. (108 ml) light corn syrup
2 Tbsp. water
¼ tsp. salt
¼ tsp. cream of tartar
1 tsp. vanilla

Combine the first six ingredients in top of double boiler. Cook over rapidly boiling water, beating with rotary beater or electric mixer until stands in peaks. Remove from heat. Add vanilla and continue beating until thick enough to spread.
RED VELVET CAKE
Rexene Plucker, State Regent
Bear Butte Chapter

I remember my grandmother, Clarice Fuller Howland, making this when I was a young child.

½ C. butter
2 eggs
1½ C. sugar
2 oz. red food coloring
2¾ C. cake flour
2 Tbsp. cocoa
1 C. buttermilk with 1 tsp. salt
2 tsp. vanilla
1 Tbsp. vinegar
1½ tsp. baking soda

Cream butter and sugar. Add eggs; beat well. Add red food coloring and cocoa; add flour and buttermilk with salt in it. Alternately fold in vanilla. Mix soda and vinegar; fold in last. Bake in 9 inch pans for 30 minutes at 350°.

FROSTING FOR RED VELVET CAKE

5 Tbsp. flour
1 C. powdered sugar
1 C. milk
2 Tbsp. vanilla
1 stick butter

In a double boiler, mix the flour and milk and cook until thick. Chill (may be put in freezer). Cream butter with powdered sugar and add vanilla; beat well. Beat in flour mixture until fluffy and stiff enough to spread.
STRAWBERRY ANGEL CAKE
Donna Hamill
Bear Butte Chapter

Serves 12

1 pkg. Angel Food cake mix
1 C. heavy cream, whipped
1 pkg. (3 oz.) strawberry Jell-O
1 C. hot water
1 pkg. (12 oz.) frozen strawberries, thawed or 1 1/3 C. sliced fresh strawberries
1 Tbsp. sugar
1 C. whipping cream

Prepare and bake Angel Food cake mix in tube pan as directed on package. Cool; remove from pan.

This is a good way to use yolks left over from Angel Food Cake.

350° F or 177° C

11 egg yolks
½ C. (120 ml) ice water
1 C. (196 gm) sugar
1 tsp. lemon flavoring
1 tsp. vanilla
1 ½ C. (150 gm) sifted cake flour
½ tsp. baking powder
½ tsp. cream of tartar

Beat the egg yolks and water 15 minutes at medium to high speed (speed 8) on mixer. Add sugar one tablespoon at a time. Add flavorings. Sift flour, baking powder and cream of tartar five times. Add just a little at a time at low speed until all is folded in. Rinse angel pan with cold water. Shake out but do not wipe. Bake 350° F (177° C) for 45 to 50 minutes. Bake until a toothpick comes out clean. Turn cake upside down to cool.
THE BEST RUM CAKE EVER
Rexene Plucker, State Regent
Bear Butte Chapter

This recipe came from another member of our Ellsworth OWC Board, Peg Goodman, who was always gave us at least one good laugh each time we met. She became known among our group as the "Joke Lady".

1 or 2 qt. rum
1 C. butter
1 tsp. sugar
2 large eggs
1 C. dried fruit
Baking powder
1 tsp. soda
Lemon juice
Brown sugar
Nuts

Before you start, sample the rum to check for quality. Good isn't it? Now you're ready to begin. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure the rum is of the highest quality, pour 1 level cup of rum into a glass and drink as fast as you can. Repeat. With an electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 teaspoon of sugar and beat again. Meanwhile, make sure that the rum is of the finest quality. Try another cup. Open second quart if necessary. Add 2 large eggs, 2 cups fried druit and beat until high. If druit gets stuck in the beaters, just pry loose with a drewdriver. Sample the rum again, checking for tonscisticity. Next, sift 3 cups pepper or salt (it really doesn't matter). Sample the rum. Sit 1/2 pint lemon juice. Fold in chopped butter and strained nuts. Add 1 babiespoon of brown thugar, or whatever color you can find. Wix mell. Grease oven and turn cake pan to 350°. Now pour whole mess into the boven and ake. Check rum, and bo to ged.
RUM CAKE
Rexene Plucker, State Regent
Bear Butte Chapter

Hopefully now that you've recovered, let's try again!

1 C. chopped walnuts
1 pkg. instant vanilla pudding
½ C. water
½ C. 80 proof rum
1 pkg. yellow cake mix
4 eggs
½ C. Wesson oil

Glaze:
1/8 C. water
½ C. sugar
½ stick butter, melted
¼ C. rum

Grease bundt pan and sprinkle chopped walnuts in the bottom. Mix remaining ingredients (except glaze) until smooth and pour over nuts. Bake at 325° for 1 hour. Cool cake and remove from pan.

Prepare glaze by combining water, butter, and sugar. Boil 5 minutes, stirring constantly. Remove from heat and add rum. Poke small holes in cake and pour glaze over entire cake, letting glaze run into it.

Helpful Hint: You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.
ZUCCHINI CHOCOLATE CAKE
Shirley Deethardt
John Kerr Chapter

350° F or 177° C

1¾ C. (343 gm) white sugar
½ C. (114 gm) margarine
½ C. (105 ml) cooking oil
2 eggs
½ C. (120 ml) milk
1 Tbsp. vinegar
1 tsp. vanilla
2¼ C. (326 gm) all-purpose flour
½ tsp. baking powder
1 tsp. soda
4 Tbsp. (22 gm) cocoa
½ C. (60 gm) chopped nuts
2 C. (328 gm) grated zucchini

Blend together sugar, margarine and oil. Add eggs, milk, vinegar and vanilla. Sift together dry ingredients; add. Stir in nuts and zucchini. Bake in bundt pan at 350° F (177° C) for 30 to 40 minutes. Frost as desired. Freezes well.

Variation: Add 1 cup chocolate chips. Use a 9 x 13 pan. Increase sugar to 2 cups, flour to 2½ cups. Add 1 tsp. lemon extract, 1 tsp. cinnamon, reserve nuts and chocolate chips to sprinkle on top.

Helpful Hint: Dainty, pastel-whipped creams for cake toppings and party sauces can be made with light cream and fruit-flavored gelatin. Dissolve ¼ cup of the flavored gelatin in ¼ cup boiling water. Then add 1 cup light cream.
COMMON CAUSES OF FAILURE IN BAKING

1. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat that is too soft, and baking at too low of a temperature.

2. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

3. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.

4. A sticky crust is caused by too much sugar.

5. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from a cold oven start.

6. A heavy cake means too much sugar has been used or it has been baked for too short a period.

7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).

8. Cake being dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
FROSTINGS, FILLINGS AND DESSERT SAUCES

COCONUT PECAN FROSTING
Betty Hagmann
Black Hills Chapter

or

COCONUT PECAN FROSTING FOR GERMAN CHOCOLATE CAKE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

1 C. evaporated milk
1 C. sugar
3 egg yolks
½ C. butter (or 1 stick)
1 tsp. vanilla
1 1/3 C. flaked coconut (Robin uses 1 1/2 C.)
1 C. pecans, chopped

Combine the first five ingredients in a saucepan. Cook over medium heat until thickened, stirring constantly. Remove from heat. Stir in the coconut and pecans until desired spreading consistency.
CREAM NUT FILLING
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This was one of my mother's (Grace Van Cleve Pike) recipes from her hand-written cookbook. It came from Mrs. Cooper, who was a friend of hers in Iowa.

Delicious filling for a white cake; then frost with White Mountain Frosting.

2 egg yolks
3 Tbsp. (37 gm) sugar
2 Tbsp. (18 gm) flour
1 heaping Tbsp. (21 gm) butter
1 C. (240 ml) sweet milk
1 C. (120 gm) chopped nuts

Mix egg yolks, sugar, flour and butter; add milk and cook until quite thick, stirring constantly. Add nuts after removing from stove.

WHITE MOUNTAIN FROSTING

This is a divinity type cooked frosting with the cooked syrup poured over beaten egg whites.

2 C. (392 gm) white sugar
1 Tbsp. light corn syrup
¾ C. (180 ml) water
½ tsp. salt
2 egg whites
1 tsp. vanilla

Blend sugar, syrup, water and salt. Cook and stir until sugar is dissolved. Cover saucepan for 2 to 3 minutes to dissolve sugar crystals on sides of pan. Uncover and continue cooking until a little syrup dropped in cold water forms a firm soft ball (236° F - 117° C). Remove from heat. Pour over stiffly beaten egg whites and continue beating until desired consistency. Add vanilla while beating the frosting.
ICING
Mary E. Anderson
Laura Ingalls Wilder Chapter

1 pkg. (8 oz.) cream cheese
3½ C. powdered sugar
½ C. oleo
Flavoring

Mix ingredients together and beat until fluffy.

Use ½ of this amount for angel food cake.

FROM "DR. CHASE'S RECIPES"

Icing, Boiled, for Cakes.
-- Powdered sugar, (and this is the right kind to use for all Icings), 2 cups: boiling water, 1 gill; whites of 2 eggs; flavoring to suit. DIRECTIONS. -- Pour the boiling water upon the sugar in a suitable dish, upon the stove, and boil until it readily creams, then pour this hot upon the beaten whites, and beat till cool, when it is ready to use, the cake being cold, or, at least, cool; add vanilla, lemon, or orange extract, rose or cinnamon water, or essence, a teaspoonful to a tablespoonful, to suit, and dip upon the cake; smoothing, if necessary, with a knife wet in cold water,

Icing; Boiled, that will not Break.
-- White sugar, 1 cup; white of 1 egg; put water enough into the sugar to dissolve it; put it on the fire and let it boil till it will "hair." Beat the white of the egg to a stiff froth; pour the heated sugar on to the froth and stir briskly until cool enough to stay on the cake. The icing should not be applied until the cake is nearly or quite cold. This quantity will frost the tops of two common sized cakes. -- Godey's Lady's Book.
LEMON FILLING
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe was an old favorite of my mother's, Grace Van Cleve Pike.

Rind and juice of one lemon
1 C. (196 gm) sugar
1 tsp. butter
1 egg

Mix together and cook until thick.

1-2-3 FUDGE SAUCE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

1 large can (12/3 C., 410 ml) evaporated milk
2 C. (392 gm) sugar
3 sq. (3 oz., 84 gm) unsweetened chocolate
1 tsp. vanilla

Combine all in a saucepan and cook over low heat until chocolate is melted. Let boil several minutes, stirring to avoid sticking. Remove from heat and beat until smooth, adding the vanilla as it cools. (Electric beater works well and doesn't take as long.) Serve warm or chilled over cake squares, ice cream or pudding. (Chocolate sauce and sunflower nuts make a good combination on ice cream.)

Win new friends but keep the old

the first are silver but the latter gold.
CHOCOLATE SYRUP
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

My mother, Grace Van Cleve Pike, started making this syrup to get my Father, Willis Lloyd Pike, and my husband, Harold Deethardt, to drink milk. Forty years plus I made chocolate syrup.

1 ½ C. (294 gm) sugar
1 C. (86 gm) cocoa
1 C. (240 ml) water

Blend and bring to a boil. Cool, pour into a jar and keep in refrigerator. It makes a nice ice cream topping also by adding 1 tsp. vanilla. (Mother's directions were boil until it boils over she used a 1 ½ qt. sauce pan which is not big enough)

MOCK WILD CHERRY SAUCE
Rexene Plucker, State Regent
Bear Butte Chapter

1 qt cranberries
1 C. water
2¼ C. sugar
1 Tbsp. almond flavoring

Add cranberries to boiling water, cover and cook until the berries burst. Add sugar and boil a few minutes longer. Add flavoring.
PIES

NO-BAKE CHERRY PIE
Rexene Plucker, State Regent
Bear Butte Chapter

5 whole graham crackers
½ C. brown sugar
1/3 C. oleo
½ C. powdered sugar
½ C. chopped nuts
1 pkg. (3 oz.) Philadelphia cream cheese
1 tsp. vanilla
1 C. whipped cream
1 can "Wilderness" cherries (these are presweetened and thickened)


FROM "DR. CHASE'S RECIPES"

Cream Pastry or Pie-Crust, No. 2.
-- This is the most healthy pie crust that is made. Take cream, sour or sweet; add salt, and stir in flour to, make it stiff; if the cream is sour add saleratus in proportion of one teaspoonful to a pint; if sweet, use very little saleratus.

Remarks. -- Soda will do very well in place of the saleratus, when that is not to be obtained.
CREAMY PUMPKIN PIE FROM FRESH PUMPKIN
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter

When I married my rancher husband in August of 1989 and put in my first garden, I planted pie pumpkins. After I had harvested about 30 of them, I realized that I didn't know how to prepare the pulp to freeze. Once I learned that, I needed to find a recipe in which to use it. Thankfully I found this one and have used it ever since.

425° then 350°

1 9-inch pie shell, unbaked
1 qt. pumpkin, thoroughly drained then mashed. Measure 2 C. pumpkin
1 can sweetened condensed milk
3 eggs
2 tsp. cinnamon
½ + ¼ tsp. salt
½ + ¼ tsp. ginger
½ + ¼ tsp. nutmeg
Pecan halves for garnish

Preheat oven to 425° F. In large mixer bowl, slowly beat pumpkin, sweetened milk, eggs and spices. Pour into shell. Bake 15 minutes at 425° F.

Reduce heat to 350° F and continue to bake for 35 - 40 minutes or until knife inserted 1 inch from edge of shell comes out clean.

Garnish with pecan halves.

(Editor's Note: Look under vegetables to find out how to prepare fresh pumpkin)
EASY PECAN PIE
Rexene Plucker, State Regent
Bear Butte Chapter

While we were at the 108th Continental Congress, I found the following recipe, which someone had so thoughtfully left in all of the state boxes for the State Regents. I thought you might like trying an easy recipe.

375°

1 pkg. (4 serving size) Jell-O Vanilla or Butterscotch Flavor Instant Pudding and Pie Filling
1 C. light or dark corn syrup
¾ C. evaporated milk
1 egg, slightly beaten
1 C. chopped pecans
1 unbaked 8-inch pie shell

Blend pudding mix and corn syrup. Gradually add evaporated milk and egg, blending well. Add pecans and pour into pie shell.

Bake at 375° until top is firm and just begins to crack, about 45 to 50 minutes. Cool at least 3 hours before cutting.

Garnish with Cool Whip and additional pecans, if desired.
FRESH GOOSEBERRY PIE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

An old-time favorite with a big-time popularity as in pioneer days.

425° F then 350° F or 218° C then 177° C

Almond pastry for 2 crust pie
3 C. (420 gm) fresh or frozen gooseberries
1½ C. (294 gm) sugar
3 Tbsp. (30 gm) quick-cooking tapioca
1/8 tsp. salt
2 Tbsp. (28 gm) butter

Crush ¾ cup gooseberries and add sugar, tapioca and salt. Cook and stir until sugar is dissolved. Stir in remaining berries. Pour into unbaked pastry shell, dot with butter. Adjust top crust and seal. Cut vents. Bake at 425° F (218° C) for 15 minutes, reduce heat to 350° F (177° C) and bake 45 minutes longer. Serve warm.

**Pastry:** Add 1 teaspoon almond extract when adding water in pie crust. This is also good with other fruit pies.

FROM "DR. CHASES RECIPES"

**Pastry, or Crust, No. 1, for Minced and all other Pies.**

As it is of the utmost importance to have a light and flaky crust for minced pies, as well as all others, I will give two or three plans of making. The first -- is the celebrated Soyer's Receipt -- given by "Shirly Dare," in the Blade Household; and, although it is some labor to make it, it will pay to follow it when ever a very nice, flaky crust is desirable. It is as follows:
Pastry, or Crust, No. 1, for Minced and all other Pies.

Cont.

"To every quart of sifted flour allow the yolk of 1 egg, the juice of 1 lemon, 1 saltspoonful of salt, and 1 lb. of fresh butter. Make a hole in the flour, in which put the beaten egg, the lemon and salt, and mix the whole with ice water (very cold water will do) into a soft paste. Roll it out, put the butter, which should have all the buttermilk thoroughly worked out of it, on the paste, and fold the edges over so as to cover it. Roll it out to the thickness of a quarter of an inch; fold over one-third and roll, fold over the other third and roll, always rolling one way. Place it with the ends toward you, repeat the turns and rolls as before twice. Flour a baking sheet, put the paste in it on ice or in some very cool place half an hour, roll twice more as before; chill again for a quarter of an hour; give it two more rolls and it is ready for use.

"This is very rich paste, and may be made with half the quantity of butter only, chopped fine in the flour, rolled and chilled, forming a very light puff paste that will rise an inch, and be flaky throughout."

Remarks.—The object of chilling the pastry, by putting it upon ice or into a cold place, is to keep the butter cold, so it shall not be absorbed into the crust, but keep its buttery form, which makes it flaky, by keeping the dough in layers, while the many foldings and rolling out makes them thin, like flakes of snow. But it is only in hot weather that this chilling becomes necessary, and not then, unless you desire it to be flaky. In making pie by the last paragraph above, using only ½ lb. of butter to 1 qt. of flour, for common use, the lemon juice, and egg too, may be left out, using the salt however. Still the yolk of an egg gives some richness, but more especially a richness of color. And even half lard, or "drippings" may be used, as indicated at the close of the 1st receipt below, and be good enough for all common purposes, using the egg, or not, as you choose.
Pastry, or Crust, No. 1, for Minced and all other Pies.

Cont.

It has always seemed to me, however, that pie crust ought to have soda or baking powder in it to make it light; and to be certain about it, I have just called on one of our best bakers in the city and asked him about it. He tells me that some bakers keep flour, sifted with baking-powder or soda, ready for use; and, in making crust, they take one-fourth of the amount of flour to be used from that having the baking-powder or soda in it, to make the crust rise a little, and help to prevent any sogginess from using a juicy pie-mixture; but he says it depends more upon the heat on the bottom, or rather from the, Want of a proper heat at the bottom of many stoves. With the uniform heat of the bottom of a baker's brick-oven they have no trouble, generally, in baking the bottom crust so it is done, and hence not soggy. To do this in a stove-oven, move the pie occasionally to another part of tile oven, where the heat has not been absorbed or used up in heating the plate or tin-in other words, see that the bottom of the oven is kept as hot as it ought to be, and you have no soggy or under-done crusts. Pies, not to be eaten the day they are baked, should be baked harder than those for immediate use, to prevent the absorption of the juice of the pie or dampness from the air.

This baker also gave me the following -- as the best glaze to prevent the escape of the juices of very moist pies, as apple, peach, pie-plant, etc., of anything that can be used.

Pie-Crust Glaze —To Prevent Escape of Juices.

Dust flour all around the outer edge of the crust, after the mixture is put in; then wet this completely, with a brush or otherwise, before laying on tile top crust, and pinch together, and no juice can possibly escape; but if any place is not wet, there the juice will escape. He thinks it far preferable to the white of an egg, or anything he knows. Bakers keep a small soft-haired brush for this purpose. But I guess the women will find a way to do it, even if they tie a bit of cloth on a stick, and keep it for that purpose. However, I will guarantee that to wet up a little flour into a rather thick, smooth paste, and apply a little of it with the swab, finger, or brush, will do the same thing, in less time and with greater certainty of touching every part, than by using the dry flour and depending on wetting every part of it -- this much for the Doctor's inventive genius.
Pie-Crust Glaze --To Prevent Escape of Juices. CONT.

I believe, also, this glaze will be just as nice, or nicer even, than the egg, to have a light coat of it put over the crust of minced or other juicy pies, as named above, and allow it to dry a minute or two in the oven or to stand a few minutes upon the table, before putting in the pie-mixture, to prevent the under-crust from becoming soggy by absorbing the juices before the baking is completed. We use the *word pastry as synonymous, or meaning the same as pie-crust, probably from the fact that these mixtures, in an early day, were baked in a crust, or paste, without a dish or tin, and were called "pasties" or "pasty" - like paste on the same principle that we now make turn-over pies, frying in hot fat; as Shakespeare says: "If you pinch me like a pasty," etc. So "pinching" is the thing to do, to prevent the escape of any of the mixture or juice from the swelling or puffiness, caused by the necessary heat to bake the pie properly.

**IMPOSSIBLE PUMPKIN PIE**
Carol Foiles
Laura Ingalls Wilder Chapter

350°

¾ C. sugar
½ C. Bisquick
2 Tbsp. oleo or butter
1 can (13 oz.) evaporated milk
2 eggs, beaten
1 can (16 oz.) pumpkin
2½ tsp. pumpkin pie spice
2 tsp. vanilla

Beat all ingredients together until smooth in blender on HIGH for 1 minute. Poor into greased pie plate 9 x 1¼ or 10 x 1½. Bake for 50 to 55 minutes at 350° or until knife inserted comes out clean.
MACAROON PIE
Bernice Benson
Oahe Chapter

This is an old family recipe.

350°

3 egg whites
1 C. sugar
½ C. nuts
12 dates, cut fine.
14 Waldorf crackers, rolled fine
1 tsp. baking powder
1 tsp. vanilla

Beat egg whites until stiffly beaten and dry. Cut up dates. Fold sugar into egg whites. Fold in Waldorf crackers, nuts, baking powder, and vanilla. Mix together and pour into pie plate. Bake 20 minutes at 350°

MYSTERY PIE
Mary Louise Brown
Bear Butte Chapter

350°

3 egg whites
1 tsp. vanilla
1 C. sugar
20 Ritz crackers, crumbled
¾ C. nuts


**Helpful Hint:** Use milk instead of water in making pie crust. It makes it more tender and browns nicely.
PAT DOWN PIE CRUST
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe came from my husband's Aunt Dena Deethardt Blecker. There are many recipes for pie crust made with oil. This one I find to be the most tender. It may be rolled out between wax paper if one so desires, especially if one is wanting to use this type of crust for a top crust. This for a 9 or 10 inch pan. I find the baked shell is so tender that it is hard to serve as it crumbles easily.

\[
\begin{align*}
 &1\frac{1}{3} \text{ C. (155 gm) sifted flour} \\
 &2 \text{ Tbsp. (24 gm) sugar} \\
 &1 \text{ small tsp. salt} \\
 &\frac{1}{2} \text{ C. (104 ml) vegetable oil} \\
 &2 \text{ Tbsp. (30 ml) milk}
\end{align*}
\]

Sift dry ingredients together. Add oil and milk. Blend until a ball is formed and all flour incorporated. Pat into pie pan, building up edges. Bake till golden brown or put filling in unbaked crust and bake as any pie.

PECAN PIE
Reva Maas
Black Hills Chapter

I got this recipe from a dear friend in North Carolina.

\[400^\circ \text{ then } 350^\circ\]

4 eggs
2 C. brown sugar
1 C. white sugar
2 Tbsp. flour
2 Tbsp. corn meal
2 Tbsp. vanilla
\frac{1}{4} \text{ C. milk}
1 C. butter, melted
1 C. pecans, chopped

Mix together. Then pour into a crust-lined pie tin. Bake for 10 minutes at \(400^\circ\), and then for 30 minutes at \(350^\circ\).
REFRIGERATED LEMON PIE
Sandy Davis, State Chairman for Community Events
Black Hills Chapter

This recipe was passed to me from my mother-in-law, Mitzi Davis.

No Bake

Serves 8 - 12

1 small can frozen lemon juice
1 small pkg. cream cheese, (optional)
1 large container Cool Whip, softened at room temperature and beaten before adding to mixture
1 can Eagle Brand Condensed Milk
2 baked pie crusts

Whip together lemon juice, Cool Whip and condensed milk, plus cream cheese if desired. Pour into cooled pie crusts. Refrigerate.

STRAWBERRY PIE
Rexene Plucker, State Regent
Bear Butte Chapter

1 C. 7-Up
3 Tbsp. cornstarch
1 C. sugar
1 pt. fresh strawberries
Baked pastry shell or graham cracker crust

Combine 7-Up, cornstarch, and sugar in a saucepan; cook and thicken over medium heat. Cool. Add fresh strawberries (frozen may be used, but be sure to drain off the juice). Pour into baked pastry shell or graham cracker crust and let stand in refrigerator for about 1 hour. Add your favorite whipped topping before serving.

HELPFUL HINT: TO CUT MERINGUE PIES EASILY, SIFT A LITTLE GRANULATED SUGAR OVER THE MERINGUE JUST BEFORE IT IS BROWNED IN THE OVEN. THIS MAKES A PRETTY CRUST AND MAKES THE PIE EASIER TO CUT.
TRADITIONAL PUMPKIN PIE
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

425° then 350° Makes 1 - 9 inch pie

1 can (16 oz.) pumpkin (2 cups)
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
2 eggs
1 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. salt

Preheat oven to 425°. Prepare 1 (9 inch) unbaked pastry shell.

Combine all ingredients in large mixing bowl. Mix well, then pour into pie shell. Bake 15 minutes.

Reduce oven temperature to 350°, continue baking 35 - 40 minutes (or) until knife inserted 1 inch from edge comes out clean.

Cool. Garnish as desired. Refrigerate leftovers.

WONDERFUL PIE

One handful of forgiveness,
One heaping cupful of love,
A full pound of unselfishness,
Mix together smoothly with complete faith in God.

Add two tablespoonfuls of wisdom,
One teaspoonful of good nature for flavor
Then sprinkle generously with thoughtfulness.

THIS MAKES A WONDER FAMILY PIE.
COMMON CAUSES OF FAILURE IN BAKING

1. Crumbling pastry is caused by over-mixing flour and fat.

1. Tough pastry is caused by using too much water and over-mixing dough.

3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at $400^\circ$ to $425^\circ$, keeping the temperature constant.
Bars, Cookies, And Candy
FAVORITE RECIPES
BARS, COOKIES, AND CANDY

BARS

ALMOND CAKE/BARS

Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Often at Christmas time my mom (Pat Gabel), sister (Sandy Davis) and I would get together with my grandmother and Aunt Carol McCoy Hatrak (all DAR), and enjoy a whole day of baking.

My Aunt Carol was a very special part of my life and this recipe was always one we associate with her. We often found these bars in our Christmas packages from her.

350° F  
Serves 20

1 C. butter
¼ C. + 1 Tbsp. sugar
1 egg
½ C. almond paste (DO NOT SUBSTITUTE prepared almond filling almond paste)
1 tsp. almond extract
2 C. sifted all purpose flour
¼ C. sliced almonds

Preheat oven to 350° F. In large bowl with electric mixer at medium speed, beat butter and sugar until light and fluffy. Separate egg, set aside whites. Beat yolk into butter mixture. Beat in almond paste and almond extract until smooth.

At low speed, beat in flour just until well combined. Press into un-greased 8 x 8 x 2 inch pan. Beat egg white until frosty; brush over top of dough. Cover with sliced almonds.

Bake 30 minutes or until golden brown. Cool completely on wire rack. Cut into 1½ inch squares.
AUNT ROSE'S BROWNIES
Betty Hrachovec
State Chairman of Motion Picture, Radio and Television
Bear Butte Chapter

This makes a cake like brownie which has no calories, if served to someone else.

400°

1 C. water
1 stick margarine
¼ C. cocoa
½ C. Crisco
2 C. sugar
2 C. flour
½ tsp. salt
½ C. buttermilk
2 eggs
1 tsp. soda
1 tsp. vanilla

Boil the water, margarine, cocoa, and Crisco for 1 second. Pour these contents over the sugar, flour and salt. Then add the buttermilk, eggs, soda and vanilla. After mixing thoroughly, pour into a 11 x 16 x ¾ cookie sheet. Bake at 400° for 20 minutes.

Frost as soon as they come out of the oven.

Icing:

1 stick margarine
¼ C. cocoa
½ C. buttermilk
1 pkg. (1 lb.) powdered sugar
½ C. pecans and/or ½ C. coconut
1 tsp. vanilla
½ tsp. salt

Boil margarine, cocoa and buttermilk for 1 second. Add the remaining ingredients to the hot mixture.
BARS, COOKIES, AND CANDY

BUTTERFINGERS
M. K. Hugghins
John Kerr Chapter Regent

350°  3 dozen cookies

7/8 C. oleo
5 Tbsp. sugar
1 tsp. vanilla
2 C. flour
1 Tbsp. water
1 C. nuts, chopped (any kind)

Preheat oven to 350°.

Cream oleo and sugar. Add vanilla. Add flour gradually and beat after each addition. Add water and nut meats. Shape into oblong cookies. Bake in a moderate oven (350°) 15 to 20 minutes. When cool, roll each cookie in granulated sugar.
BUTTERMILK BROWNIES
Lois Thompson, State Chairman of Flag of the U.S.A.
Bear Butte Chapter

Combine sugar, flour, cocoa in mixing bowl. In a saucepan combine water, oleo, and oil. Bring to a boil. Pour over dry mixture and mix well. Beat in remaining ingredients. Combine soda with buttermilk and add. Spread onto baking sheet with a spatula and bake 12 - 15 minutes at 375°.

**Frosting:**

1 stick margarine
1 C. sugar
¼ C. milk
½ C. chocolate chips

Bring the first three ingredients to a boil for 1 - 2 minutes. Then add the chocolate and beat together.

**Helpful Hint:** Spray garbage sacks with ammonia to prevent dogs from tearing the bags before they are picked up.
BARS, COOKIES, AND CANDY

CHOCOLATE CARAMEL BROWNIES
Betty Hagmann
Black Hills Chapter

350°

Makes 3 dozen

2 Tbsp. skim milk
27 small caramel candies (about 8 oz.)
½ C. fat free sweetened condensed milk
1 pkg. Devil's Food Cake Mix with Pudding
7 Tbsp. margarine
1 large egg
Cooking spray
1 tsp. flour
½ C. chocolate chips

Combine milk and candies. Microwave 1 ½ to 2 minutes or until caramels are melted and mixture smooth. Stir to incorporate and set aside.

Combine condensed milk, cake mix, margarine, egg, and stir together. The mixture will be very stiff. Coat the bottom only of a 9 X 13 inch pan with spray and then dust with flour. Press 2/3 of the batter into the pan using floured hands. Pat down evenly into a thin layer. Bake at 350° for 10 minutes.

Remove from the oven and sprinkle with the chocolate chips and drizzle with the caramel mixture. Carefully drop batter by the spoonful over the caramel to cover. Bake at 350° for 20 - 25 minutes. Cool completely and slice into squares. Makes about 3 dozen.

FRIENDS ARE LIKE POCKETS, EVERYBODY NEEDS ONE
CHOCOLATE BARS
Betty Hagmann
Black Hills Chapter

1 box extra-moist chocolate cake mix
1 can cherry pie filling
2 eggs

Mix ingredients together. Pour into a 9 x 13 pan. Bake at 375° for 35 - 45 minutes. Excellent alone or with ice cream or cool whip.

Variations:
Spice Cake and Apple Pie filling
Yellow Cake mix and Apricot or Peach Filling

CRUNCH TOP BARS
Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

350°

¼ C. margarine
¼ tsp. vanilla
¼ C. white sugar
¼ tsp. baking powder
2 eggs
¾ C. flour
¼ tsp. salt
1 C. crunchy peanut butter
1 C. chocolate chips
1 bag (small) marshmallows
1 ½ C. Rice Krispies

Makes 24 bars

Preheat oven to 350°.

Mix together all but the last four ingredients and pat in a 9 x 13 pan. Bake 15 or 20 minutes. Add a layer of small marshmallows and return to the oven for 2 minutes. Melt 1 cup crunchy peanut butter and 1 cup chocolate chips together. Stir in 1¼ cups Rice Krispies and spread on top of bars. Chill and cut into bars.
HELLO DOLLY BARS
Betty Hagmann
Black Hills Chapter

350°

1 stick margarine, melted
1½ C. graham crackers, crushed
1 C. coconut
1 C. pecans, chopped
1 C. chocolate chips
1 can Eagle Brand Milk

Put melted butter in a 9 x 13 baking pan. Add the graham crackers to form a crust. Then sprinkle in the coconut, pecans, and chocolate chips. Pour the milk over the contents of the pan. Bake at 350° for 25 - 30 minutes.

OF ALL THE HOME REMEDIES, A GOOD WIFE IS THE BEST

Helpful Hint: Keep a toothbrush around the kitchen sink -- you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.
MAGIC COOKIE BARS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Some people may call these seven layer bars, but mine are only six
because I don't like them with the butterscotch chips.

I make these for branding and always have some in the freezer for
surprise guests, or a quick dessert.

350° (325° for glass dish)  Makes 24 bars

½ C. butter or margarine
1 ½ C. graham cracker crumbs
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk
1 pkg. (6 oz.) Semi-Sweet Chocolate Morsels
1 pkg. (3½ oz.) flaked coconut
1 C. chopped nuts

Preheat over to 350° (325° for glass dish). In 13 x 9 inch baking
pan, melt butter. Sprinkle crumbs over butter, pour sweetened con­
densed milk evenly over crumbs.

Top evenly with remaining ingredients, press down gently. Bake
25 - 30 minutes or until lightly browned.

Cool thoroughly before cutting. Store, loosely covered, at room
temperature.

NURNSBERGER LEBKUCHEN
NURNSBERGER HONEY SPICE CAKES
Rexene Plucker, State Regent
Bear Butte Chapter

We had the opportunity to travel to the Kristkindlemart in Nurnberg
while we were stationed in Germany. They had the most wonderful
spice cakes. Lebkuchen (Life Cake) is most common in the stores
in Germany around Christmas time. We were so used to having it
after four years, that we started making them ourselves. This is an­
other Christmas tradition at our house.
NURMBERGER LEBKUCHEN CONT.

400°

Makes 30 cookies

3 eggs
½ tsp. ground cloves
1 C. strong, black coffee or milk
1 lb. honey
4½ C. flour
½ C. grated hazelnuts
1½ tsp. baking powder
½ C. mixed citron and candied orange peel, chopped
1 tsp. cinnamon
Lebkuchen Glaze, egg white icing or hard chocolate icing

Preheat oven to 400°. Beat eggs with sugar until mixture is thick and pale yellow. Add honey, hazelnuts, candied fruit, and spices, then coffee or milk (the first makes a darker, richer cookie; the other makes a pale golden one with a mild flavor) and mix well. Sift flour with baking powder and gradually stir into batter. Blend thoroughly. Grease and flour a baking sheet or jelly roll pan and spread out dough to about ½ inch thickness. Bake in preheated 400° oven about 12 minutes or until golden brown. If you are using Lebkuchen or egg white icing, brush on cookies immediately. If you use chocolate icing, spread on cold cookies. When cold, cut into rectangular cookies.

Lebkuchen Glaze:

A little rum or lemon juice
Hot water
½ C. confectioners sugar
1½ Tbsp. cornstarch
½ tsp. almond extract

Mix sugar with cornstarch. Sprinkle with almond extract and a little rum or lemon juice. Mix in hot water, a tablespoonful at a time, until you have a thick, smooth paste. Spread on warm cookies. If mixture cools and thickens, as you work with it, stir in more water.
Egg White Icing - Eiweissglasur:

2 egg whites
1¼ C. confectioners sugar, sifted
1 Tbsp. lemon juice

Whip egg whites until they stand in stiff peaks. Add sugar and lemon juice and continue beating until thick and glossy. Spread on cake or cookies with a metal spatula.

Hard Chocolate Icing - Feine Schokoladenenglasur:

3 oz. semi-sweet chocolate
2/3 C. sugar
5 Tbsp. water
1 tsp. vanilla

Combine all ingredients in a heavy bottomed saucepan and cook over moderate heat, stirring constantly, with a wooden spoon. Do this until mixture is smooth and all chocolate is melted. Remove from heat and continue stirring until a film forms on icing. Spread on cake at once and place in a warm oven; which will give icing a glaze.
RICE KRISPIES TREATS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Makes 24 squares

¼ C. margarine or butter
1 pkg. (10 oz. about 40) regular marshmallows (or) 4 C. miniature marshmallows
6 C. Kellogg's Rice Krispies cereal

Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. (Note: Use fresh marshmallows for best results). Remove from heat.

Add Rice Krispies cereal. Stir until well coated.

Using buttered spatula or waxed paper, press mixture evenly into buttered 13 x 9 x 2 inch pan.

Cut into 2 x 2 inch squares when cool.

VARIATIONS:

Peanut: Add 1 cup peanuts with cereal.
Peanut Butter: Stir ¼ cup peanut butter into marshmallow mixture before adding cereal.

Helpful Hint: Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.
RICE KRISPIE/ CARAMEL BARS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This was one of my Mother-in-law's favorites to have on hand for surprise company or to make for a branding dessert.

No bake. 24 - 30 Bars

1 1/8 C. (2 1/4 sticks) margarine
6 C. marshmallows
8 C. Rice Krispies
1 large pkg. caramels (40 to 1 lb. -- I use at least 60)
1 can Eagle Brand milk

Butter a cookie sheet.

Melt 1/4 cup margarine and 4 cups marshmallows together. Stir in 4 cups Rice Krispies. Press in pan.

Melt caramels with 1 1/4 sticks of margarine, and Eagle Brand milk. Pour over Rice Krispie layer. Put into refrigerator for 40 minutes.

Melt 1/4 cup margarine and 2 cups marshmallows. Stir in 4 cups Rice Krispies. Place on top of caramel layer and flatten. Store in refrigerator until firm.

WHAT WE WEAVE IN TIME WE WILL WEAR IN ETERNITY.
WHITE CHEWS BARS
Bernice Long
Mary Chilton Chapter

325°

Crust:

¾ C. butter or margarine.
1/3 C. brown sugar
1½ C. flour

Pat into 9 by 13 cake pan. Bake at 325° for 10 minutes.

Filling:

2 envelopes plain gelatin, dissolved in ½ C. cold water.
2 C. white sugar
½ C. water
½ C. chopped nuts
½ C. drained maraschino cherries

Dissolve 2 envelopes plain gelatin in ½ cup cold water in large mixing bowl -- set aside.

Boil for 2 minutes the white sugar and water; add this boiling mixture to the gelatin and beat for 10 minutes or until mixture holds firm peaks. Add the nuts and maraschino cherries and pour over crust and sprinkle with finely chopped nuts; coconut or shaved chocolate. Immediately cover with foil and let stand several hours before cutting.

COOKIES

Helpful Hint — Storing Cookies: Cool cookies completely. To keep soft cookies moist and crisp cookies dry, store separately in tightly covered jars or containers. If crisp cookies become soft, they may be reheated until crisp.
AUNTIE ANNIE'S OATMEAL COOKIES
Marjorie Hann
State Chairman of Americanism and the DAR Manual for Citizenship
Bear Butte Chapter

At my mother's sister's house, we always had her specialty. Ah! The good old BD (before diets) days!

350° Makes 5 dozen cookies

1 C. butter
1½ C. sugar
3 eggs, well beaten
1 tsp. soda
2 Tbsp. boiling water
3 C. ground oatmeal (or instant)
3 C. flour, divided
1 tsp. nutmeg
1½ C. raisins

Cream butter and sugar. Add beaten eggs. Dissolve soda in boiling water and add to mixture. Stir in 2 cups of flour and the nutmeg. Dredge raisins in the remaining flour and add to mixture. Drop 1 inch apart on a cookie sheet. Bake at 350° for 8 - 10 minutes, until lightly browned.
BAKE WHILE YOU SLEEP COOKIES
M. K. Hugghins
John Kerr Chapter Regent

350°

3 egg whites
Pinch of salt
1 C. sugar
1 tsp. vanilla
½ C. chopped nuts (heated)
1 C. miniature chocolate chips
1½ C. chocolate chips


CHOCOLATE OATMEAL COOKIES
Rexene Plucker, State Regent
Bear Butte Chapter

When I was in high school, this was a favorite of everyone in our school.

No bake Makes 3 dozen cookies

2 C. sugar
1 stick oleo
½ C. cocoa
½ C. milk
½ C. peanut butter
2 C. oatmeal

Put sugar, oleo, cocoa, and milk in a pan on the stove. Let it come to a boil for 1 minute. Turn off burner. Add peanut butter. Let it melt. Add oatmeal, mixing well.

Drop on wax paper and let it cool. Best if stored in refrigerator, but not necessary if kept in a cool place.
CHURCH WINDOW COOKIES
Betty Hagmann
Black Hills Chapter

1 stick butter or margarine
1 large (12 oz.) pkg. chocolate chips
1 large pkg. colored marshmallows
1 C. chopped nuts
Coconut

Melt butter and chocolate chips over a slow fire (or microwave). Let set for 15 minutes until cool.

Add marshmallows and nuts to chocolate mixture. Divide into 3 rolls on waxed paper. Then cover with coconut and roll in waxed paper and then in foil. Refrigerate for 24 hours. Cut into slices.
LEMON COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Hot coffee and fresh cookies may be the usual snack for the men in the field. If caught unprepared, here is a quick cookie recipe just made to go with coffee.

350° F or 177° C

1 C. (196 gm) sugar
½ C. (112 gm) butter or margarine
1 egg
1 tsp. lemon extract
1½ C. (174 gm) sifted flour
1 tsp. baking powder
¼ tsp. salt

Cream sugar, butter, egg and lemon extract until light and fluffy. Sift flour, baking powder, and salt together and blend into first mixture. Drop by teaspoonfuls on greased sheet and bake about 10 minutes at 350° F (177° C).
NUT BALLS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

Another three generation family favorite, especially around Christmas time.

300° F  
Makes 40

1 C. butter  
4 Tbsp. sugar  
½ tsp. salt  
2½ C. "Softsilk" Cake Flour  
2 tsp. vanilla  
2 C. pecan chips

Cream together butter, sugar and salt. Blend remaining ingredients into butter mixture. Form into balls. Bake on cookie sheet at 300° F for 30 minutes. Cool slightly, then roll in powdered sugar.

OATMEAL COOKIES
Helen Richards
Bear Butte Chapter

375°

1 C. raisins  
1 C. water  
1 C. shortening  
1 C. sugar  
2 eggs  
2 C. flour  
¾ tsp. salt  
¾ tsp. soda  
1 tsp. vanilla  
1½ C. Quick Oatmeal

Cook the raisins in the water until only 1 or 2 tablespoons water remains. Cream together the shortening and sugar. Then add the remaining ingredients, and finally the raisins and water. Drop onto a cookie sheet and bake at 375°.
350°

1 C. granulated sugar
1 C. powdered sugar
1 C. butter
1 C. other shortening
2 eggs, unbeaten
4 C. flour
2 tsp. cream of tartar
2 tsp. soda
½ tsp. salt
1 tsp. vanilla

Cream the shortenings and sugars. Add eggs, beat in well; then add the dry ingredients. Add vanilla. Roll into balls the size of a walnut. Dip glass in sugar and flatten the balls. Bake at 350° for 8 - 10 minutes.
ORANGE SLICE COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This recipe came from a neighbor, Esther Quincey.

350° F or 177° C

1 C. (187 gm) shortening
1 C. (211 gm) brown sugar
1 C. (196 gm) white sugar
2 eggs
2 C. (286 gm) flour
½ tsp. salt
1 tsp. soda
1 tsp. baking powder
1 C. (91 gm) shredded coconut
1 C. (153 gm) cut-up candy orange slices
1 C. (73 gm) quick oatmeal
1 tsp. vanilla
½ tsp. coconut flavoring

Cream shortening and sugars together; add eggs; beat well. Sift flour, salt, soda and baking powder together and stir into mixture. Add remaining ingredients. Drop by teaspoon onto lightly greased cookie sheets. Bake at 350° F (177° C) for 10 to 12 minutes.

Helpful Hint: If it's important to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.
PECAN DROPS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

I got this recipe from the Indiana DAR Cookbook years ago. This of course is where my Grandmother Helen Knee McCoy, my mother Patricia McCoy Gabel and I all originally joined DAR. This is a fantastic recipe! But Do Not try to Double it, or replace margarine for the butter, it's just not the same.

270° F

Makes 3 - 4 dozen

2 C. soft butter
$2\frac{2}{3}$ C. sugar
4 egg yolks
2 tsp. vanilla
$\frac{1}{2}$ tsp. cream of tartar
4 C. flour
$1\frac{1}{3}$ C. fine chopped pecans

An old German favorite, but made in as many different ways as there were cooks. These are bite-sized and easy to carry in the pocket while doing the winter chores. The recipe may be cut in half, but that was not enough - so now each year finds me making the full recipe, but they don't need to be baked all at one time as the dough keeps well in the refrigerator. Bake a tray as you have time and the oven is being used. This recipe came to our house from a friend, Clarice Shank, who was a Nutrition and Food Science teacher. I was her technology advisor while she worked on her Master's degree at South Dakota State University.

400°F or 204°C

1 C. (187 gm) shortening (part butter)
2 C. (392 gm) white sugar
1 C. (325 ml) dark corn syrup
1 C. (309 ml) molasses (Gold Label)
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
½ tsp. cloves
1 tsp. nutmeg
1 tsp. cinnamon
½ tsp. allspice
7 C. (812 gm) sifted flour

Cream shortening and sugar; add syrup and molasses. Sift half the flour with dry ingredients. Add to mix and blend well. Add remaining flour gradually - kneading in by hand at the end. CHILL. Form into long pencil-size rolls, slice ¾ inch and stand on cut edge on baking tray. Bake 10 minutes at 400°F (204°C). Should be small enough to pop whole into the mouth.
QUICK AND EASY PEANUT BUTTER COOKIES
Carol Foiles
Laura Ingalls Wilder Chapter

1 egg, beaten
1 C. sugar
1 C. creamy peanut butter

Mix well and roll in balls. Bake about 13 minute. Crisscross with fork.

QUEEN ANNE COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Recipes come from the funniest places sometimes. My son Ronald brought this cookie recipe home in his arithmetic book when he was in the 5th grade.

300° F or 149° C

½ C. (112 gm) butter
¾ C. (147 gm) sugar
1 egg, beaten
1 C. (126 gm) flour
1 tsp. baking powder
½ tsp. vanilla

Mix the butter and sugar together. Then add the egg, flour sifted with baking powder, and vanilla. Put raisins or almonds on each cookie and bake 300° F (149° C) on greased pan.

SOME HEARTS, LIKE EVENING PRIMROSES, OPEN MORE BEAUTIFULLY IN THE SHADOWS OF LIFE
Another recipe from my mother, Grace Van Cleve Pike. This was one recipe that the first cookie was a test cookie on a syrup pail lid to see if the dough was stiff enough.

350° F or 177° C

½ C. (317 gm) brown sugar  
½ C. (112 gm) butter (shortening and salt)  
1 C. (240 ml) sour cream  
1 tsp. soda  
3 eggs  
1 tsp. cinnamon  
¾ lb. (340 gm) raisins  
1 lb. (454 gm) nuts  
Flour to thicken real stiff

Cream sugar and butter; add eggs and beat well. (Mother always dissolved the soda in the sour cream before adding to the creamed mixture). Add sour cream and a cup of flour sifted with soda and cinnamon; blend. Add raisins and nuts (I used only a cup of chopped nuts) with additional flour. Bake in moderate oven (350° F -- 177° C) for 12 to 15 minutes. These were also a drop cookie.

"A SENSIBLE MAN DOES NOT FEAR THE DAY HE HAS NEVER SEEN."
SALTED PEANUT COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

One of my mother's (Grace Van Cleve Pike) recipes. The instructions were made for my daughter, Shirley Deethardt, when she was learning to bake without Mother being present.

350° F or 177° C

2 C. (422 gm) brown sugar
1 C. (187 gm) fat (lard or margarine)
2 eggs, beaten
1 C. (138 gm) salted peanuts, ground
1 C. (153 gm) corn flakes
2 C. (232 gm) sifted flour
2 C. (146 gm) quick oatmeal
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
½ tsp. salt

1. Cream sugar and fat.
2. Add eggs; beat well. Add vanilla.
3. Blend in 1 cup flour with soda, baking powder and salt.
4. Stir in remaining flour, peanuts, flakes and oatmeal.

Drop by teaspoonfuls on cookie sheet and bake in 350° F (177° C) oven for 12 to 15 minutes. Space cookies about 2 inches (5.8 cm) apart on baking sheet, as they do spread.

Note: Vanilla is added early in the mixing. It has been found that incorporating the vanilla with the fat, the flavor holds better than when it is added last.
SOUR CREAM COOKIES
Rexene Plucker, State Regent
Bear Butte Chapter

375°

Makes 3½ - 4 dozen

2 eggs
1 C. sugar (white or brown)
½ C. sour cream
1/3 C. butter, melted
½ tsp. vanilla
2 C. flour
½ tsp. baking soda
¼ tsp. nutmeg


SURPRISE COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

This is another of my mother's (Grace Van Cleve Pike) recipes. These were real special when I was a little girl. The first is a basic sugar cookie recipe. The surprise cookies are a variation.

375° F or 177° C

Basic Sugar Cookie:

2 C. (392 gm) sugar
1 C. (225 gm) butter
4 eggs, beaten till light
4 C. (464 gm) sifted flour, or enough to stiffen
1 tsp. flavoring
1 tsp. soda, dissolved in
3 Tbsp. (45 ml) sweet milk – use no other wetting
SURTSE COOKIES CONT.

Cream sugar and butter, add eggs and beat until light (electric beater). Add dissolved soda and flavoring (vanilla, lemon or combination of flavoring). Blend in flour until stiff to roll out on a lightly floured board. Cut with a 2½ inch (6.4 cm) cutter or any desired shape. Bake in 375°F (177°C) oven for 10 to 12 minutes. Cool. May be frosted and/or decorated, or sprinkle sugar on cookie before baking.

Surprise Cookie: Put a cookie round on the baking sheet. Place a teaspoon of raisin filling in the middle and cover with another round. Press edges to seal. These take longer to bake.

Raisin Filling:

2 C. (288 gm) raisins, ground
½ C. (106 gm) sugar
1 - 2 Tbsp. lemon juice or vinegar
¾ C. (60 ml) water

Stir all together and heat to boiling over low heat. Cook until thick and clear. Stir occasionally to prevent sticking. Cool.
ZUCCHINI COOKIES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

375° F or 190° C

½ C. (94 gm) shortening
½ C. (98 gm) white sugar
½ C. (105 gm) brown sugar
1 egg
1 C. (164 gm) grated, peeled zucchini
2 C. (286 gm) all-purpose flour
1 tsp. soda
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. cloves
¼ tsp. salt
1 C. (144 gm) raisins
½ C. (60 gm) chopped walnuts

Cream first four ingredients; add zucchini. Sift dry ingredients and stir into creamed mixture. Add raisins and nuts. Drop by teaspoon on baking sheet and bake for 10 minutes in a 375° F (190° C) oven. Makes a soft cookie.

Variation: One cup of raisins and chocolate chips; omit nuts or any combination desired.
CANDY

AUNT BILL'S BROWN FUDGE
Mary Louise Brown
Bear Butte Chapter

My aunt, Reba Holcomb Shannon, always made this as part of her Christmas candy making.

3 C. sugar
1/8 tsp. baking soda
1 C. light cream
1 tsp. vanilla
1/2 stick oleo
1 lb. chopped walnuts or pecans

Pour 1 cup sugar into heavy aluminum pan or heavy skillet and place over low fire. Begin stirring with a wooden spoon; keep it moving so it won't scorch. It will take at least 30 minutes to melt the sugar, making sure it doesn't scorch or burn.

In a large pan (I use my 5 qt. stock pot) have boiling on another burning the remaining 2 cups sugar and the cream. Pour the melted sugar in a fine stream into the boiling mixture, stirring constantly, insuring that you get all the way to bottom of pan. Continue cooking and stirring until mixture forms a firm ball when dropped into cold water. Turn out fire. Add soda and stir rapidly (this should cause it to foam up). Add butter, stirring until it is completely melted. Set off stove for about 20 minutes. Add vanilla and nuts. Beat until thick and creamy. Pour into buttered pan and cut into squares before it gets completely cooled.

A GOOD RULE FOR TALKING IS ONE USED IN MEASURING FLOUR: SIFT FIRST!
My mother, Grace Van Cleve Pike, made these candies by the box full, it seemed to me, as she always included some in each Christmas package that was mailed to the family.

**Candied Apples**

4 tart apples  
2 C. (392 gm) sugar  
1 C. (240 ml) water

Peel apples and cut in quarters, then each quarter into 3 slices. Cook in syrup until clear. Remove and drain until the next day. Roll in granulated sugar at 24 hour intervals until dry.

To the remaining syrup add ¼ cup (60 ml) water and a few drops of fruit coloring. Add 4 more apples and cook until clear. Drain and proceed as above.

**Candied Orange, Lemon or Grapefruit Peel**

Cut the rind of orange, lemon or grapefruit into small slices with scissors. Put in cold water to cover and bring to a boil. Drain. Repeat twice again. Then add its own weight in sugar. Boil until the syrup is all gone. Remove to buttered platter. When cool, roll in granulated sugar.

**CRAZY CRUNCH**

Dorothy Deethardt, State Corresponding Secretary  
John Kerr Chapter

Makes about 2 pounds

2 qt. (120 gm) popped corn  
$1\frac{1}{3}$ C. (144 gm) pecan halves  
$\frac{2}{3}$ C. (103 gm) almonds  
$1\frac{1}{3}$ C. (261 gm) sugar  
1 C. (225 gm) margarine  
1 tsp. vanilla  
½ C. (325 ml) white corn syrup
CRAZY CRUNCH CONT.


DOUBLE CHOCOLATE FUDGE
Karen McGraw, State Chairman of American History
Laura Ingalls Wilder Chapter

Makes 2¼ pounds

2½ C. sugar
1 C. evaporated milk
¼ C. butter
¼ tsp. salt
1½ C. miniature marshmallows
¾ C. chopped nuts
1 tsp. vanilla
1 C. semi-sweet chocolate chips
1 C. milk chocolate chips

Combine sugar, butter, evaporated milk and salt in saucepan. Bring to full rolling boil stirring constantly. Boil for 6 minutes. Remove from heat. Stir in marshmallow, nuts and vanilla until well blended. Pour 2 cups of mixture into separate bowl. To this add the semi-sweet chocolate chips. Stir until chips are melted and well blended. Pour into greased 8 inch square pan. To the remaining hot mixture add the milk chocolate chips. Stir until chips are melted and well blended. Pour over mixture in the pan. Chill until firm -- about 4 hours. Makes 2¼ pounds.

Helpful Hint: A small spoonful of cornstarch will greatly improve the texture and flavor of your fudge.
Another special request for Christmas.

½ C. (162 ml) light corn syrup
2½ C. (490 gm) sugar
¼ tsp. salt
½ C. (120 ml) water
2 egg whites
1 tsp. vanilla
1 C. (120 gm) coarsely chopped nuts
¼ C. chopped candied cherries
¼ C. chopped candied pineapple

In a saucepan, mix corn syrup, sugar, salt and water. Cook, stirring, till sugar is dissolved. Continue cooking, without stirring, till candy thermometer measures 248°F (120°C), or to firm ball stage. Beat egg whites till stiff, but not dry. Gradually pour about half of the syrup over whites, beating constantly with an electric beater. Cook remaining syrup till thermometer registers 272°F (133°C), or till soft crack stage. Slowly beat into first mixture; add vanilla. Beat till the mixture holds its shape. If necessary, allow mixture to stand about 5 minutes to stiffen. Stir occasionally. Then add nuts and candied fruits. Drop by teaspoonful onto waxed paper.

**Note:** I use well drained and chopped maraschino cherries, red and/or green, in place of the candied fruit.
LOUISE FARGO'S CARAMELS
Lois Solberg
Daniel Newcomb Chapter

My grandmother, Louise Fargo, made these caramels frequently. My sisters and I thought it was a special treat to receive a caramel when we visited our grandparents as small children.

1 C. syrup
1 C. white sugar
1 C. cream
½ C. butter
1 tsp. vanilla
Nuts if desired

Boil syrup, sugar, cream and butter until mixture forms a hard ball in cold water. Remove from heat. Add vanilla and nuts. Let set up in pan, then cut into small squares. If desired, wrap individually in plastic wrap.

REESE BARS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

A favorite at parties, but make sure you bring them out of the freezer just before you are ready to serve them, about 15 - 30 minutes. I kind of like them a little bit frozen. They are very rich, so cut them into bite size pieces ¾ inch x ½ inch.

2 sticks oleo
1 C. peanut butter
3 C. powdered sugar
1 pkg. (16) graham crackers (1½ C)
2 C. melted chocolate chips
6 Tbsp. peanut butter

Mix first four ingredients and press into a large cookie pan. Then melt chips and peanut butter and spread over the first layer in pan. Freeze until ready to eat.
ROCKY ROAD HALLOWEEN SQUARES
Rexene Plucker, State Regent
Bear Butte Chapter

No bake  Makes about 40 squares

1 pkg. (12 oz.) Semi-Sweet Chocolate Morsels
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk
2 Tbsp. butter or margarine
2 C. dry roasted peanuts
1 pkg. (10½ oz.) miniature white marshmallows

In top of double boiler, over boiling water, melt morsels with sweetened condensed milk and butter; remove from heat. In a large bowl, combine nuts and marshmallows; fold in chocolate mixture. Spread in wax paper-lined 13 x 9 inch pan. Chill 2 hours or until firm. Remove from pan; peel off wax paper. Cut into squares. Cover and store at room temperature.

TOLL HOUSE COOKIE BRITTLE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

375° F or 190° C  Makes about 2 pounds

1 C. (225 gm) margarine
1½ tsp. vanilla
1 tsp. salt
1 C. (196 gm) sugar
2 C. (232 gm) sifted flour
1 C. (120 gm) finely chopped walnuts
1 pkg. (6 oz., 168 gm) chocolate chips

Preheat oven to 375° F (190° C). Combine margarine, vanilla and salt in a bowl and blend well. Gradually beat in sugar. Add flour, chips and ¾ cup walnuts; mix well. Press evenly into 15 x 10 x 1 inch pan. Sprinkle remaining ¼ cup walnuts over top and press in lightly. Bake 25 minutes or until golden brown. Cool, break into irregular pieces. Makes about two pounds (908 gm).
OTHER DESSERTS, DESSERT SAUCES, & ICE CREAM
APPLE CRISP
Bernice Long
Mary Chilton Chapter

350°

4 C. sliced apples
1 C. sugar
1 tsp. cinnamon
¾ C. flour
1 stick butter or margarine
chopped pecans

Put apples, cinnamon and part of sugar plus a small amount of water in baking dish. Prepare sugar and flour and sprinkle on the apples. Sprinkle pecans on top. Bake at 350° for 45 minutes.
APPLE DESSERT
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This was my Grandma's (Helen McCoy) recipe, and one she made for us often, and always on my younger brother David's birthday.

350°

Serves 4 - 6

Apples, tasty cooking
1½ C. sugar (about)
Cinnamon -- season to taste
Butter, big hunks

Slice apples. Place apples in bottom of casserole. Butter. Cover with Rich Biscuit Dough* or "Bisquick". Bake in 350° oven until apples are done.

* Rich Biscuit Dough:

1 C. flour
½ C. Crisco shortening
2 tsp. baking powder
Pinch of salt
1/3 C. milk

Helpful Hint: To drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.
BAKED APPLES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

6 medium apples
1 C. light corn syrup

Core apples and peel about a third of the way down. Place in a shallow baking dish. Pour syrup over apples. Bake 45 minutes in a 350° F (177° C) oven until fork tender. Serve hot or cold with cream or ice cream.

Variations: Fill core holes with raisins, dates or mincemeat. Use white sugar, or powdered sugar. Dot with butter. Spice with cinnamon, or orange marmalade. Use orange juice in place of water.
I remember as a child, my mother Pat Gabel (Pat is an associate member of Black Hills Chapter) making this dessert for DAR meetings she hosted at our house, and hoping the ladies didn't eat it all. Of course they were served on crystal snack dishes. I thought this was so neat.

No Bake Serves 8 - 10

**Jello Cubes:**

3 small pkg. of Jell-O (1 pkg. each of 3 different colors/flavors: lemon, lime, grape, orange, or raspberry)

¼ C. cold water

1 C. hot pineapple juice

1½ C. hot water for each package of Jell-O

1 pt. whipping cream

1 C. cold water

½ C. sugar

1 envelope unflavored gelatin

1 tsp. vanilla

Make each Jell-O separately and gel in separate cookie sheets that have sides or lasagna pans. This keeps the Jell-O from becoming too tall and making the cubes too large. Cut into small cubes.

**Crust:**

2 dozen crushed graham crackers

½ C. melted butter

½ C. sugar

Oil the inside of a baking pan. Make the crust and press it into the sides of the pan. Save ¼ of the mixture for the top.
BROKEN GLASS TORTE CONT.

Filling:

Soften plain gelatin in ¼ C. cold water and dissolve it in the pineapple juice. Cool. Whip the whipping cream until stiff. Then add the sugar and vanilla. Fold in the cooled juice mixture. Gently add the cubes of Jell-O and pour into crust. Sprinkle the remaining crumb mixture over the top. Chill. Can be made 1 - 2 days ahead of time.

CINNAMON RAISIN OAT TRIANGLES
Maxine Meyer, State Chairman of American Heritage
Black Hills Chapter

350°

2 C. rolled oats  
1 C. all purpose flour  
¾ C. brown sugar, packed  
1 tsp. cinnamon  
½ tsp. baking soda  
¾ C. butter  
1 C. raisins  
¼ C. apple jelly (or apricot or orange marmalade)

Combine oats, flour, brown sugar, cinnamon, and soda. Mix well. Stir in butter until evenly mixed. Set aside one cup of crumb mixture. Pat remaining mixture into a 9 inch pan. Combine raisins and jelly and toss with remaining crumb mixture. Sprinkle over the contents of the pan. Bake at 350° for 30 minutes or until edges are golden brown. Cut into 3 inch squares while still warm. Then cut the squares diagonally into triangles. Let cool.

Cinnamon Icing

½ C. powdered sugar  
¼ tsp. cinnamon  
2 tsp. milk

Mix to make a thin icing. Drizzle over the triangles.
Basic Crepe Batter:

1 C. Bisquick Baking Mix
1 egg
1 C. milk

Heat oven to 350° F. Beat baking mix, egg and milk with rotary beater until smooth.

Spoon 2 tablespoons batter into hot lightly greased 6 or 7 inch skillet. Rotate until batter covers bottom. Bake until bubbles appear. Gently loosen edge, turn and bake other side.

Dessert Crepes

Fresh strawberries
Whipped cream
½ pkg. pie glaze
Pecan chips or slices

Cut up strawberries. Sprinkle with sugar. Mix in pie glaze. Spoon onto one half of each crepe; roll up. Place on dish seam side down, top with whipped cream and pecan chips or slices.

Cherry or Apple Crepes

1 C. Dairy Sour Cream
1/3 C. brown sugar (packed)
¼ C. orange flavored liqueur (optional)
1 can (21 oz.) cherry or apple pie filling

Blend sour cream and brown sugar. Spoon 1 tablespoon sour cream mixture onto ½ of each crepe, roll up. Place crepes seam side down on oven-proof platter. Bake about 5 minutes.
CREPES CONT.

In a saucepan, heat pie filling until warm.

Heat liqueur just until warm, pour slowly over pie filling and ignite immediately. Do not stir. Spoon sauce and cherries or apples over crepes.

DEVILS FLOAT
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This was a family favorite of my mother-in-law's, Doris Dustman, and her mother's before. They homesteaded just east of Caputa, South Dakota.

350° Makes a 9 x 13 pan

1½ C. sugar
2 C. water
1 C. flour
4 Tbsp. butter
½ C. milk
2 Tbsp. cocoa
½ C. nuts
2 tsp. baking powder
1 tsp. vanilla

Boil together 1 cup sugar and 2 cups water in sauce pan for 10 minutes. Mix remaining ingredients into a batter (it will be very stiff).

Pour boiling syrup into 9 x 13 cake pan. Drop batter by spoonfuls into hot syrup. Bake at 350° F for 30 minutes. Top with Cool Whip when served.
FROM "DR. CHASE'S RECIPES"

**Fritters, Plain-Quick.**

-- Sweet milk, 1 pt.; 4 eggs; salt, 1 tea-spoonful; baking powder, 1 table-spoonful; flour. **DIRECTIONS** -- Beat the eggs well, stir in salt and milk; then put the baking powder into 2 or 3 cups of flour and stir in, using as much more flour as will stir in well; drop into hot lard. To be eaten with maple syrup, or syrup made by dissolving granulated sugar.

**Remarks.** -- "Ivy," of West Jefferson, Ohio, calls these Johnny Jump-up Cakes, because they jump up from the bottom of the hot lard so quickly and lightly.

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**FRUIT DUMPLINGS**

Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Makes 4 - 5 servings

This recipe came to our household from a farm home where my husband, Harold worked near Pipestone, Minnesota.

Make a dumpling using 2 cups flour and steam. Years back the dough was placed in a wet dish towel and steamed. I don't have a steamer, so use a light weight aluminum pie pan, place on a rack above boiling water, cover and steam 20 to 30 minutes. The fruit soup is put over a slice of dumpling. There are many ways of making fruit soup, but I use a pound or more of mixed dried fruit. Cover fruit with warm water, let stand for several hours then boil until soft. Thicken with tapioca (about a tablespoon). Add sugar to taste. Serve hot. 4 - 5 servings. Good Sunday supper.

**Basic Dumplings:**

1 C. (116 gm) sifted flour
2 tsp. baking powder
½ tsp. salt
1 egg
Milk
FRUIT DUMPLINGS CONT.

Sift flour, baking powder and salt together. Make a well in flour; mix and drop in an egg with a small amount of milk -- just enough to make a stiff dough. Clean spoon and dip in hot liquid or broth and spoon dumplings into the broth. Cover and simmer for 15 to 20 minutes. Use kettle that has a tight fitting lid. Do not open kettle while cooking. Will make 6 nice dumplings.

I have learned through the years to add about a tablespoonful of cooking oil or melted fat with the egg and milk. This makes for a more tender dumpling.
JELL-O IN BRANDY SNIFTER
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

This is another one of those fun, fancy, show-off desserts and for a Special Occasion Buffet. Of course you need a 1 gallon Brandy Snifter or other deep clear bowl and "Milnot" canned milk. Unfortunately, I don't think there is a substitute. Our neighbor always made it for graduation open houses in Indiana.

1 small pkg. lime Jell-O
2 small pkg. lemon Jell-O
1 small pkg. cherry or orange Jell-O
3 pkg. (8 oz) cream cheese
3 large cans "Milnot" canned milk (no substitutions)
3 C. sugar

(1st Layer)

Mix lime Jell-O with 1 cup boiling water and set aside to cool. (Don't add ice to cool)

In a blender or with an electric mixer, mix together 1 pkg. cream cheese, "Milnot" milk, and 1 cup sugar. Mix in cooled lime Jell-O.

Pour into Brandy Snifter and let set for at least 3 hours.

(2nd Layer)

Mix together with a blender or electric mixer 2 pkg. lemon Jell-O, 2 cups boiling water, but only 1 pkg. cream cheese, 1 can "Milnot" milk and 1 cup sugar, and proceed as above.

(3rd Layer)

Use 1 pkg. cherry or orange Jell-O and repeat same as the 1st layer.

"Allow 3 hours to set between each layer"

Top with whipped cream and strawberries.
KIWI FOOL
Betty Hagmann
Black Hills Chapter

Serves 6

2 C. Kiwi, pureed and strained
2 tsp. fresh lemon juice
1½ C. heavy cream, whipped
2 Kiwi, peeled and sliced, or cut into wedges

Mix the first three items together. Place in individual desert glasses and chill. Decorate with kiwi slices. 6 servings

LUMIKARPALOKARAMELLI
FINNISH CHRISTMAS CRANBERRIES
Aileen Luckhurst, State Librarian-
Laura Ingalls Wilder Chapter

1 lb. bag fresh cranberries
2 C. powdered sugar

Wash cranberries and leave wet. Put the berries and powdered sugar in a large cake pan. Roll berries back and forth until totally covered with sugar. Scatter the coated cranberries in a large tray and let dry at least one hour. Serve as finger food.
MAPLE - NUT BAVARIAN CREAM  
Marjorie Hann  
State Chairman of Americanism and the  
DAR Manual for Citizenship  
Bear Butte Chapter

1 C. real maple syrup  
3 egg yolks, beaten  
2 Tbsp. unflavored gelatin  
¼ C. cold water  
1 C. chopped nuts  
1½ C. heavy cream, whipped

Sprinkle gelatin over cold water and let sit until dissolved. Heat syrup to boiling and pour over beaten yolks. Cook in double boiler until thickened. Remove from heat. Add gelatin and mix well. Add nuts. Add whipped cream and stir gently until mixed. Pour into mold and cool until firm -- about 3 hours.

PUMPKIN DESSERT  
Shirley Deethardt  
John Kerr Chapter

This recipe came from my Aunt Dena, who was my father's (Harold Deethardt) aunt.

350° F or 177° C

1 pkg. (1 lb. 2½ oz. or 524 gm) yellow cake mix  
1 stick (½ C. or 224 gm) margarine  
1 beaten egg  
¼ C. (49 gm) sugar

Cream cake mix and margarine to crumbly; add egg and sugar. Reserve 1 cup. Pat remainder in a 9 x 13 inch pan.
PUMPKIN DESSERT CONT.

Filling:

1 can (2 C., 454 gm) pumpkin
2/3 C. (164 ml) evaporated milk
½ tsp. salt
¾ C. (147 gm) sugar
3 eggs
1½ tsp. pumpkin pie spice (¼ tsp. cloves; ½ tsp. cinnamon; ½ tsp. ginger; 1/2 tsp. allspice).

Mix together all ingredients, pour over crust, sprinkle reserved cup of crumbs on top. Bake in moderate oven (350° F, 177° C) for 45 minutes.

Cut in squares and serve plain, with whipped cream or ice cream.

RHUBARB CRUNCH

Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

1 C. (116 gm) sifted flour
3/4 C. (55 gm) oatmeal
1 C. (211 gm) brown sugar
½ C. (94 gm) melted shortening
1 tsp. cinnamon
4 C. (496 gm) diced rhubarb
1 C. (196 gm) sugar
1 C. (240 ml) water
1 tsp. vanilla
2 Tbsp. (16 gm) cornstarch

Mix flour, oatmeal, sugar and shortening and cinnamon until crum­bly. Press half the mixture into a greased 9 inch square pan. Pour in rhubarb. Combine white sugar, water, vanilla and cornstarch. Cook over low heat until thick and clear. Pour over rhubarb and top with remaining crumbs. Bake in 350° F (177° C) for 1 hour. Cut into squares and serve warm or cold. Top with whipped cream or ice cream, if desired.
RHUBARB COBBLER
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

350° F or 177° C

3 C. (372 gm) diced rhubarb
1¾ C. (343 gm) sugar (divided)
3 Tbsp. (42 gm) butter
1½ C. (214 gm) all-purpose flour
¼ tsp. salt
3 tsp. baking powder
¼ C. (47 gm) shortening
1 egg, beaten
½ C. (120 ml) milk

Put rhubarb in a greased 8 x 12 inch baking dish. Sprinkle on 1 cup sugar and dot with butter. Heat in moderate oven (350° F, 177° C) while mixing batter. Sift remaining sugar with dry ingredients. Cut in shortening. Add egg which has been mixed with milk. Pour batter over rhubarb. Bake for 30 minutes in 350° F (177° C) oven. Serve with cinnamon sauce below.

CINNAMON SAUCE

1 C. (325 ml) light corn syrup
2 Tbsp. (18 gm) flour
½ tsp. salt
1 C. (240 ml) water
1 Tbsp. cinnamon candies
1 Tbsp. (14 gm) butter

Combine syrup, flour, salt, water and candies. Cook for 5 minutes. Add butter. (If no candies on hand - I stick of cinnamon or 1/2 tsp. ground cinnamon and some red coloring makes a nice sauce.)
STRAWBERRY TOPPING
Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

4 C. cleaned strawberries
4 Tbsp. Vinegar
4 C. sugar

Place in a heavy pan and boil off the vinegar and then add sugar. Boil 5 minutes; remove from heat and pour into a 9x13 baking pan-let set overnight so the foam disappears. Put into containers and refrigerate, or store in the freezer. Very good over ice cream.
"This is one fantastic cheesecake. I looked for a long time to find a recipe like restaurant New York Cheesecake."

Preheat oven to 350 degrees
Baking time 60-70 minutes (Need: 8 inch spring form pan)

1 ¾ C. graham cracker crumbs
7⅓ Tbsp. butter or margarine
1⅛ C. granulated sugar
3 pkg. (8 oz.) cream cheese, softened
2 tsp. vanilla extract (Amaretto or Kahlua)
3 eggs
1 C. Dairy Sour Cream (No Imitation)
1 can cherry pie filling (or other topping)

Thoroughly blend first two ingredients. Add 4 Tablespoons of sugar only. Mix. Press firmly against bottom and up the sides of an 8 inch spring form pan, (Do not grease pan). Put crust in freezer while mixing filling.

Beat cream cheese until fluffy and add rest of sugar and vanilla. Beat in eggs, one at a time. Blend in sour cream. Put in form pan. Spread evenly and carefully. Bake in a preheated 350° oven for 60 - 70 minutes, until firm. Turn off oven, leave door slightly open. Leave cheesecakes in oven for 1 hour. Cool in pan for 4 hours or overnight, and remove form pan. Top with your favorite topping.

CARAMEL TOPPING FOR TURTLE CHEESECAKE

This is a melted caramel topping to use on the above cheesecake, then sprinkle with pecan chips.

½ C. margarine or butter
1 pkg. (14 oz.) vanilla caramels
1 can (4 oz.) evaporated milk

Heat ingredients over a medium heat, stirring constantly, until smooth.
350° F or 177° C

5 - 6 C. (820 - 984 gm) peeled, sliced, seed-removed zucchini
½ C. (112 ml) lemon juice
1 ½ C. (294 gm) white sugar
2 Tbsp. almond flavoring
2 tsp. cinnamon

In large saucepan, mix lemon juice, sugar, cinnamon; add zucchini. Cook and simmer until zucchini is clear. Add flavoring.

**Crunch:**

2 C. (146 gm) quick oatmeal
2 C. (286 gm) all-purpose flour
1 C. (227 gm) melted butter or margarine
1 C. (211 gm) brown sugar

Mix and crumb the above ingredients. Pat half in 9 x 13 pan; add zucchini and liquid. Sprinkle remaining crumbs on top. Bake about 30 minutes in 350° F (177° C) oven until brown and bubbly around the edges. Serve with ice cream or whipped cream (a mock apple crisp).

HAVE A GOOD DAY!
This was a recipe handed down from my mother, Clarice Howland. Prissy was an early television host in Oklahoma and this recipe was one given over the air.

1 C. sugar
1/3 C. flour
1 lemon, juice and rind grated
3 eggs, separated. Beat yolks. Beat egg whites
1 C. milk

Mix sugar and flour thoroughly; then stir in lemon juice and beaten egg yolks. Then pour in milk, a little at a time till cup is used and mix well. Then add egg whites, beaten, and fold in until smooth. Pour in pan, place in a pan of water, and bake 45 minutes at 350°.

**Helpful Hint:** When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.
UPSIDE - DOWN BAKED NUT PUDDING
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

So you won't be surprised - the process produces a delicious rich chocolate sauce in the bottom of the pan. Spoon out while warm into serving dishes, sauce side up. Perfect with whipped cream.

350° F or 177° C

Serves 6 to 8

1 C. (116 gm) sifted flour
2 tsp. baking powder
½ tsp. salt
¾ C. (147 gm) sugar
3 Tbsp. (16 gm) cocoa
1 tsp. vanilla
½ C. (120 ml) milk
2 Tbsp. salad oil or melted shortening
½ C. (60 gm) coarsely chopped walnuts
1¼ C. (264 gm) brown sugar
¼ C. (21 gm) cocoa
2 C. (480 ml) hot water (boiling best)

Sift flour, baking powder, salt, sugar, and the 3 Tbsp. cocoa together into a bowl. Add vanilla to milk, then add this with salad oil and nuts to dry ingredients. Stir well. Turn into square 8 x 8 x 2 inch pan. Mix the brown sugar and the ¼ C. cocoa. Sprinkle this over batter. Pour the hot water over entire surface. Bake in moderate oven (350° F, 177° C) for 40 to 45 minutes. Makes 6 to 8 servings, depending on your sweet tooth!
Steamed breads and pudding were very common in yesteryear with the wood-coal stove that was always ready for cooking. In our modern-day conveniences we have lost some of the long cooking methods of preparing food, thence many good flavors have also been lost. I still like steamed breads and puddings even though I only have a makeshift steamer: a big kettle with an old can cover punched full of holes in the bottom to let water circulate.

STEAMED BOSTON BROWN BREAD

After the Saturday baking was finished, a big pot of beans was put in the big stone oven to bake overnight as the oven cooled down. Sunday breakfast was Boston Baked Beans and Steamed Boston Brown Bread. My mother, Grace Van Cleve Pike, worked for a family who had migrated from the New England area to Iowa and brought with them the above. I found a recipe that resembled that made by my mother.

1 1/3 C. (155 gm) sifted white flour
1 1/3 C. (201 gm) yellow corn meal
1 1/3 C. (160 gm) graham flour
2 2/3 tsp. soda
1 1/2 tsp. salt
1 1/3 C. (412 gm) molasses (Gold Label)
3 Tbsp. (36 gm) fat, melted
2 C. (486 ml) buttermilk or sour milk
1 egg, slightly beaten
1 1/2 C. (216 gm) raisins

Sift flour, corn meal, soda and salt together. Add the graham flour and raisins. Make a well in dry ingredients and add the liquid ingredients. Mix thoroughly. Pour into well-greased mold and steam three hours. I use 3 No. 5 juice cans or 1 lb. coffee cans may be used. Cover with foil.

Note: Any steamed product should be dried off in a preheated oven at 350° F (177° C) for 5 minutes. Remove from mold while warm.
CHRISTMAS PLUM PUDDING

I like to serve rounds of warm pudding with pats of hard sauce. One Christmas I made puddings, in small cans, for all my Christmas packages and this included a pudding to our sister, Ruth. She knew nothing about steamed puddings so thanked me for the cake and let 2-year-old Billie have the candy! A pat of hard sauce enough for a roll of pudding.

2 C. (618 ml) sorghum or light molasses
2 C. (242 gm) ground suet
2 C. (480 ml) buttermilk or sour milk
5 C. (580 gm) sifted flour
1 tsp. soda
1 lb. (454 gm) raisins
1 C. (120 gm) broken nutmeats
½ lb. (227 gm) currants
½ lb. (227 gm) dates
½ lb. (227 gm) figs
Salt and spices to taste (similar to Thanksgiving Steamed Pudding)

Sift flour, soda, salt and spices into a large bowl. Add fruit and nuts; blend. Make a well in flour and add sorghum, suet and buttermilk. Mix well. Pour into molds (I use soup cans with old flat lids as covers.) Steam about 2 hours, cool overnight and hide carefully until you are ready to use.

Hard Sauce

1 C. (113 gm) powdered sugar

½ C. (75 gm) butter
½ tsp. vanilla or other flavoring

Let butter stand at room temperature until easy to work, cream thoroughly, and beat in sugar gradually. Continue beating until smooth and fluffy. Add flavoring drop by drop to keep from separating. Shape into balls or flat patties and chill until firm, or serve at once.

Substitution: 2/3 C. (140 gm) brown sugar may be used in place of powdered sugar.
This is usually a fall treat just after the carrots and potatoes have been brought in from the garden.

1 C. (196 gm) sugar  
1 C. (116 gm) sifted flour  
2 tsp. baking powder  
1 tsp. salt  
1 tsp. soda  
1 C. (161 gm) finely grated, raw potato  
1 C. (109 gm) grated, raw carrot (3 small)  
1 C. (131 or 144 gm) currants and/or raisins

Mix and sift sugar, flour, baking powder, salt and soda. Add remaining ingredients. Mix thoroughly. Pour into greased molds. Steam 2 hours in small molds (soup cans) or 3 hours in large mold. Serve with Ohio Sauce.

Ohio Sauce

2/3 C. (140 gm) brown sugar  
1/3 C. (75 gm) butter  
½ tsp. vanilla or other flavoring  
2 Tbsp. (30 ml) cream  
2 Tbsp. (15 gm) chopped nutmeats  
2 Tbsp. (21 gm) dates

Let butter stand at room temperature until easy to work, cream thoroughly, and beat in sugar gradually. Continue beating until smooth and fluffy. Add flavoring drop by drop to keep from separating. Shape into balls or flat patties and chill until firm, or serve at once.
THANKSGIVING STEAMED PUDDING

This recipe came from "Auntie" Helen Smith, who lived with my Aunt Ethel Van Cleve during the growing up years of our children.

1 C. (121 gm) suet, finely chopped (or ¾ C. 168 gm) butter
1 C. (309 ml) molasses
1 C. (240 ml) milk
3 C. (348 gm) sifted flour
1 tsp. soda
1½ tsp. salt
½ tsp. cloves
½ tsp. mace or nutmeg
½ tsp. allspice
½ tsp. cinnamon
1½ C. raisins, currants or nutmeats (We use figs.)

Sift flour, soda, salt and spices. Add suet, molasses and milk; mix well. Add fruit or nuts with a little flour. Pour into mold, cover and steam 3 hours. Serve warm with a caramelized cream sauce.

Caramelized Cream Sauce

1 C. (240 ml) cream
2 C. (226 gm) powdered sugar
½ C. (112 gm) butter
1 tsp. vanilla

Caramelize part of the sugar before adding the other ingredients. Bring to a boil, stirring until sugar is dissolved. Add vanilla.
BLACKBERRY PUDDING, BAKED OR BOILED

-- A writer in the *Rural* gives the following very nice ways of using this delicious fruit in season. For the pudding: Take nicely ripe black berries and sweet milk, each 3 pts.; eggs, well beaten, 5; sugar, 1 cup; a little salt; yeast powder (baking powder, as it acts quicker), 2 teaspoonfuls, and flour to make a suitable batter to handle with a spoon, if to be baked; and as stiff as can be worked if to be boiled. To be eaten with any sauce.

*For the Jelly.* - Place perfectly ripe blackberries in a porcelain kettle with just water enough to keep from burning, stirring often, over a slow fire, until thoroughly scalded; then strain or drain through a jelly-bag, the berries having been well mashed by the stirring in scalding-twice through, if necessary to make it clear-measure, and put the juice on the stove and boil briskly 10 minutes; then add equal measures of white sugar, and continue to boil until a bit of it dropped into a glass of very cold water sinks at once to the bottom, instead of dissolving much in the water, when it is done, and makes a splendid sauce for the pudding.

**Blast from the Past — Whipping Cream:** From the pages of a 1948 cookbook we learn that to whip cream easily it must be thick, 25 - 40 percent butter fat and cold. It will double in bulk when whipped. Fresh cream (which you won't find at the grocery, but might at a dairy farm) does not whip well. Lactic acid, which is produced as the cream ages, thickens the cream. If you don't have whipping cream, use thoroughly chilled evaporated milk, which has only about 20% of the fat, in a chilled bowl (chill the beaters too). Scalding the milk prior to chilling causes it to whip a little more readily and stiffer. To scald the milk, place the unopened cans in a pan of cold water. Bring to a boil and continue boiling for 5 minutes. Two tablespoons of lemon juice can be added for each can of milk, when the flavor is suitable to the food. This will give more stiffness, which will last longer.
This was my mother's recipe. She always made it for birthdays and other special occasions. She used to complain that it froze too hard when she put the leftovers in the freezer, so Rex and I gave her a bottle of Crème de Menthe to add to the ice cream and keep it soft. She used it often, and even let the grandchildren pour it over store bought ice cream for sundaes. When she ran out, she told me that she couldn't find any in the stores. I told her that Rex could pick some up the next time he went across the border to Kansas. When she was talking with a friend some time later, explaining how wonderful it was and that she didn't understand why Rex had to go to Kansas to pick it up, the friend told her that it was a liqueur and could only be purchased in liquor stores. Since Oklahoma was a "dry" state, as had been her home, he had to go to Kansas. My mother came home and hid the half-full bottle under the kitchen island, where it remained unused.

6 small eggs (or 4 extra large)  
4 C. light cream  
2½ C. sugar  
2 Tbsp. vanilla  
6 C. milk  
2 Tbsp. lemon extract

Beat eggs until light. Add sugar gradually. Beat until mixture thickens. Pour 2 cups hot scalded milk over this mixture. Put in ice cream freezer and add remaining ingredients. It is important to scald the eggs as directed. Mix until frozen.
ORANGE SHERBERT
Rexene Plucker, State Regent
Bear Butte Chapter

I picked this recipe up at our church's ice cream social in Atwater, California.

Makes 1 gallon

2 cans Eagle Brand milk
1 can (large) crushed pineapple, juice and all
6 bottle "Orange Crush" (no substitutions)

Combine and freeze.

PEPPERMINT ICE CREAM
Marjorie Hann
State Chairman of Americanism and the
DAR Manual for Citizenship
Bear Butte Chapter

1 lb. peppermint stick candy, crushed
1 C. cold milk
½ pt. heavy whipping cream
1 pt. light cream
Milk to make 2 quarts

Soak candy in the cold milk (1 C.) over night. Add other ingredients and freeze in an ice cream freezer until firm. Remove paddle and let ice cream mellow 1-2 hours.

Note: half & half may be substituted for the final three ingredients.
Healthy Hints And Recipes
FAVORITE RECIPES
ALL-PURPOSE SPICE BLEND
Mary Brown
Bear Butte Chapter

Several years ago, I had a number of consultations with a professional nutritionist. The following recipe, along with the rest of the recipes and the behavior modifications that follow came from those visits.

Makes ¼ cup

5 tsp. onion powder
2½ tsp. garlic powder
2½ tsp. paprika
2½ tsp. powdered mustard
1¼ tsp. dried leaf thyme
½ tsp. white pepper
¼ tsp. celery seed

Thoroughly mix all ingredients. Use this mixture in cooking or place in shaker with large holes to be used instead of salt at the dining table. Use on meats, poultry, fish, vegetables, soups and salads. To prevent caking stir a few grains of rice into the mixture.

NOTHING CAN COOK YOUR GOOSE QUICKER THAN A BOILING TEMPER.
CHOCOLATE MINT TAPIOCA PUDDING
Mary Brown
Bear Butte Chapter

Serves 6

2 pkg. (¾ oz. each) low calorie instant hot cocoa mix
1¼ C. water
2 Tbsp. quick-cooking tapioca
2 tsp. fructose
¼ tsp. mint extract
2 eggs, separated
1/8 tsp. cream of tartar

In a medium bowl combine all ingredients except egg whites and cream of tartar. Beat with a wire whisk. Microwave on High 3½ - 5½ minutes, or until boiling, stirring once or twice. Boil one minute. Cool at room temperature. Set aside. Beat egg whites with cream of tartar until soft peaks form. Fold whites into tapioca mixture. Serve immediately or chill.

1½ Point:, 115 calorie; or ½ milk, 1 fruit, ½ meat exchange. Serves 6.

Helpful Hint: When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.
CHOCOLATE TASTING MALT
Dorothea Rohlck, State Chairman for Genealogical Records
Black Hills Chapter

1 banana
1 C. non-fat milk
1 tsp. carob powder
1 tsp. creamy peanut butter

Peel banana; cut into three sections; quarter each section; place in plastic bag or container and freeze.

One or more days later, remove banana parts from container and place in a blender. (Leaving banana at room temperature for 20 minutes helps avoid lumps.) Add non-fat milk, carob powder, and creamy peanut butter to the banana and blend 1 minute.

This makes a chocolate-tasting "malt" worth 440 mg. of potassium.

CRUNCHY ASPARAGAS
Mary Brown
Bear Butte Chapter

1 pkg. (10 oz.) frozen asparagus cuts
2 Tbsp. water
1 tsp. lemon juice
3 - 4 drops Tabasco sauce
\( \frac{1}{8} \) tsp. pepper
\( \frac{1}{4} \) tsp. salt, optional
1 Tbsp. shelled sunflower seeds
Lemon slices, optional

Place asparagus and water in 1 qt. casserole; cover. Microwave at high 4½ - 5½ minutes or until asparagus is hot, stirring after half the cooking time to break apart. Drain. Cover and set aside.

In a small bowl or 1 cup measure combine lemon juice, Tabasco sauce and seasonings. Pour mixture over asparagus. Toss to coat. Sprinkle with sunflower seeds. Garnish with lemon slices if desired.

½ point; 32 calories; or 1 vegetable exchange.
DIABETIC CANDY
Rexene Plucker, State Regent
Bear Butte Chapter

2 Tbsp. peanut butter
2 Tbsp. dry milk
½ tsp. liquid sweetener
2 Tbsp. raisins
1 graham cracker, crushed
(May need to add a small amount of liquid milk -- 1 Tbsp.)

Mix all ingredients well. Form into small balls. Refrigerate.
(Sorry, I never had the exchanges on this one.)
This recipe comes from Mrs. Schultz, the mother of one of the kids I grew up with when I visited my grandparents (Oscar and Clarice Howland) in Pond Creek, Oklahoma. It predates the days of Nutra-Sweet.

350° F

2 C. water packed fruit cocktail, drained
1 C. unsweetened applesauce
2 eggs
Sugar substitute equal to ½ C. sugar
⅔ C. cooking oil
1 tsp. baking soda
2 C. flour
1¼ tsp. cinnamon
½ tsp. nutmeg
1 tsp. vanilla
½ tsp. salt (if not on salt free diet)

Combine fruit cocktail, applesauce, eggs, sweetener and cooking oil; mix well. Sift together dry ingredients. Combine dry ingredients and vanilla with mixture and blend well. Bake in greased and floured 13 x 9 inch pan for 25 - 30 minutes at 350° F or until a toothpick comes out clean.
(For cupcakes, bake at 350° F about 15 - 20 minutes. Will yield 26 cup cakes).

Diabetic exchange information: 1 cup cake equals 1 bread exchange, 1 fruit exchange and 108 calories.

BE QUICK TO WORK AND SLOW TO TALK
This recipe also comes from Mrs. Schultz.

350°

½ C. raisins
½ C. water
1 C. unsweetened applesauce
2 eggs
2 Tbsp. liquid sweetener
½ C. oil
2 C. flour
1 tsp. baking soda
1½ tsp. cinnamon
½ tsp. nutmeg
1 tsp. vanilla

Cook raisins and water until all water is absorbed. Cool. Add applesauce, eggs and sweetener. Mix well. Add oil and mix again. Sift and stir in flour, baking soda, cinnamon and nutmeg. Add vanilla. Bake in a 4 x 4 x 8 inch loaf pan at 350° for 40 - 45 minutes.

Variations: Unsweetened fruit cocktail may be substituted for raisins, or use bananas, instead of applesauce.

One piece of cake, ¾ inch wide, is equal to 1 bread exchange and 1 fruit exchange.

Helpful Hint: Plant a few springs of dill near your tomato plants to prevent tomato worms on your plants.
GLAZED TURKEY BREAST
Mary Brown
Bear Butte Chapter

Uses microwave  Serves 10

5 to 6 lb. turkey breast
¼ C. low sugar tart cherry preserves
¼ C. low sugar imitation apple jelly

Cooking time: 11 to 15 minutes per lb.

Place turkey breast-side down in baking dish. Estimate total cooking time; divide in half. Microwave on High 5 minutes. Reduce power to 50%. Microwave for remainder of first half of time. Turn. Blend preserves and jelly. Glaze turkey with half of jelly mixture. Microwave for second half of time, or until internal temperature is 170°; glaze with remaining jelly during last 10 minutes.

2½ points; 188 calories; or 2½ meat exchanges. Serves 10.
HOLIDAY PINEAPPLE SALAD
Mary Brown
Bear Butte Chapter

Serves 6

1 Tbsp. unflavored gelatin
1 C. diet ginger ale
1 Tbsp. lemon juice
½ C. cup pineapple juice
1 C. cottage cheese
1 C. well-drained crushed diet pineapple (save the juice)
1 C. chopped celery
40 almonds, slivered

Sprinkle the gelatin on the ginger ale and lemon juice; let dissolve and stir in. Heat the pineapple juice until boiling and add to the ginger ale mix. Stir well and chill until it starts to thicken. While this is chilling, put the cottage cheese through a coarse sieve. Mix all remaining ingredients and fold into gelatin mixture.

2 points; 138 calories; or ½ fruit, 1 meat, and 1 fat exchange. Serves 6.

JACK’S CRANBERRY RELISH
Mary Brown
Bear Butte Chapter

Serves 8

1 bag (12 oz.) cranberries (about 3 cups)
2 apples
1 orange
1 C. raisins

Remove stems and pick over the cranberries. Quarter and peel orange, saving ½ of the peelings. Quarter and core the apple, and then feed all ingredients through a food grinder. Mix thoroughly. Refrigerate one or two days before serving. May be sweetened with sweetener.

½ Point; 35 calories; or 1 fruit exchange. Serves 8.
LOW-CAL BEAN SPROUT-KRAUT SALAD
Rexene Plucker, State Regent
Bear Butte Chapter

When I was getting ready to marry Wayne and embark on what I thought would be about 5 years of being an Air Force wife, my mother's friend, Kitty Lou Messenger, was just finishing over twenty years of following her Air Force hubby. This recipe comes from her.

1 can (16 oz.) bean sprouts, rinsed and drained
1 can (16 oz.) sauerkraut, drained
1 jar (2 oz.) pimento, chopped
1 Tbsp. artificial sweetener
½ C. vinegar
2 Tbsp. salad oil
½ C. celery, diced
2 Tbsp. green peppers, chopped
1 Tbsp. dry onion flakes

Mix well. Refrigerate overnight.

LOW CALORIE CHEESE SAUCE
Rexene Plucker, State Regent
Bear Butte Chapter

2 C. low fat cottage cheese
2 Tbsp. lemon juice
¼ C. milk

Blend all well together.

For dip or baked potatoes or salad dressing; Use 1 cup of the low calorie Cheese Sauce with 2 tablespoons minced onion, dash of garlic, 2 tablespoons mayonnaise and salt to taste. Dill or blue cheese may be added for different flavor.
LOW CALORIE ENCHILADA
Rexene Plucker, State Regent
Bear Butte Chapter

I have spent my life on the perpetual diet. Losing, then gaining every­thing I lost back, plus a little for my efforts. As a result, I have quite a collection of low calorie recipes. Since I can't use Nutra­Sweet, I look for recipes that call for other sweeteners.

350°

Serves 1

½ C. catsup
1 Tbsp. dehydrated onion flakes
1 medium tomato, chopped
½ clove garlic, minced
1 Tbsp. chopped chili peppers
dash artificial sweetener
½ tsp. ground cumin
¼ tsp. salt
¼ tsp. oregano
¼ tsp. basil
2 oz. shredded Monterey jack cheese
1 slice bread, toasted

Put all ingredients (except cheese and bread) in sauce pan; simmer 15 minutes. Dip toast in sauce. Put toast in small baking and top with shredded cheese and remaining sauce. Bake 350° for 15 - 20 minutes.
LOW CHOLESTEROL FRUIT CAKE
Rexene Plucker, State Regent
Bear Butte Chapter

350° F

1 C. margarine (low calorie)
1 C. brown sugar
4 eggs - equivalent from substitute
2 C. flour
½ tsp. salt
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. nutmeg
½ tsp. cinnamon
½ tsp. cloves
1 C. glazed fruit
1½ C. raisins
1 C. nuts, chopped

Beat margarine and sugar together. Add egg equivalent and beat thoroughly. Sift flour, salt, baking powder, spices and add to egg mixture in 3 equal portions, beating well after each addition. Fold in glazed fruit, raisins and nuts.

Pour into slightly oiled 9 inch loaf pan and bake at 350° for 1 hour.

LET YOURSELF GLOW ! ! !
MEXICAN PIZZA POTATO HOTDISH
Dorothy Fuller, State Chairman of DAR Library
Laura Ingalls Wilder Chapter Regent

350°

1½ lb. lean ground beef, browned and drained
2 C. cheddar cheese, shredded
4 C. frozen hash browns, thawed
¼ tsp. pepper
1 can low-sodium tomato soup
2 C. mozzarella cheese, shredded
¼ C. skim milk
¼ C. onion
½ tsp. oregano
½ tsp. sugar

Put all the ingredients except the tomato soup and mozzarella cheese in 9 x 13 inch pan and mix together. Add tomato soup as topping. Cover with foil. Bake at 350° for 35 minutes. Top with mozzarella cheese. Bake an additional 5 minutes or until cheese melts. Cool a couple of minutes. Cut and serve.

ORANGE HARVARD BEETS
Mary Brown
Bear Butte Chapter

Serves 4

½ tsp. salt
1 Tbsp. sweetener
¼ C. vinegar
¼ C. beet juice
1 tsp. freshly grated orange rind
½ Tbsp. arrowroot
2 C. diced canned beets

Mix all of the ingredients except the beets in a saucepan. Bring to a boil slowly while stirring. Add the beets to the thickened sauce and heat slowly.

½ Point; 44 calories; or 1 vegetable exchange. Serves 4.
PU MPK IN APPLESAUCE CUP CAKES
(RECIPE FOR WEIGHT WATCHERS)
Rexene Plucker, State Regent
Bear Butte Chapter

Tastes somewhat like pumpkin pie.

350°

4 oz. pumpkin
1 egg
¼ tsp. soda
1 apple, chopped fine
1 tsp. diet margarine
1 slice bread
1/3 C. non-fat dry milk
1 tsp. vanilla
1 ½ tsp. brown Sugar Twin sweetener
½ tsp. pumpkin pie spice

Blend all together, but bread. Then cube and add bread. Bake in cup cake liners in cup cake pan for 20 - 25 minutes at 350°.
SWEET POTATO CASSEROLE
Mary Brown
Bear Butte Chapter

375°

Serves 16

4 C. (fresh) cooked mashed yams
2 eggs
1 tsp. vanilla
¼ C. nonfat milk
¼ C. corn oil margarine

Sauce:

¼ C. melted margarine
Brown sugar substitute (equal to equal ½ cup brown sugar)
¼ C. flour
½ C. unsweetened moist shredded coconut
½ C. walnuts (chopped)
2 Tbsp. unsweetened orange juice
½ tsp. grated orange peel

Combine yams, eggs, vanilla, milk, and margarine and spoon into a casserole dish. Combine sauce ingredients and spread over the yam mixture. Bake at 375° for approximately 30 minutes, or until thoroughly heated through.

2½ points; 178 calories; or 1½ bread, 2 fat exchanges. Serves 16.

Helpful Hint: Chill a can of cranberries in freezer until hard. Open and slice for garnish.
TURKEY AND DRESSING
Mary Brown
Bear Butte Chapter

325°

Serves 8

1 to 2 C. turkey stock made from giblets and neck
1 lb. fresh mushrooms, cleaned and sliced
1 onion, chopped
4 C. crumbled dried bread
1½ tsp. poultry seasoning
1 can (8 oz.) water chestnuts, drained
3/8 C. chopped pecans
1 tsp. salt
12 - 14 lb. fresh turkey
1 tsp. monosodium glutamate

Heat 1 cup of the stock to a simmer in a large saucepan; add the mushrooms and onions and simmer for 5 minutes. Let it cool so you can handle it. Mix up all the other dressing ingredients and add the liquid with the mushrooms and onions. Mix well with your hands. Add more stock if necessary, taste for seasoning. Set aside for a while to be sure it is not too dry. Add stock as necessary.

Pull the big fat pads out of the inside of the turkey's pelvic opening, wash the inside and pat dry. Spoon in the dressing. Sew the opening together with a large needle and thread so the dressing does not fall into the juice while it cooks. Rub the turkey with oil, salt and pepper it, and sprinkle the monosodium glutamate on it. Put the rack in the pan, the turkey breast down on the rack and be sure the turkey is at room temperature. Heat the oven to 325° and roast 20 minutes per lb. or until 185° internal temperature. The turkey should set ½ hour before carving.

Turkey --- 3 points; 219 calories; or 3 meat exchanges. Serves 8.
Dressing --- 1¼ points; 101 calories; or 1 bread, ½ fat exchanges. Serves 8.
VEGETABLE RICE STUFFING
Mary Brown
Bear Butte Chapter

2½ C. carrots, thinly sliced
5 C. celery, thinly sliced
1¼ C. chopped onion
2½ C. cooked rice
1¼ tsp. thyme
5/8 tsp. sage

Combine all ingredients in 1 qt. casserole; cover. Microwave at High 1- 3 minutes, or until celery is tender-crisp. Stuff turkey loosely and microwave as directed.

1 point; 73 calories; or 1½ vegetable, ½ bread exchange. Serves 10

ADDITIONAL HELPFUL INFORMATION

HINTS

BEHAVIOR MODIFICATION TECHNIQUES
Mary Brown
Bear Butte Chapter

1. Learn your own eating habits. Record the time you ate, what you ate, how much, what you were doing when you ate, where you ate, with whom, and how you felt.

2. Always eat in the same place.

3. When you eat you can not perform any other act.

4. Avoid the purchase of high-calorie foods.

5. Shop after you have eaten and shop from a list.

6. Use smaller plates, if portion sizes are going to be a problem.
7. Do not serve high calorie condiments or sauces.

8. Make acceptable foods as decorative as possible.


10. Control snacking and make eating high calorie foods as difficult as possible.

11. Be aware of why you are eating.

12. Change your exercise behavior.

13. Set up a system of positive reinforcement, "reward yourself", but not with food.

**SOURCES OF POTASSIUM**

Dorothea Rohlck, State Chairman of Genealogical Records
Black Hills Chapter

- Baked peeled potato ........................................ 782 mg.
- Black strap molasses (1 Tbsp.) .......................... 585 mg.
- Baked winter squash (½ C.) .............................. 472 mg.
- Banana (1) ..................................................... 440 mg.
- Red kidney beans (½ C.) .................................... 336 mg.
- Chopped almonds (¼ C.) .................................... 251 mg.
FOODS HIGH IN SODIUM
Mary Louise Brown
Bear Butte Chapter

Bacon  Tomato juice  Salted nuts
Chipped beef  V-8 juice  Party dips
Salt pork  Dill pickles  Celery salt
Ham  Worcestershire  Garlic salt
Corned beef  Gatorade  Onion salt
Sausage  Potato chips  MSG
Weiners  Saltine crackers  Catsup
Luncheon meats  Canned soups  Chili sauce
Processed cheese  Broth, canned  Soy sauce
Sauerkraut  Bouillon cubes  Olives

SEASONING SUGGESTIONS
Mary Louise Brown
Bear Butte Chapter

Foods may be made more appetizing by using spices and herbs, when salt is eliminated.

Asparagus: All spice, dill weed, marjoram, savory, lemon juice, mace.

Green Beans or Wax Beans: Basil, dill, marjoram, nutmeg, savory, thyme, onion flakes, smoke flavoring.

Beets: Fresh dill, caraway seeds, bay leaf, cloves, basil, savory, mint, nutmeg, orange, lemon peel.

Broccoli: Nutmeg, oregano.

Brussel Sprouts: Garlic salt, basil, caraway seed, cumin, dill, marjoram, sage.

Cabbage: Caraway, celery seed.

Carrots: Snipped parsley, mint, chives, green onions, lemon juice, basil, chervil, ginger, rosemary, savory, thyme.
Cauliflower: Basil, curry powder, nutmeg, celery seed, poppy seed.

Corn: Basil, cayenne red pepper, celery seed, chili powder, rosemary.

Greens: Dill weed, marjoram, mint, nutmeg, rosemary, minced onion, lemon juice, vinegar, horseradish.

Mushrooms: Marjoram, oregano, rosemary, savory, tarragon.

Onions: Basil, ginger, oregano, thyme, cloves.

Peas: Allspice, basil, chervil, marjoram, mint, rosemary, savory, thyme, tarragon.

Potatoes, New: Chives, green onions, snipped parsley, paprika, lemon juice.

Potatoes, White: Bay leaf, caraway seed, dill, mint, poppy seed, sage.

Rice: Marjoram, chervil, thyme, parsley.

Squash: Basil, marjoram, oregano, rosemary.

Tomatoes: Thyme, basil, oregano.

Meats: Horseradish, allspice, basil, chili powder, oregano.

Poultry: Sage, ginger powder, marjoram.

Cottage Cheese: Chives, cinnamon.

Eggs: Marjoram, chives, horseradish.
Round-Up Recipes
HOT CHOCOLATE FOR FIFTY
Rexene Plucker, State Regent
Bear Butte

When I was in school, hot chocolate was the staple for winter parties for school or church. I always wondered how they knew how much to make for the groups that ranged from 20 - 50+ kids. Then I found this recipe.

Serves 50

3 C. cocoa
6 C. boiling water
2 gallons milk
1½ C. sugar
1 t. salt

Cook cocoa and water in the top of double boiler over direct heat until smooth. Place over boiling water, add milk, sugar, and salt. Cook until smooth. Beat with rotary beater just before serving.
BRAN MUFFINS
Charline Smith
Mary Chilton Chapter

Makes 4 dozen

400°F

5 C. flour
4 eggs, beaten
2 C. sugar
1 qt. buttermilk
2/3 C. light brown sugar
1 C. oil
5 tsp. baking soda
4 C. (rounded) bran flakes (or raisin bran)
2 tsp. salt
2 medium apples cored & finely chopped
1/2 tsp. cinnamon
1/2 C. chopped pecans
1/2 tsp. allspice
raisins (optional)

Mix flour, sugars, soda, salt, and spices together in a large bowl. Add eggs, buttermilk, and oil and blend thoroughly. Add bran flakes. Fold in apples and pecans. Stir in raisins (optional). Bake in greased tins for 15 minutes, or until done, at 400°F.
VEGETABLES AND VEGETABLE DISHES

POTATO SALAD FOR A CROWD
Rexene Plucker, State Regent
Bear Butte Chapter

Serves 50

15 lb. raw potatoes
2 C. French dressing
2 C. chopped celery
3 C. salad dressing
½ C. chopped parsley
1 C. chopped onions (or less)
12 hard-cooked eggs, diced
Salt and pepper to taste

Wash the potatoes and cook in the jackets until tender. Peel, dice into ½ inch cubes. Pour French dressing over warm potatoes and let stand for several hours.

In a separate bowl, combine chopped celery, salad dressing, parsley, onions, and diced hard-cooked eggs. Add salt and pepper to taste. Combine with potatoes and mix lightly. Chill before serving.
CABBAGE SALAD
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

A salad that will keep for weeks in the refrigerator. It will also freeze - use small containers. Half of this recipe is a big bowl - so Aunt Dena (Mrs. Sam Blecker) warned me when she gave me the recipe.

2 heads cabbage
2 tsp. salt
1 bunch celery.
2 green peppers
2 red peppers or pimento
1 tsp. celery seed

Shred cabbage quite fine. Add salt and let stand for 1½ to 2 hours. Drain by squeezing out the salt water. Pour syrup over cabbage and other ingredients. Mix well. Cover and store in refrigerator. Each time some is taken out, stir to keep incorporated.

Syrup:

4 C. (784 gm) sugar
2 C. (480 ml) vinegar
1 C. (240 ml) water

Boil together, cool real well.
I picked this recipe up from our Wing Commander's wife, Dee Wilson, when Wayne was a Squadron Commander at Ellsworth Air Force Base, just outside of Rapid City, South Dakota. Like so many recipes Air Force wives collect, it's origins are unknown, but Dee picked it up from General's Row at Offutt Air Force Base in Omaha. It's a great recipe for a large gathering and part of it can be made the day before.

1 ½ lb. fresh spinach, washed and trimmed
9 fresh mushrooms, sliced
½ lb. bacon, cooked, drained, and crumbled
1 can (11 oz.) mandarin oranges, drained
1 large ripe avocado, sliced
½ C. olive oil
¼ C. cider vinegar
¼ C. sugar
½ tsp. salt
½ tsp. paprika
¼ tsp. dry mustard
½ tsp. fresh ground pepper
¼ tsp. celery salt
½ C. white onion, finely chopped

Toss the spinach, mushrooms, bacon, oranges, and avocado. Combine the remaining ingredients in a jar with lid. Shake thoroughly and refrigerate until ready for use. Shake again before using with salad mixture.

**Helpful Hint:** Marigolds will prevent rodents.
MEATS AND MEAT DISHES

CHICKEN RO-TEL SPAGHETTI
Mary Louise Brown
Bear Butte Chapter

350° Serves 10 to 12

4 chicken breasts
2 green peppers, chopped
1 large onion, chopped
½ stick oleo or butter
1 (12 oz.) pkg. vermicelli spaghetti
2 cans Ro-Tel tomatoes with chilies, or 2 cans tomatoes
2 lb. Velveeta Cheese
1 can peas, drained
1 large can mushrooms
¼ C. stuffed olives, chopped
½ C. ripe olives, chopped
Pam cooking oil spray

Boil chicken and keep broth. Cube chicken and add 1½ quarts chicken broth. Cook spaghetti in chicken broth mixture. Do not drain. Sauté peppers and onions in butter, then add to broth. Add chunked cheese and then rest of ingredients to broth mixture. Put into two 2 quart casseroles that have been sprayed with Pam. This can be frozen and refrozen. Bake at 350° for about 1 hour.
CHILI FOR 30
Rexene Plucker, State Regent
Bear Butte Chapter

5 lb. hamburger, fat drained
3 large onions, chopped
Approximately 64 oz. canned tomatoes, cut up
Approximately 80 oz. tomato sauce
1 tsp. garlic salt (may substitute basil, parsley, or garlic powder)
5 lb. pinto beans (dry) or kidney beans or mix them
5 Tbsp. chili powder
½ bottle cheap burgundy
Salt and pepper to taste

Soak beans overnight. Cook beans 3 hours, then add other ingredients and simmer for several hours.
HAMBURGER HOT DISH
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

I developed this recipe for a family dinner. Everyone liked it so well that I wrote what I did.

350° F or 177° C

Serves 20

4 C. (520 gm) macaroni, elbow (do not overcook)
2 lb. (908 gm) hamburger
1½ can (458 gm) mushroom soup
1½ can (458 gm) celery soup
2 pkg. (10 oz. - 280 gm) frozen mixed vegetables
2 Tbsp. (12 gm) onion flakes
1 tsp. salt
¼ tsp. pepper
2 tsp. chili powder
Corn flakes

Cook macaroni and frozen vegetables as directed. Mix seasonings with the hamburger and brown. Adjust seasonings to taste. Mix macaroni, meat, vegetables and soups thoroughly. Add a little water if mixture seems dry. Put in large casserole or Dutch oven, cover with corn flakes. Bake in 350° F (177° C) oven for at least one hour.

THE FRAGRANCE OF FRYING BACON BEATS ORANGE BLOSSOMS.
ONE DISH MEAL FOR A GANG
Rexene Plucker, State Regent
Bear Butte Chapter

If you prefer, this dish can be divided and frozen for your family, instead of preparing for a large crowd.

No bake

Serves 10 - 12

1 lb. bacon, diced
2 cans (small) tomato sauce or paste
4 C. chopped celery
4 C. chopped Bell pepper
2 Tbsp. sugar
4 minced cloves garlic
1 tsp. salt
3 chopped onions
½ tsp. pepper
3 lb. ground beef
½ tsp. basil
3 cans (large) tomatoes with juice
½ tsp. oregano
3 C. macaroni
1 - 2 cans whole kernel corn, (opt.)

In a skillet, brown ground beef, drain. In a very large kettle, fry diced bacon. Sauté celery, Bell pepper, garlic and onion in bacon and fat. Add tomatoes, tomato sauce, sugar, salt, pepper, basil and oregano. Bring to boil and add macaroni slowly so that boiling does not stop. Cover and cook 15 - 20 minutes. Add browned ground beef. Best if allowed to set for several hours or overnight and then reheat.
I picked this recipe up from my friend, Diana Friedenrich, during "Desert Shield" and "Desert Storm". Many members from Ellsworth Air Force Base were sent as support troops during this conflict.

1 whole medium camel*
1 whole large lamb
20 whole medium chickens
110 gal. water
Salt to taste
5 Tbsp. black pepper

Skin, trim, and boil above until tender. Cook 12 kilos of rice until fluffy.

Fry until brown:
2 kilos pine nuts
2 kilos almonds
1 kilo pistachio nuts

Mix with rice. Hard-boil and peel 60 eggs. Stuff the chickens with the eggs and rice. Stuff the lamb with 5 chickens and some rice. Stuff the camel with the lamb and more rice. Broil in a large pit over open flame until brown. Spread remaining rice on large tray and place camel on top. Place remaining stuffed chicken around camel. Garnish with eggs and nuts. Serves 30 to 100.

Order in advance as supply may exceed demand.
SPAGETTI FOR 20
Rexene Plucker, State Regent
Bear Butte Chapter

350° Serves 20

1½ - 2 lb. ground beef
6 medium onions, chopped
¼ lb. butter or margarine
1 bunch carrots, finely grated
2 green peppers, finely grated
1 bunch parsley
2 - 3 cloves garlic, chopped
2 C. canned tomatoes
2 cans (10½ oz.) tomato soup
1 can (8 oz.) sliced mushrooms
1¼ lb. spaghetti
1 lb. sharp cheddar cheese, grated

Brown meat and onion in melted butter or margarine. Add carrots, green peppers, parsley, and garlic. Add tomatoes and tomato soup, rinsing container with a little water. Simmer for 40 minutes. Add mushrooms and simmer for 20 minutes or longer.

Cook spaghetti in boiling, salted water for about 20 minutes, or until tender. Rinse in cold water. You will need three large casseroles. Put a layer of spaghetti, a layer of sauce, and a layer of shredded cheese into each; then repeat with a second layer. These casseroles may be arranged in the morning and set aside for baking. Bake at 350° for 30 minutes, or until mixture is thoroughly heated and cheese is brown.
BREKKFAST AND BRUNCH

HOW TO CONVERT DRIED EGGS

1 tablespoon powdered egg white  
+ 2 tablespoons water  
= 1 liquid egg white.

1½ tablespoon powdered egg yolk  
+ 1 tablespoon water  
= 1 liquid yolk.

2 tablespoons powdered whole egg  
+ 2 tablespoons water  
= 1 liquid whole egg.
BEEF BREAKFAST CASSEROLE
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

350°

Prep time: 30 minutes
Baking time: 1 - 1¼ hours

Serves 10 - 12

This can be prepared ahead of time and refrigerated overnight.

1 lb. ground beef
4 oz. soft cream cheese
1 C. milk
½ tsp. salt
1 small jar pimento
1 C. sour cream
8 eggs
½ C. chopped onion
½ tsp. pepper
4 - 8 oz. frozen spinach, thawed

For Layers:

2 - 3 C. frozen hash browns
6 - 8 slices American cheese
4 slices bread, buttered and cubed

Brown ground beef and onion.

Mix together all other ingredients, except spinach and those for layers. Thaw and drain frozen spinach under warm water.

Layer in a large 9 x 13 inch or lasagna pan
1. 2 - 3 C. frozen hash browns
2. 6 - 8 slices American cheese
3. Ground beef with onion
4. Cubed bread
5. Spinach - egg mixture

Add additional milk to cover ½ way up pan.

Bake at 350° for 1 - 1¼ hours.
BRUNCH PIZZA FOR A CROWD
Rexene Plucker, State Regent
Bear Butte Chapter

425°
Makes 10 - 12 servings

Crust:

1½ C. Pillsbury's Best All Purpose Flour
¼ tsp. salt
⅛ tsp. pepper
½ C. shortening
5 - 6 Tbsp. water

Topping:

1 lb. sliced bacon
8 slices cooked ham
8 oz. sliced Swiss cheese
4 eggs, slightly beaten
1⅛ C. milk
¼ tsp. salt

Combine flour, salt and pepper in mixing bowl. Cut in shortening until particles are fine. Sprinkle water over mixture while stirring with fork until dough holds together. Form into a square. Flatten to ½ inch thickness; smooth edges. Roll out on a floured surface to a 15 x 10 inch rectangle. Fit loosely into a 13 x 9 inch pan.

Fry bacon until crisp. Drain on absorbent paper, crumble, place ham slices on bottom of pastry lined pan; top with cheese slices, then with bacon. Combine eggs, milk and salt; pour carefully over bacon. Bake at 425° for 20 - 25 minutes until lightly browned and set. Cool 5 to 10 minutes before cutting and serving.

Tip: If desired, prepare crust ahead, fit into pan, add ham, cheese and bacon; cover tightly and refrigerate. Just before baking add eggs and milk mixture. Increase baking time about 5 minutes.
HAM - SPINACH BRUNCH CASSEROLE
Kay Snyder, Honorary State Regent
State Parliamentarian
Bear Butte Chapter

350°
Prep time: 25 minutes
Baking time: 50 minutes

Serves 10 - 12

3 C. frozen hash brown potatoes
8 slices American cheese
2 C. ham, cubed
2 C. (1 frozen pkg.) spinach, cooked and drained
1 C. sour cream
6 eggs OR 1 carton egg product
1 C. milk
1/8 tsp. pepper
1 jar (small) pimento

Optional:
¼ C. onion, chopped
¼ C. green peppers, chopped

Layer hash browns, cheese, ham in sprayed 9 x 13 pan.

Mix eggs, milk, sour cream, pimento, seasonings. Add spinach to milk mixture. Pour over layers in pan. Cover with foil.

Bake at 350° for 45 minutes. Uncover and continue baking 5 - 8 minutes.

Remove and let set 5 - 10 minutes before serving.
PANCAKES FOR FIFTY
Rexene Plucker, State Regent
Bear Butte Chapter

This is another recipe that I picked up when we were stationed at Castle Air Force Base in California. Pancake Breakfasts are a popular fund raiser for many organizations.

12 C. all purpose flour
½ C. baking powder
3 tsp. salt
½ C. sugar
5 eggs
3½ qt. milk (approximately)
1¼ C. melted shortening

In a very large bowl, combine dry ingredients.

In a separate bowl, beat eggs; add milk and melted shortening; mix. Add this liquid to the flour mixture, mixing only until flour is well moistened. Do Not Beat.

Bake on a lightly greased hot griddle, allowing 2 tablespoons of batter per pancake.

SUG'S CINNAMON ROLLS
Rexene Plucker, State Regent
Bear Butte Chapter

When I was growing up, one of my best friend's, Verna Lea Hutcheson Shroads, mother was the school cook. This is one of her recipes. If you're looking for a large recipe, this one is good.

Makes 3 dozen rolls

2 pkg. dry yeast
2½ C. lukewarm water
1 Tbsp. sugar
Pinch of salt
5 C. flour, sifted
1 pkg. yellow cake mix (with or without pudding)
SUG'S CINNAMON ROLLS CONT.

**Filling:**

\[ \frac{1}{4} \text{ C. soft butter} \\
1 \text{ C. sugar} \\
3 \text{ tsp. cinnamon} \]

**Glaze:**

1 Tbsp. butter \\
1 C. confectioner's sugar \\
A few teaspoons of milk

In extra large bowl, dissolve yeast in lukewarm water. Add sugar, salt, flour, and cake mix, stirring well. Knead for several minutes. Let dough rise in warm place, free from draft, 2 - 3 hours.

After dough rises, divide it into 3 portions. Roll each portion into a rectangle shape, \( \frac{3}{4} \) inch thick. Combine filling ingredients. Spread on dough rectangles and roll each into a log shape, starting at longest side. Pinch dough together to form seam.

Slice or cut with kitchen shears. Each portion yields about 1 dozen rolls, making 3 dozen in all.

Place rolls in two 9 x 13 inch pans; let rise 2 - 3 hours. Bake in 350° oven about 20 minutes, or until browned. Remove from heat.

Mix together glaze ingredients.

Glaze hot rolls. If preferred, make a thicker frosting.

**Helpful Hint:** To whiten laces, wash them in sour milk.
DESERTS AND COOKIES

STRAWBERRY DELIGHT
Rexene Plucker, State Regent
Bear Butte Chapter

Refrigerated dessert

Serves 20

1 Angel Food Cake, purchased or home-made
3 lemons (juice only)
1 can Eagle Brand milk
1 pt. or more fresh sliced or thawed frozen strawberries
1 container Cool Whip (or ½ pkg. Dream Whip)

Tear cake into small pieces and put into 12 x 16 inch loaf dish. Mix lemon juice and Eagle Brand milk well, put in berries and mix. Fold in Cool Whip and pour over cake. Smooth out and refrigerate over night or all day. Cut into 20 squares and serve.
THE ULTIMATE CHOCOLATE CHIP COOKIE BARS
Ardis Sieh, State Registrar
MacPherson Chapter Regent

375°

Makes 48 bars

¾ C. sugar
¾ C. brown sugar
1 C. oleo or butter, softened
1 egg
2¼ cups all-purpose flour
1 tsp. baking soda
½ tsp. salt
1 C. nuts, coarsely chopped
1 pkg. (12 oz.) semisweet chocolate chips
1 pkg. chocolate chips (2 cups)

Heat oven to 375°. Mix sugars, margarine, and egg in large bowl. Stir in flour, baking soda, and salt (dough will be stiff). Stir in nuts and chocolate chips.

Press dough into ungreased jelly roll pan 15½ x 10½ x 1 inch. Bake 15 to 20 minutes or until golden brown; cool.
TREASURE CHEST BARS
Elaine Parlman
Mary Chilton Chapter

325°

Makes 54 bars

½ C. brown sugar
½ C. white sugar
½ C. margarine
2 C. flour
1½ tsp. baking powder
½ tsp. salt
2 eggs
1 tsp. vanilla
¾ C. milk
1 C. chopped nuts
1 C. maraschino cherries (quartered)
1 C. real chocolate chips

Preheat oven 325° F.

Cream the sugars and margarine. Sift and add the dry ingredients, then the rest of the ingredients. Pour in a greased and floured 10½ x 15½ inch pan and bake at 325° for 30 minutes or until done. Frost with chocolate frosting.

This is a meat safe that was used "to protect food from mice, insects" etc. listed in American Home Cook Book in 1854. These can still be found today in barns and old buildings but are usually mistaken for a type of pie safe by today's novice antique hunters.
CHERRY WINKS
Rexene Plucker, State Regent
Bear Butte Chapter

Makes 5 dozen

375°

2½ C. flour
½ tsp. soda
1 tsp. double-acting baking powder
½ tsp. salt
¾ C. shortening
1 C. sugar
2 eggs
2 Tbsp. milk
1 tsp. vanilla
1 C. chopped dates
1 C. chopped pecans
1/3 C. chopped maraschino cherries
2½ C. corn flakes, crushed
Maraschino cherries, quartered

Sift together flour, soda, baking powder, and salt; set aside.


Shape into balls, using a level tablespoon of dough for each cookie. Roll each ball in crushed corn flakes; place on greased cookie sheet and top each with a quartered maraschino cherry.

Bake at 375° for 10 to 12 minutes. Do not serve hot or store until cold.
GINGER SNAPS
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter Regent

325° F

Makes 10 dozen 2 inch cookies

3/4 C. butter
2 C. sugar
2 eggs, well beaten
1/2 C. molasses
2 tsp. vinegar
3 3/4 C. flour
1 1/2 tsp. baking soda
2 - 3 tsp. ginger
1/2 tsp. cinnamon
1/4 tsp. cloves

Preheat oven to 325° F.


Bake on greased cookie sheet for about 12 minutes. As the ball melts down during baking, the cookie develops the characteristic crinkled surface. A topping to delight the child is 1/2 a marshmallow, cut side down, on the almost baked cookies. Return to the oven about 4 minutes. When cool ice to taste.
HANNAH'S CARDAMOM COOKIES
Maxine Meyer, State Chairman of American Heritage
Black Hills Chapter

350° 7 dozen cookies

3½ C. flour, lightly spooned into cup
1 C. dark brown sugar, lightly packed
2 tsp. whole cardamom seed, crushed
2 tsp. cinnamon
1 tsp. ground cloves
½ tsp. baking soda
¾ C. almonds or other nuts, coarsely chopped
1 tsp. almond extract
1 egg yolk
1½ C. butter or margarine
Slightly beaten egg white
Silver and gold sprinkles or coarsely chopped almond or other nuts

In a large mixing bowl put the first nine ingredients. Cut in butter until crumbs are formed. Press crumbs together on a board to form a smooth dough. Divide dough in 6 equal parts and shape each part into a 1 inch roll. Put rolls parallel to each other and cut crosswise in ¾ inch pieces. Shape these into 1 inch balls. Brush the tops with egg white and dip into the mixture of sprinkles or nuts. Place on a lightly greased cookie sheet. Make a slight indentation in the center of each cookie. Bake at 350° for 12 - 14 minutes. Remove to a rack to cool. Makes about 7 dozen.
INSIDE OUT CHOCOLATE CHIP COOKIES
Ardis Sieh, State Registrar
MacPherson Chapter Regent

350°

Makes about 4½ dozen cookies

1 C. granulated sugar
¾ C. brown sugar, packed
¾ C. oleo or butter, softened
½ C. shortening
2 eggs
1 tsp. vanilla
2½ C. all-purpose flour
½ C. cocoa
1 tsp. baking soda
¼ tsp. salt
1½ C. vanilla milk chips
1 C. chopped nuts

Heat oven to 350°. Mix sugars, margarine, shortening, eggs, and vanilla in a large bowl. Stir in flour, cocoa, baking soda, and salt. Stir in vanilla, milk, chips, and nuts.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 10 to 12 minutes until set. Cool slightly; remove from cookie sheet. About 4½ dozen cookies.

Double Chocolate-Chocolate Chip Cookies: Substitute semi-sweet or milk chocolate chips for the vanilla milk chips.
MINCEMEAT COOKIES
Rexene Plucker, State Regent
Bear Butte Chapter

When Wayne was stationed at Ellsworth Air Force Base, just outside of Rapid City, and serving as a Maintenance Squadron Commander, the wives were always called on to bake cookies for the Exercises and Alerts especially in the winter or for the barracks during the holidays. During the Exercises and Alerts, the wives would ride around the flight line giving out cookies and hot chocolate or coffee to the maintainers working on the flight line. The First Sergeants rode with us to check on the young airmen, making sure they weren't suffering ill effects from the frigid winter temperatures. I first tried this recipe because of the large quantities it produces; but my son, Terry, liked them so much, I make them for him at Christmas, when I have time to bake.

375°

Makes 6½ dozen

1 C. shortening
1 ½ C. sugar
3 eggs
3 C. sifted flour
1 tsp. baking soda
½ tsp. salt
1 pkg. (9 oz) "None Such" Condensed Mincemeat, crumbled

Preheat oven to 375°.

In a large mixer bowl, beat shortening and sugar until fluffy. Add eggs; beat well. Stir together dry ingredients; gradually add to shortening mixture. Mix well. Stir in mincemeat.

Drop by round teaspoonfuls, 2 inches apart, onto greased baking sheets.

Bake 8 - 10 minutes or until lightly browned. Cool. Garnish as desired.
SNICKERDOODLES
Ardis Sieh, State Registrar
MacPherson Chapter Regent

For hundreds of years these cinnamon-sugar cookies have been known by their amusing name.

400°

Makes about 4 dozen cookies

¼ C. sugar
1 Tbsp. ground cinnamon
1½ C. sugar
½ C. shortening
½ C. oleo or butter, softened
2 eggs
2¾ C. All-purpose flour
2 tsp. cream of tartar
1 tsp. baking soda
¼ tsp. salt

Heat oven to 400°. Mix ¼ cup sugar and the cinnamon; reserve. Mix 1½ cups sugar, shortening, margarine, and eggs in large bowl. Stir in flour, cream of tartar, baking soda, and salt.

Shape dough into 1¼ inch balls. Roll in sugar mixture to coat. Place about 2 inches apart on ungreased cookie sheet. Bake about 10 minutes or until center is almost set. Remove from cookie sheet. About 4 dozen cookies.
THE BEST OATMEAL COOKIES
Robin Dustman, Honorary State Regent
State Historian
Black Hills Chapter

This is the best, moist oatmeal cookie recipe I have ever found. I think the secret is in soaking the raisins.

350°
Makes 6 dozen cookies

3 eggs, well beaten
1 C. raisins
1 tsp. vanilla
1 C. butter
1 C. brown sugar
1 C. white sugar
2½ C. flour
1 tsp. salt
1 tsp. ground cinnamon
2 tsp. baking soda
2 C. oatmeal (substitute ½ C. wheat germ for healthful cookies)
¾ C. chopped pecans

Combine eggs, raisins and vanilla and let stand for 1 hour, covered with plastic wrap.

Cream together butter and sugars. Add flour, salt, cinnamon and soda to sugar mixture. Mix well. Blend in egg-raisin mixture, oatmeal, wheat germ and chopped nuts.

Dough will be stiff. Drop by heaping teaspoons onto ungreased cookie sheet or roll into small balls and flatten slightly on cookie sheet.

Bake at 350° F for 10 - 12 minutes until lightly browned.
# QUANTITY COOKERY

Quantities of food for 50

## Meat
- Ham: 25 lb.
- Chicken: 25 lb.
- Roast Beef: 25 lb.
- Roast Lamb: 25 lb.
- Roast Pork: 25 lb.
- Chicken (creamied): 20 lb.
- Meat Loaf: 12 lb.

## Vegetables
- Potatoes (mashed): 15 lb. peeled
- Potatoes (boiled or browned): 1½ peck
- Potatoes (scalloped or creamed): 12 lb.
- Green Beans: 2 #10 cans or 10 #2 cans
- Peas or beets: 2 #10 cans or 9 #2 cans
- Corn: 3 #10 cans or 12 #2 cans
- Cabbage, carrots or beets (fresh): 12½ to 15 lb.
- New Peas: 35 lb.
- Fresh beans: 12 lb.
- Lettuce for garnish for salad: 5 good sized heads

## Salads
- Lettuce: 13 heads
- Rice, boiled or steamed: 1½ lb.
- Fruit (mixed for salad): 2 #10 cans or 7 qt.
- Cabbage & pineapple: 8 qt.
- Salad dressing: 1 qt.

## Relishes
- Celery: 10 bunches
- Olives: 2 qt.
- Sliced pickles: 3 qt.
- Small sweet pickles: 3 qt.

## Miscellaneous
- Coffee: 2 lb.
- Cream: 1 qt.
- Sugar: 1 lb.
- Bread: 5 loaves
- Butter: 2 lb.
Cook Stoves
And
Campfires
Relation of Weights to Measures from Mrs. Owens Cook Book and Useful Hints for the Household

Mrs. Owen's Cook Book was published during the Victorian era. The following are provided out of order because of the usefulness of the information during the 19th Century.

- **Wheat Flour**: 3 cups make 1 pound
- **Corn Meal**: 3½ cups make 1 pound
- **Granulated Sugar**: 1 large coffee cup makes 8 ounces
- **Dry Brown Sugar**: 1 large coffee cup makes 8 ounces
- **Good Firm Butter**: 1½ cups pressed down makes 1 pound
- **Eggs**: 10 make 1 pound
- **Raisins**: 1 cup makes ½ pound

4 large tablespoons equal 1 wineglass
8 large tablespoons equal 1 gill
2 gills are ½ pint
2 pints are 1 quart

**Additional information:**

- **1 gill**: 4 oz. or ½ cup
- **1 teacup**: 4 oz. to 6 oz. depending on size of your teacup
- **1 pound of flour**: 4 cups of flour

Saleratus -- baking soda, substitute measure for measure
A porter bottle was a type of beer bottle mostly made of pottery
(Editor's Note: The following recipes have been put in chronological order. The excerpts from Dr. Chase's Recipes are long, but interesting. The recipes from our members following it begin in 1887 and progress through World War II. These recipes are followed by a short section on Camp Fire Recipes.)

CABBAGE SOUP
Mary Louise Brown
Bear Butte Chapter

This recipe come from an 1860 cookbook.

Serves 4

2 C. finely chopped cabbage
Salt to taste
4 C. milk
Butter to taste
Salt and pepper to taste

Combine cabbage, salt and enough water to cover in kettle; bring to a boil. Reduce heat; simmer for 30 minutes or until tender. Press through food mill; return to the kettle. Add milk, butter, salt and pepper; bring to boiling point. Serve hot with oyster crackers. Yields 4 servings.

Rexene's Great, Great Grandfather during the Civil War
UNCLE ED'S CHOCOLATE SYRUP
Marcia Moos, State Vice Regent
Harney Peak Chapter

This was a secret recipe and won a prize over 100 years ago (about 1870). It was used by his father in his drug store and then in his own drug store in St. Paul, Minnesota when he was the oldest practicing pharmacist in the nation. This has the flavor of the syrup used in the drug store fountains in the early years.

4 C. sugar
2 C. Hershey's Cocoa
2 C. water
4 Tbsp. white Karo syrup

Sift sugar and cocoa together. Add water and syrup. Boil for 5 minutes.

A 1914 post card
Days of "soddies" and "pioneering" struck a familiar note with me. I have in my possession a very old "receipt" book. Dr. Chase published his first book in 1860, the second book in 1873, and the third one in about 1886. My book is titled "Dr. Chase's Receipt Book" and includes subjects and receipts for medicines, diseases, nursing, cooking, cleaning, curing meats, making cheeses, dairies, domestic animals, agricultural, mechanical and even bee-keeping. Early day settlers must have had this type of book in order to survive those early days and conditions they encountered.

Truthfully, the receipts are detailed and wordy; not at all like we see in the cookbooks of today; however, these receipts would get the job done and are undoubtedly the forerunners of today's receipts.

I do not know who the original owner of the book was, nor where it had been. I purchased it at a sale -- it was yellowed, aged and well worn, I wanted to see what someone had found so useful and used so hard. Having read through it, I am really glad that I live in the time that I do, and not way back then.
THE KEY TO A HAPPY HOME.
Editor's Note: The following recipes were selected from the third cook book published by Dr. A. W. Chase in 1886, just two months before his death. Before going to the excerpts from his book, reading the following Memoriam will give you some background on the author. The wording and spelling have been taken from this work and the numbering as it appeared in the book was left in place. Consecutive numbers do not mean that they appear in the original book in this order, but this is how he numbered paragraphs under each heading. I hope that you will find his writings both informative and amusing, as I did. It was difficult to select only a few of the receipts that were submitted. They are provided for your enjoyment and enlightenment only, and are not endorsed or recommended by this organization.

IN MEMORIAM

Dr. Alvin Wood Chase, physician, and author of the celebrated Dr. Chase's Receipt Book, was born in Cayuga County, New York, in 1817. He was a son of Benjamin Chase, a native of the State of Massachusetts. When Alvin was eleven years of age his parents located near Buffalo, N. Y., were he grew to manhood, receiving a very limited education, in a log school-house. His desire for knowledge was so strong, coupled with an ambition peculiar to his naturally energetic disposition, that he far outstripped his more dilatory companions of that humble institute of learning. When seventeen years old he left New York and found employment on the Maumee River, in the meantime devoting his spare moments to study. In 1840 he located at Dresden, Ohio, where in the spring of 1841 he married Martha Shutts, daughter of Henry and Martha Shutts, natives of New York. To this noble and gifted wife, and mother of his children, may be justly attributed much of the success that followed the doctor during his long and eventful career. From the days of his boyhood he entertained a wish to study medicine, and awaited with impatience the time when he might become a member of the fraternity. After many wanderings he settled in Ann Arbor, Michigan, in 1856, where, to his intense delight, he was enabled vigorously to prosecute his studies in what was to be his future life-work.
He attended lectures in the medical department of the State University during 1857 and 1858, and graduated from the Eclectic Institute of Cincinnati, Ohio, in the meantime. Prior to 1869 he traveled over a large part of the United States, acquiring valuable knowledge, only gained by practical experience, which proved a good foundation for the wonderful book which afterward gained such great celebrity. The first edition of the work, like all subsequent ones, proved a great success, and soon placed the author on the high road to fortune. In 1864 he built the first part of that magnificent structure that still bears his name. It stands on the corner of Main Street and Miller Avenue, and is an ornament to our city. The building was completed in 1868. The business had so increased that at this time fifty persons found constant and remunerative employment within the walls of the building; and the hospitality and liberality of the Doctor to the employees of the institution, as well as to the needy ones of the city, were always subjects of admiring comment.

In 1873 he published his second book, of which many thousands copies were sold, and it is safe to say that fully one million and a half have found their way into the homes of this and foreign countries.

A few years only have elapsed since Dr. Chase was considered one of the most prosperous and well-to-do citizens of Ann Arbor; losses by thousands and tens of thousands of dollars greatly reduced his accumulations so honestly acquired. It is seldom the case that so much wealth is secured in so short a time by honest endeavor. He entered into no speculating schemes, but industriously pursued a very useful calling, bringing large profits without detriment to any, but, on the contrary, of great value to all. But, notwithstanding his losses, he did not lose his native energy or manliness of purpose, and stood before the community a conspicuous example of what energy, perseverance, and an indomitable will may accomplish. His liberality was remarkable, considering his income, though large. Many men, whose means were quadruple those of the Doctor, did not give one quarter as much for the advancement of Education and benevolent enterprises.

He was once nominated for mayor of the city, but his business compelled him to decline the proffered honor. But the storms of life finally overtook him and swept with almost resistless fury around the now aged physician, and a few of the prejudices that characterize the human family found a resting place in the heart of the noble man; yet, when the last chapter shall have been entered in the book of life, the account will probably be balanced. The last earthly rites have been performed, and the aged veteran laid peacefully away.
beneath the shadow of the silent tomb. It may truthfully be said that he lived with "malice toward none and charity to all." A beautiful monument marks the place where his earthly remains are laid away, but his real and enduring monument is seen in his life, devotion and usefulness to his fellow man.

L. Davis  
Secretary of the Washtenaw County  
Pioneer Society  
Ann Arbor, Nov. 28, 1886

FROM DR. CHASE'S RECIPES  
PART I -- TREATMENT OF DISEASES  

BURNS — From Gunpowder, Prof. Gunn's Treatment.  
— While Prof. Gunn was in the medical college, in Chicago, he gave the following item, through one of the journals of that city. It seems almost superfluous to add a word of endorsement, for, from several years acquaintance with him, as professor of surgery in the University of Michigan, it is well known that his recommendations could be relied upon. It is only for the benefit of those who are not acquainted with this fact that I have mentioned it. He says: "In burns from gunpowder, where the powder has been deeply imbed­ded in the skin, a large poultice made of common molasses and wheat flour, applied over the burnt surface, is the very best thing that can be used, as it seems to draw the powder to the surface, and keep the parts so soft that the formation of scars does not occur. It should be removed twice a day, and the part washed with a shaving brush and warm water before applying the fresh poultice. The poultice should be made sufficiently soft to admit of its being readily spread on a piece of cotton. In cases in which the skin and muscles have been completely filled with the burnt powder, we have seen the parts heal perfectly, without leaving the slightest mark to indicate the position or nature of the injury."
Butternut Pills.

-- A very valuable cathartic is made by taking the inner bark of the butternut tree and roots (not old trees), strip it into strips and put in a clean boiler, with plenty of water, and keep moderately hot for 48 hours, then boil for a few hours longer, after which pour out and strain; then boil it down to a consistency of thick molasses, adding at this point as much molasses as there is of the extract, and continue to boil down carefully until quite thick; then preserve in covered jars. Dose -- A piece the size of a small hickory nut, or less, as may be found to be necessary to produce proper cathartic action. During the Revolution there was but little other physic used. This, however, was very satisfactory; and still in places where the tree abounds, it may be adopted with a like satisfaction. In case that it gripes or gives pain in the action, a little powdered ginger, or capsicum may be incorporated with the gummy mixture to overcome this tenesmus, as doctors call it. One-fourth as much bulk of the ginger or one-eighth of capsicum will be sufficient.

Indian Cough Syrup

Elecampane root and Indian turnip (known also as wake-robin, Jack-in-the-pulpit, etc.), bruised, each, 1 oz.; honey, 1 pt. Steep thoroughly and strain. Dose -- A tea-spoonful to a table-spoonful as often as the cough or tickling requires it, at least 3 or 4 times daily. -- Reliable.


2. -- The Baltimore American informs us that Gen. George Washington gave the following recipe for a cold, to an old lady now living in Newport, when she was a very young girl, 1781 -- 103 years before this writing. He was lodged in her father's house, the old Vernon mansion. As she was being sent to bed early with a very bad cold he remarked to Mrs. Vernon, the mother of this lady; "My own remedy, my dear madam, is always to eat, just before I step into bed, a hot roasted onion if I have a cold."

3. Remarks. -- It may be taken for granted that this simple remedy will be found very efficacious and, if the cold is of recent taking, with the help of either toasting the feet before the fire or stove through the evening, otherwise soaking them in hot water for 15 to 20 minutes before going to bed, it will be more likely to succeed. If necessary, however, to effect a complete cure, repeat it for one or two evenings. And if a hot roasted onion was eaten two or three times during the day it would also help the cure.

4.
5. Colds and Inflammation — Health Rules for Winter —

1. "Never lean with the back upon anything that is cold.
2. "Never begin a journey until the breakfast has been eaten.
3. "Never take warm drinks and then immediately go out in the cold air.
4. "Keep the back, especially between the shoulders, well covered; also the chest well protected.
5. "In sleeping in a cold room, establish the habit of breathing through the nose, and never with the mouth open.
6. "Never go to bed with cold or damp feet; always toast them by a fire 10 or 15 minutes before going to bed.
7. "Never omit weekly bathing, for, unless the skin is in active condition, the cold will close the pores and favor congestion or other diseases.
8. "After exercise of any kind, never ride in an open carriage or near the window of a car for a moment; it is dangerous to health and even to life.
9. "When hoarse, speak as little as possible until it is recovered from, else the voice may be permanently lost or difficulties of the throat be produced.
10. "Warm the back by a fire, and never continue keeping the back exposed to heat after it has become comfortably warm; to do otherwise is debilitating.
11. "When going from a warm atmosphere into a colder one, keep the mouth closed so that the air may be warmed by its passage through the nose ere it reaches the lungs.
12. "Never stand still in cold weather, especially after having taken a slight degree of exercise; and always avoid standing on ice or snow, or where the person is exposed to cold wind; in short, keep your feet warm, your head cool, and your mouth shut and you will seldom 'catch cold' " — Common Sense.
13. To the foregoing rules from "Common Sense" allow the Old Doctor to make a "baker's dozen" of them, by saying that the most fruitful seed from which colds, and often consumption arise, is the pernicious habit of young people loitering at the gate. Never do it.
Colds of Young Children — Onion Syrup for — Very Valuable.

- Slice up thinly a few mild onions and sprinkle sugar over them, set in the oven in a suitable dish to simmer until the juice may be all squeezed out, then thoroughly mix with the sugar, forming a very nice thick syrup, or sugar, according to the amount of each used. Dose -- A tea-spoonful, or less, according to the age of the child, 4 or 5 times daily, as needed. It is perfectly safe and reliable for the smallest child; also valuable for adults.

Remarks. -- This might claim to be a half-brother to General Washington's cure for colds.
PART II - GENERAL DEPARTMENT

PUDDINGS

Plum Pudding to Englishmen's Taste, No. 3, in Rhyme. —

To make plum-pudding to Englishmen's taste,
So all may be eaten and nothing to waste,
Take of raisins, and currants, and bread-crumbs, all round;
Also suet from oxen, and flour a pound,
Of citron well candied, or lemon as good,
With molasses and sugar, eight ounces, I would,
Into this first compound, next must be hasted
A nutmeg well grated, ground ginger well tasted,
With salt to preserve it, of such a teaspoonful;
Then of milk half a pint, and fresh eggs take six;
Be sure after this that you properly mix.
Next tie up in a bag, just as round as you can,
Put into a capacious and suitable pan.
Then boil for eight hours just as hard as you can.

PIES

The Pie of our Fathers - Minced Pie.

General remark: Any pie, to be good, ought to have a light and flaky crust, or "pastry," as more recently called, and the filling should be put in sufficiently thick to remove suspicion of stinginess on the part of the maker, both points are most eloquently brought out in the following communication of Jennie June's, to the Baltimore American, written as a defense of the minced pie, or "the pie of our fathers," as she calls it, against which so much has not only been said, but written. It is so rich in thought, eloquent in argument, and correct in its principles of instruction, it is worthy of a perusal, at least on Christmas occasions, by all lovers of minced pie, who have not "abused their stomachs," as she puts it, "until they have become dyspeptics." Such persons may feel grieved that they cannot allow themselves to indulge in this luxury any more, but they should have been reasonable in an earlier day, then they could not feel a necessity for complaint. Some writers claim that minced pies are bad, only when eaten just before retiring. Such a plan with any food, to be made a habit of, is bad. The stomach needs, and must have rest, as well as the body, or it will sooner or later make a complaint, never to be forgotten: she says:

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"I feel moved to say a word in defense of not only the pie in general, but the pie in particular -- the symbolic mince pie, which the people who have abused their stomachs until they have become dyspeptics unite in abusing. The mince pie is a very ancient institution, and the only pie that has religious significance. The hallowed crust represents the manger in which the Savior was laid; its rich interior, the good things brought by the Wise men as offerings and laid at his feet. A good mince pie is not only better for digestion than a poor one but it has a representative character of its own -- it symbolizes our love and devotion to the divine principle to which the Christmas festival is consecrated. Mince pies should be prepared with a due sense of their character and importance. They should not be eaten often, but they should be well-made of fine and abundant materials, and, when served, received the due regard and given the place of honor. Thin layers of impoverished mince, enclosed in flat, ceramic (hard, like earthenware) crust, are not mince pies; they are the small-souled housekeepers substitute for the genuine article. The true mince pie is made in a brown or yellow earthen platter, is filled an inch thick with a juicy, aromatic compound, whose fragrance rises like incense the moment heat is applied to it, and it comes out the golden brown of a russet which has been kissed by the sun. No common or nerveless band should be allowed to prepare or mix the ingredients for this sum of all pastry. Every separate article should be cut, cleansed, chopped, sifted, with strong but reverent touch, and the blending should be effected with the sweetest piece of the apples, reduced by boiling with the syrup of the maple and sacramental wine. Thus the spices of the East, the woods of the North, the sweetness of the South, and the fruit of the West is laid under tribute, and the result, if properly compounded, is a pie that deserves the esteem in which it was held in ancient times, and does credit to the skill of our foremothers, who brought it to its present state of perfection and to the good judgment of our forefathers, who appreciated and ate it. Let us defend and sustain one of our time-honored institutions against the attack of a weak and effete generation, which, having demoralized itself by indulgence in many more obnoxious pleasures of the table, makes the "pie" the scapegoat, and especially the "mince pie," which, when deserving of its name, is a revelation of culinary art -- a kitchen symphony -- deserving the respect and consideration of all who understand and appreciate a combination and growth which has achieved the highest possible result."
Minced Pies, No. 1
-- Boil a fresh beef's tongue (or very nice tender beef in equal amount, about 3 lbs, remove the skin and roots (any remains of the windpipe, blood vessels, etc.) and chop it very fine, when cold; add 1 lb of chopped suet; 2 lbs of stoned raisins; 2 lbs of English currants; 2 lbs of citron, cut in fine pieces; 6 cloves, powdered, (1/2 tsp powdered clove); 2 tsp of cinnamon; 1/2 teaspoonful of powdered mace; 1 pt. of brandy; 1 pt. of wine, or cider; 2 lbs of sugar; mix well and put into a stone jar and cover well. This will keep some time. When making the pies, chop some tart apples very fine, and to 1 lb of the prepared meat put 2 bowls of the apple; add more sugar if taste requires it, and sweet cider to make the pies juicy, but not thin; mix and warm the ingredients before putting into pie plates. Always bake with an upper and under crust, made as follows:

Crust. -- Lard, butter and water, each 1 cup; flour, 4 cups.
Remarks. -- To which I would add, the yolk of an egg and a little salt. As a general thing, I do not think so much brandy and wine are used, and although I do not object to eating, occasionally, of such a pie, yet, as many persons do, they can leave them out, substituting boiled cider -- 3 to 1-- in the place of the brandy or wine; or pure alcohol, 1/2 pt., would be as strong in spirit, and cost less than half as much, while the difference in taste would not be observed. Each person can now suit themselves and be alone responsible. I will guarantee this much, however, no one will be led into habits of drink from the amount of spirit they will get in a piece of pie thus made -- possibly one-fourth of a teaspoonful. Nearly all receipts for minced pies contain wine or brandy; they can be used or left out, as any one shall, choose, by using the cider more freely.

Mock Minced Pies, No. 2, with Cracker Crumbs.
-- Cracker crumbs, sugar, molasses, boiling water, and raisins, each 1 cup; vinegar and butter, each 1/2 cup; 2 beaten eggs; nutmeg and cinnamon, each 1 teaspoonful; cloves, 1/2 teaspoonful. Either of them will make 3 pies.
Remarks. -- English currants can be added to this, if desired, or dropped from No. 1, as one may choose. To imitate minced pies, of course, they must have upper as well as under crust. (See Pastry, for making the crust.)
Mock Minced Pies, No. 3, with Apples.
-- Crackers, double handful; tart apples, medium size, 8; raisins, 1 cup; butter and molasses, each 1/2 cup; ground cinnamon, cloves, and allspice, each 1 teaspoonful; salt, 1 saltspoonful; sugar and cider. DIRECTIONS -- Roll the crackers; pare, core and chop the apples, melt the butter, and mix all, using cider to make sufficiently moist, and if the cider is not quite tart, add 1 or 2 tablespoonfuls of vinegar, with sugar enough to give the requisite sweetness, which each must judge for himself, as tastes vary so much.

Remarks: -- The apples give these pies a much greater resemblance to the real, than as formerly made without apples. If they are made with a light biscuit crust, which is made with at least 1 teaspoonful of baking powder; then wetting the bottom crust with the beaten white of an egg before the mixture is put in, even the dyspeptic may eat them, if he can eat ordinary food. They are healthful, as well as very palatable. Give the author the one with the apples when he calls upon you.

Cream Pie, No. 1, Crust Baked First.
-- For each pie to be baked take 2 small eggs; sugar, 1/2 cup; corn starch, 2 tablespoonfuls, or half flour; milk, 1 pt. DIRECTIONS -- Make your crust and have it ready baked (pricking with a fork to prevent blistering); put the milk on to boil; beat the yolks of the eggs, stir the corn starch in a little cold water, smoothly; then add sugar, and stir all into the boiling milk, and continue the heat until the custard is set, or thick; then put into the baked crust and bake 15 or 20 minutes, having beaten the whites with 1 tea-spoonful of cream or butter and 2 tablespoonful of sugar; spread on top and brown nicely in the oven.
Lemon Pie, Quickly made.
-- One lemon; melted butter, 1 tablespoonful; water, 6 tablespoonfuls; corn starch, 1 tablespoonful (flour will do, but not quite so good); eggs, 2; sugar, 6 tablespoonfuls. DIRECTIONS -- Grate off the yellow, or zest of the lemon, as it is called -- peel off the white part and throw it away -- then grate up the pulp, if you have a coarse grater, or chop it fine having picked out the seeds. Put starch or flour in the water, and stir as for gravies; then stir in the melted butter and 3 spoonfuls of the sugar, and the beaten yolks of the eggs with the grated yellow and pulp of the lemon. Make with one crust only, and when baked properly, having beaten the whites of the eggs with the balance of the sugar for frosting, put it on and give it a nice brown. Powdered sugar is the best for frosting.

Remarks. -- The advantage of this pie is it can be made in a hurry, as it is all made cold, except the butter. Lemon pies are quite often made with flour in place of the corn starch.

Orange Pie.
-- One good-sized orange, grate the rind, and chop or slice the inside, removing the seed; 3 eggs, 1/2 cup of sugar, 1 cup of milk, 1 heaping tablespoonful of corn starch; no upper crust.

Remarks. -- The author cannot see why any person who can make as nice a pie as this recipe does should blush by dropping her name, and taking an artificial one. So it is with some people. I can tell if the recipes are good as soon as I read them, even if they have no name at all attached to them. Hence I take the best I can find anywhere and everywhere, giving the proper credit, for the good of the many people who have so far patronized "Dr. Chase's Book," not because they were Dr. Chase's, but because they were good. And I will here remark that I have often wondered that I did not see more orange pies, even to the lessening of the lemon. For, if you get nice juicy oranges, the flavor is delicious, and less sugar is required than for lemons. They may be frosted the same as lemon, if desired. What is more delicious than a nice, juicy blood orange -- certainly there is but one thing which can equal it -- a luscious peach.
CAKES

CAKE-MAKING, BAKING, ETC. -- General Remarks and Explanations. -- To make good cake every article used must be good, of its kind -- flour, sugar, or molasses, butter or lard, eggs, spices, or flavoring extracts, fruit, cream of tartar and soda, or saleratus, or baking powder, milk, etc.

But to save repeating the explanation with every cake receipt given (many of which must be very similar, if not absolutely the same), I will make such an explanation in connection, with each of the articles mentioned as entering into cake-mixtures that persons can soon familiarize themselves with, all that is necessary, to a full and complete understanding of the whole subject, without the repetition referred to.

Flour. -- It being understood, then, that all the articles, or material used in making cake shall be good, I need only say: The flour will be the better if put into the oven and thoroughly dried -- stirring a few times while drying -- then sifted; and if cream of tartar with soda, or baking-powder are to be used, they -- or the one to be used -- should be stirred into the flour before sifting.

Sugar and Butter. -- Use your own judgment as to whether white or light brown sugar may be used. For common purposes the light brown will do very well; but if a delicate cake, for any particular occasion, is to be made, use pure white sugar and very nice butter. If sugar is at all lumpy, crush by rolling, then the sugar and butter should always be creamed together, i.e., beaten together until they are completely blended into a mass, much the appearance of cream, hence the word "creamed" has been appropriately applied. And this creaming of the butter and sugar is a very important part of cake-making; for, by this process, the oiliness and consequent indigestibility of the butter is overcome, the cake rises brighter, and is much more healthy and digestible than by rubbing the butter into the flour, which has heretofore been the more usual custom.

In cold weather it may be necessary to place the butter in a warm place a short time to soften -- not to melt -- to enable the creaming to be properly done.

Lard and Drippings. -- Neither lard nor drippings are as good as butter, but, for family use, half the amount may be very satisfactorily put in the place of half of the butter named.
Molasses. -- When molasses is used the cake will scorch quickly if the oven is too hot; hence for these, and for cakes having fruit in them, bake in a moderate oven, especially such as fruit loaf-cakes, they being generally thicker require a longer time for baking. Then, if there is danger of burning the top in any case, cover with brown paper, until nearly done.

Eggs. -- Eggs must be fresh and well-beaten; and it is claimed that all cakes are better if the yolks and whites are beaten separately. This may be true, to a certain extent, but my wife who has made cake for me (or seen that it was done as she desired) for over forty years, claims, and I have no doubt of the fact, that the difference, for general use, is not sufficient to pay for the extra trouble; while, for nice cake, for special occasions, it may be best to beat separately.

Spices are always to be ground, or very finely pulverized, where the old fashioned mortar is still in use.

Flavoring Extracts, kept by dealers may be used, or those made by receipts given in this work, which will be found under proper headings, using only sufficient to obtain a fair flavor of the fruit represented.

Fruit requires care in selection, or purchase, and also in its preparation for use.

Raisins need to be looked over to free them from any remaining stems, and from small gravel-stones, which are often found among them, then washed drained, dried and floured, and used whole, or they may be seeded and chopped after washing, and draining, then rubbed -- dredged -- with flour, which largely prevents them from settling to the bottom of a cake or pudding.

English Currants require picking carefully, to free them from gravel, dirt, etc., and several careful washings, for the want of proper care in curing. They also require drying and flouting, the same as raisins, for the same reason.

Home-Dried Fruit.-- Currants, raspberries, blackberries, whortle ("huckle") berries, etc., may be substituted for foreign fruit very satisfactorily -- when desired, or when they are plenty.

Citron, when used, is to be "shred," i. e., cut into long narrow strips, or chopped, as preferred. If chopped, however, leave it the size of peas, so that one eating the cake can tell what it is without too close scrutiny.

Almonds are to be blanched, i. e., boiling water is to be poured upon them and allowed to stand until the skin will rub off easily, then chopped as citron, or pounded finely, in rose water -- preferably chopped.
Cream of Tartar and Soda are always to be stirred into the flour before it is sifted, the same as baking powder. The proportions in using should always be two of the first to one of the later. They are usually kept in separate boxes and mixed when used, by taking out 2 teaspoons of the cream of tartar to 1 of the bicarbonate of soda (baking soda), but they may be purchased in quantities of 1/2 lb. of the cream of tartar to 1/4 lb. of the soda (or in these proportions) and all mixed at once, if dry, and kept in an air-tight box in a dry place, and thus you have always ready for use a better baking powder than you can buy.

Saleratus, when used, is to be dissolved in a little hot water, or in a little of the milk, by rolling finely on the table or moulding-board before putting into the cup to dissolve. After the same is dissolved, add it to the cake mixture.

Soda, when used alone, is to be treated the same as saleratus.

Baking Powder should always be mixed into the flour, the same as cream of tartar and soda, before the flour is sifted.

Milk is always to be sweet when baking powder, or cream of tartar with soda are to be used. Sour milk or buttermilk when soda, or saleratus only are to be used.

Making Up or Putting Cake Together, -- The eggs being properly beaten, the flour sifted, the sugar and butter creamed, everything to be used be in place within reach, little by little add the milk to the creamed sugar and butter, stirring constantly, then the yolks of the eggs (when beaten separately), after which the sifted flour, having the proper amount of baking powder, or cream of tartar and soda in it, and then the fruit (if fruit is to be used), spices or flavoring extracts; but, now, if saleratus is being used, it is to be dissolved and stirred in, and lastly the beaten whites of the eggs, stirring but little after these are a added; but the more thoroughly the stirring together, previous to putting, in the whites, the better.

Baking -- Heat of the Oven, etc. -- To bake cake nicely, the heat of the oven should be uniform throughout the whole time of baking; and for light, thin cakes (and that covers nearly all, except those having fruit in them) a quick oven is required, so that by the time the cake is properly raised the baking shall commence; for if the heat is not uniform throughout the baking there will be a soggy streak shown in the cake, because if the cooking slackens much the cake begins to "fall," and although the heat may be again raised, yet what has settled together will not rise again; while if you get too great a heat simply cover the cake with brown paper to prevent burning the top, and partly close the damper to prevent too much heat from passing under the bottom; but the oven door must not be
left open in cake baking, or else the cake will "fall," the same as if
the heat had fallen off for want of fuel. Avoid, as much as possible,
also, the moving of cake after it is placed in the oven and has began
to rise, as the motion may cause the escape of gas, leaving the cake
heavy, and especially is this important with cake containing grated
or dessicated cocoanut.

**Pans.** — Pans should always be well buttered, except for thick, or
loaf cake, which requires the bottom of the pan to be covered with a
buttered piece of white paper, buttering the sides, unless deemed
safest to paper the sides also, especially if the cake is a thick fruit
cake, and in this case the top must be covered with brown paper un­
til nearly done.

To Know When a Cake is Done, pierce it with a clean broom
splint. If it comes out free of the cake mixture it is done; but a few
minutes more had better be given it than to have it at an under done.

**Hints and Suggestions.** — If attention is given to the above ex­
planations and a moderate degree of experience is brought to bear
upon the following recipes, I have no fears of a failure, and those
who have not been instructed as they should have been by their
mothers, or those having the care of them in their minority, and now
find it necessary to make cake for themselves and their husbands,
must begin with the cookies, and other smaller and plainer cakes,
lest a failure should too greatly discourage them; and should they
fail a few times, take the mottoes, " don't give up the ship, " but "
try, try again," and ultimate success must follow.

Lastly-Keeping Cakes. — Keep cakes in the cook-room until
cool; then wrap and place them in boxes with covers to exclude the
air. Jelly cakes, however, had best not be removed from the plates
upon which they have been built up, but need to be wrapped and
placed in boxes, the same as others, which insures their moisture
much longer than if not put away in boxes. Fried cakes, cookies,
etc., after becoming cool, may be put into stone jars, and a cloth of
several thicknesses be put upon them, pressing it down around the
edge, then another cloth over the top of the jar, with a plate upon it
will keep them sufficiently moist. It is not best to make large
amounts of them at a time. Bread needs the same care to keep it
nicely moist.
Lady Cake.
-- Whites of 8 eggs, beaten to a froth; white sugar 2 cups; butter, 1 cup, creamed with the sugar; flour, 3 cups; cream of tartar, 1 teaspoonful in the flour; sweet milk, 1/2 cup, with soda, 1 teaspoonful in it; then heat all together and bake in a mold or small pans, as you please. Season, if desired, any flavor preferred.

Love Knots for Tea.
-- Little cakes folded over in the form of love knots are nice for tea. Flour, 5 cups; sugar, 2 cups; butter, 1 cup; a piece of lard the size of an egg; 2 eggs; sweet milk, 3 tablespoonfuls; soda 1/2 teaspoon; a grated nutmeg, if liked, or as much cinnamon. DIRECTIONS -- Sift the soda in the flour, then rub in the butter, lard and sugar, and then the beaten eggs, milk and spices, if any are used; roll thin and cut in strips an inch wide and 5 or 6 long, and lap across in a true lover knot. Bake in a quick oven. *Ann Arbor Register.*

National Cake.
-- White part -- Cream together 1 cup white sugar and 1/2 cup of butter, then add 1/2 cup of sweet milk, the beaten whites of 4 eggs, 1/2 cup of corn starch, 1 cup of flour into which has been mixed 1 teaspoonful of cream of tartar and 1/2 teaspoonful of soda. Flavor with lemon extract,

Blue part -- Cream together 1 cup of blue sugar and 1/2 cup of butter, then add 1/2 cup of sweet milk, The beaten whites of 4 eggs and 2 cups of flour, in which mix 1 teaspoonful of cream of tartar, and 1/2 teaspoonful of soda. No flavor.

Red part -- Cream together 1 cup of red sugar and 1/2 cup of butter, then add 1/2 cup of sweet milk, the beaten whites of 4 eggs and 2 cups of flour, in which mix 1/2 teaspoonful of cream of tartar and 1/2 teaspoonful of soda. No flavor. Place in a bake pan, first the red, then the white, and last the blue. Bake in a moderate oven.

Watermelon Cake.
-- White sugar, 2 cups; butter and sweet milk, each 2/3 cup; whites of 5 eggs; flour, 3 cups; baking powder, 1 teaspoonful. DIRECTIONS -- Beat the eggs, sugar, butter and milk together, put the baking powder into the flour before sifting it in, and mix.

II. Red sugar (kept by confectioners), 1 cup; butter and sweet milk, each 1/2 cup; flour, 2 cups; baking powder, 1 teaspoonful; whites of five eggs: raisins (nice large ones), 1/2 lb. DIRECTIONS -- Beat together in the same order as the first, cut the raisins into halves, the longest way, and mix in last; then put some of the first
into the pan, hollowing it in the center to receive all of the second or red part, if it is sufficiently stiff to allow it, piling it up in the round form as neatly as possible, to represent the red core of the melon; then cover with the balance of the white, so you have a white outside and a red core, like a watermelon, if neatly done.

MISCELLANEOUS

Cisterns, How to Build Square or Round — The Difference in Capacity with the Same Number of Brick.

-- But few persons are aware that a square cistern holds considerably less than a round one, the walls containing the same number of brick. But it is a fact, nevertheless. For instance: about 2,800, or at most, 3,000 brick will make a cistern 10 feet square and 10 feet deep, having an inside surface of 400 square feet, and will contain 1,000 square or cubic feet of water, equal to about 7,500 gallons, while the same number of brick will make a round cistern of about 12½ feet in diameter and 10 feet deep, which will contain about 1,270 cubic feet, or 9,225 gallons, a gain of about 27 per cent in capacity, with no more cost, either in brick, mortar, or laying the walls. Calculate about 7 brick to lay a 4-inch wall, for each square foot of wall desired, whether larger or smaller, deeper or less depth, it matters not. For the size above given, about 2 barrels of cement will be required, as the bottom ought to be about 2 inches thick. In laying the wall great care should be taken to ram or pack the dirt down very firmly behind it, so as to resist the pressure of the water. The roof should be arched 2 feet below the top of the ground.

ICE-HOUSE. — To Build Good but Cheap.

-- A year or two ago I had my attention called to an ice-house built by a farmer near me, which was simply a bin, made of rough boards, 16 feet square, and roofed over, leaving the large opening in the front and sides. He said his ice kept perfectly until the next winter. He put a layer of sawdust, about a foot thick, on the ground, and then stacked the ice snugly in the center, 18 or 20 inches from the walls, and then filled in with sawdust, and up over the top a foot or more thick. Last winter, before filling my ice-house, I determined to try this method. I accordingly tore out all the inside wall, and shoveled out the sawdust; then filled by stacking it snugly in the center, 15 or 20 inches from the wall. This space I filled in with pine sawdust, and covered the whole over the top a foot thick or more. I left out the window and took down my door and left it all...
open, so that the sun could shine in every day. Now for results. At the present time I have an abundance of ice, and the cakes seem to come out as square and perfect as when they went in, seemingly nothing lacking except what is used out. I am satisfied how to build an ice-house. -- Cor. N. Y. Farmers' Club, in Rural New Yorker.

Remarks. -- I see this writer speaks twice of a "foot or more," i.e. of the sawdust over the ice. I should "go" for more, say at least 18 or 20 inches and it strikes me as more correct also to keep out the sun: but have a window in each gable to allow the wind to pass through to carry off the moisture arising from the ice. I am honest in the opinion that a simple wall with 18 to 20 inches of sawdust between the wall and the ice is better than a double wall. Tramp the sawdust down well as filled in.

This is confirmed by J.S. Stephens, of Moore's Hill, Ind., writing to the Cincinnati Gazette, with a slight difference, in that he built his only 12 feet square, keeping 18 inches of sawdust between the ice and boards, giving him a block of ice 9x9 feet, and digging six inches into the ground at the bottom, then putting in sawdust enough to give him 1 foot when settled with the ice upon it, so he had 6 inches drainage above the ground; he says, too, "the space above the ice to be open and free for circulation and for the sun to shine in." I would keep the sun out, except by windows, to let the air go through. The Gazette added the following comment: "We regard the above as one of the best plans for a cheap ice-house ever published." Many ice-houses costing three times what the above would cost, have proved failures, the ice all melting by mid-summer.

Cream Beer or Soda, any Flavor.
-- Sugar, 2 1/4 lbs.; citric acid, 2 ozs.; juice of 1 lemon; water, 3 pts.
DIRECTIONS -- Dissolve by heat, and boil 5 minutes; when cold add the beaten whites of 3 eggs, beaten into a small cup of flour; and then stir in the ex. of lemon, or the ex. of any other flavor you desire; bottle and keep cool; put 2 table-spoonfuls more or less as you prefer into a tumbler of cold water, and stir in 1/3 to 1/2 teaspoonful of soda, and drink at your leisure, as the eggs and flavor holds a cream on top.

SUMMER DRINKS -- For the Field or Workshop, -- Nourishing as well as Allaying Thirst.
-- Make oatmeal into a thin gruel; then add a little salt, and sugar to taste, with a little grated nutmeg and one well-beaten egg to each gallon, well stirred in while yet warm. This was first suggested by the Church of England leaflets put out among the farmers and others
to discourage them from carrying whiskey into the field.

2. If the above plan is too much trouble, although it is, indeed, very nourishing and satisfactory, take the Scotch plan of stirring raw oatmeal into the bucket of cold water and stir when dipped up to drink. I drank of this at the building of the New York and Brooklyn bridge, which I visited with my son while in New York in the Centennial year of 1876, on our way from Philadelphia, and we were highly pleased with it. As near as I could judge, 1/2 to 1 pint was stirred into a common 12-quart pail. The workmen drank of it freely, preferring it to plain water very much.

**Interest, Rates of the Western States and Territories, New York and Canada, and Consequences of Taking Usurious Rates.**

The following rates of interest and consequences of taking usury, was collected by the *Ledger of Philadelphia*, a very reliable source, and will show any one at a glance where they can obtain the largest interest for money they wish to invest in any considerable amounts:

- **Colorado** -- Ten per cent on money loaned.

- **Dakota** -- Seven per cent. Parties may contract for a rate of interest not exceeding 12. Usury (illegal or exorbitant interest) forfeits all the interest taken.

- **Iowa** -- Six per cent. Parties may agree in writing for 10. A higher rate works a forfeiture of 10 per cent.

- **Minnesota** -- Seven percent. Parties may contract to pay as high as 12, in writing but contract for higher rate is void as to the excess.

- **Montana** -- Parties may stipulate for any rate of interest.

- **Nebraska** -- Ten per cent, or any rate on express contract not greater than 12. Usury prohibits the recovery of any interest on the principal.

- **Wyoming Territory** -- Twelve per cent, but any rate may be agreed upon in writing.
**Boots — To Make Water-Proof.**

Farmers and others whose business calls them into wind, snow, etc., ought to have their boots made purposely for them, not of thick, heavy cowhide, but kip or some soft and pliable leather, a kind the shoemakers know as a "runner," is good, and the soles should be double the whole length, and of firm and well tanned leather, and before earing the soles should be well filled with tallow, heated and dried in; then oil the uppers with castor oil, also heated in, at least a tablespoonful of it to each boot; then, if out in muddy or damp weather, or snow, or if you are compelled to stand or work in water during the day, wash off the boots clean at night, warming them by the fire while wet, and rub in the caster oil, a teaspoonful at least to each boot, and there will be no shrinkage, nor hard boots to get on in the morning. Do this twice to thrice a week all winter, as the snow or mud demands.

**BANDOLINE — For the Hair — As Used in India.**

Quince seed (which, in India, is called behdana), 1/2 oz.; essence of bitter almonds, or fine perfuming oil, a few drops only; water 1 pt.; alcohol 3 ozs.

**DIRECTIONS.** — Pour the water, hot, upon the behdana, and let stand over night; strain; put the essence of perfuming oil in the alcohol, and add; then bottle, and keep corked.

The ladies know that the miscellaneous properties of the behdana (quince seed) enables them to maintain any desired position of the hair, by first wetting, with it and keeping the hair as desired until dry; but probably are not so well aware that the alcohol prevents it from spoiling by keeping it corked.

**Remarks.** — The word, bandoline, comes from the French word bande or bandeau, meaning a band or belt, because the hair has to be kept in position by a band of thin cloth, or better, a bit of old lace, to allow the air to come in contact with the hair until dry. When quince seed are not obtainable, the following makes a good substitute:

**Crimps in Damp Weather — To Keep in Place.**

A very good bandoline is made by the use of gum Arabic or gum tragacanth (the Arabic is most use while the tragacanth is the best), say 1/2 oz. powdered, pouring on just enough boiling water to dissolve it; then adding alcohol enough to make it rather thin, (about 1 oz.). Let stand open all night, then bottle for use. **DIRECTIONS.** Wet the bangs with this mixture at bed time, and twist or curl the bangs upon the forehead, as desired; then put over a bit of lace, or a gauze band (French bandeau) to keep it in position till dry, or rather, till morning; then remove the bandeau, and pull the crimps out with the
fingers until they are soft and fluffy. It does not injure the hair, nor will the bandoline of quince seeds above. It will not come out, even in damp weather. If there is any gum on the hair, rub it off with the fingers, and if it looks dull, touch the fingers to a little of the glycerine and rose-water dressing above, and pass them lightly over the hair to give it a shiny appearance.

**COSMETICS FOR THE FACE.**

-- For a very fine one, (see face wash), Mrs. Chase's following treatment of pimpled face, etc.: Put flake white, 1/2 oz., in bay rum and water, each 2 ozs., and applied after shaking, to the face, with a piece of soft flannel, and when dry, wiped or rubbed off where too much white shows, is excellent. But I have much faith in the old lady's only cosmetic, given next below:

**An Old Lady's Only Cosmetic.**

"The only cosmetic I have used," said an old lady, "is a flannel washcloth. For forty years I have bathed my face every night and morning with clear water as hot as I can bear it, using for the purpose a small square of flannel, renewed as often as it grows thick and felt-like. My mother taught me to do this, as her mother had done before her. No soap nor powder, nor glycerine even, has touched my face, and this is what my skin is at 60," she finished, touching with pardonable pride a cheek whose peachy bloom and fine soft texture gave effective emphasis to the recipe. *Harper's Bazaar.*

**Remarks.** – This bathing of the face and neck with the hot water every night and morning, with a good rubbing with the flannel, certainly brings the blood to the surface, and what is there so nice as the beautiful carnation of a lady's cheek and lips, who has never spoiled God's beautiful arrangement for this beauty with pinky powders, or the swarthy liquids, in her attempt to outdo nature's handiwork. The pale and sickly may be excused for trying to imitate it, but the healthy and naturally beautiful, cannot be excused in their attempts to beat it. It cannot be done, no matter how skillfully it may be tried,
HOW TO KEEP WELL
Carol Foiles
Laura Ingalls Wilder Chapter

The following is taken from The White House Cook Book -- Copyright 1887 -- by F. L. Gillette.

Don't sleep in a draught.
Don't go to bed with cold feet.
Don’t stand over hot air registers.
Don't eat what you don't need, just to save it.
Don't try to get cool too quickly after exercising.
Don't sleep in a room without ventilation of some kind.
Don't stuff a cold lest you should be next obliged to starve a fever.
Don't sit in a damp or chilly room without a fire.
Don't try to get along without flannel underclothing in winter.

ASPARAGUS SOUP SUPREME
Mary Louise Brown
Bear Butte Chapter

This recipe was taken from a cookbook that was over 100 years old.

Serves 4

1 large bunch asparagus
2 lb. large potatoes, diced
Salt to taste
¼ C. butter
1½ qt. milk
1 Tbsp. flour

Cut asparagus into small pieces. Place in large saucepan. Add potatoes and enough water to cover. Bring to a boil. Add salt, reduce heat. Cook until tender. Add butter, then add milk. Add enough milk mixture to flour to moisten. Stir into soup. Cook, stirring, until thickened. Yields 4 servings.
ON SUGAR

If you had lived during the Victorian period time, you would have purchased sugar in a "loaf" or cone form. The cone form was made by pouring hot sugar syrup a wood or pottery cone shaped mold and then it was cooled. You would have received your hard cone sugar wrapped in a blue dyed paper, that had been tied and shipped for resale to local merchants. As a Victorian era housewife, you then would 'cut" the amount of sugar needed. If you were a frugal homemaker, you would "recycle' the blue dyed paper in which the sugar cone was wrapped by using it to "dye' fabric for garments during hard economical times. This practice has been documented in diaries and even the fashion magazines of the time.

BLACK CHOCOLATE CAKE
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

When Grace Van Cleve married Willis Pike, her youngest sister gave her an "Alta Ladies' Cookbook" published in 1905 with an oil-cloth cover. This is one of the recipes that I still use from this book. It was, and is, a favorite when sour cream is available.

"Beat three eggs, the whites and yolks separately; to the yolks add 1¼ cups sugar, ½ cup sour cream, one large cupful of flour, ¼ pound of chocolate melted with second ½ cup of sour cream, a pinch of salt, 1 tsp. vanilla, the whites of the eggs and lastly one tsp. soda dissolved in a little hot water; boiled frosting for filling.

(For the Modern Day Version of this Recipe, see Cakes Section)
This recipe was found in an 1910 recipe book printed at Clark, South Dakota. It is not my mother's recipe but hers must have been similar, for her "Burnt Sugar Cake" with the burnt sugar icing was always my choice for my birthday celebration. I can still taste its wonderful flavor even though that was many years ago. There is not given baking time or oven temperature -- they just knew when to add more coal or cobs!

**Burnt Sugar:**

1 C. white sugar
1 C. water

First prepare the 'Burnt sugar' by putting a cup of white sugar in an iron frying pan, add nothing to it; cook the sugar, stirring constantly until it melts and turns a light brown color. Do not let the sugar blacken in the least. Stop the cooking when it is a little less than chestnut color. Add 1 cup water and let mixture boil to a syrup, then put in a bottle for use when wanted.

**Cake:**

½ C. butter
1½ C. sugar
3 egg yolks
2 C. flour
2 tsp. baking powder
1 C. cold water
2 eggs
3 tsp. Burnt Sugar

Beat butter to cream, gradually beat into it 1 cup sugar. Beat yolks of three eggs, gradually beat in ½ cup sugar and beat this into the sugar and butter. Sift together 2 cups flour and 2 level teaspoon of baking powder; beat the flour mixture into the first mixture alternately with 1 cup cold water and 3 teaspoons burnt sugar mixture. Lastly beat in 2 eggs beaten dry.
Burnt Sugar Cake Frosting:

1 C. sugar
1/3 C. water
2 tsp. burnt sugar
1 egg white
1 tsp. vanilla

Melt sugar and water and add burnt sugar until the syrup spins threads 2 or 3 inches long, then gradually beat it into the white of an egg beaten dry. Flavor with vanilla. When cool and firm enough to hold its shape, spread on cake.
Credit must go to "Alta Ladies Cook Book", put out by the Ladies Aid Society of the Presbyterian Church Of Alta, Iowa, in 1905. The book was given to my mother by her sister, Amy, for Christmas of 1907. The recipes are interestingly written, and many recipes are of small amounts compared to today's standards. Most of the pie recipes call for 1 cup of liquid, but I remember my grandmother making pies each morning in small pans that were cut into quarters for serving. It was probably a seven-inch pan. This is one pie recipe I still use from this book.

1 C. (236 gm) sour cream
½ tsp. nutmeg
½ C. (72 gm) raisins
½ tsp. salt
¾ C. (147 gm) sugar
2 egg yolks (beat whites for meringue)

(I increase the raisins to ¾ to 1 cup and use 3 eggs. This makes a nice filling for a 9 inch pie dish, and it cuts into six nice servings.)
The following was taken from the WHEATLESS AND MEATLESS RECIPES prepared by the Home Economics Department of South Dakota State College, printed in January 1918.
The following collection of recipes is sent out with the hope that it may help in planning the menu in war times.

Fish has all the food value of meat and deserves a place in the menu at least two or three times a week. The cheese dishes are inexpensive and more nutritious than the same amount of meat. Nut dishes are more expensive, but offer a pleasing variety. Eggs should be used in place of, and not in addition to, a meat. They should not be used in breads and cakes. For this reason they are used sparingly in the bread recipes.

Many housewives are puzzled by the use of the wheat substitutes. Almost any quick bread recipe may be used substituting one or a mixture of the other flours in place of wheat.

These flours all require a little more liquid in mixing and also more baking powder than breads made from highly bolted white flour.

People who are prejudiced by long use of white flour may not find the darker flours acceptable, owing to their less attractive appearance. If this prejudice is cast aside, they will soon find that whole grain flours offer a variety and flavor never found in white flour.

Rice and potato flours are now on the market, but their value as a wheat substitute is doubtful since they are very expensive and almost wholly starch. Their value lies chiefly in their use as a thickening agent in place of white flour and as a light flour to be combined with the dark flours. A mixture of one-third rice or potato flour may be used with barley, buckwheat, rye or cornmeal.
Many housekeepers say that they do not know what to have for
dessert when wheat pie crust is forbidden. With the large and varied
assortment of gelatin and whipped cream, fruit and egg desserts, this
should not be a difficult problem. In steamed puddings and pastries
substitute dry bread crumbs and darker flours.

ABBREVIATIONS
C means cup. T means tablespoon. t means teaspoon.

EXTENSION BULLETIN OF 1918
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Enclosed are copies of an Extension bulletin of 1918. My Mother
(Grace VanCleve Pike) was always involved in extension work.
Both flour and meat were in short supply. I included helpful hints as
well as recipes. and this bulletin gave a few ideas:

Dorothy, Grace and Willis Pike
BARLEY FLOUR POPOVERS

1 - 3 c War Flour
2 eggs
2 - 3 c Barley Flour
2 T melted fat
1 t salt
\( \frac{7}{8} \) c milk

Mix the dry ingredients, add the unbeaten egg mixed with the milk. Stir until smooth and free from lump. Add the melted fat and pour into hot greased popover cups. Bake in a hot oven 30 - 35 minutes. (Poor directions! Must adjust the flour to the liquid. DD).

PROSO MUFFINS

1½ c proso meal
2 T sugar
\( \frac{1}{2} \) c barley flour
1 t salt
1 t baking powder
1 egg
2 T Fat
1 c sour milk
1 t soda

Sift dry ingredients, add the milk, beaten egg, and fat. Bake in gem tins about twenty-five minutes.
FRIED FISH

Use small, whole fish or fillets. Rub the fish with salt, and pepper and dredge with cornmeal. Fry in a skillet of hot fat.

CODFISH BALLS

Do any remember the dried, salted codfish that came in little wooden boxes?

My husband Harold Deethardt talked of food rationing during World War I out on the homestead in Montana. There was at least eight around the table for a meal. Always buckwheat pancakes for breakfast. Roasted barley for coffee. Ground their own corn on a burr mill. Harold's father freighted from Lewistown to Winnett and one day he stopped at home and unloaded flour. It was only a day or two until the Sheriff stopped in to reclaim that flour. Henry decided he could grind wheat by tightening the burr and putting four head of horses on the mill. It was whole wheat flour but much better that the other flours.

1 c shredded codfish
2 c mashed potatoes
1 T fat
Dash pepper

Scald the fish. Drain off the water; add potatoes, fat, pepper and enough egg to soften. Beat until light; shape into balls, and fry in hot fat until a golden brown.

BAKED APPLES

While I was in school, I learned to make baked apples in 4-H. I made some one afternoon after school and used the kerosene stove and oven to bake them. Was my mother provoked at me for operating the stove by myself!

Wash apples and take out the core. Take some brown sugar and butter; work with a fork. Put apples in a pan and fill with the sugar; put some water on and bake.

(For the modern version of this recipe, see "Other Desserts")
OLD "GAREY" RECIPE FOR DRY SALT MEAT
CURE FOR PORK

Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

My parents always did their own butchering when I was a girl. They cured the meat, made the sausage and put it in the casings and made their own lard. My mother also canned much of the meat.

For 1000 pounds of pork:

10 quart salt
3 pounds brown sugar
1 pound salt peter
1 pound red pepper

Rub into the meat well. Crowd in around the bone and pile on top of the meat.

For 100 pounds of pork:

1 quart salt
5 oz. brown sugar
1½ oz. salt peter (or less)
1½ oz. red pepper
1930'S RECIPES
Bernice Long
Mary Chilton Chapter

These recipes are from the era of the 1930's when farm people had milk cows, and hens for easy supplies for baking. Before measuring cups and spoons were a necessary tool! For temperature, just throw another cob in the fire!

YELLOW CAKE

2 eggs
1½ C. flour (about)
1 C. sugar
2 tsp. baking powder
1 C. sweet cream
Vanilla
Pinch of salt

ONE EGG CHOCOLATE CAKE

1 C. sugar
1 tsp. baking soda
Butter (size of an egg)
1½ C. flour
1 egg
2 tsp. cocoa flavoring
1 C. sour milk

TAYLOR CAKES OR DROP COOKIES

Another recipe for a wood cooking stove.

1 C. sugar
1 C. molasses
1 C. sour cream
1 tsp. soda
Butter size of an egg
3 eggs
Spices to suit taste
4 C. or more flour
MINCEMEAT
Harriet Eisenberg
Mary Chilton Chapter

This recipe is for mincemeat of the old fashioned kind made with meat. It is taken from a cookbook about sixty years old. Two cups of this recipe will make a nine inch pie or can be used in cookies. I like to can the mincemeat in pint jars as it will then keep for years. If it seems to be a bit dry, fruit juice, cider or brandy may be added.

From beginning to end about ½ day  
Yields about 8 quarts

2 lb. lean beef
1 Tbsp. salt
3 C. water
1 Tbsp. cinnamon
1 lb. suet
1 tsp. allspice
4 lb. tart apples
1 tsp. cloves
3 lb. seedless raisins
2 C. granulated sugar
1 lb. currents
2 C. firmly packed brown sugar
1 C. diced candied orange peel
1 C. molasses
¼ lb. citron, chopped
3 Tbsp. lemon juice
1 pt. cider or brandy (substitute 1½ C. water and ½ C. vinegar)

Use inexpensive cut of meat, or beef heart or fresh beef tongue; cut in small pieces, add water, bring to a boil and simmer covered two hours, or until tender, remove meat and measure 1½ cup stock. Put meat, suet, pared and cored apples through food chopper and place in large kettle; add raisins, currants, orange peel, citron, salt, spices, sugars, molasses and 1½ cups stock, and simmer about one hour, stirring frequently to prevent burning; add lemon juice and cider the last five minutes of cooking. Place in earthenware jar, cover closely and keep in cool place. Use about two cups for 9-inch pie.
BUTTERSCOTCH CHIP COOKIES
Betty Hagmann
Black Hills Chapter

The following recipe is from World War II during sugar rationing.

375° Makes about 5 dozen

1 pkg. Butter Pecan Cake Mix
2 eggs
1 tsp. vanilla
2/3 C. shortening
1 pkg. butterscotch chips
1/2 C. chopped nuts

Beat eggs, vanilla, shortening, and 1/2 of dry cake mix until light and fluffy. Stir in remaining cake mix, chips and nuts. Drop teaspoonful 2 inches apart onto an ungreased baking sheet. Bake 10 - 12 minutes in a 375° oven. Cookies will be soft in center when done. Cool slightly before removing from the sheet. I've used different cake mixes and chocolate bits too. About 5 dozen.
CHOCOLATE CHIP COOKIES
Bernice Long
Mary Chilton Chapter

The following recipe is from the World War II era during sugar rationing. This is once again for a wood cook stove.

1 C. sugar
2½ C. flour
1 C. shortening
1 tsp. soda
1 C. syrup
Pinch salt
3 eggs
Vanilla
Chips, nuts and raisins as desired.

Rexene's Father, Rex Brown, during WWII
WORLD WAR II RECIPES
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

During World War II sugar seemed to be the limiting factor in cooking. Living on a farm we were not so restricted as to the use of meat, sugar did become a real problem. I have two sugarless cakes that I will share.

**FLUFFY CHOCOLATE CAKE**

2 C. sifted cake flour  
6 Tbsp. honey  
3 tsp. baking powder  
3 eggs  
¼ tsp. salt 1 tsp. vanilla  
2 C. shortening  
1 - 7 oz. pkg. semi-sweet chocolate, melted  
1 C. light corn syrup  
½ C. milk

Mix and sift together flour, baking powder, salt; cream shortening thoroughly; drizzle in corn syrup and honey; add eggs one at a time, beating well after each addition; add vanilla and melted chocolate; add flour mixture alternately with milk, beating well. Bake in two 9-inch greased wax paper-lined tins at 350° F, 40 minutes.

**WARTIME CHOCOLATE CAKE**

½ C. shortening  
1¼ C. dark syrup  
3 eggs  
1 tsp. salt  
¾ tsp. baking powder  
1½ tsp. vanilla  
3 squares chocolate  
2½ C. flour  
1 C. sour cream  
1 tsp. soda

Cream shortening and syrup; add beaten eggs; add rest of ingredients, sifting dry ingredients together.
This is a campfire recipe, but could just as easily be done in your kitchen.

4 slices bacon
1 C. chopped onions
4 potatoes, cooked and cubed
2 cans (6½ oz.) minced clams, undrained
¼ tsp. pepper
2 C. whole milk

In a large sauce pan, cook the bacon until crisp. Remove the bacon and place on paper towels to drain. Reserve 1 tablespoon of the bacon drippings in the sauce pan. Crumble the bacon and set aside.

Cook the onion in the reserved drippings until the onion is tender but not brown. Add the potatoes, undrained clams and pepper. Heat just to boiling. Add the milk and heat through; do not boil. Ladle the soup into individual soup bowls or mugs and sprinkle each serving with bacon.
Every summer I looked forward to attending Church Camp, near Gutherie, Oklahoma; but probably not as much as my parents looked forward to having a break from their adolescent daughter. I learned this recipe in 1963. We followed it up with 'Smores for dessert.

I piece of round steak (individual serving size) or hamburger
1 potato
A little onion
Some canned vegetables (usually corn or green beans)
A pat of margarine or butter
Salt and pepper to taste
Aluminum foil

Tear off a good sized piece of aluminum foil. Place meat on foil. Salt and pepper meat. Peel and dice potato onto top of meat. Place a little chopped onion on top and ½ the pat of margarine. Salt and pepper to taste. Place some drained canned vegetables around the meat. Put the other ½ of the pat of margarine on these. Close foil. Put in coals of campfire and cook until meat and potatoes are done. Fold back foil and eat from the foil wrapper.

You'll want plenty of water and rags to clean the kids up after they enjoy these.

Aluminum foil
Graham crackers
Hershey's Milk Chocolate Bar (the thin kind)
Large sized marshmallows

Break a graham cracker in half. Place four squares of chocolate on ½ of cracker. Top with a large marshmallow. Wrap in foil and heat over coals a few seconds, until marshmallow is gooey and chocolate runny.
S'MORES CONT.

Alternate Method: Break cracker in half. Top with squares of chocolate. Roast marshmallow over fire until golden and gooey; place on top of chocolate. Put remaining half of cracker on top. Enjoy.

SPITTED PHEASANT

Rexene Plucker, State Regent
Bear Butte Chapter

This recipe is cooked over an open campfire, or you can use your outdoor barbecue.

4 to 6 Servings

2 pheasant
10 slices salt pork
1 C. olive oil
1 C. sherry
¼ C. salt
1 tsp. rosemary
¼ C. freshly ground pepper
string, to tie

Rub pheasants with part of the oil, sprinkle with salt and pepper. Put 5 slices of salt pork on each bird's breast, tie in place with string. Mix together remaining oil, sherry, and rosemary. Impale pheasants on spit, roast over hot coals, brushing frequently with oil mixture for 1 hour until birds are crisp and tender.
FAVORITE RECIPES
COLOGNE -- Exceedingly Fine.
-- Oils of bergamot and lemon, (oil of lemon-grass would be nicer), each 2 drs.; orange, 1 dr.; rosemary 1/2 dr.; neroli, 3/4 dr.: essence ambergris and musk, each 4 drops; cologne alcohol, 1 pt. Shaken occasionally.

Remarks. -- Cologne alcohol has been purified to remove all of the flavor of the corn spirits, and should always be used for all purposes where a fine perfume is desired, the difference in expense should be very trifling only. I could give more colognes, but if the oil of lemon-grass is used in this there can be none nicer. I will give a cheaper one which will be quite fine in flavor.

Cologne -- Cheap.
-- Cologne alcohol, 1 pt.; oils of English lavender and bergamot, each 1 1/2 drs.; oil of rosemary, 1/2 dr.; oil of cinnamon, 2 drops, essence of lemon, 1 1/2 drs.; mix.

CHRISTMAS ESSENCE
Rexene Plucker, State Regent
Bear Butte Chapter

½ orange peel
1 cinnamon stick
½ lemon peel
¼ C. whole cloves
2 bay leaves

Combine the peels from half an orange and lemon, 2 bay leaves, a cinnamon stick, and a quarter cup of whole cloves. Simmer in an uncovered pan of water and enjoy the aromas of the holiday season.

FURNITURE CLEANER
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

Put 1 to 1½ qt. (960 to 1440 ml) warm water in a basin and add 2 Tbsp. vinegar and 2 Tbsp. furniture polish. Use a soft cloth or sponge to wipe furniture. Wipe dry with clean cloth.
HARD SOAP
Ailene Luckhurst, State Librarian
Laura Ingalls Wilder

All good thrifty housewives made their own soap when I was a girl. After the butchering was done and the suet melted in the oven, the "Cracklings" (as it was called) were drained and melted grease saved to make the family supply of soap.

2 qt. melted grease
1 qt. cold water
1 can "Lewis" lye
2 Tbsp. Borax and
½ C. Borax, dissolved in a little water and last add Ammonia.

Stir 10 or 15 minutes until jelly like. Pour into a wooden box mold, lined with a clean cloth. Let set up several days and cut into bars.

HOLIDAY TREE DECORATIONS
Rexene Plucker, State Regent
Bear Butte Chapter

Lots of fresh cranberries
Lots of 2 to 3 day old unbuttered popcorn
Heavy duty red thread and needle

Thread the needle with a very long length of thread. Make a garland by stringing, in any pattern desired, the cranberries and popcorn. Cranberries should be strung through the stem end directly through the center of the fruit; popcorn should be strung through the kernel.

After the holidays, drape garland in a tree or on a fence to feed the birds.
5 lb. (2.27 kg) grease
1 can lye (12 oz, 336 gm)
2½ pt. (1.20 liters) water
6 pt. (2.88 liters) water
2 Tbsp. salt

Melt grease and cool to room temperature. Dissolve lye in 2½ pints water; cool. When cool, stir the lye slowly into the grease - stir until thick. Place on fire and add 6 pints of water and salt. When thick and creamy, pour into box lined with paper and a damp cloth. Let cool until set. Cut into bars and allow to dry.

(Use an earthen jar to dissolve the lye. We have an iron kettle to cook the soap in. A hard wood stick is good for stirring.)

Adding one cup (240 ml) of ammonia and ½ cup Calgon just before taking from the fire gives added cleaning strength.

FROM "DR. CHASE'S RECIPES"

PERFUME BAGS -- To be Put in Among Clothing -- Also a Preventive Against Moths.

-- Cloves, nutmegs, mace, caraway seeds, cinnamon, and Tanguine leaves, each 1/2 oz.; Florentine orris root, 3 oz. DIRECTIONS. -- Have all ground to a fine powder, nicely mixed, and put up in small bags to place among clothing. It gives them a fine perfume which the moths protest against, and hence the clothing is saved from their destruction.
PET- POURRI
Rexene Plucker, State Regent
Bear Butte Chapter

350°

If you want to give your favorite cat or dog a Christmas treat with the personal touch, here is a recipe for pet cookies which might well have more going for them than the usual commercial products.

Mix: ¾ cup of wheat germ, ¾ cup powdered milk, 1 egg, and contents of 1 jar of baby food meat. When totally mixed, drop by spoonfuls on oiled cookie sheet. Bake in 350° F. oven for about 20 minutes, Bon Appetite

SMALL BATCH SOAP
Dorothy Deethardt, State Corresponding Secretary
John Kerr Chapter

1 C. clarified fat
2 heaping tsp. lye
½ C. water
1 Tbsp. ammonia
½ tsp. borax

Dissolve lye in cool to lukewarm water. Stir liquid fat into lye solution and beat. Add ammonia and borax just before molding.

(To clarify fat, heat with water. Let cool and lift fat from the water - all Impurities will go down into the water.)
FROM "DR. CHASE'S RECIPES"

Hard Soap with Soda, Lime and Accumulating Grease, etc.

Mrs. C. W. Phillips, of Glencoe, Minn., informs us through the Blade, how to use the accumulating grease, by making a "hard soap which is excellent and economical." She says:

"Nearly every family accumulates, through the winter, drippings from beef, mutton, ham, etc. These can all be utilized by boiling the grease in water, allowing it to cool, then removing it from the water, and boiling by itself again till all the water is expelled. Of course, the whiter the grease, the nicer will be the soap.

Then take 6 lbs. of this grease, 6 lbs. of sal-soda, and 3 1/2 lbs. of newly burned or good stone-lime, with 4 gals. of soft water, and 1/2 lb. of borax; or in these proportions. Put soda, lime and water into an iron kettle and boil; stir till the soda is dissolved, and the lime is all slacked; then, when it is well settled; pour off the clear liquid; wash out the kettle and put in the liquid, grease and borax, and boil till it comes to soap, and pour into a well-soaked tub to cool, and when sufficiently hard, cut into bars and put on boards to dry. It is very nice, even for washing white flannels and calicoes; and, if a little perfume is put in it is nice enough for the toilet."

Remarks. -- The old Windsor soap, as it used to be made, was flavored with oil of caraway, but more recently the oil of sassafras, which is cheap, has been used for perfuming soaps; 1/2 to 1 oz. would be enough for a "batch of soap" of 5 to 10 gals., according to whether a little or a considerably stronger perfume is preferred. It should not be put in until the soap is pretty cool, then stirred in thoroughly.

The Rural Home, under the head of "Home-Made Soap," gives the same recipe as this last, except in used only 3 lb. of lime and no borax -- otherwise just the same -- and makes these remarks about it: "Were the good qualities of this inexpensive soap more generally known no family would go without it. It is valuable for washing clothes, making them very clean and white, without in the least injuring them, and is excellent for flannels and petticoats. It is good, also, for the hands, making them soft and smooth." Could any higher encomiums or better recommendation be asked or given? I think not. And the only reason I give them is that the people may have confidence enough in these soaps to give them a fair trial, as they positively do not injure the clothing, but save much labor and expense, as compared with using only bar soap kept by grocers. I had also another recipe from the Inter Ocean, but it was just like
this, except a caution to "be very careful not to get any sediment in from the lime." Simply be careful to pour off the liquid clear of sediment in any recipe using the stone lime, as the lime will not dissolve, but simply slacks, yielding up its caustic power, for which purpose only it is used, except for the hand-washing soap below, and there it is used only upon the hands; for clothing it is best not to get in any lime lest it spot some colored goods. I will give you one more of these hard soaps from soda, lime and grease, as the amount is smaller, and is from a lady who is not afraid to give her name, and address also. It is as follows:

"Why is Lime Used in Making Soap?"

— Explanation. — People seem to be so afraid of using lime in making soaps, like the foregoing; the question is often asked: "Why is the lime used?" and hence I will take the Yankee way of answering it: "Why does everybody that makes soap from ashes put lime in the bottom of the leach?" Simply because if he does not he will have great trouble, even if he can make it at all, unless he does put the lime in, is about all the reason they can give. But lime causes the absorption of carbonic acid in the lye from the ashes, and also gives the lye a caustic property that enables it to combine with the grease, and thereby makes the soap, which it could not do, or at least not well do, except for the lime. The lime, then, does not hurt soap, but makes a better soap than can be made without it. Well, then, if it is good to assist in making soap from ashes, or potash, which comes from the ashes, why should it be thought injurious to combine it with sal soda for the same purpose? The one question answers the other, and ought to satisfy every reasonable person that lime is good and not injurious, as some suppose, for soap-making purposes. The manufacturers make soap by the use of potash, or soda, in the form or what is known as soda-ash, which is caustic, by means of its process of manufacture; but this article (soda-ash) cannot always be obtained, while the sal soda, which is a carbonate, can always be got; then we combine the lime with it, which gives it the same causticity that soda-ash has, and we thereby get just as good a soap. So have no fears in using them.
This is another recipe that I got from our Wing Commander's wife, Dee Wilson.

1 gal. hot water
2 Tbsp. liquid chlorine bleach
1 C. Karo syrup
2 tsp. Epsom salts

Combine ingredients. Cut about 1 inch off the bottom of the tree trunk before placing it in a tree stand capable of holding water. The solution is added to the tree stand daily to keep the level up.
I had the privilege of serving as 2nd Vice President during my friend Diana Friedenrich's term as President of the Ellsworth Officers' Wives Club. She has a wonderful sense of humor, and managed to keep the entire executive committee with a positive attitude, even when problems arose. This is one of several recipe's I got from her that you will find in this book.

**Breakfast:**
- ½ grapefruit
- 1 slice dry toast
- 8 oz. skim milk

**Lunch:**
- 4 oz. lean broiled chicken
- 1 C. steamed spinach
- 1 C. herb tea
- 1 Oreo cookie

**Mid-afternoon Snack:**
- Rest of Oreos in the pkg.
- 2 pt. rocky road ice cream
- 1 jar hot fudge saucenuts
- Cherries
- Whipped cream

**Dinner:**
- 2 loaves garlic bread with cheese. Large sausage and cheese pizza
- 3 Milky Way bars
- 1 large pitcher beer

**Late Evening News Snack:**
- Entire frozen cheesecake eaten directly from freezer.
**Diet rules:**

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are canceled out by the diet soda. When you eat with someone else, calories don't count if you don't eat more than they do.
3. Food used for medicinal purposes never counts, such as hot chocolate, brandy, toast, and Sara Lee cheesecake.
4. If you fatten up everyone else around you, then you look thinner.
5. Movie related foods do not have additional calories, because they are part of the entire entertainment package and not part of one's personal fuel, such as Milk Duds, buttered popcorn, Junior Mints, red hots, and Tootsie Rolls.
6. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
7. Things licked off of knives and spoons have no calories if you are in the process of preparing something. Examples: Peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
8. Foods that have the same color have the same number of calories. Examples are spinach and pistachio ice cream, mushrooms and white chocolate.

**Note:** Chocolate is a universal color and may be substituted for any other food color.
Useful Information
FAVORITE RECIPES
USEFUL INFORMATION

A LIST OF HERBS, SPICES, EXTRACTS AND FLAVORS

HERBS

BAY LEAVES - Flavor particularly good in practically all meat cooking; also in vegetable and meat soups and sauces.

BORAGE - Young tender leaves excellent for salad or pot herbs.

CHERVIL - Flavor like parsley but milder. Young leaves may be used in meat and vegetable soups, salads, and as a garnish. More attractive than parsley as a garnish but not as lasting. Used in a powdered combination called *Fines Herbes*.

DILL - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish. Fresh leaves are valued by some people.

HOREHOUND - Used in candy making.

MARJORAM - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

MINT - May be used fresh in salads, fruit beverages, jellies, conserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

PARSLEY - One of the most popular herbs, which may be used in many ways. A favorite garnish. May be used in fruit and vegetable salads, in sandwiches, in all soups and gravies, in meat sauces, minced and added just before serving to practically all vegetables, minced and added to white sauce.
PEPPER GRASS OR PEPPER CRESS - Excellent flavor. May be used in green salads and sandwiches.

SAFFRON - May be used to give pale yellow color to bread, cakes, and sauces, or to color confectionery. Has a pleasant flavor and good color.

SAGE - Used fresh and dried. May be used in poultry and meat stuffing; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

SAVORY - Agreeable flavor, blends well with other flavors; may be used in stuffing in meat, in vegetable soups, in sausage, with meats and with horseradish.

SORREL - Green. May be used in salads or as a pot herb.

SWEET BASIL - Distinct flavor of cloves. May be used for flavoring salads, soups and meats.

TARRAGON - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

THYME - Leaves, green or dried, valuable for use in stuffing, sauces, soups and meats.

SEEDS

ALLSPICE - Solid whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

ANISE - Leaves are used for garnishing and for flavor. Oil is extracted from the seed and used as anise extract.

CARAWAY - Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

CARDAMOM - Flavor especially good in honey combinations.

CLOVES - Should be dark brown in color. Usually used with other spices. The combination gives a better flavor than cloves used
alone. Too much gives an undesirable color as well as a bitter flavor.

CORIANDER - Both leaves and seeds are used. Leaves are used in salads, soups and curry sauces. The seeds are used for flavoring pastries and confections in about the same way as caraway seeds.

CURRY POWDER - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

MACE - The inner envelope of nutmegs. May be used both in "blade" and ground form in soups, sauces, pastry, pickles.

MUSTARD - Young tender leaves are used for greens and for salad. used as a ground spice in salad dressings, pickles, some vegetable cookery, and in some cheese dishes. a paste and served with meats.

NUTMEG - Sold whole or ground. Gives good flavor used alone in small amount in various soups, meat dishes, pastry and in all dough mixtures. In combination with other spices for pickles.

PAPRIKA - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

PEPPERCORN - The whole berry of the pepper plant.

PEPPER, BLACK - Reduced to proper fineness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

PEPPER, CAYENNE - Usually obtained from small fruited varieties of capsicum. It should be of dull red color. May be used in very small amounts in vegetables and in some salad dressings and in cheese dishes. It must be used with care, however.

PEPPER, WHITE - Practically the same as black pepper except that the outer shell or pericarp of the berry is removed. Used where color of black pepper is undesirable.

PEPPER, WHITE CORIANDER - A product of especially attractive appearance screened to uniform size and bleached.
FLAVOR VEGETABLES

CELERY - Every part of the plant can be used to advantage. Stalks and heart may be used raw, plain or with various fillings. Outer stalks may be stewed, scalloped, or used in combination to give flavor to other vegetables such as potatoes. Trimmings may be used for flavoring soups or in any cooked meat or vegetable dishes. Dried seeds may be used in pickles, soups and salads.

CHIVES - Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.

GARLIC - Vegetable similar to a small onion but with the bulb divided into sections known as cloves. May be used in very small amounts in flavoring meats, soups, sauces, salads, pickles.

HORSERADISH - Valuable for its white, fleshy, pungent roots which are grated, mixed with vinegar and used as a condiment for meat, oysters, fish, sauces, and in some kinds of pickle. Young tender leaves may be used in salad or greens.

MUSHROOMS - Have a delicate characteristic flavor. May be used in meat or vegetable dishes, in sauces and soups.

ONION - Popular vegetable which combines in flavor with practically all vegetables, and some fruits; e.g., apple and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

PEPPERS - All varieties of green peppers and some of the red peppers may be used to give flavor to most forms of vegetable cookery. The green peppers of mild flavor and thick-meated type are particularly good for stuffing and for salad.

SHALLOTS - A mild onion flavor used in the same way as onions.
FLAVORINGS AND EXTRACTS

ALMOND EXTRACT - Used in cakes and confectionery.

VANILLA EXTRACT - Particularly good with all chocolate, cocoa, coconut, date, raisin and coffee combinations. Good in most milk combinations; e.g., ice creams and custards.

LEMON EXTRACT - Used in cakes, puddings, pies, ice cream and candy. Sometimes used in combination with vanilla. Excellent flavor. Lemon should be more sparingly used than vanilla.

ROSE EXTRACT - Used in angel and other white cake; also in fancy candies.

ORANGE, PINEAPPLE, STRAWBERRY, RASPBERRY, CHERRY EXTRACTS - Used in desserts, beverages and candies.

WINTERGREEN, PEPPERMINT, GINGER, CINNAMON, CLOVE EXTRACTS - Used largely in beverages and confections.

FRUIT VINEGARS - Blackberry, current, elderberry, etc., made by steeping the fruit in the vinegar. Used in beverages, ices, and sauces.

LEMON - Used instead of vinegar in salads and sauces when a milder acid is desired or when vinegar is objectionable. Used in beverages, hot or cold. Also in salads, conserves, marmalades, etc. Citric acid found in lemons, oranges, and limes.

TOMATO JUICE - Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

VEGETABLE FLAVORING - For use in sauces, gravies, etc.

VINEGAR - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.
EMERGENCY SUBSTITUTIONS

SUBSTITUTIONS

FOR: .................................. YOU CAN USE:

1 T. cornstarch ...................... 2 T. flour OR 1 ½ T. quick cooking tapioca

1 C. cake flour ...................... 1 C. less 2 T. all-purpose flour

1 C. all-purpose flour ......... 1 C. plus 2 T. cake flour

1 square chocolate .............. 3 T. cocoa and 1 T. fat

1 C. melted shortening ........ 1 C. salad oil (may not be substituted solid shortening)

1 C. milk ............................. ½ C. evaporated milk and ½ C. water

1 C. sour milk or buttermilk ...... 1 T. lemon juice or vinegar and sweet milk to measure 1 C.

1 C. heavy cream ...................... 2/3 C. milk and 1/3 C. butter

1 C. heavy cream, whipped .......... 2/3 C. well-chilled evaporated milk, whipped

Sweetened condensed milk ........... No substitution

1 egg .................................. 2 T. dried whole egg and 2 T. water

1 whole egg .......................... 2 egg yolks
1 t. baking powder ................................ ¼ t. baking soda and 1 t. cream of tartar or ¼ t. baking soda and ½ C. sour milk, buttermilk or molasses; reduce other liquid by ½ C.

1 C. sugar ....................................... 1 C. honey; reduce other liquid ¼ C., reduce baking temperature 25°

1 C. miniature marshmallows ............ About 10 large marshmallows, cut up

1 medium onion (2½ in. dia.) .......... 2 T. instant minced onion OR 1 t. Onion powder or 2 t. onion salt, reduce salt 1 t.

1 garlic clove .................................. ¼ t. garlic powder OR ¼ t. garlic salt; reduce salt ¼ t.

1 T. fresh herbs .............................. 1 t. dried herbs OR ¼ tsp. powdered herbs or ½ t. herb salt; reduce salt ¼ t.

¾ C. cracker crumbs ....................... 1 C. bread crumbs

1 C. canned tomatoes ...................... about ¼ C. cut up fresh tomatoes, simmered 10 minutes

1 C. molasses ................................. 1 C. honey
SIMPLIFIED MEASURES

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dash</td>
<td>less than 1/8 tsp</td>
</tr>
<tr>
<td>3 t.</td>
<td>1 T.</td>
</tr>
<tr>
<td>16 T.</td>
<td>1 C.</td>
</tr>
<tr>
<td>1 C.</td>
<td>1/2 pt.</td>
</tr>
<tr>
<td>2 C.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>2 pt. (4 C.)</td>
<td>1 qt.</td>
</tr>
<tr>
<td>4 qt. (liquid)</td>
<td>1 gal.</td>
</tr>
<tr>
<td>8 qt. (solid)</td>
<td>1 peck</td>
</tr>
<tr>
<td>4 pecks</td>
<td>1 bushel</td>
</tr>
<tr>
<td>16 oz.</td>
<td>1 lb.</td>
</tr>
</tbody>
</table>

If you want to measure part-cups by the tablespoon remember:

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 T.</td>
<td>1/4 C.</td>
</tr>
<tr>
<td>5 1/3 T.</td>
<td>1 1/3 C.</td>
</tr>
<tr>
<td>8 T.</td>
<td>1/2 C.</td>
</tr>
<tr>
<td>10 2/3 T.</td>
<td>7/3 C.</td>
</tr>
<tr>
<td>12 T.</td>
<td>7/4 C.</td>
</tr>
<tr>
<td>14 T.</td>
<td>7/8 C.</td>
</tr>
</tbody>
</table>

FROM "DR. CHASE'S RECIPES"

Table of Explanations and Comparative Weights and Measures.

-- when white sugar is called for, "A," or first-class coffee sugar is intended.

The cup intended to be used is the common sized tea-cup, but if larger amounts are needed for large families, double the number, or use the larger coffee-cup.

1 lb. white sugar equals about 2 1/2 cups; 1 lb. butter, 2 cups; 1 lb. lard, 2 cups; 1 lb. wheat flour, 3 1/2 cups; 1 lb. graham, 3 1/2 cups; 1 lb. Indian meal, 3 1/2 cups.
### KITCHEN MATH WITH METRIC TABLES

<table>
<thead>
<tr>
<th>Measure</th>
<th>Equivalent</th>
<th>Metric (ML)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td>3 teaspoons</td>
<td>14.8 ml</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>1 ounce</td>
<td>29.6 ml</td>
</tr>
<tr>
<td>1 jigger</td>
<td>½ ounce</td>
<td>44.4 ml</td>
</tr>
<tr>
<td>¼ cup</td>
<td>4 tablespoons</td>
<td>59.2 ml</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>5 tablespoons + 1 teaspoon</td>
<td>78.9 ml</td>
</tr>
<tr>
<td>½ cup</td>
<td>8 tablespoons</td>
<td>118.4 ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>16 tablespoons</td>
<td>236.8 ml</td>
</tr>
<tr>
<td>1 pint</td>
<td>2 cups</td>
<td>473.6 ml</td>
</tr>
<tr>
<td>1 quart</td>
<td>4 cups</td>
<td>947.2 ml</td>
</tr>
<tr>
<td>1 liter</td>
<td>4 cups plus 3 tablespoons</td>
<td>1,000.0 ml</td>
</tr>
<tr>
<td>1 ounce (dry)</td>
<td>2 tablespoons</td>
<td>28.35 gm</td>
</tr>
<tr>
<td>1 pound</td>
<td>16 ounces</td>
<td>453.59 gm</td>
</tr>
<tr>
<td>2.21 pounds</td>
<td>35.3 ounces</td>
<td>1.00 kg</td>
</tr>
</tbody>
</table>

### THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

<table>
<thead>
<tr>
<th>To Convert from</th>
<th>To</th>
<th>Multiply by</th>
</tr>
</thead>
<tbody>
<tr>
<td>teaspoons (t.)</td>
<td>milliliters (ml)</td>
<td>5</td>
</tr>
<tr>
<td>tablespoons (T.)</td>
<td>milliliters (ml)</td>
<td>15</td>
</tr>
<tr>
<td>fluid ounces (oz.)</td>
<td>milliliters (ml)</td>
<td>30</td>
</tr>
<tr>
<td>cups (C.)</td>
<td>liters (1)</td>
<td>0.24</td>
</tr>
<tr>
<td>pints (pt.)</td>
<td>liters (1)</td>
<td>0.47</td>
</tr>
<tr>
<td>quarts (qt.)</td>
<td>liters (1)</td>
<td>0.95</td>
</tr>
<tr>
<td>gallons (gal.)</td>
<td>liters (1)</td>
<td>3.8</td>
</tr>
<tr>
<td>cubic feet (ft³)</td>
<td>cubic meters (ml²)</td>
<td>0.03</td>
</tr>
<tr>
<td>cubic yards (yd³)</td>
<td>cubic meters (ml²)</td>
<td>0.76</td>
</tr>
<tr>
<td>milliliters (ml)</td>
<td>fluid ounces (fl. oz.)</td>
<td>0.03</td>
</tr>
<tr>
<td>liters (1)</td>
<td>pints (pt.)</td>
<td>2.1</td>
</tr>
<tr>
<td>liters (1)</td>
<td>quarts (qt)</td>
<td>1.06</td>
</tr>
<tr>
<td>liters (1)</td>
<td>gallons (gal.)</td>
<td>0.26</td>
</tr>
<tr>
<td>cubic meters(M³)</td>
<td>cubic feet (ft³)</td>
<td>35</td>
</tr>
<tr>
<td>cubic meters(M³)</td>
<td>cubic yards (yd³)</td>
<td>1.3</td>
</tr>
</tbody>
</table>
### TABLE OF WEIGHTS TO MEASURES AND CONVERSIONS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. white sugar</td>
<td>2½ C.</td>
</tr>
<tr>
<td>1 lb. brown sugar *</td>
<td>2½ C.</td>
</tr>
<tr>
<td>1 lb. powdered sugar</td>
<td>3¼ C.</td>
</tr>
<tr>
<td>1 lb. sifted all-purpose flour</td>
<td>4 C.</td>
</tr>
<tr>
<td>1 lb. sifted cake flour</td>
<td>4½ C.</td>
</tr>
<tr>
<td>9 finely crumbled salted crackers</td>
<td>1 C.</td>
</tr>
<tr>
<td>11 finely crumbled graham crackers</td>
<td>1 C.</td>
</tr>
<tr>
<td>26 finely crumbled small vanilla wafers</td>
<td>1 C.</td>
</tr>
<tr>
<td>1 lb. fat (butter, lard, etc.)</td>
<td>2 C.</td>
</tr>
<tr>
<td>¼ lb. marshmallows</td>
<td>16 marshmallows</td>
</tr>
<tr>
<td>1 Tbsp. cornstarch</td>
<td>2 Tbsp. flour</td>
</tr>
<tr>
<td>1 sq. chocolate</td>
<td>1 oz.</td>
</tr>
<tr>
<td>3½ Tbsp. cocoa &amp; ½ Tbsp. butter</td>
<td>1 oz. or 1 sq. chocolate</td>
</tr>
<tr>
<td>1 lb. cocoa</td>
<td>4 C.</td>
</tr>
<tr>
<td>1 sq. chocolate</td>
<td>2 Tbsp. cocoa</td>
</tr>
<tr>
<td>1 lb. coffee</td>
<td>4½ C.</td>
</tr>
<tr>
<td>¼ lb. chopped nutmeats</td>
<td>1 C.</td>
</tr>
<tr>
<td>1 C. uncooked rice</td>
<td>4 C. cooked rice</td>
</tr>
<tr>
<td>1 C. uncooked macaroni</td>
<td>2²/₃ C. cooked</td>
</tr>
</tbody>
</table>

* 1 C. brown sugar means packed

### CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

<table>
<thead>
<tr>
<th>Size</th>
<th>Average Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ounces</td>
<td>1 cup</td>
</tr>
<tr>
<td>picnic</td>
<td>1¾ cups</td>
</tr>
<tr>
<td>No. 300</td>
<td>1¾ cups</td>
</tr>
<tr>
<td>No. 1 tall</td>
<td>2 cups</td>
</tr>
<tr>
<td>No. 303 @</td>
<td>2 cups</td>
</tr>
<tr>
<td>No. 2</td>
<td>2½ cups</td>
</tr>
<tr>
<td>No. 2 1/2</td>
<td>3½ cups</td>
</tr>
<tr>
<td>No. 3</td>
<td>4 cups</td>
</tr>
<tr>
<td>No. 10</td>
<td>12 to 13 cups</td>
</tr>
</tbody>
</table>
OVEN TEMPERATURES

Slow ........................................ 300°
Slow moderate .......................... 325°
Moderate ................................. 350°
Quick moderate ......................... 375°
Moderately hot ......................... 400°
Hot ........................................ 425°
Very hot ................................ 475°

DEEP- FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn golden brown.

345° to 355° -- 65 seconds
355° to 365° -- 60 seconds
365° to 375° -- 50 seconds
375° to 385° -- 40 seconds
385° to 395° -- 20 seconds
## WHEN MAKING A SAUCE

<table>
<thead>
<tr>
<th>With each Cup of Liquid:</th>
<th>Makes a very thin sauce, which may be used in making thin cream soups.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 tablespoon flour or 1/2 teaspoon cornstarch</td>
<td>Makes a thin sauce, which may be used in making cream soups of average thickness.</td>
</tr>
<tr>
<td>1 tablespoon flour or 1 teaspoon cornstarch</td>
<td>Makes a medium sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or other sauces where a medium thickness is desired. It has about the thickness of heavy cream.</td>
</tr>
<tr>
<td>2 tablespoons flour or 2 teaspoons cornstarch</td>
<td>Makes a thick sauce, which may be used for creamed meats or vegetables, scalloped dishes, gravies or sauces where a thick sauce is desired. Sauce containing this amount of flour has considerable body and spreads rather than runs.</td>
</tr>
<tr>
<td>3 tablespoons flour or 1 tablespoon cornstarch</td>
<td>Makes a paste when cold. This sauce may be used in making mixtures for croquettes, soufflés, blancmanges, and similar puddings.</td>
</tr>
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