

STANDARD FORM No. 14A

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TELEGRAM

OFFICIAL BUSINESS—GOVERNMENT RATES

FROM: **WAR DEPARTMENT**

BUREAU _____

Shared recipes from the '30s and '40s.

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Typed by one or more of the "Davie girls" from Sioux Falls, SD.

Pumpkin Muffins

1 cup flour
 3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon cinnamon
 1 cup corn meal

2 eggs
 1 cup milk
 $\frac{1}{2}$ cup pumpkin (cooked or canned)
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup melted shortening

Mix and sift flour, baking powder, salt, baking soda and cinnamon. Add corn meal. Beat eggs; add milk. Combine with dry ingredients. Add pumpkin, molasses and shortening; mix well. Pour into greased muffin pans. Bake in hot oven (400° F.) 25 minutes. Makes 12 large muffins.

Lemon Snow

2 envelopes (2 tablespoons)
unflavored gelatin
 $\frac{1}{2}$ cup cold water
2 cups boiling water

1 cup sugar
3 lemons, juice
Grated rind of 1 lemon
2 egg whites

Mace

Sprinkle gelatin on cold water. Add boiling water; stir until gelatin dissolves. Add sugar; stir until dissolved. Strain lemon juice; add with grated lemon rind. Chill until sirupy. Beat egg whites stiff; fold in. Chill until set. Break up lightly with fork. Sprinkle with mace. Serves 6.

Baked Pork Chops with Sweet Potatoes

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| 6 thick pork chops | 1 teaspoon salt |
| 6 sweet potatoes | $\frac{1}{4}$ teaspoon paprika |
| 2 tablespoons brown sugar | $\frac{1}{4}$ cup cold water |

Wipe the chops, lay in a baking pan, and brown quickly in a hot oven--375@400 degrees F.--or under the broiler of the gas range. Parboil the sweet potatoes, peel, and cut into halves length wise. Sprinkle with the brown sugar, salt and paprika, place in the pan with the chops, add the water, and bake three quarters of an hour in a moderate oven--350 degrees F--basting frequently.

Lay the chops down the centre of a platter overlapping each other, surround with the potatoes, and serve with brown gravy and apple sauce.

Cream of Potato Soup

1 pt. diced potatoes	1/8 teaspoon pepper
1 pt. boiling water	1 qt. milk, heated
1/2 tablespoon grated onion	1 tablespoon butter
1 teaspoon salt	2 tablespoons flour

Boil the potatoes in the water with the seasonings and onion. Add the water to the milk and rice in the potatoes; thicken with the butter and flour creamed together. This method saves the minerals of the potatoes.

Boiled Rice in Milk

1 cup rice

1 pt. milk

Boiling salted water

Wash the rice thoroughly and cook it for ten minutes in boiling water to cover, containing a teaspoon of salt. Drain thoroughly, add the milk, cover closely, and cook very gently until all the milk is absorbed. Serve hot with cinnamon hard sauce or melted jelly.

Boiled Rice with Raisins or Dates

Add a cup of seeded raisins or halved stoned dates to the rice and milk when first combined.

Cole Slaw

$\frac{1}{2}$ cup sugar

1 teaspoon dry mustard

$\frac{1}{2}$ teaspoon salt

Few grains pepper

1 egg

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup vinegar

2 tablespoons butter or margarine

4 cups shredded cabbage

Combine sugar, mustard, salt and pepper. Beat egg; add. Add milk; mix well. Add vinegar slowly; cook, stirring constantly until mixture boils. Add butter or margarine; stir until melted. Chill. Toss dressing with shredded cabbage; sprinkle with paprika. Serves 6.

Beets in Orange Sauce

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| 1 No. 2 $\frac{1}{2}$ can (3 $\frac{1}{2}$ cups) sliced
beets | 2 tablespoons lemon juice |
| 2 tablespoons grated orange rind | $\frac{1}{2}$ cup orange juice |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ tablespoon cornstarch |
| $\frac{1}{4}$ teaspoon paprika | 1 tablespoon cold water |
| | 4 tablespoons butter or margarine |

Drain beets. Combine orange rind, salt, paprika, lemon juice and orange juice. Mix cornstarch with water; add to fruit juice mixture. Cook, stirring constantly, until thickened. Cook slowly 15 minutes longer, stirring occasionally. Add butter or margarine, stir until melted. Add beets; heat thoroughly. Serves 6.

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All-in-One Casserole

$1\frac{1}{2}$ cups raw rice
1 No. 2 $\frac{1}{2}$ can ($3\frac{1}{2}$ cups)
 tomatoes
1 large onion

$1\frac{1}{2}$ teaspoons salt
 $1\frac{1}{2}$ pounds beef chuck, ground
 Few grains pepper
8 strips bacon

Wash rice; place in bottom of casserole. Pour tomatoes over rice. Chop onion fine; sprinkle over tomatoes with $\frac{3}{4}$ teaspoon of salt. Season meat with remaining salt and pepper; spread over onion. Top with bacon strips. Bake in hot oven (400° F.) 1 hour. Serves 6.

Buttered Green Beans

Cover bottom of saucepan with water to a depth of 1". Add $\frac{3}{4}$ teaspoon salt. Bring to boil; add 6 cups green beans, cut in 1" pieces. Cover tightly. Cook 20 minutes. Add 3 tablespoons butter, margarine or salad oil. Cover; continue cooking until tender. Serves 6.

Banana Betty

1 cup brown sugar, firmly packed
 2 cups soft bread crumbs
 $\frac{1}{4}$ teaspoon cinnamon

6 bananas
 1 lemon, juice
 2 tablespoons butter or margarine

Combine brown sugar, crumbs and cinnamon. Slice bananas; sprinkle with lemon juice. Arrange crumb mixture and bananas in alternate layers in casserole, ending with crumbs. Dot with butter or margarine. Bake in moderately hot oven (375° F.) 25 minutes. Serves 6.

Green Beans Lyonnaise

4 strips bacon
1 onion
 $\frac{1}{2}$ teaspoon salt

Few grains pepper
4 cups green beans cooked or
canned
1 tsp. tarragon vinegar

Cut bacon in small pieces; fry until crisp. Remove bacon. Chop onion; saute in bacon fat until golden brown. Add bacon, salt, pepper, green beans and tarragon vinegar, heat. Serve immediately. Serves 6

Green Beans, Country Style

1½ pounds green beans
2 slices bacon
2 small tomatoes

1 can condensed bouillon
½ teaspoon salt
¼ teaspoon pepper

Wash beans; remove tips and string; cut lengthwise in fourths. Dice bacon; fry until crisp. Chop tomatoes; add with beans, bouillon, salt and pepper. Cover; simmer ½ hour or until beans are tender. Serves 6.

Chiffonade Dressing II

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| 1 cup olive or salad oil | Few grains pepper |
| 6 tablespoons vinegar | Few grains paprika |
| 1 teaspoon salt | 1 hard-cooked egg |
| 2 teaspoons sugar | 1/3 cup chopped, cooked beets |

Combine oil, vinegar, salt, sugar, pepper and paprika; mix well.
 Chop egg; add with beets. Mix well before serving.

Fried Salt Pork with Cream Gravy

- 6 slices fat salt pork
- 2 tablespoons flour
- 1 1/2 cups milk
- 1/6 teaspoon pepper
- Toast

Cook the pork slowly until crisp, then keep hot while the sauce is made. Pour off the fat in the pan, except two tablespoonfuls, add the flour, and when blended pour in the milk gradually, stirring until the sauce boils. Cook five minutes, add the pepper, lay the slices of cooked pork on strips of toast, and pour the sauce over.

Salt Pork with Fried Apples

Cook salt pork as directed above, drain thoroughly, then cook apples, cored but not peeled, in the pork fat. Serve the pork and apples together in the same dish with or without cream gravy.

Broiled Liver

1 pound liver	1 tablespoon minced parsley
3 tablespoons melted butter	1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Cut the liver into thin slices, slash it, brush with melted butter, and if cooked over the fire, place between the wires of the broiler rubbed with fat. Broil slowly and season when about half done. Serve garnished with curls of bacon and pour over the remaining butter to which the minced parsley has been added.

Liver Lyonnaise

Prepare broiled liver as directed and serve with a garnish of fried onions to which a tablespoon of vinegar has been added after they are cooked.

Tomato Chicken

1 large chicken or fowl	1 cup water
1 cup minced ham	$1\frac{1}{2}$ teaspoons salt
1 medium-sized onion, minced	$\frac{1}{3}$ teaspoon pepper
1 minced green pepper	1 tablespoon butter
1 blade mace	2 tablespoon flour
4 sliced tomatoes or 2 cups unsifted canned tomatoes	

Cut up the chicken as for fricassee, wipe thoroughly with a damp cloth, and place in a stew pan. Sprinkle the minced ham, onion, and green pepper over, add the mace, the tomatoes, and the water. Cover closely, simmer for one hour, add the salt and pepper, and thicken with the butter and flour rubbed together. Cook ten minutes and serve with boiled rice, macaroni, or potatoes.

One hour should be sufficient to cook the chicken if tender, but the length of time will depend on the age and tenderness of the chicken.

Fried Chicken

2 spring chickens	$1\frac{1}{2}$ teaspoons salt
3 tablespoon flour	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup bacon fat or other preferred fat	

Select young chickens, pick them carefully, cut into joints and roll in flour well seasoned with salt and pepper. Have the fat thoroughly heated in a frying pan, put the pieces of chicken in a few at a time, and brown quickly on both sides. Reduce the heat and cook gently for half an hour. Serve garnished with bacon, parsley, and cut lemon, and accompany by potato or rice croquettes, currant jelly, and green peas or string beans.

Panned Chicken

Prepare chicken as for frying, and when browned add one and one-half cupfuls of stock or water; cover closely and cook either over the heat or in the oven for half an hour.

Stuffed Green Peppers

8 green peppers
1 small onion, chopped
1 pound ground beef
2 tablespoons fat

4 med-sized tomatoes, chopped
 $1\frac{1}{2}$ cups cut, fresh corn (3 to 4 ears)
Salt and pepper

Remove top and seeds from green peppers; precook in boiling water 5 minutes; drain. Brown onion and meat in hot fat; add tomatoes, corn, and seasonings; stuff peppers and top with buttered crumbs. Stand upright in greased baking dish or muffin pans; add small amount water. Cover. Bake in moderate oven (350°) 1 hour. Serves 8.

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Pork and Cabbage Rolls

1 pound lean pork	1 teaspoon salt
1 large onion	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon chopped sage	$\frac{3}{4}$ cup raw rice
$\frac{1}{2}$ teaspoon thyme	12 leaves of tender cabbage
3 cups seasoned stewed tomatoes	

Pass the pork, onion, sage and thyme through the food chopper. Add the salt, pepper, and rice. Plunge the cabbage leaves into boiling water and cook five minutes. Drain, put a portion of the stuffing into each, roll up and tie with thread or fasten with small wooden toothpicks. Lay the rolls side by side in a baking dish, pour the tomato over them, bake covered for one hour in a moderate oven--350 degrees F-- and serve with corn bread or corn muffins.

Pork Tenderloins with Horseradish Sauce

2 large pork tenderloins

$\frac{2}{3}$ teaspoons salt

4 tablespoons butter

Mashed potatoes or steamed rice

Horseradish sauce

Cut the tenderloins into thick slices crosswise, beat to flatten them, and cook them in a frying pan in the butter, or lay them in an oiled baking pan and bake in the oven, basting with the fat while they are cooking. They will take from twenty to twenty-five minutes to cook. Arrange on a platter, surround with the mashed potato or steamed rice, and pour the horseradish sauce round them or serve it separately.

Roast Spare Ribs

Crack the ribs in halves, dredge them with salt and pepper, fill with bread stuffing seasoned with sage, and fold over. Place in a baking pan, sprinkle thickly with flour, and bake until browned before adding water to the pan. An hour to an hour and a half in a hot oven -375-400 degrees F--should be sufficient.

Shrimp Gumbo

4 strips bacon	1 No. 2 can (2 cups) drained okra
1 large onion	$\frac{1}{2}$ teaspoon thyme
1 garlic clove	1 bay leaf
$\frac{1}{2}$ cup chopped green pepper	1 teaspoon Worcestershire sauce
$\frac{1}{2}$ cup chopped celery	3 tablespoons flour
1 can consomme	2 cups cooked or canned shrimp
1 cup canned tomatoes	Salt and pepper

Cooked rice (page 20)

Dice bacon; cook until slightly browned; mince onion; mash garlic; add with green pepper and celery to bacon. Cook slowly 5 minutes. Add consomme (to condensed consomme add equal amount of water, using soup can to measure), tomatoes, okra, thyme, bay leaf and Worcestershire sauce to first mixture. Mix flour to smooth paste with a little cold water; add. Mix well; Cover; simmer 1 hour. Remove black vein which runs length of shrimp. Add shrimp; cook 2 minutes. Season to taste with salt and pepper. To serve; put shrimp gumbo in individual soup plates; add large spoonful of rice to each. Serves 6.

Vienna Carrots

1 large onion
 $\frac{1}{4}$ cup butter or margarine

6 cups thinly sliced raw carrots
Salt, pepper

Chop onion fine; cook slowly in butter or margarine until tender. Add carrots, salt and pepper; cover tightly. Simmer over very low heat 30 minutes, or until carrots are tender. Serves 6.

Hamburger Pinwheels

1 medium onion	Few grains pepper
2 tablespoons fat or salad oil	1 cup milk
1½ pounds beef chuck, ground	Baking Powder Biscuit Dough
4 tablespoons flour	
1 teaspoon salt	

Slice onion thin, brown in fat or salad oil. Add meat, brown lightly. Add flour, salt and pepper; mix well. Add milk. Cook until thick, stirring constantly. Cool. Roll out biscuit dough to $\frac{1}{4}$ " thickness; cover with meat mixture. Roll like jelly roll; cut in $1\frac{1}{2}$ " pieces. Place cut side down in greased pan. Bake in moderate oven (350° F.) 45 minutes. Serve with Mushroom Sauce. Serves 6.

Mushroom Gravy

Combine 1 can condensed mushroom soup with $\frac{1}{3}$ cup cream. Season to taste with salt and pepper. Heat over hot water. Serves 6.

Baked Potato Surprise

Bake 6 large potatoes. Cut a slice off sides. Scoop out center; mash. Add milk, season to taste with salt and pepper. Combine $1\frac{1}{2}$ cups Medium White Sauce with 1 No. 1 can (1 cup) drained mixed carrots and peas. Fill potato shells $\frac{2}{3}$ full with vegetable mixture. Top with whipped potatoes. Bake in hot oven (450° F.) 10 to 15 minutes to brown. Serves 6.

Wash rice thoroughly; drain well. Melt 4 tablespoons butter or margarine in large frying pan; add rice. Chop onion and garlic; add with salt, paprika, tomatoes. Cook slowly, stirring occasionally. Add water as liquid is absorbed. In separate pan, saute meat until brown in remaining butter or margarine, stirring constantly so that the meat will be in rather small pieces. Add to rice; continue to cook until rice is tender. The finished mixture is rather stiff. Serves 6.

Famous Bar-B-Q Burgers

1 pound ground beef
 $1\frac{1}{2}$ cups chopped onions
1 to 2 cups chopped celery
 $\frac{1}{2}$ cup chopped green pepper

1 $10\frac{1}{2}$ or 11-ounce can condensed
tomato soup
 $\frac{1}{2}$ to 1 tablespoon barbecue sauce
1 teaspoon salt
Pepper

Brown meat in small amount of hot fat. Add onion, celery, and green pepper; cook until soft. Add remaining ingredients. Cover. Simmer 30 minutes. Serve on toasted bun halves. Serves 6 to 8.

BH&G July 1945

Ham Specials

To Boil a Ham

Select a ham with a fair proportion of fat, scrub thoroughly, and place skin-side down in a large kettle with cold water to cover. Bring slowly to boiling point, if the water seems very salt discard it, add fresh cold water, and again bring slowly to boiling point. The ham may be simmered in plain water, but the flavour will be improved if a stalk of celery, an onion into which two or three cloves have been stuck, a little parsley, and one or two bay leaves are cooked with it. An eight-pound ham will take approximately three hours to cook and should be turned at the end of two hours, more water being added from time to time if necessary. When tender remove, tear off the skin quickly, sprinkle with browned bread crumbs, and serve with apple or cider sauce.

If the ham is not to be served hot, allow it to cool in the water in which it was cooked, then remove the skin and sprinkle with browned bread crumbs as directed.

To Bake a Ham

Boil an eight-pound ham as directed for two hours, then transfer it to a baking pan; remove the skin and sprinkle with two tablespoonfuls of bread crumbs and two tablespoonfuls of brown sugar mixed together. Stick cloves generously over the surface and bake one hour in a slow oven -- 325 degrees F.

General Recipe for Cream Soup with Cooked Vegetables

1 to 2 cups cooked vegetable,
 chopped fine
2 cups water, potato water, rice
 water, or veal or chicken stock
3 cups milk
2 tablespoons butter or chicken fat

2 tablespoons flour
1 teaspoon minced parsley (optional)
2 slices minced onion (optional)
Salt and pepper to taste

Cook the vegetable for twenty minutes in the liquid, together with the parsley and onion. Then add the milk, season to taste, bring to the boiling point and thicken with the flour and butter creamed together. Do not sift for ordinary service. A combination of left-over vegetables may be used, such as peas and carrots, corn and mashed potato, etc.

General Recipe for Cream Soup with Uncooked Green Vegetables

Use three cupfuls of the cut or chopped vegetable, packed down, in place of the cooked vegetable. Finish the soup, as directed in the preceding recipe.

Spanish Rice

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| 2 tablespoons butter | 1 cup unpolished rice |
| 1/3 cup minced onion | 2 cups boiling water |
| 1 pt. stewed or canned tomatoes | 1 teaspoon salt |
| 2 green peppers, minced | 1/8 teaspoon pepper |

Melt the butter, add the onion and peppers and cook them until barely tender. Turn in the tomatoes and water, add the seasonings, bring to boiling point, stir in the rice and cook until the latter is tender, about 35 minutes.

Chicken Loaf

1 cup broken spaghetti	1 cup grated Am. cheese
1 cup diced cooked chicken	$\frac{1}{4}$ cup chopped green pepper
1 cup dry bread crumbs	2 tablespoons chopped pimiento
$1\frac{1}{2}$ cups warm milk	1 teaspoon salt
$\frac{1}{4}$ cup melted fortified margarine	3 slightly beaten eggs

Cook spaghetti in boiling, salted water. Drain; rinse with hot water. Drain again; add remaining ingredients. Bake in greased 5 x 11 inch baking dish in a moderate oven (325 F.) 1 hour. Serve Mushroom Sauce: Heat one $10\frac{1}{2}$ or 11-ounce can condensed cream of mushroom soup and a little milk. Serves 6.

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Deviled Eggs

Halve hard-cooked eggs lengthwise; remove yolks; mash and season. Refill egg whites.

1-For 6 eggs use 2 tablespoons mayonnaise, 1 teaspoon vinegar, $\frac{1}{2}$ teaspoon salt, dash of pepper, $\frac{1}{4}$ teaspoon paprika, and $\frac{1}{2}$ teaspoon dry, or 1 teaspoon prepared mustard.

2-For 6 eggs use 2 tablespoons mayonnaise, 1 tablespoon horseradish, 1 teaspoon chopped sweet pickle, 1 teaspoon parsley, 1 teaspoon salt, $\frac{1}{4}$ teaspoon dry mustard, and $\frac{1}{8}$ teaspoon paprika.

3-Other combinations may include: horse-radish, anchovies, parsley, chopped onions or chives, and flaked tuna, salmon, or crab meat.

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Macaroni and Noodles

Put the macaroni, spaghetti, or noodles into rapidly boiling water and boil until they are perfectly tender, adding a teaspoonful of salt to each quart of water when nearly done. It is often customary to drain them and pour over cold water to remove the stickiness, but if this is done considerable nutriment is lost. It is really not necessary if a good grade of food has been chosen. After draining thoroughly, add to the sauce, or use in any way desired.

Macaroni with Sausages

$\frac{1}{2}$ pound macaroni cooked

1 pound sausages or sausage meat

$\frac{1}{8}$ teaspoon cayenne

$\frac{1}{4}$ teaspoon salt

If sausages are used prick them thoroughly; if sausage meat, form it into small cakes. Cook until golden brown and keep hot. Drain the macaroni thoroughly, add it to the sausage fat in the pan with the cayenne and salt and cook for ten minutes, tossing the macaroni about so that it is coated with the sausage fat and slightly browned. Pile on a serving dish and garnish with the cooked sausages or sausage meat.

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Turkish Pilau

1 $\frac{1}{2}$ cups raw rice	2 teaspoons salt
6 tablespoons butter or margarine	1 teaspoon paprika
1 large onion	1 No 2 $\frac{1}{2}$ can (3 $\frac{1}{2}$ cups) tomatoes
1 garlic clove	3 cups hot water (about)
1 pound beef chuck, ground	

Wash rice thoroughly; drain well. Melt 4 tablespoons butter or margarine in large frying pan; add rice. Chop onion and garlic; add with salt, paprika, tomatoes. Cook slowly, stirring occasionally. Add water as liquid is absorbed. In separate pan, saute meat until brown in remaining butter or margarine, stirring constantly so that the meat will be in rather small pieces. Add to rice; continue to cook until rice is tender. The finished mixture is rather stiff. Serves 6.

Hamburger Pinwheels

1 medium onion	Few grains pepper
2 tablespoons fat or salad oil	1 cup milk
1½ pounds beef chuck, ground	Baking Powder Biscuit Dough
4 tablspos ns flour	
1 teaspoon salt	

Slice onion thin, brown in fat or salad oil. Add meat, brown lightly. Add flour, salt and pepper; mix well. Add milk. Cook until thick, stirring constantly. Cool. Roll out biscuit dough to $\frac{1}{4}$ " thickness; cover with meat mixture. Roll like jelly roll; cut in $1\frac{1}{2}$ " pieces. Place cut side down in greased pan. Bake in moderate oven (350° F.) 45 minutes. Serve with Mushroom Sauce. Serves 6.

Mushroom Gravy

Combine 1 can condensed mushroom soup with $1/3$ cup cream. Season to taste with salt and pepper. Heat over hot water. Serves 6.

Lima Beans Creole

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| 2 tablespoons minced onion | 2 tablespoons flour |
| $\frac{1}{4}$ cup minced green pepper | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter, margarine
or salad oil | Few grains pepper |
| | 6 stuffed olives (optional) |
| | 1 cup canned tomatoes |
| 1 No. 2 can ($2\frac{1}{2}$ cups) green lima beans | |

Cook onion and green pepper in butter, margarine or salad oil. until tender.
Add flour, salt and pepper; blend.

Baked Stuffed Peppers

6 medium green peppers
2 cups chopped cooked ham
2 cups soft bread crumbs

1/2 cup grated cheese
1 teaspoon grated onion
Tomato juice

Remove caps from peppers; scoop out seeds. Cook peppers 5 minutes in boiling salted water; plunge into cold water. Combine ham, bread crumbs, cheese and onion. Add enough tomato juice to hold ingredients together. Fill pepper cups with this mixture. Set in baking dish. Pour 1 cup hot water around peppers. Bake in hot oven (400° F.) 45 minutes, or until peppers are soft. Serves 6.

Coffee Delight

3/4 cup sugar
1 teaspoon cornstarch

3/4 cup strong hot coffee
1 cup heavy cream

Mix sugar and cornstarch; add hot coffee. Cook 20 minutes over hot water, stirring frequently; cool. Whip cream; fold in. Pour into freezing tray of automatic refrigerator. Freeze until firm, stirring after $\frac{1}{2}$ hour and again at end of hour. Serves 6.

Chocolate Layer Cake

Follow recipe for Two Egg Cake (page 18). Melt 2 squares (2 ounces) unsweetened chocolate; add to creamed shortening, sugar and eggs. Use $\frac{3}{4}$ cup milk instead of $\frac{1}{2}$ cup. Bake in layers. Fill and frost with Mocha Frosting.

Spanish Ham Steak

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| 1 slice (2 pounds) extra-tender
smoked ham | 6 tablespoons brown sugar |
| 2 tablespoons fat or salad oil | 2 cups strained tomatoes |
| 1 onion | Few grains pepper |
| | 1 bay leaf |

Saute ham slice in fat or salad oil until golden brown; place in casserole. Slice onion; add. Sprinkle with brown sugar, add tomatoes, pepper and bay leaf. Cover; bake in moderate oven (350° F.) 1 hour. Remove bay leaf. Serves 6.

Baked Liver

1 lamb's liver (small) or 2 pounds calf's liver in one thick piece	$1\frac{1}{2}$ cups sifted stewed tomatoes
3 or 4 slices fat salt pork	$\frac{1}{6}$ teaspoon pepper
1 medium-sized sliced onion	$\frac{2}{3}$ teaspoon salt
	1 tablespoon flour

Have the liver larded with the pork,, or cut gashes in it and insert strips of the pork in these. Slice the onion in a baking dish, lay the liver on it, dust with the salt, pepper, and flour mixed, and pour the tomato around. Cover and bake one hour in a moderate oven--350 degrees F--basting with the tomato.

Mock Pate de Foie Gras

$1\frac{1}{2}$ cups cooked calf's liver	Dash of ground mace
3 or 4 slices uncooked fat bacon	1 small grated onion
2 tablespoons finely minced lean ham	$\frac{1}{4}$ teaspoon salt
2 teaspoons chopped parsley (optional)	$\frac{1}{6}$ teaspoon pepper
2 eggs, well-beaten	

Pass the liver, bacon, and ham twice through the food chopper. Add the parsley, mace, salt and pepper, also the grated onion. Then gradually work in the beaten egg. Turn into a plain mould or baking dish which has been oiled then thickly sprinkled with bread crumbs; bake in a slow oven--325-350 F. for one hour. Cool, unmould, and cut into thin slices.

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Cabbage and Green Pepper Relish

Shred 3 cups cabbage. Cut 1 green pepper into very narrow strips; add to cabbage with 1 teaspoon celery seed. Toss with French dressing (page 24). Serves 6.

Marble Cake

Make batter for Two Egg Cake (page 18). Divide batter in halves. Melt 1 square (1 oz.) unsweetened chocolate; add with 2 tablespoons milk to one half; blend well. Drop alternate spoonfuls of light and dark batter into greased and floured cake pan. (8" x 8" x 2"). Bake in moderate oven (350° F.) 50-60 minutes.

Walnut Cake

Add $\frac{1}{2}$ cup chopped walnut meats to batter for Two Egg Cake (page 18). Bake in greased cake pan 8" x 8" x 2" in moderate oven (350° F.) 50 minutes.

Fudge Frosting

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| 2 tablespoons sugar | 1 tablespoon butter or margarine |
| 1 square (1 oz.) unsweetened chocolate | $\frac{1}{2}$ cups confectioners' sugar |
| $\frac{1}{4}$ cup boiling water | $\frac{1}{2}$ teaspoon vanilla extract |

Combine sugar, chocolate and boiling water; stir over low heat until chocolate is melted and boiling point is reached. Add butter or margarine; remove from heat. Beat in confectioners' sugar. Add vanilla extract. Spread on cake.

Marguerite Potatoes

4 cups well-seasoned hot mashed potatoes	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon pepper
6 eggs	1 tablespoon chopped parsley

Form mashed potatoes into 6 nests with hollow large enough to hold 1 raw egg. Put $\frac{1}{2}$ tablespoon butter or margarine into each nest. Break 1 egg into each. Sprinkle with salt and pepper. Bake in moderate oven

Beef Stroganoff

3 pounds Bermuda onions	1 can tomato paste
1/3 cup butter or margarine	1 cup sour cream
2 pounds top round steak	1 teaspoon salt
1 pound mushrooms	Few grains pepper
1 can condensed tomato soup	1 teaspoon Worcestershire sauce

Put onions through food chopper, using coarse knife; drain (save juice). Cook chopped onions in butter or margarine over low heat 20 minutes. Cut top round in very thin slices. Slice mushrooms; add with meat to onions. Cook until brown. Combine soup, tomato paste, onion juice, sour cream, salt, pepper, and Worcestershire sauce. Pour over meat mixture. Cover; simmer 1 hour. Serves 6.

Two Egg Cake

$\frac{1}{2}$ cup shortening
1 cup sugar
2 eggs
1 $\frac{3}{4}$ cups cake flour

2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla extract

Cream shortening until it is like mayonnaise in consistency. Add sugar gradually while continuing to cream. Beat eggs thoroughly; add. Beat well. Sift flour; measure. Mix and sift flour, baking powder and salt; add alternately with milk to shortening and egg mixture. Add vanilla extract. Pour into 2 greased and floured layer-cake pans, 8" in diameter. Bake in moderately hot oven (375° F.) 25-30 minutes. After removing from oven let stand in pans 5 minutes, then turn out of pan onto cake rack. Or bake in greased cake pan 8" x 8" x 2" in moderate oven (350° F.) 5-60 minutes, or in greased muffin pans in moderately hot oven (375° F.) 20-25 minutes.

Mocha Frosting

Cream $\frac{1}{3}$ cup butter or margarine. Add $1\frac{1}{2}$ cups confectioners' sugar while continuing to cream. Melt $1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz.) chocolate over hot water; add. ? Add $1\frac{1}{2}$ cups confectioners' sugar and enough strong cold coffee to make frosting fluffy and easy to spread on cake. Makes enough to fill and frost round sides 2 cake layers, 8" in diameter. ?

Baked Eggs Creole

2 tablespoons butter or margarine	1 tablespoon flour
1 cup drained, sliced, canned mushrooms	$\frac{1}{2}$ cup mushroom liquor
2 tablespoons chopped onion	6 eggs
$\frac{1}{4}$ cup chopped pimiento	Salt and pepper

Melt butter or margarine. Add mushrooms, onion and pimiento. Cook until browned. Sprinkle with flour. Measure mushroom liquor from can; if necessary, add water to make $\frac{1}{2}$ cup; add. Stir constantly until thickened. Pour into 6 greased ramekins. Break egg into each ramekin. Sprinkle with salt and pepper. Bake in moderate oven (325° F.) 25-30 minutes. Serves 6.

Oyster Stew

4 tablespoons butter or margarine

1 teaspoon Worcestershire sauce

Dash paprika

Few grains pepper

1 quart raw oysters

 $1\frac{1}{2}$ quarts milk $1\frac{1}{2}$ teaspoons salt

Melt butter or margarine in deep saucepan. Add Worcestershire sauce and paprika; stir until smooth. Add oysters and oyster liquor; cook over low heat until edges of oysters curl. Add milk, salt and pepper; heat thoroughly over low heat but do not boil. Serves 6.

Sauteed Fish Fillets

3 fish fillets	2 tablespoons milk
Salt and pepper	1 cup corn flakes
1 egg	4 tablespoons fat or salad oil

Sprinkle fillets with salt and pepper. Beat egg slightly; combine with milk. Roll corn flakes into fine crumbs. Dip fillets into crumbs, then in egg mixture, then in crumbs again. Saute in fat or salad oil about 10 minutes, or until golden brown and done, turning once. Serves 6.

Savory Meat Balls

1 cup bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	Few grains pepper
1 pound bottom round, ground	$\frac{1}{4}$ cup Worcestershire sauce
1 medium onion	2 tablespoons vinegar
$\frac{1}{4}$ cup fat or salad oil	$\frac{1}{4}$ cup sugar
1 cup ketchup	

Combine bread crumbs, milk and meat; mince onion; add. Mix well. Form into 12 cakes. Brown on both sides in fat or salad oil. Combine remaining ingredients; pour over meat cakes. Cover; cook 10 minutes. Serves 6.

Brown Fricassee of Chicken

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Have 4-5 pound chicken disjointed for frying. Singe and wash; pat dry. Dredge with seasoned flour. Fry over low heat in $\frac{1}{4}$ cup fat or salad oil in deep kettle until pieces are delicate brown on both sides; adding more fat or salad oil if necessary. Add enough boiling water to nearly cover chicken. Cover; simmer about 2 hours or until chicken is tender. Thicken gravy with flour mixed to smooth paste with equal amount water, using 1 tablespoon flour for each cup liquid. Place chicken in deep serving dish; pour gravy over it. Serves 6.

Browned Rice

$\frac{3}{4}$ cup raw rice

3 tablespoons fat or salad oil

3 cups boiling water

1 teaspoon salt

Wash rice (page 20). Pat dry with paper towels. Heat fat or salad oil in deep saucepan. Add rice; stir over low heat until each rice kernel is golden brown. Add boiling water slowly and carefully as steam will rise. Add salt. Cover. Simmer 25 minutes; (do not lift cover or stir). At end of this time the rice should have absorbed all the water and be dry and flaky. Serves 6.

Deep-Dish Apple Pie

6 tart apples
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon nutmeg

Grated rind 1 lemon
Grated rind 1 orange
3 tablespoons butter or margarine
 $\frac{1}{2}$ Pastry recipe (below)

Wash and core apples; cut into eighths. Place in deep, greased baking dish. Combine sugar, brown sugar, nutmeg, lemon rind and orange rind. Sprinkle over apples. Dot with butter or margarine. Top with thin sheet of pastry, pricked in a design. Bake in hot oven (425° F.) 40-45 minutes. Serves 6.

Pastry

2 cups flour
 $\frac{3}{4}$ teaspoon salt

$\frac{2}{3}$ cup shortening
Cold water

Sift flour; measure. Mix and sift flour and salt. Cut in shortening with 2 knives or pastry blender until flour-shortening particles are about the size of small peas. Sprinkle 1 tablespoon cold water over mixture and mix in lightly with a fork. Continue adding water in this fashion until pastry gathers around fork in a soft ball. Divide pastry in half and roll each half separately on lightly floured board to $\frac{1}{8}$ " thickness. Handle rolling pin very lightly. Makes enough for two crust 9" pie. Note: Make $\frac{1}{2}$ this recipe for deep-dish or one-crust pies.

Special Orange Sauce

2 tablespoons sugar	1 teaspoon lemon juice
2 teaspoons cornstarch	1/8 teaspoon cinnamon
Few grains salt	1/8 teaspoon nutmeg
1 cup strained orange juice	1 1/2 cups orange sections

Mix sugar, cornstarch and salt. Add orange juice. Cook until thick, stirring constantly. Cool; add lemon juice, cinnamon, nutmeg and orange sections. Serve on hot pudding. Serves 6-8.

Stewed Tomatoes

1 small onion	2 teaspoons sugar
2 tablespoons butter or margarine	3 whole cloves
1 No. 2 $\frac{1}{2}$ can (3 $\frac{1}{2}$ cups) tomatoes	$\frac{1}{2}$ cup soft bread crumbs
$\frac{1}{2}$ bay leaf	2 tablespoons browned butter or margarine
Few grains pepper	
$\frac{3}{4}$ teaspoon salt	

Chop onion fine; cook in butter or margarine until slightly browned. Add tomatoes, bay leaf, pepper, salt, sugar and cloves. Cover; cook 10 minutes. Remove bay leaf and cloves. Toss bread crumbs in browned butter or margarine; add to tomatoes; mix well. Serves 6.

Individual Coffee Cakes

2 $\frac{1}{2}$ cups flour	5 tablespoons shortening
4 teaspoons baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
6 tablespoons sugar	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup butter or margarine	

Mix and sift 2 cups flour, baking powder, salt, and 2 tablespoons sugar. Cut in shortening with pastry blender or 2 knives. Beat eggs; add milk. Add milk and egg mixture to first mixture; stir until thoroughly mixed. Drop by spoonfuls into greased muffin pans. Mix remaining flour and sugar with cinnamon and butter or margarine until crumbly; sprinkle on top of batter. Bake in hot oven (400° F.) 15-20 minutes. Serve hot. Makes 12.

Barbecued Chuck Steak

2 pounds chuck steak cut 2" thick
 $\frac{1}{4}$ cup olive or salad oil
 $1\frac{1}{2}$ tablespoons Worcestershire
 sauce
 3 tablespoons lemon juice

1 tablespoon vinegar
 1 teaspoon mustard seeds
 3 whole allspice berries
 Few grains pepper
 2 tablespoons fat or salad oil

Wipe meat with clean damp cloth. Combine olive or salad oil, Worcestershire sauce, lemon juice, vinegar, mustard seeds, allspice berries and pepper; heat thoroughly. Pour over meat; let stand three hours or overnight. Turn several times. Remove meat from sauce; brown thoroughly in remaining fat or salad oil. Pour sauce over meat; cover closely; cook slowly 30-40 minutes, or until tender, adding water if necessary. Thicken gravy. Pour over meat. Serves 6.

Egg Salad Chili

$\frac{1}{8}$ cup mayonnaise
 $\frac{1}{8}$ cup chili sauce
2 hard-cooked eggs
 $\frac{1}{4}$ cup chopped pepper, green

$\frac{1}{4}$ cup chopped celery
1 tablespoon vinegar
Dash cayenne
Iceberg Lettuce

Combine mayonnaise and chili sauce. Chop hard-cooked eggs fine; add with green pepper, celery, vinegar and cayenne to mayonnaise mixture. Cut iceberg lettuce in sixths. Mask with dressing. Serves 6.

Spaghetti Tuna Casserole

1 7-oz. can tuna	1 cup grated American cheese
2 1-lb. cans spaghetti	1 cup soft buttered crumbs

Drain tuna; flake. Put 1 can spaghetti in greased casserole; cover with flaked tuna; add remaining spaghetti. Sprinkle with cheese; top with crumbs. Bake in moderately hot oven (375° F.) 20 minutes, or until crumbs are browned. Serves 6.

Sauteed Beef Heart

- 2 pounds beef heart
- 1/2 cup flour
- 3 tablespoons fat or salad oil
- 1 teaspoon salt
- Few grains pepper

Soak heart in cold water (1 teaspoon salt to 1 quart water) 1 hour. Drain. Simmer 30 minutes, or until tender; slice. Mix flour, salt and pepper. Dredge slices in flour mixture. Saute in fat or salad oil until brown on both sides, about 15 minutes. Serve immediately. Serves 6. (Lamb or pork hearts may be used.)

Au Gratin Potatoes

4 cups diced cold cooked or
baked potatoes

3 cups Thin White Sauce
1 cup grated American cheese

Combine potatoes and white sauce; put into greased casserole. Sprinkle with grated cheese. Bake in moderate oven (350° F.) 20 minutes. Serves 6.

Spanish Meat Cakes

2/3 cup seedless raisins	1/2 cup fat or salad oil
2 cups cooked rice	1 small garlic clove
1 pound beef chuck, ground	3/4 cup chopped onion
2 1/2 teaspoons salt	3 tablespoons flour
Few grains pepper	2 tablespoons chili powder
3 cups water	

Rinse and drain raisins. Combine rice, meat, 2 teaspoons salt and few grains pepper; blend thoroughly; shape into 12 patties. Fry in 2 tablespoons fat or salad oil until brown; turn to brown other side. Remove from skillet. Pour remaining fat or salad oil into skillet. Mince garlic; add with onion. Cook until onion is golden brown. Add flour, chili powder, and remaining salt. Mix well. Add 3 cups water; bring to boil, stirring constantly. Add raisins and meat patties. Cover; simmer 15 minutes. Serves 6.

Glazed Baked Apples

6 apples
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ stick cinnamon
12 whole cloves
 $\frac{3}{4}$ cup sugar

Wash apples; core. Pare $\frac{1}{4}$ way down from stem end. Place piece of stick cinnamon in center of each apple. Stick with cloves; put in casserole. Add water; cover. Bake in moderate oven (350° F) 30 minutes, or until tender., but not soft. Remove apples; place on baking sheet. Combine liquid in casserole with sugar; boil 1 minute. Baste apples with syrup; place under broiler to glaze tops. Serves 6.

Easy Rice Pudding

$\frac{1}{2}$ cup rice
1 quart milk
 $\frac{1}{3}$ cup butter or margarine
3 eggs

1 cup sugar
1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon salt
Cinnamon

Cook rice with 2 cups milk in top of double boiler until rice is tender. Add butter or margarine. Beat eggs; add sugar, vanilla extract, salt and remaining milk. Mix well. Add to hot rice mixture. Pour into greased pudding dish. Sprinkle with cinnamon. Bake in moderate oven (350° F.) 20 to 30 minutes., or until set. Serve hot or cold. Serves 6.

Veal Chops Francaise

1 egg
2 tablespoons milk
1 teaspoon salt
Few grains pepper

6 veal chops
1 cup dry bread crumbs
1 can condensed mushroom soup
 $\frac{1}{2}$ cup milk

Beat egg; add 2 tablespoons milk, salt and pepper. Wipe chops with clean damp cloth; trim off excess fat. Dip in bread crumbs, then in egg mixture, then in crumbs again. Saute in a little fat until golden brown on both sides. Combine mushroom soup and remaining milk; add. Cover; cook slowly 45 minutes, or until tender. Serves 6.

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Cranberry Sauce de Luxe

1 quart cranberries
2 cups sugar
1 cup water
 $\frac{1}{2}$ pound seedless grapes

1 large orange
2 apples
1 No. 1 can (1 cup) pineapple tidbits
 $\frac{1}{3}$ cup broken walnut meats

Wash cranberries pick over. Put cranberries, sugar and water in saucepan; cook slowly 20 minutes, or until cranberries burst. Cool. Cut grapes in halves. Peel orange, cut fine. Peel apples; dice. Combine grapes, orange and apples; add. Drain pineapple tidbits; add with walnut meats. Chill thoroughly. Serves 10-12.

Eggs and Chicken Livers Provence

Wash $\frac{1}{2}$ pound chicken livers; saute in butter or margarine until tender. Season with salt and pepper; chop slightly. Grease 6 shirred egg dishes. Put layer of sauteed chicken livers in each dish. Break an egg carefully into each; season with salt and pepper. Dot with butter or margarine. Bake in slow oven (300° F.) until eggs are set. Serve immediately. Serves 6.

One-Step Chicken Stew

1 5-pound fowl	3 cups boiling water
4 tablespoons butter or margarine	1 teaspoon salt
$\frac{1}{2}$ cup flour	Few grains pepper
$\frac{3}{4}$ cup ketchup	1 teaspoon Worcestershire sauce
1 lemon, juice	

Clean fowl, singe and disjoint. Melt butter or margarine, add flour; stir until blended. Add ketchup, water, salt, pepper. Worcestershire sauce and lemon juice. Bring to boiling point, stirring constantly. Place fowl in deep kettle; add sauce. Cover tightly; cook slowly for 3 hours, stirring occasionally. Serves 6.

Baked Tomatoes

- 6 medium tomatoes
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{3}$ cup diced bacon
- Few grains pepper
- $\frac{1}{2}$ cup finely diced celery
- $1\frac{1}{2}$ cups soft bread crumbs
- $\frac{1}{2}$ teaspoon salt

Scoop out center of tomatoes; sprinkle with salt; invert to drain. Brown onion and bacon. Combine with celery, bread crumbs, salt and pepper. Fill tomatoes. Bake in moderate oven (350° F.) 35 minutes. Serves 6.

Scalloped Potatoes and Pork Chops

7 medium potatoes	2 tablespoons flour
1 teaspoon salt	2 cups milk
Few grains pepper	6 pork chops

Wash potatoes, pare, cut in thin slices. Arrange layer of potatoes in baking dish, sprinkle with salt, pepper and flour. Add another layer of potatoes, salt, pepper and flour; continue until all potatoes are used. Add milk. Trim excess fat from pork chops; place on top of potatoes. Bake in moderate oven (350° F.) $1\frac{1}{2}$ hours, or until chops and potatoes are tender. Serves 6.

Spiced Prunes

1 pound prunes

1 teaspoon cinnamon

6 whole cloves

$\frac{1}{2}$ cup cider vinegar

6 tablespoons brown sugar

Wash prunes thoroughly; add enough water to cover; let stand several hours. Cook slowly until tender; add cinnamon, vinegar, brown sugar and cloves. Simmer until most of the liquid is absorbed. Serve hot, as a meat accompaniment. Serves 6.

Baked Salmon Loaf

1-pound can salmon
Milk
 $1\frac{1}{2}$ cups soft crumbs

2 eggs

1 teaspoon salt
Few grains pepper
2 tablespoons chopped parsley

Drain liquor from salmon, measure, add enough milk to make 1 cup. Flake salmon, combine with crumbs, salt, pepper and parsley. Beat eggs; add with milk mixture to salmon mixture. Pack in greased loaf pan. Bake in moderate oven (350° F.) 35 to 45 minutes, or until firm. Serves 6.

Cream Salad Dressing

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|------------------------|-----------------------------------|
| 1 teaspoon dry mustard | 2 whole eggs |
| 1 teaspoon salt | $\frac{1}{2}$ cup hot vinegar |
| Few grains cayenne | $\frac{3}{4}$ cup top milk |
| 1 teaspoon sugar | 2 tablespoons butter or margarine |

Mix mustard, salt, cayenne and sugar. Add eggs, vinegar, and top milk. Cook over hot water, stirring constantly, until thick. Stir in butter or margarine; chill. Makes about 2 cups.

Snappy French Dressing

1 cup French Dressing
 $\frac{1}{2}$ teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon Tabasco
2 tablespoons prepared
horseradish

Combine ingredients. Stir vigorously with fork. Serves 6.

Baked Tongue

Cover smoked tongue, weighing $3\frac{1}{2}$ pounds, with boiling water; simmer 3 hours, or until tender. Remove from heat; let tongue cool in liquor in kettle. Remove skin and fat from tongue; place tongue in baking dish. Pour Rasisin Sauce over tongue; cover. Bake in moderate oven (350° F.) $\frac{1}{2}$ hour.

Raisin Sauce

Cook $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup sugar together 5 minutes, stirring until sugar dissolves. Add $\frac{1}{2}$ cup raisins, 2 tablespoons butter or margarine, 1 tablespoon vinegar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon cloves and $\frac{1}{2}$ cup currant jelly. Mix well. Bring to boil. Dissolve 1 teaspoon cornstarch in a little of the hot sauce; add. Stir until sauce thickens slightly. Serves 6.

Apricot Souffle

$\frac{1}{2}$ pound dried apricots
 $1\frac{1}{2}$ cups water
 $\frac{3}{4}$ cup sugar

$\frac{1}{4}$ teaspoon salt
4 egg whites
2 tablespoons sugar

Wash apricots; soak 5 minutes, drain. Add water; cook slowly $\frac{1}{2}$ hour. Press through sieve. Measure 1 cup pulp. Add $\frac{3}{4}$ cup sugar and salt to pulp; heat slowly until sugar is dissolved. Beat egg whites; add 2 tablespoons sugar, beating constantly. Fold apricot pulp into egg whites. Pour into greased casserole; set in pan of warm water. Bake in slow oven (325° F.) 1 hour. Serve with Custard Sauce made with 4 egg yolks. Serve immediately. Serves 6.

Custard Sauce

$1\frac{1}{2}$ cups milk
3 tablespoons sugar

$\frac{1}{4}$ teaspoon salt
4 egg yolks
 $\frac{1}{2}$ teaspoon vanilla extract

Scald milk; add sugar and salt. Stir until sugar is dissolved. Beat egg yolks slightly; add milk mixture. Cook over hot water, stirring constantly, until mixture coats spoon. Add vanilla extract. Serve warm. Serves 6.

Pickled Beets

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| 1 No. 2 can (2½ cups) diced beets | ¼ cup cider vinegar |
| ½ cup pickled onions | 2 teaspoons sugar |
| ½ cup beet liquor | 1 teaspoon Worcestershire sauce |
| ¼ cup vinegar from pickled onions | 5 cloves |
| 1 bay leaf | |

Drain beets, saving liquor. Combine beets and pickled onions. Combine beet liquor, vinegar from pickled onions, cider vinegar, sugar, Worcestershire sauce, cloves and bay leaf; bring to boil; boil 3 minutes. Pour over beets and onions. Chill several hours or overnight. Serves 6-8.

Shepherd's Pie

Left-over cooked meat	Left-over gravy
2 cups hot mashed potatoes	

Cut left-over meat into $\frac{1}{2}$ " cubes, or slice, if preferred. Place in casserole. If there is not much gravy left over, add 1 can heated condensed bouillon and thicken, if necessary. Pour gravy over meat. Top casserole with well-seasoned mashed potatoes. Bake in moderately hot oven (375° F.) 15-20 minutes, or until potatoes are lightly browned.

Company Supper Salad

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| 1 envelope (1 tbsp.) unflavored gelatine | 1 bunch watercress |
| 3 tablespoons cold water | 4 hard-cooked eggs |
| 2 bouillon cubes | 6 tablespoons mayonnaise or salad dressing |
| 2 cups boiling water | 3/4 teaspoon Worcestershire sauce |
| 3 cups cooked or canned corn beef | Shredded cabbage |
| | Stuffed olives |

Sprinkle gelatin on cold water. Dissolve bouillon cubes in boiling water; add gelatin; stir until dissolved. Chill until sirupy. Put corned beef, water cress and eggs through fine knife of meat grinder. Add mayonnaise or salad dressing and Worcestershire sauce. Combine with gelatin. Pour into oiled ring mold; chill until firm. Unmold. Fill center of mold with shredded cabbage, marinated in French dressing (page 24). Garnish with stuffed olives.

STANDARD FORM No. 14A
APPROVED BY THE PRESIDENT
MARCH 10, 1926

TELEGRAM

OFFICIAL BUSINESS—GOVERNMENT RATES

FROM: WAR DEPARTMENT

BUREAU

Egg Salad Chili

$\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup chili sauce
2 hard-cooked eggs
 $\frac{1}{4}$ cup chopped pepper, green

$\frac{1}{4}$ cup chopped celery
1 tablespoon vinegar
Dash cayenne
Iceberg Lettuce

Combine mayonnaise and chili sauce. Chop hard-cooked eggs fine; add with green pepper, celery, vinegar and cayenne to mayonnaise mixture. Cut iceberg lettuce in sixths. Mask with dressing. Serves 6.

Baked Liver

1 lamb's liver (small) or 2 pounds calf's liver in one thick piece	$1\frac{1}{2}$ cups sifted stewed tomatoes
3 or 4 slices fat salt pork	$\frac{1}{6}$ teaspoon pepper
1 medium-sized sliced onion	$\frac{2}{3}$ teaspoon salt
	1 tablespoon flour

Have the liver larded with the pork,, or cut gashes in it and insert strips of the pork in these. Slice the onion in a baking dish, lay the liver on it, dust with the salt, pepper, and flour mixed, and pour the tomato around. Cover and bake one hour in a moderate oven--350 degrees F--basting with the tomato.

Mock Pate de Foie Gras

$1\frac{1}{2}$ cups cooked calf's liver	Dash of ground mace
3 or 4 slices uncooked fat bacon	1 small grated onion
2 tablespoons finely minced lean ham	$\frac{1}{4}$ teaspoon salt
2 teaspoons chopped parsley (optional)	$\frac{1}{6}$ teaspoon pepper
2 eggs, well-beaten	

Pass the liver, bacon, and ham twice through the food chopper. Add the parsley, mace, salt and pepper, also the grated onion. Then gradually work in the beaten egg. Turn into a plain mould or baking dish which has been oiled then thickly sprinkled with bread crumbs; bake in a slow oven--325-350 F. for one hour. Cool, unmould, and cut into thin slices.

Eggs Mornay

6 hard-cooked eggs	1 tablespoon prepared mustard
6 sardines	$\frac{1}{4}$ pound grated American cheese
2 tablespoons cream	2 cups Medium White Sauce
Salt and pepper	
1 teaspoon Worcestershire sauce	

Halve eggs lengthwise. Mash yolks with sardines and cream. Add salt and pepper to taste. Fill egg whites. Add Worcestershire sauce, mustard and cheese to white sauce. Heat over hot water, stirring constantly, until cheese melts. Pour sauce over eggs. Serves 6.

Italian Spaghetti

1 onion	2 teaspoons sugar
$\frac{1}{4}$ pound mushrooms	$1\frac{1}{2}$ cups water
2 tablespoons fat or salad oil	$\frac{3}{4}$ teaspoon salt
$\frac{3}{4}$ pound beef chuck, ground	1 9-oz. package spaghetti
1 6-oz. can Italian tomato paste	Parmesan-style cheese

Slice onion. Wash mushrooms; slice thin. Saute onion and mushrooms in fat or salad oil until brown. Add beef; cook until slightly brown. Add tomato paste, sugar, water and salt; cook about 20 minutes. Cook spaghetti in boiling salted water to cover until tender. Drain. Pour hot sauce over spaghetti. Serve with grated Parmesan-style cheese. Serves 6.

Orange Rice Cream

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup orange juice
1 cup top milk	2 teaspoons grated orange rind
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ cup heavy cream

Orange sections

Wash rice (page 20); put in top of double boiler. Add water and milk. Cover; steam until rice is tender, about 50 minutes. Add sugar, salt, orange juice and rind. Cool. Whip cream; fold in. Pour into custard cups. Chill. Unmold; garnish with orange sections. Serves 6.

Peach Dumplings

2 pounds fresh peaches
 1 cup sugar
 1 cup water
 Dash cinnamon

$1\frac{1}{2}$ cups flour
 few grains salt
 $1\frac{1}{4}$ teaspoons baking powder
 $1\frac{1}{2}$ tablespoons shortening

Milk

Peel peaches; cut in quarters. Put in deep saucepan; add sugar and water. Cook slowly until peaches are almost tender. Sprinkle with cinnamon. Mix flour, salt, and baking powder. Cut in shortening with 2 knives or pastry blender. Add enough milk to hold ingredients together. Drop by spoonfuls on peaches. Cover tightly; cook slowly 10 minutes. Do not remove cover during cooking time. Serve hot with Spiced Milk or thin cream. Serves 6.

Swiss Steak Goulash

Cut left-over Swiss steak in thin slices. Add 1 cup canned tomatoes; season to taste with salt, pepper and a little sugar. Cook 20 minutes. Thicken sauce, if desired. Serve on hot buttered rice. Sauteed mushrooms may be added to sauce, if desired.

Royal Hash

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|--------------------------------|---|
| 1 large onion | Salt and pepper |
| 4 tablespoons fat or salad oil | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 4 cups cubed raw potatoes | 2 cups hot water |
| 4 cups cubed cooked beef | Flour |

Chop onion fine; cook in fat or salad oil until golden brown. Add potatoes, meat, salt, pepper, Worcestershire sauce and water. Cover; cook until potatoes are tender. Thicken gravy with flour mixed to smooth paste in cold water. Heat thoroughly. Serves 6.

Imperial Vegetable Salad

1 package orange gelatin
1½ cups hot water
4 tablespoons vinegar
½ teaspoon salt
1 cup finely chopped cabbage

½ cup finely chopped celery
½ cup finely chopped raw carrot
2 tablespoons chopped sweet pickle
Lettuce
Mayonnaise or salad dressing

Dissolve gelatin in hot water. Add vinegar and salt; chill until sirupy. Add cabbage, celery, carrot and pickle. Pour into individual molds which have been rinsed in cold water. Chill until firm. Unmold on crisp lettuce. Serve with mayonnaise or salad dressing. Serves 6.

Corn on Cob

Remove husks and silky threads. Add boiling water to cover; cover kettle; cook 6-10 minutes or until just tender. Do not add salt to water as it tends to toughen the corn. Add $\frac{1}{2}$ teaspoon sugar to 1 quart water for mature corn. Remove corn from water as soon as tender.

Hamburger Cakes with Mushroom Sauce

$1\frac{1}{2}$ pounds beef chuck, ground
 1 teaspoon salt
 2 teaspoons grated onion
 $\frac{1}{2}$ cup milk

Few grains pepper
 2 tablespoons fat or salad oil
 1 can condensed mushroom soup

Mix meat, salt, onion and pepper; form into cakes. Saute in fat or salad oil until brown on both sides. Combine soup and milk; mix until smooth. Pour over hamburgers. Cover; cook 10 minutes. Serves 6.

De Luxe Meat Loaf

1 egg
3/4 cup milk
1/2 teaspoon sage
1 1/2 teaspoons salt

Few grains pepper
2 cups soft bread crumbs
1 onion
1 pound pork shoulder, ground
1 pound veal shoulder, ground

Beat egg; add milk, sage, salt and pepper. Add bread crumbs. Let stand 5 minutes. Mince onion; add with meat to bread crumb mixture. Mix well. Pack meat mixture into greased loaf pan. Bake in moderate oven (350° F.) 1 1/2 hours.

Spinach Napoli .

- | | |
|--------------------------------|--------------------------|
| 3/4 cup milk | 1 No. 2 can (2 1/2 cups) |
| 1/2 pound mild American cheese | spinach |
| 1/2 teaspoon salt | 4 slices bacon |
| 1/4 teaspoon dry mustard | 1 cup wheat flakes |

Heat milk and cheese in top of double boiler; stir until cheese melts. Add salt and mustard. Drain spinach thoroughly; chop fine. Place in greased baking dish; add cheese sauce. Dice bacon; combine with wheat flakes. Sprinkle over cheese sauce. Bake in moderate oven (350° F.) 30 minutes. Serves 6.

Corn Souffle

3 tablespoons butter or margarine
 3 tablespoons flour
 1½ cups milk
 3 egg yolks

1 12-Oz. can whole kernel corn
 ¾ cup grated American cheese
 Salt and pepper
 3 egg whites

Melt butter or margarine; add flour, blend. Add milk. Cook over hot water, stirring constantly, until thick. Beat egg yolks. Pour hot milk mixture on yolks. Add corn, cheese, salt and pepper. Beat egg whites stiff; fold in. Pour into greased baking dish. Bake in moderate oven (350° F.) 45 minutes. Serves 6.

Tuna Scallop

1 6-oz. package noodles

1½ cups Medium White Sauce

1 13-oz. can tuna

1 cup grated American cheese

Cook noodles in boiling, salted water until tender; drain. Drain tuna; flake. Arrange alternate layers noodles, tuna, cheese and white sauce in greased casserole, ending with cheese. Bake in hot oven (400° F.) 20 minutes. Serves 6.

Vegetable Cheese Timbales

$1\frac{1}{2}$ cups chopped cooked spinach	1 tablespoon vinegar
$\frac{1}{2}$ cup diced cooked carrots	1 teaspoon salt
$\frac{1}{2}$ cup dry bread crumbs	Few grains pepper
$\frac{1}{4}$ cup grated American cheese	1 egg
Chili sauce	

Combine spinach, carrots, bread crumbs, cheese, vinegar, salt and pepper. Beat egg; add. Mix well. Pack lightly into greased muffin pans. Bake in moderate oven. (350° F.) $\frac{1}{2}$ hour. Unmold. Serve with chili sauce. Serves 6.

Baked Fish Fillets with Tomato and Olive Sauce

6 individual fish fillets	2 cups canned tomato sauce
4 tablespoons fat or salad oil	$\frac{1}{2}$ cup stoned chopped green olives
4 tablespoons flour	1 teaspoon salt
1 onion	$\frac{1}{8}$ teaspoon pepper

Brown fish fillets in 2 tablespoons fat or salad oil. Arrange in shallow baking dish. Heat remaining fat or salad oil in saucepan. Add flour; blend. Mince onion; add with tomato sauce, olives, salt and pepper. Pour over fish fillets; bake in hot oven (400° F). 30 minutes. Serves 6

Baked Fillets Louisiana

1 egg	1 cup canned salmon
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups cooked rice
1 teaspoon curry powder	6 fish fillets
1 tablespoon chopped parsley	3 tablespoons butter or margarine
1 cup milk	

Beat egg; add salt, curry powder, parsley, salmon and rice. Spread rice mixture on 3 fillets; top with 3 remaining fillets. Tie securely with string. Place in baking dish; dot with butter or margarine. Pour milk into baking dish. Bake in moderate oven (350° F.) 30 minutes. Serves 6.

Spanish Rice

3/4 cup raw rice	1 1/2 teaspoons salt
1 cup sliced onions	1/4 cup minced green pepper
3 tablespoons fat or salad oil	4 whole cloves
1 #2 1/2 can (3 1/2 cup) tomatoes	1 bay leaf
1 tablespoon sugar	

Wash and cook rice (page 20). Cook onions in fat or salad oil until tender. Add tomatoes, salt, green pepper, cloves, bay leaf and sugar to onions; simmer 15 minutes. Remove cloves and bay leaf; add rice. Bake in greased casserole in moderate oven (375° F.) 1/2 hour. Serves 6.

Tuna Casserole

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|-----------------------------------|-----------------------|
| 4 tablespoons butter or margarine | 3 cups milk |
| 5 tablespoons flour | 1 13-oz. can tuna |
| Few grains pepper | 3 ounces potato chips |
| 1 tablespoon chopped pimiento | |

Heat butter or margarine; add flour and pepper. Add milk; cook until thick, stirring constantly. Flake tuna; add. Crush potato chips; add all but $\frac{1}{2}$ cup. Add pimiento. Pour into greased casserole; sprinkle with remaining $\frac{1}{2}$ cup potato chips. Bake in moderate oven (350° F.) 30 minutes. Serves 6.

Frankfurters Arizona

12 frankfurters
1 $\frac{1}{2}$ tablespoons flour
3 tablespoons water
1 cup water

$\frac{3}{4}$ cup ketchup
3 tablespoons vinegar
3 teaspoons sugar
1 $\frac{1}{2}$ teaspoons prepared mustard

Cut frankfurters in half lengthwise. Place in skillet. Combine flour with 3 tablespoons water. Add remaining ingredients. Blend until smooth. Pour over frankfurters. Cover; simmer 30 minutes. Serves 4.

Perfection Salad

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|---|------------------------------------|
| 1 envelope (1 tablespoon)
unflavored gelatin | 3/4 cup sweetened grapefruit juice |
| 2 tablespoons cold water | 1/4 cup vinegar |
| 1 cup boiling water | 1 cup shredded raw cabbage |
| 2 tablespoons sugar | 3/4 cup diced celery |
| 1 teaspoon salt | 1 tablespoon minced green pepper |
| Few grains pepper | 1/4 cup minced pimiento |
| | Lettuce |
| Mayonnaise or salad dressing | |

Sprinkle gelatin on cold water. Dissolve in boiling water. Add sugar, salt, pepper, grapefruit juice and vinegar. Stir until sugar dissolves. Chill until sirupy. Fold in cabbage, celery, green pepper and pimiento. Turn into 6 individual molds which have been rinsed in cold water. Chill until firm. Unmold on lettuce. Garnish with mayonnaise or salad dressing. Serves 6.

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Rice and Dried Beef Casserole

1 7-oz. jar dried beef
2 cups cooked rice

2 cups Thin White Sauce
1 cup buttered bread crumbs

Put dried beef in sieve; pour boiling water over it; drain and shred. Combine beef, rice and white sauce. Pour into greased casserole. Top with crumbs. Bake in moderately hot oven (375° F.)

Apricot Rice Fluff

$1\frac{1}{2}$ cups dried apricots	3 tablespoons powdered sugar
$\frac{3}{4}$ cups sugar	$1\frac{1}{2}$ cups cooked rice
1 cup heavy cream	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon lemon extract	

Wash apricots; boil in just enough water to cover 35 minutes. Water should be evaporated (if it is not, drain). Add $\frac{3}{4}$ cup sugar and continue cooking for 5 minutes, stirring constantly; remove from heat. Beat to pulp. Cool. Whip cream; add powdered sugar, rice, cinnamon and lemon extract; mix thoroughly. Fold in apricot pulp. Chill 2-3 hours. Serve in sherbet glasses. Serves 6.

PINEAPPLE UPSIDE DOWN CAKE

STANDARD FORM NO. 144
APPROVED BY THE PRESIDENT
MARCH 16, 1925

WAR DEPARTMENT
1 $\frac{1}{4}$ cups flour
1 $\frac{1}{4}$ tsps. B. Powder
1 $\frac{1}{4}$ tsp. salt
4 tbsp. shortening

1/2 cup sugar
1 egg well beaten
1/2 cup milk
1 tsp. vanilla

1 tbsp. butter)
1 cup brown sugar)
Pineapple)

OFFICIAL BUSINESS—GOVERNMENT PRINTING OFFICE
Place in bottom of pan

Sift flour once and measure, add baking powder and salt. Sift three times. Cream butter thoroughly, add milk and flour alternately

Bake 40 minutes in 350° oven

WAR DEPARTMENT
BUREAU

1 tbsp. butter
1 cup sugar
2 eggs
salt
1½ cups flour
1/2 cup sweet milk
1 tsp. baking powder

COTTAGE PUDDING

Sauce

1/2 cup sugar,
1 cup hot water
1 tsp cornstarch

Place together in sauce pan, cook until thick, remove add butter, lemon extract, and vinegar to taste

BANANA CAKE

1/2 cup butter
1 1/2 cups sugar
2 eggs
salt
1 cup mashed bananas

1/4 cup sour milk
3/4 tsp. soda
2 cups cake flour
1 tsp. baking powder

Cream the butter and sugar. Beat eggs very light and add to creamed mixture. Combine bananas and sour milk. Sift flour, measure, and sift again with soda, and baking powder. Beat until smooth. Bake 30 min. in 350° oven.

PARTY DOUGH

1 cup milk
 1/2 cup butter
 1/2 cup sugar
 2 cakes yeast

3 eggs
 1 tsp. salt
 4½ to 5 cups flour

Stir the yeast to a liquid, using one teaspoon of sugar. Scald the milk, add the butter to hot milk and let melt. When cool add the sugar and salt. Beat the eggs, add to the liquid, then add the yeast. Add the flour slowly. Dough should be soft but not sticky. Let rise double in size. Punch down and let rise again. Work into rolls. Let rolls rise until double in size. Bake in 375° oven 12 to 15 minutes.

Pineapple Rolls

1 cup milk
 2 tablespoons sugar
 1 teaspoon salt
 2 tablespoons butter
 1 yeast cake

$\frac{1}{4}$ cup lukewarm water
 3 eggs, well beaten
 5 cups sifted flour
 1 cup drained, crushed pineapple
 Melted butter, brown sugar, cinnamon (amounts desired)

Scald milk, add sugar, salt, and butter; cool. Dissolve yeast cake in water and add to milk. Stir in the well-beaten eggs and then gradually blend in the flour. Cover and let rise until double in bulk. Knead slightly and roll on floured board $\frac{1}{4}$ inch thickness. Brush with melted butter, brown sugar, cinnamon, and crushed pineapple. Roll as for jelly roll, slice $\frac{1}{2}$ inch thick and place on greased baking sheet, cut side down. Cover, let rise until double in bulk and bake in hot oven (400° F.) about 20 minutes. Makes 24 rolls.

The Amerif

Devils Food

3 layer

Cream $\frac{1}{2}$ cup butter and $1\frac{1}{2}$ cup brown sugar well. Boil $\frac{1}{2}$ cup grated chocolate and $\frac{1}{2}$ cup sweet milk until thick. Let cool. Beat 3 eggs with a pinch of salt. Mix ingredients above thoroughly. Add 1 tsp. soda dissolved in $\frac{1}{2}$ cup sweet milk. 1 tsp. vanilla. 2 cups flour.

Filling

1 tbsp. butter)	Let come to boil	Beat 1 egg with 1 tbsp flour. Add vanilla
$\frac{2}{3}$ cup sugar)		and $\frac{1}{4}$ cup walnuts.
$\frac{2}{3}$ cup milk)		

W. Kupper

Icing

1 cup powdered sugar
 2 tbsp. cocoa
 Butter size of walnut. Vanilla. Add hot coffee to make a paste.

Ice Box Roll Dough

2 Fleischman's yeast cakes	2 eggs well beaten
3/4 cup warm water	2 tsp. salt
2 cups boiling water	Flour to make stiff dough (approx. 8 cups)
2/3 cups lard	
2/3 cups sugar	

Soak yeast in warm water. Pour boiling water over the lard and sugar. Cool, then add yeast, beaten eggs, salt, and flour. Let rise till double in bulk, punch down once and put in cold place. Punch down once, and then they may be made into rolls and baked. Let rise 2 hours in a warm place before baking.

Wilma Kupper

Fool Proof Chocolate Frosting

Put together in heavy saucepan:

- 1 cup sugar
- 1 large egg or 2 small ones
- 2 squares chocolate
- 6 tablespoons cream or top milk.

Cook. Beat 5 minutes or longer until thick like gravy. Remove and add 1 tsp. vanilla and butter size of egg and pinch of salt.

Wilma Kupper

Thousand Island Dressing

5 egg yolks
1 tablespoon salt

$1\frac{1}{2}$ tablespoon sugar
1 tablespoon mustard

Beat yolks, sugar, salt and mustard.

Then add $\frac{1}{2}$ cup vinegar and 1 quart salad oil alternately until vinegar is used, then put in oil in larger amounts until oil has all been used.

Put thru food chopper
1 large or two small onions
8 to 12 sweet pickles
1 can pimentos

Add this to the above and mix.

Wilma Kupper

Casserole Dish

- 1 lb. hamburger
- 1 can string beans
- 1 can tomato soup

Onion browned in pan. Put in meat, cook until done. Put in beans and soup and simmer until well done. Mash potatoes and place on top of mixture in baking dish. Dot with butter and place in oven.

Wilma Kupper

Strawberry shortcake

Recipe courtesy Waldorf-Astoria
(Am. Home)

$\frac{1}{2}$ quart strawberries, coarsely chopped
4 teaspoons baking powder
 $\frac{1}{4}$ cup sugar
 $\frac{2}{3}$ cup milk

2 cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup shortening

Mix and sift dry ingredients. Cut in the shortening using pastry blender or two knives. Add milk and mix lightly to a soft dough. Pat dough into a greased shallow 8-inch pan and bake in a very hot oven (450° F.) for 12 to 15 minutes. Turn from pan on cake cooler and cool a few minutes.

Split cake by drawing a piece of clean white string or fine wire through the center horizontally and lay the top piece on cooler split side up. Butter the split surfaces generously with softened butter and sprinkle lightly with granulated sugar. Place bottom half on serving plate, split side up, and cover with a 2-inch layer of chopped sweetened strawberries. Place top half, split side down on the berries and arrange another layer of berries on top. Serve with plain cream for shortcake at its Best.

Corn Ring

Use 1 can corn, 2 cups milk, 1 cup grated cheese, 1/4 green pepper sauteed in butter, 1/2 cup flour, salt, pepper, whites of 2 eggs, beaten stiff. Mix well and pour in ring mold.

W. Kupper

Croquettes

Take any kind finely chopped meat. Season with salt, pepper, lemon juice and onion juice. Break an egg into a cup, fill with cream or meat stock. Mix all together, shape into small cones. Roll in egg, then in crumbs. Fry in deep Fat.

W. Kupper

Barbecued Frankfurters

- | | |
|---|--|
| 3 pounds large frankfurters | 2 teaspoons salt; pinch red pepper |
| 1 medium-size onion | 1 tsp paprika; $\frac{1}{4}$ tsp. black pepper |
| 2 tablespoons vinegar | 1 tsp chili powder or mustard |
| 1 tablespoon flour | $\frac{1}{2}$ cup tomato catsup |
| $1\frac{1}{2}$ tablespoons Worcestershire sauce | 2 teaspoons brown sugar |
| | 2 tablespoons hot water |

Put onion through food chopper, using fine knives. Blend vinegar and flour and combine with onion and remaining ingredients. Pierce each frankfurter with a fork and dip into sauce. Arrange frankfurters and sauce in a greased baking dish and bake, covered, in a moderate (350° F.) oven for 1 hour.

This recipe serves 6 to 8 persons.

Hash

- 1 cup chopped cold meat of any kind free from fat or gristle.
- 2 cups chopped cold boiled potatoes
- 1 onion finely chopped
- Salt, pepper, flour

Mix, season, and put in pan. Cover with a little flour. Pour in at the side of pan enough water to come up level with the hash. Do not stir. Bake in moderate oven uncovered till flour has formed a slightly brown sort of crust. Add a lump of butter. Stir thoroughly just before serving.

Swiss Steak

3 tablespoons flour
1 $\frac{1}{2}$ teaspoons salt
1 tablespoon sugar
Few grains pepper

3 pounds top round of beef
2 tablespoons fat or salad oil
1 No 2 can (2 $\frac{1}{2}$ cups) tomatoes
Bay leaf

2 whole cloves

Mix flour, salt, sugar and pepper; pound into meat. Heat fat or salad oil in deep frying pan; brown meat on both sides. Add tomatoes, bay leaf, cloves. Cover; simmer until tender, about 2 hours.

Hashed Brown Potatoes

5 cups finely chopped, cooked
potatoes
1 1 teaspoon salt

Few grains pepper
1 tablespoon chopped parsley
1/3 cup fat or salad oil

Combine potatoes, salt, pepper and parsley. Heat fat or salad oil; add potatoes. Brown slowly on under side; fold over like omelet; turn out on hot platter. Serves 6.

Delmont Pudding

- | | |
|--------------------------|------------------------------|
| 1 quart milk | 3 egg yolks |
| 3/4 cup sugar | 1/2 teaspoon vanilla extract |
| 2 tablespoons cornstarch | 1/4 teaspoon almond extract |
| 1/2 teaspoon salt | 3 egg whites |
| 9 tablespoons sugar | |

Scald milk. Mix 3/4 cup sugar, cornstarch, and salt; add scalded milk, mix well. Beat egg yolks; add milk mixture slowly. Cook over hot water, stirring constantly, until slightly thickened. Add vanilla and almond extracts; pour into casserole. Beat egg whites stiff; add remaining sugar gradually, beating constantly. Swirl on pudding. Bake in moderate oven (325° F.) 15 minutes, or until delicate brown. Cool. Serves 6.

STANDARD FORM No. 14A

APPROVED BY THE PRESIDENT

MARCH 10, 1926

TELEGRAM

OFFICIAL BUSINESS—GOVERNMENT RATES

FROM: **WAR DEPARTMENT**

BUREAU _____