

FAJON COMMUNITY

COOK BOOK



Presented by
SESAME CLUB

FAJON, NORTH CAROLINA

FOREWORD

Due to the generosity and splendid co-operation of the members of the Sesame Club and friends, the committees are able to present the first edition of the Falson Community Cook Book. These recipes are favorites of the persons submitting them and have been tried and tested. We are grateful to those people who contributed their recipes and to those who gave so generously of their time in preparation of the book.

We wish to thank the business firms who advertised with us and we earnestly hope that you will show them appreciation. We are also grateful to the publishers and to all others who have contributed in any way toward the compilation of this book.

Mrs. William E. Clifton
President Of
Sesame Club

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READY-TO-WEAR

“ “

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We may live without poetry, music and art
We may live without conscience, we may live without heart,
We may live without friends, we may live without books,
But civilized men cannot live without cooks.

Owen Meredith

TABLE PRAYER

Lord Jesus, be our Holy Guest
Our morning joy, our evening rest;
And with our daily bread impart
Thy love and peace to every heart. -- Amen

GRACE FOR CHILDREN

God is great and God is good;
Let us thank Him for our food,
By his hand we all are fed,
Thank you, God, for daily bread. -- Amen

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MEATS

MEAT LOAF



- 1 1/2 pounds ground beef
 - 1 cup Quaker Oats, (uncooked)
 - 1/2 pound sausage
 - 2 eggs, beaten
 - 1/4 cup finely cut celery
 - 1/3 cup tomato soup
 - Salt and pepper
- Combine all ingredients thoroughly and pack into a loaf pan. Bake in a moderate oven at 375 degrees for one hour. Serves eight.

Mrs. Joyce Sutton

MEAT LOAF



- 1 slightly beaten egg
- 1 pound ground steak
- 1/2 pound ground pork
- 1/2 cup cracker crumbs
- 1 small onion, chopped
- 1 tablespoon horse-radish
- 1 tablespoon catsup
- 1 tablespoon chopped green pepper
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 cup scalded milk

Combine egg and meat. Mix other ingredients with scalded milk. Press into loaf pan. Bake in moderate oven, 350 degrees, 1 hour. Serves six to eight.

Mrs. Durwood Clifton

MEAT LOAF



- 1 1/2 pounds ground beef
 - 1 cup Quaker Oats, (uncooked)
 - 2 beaten eggs
 - 1 cup milk
 - 1/4 cup chopped onions
 - 2 1/2 teaspoons salt
 - 1/4 teaspoon pepper
 - 1 teaspoon prepared mustard (optional)
- Mix all ingredients well and pour in loaf pan. Bake in moderate oven (375 degrees).

Mrs. Viron Parish



MEAT LOAF

1 pound ground beef
1/2 pound ground lean pork
1 cup cracker crumbs
3 eggs (beat together)
2 teaspoons salt
1 small onion, chopped
1 1/2 cups sweet milk (or warm water)
Pepper to taste
2 tablespoons chopped green pepper
Mix ingredients and pour into greased loaf pan. Place in cold oven. Bake 1 1/2 hours at 350-375 degrees.

Helen T. Ohmer



BEEF STEW

1/2 pound hamburger steak
1/2 cup diced Irish potatoes
1 cup carrots , 1 cup onions
1/2 cup tomatoes (optional)
1/2 cup butter beans (optional)
1/2 cup water
Cook hamburger in water until done, stirring often to break finely. Add other vegetables, season with salt and pepper and cook in pressure cooker about 20 minutes after cooking point is reached.

If cooked in open boiler, cook until vegetables are tender.

Helen H. Beems



HAM LOAF

Grind together 3/4 pound of ham and 3/4 pound of pork. Mix meat with 1 egg, crumbs, salt and pepper. Make into loaf. Then mix 1/2 cup vinegar, 1/2 cup brown sugar and 1 teaspoon dry mustard. Pour over loaf and bake in moderate oven (350) degrees, 1 1/2 hours or until brown.

Mrs. Julia Blount
Batton

SHEPHERD'S PIE

Grind beef left over from a roast. Season well with finely cut parsley, salt and pepper. Mix with a little cream and grated raw onion. Put in baking dish. Cook in salted water enough potatoes to make a two inch covering for the pie. Run them through a potato sieve, covering pie and dot with butter and sprinkle with paprika. Bake 35 to 40 minutes.

Mrs. R.A. Williams

BARBECUED PORK CHOPS



- 6 or 8 lean pork chops
- 1/3 cup vinegar
- 1 teaspoon celery seed
- 1/2 teaspoon nutmeg
- 1 teaspoon salt
- 1 bay leaf
- 1/2 cup catsup
- 1 cup water

Brown chops in skillet in hot fat. Pour over combined remaining ingredients. Cover and bake in moderate oven, 350 degrees, 1 1/2 hours. Serves eight.

Mrs. Frank Martin

SPAGHETTI WITH MEAT SAUCE

- | | |
|------------------------|---------------------------|
| 1 box thin spaghetti | Small amount of garlic |
| 1 pound ground beef | (optional) |
| 2 cans tomato puree or | 1/2 teaspoon chili powder |
| 1 bottle catsup | 1 teaspoon salt |
| 1 onion | Pinch of black pepper |
| 1/2 diced green pepper | |
| (optional) | |

To make Sauce:

Brown onions and green peppers in bacon fat. Remove, then brown ground beef in remaining fat. Add salt, pepper and chili powder to this. Then add the browned onion, green pepper, and garlic. Pour over this the tomato puree or catsup. Simmer for one hour. If necessary to thin, use tomato juice or water. Add to the above sauce, 1 package of boiled spaghetti. Serve over grated cheese.

Mac Martin Casteen

SAUERBRATEN

(German Style)

- | | |
|-------------------------------|----------------------------|
| 5 pounds bottom round of beef | 1/4 cup whole mixed spices |
| 1 cup vinegar | Flour, butter |
| 3 cups water | Ginger snaps (2 or 3) |
| 1 large onion, chopped | 1/2 cup sweet cream |

Select meat as for pot roast. Make a brine of vinegar, water, onion and spices; place meat in the brine and let stand for 2 days in refrigerator. Liquid should cover meat at all times. Turn meat night and morning. Remove meat from liquid, drain, cover all over with flour and brown well in butter. Strain the brine over meat; add crushed ginger snaps and cook slowly about 2 hours. Strain the gravy and thicken with a little flour and add the sweet cream. If too sour, add a little sugar.

Mrs. Alvin M. Royall,
Jr.

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HAM LOAF

- | | |
|--|------------------------|
| 1 pound smoked ham and | 2 egg yolks |
| 1 pound pork shoulder,
ground together (lean) | 14 Saltines (crackers) |
| | Green pepper |

1 pint canned tomatoes

Fold in egg whites, beaten. Bake at 350 degrees for 1 1/2 hours. Serve with mustard sauce.

Mustard Sauce:

- | | |
|---------------------|--------------------|
| 3 eggs, beaten | 1 tablespoon flour |
| 1/4 cup dry mustard | |

Mix mustard and flour and add to eggs, 1/2 cup vinegar, 1/2 cup light cream, 1 cube butter in 1 cup hot water, add to 1 cup brown sugar. Mix and put in top of double boiler and let come to a boil. Stir. Cool and serve on ham loaf.

Mrs. Margaret S.
Oates

MEAT LOAF

(Serves 50)

- | | |
|----------------------------------|---|
| 12 pounds ground beef or | 6 eggs |
| 6 pounds ground beef and | 3 cups sweet milk |
| 6 pounds pork | 3/4 teaspoon pepper |
| 2 medium sized onions,
grated | 1/4 cup tomato sauce |
| 6 cups bread crumbs or | 2 tablespoons Worcester-
shire Sauce |
| 6 cups oatmeal | |

Mix meat thoroughly, add seasoning, eggs that have been beaten, bread crumbs or oatmeal, other ingredients, alternating with milk. Shape into loaves and place in greased baking pan, with a little water. Bake in hot oven, 450 degrees for 15 minutes, then reduce to slow heat, 350 degrees and bake for about 45 minutes. Baste every 15 minutes.

BRUNSWICK STEW

- | | |
|---|-----------------------------|
| 1 large hen | 4 pounds lean pork |
| 4 quarts tomatoes | 1 quart corn |
| 1 pint butter beans <i>2 1/2 lbs.</i> | 1 pound onions |
| 2 pods of hot pepper | 1/2 pound butter, if needed |
| 1/2 bottle of tomato sauce <i>4 units</i> | 4 pounds white potatoes |

Cook all meat until quite tender. Chop medium fine. In big container, pour tomatoes, corn and butter beans. (You may use 5 quarts soup mixture, if desired, instead of corn, butter beans. Add some meat broth and onions, chopped fine to vegetables. Cook together, stirring constantly until mixture gets thick. Cook 4 pounds of potatoes, mash and thin with remaining broth. Add them to mixture and cook until stew is thick enough to eat with a fork. Add 1/2 cup sugar. Best results are obtained when cooked in an open pot over a slow fire in the yard.

Mrs. W. D. Clifton

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SOUTHERN STYLE BARBECUED CHICKEN



- 1 chicken, fryer or broiler
- 1/4 cup butter
- 1/2 cup vinegar
- 3 tablespoons tomato catsup
- 1 cup chicken broth, (more, if needed)
- Salt to taste
- 1/2 pod red pepper

Steam whole chicken until done. Make a sauce of butter, vinegar and catsup. Add this sauce to enough chicken broth (slightly thickened with flour) to prevent chicken

from sticking. Season with salt and pepper. Pour over chicken, place in oven. Baste several times while browning.

Mrs. W.C. Miller

CHICKEN PATTIES WITH TOMATO SAUCE

- | | |
|-----------------------------------|--|
| 2 dozen white potatoes,
mashed | 2 green peppers, chopped
fine |
| 6 raw eggs | 2 chickens, cooked and
chopped fine |
| Grated onion | Salt and pepper to taste |

Mix all ingredients, make into patties and fry in deep fat.

Serve with following sauce: Heat 1 can tomato soup with butter, salt and pepper and serve over patties.

PATTY SHELLS:

- | | |
|------------------|-------------|
| 2 eggs | 1 cup milk |
| 1 teaspoon salt | 1 cup flour |
| 1 teaspoon sugar | |

Beat eggs, add sugar, milk and flour, and heat until smooth. Using patty iron, fry in deep fat. Makes about 40.

CREAMED CHIPPED BEEF

(Serves 50)

- | | |
|------------------------------------|----------------------------|
| 1 cup fat | 2 1/2 quarts boiling water |
| 2 1/2 pounds sliced,
dried beef | 2 1/2 cups evaporated milk |
| 2 cups flour | Pepper |
| 50 slices toast | |

Heat fat in large saucepan until it bubbles, then add beef and cook until edges of beef curl. Add flour, blend well, then add water. Boil until sauce begins to thicken, stirring constantly. Add milk and pepper, and continue cooking 5 minutes longer, or until it thickens. Serve on toast, mashed potatoes, or baked potatoes.

CHICKEN TETRAZZINI

3 large chickens	6 cans cream of mushroom soup
3 pounds spaghetti	3 bunches celery
Salt to taste	Black pepper to taste
1 1/2 pounds grated cheese	3 pounds onions

Cook chicken in plenty of water. Save broth. Cut chicken as for salad. Heat broth to boiling point and add spaghetti, if broth is not sufficient, add water and cook until tender. Cut celery in small pieces and thinly slice onions. Cook until tender in small amount of water and chicken grease. Alternate a layer of spaghetti, chicken, and onion, celery combination in a turkey roaster. Pour mushroom soup over top and sprinkle with grated cheese, if desired. Place in moderate oven and cook until heats through the food. Serve immediately. This may be prepared ahead of time by placing in refrigerator and adding mushroom soup and cheese when you are ready to use. A green salad is nice with this dish. Serves sixty.

CHICKEN A LA KING

2 green peppers, shredded	2 quarts chicken broth
1 quart sliced raw mushrooms or 2 3/4 cups canned	2 quarts evaporated milk
1/2 pound butter	1 gallon chicken, diced
1 1/2 cups flour	2 pimientos
	Salt and pepper to taste

Cook peppers and mushrooms, if they are raw, slowly in butter 10 minutes. Cover while cooking. Remove mushrooms and peppers from butter and add flour. Blend well, then add broth, boil until mixture begins to thicken, then add milk and seasoning. Cook over boiling water until sauce thickens, stirring to keep smooth. Add chicken, mushrooms, peppers, and pimientos and reheat. Serve on hot toast or in patty shells. Makes two gallons, fifty servings.

SUMMER SAVORY CHICKEN (Turkish Style)

3 pounds chicken	1 cup sliced mushrooms
Salt and pepper	1 medium onion, sliced
2 tablespoons butter	1 bay leaf
1 cup water	3 cloves

Disjoint chicken as for frying; season with pepper and salt. Brown chicken in a skillet with 2 tablespoons butter. When chicken is thoroughly browned, add 1 cup water, sliced mushrooms, onion and spices. Simmer covered until tender (about 1 1/2 hours). Remove chicken to hot platter and serve with thickened gravy and hot biscuits. Serves 4-5. This chicken dish has an unusual flavor that your family will welcome.

CREAMED CHICKEN DE LUXE

1 cup butter or margarine	2 cups chicken broth
1 cup sliced mushrooms	1/2 cup heavy cream
1/2 cup flour	1/4 cup milk
1 teaspoon salt	2 cups cooked, cut up chicken
1/8 teaspoon pepper	2 egg yolks, beaten

Method:

Melt the butter with the mushrooms and blend in flour, salt and pepper and place over boiling water. Stir in broth, cream and milk, and cook until thickens. Add chicken and heat thoroughly. Remove from the heat and pour slowly over the egg yolks. Add 2 tablespoons sherry wine, (optional).

Kate C. Taylor

BARBECUED CHICKEN

Allow half chicken for each person. Split broilers in half, rub with salt, pepper, and melted butter. Put in pan with 2 cups hot water and cook in oven until tender, then cover with the following sauce and cook 30 minutes, basting frequently. The ingredients given in recipe below will make sufficient sauce for three broilers. Oven should be about 275 degrees.

Barbecue Sauce:

3 tablespoons tomato catsup	2 tablespoons Worcester-shire Sauce
2 tablespoons vinegar	1/4 teaspoon Tabasco Sauce
1/2 teaspoon salt	2 tablespoons water
1 tablespoon lemon juice	2 tablespoons butter.

Mrs. W. T. Hines

CASSEROLE CHICKEN

1 big fryer, about 3 pounds	Salt to taste
Several lumps of butter	Pepper to taste
1 cup flour, more if necessary	2 cups water

Roll each piece of chicken, which has been sprinkled with salt and pepper, in flour. Then put in casserole and add lumps of butter over it. Pour about 2 cups water in casserole and place in 350 degree oven for 1 1/2 hours or until cooks tender. When taken from oven chicken is brown and ready to serve.

Mrs. A. F. Rector

FRIED CHICKEN

For one chicken use one egg. Add salt and pepper, while beating, pour in 3/4 cup evaporated milk. Dip chicken into mixture. Dredge with flour and fry in deep fat over low heat until brown. Drain on absorbent paper.

Mrs. Virginia Bell
Hatcher

CHICKEN CROQUETTES

3 1/2 cups finely cut chicken	Few drops onion juice
2 teaspoons lemon juice	1 tablespoon chopped parsley
2 cups thick white sauce	Finely rolled bread crumbs or corn flakes
2 eggs	
Salt and pepper	

Mix chicken, onion juice, lemon juice, parsley and white sauce. Mixture should be as soft as can be handled. Cool, shape into pyramids. May be placed in refrigerator overnight, if desired. Dip in beaten eggs, roll in crumbs and fry in deep fat until golden brown.

Mrs. R.A. Williams

SALMON LOAF

(Serves 50)

6 pounds canned salmon	6 eggs
3 quarts soft bread crumbs	1 3/4 teaspoon pepper
Liquid drained from salmon plus milk to make 1 1/2 quarts	1/3 cup lemon juice
	1/3 cup grated onion
2 tablespoons salt	

Flake salmon with fork. Add remaining ingredients and blend well. Pour into greased pans. Bake in moderate oven, 350 degrees until firm and brown, about 40 minutes.

ESCALLOPED OYSTERS

Select nice oysters from liquor. Place in baking dish, a layer of oysters, one of cracker crumbs. Butter, salt and pepper. Repeat this until you have sufficient quantity. Then pour milk over and bake quickly. Serve hot.

Mrs. Clyde Crow

SHRIMP CREOLE

Saute for 3 minutes, 1 pound shrimps, cooked and cleaned, with 4 tablespoons shortening. Lift out shrimps, add to remaining shortening, a stalk of celery, small onion, green pepper, (all diced), 1/2 pound mushrooms, sliced, crushed clove of garlic (if desired). Saute until lightly browned. Add a can of tomatoes, crumbled bay leaf, 1 teaspoon salt and dash of cayenne and black pepper. Simmer 20 minutes or until thickened. Add shrimps, reheat and serve with cooked rice.

Mac Martin Casteen

SALMON CASSEROLE

Make a white sauce out of 1 cup milk, 3 tablespoons flour, and 3 tablespoons butter. Alternate a layer of salmon, sauce and cracker crumbs. Bake 30 minutes.

Dorothy Adams
Thompson

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FISH STEW



1 1/2 pounds large bone fish
 4 or 5 medium white potatoes
 1 large onion
 3 tomatoes or 3 ounces tomato paste
 1/2 pod sweet pepper, minced
 Salt and pepper , 1 pod hot pepper
 Fat

Cut fish in small pieces. Slice potatoes and onion. Put alternate layers of each into boiler. Enough water to cover good. Then add salt, pepper and fat. Cook slowly, when nearly done, add minced green pepper and sliced tomatoes or tomato paste. More onions may be added, if desired. Simmer until this is done. Serves about four.

Mrs. Ernest Poythress

DEVILLED CRAB



1 can of crabmeat
 4 eggs
 1 tablespoon chopped onion
 4 tablespoon butter
 1 tablespoon Worcestershire Sauce
 1 teaspoon mustard
 1 or 2 tablespoons olive oil
 Cracker crumbs

To the crabmeat add eggs, beaten together, then the melted butter, onion, Worcestershire Sauce, olive oil, mustard and a few rolled cracker crumbs. Grease shells with butter, fill with this mixture, putting more crumbs on top. Cook 15 minutes in a hot oven. Serve with a slice of lemon on top of each crab.

Mrs. Robert Safrit

BAKED FISH



1 fish, about 3 pounds
 5 slices bread, toasted
 1 large onion, finely chopped
 Salt and pepper to taste
 Crumble bread and moisten with hot water. Add onion, salt, pepper and 2 tablespoons butter melted. Stuff fish and place in baking pan. Squeeze 1/2 lemon over fish. Cover with bacon strips. Then cover this with onion and lemon rings. Arrange small white potatoes around fish. Pour 1 cup water around fish and bake slowly for 1 hour, 325-350 degrees. Keep fish basted. Serves 6.

Mrs. Lucille Faison Parker



MINCED OYSTERS

1 quart oysters, minced
 4 eggs
 1 tablespoon minced onion
 Salt and pepper to taste, also red pepper
 Butter size of an egg
 1 1/2 cups toasted bread crumbs
 Cook in double boiler until it will hold shape, then pile on clam shells. Sprinkle with toasted crumbs and bake golden brown. Serve hot with catsup, pickles and crackers.

Mrs. E. J. Hill



DEVILLED CRABS

3 good sized Irish potatoes
 1 pound crabmeat
 2 tablespoons onion, chopped fine
 1 tablespoon Worcestershire Sauce
 2 or 3 eggs
 Salt and pepper to taste
 Cook and then mash potatoes. Add all other ingredients while hot. I prefer to use 1 or 2 of the eggs, hard boiled and chopped, and 1 egg added to the mixture raw. Put in crab shells or individual

baking dishes with buttered cracker meal. Cook in hot oven until brown.

Mrs. Henrietta C. Knowles



CHICKEN PIE CRUST

2 1/2 cups flour
 2 teaspoons baking powder
 1 teaspoon salt
 2 tablespoons butter
 1 egg
 1 1/2 cups sweet milk
 Sift flour with baking powder and salt. Rub butter in flour. Beat egg and add to sweet milk, add flour. Pour over well cooked, seasoned chicken while hot and bake.

Mrs. Nina N. DeVane

RAISIN SAUCE

(Serve with Ham Loaf or Baked Ham)



1 cup seedless raisins
2 tablespoons cornstarch
2 tablespoons lemon juice
2 tablespoons sugar
1/8 teaspoon salt
1 tablespoon butter or margarine
Simmer raisins in 2 cups water 15 minutes, combine cornstarch, sugar and salt with 2 tablespoons cold water. Add to raisins. Cook until thickened. Remove from heat. Add butter and lemon juice.

Mrs. J. R. Crow

WILD RICE DRESSING FOR FOWL, PREFERABLY DUCK

1 1/4 cups wild rice
3 eggs
1/2 teaspoon pepper
1/2 teaspoon salt
1 cup chopped celery
1 chopped onion
2 chopped apples

Soak wild rice overnight. Boil 10 minutes. Rinse thoroughly in clear water, using colander. Drain. Add well beaten eggs, celery, onion, apples, and seasonings. Stuff fowl and bake.

Edna Haskette Sanden

WELSH RABBIT

10 tablespoons butter or
good shortening
5 cups finely cut dried beef
or minced ham
3 3/4 cups tomatoes or
tomato soup
2 1/2 cups grated cheese
20 eggs
5 teaspoons baking powder
50 slices toasted bread

Heat shortening and cook beef which has been soaked in water a few minutes. Add tomatoes or soup and when hot add cheese. Stir until cheese is melted. Add eggs and baking powder, stirring until thick. Serve on buttered toast. Serves fifty.

MUSHROOM SANDWICHES

Cook sliced mushrooms in butter for three minutes. Sprinkle with flour (1 tablespoon) and add 1/2 cup coffee cream. Stir until thick. Put between toasted bread. Spread with butter. Toast again. Serve hot.

Mrs. Eva Faison
Williams

SPANISH EGGS

- | | |
|-----------------|----------------|
| 1 cup meat | 1 onion |
| 1/2 bell pepper | 1 can tomatoes |
| 1 piece celery | 3 or 4 eggs |

Brown meat, pepper, celery and onions in butter. Add tomatoes (drained). Beat eggs, add salt and scramble into mixture. Serve with rice or grits.

Mrs. R. M. Byrd

EGG CANAPE

Spread toasted bread rounds with mayonnaise and anchovy paste. Put slice tomato on this (side of bread), put half hard boiled egg on tomato. Cover with mayonnaise which has chopped dill pickle folded in. Serve on lace paper mat garnished with parsley for first course or on a salad plate for bridge.

Mrs. Eva F. Williams

HARD COOKED EGGS

A good hard cooked egg should have white part tender, not rubbery, and a yolk that crumbles easily. Here's how! Start eggs in cold water to prevent cracking the shells. Bring eggs just to boiling point and simmer, do not boil, 15 to 20 minutes. Simmering will keep the white tender. Plunge eggs into cold water immediately. This keeps the white free from the green film which sometimes forms around the yolk. Then crack shells and continue to cool in cold water. When cold remove shells.

Mrs. R.M. Byrd

TAMALE PIE

- | | |
|--------------------------|---------------------------|
| 1 can corn (cream style) | 1 green pepper, chopped |
| 1 cup corn meal | 1 onion, chopped |
| 1 1/2 cups sweet milk | 1 teaspoon chili powder |
| 2 eggs, lightly beaten | 1 pound browned hamburger |
| 1 can tomatoes, mashed | Dash of Tabasco |

Mix all together. Bake in Pyrex casserole, set in pan of water for 1 hour at 350 degrees.

Mrs. Eva Faison
Williams

BREAD



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B R E A D S



GRAHAM MUFFINS

2 tablespoons butter
2 tablespoons sugar
1 beaten egg
1 cup milk
1 1/2 cups graham flour
1 1/2 cups white flour
3 teaspoons baking powder
Mix the same as cake. Bake in greased muffin tins, 350 degrees, about 30 minutes.

Mrs. Mary Taylor



PLAIN MUFFINS

2 cups sifted all-purpose flour
1/2 teaspoon salt
1 egg, beaten
1/4 cup fat, melted
3 teaspoons baking powder
2 tablespoons sugar
1 cup milk
Sift the sifted flour, baking powder, salt and sugar into a bowl. Beat together the milk and beaten egg in a small bowl. Pour the egg and milk mixture into the dry ingredients. Before mixing add the melted fat. Stir until the dry ingredients are just mixed. The batter will look rough. Fill greased muffin cups about two-thirds full and bake at 400 degrees for 20 to 25 minutes. Serve hot. Makes about 12 medium sized muffins.

Mrs. Emma Padgett



CORN MEAL MUFFINS

1/3 cup shortening
1/4 cup sugar
1 egg
1/2 teaspoon salt
1 1/4 cups sweet milk
1 cup flour
4 teaspoons baking powder
1 cup meal
Cream fat and sugar. Add egg and milk. Add flour sifted with salt and baking powder. Add meal but stir only enough to mix. Bake at 450 degrees.

Mrs. Dorothy Armstrong

HONEY MUFFINS



- 1 cup milk
- 1/2 cup strained honey
- 1/2 cup sugar
- 3 cups sifted flour
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 3 eggs, well beaten
- 1/4 cup melted shortening

Blend the milk, honey and sugar, stirring very thoroughly. Combine with the sifted flour, baking powder and salt, add the eggs and shortening and mix very lightly and quickly. Bake in well greased muffin pans in a moderately hot oven (375-400 degrees) about 20 minutes.

Rachel Martin

SOUTHERN CORN BREAD



- 1 cup sour milk
- 1/2 teaspoon soda
- 1 teaspoon water
- 1 egg
- 1/2 teaspoon salt
- 1 1/2 cups corn meal

Dissolve soda in water. Mix all ingredients except egg whites. Beat egg whites stiffly and add last. Bake in muffin tins or shallow pan in moderate to hot oven, 400 to 425 degrees for 20 minutes. Many southerners prefer to fry it instead of baking it as instructed in recipe.

Mrs. Fannie Faison

NUT BREAD



- Sift 1 1/2 cups flour
- 5 teaspoons baking powder
- 1 teaspoon salt
- 1/3 teaspoon soda into bowl
- Mix in 1 1/2 cups graham flour (or white)
- 1 cup seeded raisins, dates or prunes
- 3/4 cup chopped nuts
- Add 1 1/2 cups milk to 1/4 cup dark molasses and 1/2 cup brown sugar. Mix thoroughly and add to the dry ingredients. Grease pans, fill 3/4 full. Bake in moderate oven almost 1 hour.

Miss Blanche Lewis

CHEESE STRAWS

1 cup sifted flour
1/4 teaspoon salt
3 tablespoons lard
1 cup grated cheese
4 tablespoons ice water
1 tablespoon lemon juice
Dash of cayenne pepper

To make, sift flour and salt, rub in the shortening, add cheese, pepper and lemon juice, then the ice water. Roll thin like pie crust. Cut in strips 1/2 inch wide with pastry cutter. Bake a light brown quickly.

Mrs. John Hoey



POPOVERS

Pour batter (made without leavening)

1 egg
1/2 teaspoon salt
1/2 teaspoon shortening
1 cup milk
1 cup flour

Oil iron gem pans. Heat them in oven until very hot. Put all ingredients into mixing bowl, beat thoroughly. Pour mixture into the hot pans. Bake 35 to 45 minutes in hot oven at 425 degrees F.

Mildred Faison



HUSH PUPPIES

2 cups corn meal
1 tablespoon flour
1/2 teaspoon soda
1 teaspoon baking powder
1 cup buttermilk
1 teaspoon salt
1 whole egg
3 tablespoons grated onion

Mix all ingredients together. Add onion, then milk, and last the beaten egg. Drop by spoonfuls into pan or kettle of hot

grease. Fry to golden brown and drain on brown paper.

Annette Faison



YEAST BREAD

- | | |
|----------------------------------|--------------------------|
| 2 cups sweet milk | 1 tablespoon salt |
| 2 tablespoons fat (heaping) | 1 egg, if desired |
| 2 tablespoons sugar
(heaping) | About 8 cups plain flour |

Heat milk, add fat and sugar and stir until dissolved, let cool. Put yeast in 1/2 cup lukewarm water. Let set 10 minutes, add to mixture, add eggs, stir well. Add enough flour to make paste about batter cake paste. Let set one hour or until it bubbles up, then add salt and enough flour to make stiff enough to be handled, but not hard. Let set in a warm place until double in bulk. Have butter soft enough to spread easily with knife, roll, cut, butter and fold. Let rise about 3 hours in a warm place. Bake about 350 degrees, 12 to 15 minutes. This will make six dozen rolls (medium size). Butter when light brown, return to oven and finish. This recipe will make very good coffee cake, add any fruit desired to paste before it rises, than make a topping of brown sugar, butter, flour, and crushed nuts, about 2 tablespoons of each mixed well and spread on bread when left to rise.

Mrs. Latham

ICEBOX ROLLS

- | | |
|--------------------------------------|---------------------------|
| 1 yeast cake or package
dry yeast | 2 teaspoons salt |
| 1 cup lukewarm water | 4 tablespoons melted lard |
| 1 cup lukewarm milk | Flour to mix |
| 2 tablespoons sugar | |

Dissolve yeast in cup lukewarm water. Let stand about 10 minutes. Add lukewarm milk, sugar, salt and melted lard. Add sufficient flour to make a very soft dough. Place in refrigerator overnight. May be used for any type rolls, buns, etc.

Mary P. Ray

PRINCESS ANN MUFFINS

- | | |
|--------------------|--|
| 1 pint flour | 2 teaspoons baking powder |
| 1 cup buttermilk | 2 tablespoons lard and
butter mixed |
| 1/2 teaspoon soda | |
| 1 tablespoon sugar | |
| 2 eggs | |

Cream the shortening and add the sugar gradually. Add the well beaten eggs. Sift flour, baking powder and salt together and add alternately with the milk. Bake in well greased muffin tins, 35 minutes at 350 degrees F.

Mrs. E. J. Hill

VIRGINIA SPOON BREAD

- | | |
|----------------------|--------------------------|
| 1 cup meal | 1 cup buttermilk |
| 2 cups boiling water | 1 teaspoon baking powder |
| 1/2 teaspoon soda | 3 eggs |
| 1 tablespoon lard | |

Scald meal with hot water. Add milk, baking powder, soda, salt, well beaten eggs and melted lard. Bake in 400 degree oven for 35 or 40 minutes.

Mrs. Virginia Lee

CHEESE BISCUITS

- | | |
|----------------------------|--------------------------------|
| 1 pound old cheese | 1/8 teaspoon ground red pepper |
| 3/4 pound margarine | 1/2 pound powdered sugar |
| 1 quart sifted plain flour | |

Grate cheese, cream together with margarine. Add pepper and flour. Press through cookie press onto cookie sheet. Bake in slow oven 375 degrees for 20 minutes or until firm. Remove from cookie sheet and sift over top lightly with powdered sugar.

Mrs. C.D. McCullen

CHEESE STRAWS

- | | |
|--------------------------|---------------------------|
| 1 cup fresh bread crumbs | 1 cup grated cheese |
| 2/3 cup flour | 1/8 teaspoon white pepper |
| 1 tablespoon butter | 2 tablespoons milk |
| 1/2 teaspoon butter | Dash of cayenne pepper |

Mix crumbs, cheese, flour, melted butter and seasoning. Add milk, if needed. Roll or pat 1/4 inch thick. Cut into strips, 1/4 inch wide and about 4 inches long. Bake until brown in a moderate oven at 375 degrees.

Bernice King

BEATEN BISCUITS

One quart sifted flour, 1/2 cup lard, salt to season, cold water or milk to make batter stiff. Sift flour and salt, rub in lard. Mix with water or milk to a stiff batter. Run through meat cutter 8 or 10 times or until well blistered. Roll out and cut with small cutter. Bake in hot oven until light brown.

Mrs. Clyde Crow

CORN STICKS

- | | |
|-------------------------------|------------------------|
| 1 egg | 2 1/2 tablespoons lard |
| 1 teaspoon sugar | 1/2 cup meal |
| 1 teaspoon salt | 1/2 cup flour |
| 2 1/2 teaspoons baking powder | 3/4 cup sweet milk |

Mrs. Nell Hines

DESSERTS PASTRIES



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DESSERTS

CHOCOLATE BREAD PUDDING



1 1/2 squares unsweetened chocolate,
cut in pieces
3 cups cold milk
1 cup sugar
1/2 teaspoon salt
3 eggs, slightly beaten
1 teaspoon vanilla
1 1/2 cups, 1/4 inch cubes stale bread
Add chocolate to milk in double boiler and
heat. When chocolate is melted, beat with
a rotary egg beater until blended. Com-
bine sugar, salt and eggs. Add chocolate mixture gradually,
stirring vigorously. Add vanilla. Place bread in greased
baking dish. Pour mixture over it. Place dish in pan of
hot water and bake in moderate oven (350 degrees F.) 50 to
60 minutes, or until pudding is firm. Serve hot with hard
sauce, or cold with cream. Serves six.

Mrs. H. L. Hoey

LEMON DELIGHT



3/4 cup sugar
4 tablespoons lemon juice
4 egg yolks
Heat boiling hot over hot water
Beat the 4 whites and blend with the above
mixture when cool. Blend with 1 pint of
heavy cream. Freeze in refrigerator
trays. Spread crushed macaroons on top
or decorate with chopped nuts, cherries
or colored sugar.

Margaret Taylor
Harrison

ORANGE MOUSSE



1 cup orange juice
2/3 cup sugar
1 cup canned milk
1 egg yolk
Heat sugar and orange juice, add egg yolk.
Bring to a boil, stirring constantly. Put
aside to cool. Have the milk very cool so
it will beat well, then fold into the creamed
fruit juice, stirring just enough to mix the
solutions. Place in refrigerator tray. Turn
dial to freezing point. Dessert will not need
stirring again.

Mrs. Murphy Smith

ENGLISH TOFFEE DESSERT



- 1 cup soft butter
- 2 cups powdered sugar
- 3 egg yolks (beat these)
- 2 squares melted chocolate
- 1 cup nuts
- 1 teaspoon vanilla
- 3 egg whites, added last
- 1/2 pound vanilla wafers or any cake crumbled

Keep out about 3/4 cup rolled crumbs and put a layer on bottom of pan and one

on top. Keep in refrigerator overnight. Top with whipped cream.

Mrs. H.S. Precythe

APPLE NUT PUDDING



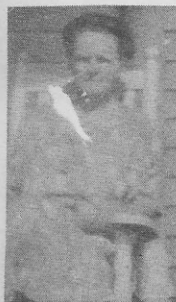
- 1 cup chopped apples
- 3/4 cup chopped nuts
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 egg

Beat egg, add sugar. Sift dry ingredients over nuts and apples. Mix this with egg

and sugar. Bake in greased baking dish in a moderate oven (350 degrees) 45 minutes. Serve with whipped cream or ice cream.

Mrs. Alma Blount
Longman
Winsor Arms
150 Arzyle Avenue
Ottawa, Canada

LEMON FLUFF



- 2 eggs, 1 cup sugar
 - 1 tablespoon flour, 2 lemons
 - 1 can evaporated milk, graham crackers
- Cook yolks, sugar, flour for 3 minutes and cool. Fold in egg whites and milk whipped with juice of lemons and rind. Pour over graham cracker crust and spread in long glass dish. Chill in refrigerator before serving.

Mrs. C. R. Smith



PRUNE WHIP

- 1 pound prunes
- 1 cup sugar
- Whites of 4 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon soda

Soak prunes overnight in just enough water to cover them. In the morning, stone and boil in the water in which they were soaked until they form a thick paste, adding the sugar. When cool, mix thoroughly with the whites of eggs, beaten to a stiff froth, adding soda and salt. Put

in pudding dish and bake 15 minutes or until brown in slow oven. Serve cold with whipped cream.

Sallie Faison Hill

LEMON ICEBOX DESSERT

- 1 package jello
- 1 cup sugar
- 2 cups hot water
- 1/2 cup lemon juice
- 1 teaspoon grated rind of lemon
- 1 large can chilled evaporated milk
- Vanilla wafer crumbs.

Line refrigerator trays with vanilla wafer crumbs. Dissolve sugar and jello in hot water, add lemon juice and rind. Let this mixture stand while you whip the chilled

milk. Fold the milk into the jello mixture and pour in trays. Cover with wafer crumbs. Place in refrigerator tray and let chill for several hours. To serve, slice in desired size. This makes two trays and may be kept for several days by covering with waxed paper.

Mrs. H. B. Hatcher



LEMON DELIGHT

- 4 egg yolks
- 2/3 cup sugar
- 4 tablespoons lemon juice
- 1 pint cream, whipped
- 4 egg yolks, beaten stiff

Bring first three ingredients to boil, then sit off. Blend cooked mixture with cream and whites. Line pan with graham crackers and freeze.

Mrs. Terry Lemon
Washington, D.C.



CHRISTMAS DESSERT

- 1 tablespoon plain gelatin
- 1 1/2 cups cold water
- 2 tablespoons hot water
- 3 tablespoons sugar
- 1 pint cream, whipped
- 1 cup nuts
- 1/2 cup marshmallows
- 3/4 cup wine
- 1 bottle cherries

Soak gelatin in cold water. Dissolve in hot water. Mix wine, cherries, nuts and marshmallows. Add gelatin mixture. Congeal to mush. Whip cream and add to mixture. Ready to serve when firm.

Mrs. Dennis Lee



BANANA PRUNE WHIP

- 1/4 cup prune puree
- 1/3 cup honey or syrup
- Pinch of salt
- 1 cup sliced bananas
- 1 teaspoon lemon juice
- 2 egg whites

Combine the prunes, honey and salt and cook over low fire until thoroughly heated. Cool, then add banana and lemon juice. Beat egg whites until foamy, and add prune-banana mixture a little at a time, beating constantly, until thick and fluffy. Chill. Makes six servings.

Mrs. Matt Lee
Thompson



FROZEN CUSTARD

- 4 cups milk, scalded in double boiler
- 1 cup sugar
- 4 eggs
- 1/2 teaspoon salt
- 1 tablespoon vanilla

Pour hot milk on beaten eggs. Add sugar and salt. Return to double boiler and cook until mixture coats on spoon. Cool, flavor and freeze. Sweetened fruit pulp may be added to the above to make fruit cream. If richer cream is desired, add 1 pint cream just before freezing.

Marie White

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NEW YORK ICE CREAM

- 1 1/2 cups top milk
- 2 eggs
- 1/2 cup sugar
- 1 tablespoon flour
- 1/8 teaspoon salt
- 1/2 pint cream (1 cup)
- 2 teaspoons vanilla



Scald milk. Beat eggs (yolks), adding sugar and flour, then combine with hot milk and cook over water until mixture coats on spoon, like a thick custard. Cool.

Beat egg whites until stiff, add salt and fold into custard, add vanilla and pour into tray and freeze to mush. Remove from refrigerator, fold in whipped cream and return to freeze, stirring once, after the first hour.

~~Miss Mildred Oates~~
~~Anna Moseley Bowden~~

MN deed

LEMON ICE

- 4 cups water
 - 2 cups sugar
 - 3/4 cup lemon juice
- Mix water and sugar and boil 5 minutes. Cool, add lemon juice, strain and freeze.

Variations:

Orange Ice:

Decrease water to 2 cups. Use 2 cups orange juice and 1/4 cup lemon juice.

Pineapple Ice:

1 can grated pineapple, 1 cup sugar, 3 cups water, 1/3 to 1/2 cup lemon juice.

Miss Mildred Oates



FRUIT SHERBET

- 1 quart milk, scald, cool and chill
- To the juice of 4 oranges
- 2 lemons and 1/2 cup grated pineapple
- add sugar to taste and chill.

If freezing is done in turn freezer. Partly freeze milk, then add fruit. If in freezing unit chill both, then add juice to milk and freeze.

Anna Moseley Bowden



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FRENCH ICE CREAM

2 cups milk
2 eggs or 4 egg yolks
1/8 teaspoon salt
1 cup sugar
1 tablespoon vanilla
1 quart thin cream
Scald milk in double boiler and pour over beaten eggs mixed with sugar and salt. Return to double boiler and cook until mixture coats the spoon. Chill, add the cream, flavoring and freeze.

Mrs. Nannie W.
Vernon



PLAIN ICE CREAM

3 eggs
1 cup sugar
2 cups milk
1 cup cream
1 tablespoon cornstarch
Pinch of salt
Vanilla
Scald milk and salt. Beat egg yolks thoroughly, mix in sugar and cornstarch, add a little cold milk to make it pour easily (about 2 tablespoons). Add to scalded milk, stirring constantly and cook until

thick (foam disappears). Remove from fire and cool. Fold in egg whites, beaten stiff but not dry, then add the cream, well whipped. Flavor to taste and pour into trays. This will freeze very nicely without stirring. Any fresh fruit desired may be mashed and added. If brown sugar is substituted for granulated, makes a good caramel flavored cream.

Mrs. Eloise Precythe

PARADISE DELIGHT

Dissolve 1 package strawberry jello, 1/3 cup sugar, 1/8 teaspoon salt in 2 cups hot water. Chill until slightly thickened. Then place in bowl of ice and water and whip until thick and fluffy, like whipped cream. Fold in 1 cup cream whipped, 1/2 cup chopped pecan meats, 6 marshmallows, finely cut, and 1/2 teaspoon vanilla. Turn into mold. Chill until firm. Makes about eight servings.

Margaret Lee Sills

PINEAPPLE FLUFF

- | | |
|--|--------------------------------------|
| 1 1/2 cups pineapple or small
can crushed pineapple | 1 package lemon jello |
| 1 cup sugar | 1 pint whipping cream |
| 2 eggs (beat together good) | Vanilla wafers or graham
crackers |
| 1/4 teaspoon salt | Melted butter |

Cook on top of stove, stirring constantly until it boils up good. Take off and add jello. Let cool until it begins to thicken. Add whipping cream, whipped. Mash vanilla wafers and add melted butter to make crust. Pour in custard mixture. Top with wafer crumbs and let chill good. Serve as pie. This will serve twelve people.

Mrs. Paul Best

CONGEALED PLUM PUDDING

- | | |
|-------------------------------------|----------------------------------|
| 1 package raspberry jello | 1 cup hot water |
| 1 cup Grape-Nuts | 1 cup cooked prunes, cut
fine |
| 1 cup chopped raisins | 1/2 cup citron, cut fine |
| 1 cup moist mincemeat
(optional) | 1/2 cup chopped pecans |
| 1 grated orange and rind | 1/2 teaspoon cinnamon |
| 1/4 teaspoon cloves | 1/4 teaspoon allspice |
| 1/2 teaspoon nutmeg | |

Combine in order given and stir until Grape-Nuts are soft. Set in refrigerator to congeal. Serve with whipped cream and top with red or green cherries. Makes excellent Thanksgiving and Christmas dessert. Serves ten.

Mrs. William R.
Clifton

LEMON CAKE TOP PUDDING

- | | |
|----------------------|---------------------------------|
| 2 tablespoons butter | 1/2 cup lemon juice |
| 1 1/2 cups sugar | 1 teaspoon grated lemon
peel |
| 1/3 cup flour | 3 eggs |
| 1/4 teaspoon salt | 1 1/4 cups milk |

Mix softened butter and sugar. Add flour, salt, lemon juice and grated lemon peel. Stir in beaten yolks mixed with milk. Fold in stiffly beaten whites of the eggs. Pour into custard cups or single Pyrex dish. Set in pan of boiling water and bake 45 minutes in moderate oven (375 degrees). When done each serving will contain delicious lemon custard at bottom, tender lemon sponge cake at top. Delicious hot or cold. Serves six.

Beatrice R. Hill

HUCKLEBERRY PUDDING

- | | |
|---------------------------------|-----------------------------|
| 1 1/2 cups sugar | Pinch of salt |
| 3 eggs | 2 1/3 cups flour (prepared) |
| 2 heaping tablespoons
butter | 2 cups berries |

SAUCE

- | | |
|---------------|-----------------------|
| 1 cup berries | 1 teaspoon cornstarch |
| 1/2 cup wine | 1/2 cup sugar |
- Mrs. B. I. Bowden

STUFFED ANGEL CAKE

- | | |
|----------------------------------|--|
| 1 pint cream | 1/2 cup cold water |
| 1 1/2 envelopes plain
gelatin | 3/4 cup sugar |
| Juice of 1 lemon | 1 can sliced pineapple,
cut in small pieces |
| 1 cup chopped nuts | |
| 1 cup chopped cherries | |

Drain pineapple, heat juice with 1 cup water to boiling point, add to gelatin 1/2 cup cold water, sugar and lemon juice, set aside to cool. Just before it begins to congeal whip cream stiffly and add pineapple, nuts, cherries and chill. When chilled add crumbs from angel cake and stuff. Pile on top and sides. Keep in refrigerator until ready to slice and serve.

Mrs. Carlton Precythe

PARADISE PUDDING

- | | |
|---|-------------------------------------|
| 1 pound graham crackers,
crumbled | 1 pound marshmallows, cut |
| 1 No. 2 can crushed
pineapple, drained | 1 small bottle cherries,
chopped |
| 2 cups broken pecans | |

Add marshmallows to pineapple, cherries, cracker crumbs, and nuts. Make into rolls. Chill and slice. Serve with whipped cream. Will keep in the refrigerator several days.

Margaret S. Oates

STEPHANIE PUDDING

Soak 1 package plain gelatin in 1/2 cup cold water for 5 minutes. Dissolve in 1 cup hot grape juice. Add 1/2 cup sugar, 1/4 cup lemon juice. Set in refrigerator until thick. Whip and add 3 or 4 stiffly beaten egg whites. Congeal. Serve with whipped cream.

Mrs. Eva Faison
Williams

PARADISE PUDDING

- | | |
|---|-----------------------------------|
| 1 package lemon jello | 1 pint boiling water |
| (When consistency of jelly whip until light, then add): | |
| 1 dozen marshmallows, cut fine | 1/2 cup blanched almonds, chopped |
| 12 or more maraschino cherries, cut | 1/4 cup sugar |
| 1/2 dozen almond macaroons, crushed fine | 1/4 teaspoon salt |
| | 1/2 pint whipped cream |
- Mold in large or individual molds.

Margaret Taylor
Harrison

BANANA PUDDING

- | | |
|-------------------------|--------------------------|
| 2 cups milk | 1/4 teaspoon salt |
| 1/3 cup sugar | 1/2 teaspoon vanilla |
| 1 tablespoon cornstarch | 2 eggs |
| 1/4 teaspoon salt | 12 ounces vanilla wafers |
- Mix sugar, cornstarch, and salt. Add egg yolks and then pour on scalded milk. Cook in double boiler until custard sets. Line bottom and sides of baking pan with vanilla wafers, and then alternate layers of bananas, custard, and vanilla wafers, repeating twice. Make meringue of egg whites, 2 tablespoons sugar, and vanilla. Spread on top. Sprinkle with 3 finely crumbled vanilla wafers. Bake in slow oven, 300 degrees, 20 minutes.

Mrs. Ronald Oates

LEMON PUDDING

Syrup:

- 1 cup granulated sugar
- 1 1/2 cups water
- 3 teaspoons butter

Cake Mixture:

- 1 cup cake flour
- 1 3/4 teaspoons baking powder
- 1/2 teaspoon salt
- 3 teaspoons sugar

- Grated rind and juice of 1 lemon
- 1/4 teaspoon salt

- 3 teaspoons milk
- 1 egg, 3 teaspoons butter
- 1/2 teaspoon lemon extract

Sift flour once before measuring, then sift again with baking powder, salt and sugar. Add melted shortening. Beat slightly. Turn the dry ingredients into liquid ingredients. Beat until mixture is smooth. Stir in flavoring. Combine all ingredients for syrup and cook on "high". Beat until mixture comes to a boil. Pour batter into boiling syrup. Cover. When steam escapes from vent, switch to simmer and cook about 40 minutes. Serves 5 to 6. Serve while hot.

Mrs. Henrietta C.
Knowles

SPONGE PUDDING

1/4 pound flour
1/4 pound butter
1/4 pound sugar

1 quart milk
8 eggs

Put the milk in a double boiler and set in boiling water. Mix flour in part of cold milk and stir in the hot milk, stir briskly until cooked. Take from fire and add sugar, butter and yolks of eggs, well beaten. Last add the whites, stiffly beaten. Bake 20 minutes in a buttered dish set in boiling water. Oven 375 degrees. Delicious served with whipped cream.

Beatrice R. Hill

FROZEN LIME PUDDING

1 box lime jello
1 cup hot water
1 1/4 cups sugar

Grated rinds and juice of
2 lemons
1 quart milk

Dissolve jello in hot water, add sugar and stir until dissolved, then add lemon juice and rind. Chill until mixture begins to thicken, then pour into cold milk. Stir once while freezing.

Mary P. Ray

ICEBOX FRUIT CAKE

1 pound marshmallows
1 can (large size)
Carnation Milk
1 pound raisins
1/2 cup shredded citron

2 cups chopped nuts
1 pound graham crackers
1/4 pound cherries, if
desired

Put milk and marshmallows in double boiler over slow heat. Cook until the marshmallows dissolve. Add other ingredients and mix well. Put in pan to mold. Chill in refrigerator overnight.

Mrs. William R.
Clifton

CHOCOLATE PUDDING

Mix:
1 1/4 cups sugar
6 tablespoons flour

6 tablespoons cocoa

Add 2 eggs and 3 cups milk. Cook and when done add 1 tablespoon butter, 1 tablespoon vanilla and pinch of salt.

Margaret S. Oates

ANGEL BAVARIAN CAKE

Make thin custard of:

1 pint milk
1 cup sugar
Pinch of salt
4 egg yolks
2 tablespoons flour



Add 1 package Knox Gelatine dissolved in 1/2 cup cold water. Put in custard while hot. Let cool and fold in 1 pint whipped cream and 4 egg whites, beaten stiff.

Break up 1 large angel cake, line pan, pour in custard. Repeat until pan is full. Let stand in refrigerator overnight. Ice with 1/2 cream, sweetened and flavored to taste, and whipped until stiff. Sprinkle with fresh grated cocoanut.

Mrs. William R.
Clifton

PINEAPPLE ICEBOX CAKE

Dissolve 15 marshmallows in 1 cup hot water. Pour while hot over 1 package lemon jello. Add:

1/3 cup sugar
Cool. Add:
1 cup drained pineapple, crushed
1 pint or less whipped cream
1 cup pineapple juice
Pinch of salt
1 cup broken pecans

Roll about 10 graham crackers. Press in bottom of buttered Pyrex dish. Pour in pudding. Sprinkle crumbs on top. Set in refrigerator several hours. Cut in squares.

Mrs. Eva Faison
Williams

BUTTERSCOTCH STACKS

1 package butterscotch pudding mix
30 thin chocolate cookies
Shaved chocolate
1 3/4 cups milk
Whipped cream

Combine pudding and milk in small saucepan. Cook according to directions on package, chill. Divide cookies into six stacks. Spread chilled pudding between cookies in each stack. Chill 4 hours or until firm. Top with whipped cream and shaved chocolate. Makes six servings.

Mrs. Mat Lee
Thompson

CHOCOLATE SPONGE

One package plain gelatin dissolved in 1/2 cup cold water. Add 1/2 cup boiling water. Beat 4 egg yolks with 1 cup sugar. Melt 4 squares chocolate over hot water. Add to egg mixture, then gelatin. Let partially congeal. Whip the 4 egg whites and add. Mold. Serve with vanilla ice cream or whipped cream.

Mrs. Eva Faison
Williams

PASTRIES

PEACH REFRIGERATOR PIE



- 1 package frozen peaches
- 1 3/4 cups evaporated milk and peach juice mixed
- 1 egg, well beaten
- 1 package lemon flavored gelatin
- Pinch of salt

Defrost and drain peaches, reserving juice, add milk to peach juice. Heat liquid to boiling and add gelatin. Stir until gelatin is dissolved. Fold in egg and chill until syrupy. Line bottom and sides of pie pan with vanilla wafers. Whip chilled mixture until fluffy, then fold in drained peaches, cut in small pieces. Pour peach mixture over vanilla wafers. Chill until firm.

Mrs. C. L. Fouts

BUTTERSCOTCH PIE OR TARTS



- 2 egg yolks
- 1 1/2 cups milk
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 2 teaspoons cornstarch
- 2 teaspoons butter

Blend egg yolk and milk, mix brown sugar, salt, and cornstarch. Add egg mixture to this, add butter and cook over boiling water over low heat until smooth and thick, stirring constantly. Cool, add vanilla and pour into baked pie shell. Top with meringue and bake. Makes 6 medium tarts or 1 pie. Bake at 425 degrees for 10 to 12 minutes.

Bernice King

SAUCE FOR FRUIT PIES



- 1 cup water
- 1/2 cup sugar
- 1 tablespoon flour
- Butter size of walnut
- Nutmeg to taste

Mix sugar and flour together then add water, butter, and nutmeg. Cook until it thickens.

Mrs. J. C. Bell, Sr.

PECAN PIE



- 3 eggs
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1/4 cup melted butter
- 1 cup dark syrup
- 1 cup coarsely chopped pecans

Line 9 inch pie pan with pastry and chill while mixing the filling. Beat eggs with salt. Add sugar gradually, beating until light. Add corn syrup and melted butter and mix well. Add pecans and mix. Pour into pie shell. Bake in hot oven 450 degrees F. until knife thrust into center comes out clean, about 50 minutes.

Edna Haskette Sanden
Luverne, North Dakota

VINEGAR PIE



- 2 eggs
- 1 1/2 cups water
- 1 1/2 cups sugar
- 1/4 cup butter
- 1/3 cup vinegar
- 2 tablespoons flour

Cream sugar and butter, add eggs, flour, water and vinegar. Pour into unbaked pie shell and bake in moderate oven about 30 minutes or until firm.

Mrs. T. K. Faison

LEMON MERINGUE PIE



- 1 1/2 cups sugar
- 1/8 teaspoon salt
- 1/2 cup cornstarch
- Grated rind of 1 lemon
- 2 cups water
- 3 egg yolks
- 1/3 to 1/2 cup lemon juice
- 2 teaspoons butter
- 1 baked pie shell

Combine sugar, salt, cornstarch and lemon rind in saucepan. Add boiling water, stir to blend well. Cook over very low heat about 7 minutes, stirring constantly. When thickened add egg yolks, which have been slightly beaten and combined with 2 tablespoons of hot filling. Blend in lemon juice and butter. Continue cooking for 5 minutes. Remove from heat, cool slightly and pour in baked shell. Cover with meringue.

Mrs. John Warren, Jr.



LEMON PIE

3/4 cup sugar
 3/4 cup boiling water
 2 teaspoons cornstarch
 2 teaspoons flour
 2 egg yolks
 3 teaspoons lemon juice
 1 grated rind
 1 teaspoon butter
 Mix cornstarch, sugar, flour and pour over mixture of boiling water. Cook until thick. Stir constantly. Fill baked crust. Cover with meringue. Brown in oven.

Mary Ellen Hobbs



LEMON ANGEL PIE

4 egg yolks
 1/4 cup sugar
 1/4 cup lemon juice
 1/2 teaspoon grated lemon rind
 Beat egg yolks until thick; add other ingredients and cook in double boiler until thick. Cool and spread filling on angel pie shell. Chill for several hours before serving. Serve with thin layer of whipped cream.

ANGEL PIE CRUST

4 egg whites
 1/4 teaspoon cream of tartar
 1/2 teaspoon salt
 3/4 cup sugar
 1/4 tablespoon cake flour

Beat egg whites until frothy, add cream of tartar and beat until stiff but not dry. Add sugar gradually, beating constantly. Fold in flour. Spread mixture in a well greased, 9 inch pie tin. Bake at 300 degrees for 50 minutes. Cool, fill and chill.

Jennie Middleton



CARAMEL PIE

2 eggs
 2 cups brown sugar
 1 teaspoon vanilla
 2 tablespoons butter
 1/2 cup milk
 1 cup broken nut meats
 Cream butter and sugar, add eggs with flour and milk. Add vanilla and nut meats. Bake in moderate oven.

Mrs. L. D. Groome



LEMON CHIFFON PIE

- 1 envelope Knox Gelatine
- 1/4 cup cold water
- 3 egg yolks, slightly beaten
- 1 cup sugar
- 1/2 cup lemon juice
- 1/2 teaspoon salt
- 1 teaspoon grated lemon rind
- 3 egg whites, beaten
- 1/3 cup sugar
- 1, nine inch pie shell, baked

Soften gelatine in cold water. To the beaten egg yolks add 1/3 cup sugar, lemon juice and salt. Cook in double boiler over hot water, stirring constantly. Add softened gelatine and stir until dissolved. Add grated rind. Chill mixture until is consistency of unbeaten egg whites. Fold in stiffly beaten egg whites, to which the remaining 1/3 cup sugar has been added. Pour into baked pastry shell or crumb crust. Chill until firm. Serve with whipped cream, if desired and chopped walnut meats.

Jean Aman

CHESS PIE

- 1/2 cup butter
- 1 cup granulated sugar
- 3 egg yolks
- 1 cup chopped raisins
- 1 cup chopped pecans
- 1 teaspoon vanilla



Cream butter and sugar, beat egg yolks until light, and add. Flavor with vanilla, and add raisins and nuts. Pour into partially baked pie shell, and bake in hot oven (400 degrees F.), 10 minutes, or

until filling sets. Reduce heat to 350 degrees F. and bake until well browned. The egg whites may be used for a meringue if desired.

Mrs. Eva C. Edgerton

PECAN PIE

- 3 eggs
- 1 cup white sugar
- 1/2 cup Karo Syrup
- 1 tablespoon butter

- Dash of salt
- 1 cup chopped pecans
- 1 teaspoon vanilla

Beat eggs slightly, add sugar, syrup, butter and salt. Mix enough to blend. Add vanilla and nuts. Put in unbaked crust and bake 45 minutes at 350 degrees.

Mrs. Ralph Oates

LEMON PIE

2 tablespoons cornstarch
3/4 cup sugar
1 cup boiling water
1/4 cup lemon juice
1 tablespoon butter
2 eggs
Salt



2 tablespoons sugar
Combine cornstarch and 3/4 cup sugar.
Add water slowly, stirring constantly.
Cook in double boiler or thick boiler,

stirring constantly until thick and smooth. Add slightly beaten egg yolks, butter, lemon juice and pinch of salt. Cook 2 minutes. Pour into baked pastry shell. Cover with meringue made of the egg whites and 2 tablespoons sugar. Bake in slow oven (325 degrees F.) for about 20 minutes or until meringue is smoothly browned.

Dotty Rector

GRAHAM CRACKER PIE

Crust.

18 graham crackers
1/2 cup butter

Roll crackers fine. Cream butter and add crumbs. Line a pie pan with this and pack firmly. Bake 15 to 20 minutes in 350 degree oven. Fill with cream filling and cool. Save some of crumbs to sprinkle on top of meringue.

Cream Filling:

2 cups milk, 1/8 teaspoon salt, 3 tablespoons cornstarch, 3/4 cup sugar, 2 eggs, 1 teaspoon vanilla. Scald milk, add sugar and cornstarch which has been mixed together. Cook 15 minutes. Beat egg yolks and add to milk mixture. Add vanilla. Cover with meringue made of 2 egg whites, 4 tablespoons sugar. Sprinkle crumbs in meringue. Bake in 325 degree oven until brown.

Mrs. A. P. Cates

PIE PASTRY

1 cup plain flour
1/4 teaspoon salt

1/3 cup fat

Blend thoroughly and add as much cold water as needed to make thick pastry.



ANGEL PIE

4 egg whites
 1 cup sugar
 1/2 teaspoon cream of tartar
 Beat until meringue and cook in buttered pan 1 1/2 hours, at 250 degrees.

Filling:

4 egg yolks, 1/2 cup sugar, juice of 1 lemon. Beat together and cook until thick in double boiler. Pour into pie shell and chill in refrigerator. Serve with whipped cream.

Mrs. Margaret S.
 Oates



MERINGUE SHELLS

Temperature: 250 degrees.
 Time: 1 1/4 to 1 1/2 hours.

4 egg whites
 1 cup fine granulated sugar
 1/4 teaspoon cream of tartar
 1 teaspoon vanilla

(1). Beat egg whites until stiff. (2). Add sugar sifted with cream of tartar gradually, continue beating until mixture holds its shape. (3). Add flavoring. (4). Cover cookie sheet with waxed paper.

Shape shells with spoon and bake, or shape in paper cups and bake.

Mrs. Dougal Newton

COCOA PIE

1 1/2 cups milk	1 cup sugar
2 egg yolks	1 tablespoon butter
1/3 cup cocoa	2 tablespoons cornstarch
1 teaspoon vanilla	Pinch of salt

Mix and cook until thick. Place mixture in baked pie shell and cover with meringue. Bake in moderate oven until brown.

Mrs. W. H. Clifton

BUTTER PASTRY

2 cups all-purpose flour	5/8 cup butter
1/4 teaspoon salt	1/2 cup ice water

Sift flour, measure and sift with salt. Cut in butter until mixture has the consistency of corn meal. Add water gradually until dough is formed. Roll out to 1/8 inch thickness. Fold and fit into pan without stretching. Makes two, 9 inch pie shells.

LEMON PIE

2/3 cup sifted pastry flour	1 cup sugar
1/4 teaspoon salt	2 cups hot water
1 teaspoon butter	1/3 cup lemon juice
1 teaspoon lemon rind, grated	unstrained
2 tablespoons sugar, additional	9 inch pre-cooked pastry shell

Sift flour, sugar and salt gradually, add water, stirring constantly, cooking in a double boiler. Cook until smooth and thick. Pour over beaten egg yolks, still stirring. Add butter, lemon juice and rind, blend thoroughly. When cool, turn into baked pie shell. Top with meringue made from stiffly beaten egg whites and additional sugar. Place in moderate oven, 350 degrees to set and delicately color meringue.

Mrs. Paul Best

BLACK BOTTOM PIE

Prepare crumb or pastry crust and cool. Soak 1 tablespoon gelatin in 1/4 cup cold water. Scald 2 cups rich milk and combine 1/2 cup sugar and 4 teaspoons cornstarch. Beat until light, 4 egg yolks. Stir sugar mixture in scalded milk slowly and cook over hot water about 20 minutes or until custard, then add egg yolks. Take out 1 cup custard, add to it 1 1/2 ounces melted chocolate. Beat until well blended and cool. Add 1/2 teaspoon vanilla and pour in pie crust and place in refrigerator. Dissolve gelatin in rest of custard. Let cook but not stiffen. Beat until stiff, 4 egg whites, 1/4 cup sugar, 1/4 teaspoon salt. Fold egg whites in custard. Cover chocolate with custard. Chill until it sets. Whip until stiff, 1 cup heavy cream. Add 2 tablespoons powdered sugar. Cover pie with cream and sprinkle top with 1/2 ounce shaved chocolate.

Mrs. James G. Thomas

LEMON PIE

1 lemon grated, or juice	1 cup sugar
3 egg yolks	2 tablespoons butter
5 tablespoons sweet milk	2 tablespoons flour

Mix all ingredients thoroughly. Pour in rich raw pie crust and bake in moderate oven until becomes thick. Remove from oven and cover with meringue that has been made from 3 egg whites and 3 tablespoons sugar plus your favorite flavoring for meringue. Brown in slow oven.

Mrs. Mason Baugham

LEMON PIE

- | | |
|--------------------------|------------------------|
| 1 cup sugar | 1 teaspoon salt |
| 1 1/2 cups boiling water | 2 eggs |
| 3 tablespoons cornstarch | Grated rind of 1 lemon |
| 3 tablespoons flour | 1/2 cup lemon juice |

Sift dry ingredients. Add water and cook in double boiler until thick (15 minutes). Add slightly beaten egg yolks and cook 2 minutes longer. Cool and turn into cooked pie shell. Cover with meringue made by beating egg whites until frothy, adding 4 tablespoons sugar and 1/4 tablespoon baking powder and continue beating until stiff. Bake in moderate oven, 325 degrees for 15 minutes to brown.

Mrs. Fannie S.
Faison

CHOCOLATE PIE

- | | |
|---------------------|----------------------|
| 1 cup sugar | 2 cups milk |
| 2 tablespoons cocoa | 2 eggs |
| 2 tablespoons flour | 1/2 teaspoon vanilla |

Mix sugar, cocoa, and flour. Separate eggs, beat yolks, add milk to yolks. Mix with dry ingredients a little at a time. Cook until thick in double boiler. Add vanilla when thick. Place in baked pie shell, and cover with meringue. Bake in moderate oven.

Mrs. Fred N. Ellis

LEMON PIE

- | | |
|--------------------------|------------------------|
| 2 tablespoons cornstarch | 1 tablespoon butter |
| 3/4 cup sugar | 2 eggs |
| 1 cup boiling water | Pinch of salt |
| 1/4 cup lemon juice | Grated rind of 1 lemon |

Combine cornstarch and 3/4 cup sugar, stirring constantly, add water. Cook over hot water until thick, add slightly beaten egg yolks, butter, lemon rind and juice, also salt. Cook two minutes. Pour into baked shell, cover with meringue made of 2 egg whites, 2 tablespoons sugar. Bake in slow oven, 325 degrees until brown.

Ina Faison Oates



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COOKIES

CHOCOLATE CHIP COOKIES



- 1/3 to 1/2 cup shortening
- 1/2 cup granulated sugar
- 1/4 cup brown sugar
- 1 egg, well beaten
- 1 cup sifted flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 package Baker's Semi-Sweet Chocolate Chips
- 1/2 cup chopped nut meats
- 1 teaspoon vanilla

Cream shortening, add sugar gradually and cream together until light and fluffy. Add egg and mix thoroughly. Sift flour once, measure and add salt and soda and sift again. Add flour in two parts and mix well. Add chocolate chips, nuts and vanilla and mix thoroughly. Drop from teaspoon on ungreased baking sheet about 2 inches apart. Bake in moderate oven (375 degrees), 10 to 12 minutes. Makes about 50 delicious cookies.

Mrs. R. D. Jones

RICH BROWNIES



- 1/3 cup shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 (1 ounce) squares unsweetened chocolate, melted
- 2/3 cup enriched flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2/3 cup chopped California walnuts
- Thoroughly cream shortening and sugar.

Add eggs and vanilla; beat well. Add cooled, melted chocolate and blend. Add sifted dry ingredients. Stir in walnuts. Bake in greased, 8 inch square pan in moderate oven, 350 degrees, 35 minutes.

Judine Kinney

LEMON CRACKERS

One cup clabber, 1 cup lard, 2 cups sugar, 1 teaspoon soda, 1 teaspoon salt, 3 teaspoons lemon extract, flour sufficient for stiff dough. Roll very thin. Sprinkle sugar on tops before baking.

Mrs. E. J. Hill



DATE BARS

3 eggs
 1 cup sugar
 1 cup flour
 1/2 teaspoon salt
 1 teaspoon baking powder
 1 3/4 cups chopped dates, 1 package
 1 cup chopped walnuts
 Beat eggs until light, add sugar and beat until thick. Add sifted dry ingredients. Beat smooth. Stir in dates and nuts. Bake in greased 9x13 inch pan about 30 minutes. Cut in bars and roll

in powdered sugar. Makes two dozen bars.

Mrs. Z. A. Gibson

SALLIE ANN COOKIES



1 cup brown sugar
 1 cup white sugar
 1 cup butter
 1/2 cup lard
 3 eggs, beaten
 4 1/2 cups flour
 1 teaspoon soda
 1 teaspoon baking powder
 2 teaspoons cinnamon
 1 cup nuts, chopped

Cream butter, lard, and sugar. Add soda, baking powder, and cinnamon to flour. Combine with creamed mixture. Add eggs and nuts. Knead well. Divide into five parts. Make each part in 10x12 inch rolls. Wrap in waxed paper, put in icebox overnight, or until ready to bake. Remove paper and slice 1/4 inch thick. Bake at 325 degrees, on cookie sheet until a light brown. When cold, place in cake box. This recipe will make about 200 cookies.

Louise Oates Faison

DELICIOUS COOKIES

1/2 pound butter	2 cups flour or little more
7 tablespoons dark brown sugar	if needed
1 cup broken nuts	Pinch of salt

Mix well and make long roll of above about size of 50¢ piece and place in refrigerator to chill. Slice as wanted and bake at 300 degrees, not longer than 20 minutes.

Mrs. J. J. Gibbons

ORANGE MERINGUE STRIPS



1 3/4 cups pastry flour
1/2 teaspoon salt
3/4 teaspoon baking powder
4 tablespoons butter
3/4 cup sugar
2 egg yolks
Rind of 1/2 orange
2/3 cup strained orange juice

Meringue:

2 egg whites, 1/2 cup sugar, pinch of salt, pinch of cream of tartar, 1/2 cup

shredded cocoanut. Spread meringue on top of cake batter and sprinkle with cocoanut. Bake at 375 degrees, 25 minutes.

Mrs. Lena L. Faison

CORN FLAKE KISSES



2 egg whites
1 cup sugar
1 cup chopped nuts
2 cups corn flakes
1/2 teaspoon salt
1/2 teaspoon vanilla
Beat eggs and fold in sugar as for meringue. Fold in nuts and corn flakes. Drop by teaspoonfuls on well greased baking sheets. Bake at 235 degrees

from 20 to 30 minutes and test to see if done. Test: If do not flop are done. Let cool a few minutes before removing from pan, then remove with spatula. Makes about four dozen.

Susan Royall Clifton

QUICK ORANGE PECAN CUP CAKES



Sift together:
2 cups sifted cake flour
2 teaspoons Calumet Baking Powder
1/2 teaspoon salt
Put in large bowl:
1/3 cup soft shortening
1 cup sugar
2 eggs, unbeaten
1/2 teaspoon orange or lemon extract
Beat 4 minutes, add sifted flour mixture alternating with 1/3 cup orange juice

and 1/3 cup water. Beat enough to blend. Add 3/4 cup broken pecan meats. Pour batter into cup cake pans filling about 2/3 full. Bake in 375 degree oven about 20 minutes.

Mrs. A. H. Witherington



FUDGE SQUARES

- 2 squares chocolate
- 1/2 cup butter
- 1 cup granulated sugar
- 1/4 teaspoon salt
- 2 eggs, well beaten
- 1/2 cup flour
- Vanilla, nuts

Melt chocolate in double boiler. Add butter and other ingredients. Cool before adding.

Mrs. M. C. Bowden

RAISIN SPICE COOKIES

- | | |
|---------------------------------------|-----------------------|
| 1/2 cup shortening | 1/2 teaspoon salt |
| 1/2 cup brown sugar,
packed firmly | 2 teaspoons cinnamon |
| 2 eggs | 1/4 teaspoon cloves |
| 1 cup chopped seedless
raisins | 1/2 teaspoon allspice |
| 1 1/2 cups sifted flour | 1 tablespoon molasses |
| 1 1/2 teaspoons baking powder | 2 tablespoons milk |

Cream shortening; add sugar and eggs, one at a time. Beat until light. Add raisins and sifted dry ingredients alternating with molasses and milk. Mix well, drop by teaspoonfuls onto greased cookie sheet; bake in moderate oven, 370 degrees for 8 to 10 minutes. Makes 2 to 2 1/2 dozen.

Lorine M. Martin

TEA CAKES

- | | |
|-------------------------------|-----------------|
| 1 quart flour | 3 eggs |
| 2 cups brown sugar | 1 teaspoon soda |
| 3/4 cup butter and lard mixed | |

Beat eggs together well adding sugar. Add soda dissolved in warm water. Flavor with vanilla, add quickly the flour in which butter and lard have been well worked. Roll out as soft as possible and cut. Bake in hot oven.

Kate W. Hicks

DOUGHNUTS

Three eggs, 1/4 teaspoon salt, 1 cup sour milk, 1/4 teaspoon nutmeg, 1 cup sugar, 3 tablespoons shortening, 6 1/4 cups flour. Beat eggs until thick, add sugar, nutmeg, and melted shortening, add flour alternating with milk. Roll 1/4 inch thick and cut with doughnut cutter; fry in deep, hot fat.

Emma Kelly Bradshaw

SANDUNES



3/4 cup butter, you can use oleo
4 heaping tablespoons powdered sugar
3 tablespoons water
2 teaspoons vanilla
1 cup chopped nuts
2 cups cake flour
Cream butter and sugar and add flour and water, mix well, add nuts. Roll thin. Bake in a slow oven, 30 to 40 minutes or until brown. Remove from oven and roll in powdered sugar. This will make about 7 dozen, cut small. Very tasty.

Mrs. T. H. Latham

ROYAL FANS



Mix 1/2 cup brown sugar into 2 cups flour. Work 3/4 cup butter into the mixture, using tips of fingers. Roll to 1/3 inch thickness. Shape with a fluted round cutter, 5 inches in diameter. Cut each piece into quarters and crease with dull edge of a case knife to represent folds of a fan. Brush over with yolk of egg diluted with 1 teaspoon water. Bake in slow oven.

Mac Martin Casteen

CHEWS



1 cup dates
1 cup chopped nuts
1 cup sugar
3/4 cup flour
1 teaspoon baking powder
2 eggs
1/4 teaspoon salt
Put dry ingredients together, stir in eggs, bake in thin sheets. While hot cut in squares and roll in balls, then in sugar and cocoanut.

Mrs. N. F. McColman

GINGER CREAMS

Mix together thoroughly:

1/4 cup shortening
1/2 cup sugar

1 egg
1/2 cup molasses

Sift together:

2 1/2 cups sifted enriched
flour

1/2 teaspoon nutmeg
1/2 teaspoon ground cloves

1/2 teaspoon salt

1/2 teaspoon cloves

1 teaspoon ginger

Stir into shortening-sugar mixture alternating with 1/2 cup hot water in which is dissolved 1 teaspoon soda. Chill dough thoroughly. Drop by teaspoonfuls about 2 inches apart into lightly greased baking sheet. Cookies will spread slightly during baking. Bake about 8 minutes in moderate-hot oven, 400 degrees. While still warm cover top of some, if desired with thick white icing. Makes about 4 dozen.

THICK WHITE ICING:

Blend together 3/4 cup confectioners sugar, a few drops of vanilla and 1 tablespoon milk or cream.

Mary Ann Oates

LEMON-PECAN REFRIGERATOR COOKIES

1/2 cup shortening

2 cups flour

1 cup sugar

1/8 teaspoon salt

1 egg

1 teaspoon baking powder

1 cup pecans

1 lemon (grated rind and
juice)

Cream shortening and sugar, add egg and beat well. Add lemon juice and rind. Add sifted dry ingredients. Stir in broken nuts. Shape in rolls, wrap in waxed paper, and store in refrigerator overnight. Bake in moderate oven, 350 degrees F., 12 to 15 minutes. Recipe makes approximately 100 cookies.

Margaret Lee Silla

BROWNIES

1 cup butter

2 cups sugar

2 teaspoons milk

1 cup plain flour

4 eggs

1/2 pound or 4 squares
chocolate

1 teaspoon vanilla

1 cup nuts

Melt chocolate and butter. Beat eggs, adding sugar gradually, then flour, salt and milk. Add melted chocolate, shortening and vanilla. Bake in greased, shallow pans in moderate oven (350 degrees) on top shelf 30 to 40 minutes. Cut in squares and roll in powdered sugar.

Mrs. Joyce Sutton

BUTTER FINGERS

1/4 pound butter
4 tablespoons confectioners sugar
1 tablespoon ice water
1 teaspoon vanilla
2 cups flour
1 cup chopped pecans

Mix together in order given. Roll small bits of dough about 1 teaspoonful of each cookie between palms of hands. Place on floured baking sheet and bake in moderate oven, 350 degrees about 10 minutes. Roll in confectioners sugar while they are still warm.

Mrs. C. L. Fouts

BIRD'S NESTS

1/2 pound butter
2/3 cup sugar
3 egg yolks
2 1/4 cups cake flour
1 teaspoon vanilla or almond flavoring
1 teaspoon salt

Cream butter and sugar, add well beaten egg yolks and flavoring. Knead in flour and salt that has been sifted three times. Pinch off dough size of marble and roll in that shape. Place on slightly greased cookie sheet. With thimble make dent in each cookie and fill hole 3/4 full of apple or mint jelly. These are nice for the Christmas season and to use on a party plate. Makes about five dozen.

Susan Royall Clifton

GUMDROP CAKE

2 1/2 cups brown sugar
2 cups flour (plain)
1 teaspoon salt
3 eggs, beaten stiff
1 cup nuts or more
12 or 13 orange gumdrop slices (the ones shaped like the slices of an orange), cut up the slices as small as possible.

Combine dry ingredients, add to eggs, mix well and pour into pan lined with waxed paper. Bake 30 to 35 minutes in moderate oven 350-375 degrees. Cut into squares while hot and sprinkle with confectioners sugar. Will make about 50 cookies.

Mildred B. Decker



CREAM CUP CAKES

1 cup whipping cream 2 eggs
1 cup sugar 1 1/2 cups cake flour
1/4 teaspoon salt 1 teaspoon vanilla

Measure flour that has been sifted once and sift twice more with baking powder and salt. Whip cream, fold in beaten eggs, sugar, flour and vanilla. Bake in muffin tins 3/4 full at 375 degrees for 30 minutes. Ice with your favorite icing.

Mrs. Robert J.
Farrior, Jr.

DATE NUT BAR

2 eggs
1 cup sugar
1/4 cup melted butter
3/4 cup plain flour
1 cup nuts
1 cup dates

Cream sugar and butter, add eggs and beat. Add flour, nuts and dates.

Mrs. Shellie M.
Bowden
Jacksonville, N. Car.



C A K E S

BANANA CAKE



Sift 1 1/2 cups sugar. Beat until soft 1/2 cup butter. Add sifted sugar gradually. Blend these ingredients until very light and creamy. Beat in, one at a time, 2 eggs. Sift before measuring, 2 1/4 cups cake flour, resift with 1/2 teaspoon baking powder, 3/4 teaspoon soda, 1/2 teaspoon salt. Prepare 1 cup lightly mashed bananas. Add 1 teaspoon vanilla and 1/4 cup sour milk to bananas. Add sifted ingredients to butter mixture in

about three parts, alternately with thirds of the banana mixture. Beat batter after each addition until smooth. Bake cake in two greased, 9 inch layer pans in 350 degree oven for about 30 minutes. Place between layers, 2 sliced bananas, or enough to cover bottom layer. Spread cake with white icing.

Shaw Hines Christianson

ONE EGG CAKE



2/3 cup sugar
1/4 cup shortening
1/4 teaspoon salt
1 teaspoon vanilla flavoring
1 egg
1 1/2 cups flour
1/2 cup milk
2 teaspoons baking powder
Cream shortening and sugar. Add unbeaten egg. Add flavoring and beat thoroughly. Sift flour, measure, and sift with

salt and baking powder. Add alternating with milk and creamed shortening and sugar. Pour into well oiled loaf pans. Bake in moderate oven, 375 degrees for about 35 minutes.

Mary Ann Oates

WHITE FRUIT CAKE



1 pound butter, 1 pound sugar, 1 pound flour, 12 eggs, 2 pounds citron, cut, 2 grated cocoanuts, 2 pounds shelled, blanched almonds, 1 glass wine, 1 bottle cherries left whole. Grate cocoanuts, cut citron in coarse pieces. Leave almonds whole. Mix and bake as pound cake.

Mrs. R. A. Williams



FRUIT CAKE

- 1 pound cherries
- 1 pound pineapple
- 1/2 pound citron
- 1 box raisins
- 1/2 gallon pecans
- 1/2 pound butter
- 5 eggs
- 3 cups flour
- 2 cups sugar
- 1 teaspoon vanilla
- A little allspice

Step I: Cream butter and sugar. Add eggs, 1 box raisins (floured), flour. Then add pineapple, cherries, citron, and nuts (all diced). Add vanilla and allspice.

Step II: Grease pan thoroughly. Line bottom of pan with paper. Put cake in pan and steam 2 hours. Then bake for 1 hour in very slow oven.

Dorothy Adams
Thompson

RED DEVIL'S FOOD CAKE WITH BROWN SUGAR ICING



Sift together into bowl:

- 1 3/4 cups flour
- 1 1/4 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups sugar
- 1/2 teaspoon vanilla

Add:

- 1/2 cup high grade vegetable shortening
- 1 cup milk
- 1 teaspoon vanilla

Beat vigorously with spoon for two minutes by clock or mix with electric mixer on slow to medium for 2 minutes.

Add:

- | | |
|-----------------------|---------------------|
| 1/2 cup unbeaten eggs | 1 teaspoon red food |
| 2 squares unsweetened | coloring |
| chocolate | |

Beat two more minutes.

BROWN SUGAR ICING

Mix 1 cup light brown sugar and 1/2 cup less 1 tablespoon granulated sugar with 1/3 cup hot water in saucepan. Stir over low heat until sugar dissolves. Boil rapidly until syrup spins a thread. Beat 2 egg whites foamy and add tablespoon sugar. Beat until stiff. Slowly pour syrup into beaten whites, beating constantly. Add 1 teaspoon vanilla, 1/8 teaspoon salt. Beat until icing peaks.

Mrs. J. H. Darden

PINEAPPLE LAYER CAKE



Cream 1 1/2 sticks of butter with 2 cups of sugar. Add 4 eggs and 3 cups flour. Cook 15 minutes in greased layer cake pans at 350 degrees.

Filling:

Blend 2 tablespoons of cornstarch with 1 cup sugar. Add to large can of crushed pineapple. Add one egg, lightly beaten and butter size of walnut. Cook until thick.

Mrs. Hallie M. Adams

PINEAPPLE 1-2-3-4 CAKE



3/4 cups flour
2 1/2 cups sugar
1 cup butter
4 eggs

Cream sugar and butter until fluffy and isn't grainy. Then fold in flour and eggs. Cream until mixture is well mixed. Bake in oven heated to 375 degrees.

ICING:

2 1/2 cups sugar, 3/4 cup white Karo Syrup,
4 egg whites, 1 large can crushed pine-

apple. Cook sugar and syrup over medium heat until it will form soft balls in cup of cold water. Then add syrup mixture gradually to the beaten egg whites. Use the pineapple juice to put on layers before spreading the icing. Then add icing and pineapple.

Mrs. D. W. Bailey

PINEAPPLE CAKE



1 cup butter or margarine
2 cups sugar
3 cups cake flour
3 teaspoons baking powder
1 cup sweet milk, 4 eggs
1 large can pineapple, crushed

Cream butter and sugar, add eggs, one at a time, beating very fast. Sift flour and measure, sift again adding baking powder. Add flour and milk, beating slowly. Pour into three, 9 inch cake pans which have been greased and floured. Bake in slow oven 375-400 degrees, 20 minutes or until done. When cool, drain pineapple and spread over each layer. Cover each layer with your favorite white icing.

Mrs. C. D. McCullen

LADY BALTIMORE CAKE



- 1 cup butter or butter substitute
- 1 cup milk
- 3 1/2 cups cake flour
- 1 teaspoon vanilla flavoring
- 2 cups sugar
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1 teaspoon orange flavoring
- 6 egg whites

Cream butter or butter substitute. Add gradually sugar which has been sifted before measuring. Beat until smooth and creamy. Sift flour, measure and sift with baking powder and salt. Add alternately with milk to first mixture. Add flavorings. Fold in stiffly beaten egg whites. Pour into well oiled layer cake pans. Bake in moderate oven (375 degrees) about 35 minutes. Use fruit and nut filling between layers and a boiled icing for top and sides.

Mrs. R. M. King

PRIZE TWO EGG CAKE

Preparations:



Have the shortening at room temperature. Line bottom of two, deep, eight inch layer pans with paper; grease. Start oven for moderate heat, 375 degrees. Sift flour once before measuring. Lift by spoonfuls into cup piled high, then level off by drawing spatula or straight knife across top. Do not pack or shake down.

- 1 3/4 cups sifted cake flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon vanilla
- 3/4 teaspoon salt
- 1/2 cup shortening
- 1 cup plus 2 tablespoons sugar
- 2/3 cup milk minus 1 tablespoon

Stir shortening just to soften. Sift in dry ingredients. Add milk and mix until all flour is dampened. Beat 300 strokes by hand or two minutes in mixer at low speed. Add eggs and beat 150 strokes or 1 minute in mixer at low speed. Bake in moderate oven 375 degrees about 25 minutes. Ice with your favorite icing.

Mrs. Ronald Oates



PLAIN CAKE

- 1 cup butter
- 2 cups sugar
- 3 cups flour (1 1/2 cups cake flour and 1 1/2 cups all-purpose flour)
- 1 cup sweet milk
- 5 eggs
- 1 teaspoon vanilla
- 1 teaspoon mace

Mix butter and sugar thoroughly creaming until light and fluffy. Beat egg yolks until stiff, add to above mixture. Add

flour and milk alternately. Last add beaten egg whites. Beat by hand 5 minutes. Bake in moderate oven about an hour. Bake in angel food cake pan. This is a good substitute for pound cake.

Mrs. A. D. McNeil

POUND CAKE

- 1 pound butter
 - 3 cups sugar
 - 3 2/3 cups flour, sifted
 - 10 eggs, large
 - 1 teaspoon orange juice or brandy
- Cream butter until light as a feather. Add sugar slowly. Cream until sugar is dissolved. Add eggs, one at a time, beating constantly. Fold in flour. Bake at 325 degrees, 1 1/2 hours.



ICING:

- 2 1/2 cups sugar
- 1/2 cup White Karo
- 1/2 cup water

Stir until dissolved. Cook until strings. Pour slowly over 2 large beaten egg whites.

Mrs. D. H. McCullen

ROLLED JELLY CAKE

Three eggs, 1 cup fine sugar, 1 cup flour. Beat egg yolks until light, then add sugar. Then add 2 tablespoons water, a pinch of salt. Lastly stir in the flour in which a heaping teaspoon baking powder has been added. Add the flour gradually. Bake in long shallow biscuit tins well greased. Turn out on damp cloth on bread board. Cover top with jelly and roll up while warm.



Mrs. B. F. McColman



DATE SANDWICH CAKE

- 1 1/3 cups quick oatmeal
- 3/4 cup butter
- 1 teaspoon butter
- 1 1/2 cups flour
- 1 cup brown sugar
- 1 teaspoon salt

Mix the above ingredients well.

Filling:

- 1 pound dates
- 3/4 cup brown sugar

Cover the dates and brown sugar with water. Cook together until soft. Pour half of cake mixture into greased pan, spread the filling over this and add remainder of cake batter. Bake 30 to 40 minutes in moderate oven. Cut in squares and serve with whipped cream topped with cherry.

Louise Hatcher

ANGEL CAKE

- | | |
|---------------------------------|----------------------|
| 1 cup egg whites (8 to 10 eggs) | 1 tablespoon water |
| 1 1/4 cups sugar | 1/8 teaspoon salt |
| 1 cup cake flour | 1/2 teaspoon orange |
| 1 teaspoon cream of tartar | flavoring |
| | 1/2 teaspoon vanilla |

Sift flour and sugar separately four times. Measure each after first sifting. Whip egg whites lightly with wire whisk. Add salt, water and flavoring when half beaten. Sift in cream of tartar. Continue whipping until whites hold their shape. Divide sugar into fourths. Fold in each fourth with 10 strokes of the spatula. Divide flour into fourths. Fold in each fourth with 10 careful strokes of the spatula. Pour into unoled tube pan. Bake in slow oven (325 degrees), 50 minutes.

Mrs. R. M. King

BLUEBERRY CAKE

One and one-half cups cake flour, 1/2 teaspoon salt, 1/2 teaspoon soda, 1/2 teaspoon baking powder, 1/2 cup shortening, 1 cup sugar, 1/2 teaspoon cinnamon, 2 eggs, beaten, 1/2 cup milk, 2 cups fresh, frozen blueberries.

Sift flour, measure and resift three times with next three ingredients. Cream shortening with the sugar and cinnamon until smooth and soft. Add eggs and beat until fluffy and light in color. Add the milk alternating with the dry ingredients, beating well after each addition. Gently fold in the blueberries. Pour into a greased, 9 inch square cake pan and 1 3/4 inches deep. Bake at 350 degrees F., 45 minutes or until cake tests done. Serve warm or cold with lemon sauce. Serves eight.

Miss Rachel Martin

DEVIL'S FOOD CAKE

Cocoa Mixture:

1 cup sugar
3/4 cup cocoa

1 cup milk
1 egg

Combine sugar and cocoa. Add well beaten egg and milk. Cook in double boiler until thick and smooth. Then let cool.

1 cup sugar
3/4 cup shortening
1/2 cup milk
2 eggs

2 cups cake flour
1/8 teaspoon salt
1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon soda

Cream shortening and sugar. Add well beaten eggs. Beat thoroughly. Sift flour and measure and sift with baking powder, soda and salt. Add milk slowly to creamed mixture. Add vanilla, then add cocoa mixture which has been cooled well. Pour in greased layer cake pan and bake in oven 375 degrees, about 20 minutes. Use Seven Minute Icing.

Mrs. D.W. Bailey

CHOCOLATE CUSTARD DEVIL'S FOOD CAKE

1/2 cup shortening
1 cup sugar
2 beaten egg yolks
2 cups sifted cake flour

1/4 teaspoon salt
1 teaspoon soda
1 cup milk
1 teaspoon vanilla

Combine 2/3 cup sugar, 3 (1 ounce) squares unsweetened chocolate, melted, 1/2 cup milk and 1 beaten egg. Cook over low heat until thick. Cool. Cream shortening and 1 cup sugar, add egg yolks alternately with 1 cup milk and vanilla. Stir in chocolate mixture. Bake in waxed paper lined 8 inch layer cake pan in moderate oven, 350 degrees, 25 to 30 minutes. Put layers together and frost with Ivory Frosting.

IVORY FROSTING:

Make seven minute frosting using:

5 tablespoons water
1 1/4 cups granulated sugar

1/4 cup brown sugar
2 egg whites


Add 1 teaspoon vanilla.

If you prefer chocolate icing, add 2 1/2 ounces unsweetened chocolate to this mixture.

Mrs. William R.
Clifton

FROSTINGS


LEMON JELLY FILLING



2 eggs
2 cups sugar
Juice of 2 lemons
1/2 cup water
2 tablespoons butter
3 tablespoons flour
Whip egg. Add sugar and other ingredients. Cook in double boiler until thick.

Kate W. Hicks


LEMON ICING



1/2 teaspoon lemon rind
2 teaspoons butter
2 cups powdered sugar
4 teaspoons lemon juice
2 teaspoons water
Dash of salt
Cream grated rind and butter. Add gradually 1 cup sugar, blending with salt. Add remaining sugar alternately with lemon juice and water. Beat until smooth.

Carolyn Newton

PINEAPPLE FILLING



1 can crushed pineapple
1 cup brown sugar
1/4 cup butter
1 teaspoon salt
Cook brown sugar, salt and butter over medium heat until smooth. Add well drained pineapple. Cook for a few minutes until thoroughly mixed. Put between layers of cake. We prefer this filling on top of cake also, but for special occasions a white icing might be used to cover the cake. Use on your favorite cake.

Margaret O. Sutton

STRAWBERRY-COCOANUT FILLING

Spread strawberry jam on cake. Sprinkle with moist, packed cocoanut. This is quickly made and very delicious.

Margaret O. Sutton

WHITE ICING

2 1/2 cups sugar 2 egg whites
2/3 cup water Pinch of salt

Cook sugar, salt and water together until syrup forms a tiny thread when dropped from a spoon. Add immediately to beaten egg whites, about a third of solution; placing pot back on heat to heat, beat mixture good. Keep adding solution to egg whites until all has been added, then beat mixture until cool and peaks will form.

Mrs. Murphy Smith

SEVEN MINUTE ICING

2 1/3 cups sugar 2 teaspoons white syrup
3 egg whites or 1 tablespoon cream
Pinch of salt of tartar
1 tablespoon water

Place in double boiler and cook for seven minutes. Beat with Dover egg beater while cooking. Remove from fire and spread when cools.

Emma Kelly
Bradshaw

SEVEN MINUTE ICING

1 egg white 1 cup sugar
Pinch of salt 1/8 teaspoon cream of
1/3 cup boiling water tartar
1/2 teaspoon vanilla

Combine sugar, salt, cream of tartar and boiling water. Cook in double boiler. Beat about seven minutes with rotary beater or until thick enough to spread. Then add flavoring.

Mrs. D.W. Bailey

NEVER FAIL ICING

1 3/4 cups sugar 1 tablespoon vinegar
1/2 cup hot water

Cook fast until spins thread. Pour over 2 well beaten egg whites that have had added to them, 1/4 cup uncooked sugar. Beat.

Sallie Faison Hill

SEVEN MINUTE FROSTING

2 egg whites Pinch of salt
1 1/2 cups sugar 1/3 cup water
1/8 teaspoon cream of tartar

Put in double boiler and beat while cooking from 7 to 10 minutes.

Mrs. Charlie E. King

**VEGETABLES
&
SALADS**



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VEGETABLES

CORN PUDDING

- 2 cups corn
- 4 eggs
- 8 tablespoons flour
- 2 pints milk
- 3 teaspoons sugar
- 2 tablespoons butter, melted
- 1 teaspoon salt



Stir into the corn, the flour, salt, sugar and butter. Beat up the eggs well. Put them in the milk. Then stir into the corn and put into a pan or Pyrex. Bake inside

of oven slowly, about 20 or 25 minutes. Stir from bottom 3 times while baking.

Mrs. Dennis Kenlaw

SWEET POTATOES

- 12 medium sized potatoes
- 3 eggs
- 1 stick butter
- 1 teaspoon salt
- 1/2 cup sugar
- 2 oranges (grated rind)
- 1 large can Carnation Milk
- 1 large can crushed pineapple (drained)
- Marshmallows



Boil potatoes, mash and add remaining ingredients, except marshmallows. Pour

into a 9x11 inch pan and bake. Just before taking out of stove cover with marshmallows and brown.

Mrs. W. T. Hines

SQUASH SOUFFLE

- 2 cups cooked squash
- 2 teaspoons chopped onion
- 4 tablespoons butter
- 4 tablespoons flour
- 3/4 cup cracker meal
- 1 1/2 teaspoons salt
- 1 cup milk, 2 eggs



Make a sauce of butter, flour and milk. Add squash, onion, salt, pepper, egg yolks, and cracker meal. Fold in stiffly beaten egg whites. Pour into buttered baking

dish and bake at 325 degrees, 1 hour. Mrs. D. H. Clifton
Clinton, N. Carolina

SQUASH SOUFFLE



2 pounds squash
2 cups thick cream sauce
2 eggs
2 cups grated cheese
Salt and pepper

Cook squash until tender. Cool (strain off water) and add egg and cream sauce. Mix well. Beat with beater. Add seasoning and put in shallow Pyrex dish. Bake slowly for about 30 minutes and then sprinkle top with buttered bread crumbs. Bake about 15 minutes longer.

Mrs. Ellen H. Maness
Ashboro, N. Carolina

NEW POTATOES AND PEAS

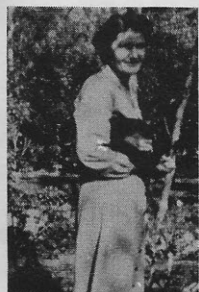


6 new potatoes
1 teaspoon salt
2 tablespoons butter
1 cup peas
3/4 cup water

Place potatoes, peas, salt, water and butter in a 2 quart casserole or oven utensil and cover. Allow 1 1/2 hours for cooking in oven with temperature of 375 degrees.

Mrs. M. E. Bailey

BAKED MACARONI AND CHEESE



2 cups macaroni
1/4 pound cheese
3 tablespoons butter
1 cup sweet milk
Salt and paprika

Boil macaroni in salted water until tender, drain. Pour half into baking dish. Grate cheese and sprinkle half on macaroni, add half of butter then pour on half of milk. Repeat this and sprinkle top with paprika. Place in oven about 350 degrees for about 30 minutes.

Mrs. J. C. Biel



CHEESE BALLS

- 1/4 cup grated cheese
- 1/4 teaspoon salt
- Dash of cayenne pepper
- 1 tablespoon flour
- 3 egg whites, beaten stiff
- Mix well, shape into balls, roll in cracker crumbs and fry in hot lard.

Mrs. W.E. Thornton

MACARONI AND CHEESE

(Serves 50)

- | | |
|---------------------------------------|------------------------|
| 4 packages (12 ounces) elbow macaroni | 1 1/8 cups flour |
| 9 cups sweet milk | 3 pounds grated cheese |
| 3/4 cup butter or margarine | Salt to taste |

Cook macaroni in salted water until tender. Melt butter and add flour, add milk slowly and cook until thickens, stirring constantly to avoid lumping. Should lumps occur beat with rotary beater until smooth. Add cheese, stirring until cheese melts. Gradually mix macaroni into the cheese sauce. Serve while hot and sprinkle each serving with paprika.

ASPARAGUS AU GRATIN

- | | |
|-----------------------------------|-----------------------------------|
| 1 cup bread crumbs (buttered) | 2 tablespoons butter |
| 2 tablespoons flour | Dash of pepper |
| 1 cup milk | Salt to season |
| 4 hard boiled eggs | 1 cup grated cheese |
| 2 canned pimientos, cut in strips | 1 No. 2 cans green asparagus tips |

Place 1/2 of crumbs in greased baking dish. Make white sauce of butter, flour, seasoning and milk. Add cheese, blend. Place alternate layers of sliced eggs, asparagus, pimientos, cheese sauce in baking dish. Cover top with remaining crumbs or grated cheese. Bake in moderate oven for 15 minutes. Serves six, 350 degrees, 15 minutes.

Mrs. D. H. Clifton

ASPARAGUS WITH MUSHROOM SAUCE

One can asparagus, 1 cup condensed cream of mushroom soup, 1/2 cup milk. Place one cup of mushroom soup in a saucepan and stir until smooth. Add milk, a little at a time, stirring constantly. Bring to the boiling point. Season to taste. Pour over asparagus and serve.

Mrs. Virginia Bell
Hatcher

DE LUXE CANDIED YAMS

- | | |
|----------------------|--------------------|
| 2 medium yams | 1 cup heavy syrup |
| 1 cup pecans | 1 teaspoon vanilla |
| 3 tablespoons butter | 8 marshmallows |
| 1 teaspoon allspice | |

Boil yams until tender but not too done. Place in baking dish in 2 inch slices. Pour pecans, syrup and vanilla on top, add allspice and butter. Place in oven about 350 degrees for 30 minutes, add marshmallows, place back in oven for five minutes.

Hazel Kelly

GRILLED TOMATOES

- | | |
|------------|------------------------|
| 6 tomatoes | 1/2 cup bread crumbs |
| 1 egg | Salt, pepper and sugar |

Wash but do not peel tomatoes. Cut in halves crosswise. Sprinkle with salt, pepper and a little sugar. Dip in crumbs then in beaten egg (diluted with 2 tablespoons water) and then in crumbs again. Place on greased broiler and cook 6 to 10 minutes under medium flame.

Mrs. R. M. Byrd

STUFFED CELERY

- | | |
|--------------------------------|---------------------------|
| 1 cake (3 ounces) cream cheese | 1/8 teaspoon paprika |
| 1/4 teaspoon salt | Dash Worcestershire Sauce |
| 1/8 teaspoon pepper | Mayonnaise |

Mash together cream cheese, salt, pepper, paprika and Worcestershire Sauce. Moisten with mayonnaise. Separate and wash 12 pieces of celery hearts. Fill celery with mixture through a pastry tube.

Mrs. R. M. Byrd

EGGPLANT CASSEROLE

- | | |
|---|-----------------------------|
| 1 large eggplant | 1 green pepper, sliced thin |
| 2 medium size onions, sliced thin | 1 can drained tomatoes |
| 2 slices buttered toast made into bread crumbs | 2 hard boiled eggs |
| 2 cups white sauce seasoned to taste with salt and pepper | |
| Grated cheese for top | |

Peel eggplant, dice and cook until tender in salted water, drain. Put a layer in casserole. Saute pepper and onions. Alternate layer of eggplant, pepper, onions, eggs, tomatoes, bread crumbs and sauce. Put grated cheese on top and bake at 350-400 degrees until thoroughly hot and cheese has melted or browned.

Mrs. D.H. Clifton

SCALLOPED POTATOES

Melt 3 tablespoons butter or margarine. Add 2 tablespoons enriched flour and 2 1/2 teaspoons salt, blend. Gradually add 3 cups milk. Cook until smooth and thick, stirring constantly. Add 6 cups thinly sliced potatoes. Cover. Simmer seven minutes. Pour into 8x12 inch baking dish. Bake uncovered, in oven 375 degrees until tender about 45 minutes. They will have that good brown crust.

Mrs. Olive Newton

STUFFED SQUASH

Wash, then cut stem ends from 4 medium summer squashes. Boil them until tender. Drain and cool. Cut in halves lengthwise. Scoop out centers leaving shell one-half inch thick. Chop the removed pulp and add 4 slices crisp bacon broken in pieces. 1 tablespoon butter, small onion, minced, salt and pepper to taste. Refill shells and sprinkle with mixture of 1/2 cup grated cheese and 1/2 cup bread crumbs. Place them in a pan in very little water. Bake in a hot oven, 400 degrees for about 10 minutes.

Mrs. Marshall
Williams

STUFFED PEPPERS

6 green peppers	1 1/2 cups bread crumbs
1/4 pound cheese, grated	2 tablespoons melted or soft butter
1 teaspoon grated onion	Salt and pepper to taste

Cut off thin slice from stem end of pepper. Remove seed and pith. Parboil 2 minutes. Stuff with bread, half the cheese, onion and butter. Put remainder of grated cheese on top. Bake in moderate oven 20 minutes.

Mrs. Rachel W. Stroud

CREAMED ASPARAGUS

(Serves 50)

1 1/2 cups butter	1 1/4 quarts liquid from asparagus
1 cup flour	1 1/4 quarts milk
1 teaspoon salt	1 No. 10 can asparagus

Melt butter. Add flour and stir to blend well. Add salt, stir in asparagus liquid slowly. Cook until slightly thickened, stirring constantly. Add milk and asparagus, and continue cooking over boiling water until sauce is thickened and asparagus hot.

SCALLOPED EGGPLANT

Peel and cut eggplant into cubes about two inches square, cook 10 minutes in boiling water with 2 teaspoons salt. Drain off water, put into baking dish with half stick of butter. Stir in a well beaten egg with a cup of bread crumbs or crackers. If you like, add a cup of cheese. Cover with bread crumbs and bake.

Mrs. Nina N. DeVane

CORN PUDDING

(Serves 50)

16 eggs	1/16 teaspoon cayenne
2 2/3 tablespoons salt	1 gallon fresh or canned
13 1/2 cups milk	corn
3 tablespoons grated onion	1/2 cup sugar
	1/2 cup butter

Beat eggs. Add remaining ingredients. One chopped green pepper or grated cheese may be added. Pour into buttered, shallow baking dishes and bake in slow oven until firm, about one hour.

MASHED POTATOES

(Serves 50)

50 medium sized potatoes	1 cup butter
3 gallons water (boiling)	2 2/3 cups milk
1/4 cup salt	2 2/3 cups potato water

Peel potatoes and cook until tender in boiling water to which salt has been added, about 40 minutes. Drain and mash. Mix Master is excellent for this. Add butter, milk, and potato water, and more salt if needed. Beat until white and fluffy. More milk may be added if needed, but heat milk before adding to potatoes.

SALADS

FRUITED CHEESE SALAD



- 1 package cream cheese
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- 1/8 teaspoon salt
- 1/3 cup nuts
- 3/4 cup pineapple
- 2 tablespoons chopped cherries
- 1 cup diced bananas
- 1/2 cup heavy cream

Mash cheese; add mayonnaise, lemon juice, and salt. Mix well. Add nuts, pineapple, cherries, and bananas. Whip cream until thickened; fold in. Pour into freezing tray and freeze until firm.

Mrs. W.I. Thompson

FROZEN FRUIT SALAD



- 1 envelope Knox Gelatine
- 1/2 cup pineapple juice (canned)
- 1 cup hot fruit juice (any kind)
- 2 tablespoons powdered sugar
- 1 cup cream or evaporated milk (whipped)
- 2 cups fruit, cut in small pieces
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1 cup mayonnaise

Soften gelatine in cold pineapple juice.

Add hot fruit juice and stir until dissolved.

Add lemon juice, cool. Beat mayonnaise gradually into the whipped cream or whipped evaporated milk, and add salt dissolved gelatine and powdered sugar. Fold in fruit (canned apricots, pineapple, pears, cherries, or any fresh fruit). Turn mixture into tray of mechanical refrigerator. Serve on lettuce. Serves 12.

Elizabeth W. Hicks

VEGETABLE SALAD

- | | |
|----------------------|-----------------------|
| 1 pod green pepper | 1 cup diced carrots |
| 2 ripe tomatoes | Salad dressing |
| 1/2 head lettuce | 2 tablespoons vinegar |
| 3/4 cup diced celery | |
| 2 cucumbers | |

Dice peppers, tomatoes, celery and cucumbers. Shred lettuce very fine and mix all ingredients. Add salad dressing and vinegar. Place on a salad plate.

Mrs. Fred N. Ellis

FRENCH FROZEN SALAD



Mix well and cook 1 egg, 1 tablespoon vinegar and 4 tablespoons water. Combine 1/2 dozen oranges, 12 red cherries, 6 green cherries, 1 cup chopped pecans or walnut meats, add this to the first mixture. Fold in 1 quart heavy cream that has been whipped stiffly. Put in freezing trays and freeze quickly by running up your control to the coldest degree. Serve on lettuce leaf with a little creamed salad dressing.

CREAMED SALAD DRESSING:

1/2 cup whipped cream

1/2 cup salad dressing

Mrs. Robert J. Farrior,
Jr.

FROZEN FRUIT SALAD

1/3 cup vinegar

1/2 cup sugar

2/3 cup water

1 pound marshmallows

1 large can fruit cocktail

2 bananas

1 can peaches (large size)

1 cup nuts

1 cup cream

Cook about 10 minutes. Add marshmallows, then add fruit and whipped cream. Freeze and serve on lettuce.

Margaret F. Davis

COLESLAW

(Serves 50)

1 1/2 gallons finely cut
cabbage

2 tablespoons salt

3/4 cup sugar

Salad dressing as needed
(3 pints)

Red and green peppers,
if desired

1 1/2 cups lemon juice or
reduce sugar and use
sweet pickle vinegar

1 cup finely cut sweet
pickles

1 bunch celery, finely cut

Add salt and sugar to cabbage. Let stand an hour and then drain well. Combine lemon juice or vinegar or pickle juice with salad dressing and mix with cabbage to which other chopped vegetables have been added.



FROZEN FRUIT SALAD

2 cups mayonnaise, homemade (1 pint oil)
1 can medium size fruit salad
1/2 box dates, chopped
1 small can crushed pineapple
1 cup cream (1/2 pint whipped stiff)
3 bananas
1 box marshmallows (5¢ box)
1 orange
Pinch of salt
Drain fruit salad, and pineapple well.
Chop bananas, dates and marshmallows.

Sever orange sections and remove all section skin. Add all these ingredients together. Mix well, then combine mayonnaise and whipped cream to fruit mixture. Allow 3 or 4 hours to freeze. Serves 12. generous servings.

Virginia Blount

FRUIT SALAD DRESSING

2 eggs, well beaten
1 cup sugar
1 tablespoon flour
Juice of 1 lemon
1 cup pineapple juice or 1/2 cup water
1 cup crushed pineapple
Mix sugar and flour. Add beaten eggs and other ingredients. Cook in double boiler until thick like custard. Cool, add 1 pint vanilla ice cream in chunks before serving. Serve over any fruit salad. Serves eight.



Mrs. James G. Thomas
Elizabethtown, North
Carolina

FRESH CRANBERRY RELISH

Wash and drain one quart of cranberries. Wash and wipe three large or four small oranges. Cut up whole oranges, removing seeds and center stalk. Grind cranberries and oranges together. Add four cups white sugar, mix well and let stand three hours or longer. Excellent relish for use with turkey or other meats.

A different effect can be achieved by adding a lemon, an apple and some chopped nuts.

Mrs. Dennis Kenlaw



CRANBERRY RELISH

4 oranges
6 pounds apples, (no core)
4 pounds cranberries
3 pounds sugar
Grind and mix with the sugar, chill for 24 hours. This is nice congealed in lemon jello and molded and served with sliced turkey or chicken. Serves about fifty.

Kate C. Taylor

MOLDED CHICKEN SALAD

(Serves 50)

3 cups rich chicken stock
3 cups evaporated milk
8 egg yolks, slightly beaten
1/2 cup gelatin
1 cup cold water
1 cup mayonnaise
1 quart celery, finely chopped

2 1/2 quarts diced cooked chicken
1 cup chopped pickle
3 tablespoons salt
Dash of white pepper
1/4 cup lemon juice

Scald the chicken stock and milk. Pour over the slightly beaten egg yolks, stirring constantly and cook over boiling water until thickened. Soften gelatin in 1 cup water and dissolve over boiling water. Pour into chicken custard mixture and cool. When the mixture begins to stiffen, add remaining ingredients. Pour in individual molds or place in loaf pan (to slice) after which place in refrigerator to congeal.

FRESH VEGETABLE AND CHEESE SALAD

(Serves 10 to 12)

2 heads lettuce, cut in eighths (or smaller)
4 tomatoes, peel and cut in squares
1 onion, finely chopped
2 cups celery, diced

1 bunch radishes, sliced
1 cucumber, diced
4 eggs, hard cooked, whites sliced, yolks sieved
2 cups natural American Cheese, grated
French dressing

Toss first 7 ingredients together in salad bowl. Pour French dressing over contents. Garnish with cheese and egg yolk.

FRENCH DRESSING:

One teaspoon sugar, 1/2 teaspoon salt, 1/2 teaspoon dry mustard, 1/2 teaspoon paprika, dash of cayenne, 2 teaspoons lemon juice, 2 teaspoons vinegar, 1/2 cup salad oil. Makes 3/4 cup.

Mrs. Henrietta C.
Knowles

PINEAPPLE CHEESE SALAD

- | | |
|-------------------------------|------------------|
| 2 envelopes Knox Gelatine | 3/4 cup sugar |
| Pinch of salt | 1 lemon |
| 1 cup cold water | 1/2 pint cream |
| 1 cup hot fruit juice | 1/2 pound cheese |
| 1 can No. 2 crushed pineapple | |

Soak gelatine in cold water for 5 minutes. Add hot fruit juice (cooked 5 minutes), pineapple, sugar, salt and juice of lemon. Cool. Add gelatine mixture. When it begins to congeal add stiffly beaten cream and grated cheese. Stir occasionally at first. Will serve 12.

Mrs. N.F. McColman

MOLDED CHICKEN SALAD

- | | |
|----------------------|---|
| 1 tablespoon gelatin | 2 cups cooked chicken (cut in small pieces) |
| 1/4 cup cold water | 1/2 cup chopped celery |
| 2 cups mayonnaise | 1/4 cup chopped pimiento |

Soak gelatin in cold water and dissolve over boiling water. Add to salad dressing. Fold in chicken, celery and pimiento and more mayonnaise if necessary. Turn into large or individual molds and chill. Mold on crisp lettuce and garnish with fan pickles, stuffed olives or radish roses.

Mrs. L.D. Groome

GRAPEFRUIT SALAD

Place grapefruit sections, canned or fresh on lettuce. Top with Iroquois Dressing and serve.

DRESSING:

- | | |
|--|---|
| 1/2 cup Heinz Catsup | 1 or 2 tablespoons chopped parsley, fresh or dehydrated |
| 1/2 cup Wesson Oil | |
| 1/2 cup pickled onion, cut up or dash of onion juice | 1/2 cup broken pecan meats |

Mix ingredients and add salt and pepper to taste. This makes enough for 8 servings. An unusually good salad to serve with waffles.

Louise Hatcher

SALAD

- 2 packages lemon jello (or 1 package lemon and 1 package orange jello), 1 can grapefruit sections, drained
1 small can crushed pineapple, drained
1 small bottle cherries, if you like

Use 2 cups boiling water to dissolve jello. Then add a scant cup of juice from crushed pineapple and grapefruit sections. Add other ingredients and mold. Top with mayonnaise. You may add cut up celery, nuts or carrots, if you like.

Virginia Bell Hatcher

TWENTY-FOUR HOUR FRUIT SALAD WITH CREAM

- | | |
|---------------|-------------------|
| 2 egg yolks | 2 lemons (juice) |
| 1/4 cup cream | 1/8 teaspoon salt |
| 1/4 cup sugar | |

Cook in double boiler, stirring constantly until thick, then add:

- | | |
|--|---|
| 6 slices canned pineapple
(diced) | 2 cups Queen Anne cherries
(stoned) |
| 1/2 pound grapes, peeled
and seeded | 1 cup almonds, blanched
and shredded |
| 1/2 pound marshmallows,
cut in pieces | 2 cups orange sections |
| 1 cup heavy whipping cream,
whipped | |

Chill the salad 24 hours. Serve it on lettuce with mayonnaise or as a dessert with whipped cream.

Mrs. Dorothy
Armstrong

UNDER THE SEA SALAD

- | | |
|--|---|
| 1 package lime jello | 2 cups diced canned pears |
| 1 1/2 cups boiling water | 2 packages cream cheese or
cottage cheese. |
| 1/2 teaspoon salt | 1/8 teaspoon ginger |
| 1 teaspoon vinegar | 1/2 cup juice from pears |
| Celery may be used, if
desired, also nuts | |

Dissolve jello in boiling water. Add pear juice, salt and vinegar. Pour one-half in pan or molds to chill until firm. Chill remaining jello mixture until cold and syrupy, whip until fluffy and thick like cream. Mix cheese and ginger, fold into the whipped jello mixture. Add pears and nuts. Pour over the firm layer and chill until firm. Ten servings.

Mrs. Carlton Precythe

FROZEN FRUIT SALAD

- | | |
|---|--------------------------------------|
| 1 No. 2 1/2 can fruit cocktail | 24 marshmallows, cut in
eighths |
| 1 No. 2 can crushed pine-
apple | 1 cup chopped nuts |
| 1 tall can evaporated milk or
1 pint sweet cream | 1/2 cup mayonnaise |
| 3 tablespoons lemon juice | 1/4 cup green maraschino
cherries |

Drain fruit cocktail, pineapple and cherries. Whip chilled milk or cream very stiff. Fold in lemon juice, mayonnaise, marshmallows, nuts, fruits, cherries, cut in half. Freeze 3 hours in molds or in freezing trays of refrigerator. Serve on lettuce. Garnish with dressing or whipped cream.

Mrs. R. M. Byrd

SOUR CREAM POTATO SALAD

Combine 4 cups diced cooked potatoes, 1/2 cup of diced cucumber, 1 teaspoon minced onion, 3/4 teaspoon celery seed, 1 1/2 teaspoons salt, and 1/2 teaspoon black pepper. Toss together. Dice the whites of 3 hard cooked eggs, add them to the potato mixture. Mash the yolks and combine with 1 1/2 cups of sour cream, 1/2 cup sharp, tart mayonnaise, 1/4 cup vinegar and 1 teaspoon prepared mustard. Add to potatoes and toss lightly. Allow to stand in the ice-box 15 minutes before serving on crisp lettuce.

Mrs. Alvin M. Royall
Jr.

CONGEALED ASPARAGUS SALAD

3 tablespoons butter	1/2 pint whipped cream
2 tablespoons flour	Salt and pepper to taste
4 eggs	Paprika to taste
1 can asparagus	Juice of 1 lemon
1 tablespoon plain gelatin, dissolved in 1/2 cup cold water	

Cream butter, flour, eggs and add liquid from asparagus. Cook in double boiler, add gelatin. Remove from double boiler and add lemon juice. When cold add whipped cream. Put layers of asparagus, layer of sauce in mold until filled. Serve on lettuce with mayonnaise.

Eva Faison Williams

SUNBURST SALAD

(Serves 36)

3 boxes lemon jello	1 cup chopped celery
4 cups water (boiling)	1 cup chopped nuts
1 can crushed pineapple	1 small bottle cherries
1 pound marshmallows	1 pint heavy cream

Dissolve jello in hot water and add marshmallows which have been cut in quarters. Stir until well dissolved. When it begins to congeal, beat until smooth, then fold in whipped cream and other ingredients. Set in refrigerator until well congealed and ready for use.

Mrs. W.I. Thompson

CRANBERRY SALAD

1 cup ground nuts	1 cup sugar
2 cups ground cranberries	1/2 cup juice from pineapple
1 cup drained pineapple	1 package cherry jello, dissolved in 1 cup hot water.

Lena L. Faison

CRANBERRY RING SALAD

- | | |
|--------------------------|---------------------------|
| 1 package lemon gelatin | 1/2 cup crushed pineapple |
| 1 1/2 cups boiling water | 3/4 cup cranberry sauce |
| 1/2 cup chopped celery | |

Dissolve gelatin in boiling water, chill. When slightly thickened add celery, pineapple and cranberry sauce. Turn in mold. Chill until firm. Unmold-garnish with lettuce and fill center of ring with cottage cheese.

Mrs. H. F. Byrd

CONGEALED FRUIT SALAD

Add 1 cup hot water to 1 box lemon jello. When slightly cool add one can of crushed pineapple, 3 oranges and 2 bananas. Cut oranges and bananas into small pieces. Pour into large mold or individual molds. Serve with lettuce and mayonnaise or salad dressing.

Mrs. B.F. McColman

WALDORF SALAD

- | | |
|-------------------------|--|
| 1 1/2 cups diced apples | 1/2 cup mayonnaise or
cooked dressing |
| 1 cup finely cut celery | 1/4 cup chopped walnuts
or pecans |

Mix apples with celery and mayonnaise. Add nuts. Serves six.

Mrs. Dorothy
Armstrong



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PICKLES**

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JELLIES

20 MINUTE STRAWBERRY PRESERVES

Wash strawberries by placing them in a large sieve and holding them under cold running water. Remove hulls and any blemishes. Measure 4 cups of berries and 4 cups sugar and alternate layers of berries and sugar in a deep saucepan. It is best to cook only 4 cups of strawberries at a time.

Allow berries and sugar to stand overnight. Next morning place saucepan over medium heat, do not stir. When strawberries have come to a full rolling boil, start counting time and cook 20 minutes, shaking the saucepan vigorously now and then to evenly distribute the cooking. During the last minute of cooking skin off the foam. Pour hot preserves into shallow pan 1 inch thick. Allow to stand for 24 hours. Several times during this period stir the thick syrup and the berries will grow plump with the syrup. Without reheating, put in sterilized jelly glasses and seal with paraffin.

Wanda Tyndall

STRAWBERRY JAM

1 cup strawberries
1 cup sugar
1 tablespoon vinegar

Do not cook over 3 cups at a time. Boil 5 minutes hard and stir. Keep in open vessel all night. Pour in small containers next morning. If possible keep in refrigerator. Will taste better and keep natural color.

Mrs. Hattie M. Smith

PEACH PRESERVES

To 10 pounds of peaches (after peeled) put 6 pounds of sugar. Let set overnight. Next morning cook to desired thickness. Put in prepared jars and seal.

Mrs. Mamie Carr
Bowden

PICKLES

FRESH CUCUMBER PICKLES



Slice about 1/2 bushel medium sized cucumbers. Soak 12 hours in salt water (1 cup salt to 1-10 quart bucket water). Soak 12 hours in fresh water. Soak 12 hours in lime water (1 cup to 1-10 quart bucket). Soak 12 hours in fresh water. Drop in bucket of hot water (10 quart) to which 3 tablespoons of alum has been dissolved. Dip up and drop in clear water. Let boil. Dip up and put in kettle of hot syrup made of 10 pounds sugar, 1 gallon

vinegar, 1 can (2 ounces) mixed spice, tied in cheesecloth. Cook 10 to 20 minutes. Cool 12 hours. Reheat and put in jars. Seal.

Mrs. Z. V. Blount

SWEET PEAR PICKLE



7 pounds fruit
3 1/2 pounds sugar
1 quart vinegar

Boil fruit, vinegar and sugar until you can stick a straw through fruit, then take out fruit and drain. Boil sugar and vinegar to a thick syrup. Put in jars and seal. Spice to taste.

Mrs. Clyde Crow

SWEET PICKLED PEACHES



8 pounds fruit
4 pounds sugar
1 quart vinegar
2 ounces stick cinnamon
2 ounces cloves

Boil sugar and vinegar and spices five minutes. Have spices tied in small cloth bag. Drop in peaches, a few at a time, with clove in each. When peaches prick easily put into a colander long enough for them to drain. Then put peaches in jars.

Cook the syrup until it equals half the original quantity. Pour over peaches and seal jars. Peaches may be peeled the night before and covered with some of the sugar to keep them from turning dark.

Mrs. Rachel W. Stroud

SWEET PICKLED PEACHES



To 10 pounds of peaches (after peeled) put 4 pounds of sugar. Let stand overnight. Next morning take each peach out and stick 2 allspice in each one. To the syrup which has formed in the kettle from the peach juice and sugar, put one full cup of vinegar and place on stove. When it has boiled and thickened add your peaches to it and boil until they change to a darker color. At this stage they will have formed a syrup and will be tender. Put in prepared jars

and seal. Add a little spice if preferred before putting in jars.

Mrs. Mamie Carr
Bowden

TOMATO PICKLE



1 peck green tomatoes
1 quart onions, sliced
Sprinkle with salt. Leave overnight.
Strain off water in the morning. Add:
1 quart vinegar
2 pounds sugar
1 tablespoon ground cloves
1/2 tablespoon each white mustard seed,
mace, ground cinnamon and cayenne pepper
Mix all together and boil 1 1/2 hours.

Miss Ruth Curtis

WATERMELON RIND PICKLES

Peel green skin and pink flesh from rind. Cut into desired shapes and place in lime water overnight, 1 gallon water to 1/2 tube of Lily's Lime. Next morning soak in cold water for one hour. Drain on turkish towel for one hour. Cook in clear water until tender. Drain again for one hour. Cook 5 pounds sugar, 1 quart white vinegar, a few drops of oil of cinnamon and oil of cloves until boiling. Drop in rind and cook until fork sticks easily. Place in jars and seal immediately.

Mrs. William R.
Clifton

GREEN TOMATO PICKLE

One and one-half gallons green tomatoes, 1/2 gallon onions. Slice mixture, spread with 1/2 cup salt, let stand overnight and drain. Boil 20 minutes and again drain. Boil 1 1/2 pints vinegar with 2 1/4 pounds brown sugar, 1/2 tablespoon ginger, cinnamon, cloves, mace, pepper, and mustard (each). Place on stove, let tomatoes and onions get hot through in boiled mixture. Put in jars and seal.

Mrs. J. M. Bowden

PEPPER RELISH

12 red peppers
12 green peppers
6 medium onions
1 quart vinegar
1 1/2 cups sugar
2 tablespoons salt

Grind peppers and onions, sprinkle with salt. Cover with hot water and let stand until cool. Drain and place in kettle. Add vinegar and sugar. Cook 20 minutes. Put in jars and seal.

Mrs. L. F. Saunders

PEPPER RELISH

24 pods red pepper
12 small onions
3 cups vinegar

3 cups sugar
1 tablespoon salt

Grind peppers and onions in food chopper. Let drip overnight. Add vinegar, sugar and salt and cook until thick.

Mrs. A. P. Cates

CHOW CHOW

Mix 2 cups of pickled chopped cabbage, 1 cup chopped green tomatoes, 1 cup sliced radishes. Add 2 teaspoons sugar to one cup vinegar and boil. Pour vinegar over the pickles.

Mrs. Clyde Crow





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CANDIES

MARSHMALLOWS



- 2 envelopes Knox Gelatine
- 1/2 cup cold water
- 2 cups sugar
- 3/4 cup boiling water
- 1/2 teaspoon salt
- 1 teaspoon vanilla

Boil sugar and boiling water together until syrup tests thread stage (thread forms when drops from edge of silver spoon). Remove from fire. Soften gelatine in cold water. Add to hot syrup and stir

until dissolved. Let stand until partially cooled. Add salt and flavoring. Beat until mixture becomes very thick and of marshmallow consistency, fluffy and cold. Pour into pans (size about 8x4 inches), thickly covered with powdered sugar, having mixture one inch in depth. Let stand in cool place (not a refrigerator) until thoroughly chilled. With a wet sharp knife loosen around edges of pan and turn out on a board lightly covered with powdered sugar. Cut in cubes and roll in powdered sugar, Fruit juices in place of part of the water, or nuts, chocolate, or candied fruits, chopped may be added, or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

Mary Baughan

CHOCOLATE FUDGE



- 2 cups granulated sugar
- 1/4 cake of chocolate
- 1/2 cup sweet milk
- Butter size of an egg
- Pinch of salt
- Vanilla

When done remove from fire and beat until it thickens. Add vanilla. Then pour in a buttered dish and cut in squares.

Miss Martha H. Faison

DIVINITY CANDY

Three cups sugar, 1/2 cup Karo syrup, 1 cup cold water, 2 egg whites, 1 teaspoon vanilla, 1 cup chopped nuts. Cook syrup until it spins a thread. Pour half of syrup over beaten eggs and beat, then add other half of syrup.

Mrs. B. I. Bowden

PULLED MINTS



2 cups sugar
3/4 cup boiling water
1/3 stick butter
Mix thoroughly and cook until forms hard ball or to 260 degrees. Pour in greased platter to cool. When it can be handled pull as for taffy, drop in coloring and oil of peppermint while pulling. Cut with scissors and place between oiled paper in tin box for at least 24 hours before using.

Mrs. W. D. Clifton

COCOA FUDGE



2 tablespoons butter
2 cups sugar
1/4 cup syrup
1/2 cup milk
3 tablespoons cocoa
1 teaspoon flavoring
1 cup nuts
Melt butter in saucepan. Add syrup, sugar, and milk, stirring. Let come to fast boil. Remove from fire and add cocoa, stirring until cool. Return to heat

and let boil to soft ball stage. Remove from fire, add vanilla, let cool until you can hold hand against bottom of pan. Add nuts, beat until creamy and dull looking. Pour into buttered refrigerator tray with cubes to cut into even squares.

DATE AND NUT ROLL



3 cups sugar
1 cup nuts
1 cup milk
1 package dates
1 teaspoon vanilla
Butter (a good size lump)
Put sugar and milk onto cook, when sugar is well melted, add seeded dates and butter. Let cook until it forms soft ball in water. Add nuts and vanilla. Beat well. Divide and roll in two wet cloths. When cold, roll in powdered sugar and slice.

Mrs. Nell D. Hines

CHOCOLATE FUDGE

- 3 cups sugar
- 2 squares chocolate
- 2 tablespoons butter
- 2 tablespoons syrup
- 1 cup milk
- Pinch of salt
- 8 or 10 marshmallows

Measure sugar into thick saucepan, add pinch of salt and melted chocolate. Then add 1 cup milk to this mixture and cook without stirring until a soft ball will form

in cold water or about 10 minutes. Take off stove and add syrup, butter and marshmallows. Let set until marshmallows dissolve. Then beat constantly until creamy. Pour in buttered platter. One cup of chopped nuts may be added if desired.

Mrs. A. F. Rector

MINTED NUTS

- 1 cup sugar
- 1/2 cup water
- 1 tablespoon light corn syrup
- 6 marshmallows
- 1/2 teaspoon essence of peppermint or
- 3 drops peppermint
- 3 cups nuts

Cook slowly, the sugar, water, syrup and pinch of salt. Remove just before it forms a soft ball in water. Add marshmallows and stir until melted. Add

peppermint and nuts. Stir in circular motion until nuts are well coated. Cool on oiled paper.

Mrs. Lucille Baughan

SEA FOAM CANDY

- 1 1/2 cups brown sugar
- 1/2 teaspoon vanilla
- 1/4 cup water
- 1/4 pound nuts
- 1 egg white

Dampen the sugar with the water and put on stove. Let boil without stirring until it forms hard ball in cold water. Have the egg well beaten and pour the syrup over very slowly. Add flavoring and nuts. Then drop in balls on waxed paper.

Mrs. Clyde Crow



CRISPY CARAMEL BALLS



- 1/2 cup sugar
- 1/8 teaspoon salt
- 1/8 teaspoon soda
- 1/4 cup dark corn syrup
- 2/3 cup milk
- 1 teaspoon vanilla
- 1/3 cup butter
- 4 cups Post Toasties

Combine sugar, salt, soda, corn syrup and milk. Bring to a boil, stirring until sugar is dissolved. Then cook, stirring occasionally, until a small amount of mixture forms a soft ball (233 degrees F.). Remove from heat and cool 1 minute. Add vanilla and butter. Beat until thick. Pour over Toasties and stir until thoroughly mixed. Shape in 1 inch balls, buttering hands lightly to prevent sticking. Makes 4 dozen balls.

Mrs. H. F. Byrd

PEANUT BUTTER FUDGE

- | | |
|-----------------------------|----------------------|
| 2 cups white sugar | 1 cup milk |
| 1 cup brown sugar | 1/8 teaspoon salt |
| 3 tablespoons peanut butter | 1/2 teaspoon vanilla |
| | 1 tablespoon butter |

Cook sugar, milk and salt until soft ball forms in cold water. Add peanut butter and vanilla and butter. Beat until creamy.

Mrs. Esther C. Cates

DIVINITY FUDGE

- | | |
|-------------------------|--------------------|
| 3 cups sugar | 2 egg whites |
| 1/2 cup dark Karo Syrup | 1 teaspoon vanilla |
| 1/2 cup cold water | |

Place sugar, syrup and water in a pan over slow fire. Stir only until sugar is dissolved, then cook until a little tried in cold water forms a soft ball. Beat egg whites 2 minutes at high speed until stiff, continue beating and pour half the syrup slowly over egg whites, continue beating while cooking the rest of the syrup until it forms a hard ball in cold water and will crack when hit against side of cup. Add rest of syrup gradually to egg mixture, add vanilla and continue beating until candy is thick enough to drop from spoon. Drop on buttered platter. Nut meats may be added, if desired before candy is ready to spoon. Makes 35-40 pieces.

Mrs. C. P. Ellis

DIVINITY FUDGE

2 2/3 cups white sugar 2 egg whites, beaten
2/3 cup water 1 cup nuts
2/3 cup corn syrup Vanilla

Cook sugar, water and syrup until it forms soft ball in water. Have the whites beaten. Pour syrup slowly into whites, add nuts and flavoring, beating all the time until creamy. Then drop in balls on buttered dish.

Mrs. Clyde Crow

SEA FOAM CANDY

3 cups light brown sugar 2 egg whites
1/2 cup water 1/8 teaspoon salt
1/2 cup light corn syrup 1 teaspoon vanilla
1 tablespoon vinegar 1 cup nut meats

Stir sugar, water, syrup, vinegar and salt over slow fire until sugar is dissolved. Whip egg whites until stiff. Pour syrup over eggs in a thin stream, beating constantly. Place bowl containing candy over, not in boiling water, and beat the candy until it is thick and creamy. Add vanilla and nut meats. Pour candy on an oiled platter, cut into squares while hot.

Mrs. A.H. Witherington

CHOCOLATE CREAMS

2 cups sugar 3 level tablespoons cocoa
3/4 cup milk 1/8 pound butter

Mix all ingredients except butter. Boil, stirring constantly until boils hard. Stop stirring and boil 3 minutes. Pour over butter that has been cut on platter. (Do not scrape pan). Set aside until cold. Add 1/2 teaspoon vanilla and beat with knife until it begins to form. Drop with spoon on waxed paper.

Mrs. Margaret Oates

MARTHA WASHINGTON

1 pound confectioners sugar ✓ 1/2 pound chocolate
1/4 pound butter ✓ 1/8 cake paraffin
1 teaspoon vanilla ✓ Nuts or crystallized fruits,
Pinch of salt ✓ if desired
Milk, cream or fruit juice
to moisten

Sift sugar, mix butter by rubbing through hands. Add desired liquid as needed to make a stiff dough. Mold candy in hands or form around nuts or fruit. Dip in chocolate and paraffin that has been melted together or in the prepared semi-sweet chocolate.

Lorine M. Martin

MEXICAN CARAMELS

Melt 1 cup granulated sugar in frying pan. Add 1 cup heated milk. Stir until blended. Add to this 1 cup granulated sugar, 1 cup light brown sugar, 1 tablespoon corn syrup. Cook until it forms a soft ball. Then add, 1 teaspoon butter. Beat until creamy, then add 1 pound nut meats. Pour into buttered platters and cut in squares.

Miss Elizabeth W.
Hicks

SEA FOAM CANDY

2 1/2 cups sugar
1/2 cup water

1/2 cup dark Karo Syrup
2 egg whites

Cook sugar, syrup, and water until it forms soft ball in water. Pour slowly 1/2 the mixture on the stiffly beaten egg whites. Place the remainder of mixture back on stove and cook until forms a hard ball. Add slowly to egg whites. Fold in 1 cup nut meats, if desired. Beat until stiff and drop from spoon on oiled paper.

Mrs. Robert J. Farrior
Jr.

SPICED NUTS

Mix together 2 teaspoons cinnamon, 1 cup ground cloves, 1/2 cup sugar. Coat 2 cups nuts (pecans, walnuts or almonds) evenly with unbeaten egg white (one) and roll in spiced mixture. Place in 350 degree oven until egg white looks dry and nuts a golden brown. Cool before storing in tin box.

Mrs. Eva F. Williams



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HOUSEHOLD HINTS

Rub sewing machine oil stains with lard and let stand several hours, then wash with cold water and soap.

Table salt and cream of tartar, of equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place the material in the sun.

To remove iodine stains from linens, rub the stained area with a slice of lemon.

If a little common salt is added to the gasoline used for removing spots on thin and delicate material the disfiguring ring that is often left can be avoided.

To remove chewing gum rub with ice and the gum will roll off and leave no marks.

Chewing gum may be removed from different materials by soaking them in turpentine.

To remove iodine stain from cotton or linen cover with soft paste of mustard mixed with water and let stand for a few hours. Every trace of iodine will be removed.

Rub some dry mustard on your hands after peeling onions, and then wash them in the ordinary way. You will find that all the odor will be removed.

To clean copper bottom pans rub with half of a lemon dipped in salt.

Mildew stains may be removed by rubbing with a paste made by mixing 2 teaspoonfuls of water, 1 of powdered chalk, and 2 of soap powder. The spots should be well rinsed afterwards and dried out of doors in the sunlight. This has a bleaching effect on them.

Crumbled potato chips in scrambled eggs. Put in the last thing to keep them crisp. Serve right away.

Corn flakes add flavor to salmon patties. Use only half the usual amount of cracker crumbs substituting corn flakes.

Vinegar leftover from sweet pickles can be used for cabbage salad.

To prevent marshmallows from sticking to the knife when cutting, first dip the knife into boiling water.

To keep rice from boiling over, drop a lump of butter in the water before adding rice.

Pick up tiny pieces of broken glass with a wad of damp cotton or tissue.

Slice leftover biscuits and toast in sandwich toaster.

When burning sugar for cake, use aluminum skillet or pan, large enough to make the icing. Saves dish washing.

Golden-Brown Pastry:

To give pastry a lovely golden-brown color, brush the top with cream before baking; this is particularly attractive for lattice work pastry topping of a berry pie.

If you want to separate the leaves of a head of lettuce, remove the core, then hold the head (core side up) under cold running water. The pressure of the water will usually force the leaves apart. The leaves should be dried on a tea towel before using.

Heat 'Em Cool Way:

Heat rolls for lunch or dinner the cool way, put them in the top of a double boiler, set over boiling water; keep the water simmering until the rolls are hot enough.

A well beaten egg white added to mashed potatoes will add to the appearance and taste of the dish.

To prevent crusts from soaking brush the under crust of fruit pies with a bit of egg white.

Meringue will not fall if a little cornstarch is beaten into the egg white along with the powdered sugar.

To keep cheese fresh and soft for a long time wrap it in a white cloth wrung out in vinegar.

To keep lemons from spoiling, dip in melted paraffin.

The mark often left on a garment that has been cleaned with benzine can be prevented if the material is ironed under a damp cloth immediately after cleaning.

To skin a ripe tomato, stick a sharp fork through end of tomato, plunge tomato in boiling water for a few seconds. The riper the tomato the less time is needed. Remove and plunge immediately in cold water; skin.

To secure onion juice cut thick slices of onion. Sprinkle with salt, scrape upward with knife, letting juice fall into container.

To glaze pies dip upper crust with shortening or brush with cream.

Cauliflower cooked in water with a little vinegar will keep its snowy whiteness.

To sour sweet milk, add 2 tablespoons cider vinegar to 1 cup sweet milk to achieve a product of buttermilk. Add vinegar slowly, stirring constantly. This may be used in recipes calling for buttermilk or sour milk.

To prepare pumpkin for pie, cut in half and remove fiber and seeds. Place flat side down on pan and bake in oven 400 degrees for 20 minutes. It scoops out easily and needs no mashing.

Coffee with a pinch of salt improves its flavor.

Poached eggs: A teaspoon of vinegar added to the water keeps the eggs from spreading and makes the white cook over the yolks.

Do not use iodized salt in making pickles as it softens the cucumbers and will cause canned meat to spoil.

Marshmallows will cut easily if the blades of the scissors are buttered.

Lemons heated before squeezing will give almost double the amount of juice.

In baking apples prick the skins and they will cook without bursting.

For French fried potatoes that will be crisp outside, tender inside, cut potatoes lengthwise strips, dip in cold water, then dry hard with clean towel and fry in deep fat at 370 degrees until well browned.

UNITS OF MEASURE

3 teaspoons	-----	1 tablespoon
4 tablespoons	-----	1/4 cup
8 tablespoons	-----	1/2 cup
12 tablespoons	-----	3/4 cup
16 tablespoons	-----	1 cup
2 tablespoons	-----	1 ounce
1 cup	-----	1/2 pint
2 cups	-----	1 pint
2 pints	-----	1 quart
1/3 cup	-----	5 1/3 tablespoons
2 tablespoons fat	-----	1 ounce
1/2 cup	-----	1/4 pound
1 cup fat	-----	1/2 pound
2 cups fat	-----	1 pound
2 cups butter	-----	1 pound
2 1/4 cups granulated sugar	-----	1 pound
3 1/2 cups confectioners sugar	-----	1 pound
2 1/4 cups brown sugar	-----	1 pound packed
4 cups all-purpose flour	-----	1 pound
7 coarsely crumbled Zwieback	-----	1 cup
9 finely crumbled Zwieback	-----	1 cup
2 tablespoons vinegar and sweet milk to fill cup	-----	1 cup sour milk
1 lemon	-----	3 to 4 tablespoons
Grated rind of 1 lemon	-----	1 1/2 teaspoons
8 to 10 egg whites	-----	1 cup
12 to 14 egg yolks	-----	1 cup
1 tablespoon cornstarch	-----	2 tablespoons flour
1 pound raisins	-----	3 1/4 cups
1 pound dates	-----	2 2/3 cups pitted
3 pounds dressed chicken cooked and diced	-----	1 1/2 pounds - 4 1/2 cups
1 cup broken uncooked macaroni	-----	2 2/3 cups cooked
1 cup broken uncooked spaghetti	-----	2 cups cooked
4 1/2 cups sifted cake flour	-----	1 pound
1 cup less 2 tablespoons sifted all-purpose flour	-----	1 cup sifted cake flour
5 cups grated cheese	-----	1 pound
3 1/2 tablespoons cocoa and 1/2 tablespoon butter	-----	1 ounce chocolate
1 cup chopped nut meats	-----	1/4 pound
16 marshmallows	-----	1/4 pound
7 coarsely crumbled soda crackers	-----	1 cup
9 coarsely crumbled graham crackers	-----	1 cup
11 finely crumbled graham crackers	-----	1 cup
22 coarsely crumbled vanilla wafers	-----	1 cup
1 cup uncooked rice	-----	4 cups cooked
26 finely crumbled small vanilla wafers	-----	1 cup

SAUCES FOR MEAT

- Roast Beef--Grated horse-radish, catsup, or Worcester-shire Sauce.
Roast Pork--Applesauce.
Roast Turkey--Cranberry sauce.
Roast Chicken--Cranberry, plum or grape sauce.
Broiled Venison or Duck--Black Currant jelly.
Broiled Steak--Mushrooms fried in onions.
Roast Goose--Stewed gooseberries or applesauce.
Broiled Mackerel--Stewed gooseberries.
Fried Salmon--Egg sauce or stewed tomatoes.

PROVISIONS FOR 40 PEOPLE

- | | |
|------------------------------------|--------------------------------------|
| 1 pound coffee | 2 pounds sugar with |
| 10 quarts water | 2 gallons water for lemonade |
| 1 quart coffee cream | 1 quart mayonnaise |
| 1 pound sugar | 8 quarts potato salad or
macaroni |
| 2 gallons soup | 5 quarts ice cream |
| 1 peck potatoes | 3 1/2 average loaves of bread |
| 2 quarts gravy or pudding
sauce | 1 1/2 pounds butter |
| 2 dozen lemons | |

AMOUNT REQUIRED FOR SERVING 50 PLATES

- Six chickens for salad.
Eight bunches celery for salad.
One pound butter for salad.
One-half pound almonds for salad.
One-half pound English walnuts for salad.
Three heads of lettuce for serving salad.
Three loaves of bread for sandwiches.
Three pounds of crackers.
Three pints of olives.
One and one-half pounds of Mocha and Java coffee.
One quart of cream for coffee.
Two and one-half gallons of ice cream (not in bricks).
Three cakes.
Two pounds of shelled almonds, salted.
Two pounds of mints.

CHEESE STRAWS

- Two and one-half cups grated cheese, pinch of lard, one cup flour, pinch of salt and red pepper, enough cold water to make stick together, roll them and cut in long narrow strips, brown in medium oven.