

1960

## **Favorite Recipes: Submitted by Graduates of the School of Nursing of the Jefferson Medical College Hospital**

Julia Tyler Gaskill

*Jefferson Medical College Hospital*

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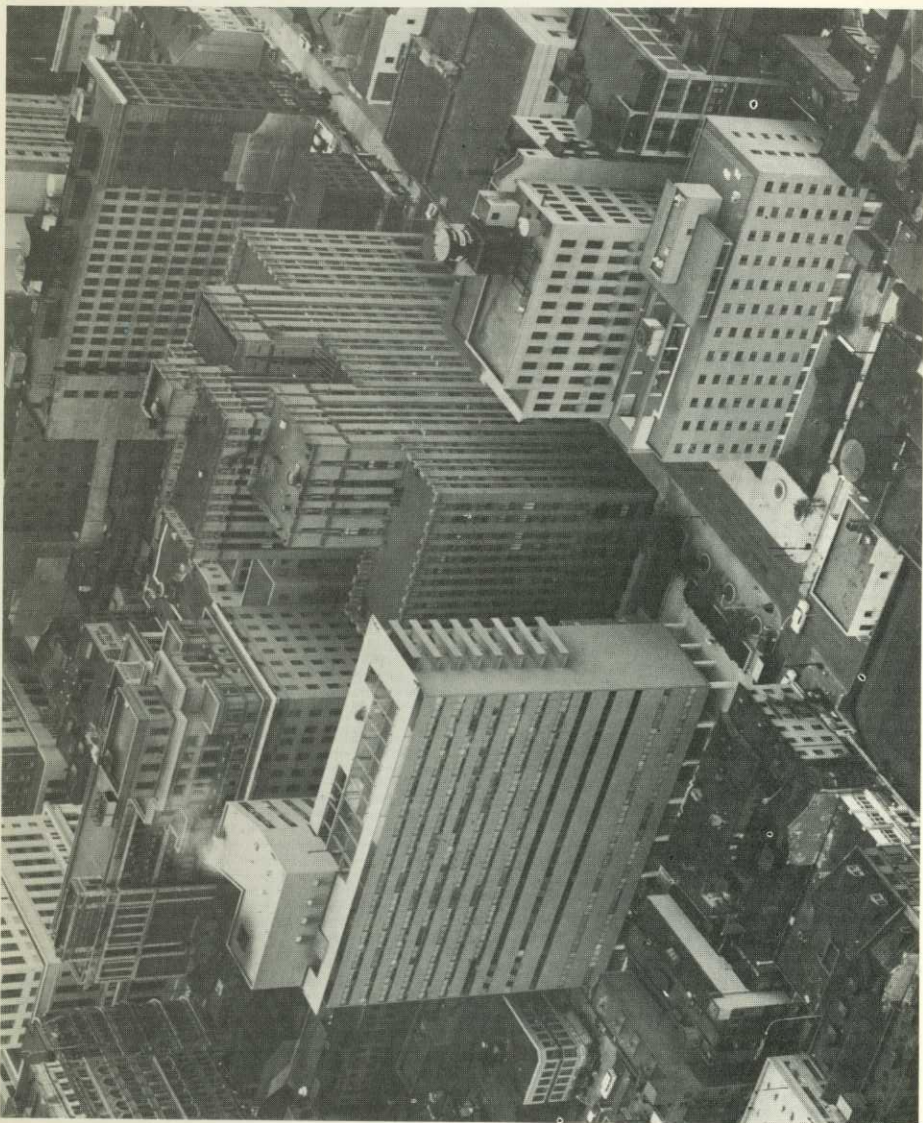
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# FAVORITE RECIPES



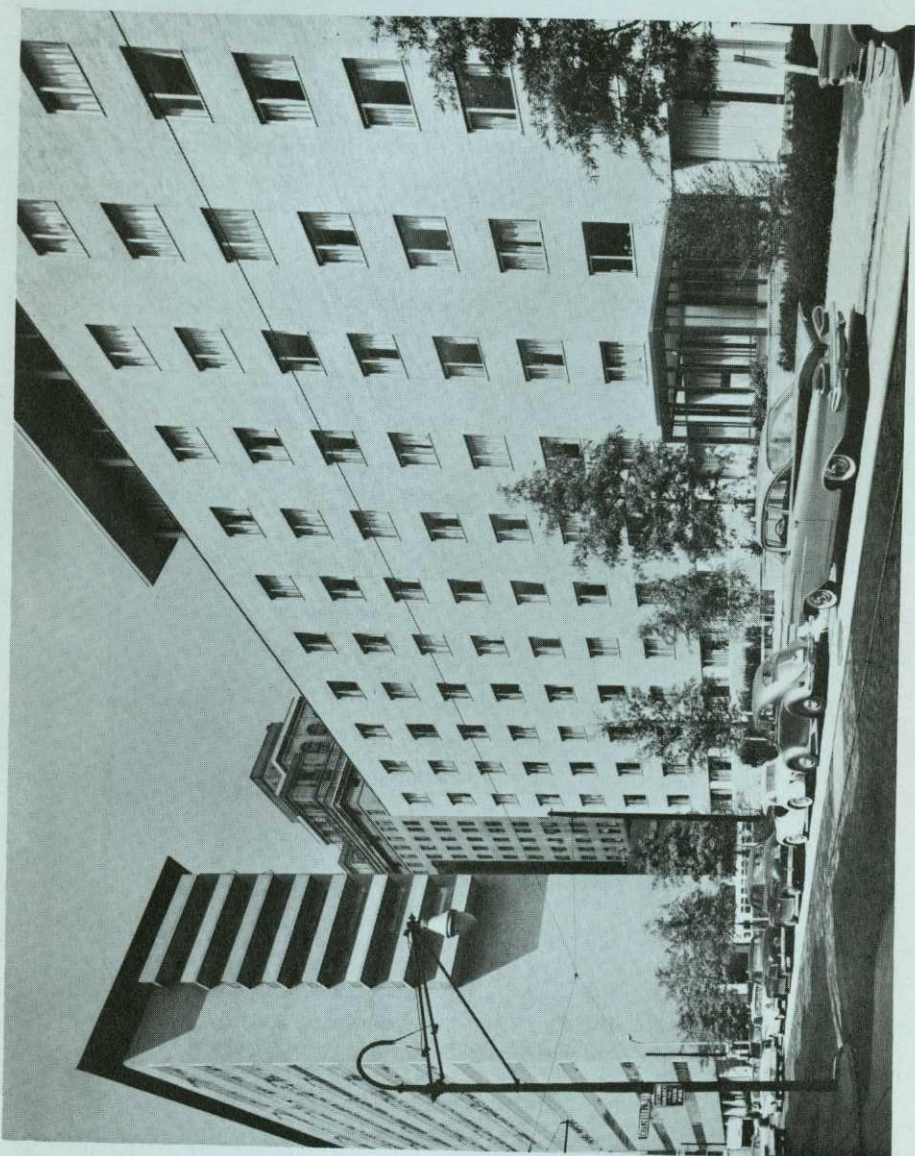


JEFFERSON MEDICAL CENTER

## FAVORITE RECIPES

ALL RECIPES PUBLISHED WERE  
SUBMITTED BY GRADUATES OF  
THE SCHOOL OF NURSING  
OF THE  
JEFFERSON MEDICAL COLLEGE HOSPITAL  
PHILADELPHIA, PENNSYLVANIA

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JAMES REID MARTIN STUDENT NURSES' RESIDENCE

## FOREWORD

With lots of pride, we the editors of this the "Favorite Recipes" of the Jefferson Nurses Alumnae have endeavored not only to present the recipes in an interesting and attractive manner, but also to give you a physical picture of the Jefferson Medical Center.

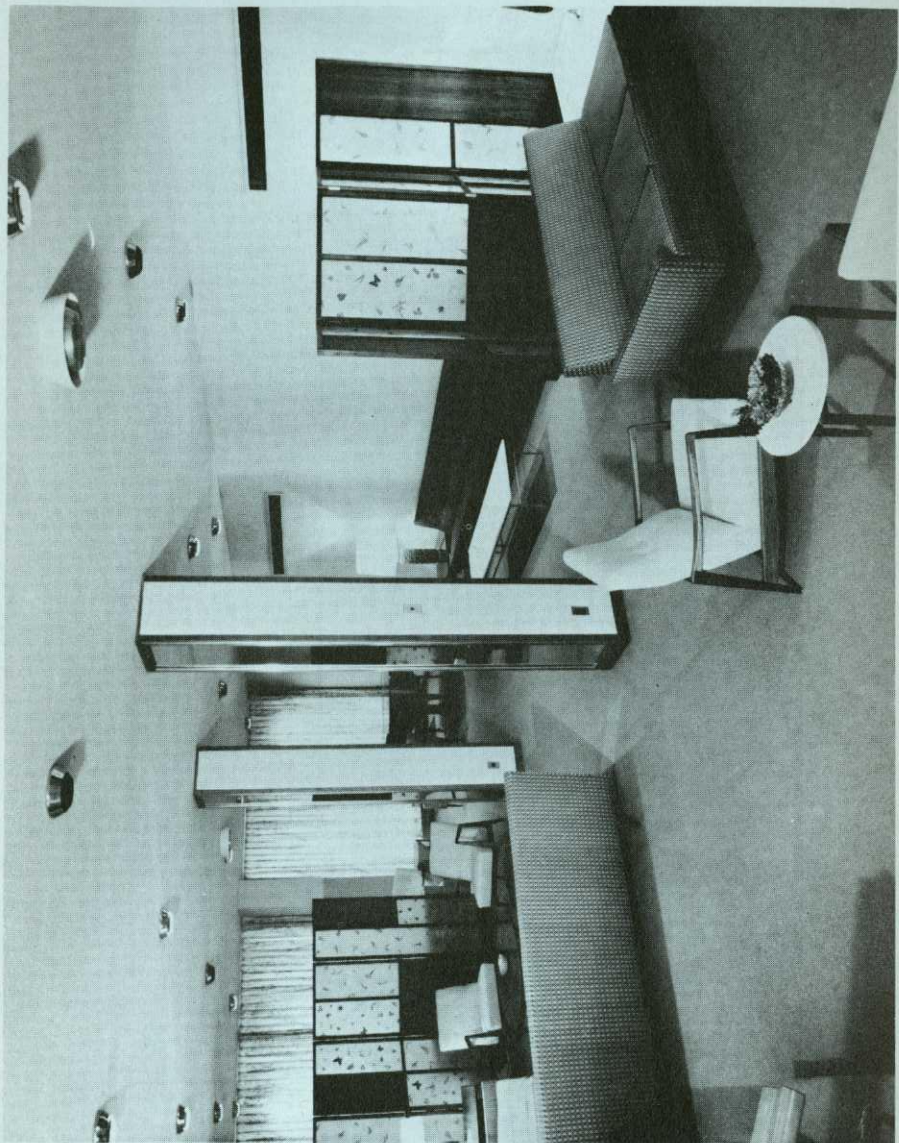
We have copied all recipes as submitted, most of which were signed, a few were not. The editors filled in with additional favorites. To thank everyone personally who contributed to this project is practically impossible; however, we are most grateful for the efforts and cooperation which we received.

These recipes have not been laboratory tested, therefore we do not guarantee them to possess "never fail qualities", nor do we attempt to teach you the art of cookery. However, we do present a representation of Alumnae cooking from East to West, North to South, and of graduates from the Classes of 1900 through 1960. We realize there is much repetition, but no two read exactly alike. One thing is sure—most of the recipes given have a high caloric content, so just to refresh your memory:

"A Calorie is the amount of heat required to raise 1 gm. of  $H_2O$  1 degree C.

- 1 gm. of carbohydrate when burned equals 4 calories
- 1 gm. of protein when burned equals 4 calories
- 1 gm. of fat when burned equals 9 calories."

Jefferson graduates and friends—Look—Cook—and enjoy this Book.—J. T. G.



LOUNGE IN STUDENT NURSES' RESIDENCE

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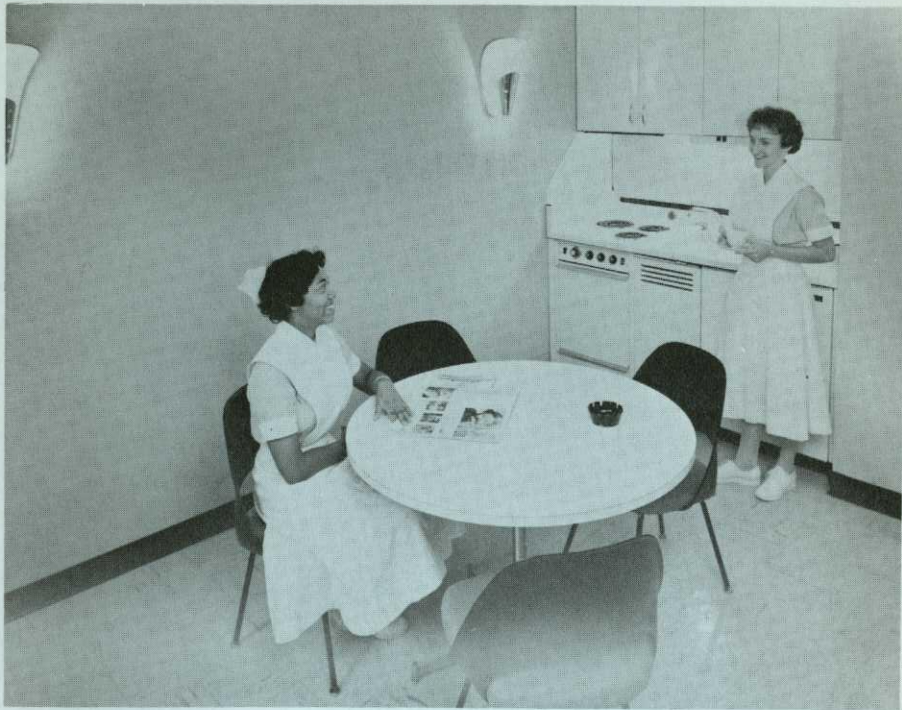
VIVIAN MOYER

#### *Foreign Dishes*

ANNA KUBA

#### *Sandwiches—Specialties*

DOROTHY PUSKAR



INTERIOR VIEWS IN STUDENT NURSES' RESIDENCE

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Views of Jefferson  
 Inside cover, pages 2, 4 and 6



“ WOULD ANYONE  
CARE FOR AN APPETIZER  
BEFORE DINNER ? ”

## APPETIZERS — DIPS — SOUPS

### Appetizers

Crab Meat—Bacon Rolls  
Rye Bread with Hot Sausage and Mozzarella Cheese  
Ham Roll-ups  
Cream Cheese Balls with Parsley  
Shrimp and Barbecue Sauce  
Shrimp Paste  
Hot Dogs and Barbecue Sauce  
Lebanon Bologna and Horseradish Squares  
Spiced Fruit with Sherry

### Dips

Chili Con Quese Dip  
Roquefort Cheese Dip  
Sour Cream and Onion Dip

### Soups

Asparagus Soup with Spinach Noodles  
Black Bean Soup  
Cream Corn Soup  
Curry Soup  
Dutch Potato Soup  
Oyster Stew  
Soup with Tiny Meat Balls

## APPETIZERS — DIPS — SOUPS

### APPETIZERS

#### Crab Meat Bacon Rolls

*(The Men's Favorite)*

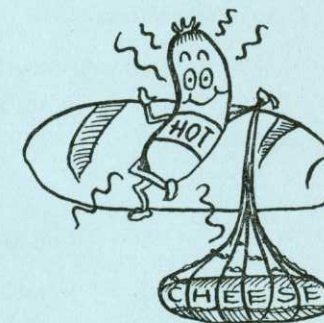
½ cup tomato juice	½ tsp. chopped parsley
1 well-beaten egg	½ tsp. chopped celery leaves
1 cup dry bread crumbs	One 6½ ounce can crab meat (flaked)
⅛ tsp. salt	12 slices bacon—cut in half
Dash pepper	

Mix tomato juice and egg. Add crumbs, seasonings, parsley, celery leaves, and crab meat. Mix thoroughly, roll into finger lengths; wrap each roll with ½ slice bacon and fasten with tooth pick. Broil, turning frequently to brown evenly. Serve hot. Makes about 2 doz. rolls.

Dorothy Smith Bennett '28

#### Rye Bread with Hot Sausage and Mozzarella Cheese

½ lb. hot sausage  
½ lb. Mozzarella cheese  
1 loaf of sliced rye bread  
(small slices)



Cook hot sausage, place ½" slice of hot sausage on rye bread. Place ¼" slice of Mozzarella cheese over sausage. Cook under broiler until cheese is melted.

Catherine Wilson Campbell '39



### Ham Roll-Ups

3 ounce package of cream cheese  
1 tsp. cream  
1/2 tsp. grated onion  
1/4 tsp. Worcestershire sauce  
Dash of celery seed or salt.

Blend well and spread on slice of ham. Place medium or large olives along one end and roll up. Chill in wax paper. Slice and serve on Ritz crackers.

Betty Whysong Mathers '47

### Cream Cheese Balls Parsleyed

1 package of cream cheese Parsley, chopped

Make balls from cream cheese (room temperature) roll in chopped parsley or cloves. Place in refrigerator to harden. Place on toothpicks and serve.

Amy Wilson Allen '44

### Shrimp with Barbecue Sauce

2 lb. shrimp  
1 cup Chili sauce  
1/8 cup fresh horse radish  
1/4 tsp. dry mustard

Cook and prepare shrimp. Combine—Chili sauce, horse radish and dry mustard. Heat until boiling point. Serve sauce as dip for shrimp.

### Shrimp Paste

1 lb. shrimp  
1/2 small onion  
1 hard boiled egg  
Grind together  
Salt—pepper to taste

Add: 1 lemon (juice); 1/4 tsp. celery seed; 1/2 tbsp. Worcestershire sauce. Mix in enough mayonnaise to moisten.

Betty Richards Stone '54

### Hot Dogs with Barbecue Sauce

1 lb. hot dogs  
1 cup Chili sauce  
1/8 cup fresh horse radish  
1/4 tsp. dry mustard

Cook hot dogs, cut into 1/2" piece. Combine—Chili sauce, horse radish and dry mustard. Heat until boiling point. Serve sauce as dip for hot dogs.

### Lebanon Bologna and Horse Radish Squares

1 lb. Lebanon Bologna  
1 bottle of prepared horse radish  
Have Lebanon Bologna cut 1/2" thick. Cut slices in half inch squares. Spread two slices of Lebanon Bologna with horse radish and place on tooth pick.

### Spiced Fruits with Sherry

1 can of spiced peaches (small) any fruit may be used  
2 jiggers sherry

Add sherry to juice and marinate for 2 hours. Serve on tooth-picks.

## DIPS

### Chili Con Quese Dip

Melt Velveeta cheese and add chopped green chili and salt. Serve with potato chip or crackers. Keep warm in chafing dish.

Helen Cook Gibb '13

### Roquefort Cheese Dip

In a blender or electric mixer, combine the following ingredients:

- 2 cups cottage cheese or 3-3 oz. pkgs. cream cheese
- 1 tsp. Worcestershire sauce
- 2 tbsp. minced onion
- 1/2 tsp. garlic salt
- 1-2 oz. of Roquefort cheese (to taste)
- Enough milk or mayonnaise to good dunking consistency

Arrange in container—sprinkle with paprika

Marjorie E. Fallon Jeffrey '57

### Sour Cream and Onion Dip

- 1 pint sour cream
- 1 package of onion soup

Mix package of prepared onion soup into 1 pint of sour cream. If mixture becomes too stiff, thin with milk.



## SOUPS

### Asparagus Soup with Spinach Noodles

- 1 can cream asparagus soup
- 1 cup minced celery
- 1 cup minced onion
- 1 cup of diced potatoes
- 1/4 cup spinach noodles

Add 1 can of water to asparagus soup, add vegetables and simmer for 30 minutes, add noodles and cook for 15 minutes.

### Black Bean Soup

- 1 cup diced potatoes
- Parmesan cheese
- 1 can black bean soup
- 1/2 lb. macaroni
- 1 cup diced celery
- (any soup macaroni)
- Red crust pepper

Dilute soup—twice—add celery, potatoes and simmer for 30 minutes, add macaroni and cook for 15 minutes. Serve with red crust pepper and Parmesan cheese.

### Cream of Corn Soup

- 1 can cream of celery soup
- 1/4 cup minced mushrooms
- 1 can cream of chicken soup
- 1/4 cup fresh pepper
- 1 can of crushed corn

Dilute soups as directed—add all other ingredients and simmer.

### Curry Soup

(A Favorite recipe of Emily Kimbrough)

- 1/4 tsp. curry powder
- 1 cup cream
- 3 cups chicken stock
- 1 egg slightly beaten

With a base of chicken stock (canned chicken soup does just as well) in a double boiler. Add cream with an egg folded in. Add slowly to avoid curdling. Next add curry powder to taste (I like above amt.)—remembering that a little tastes a long way. Cook gently. When put into soup plates, sprinkle on top finely diced raw apple. Serves 4 generously.

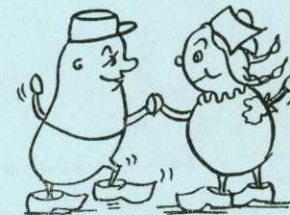
Janet Lynch Plant '40

### Dutch Potato Soup

Delicious

(Children Love it)

- 2 potatoes—med. size
- Salt and pepper to taste
- 1 1/2 tbsp. flour
- 1 level tbsp. butter
- 1 level tbsp. crisco
- Water as directed



Dice potatoes 1/2 in. cubes or less. Put in small pan and cover with water (be liberal). Mix butter and crisco with flour in small pan, and brown (not burn) add water to make thick gravy. Add all to boiled potatoes—season to taste. Top with cubed toast when serving.

Helen Rebert Murray '28

### Oyster Stew

1 pint stewing oysters      2 tbsp. butter  
1 quart milk                    1 tsp. salt

Cook oysters in liquid over low flame until oysters start to curl. Heat milk until point before boiling. Add milk to oysters, then add salt, pepper and butter.

### Soup with Tiny Meatballs

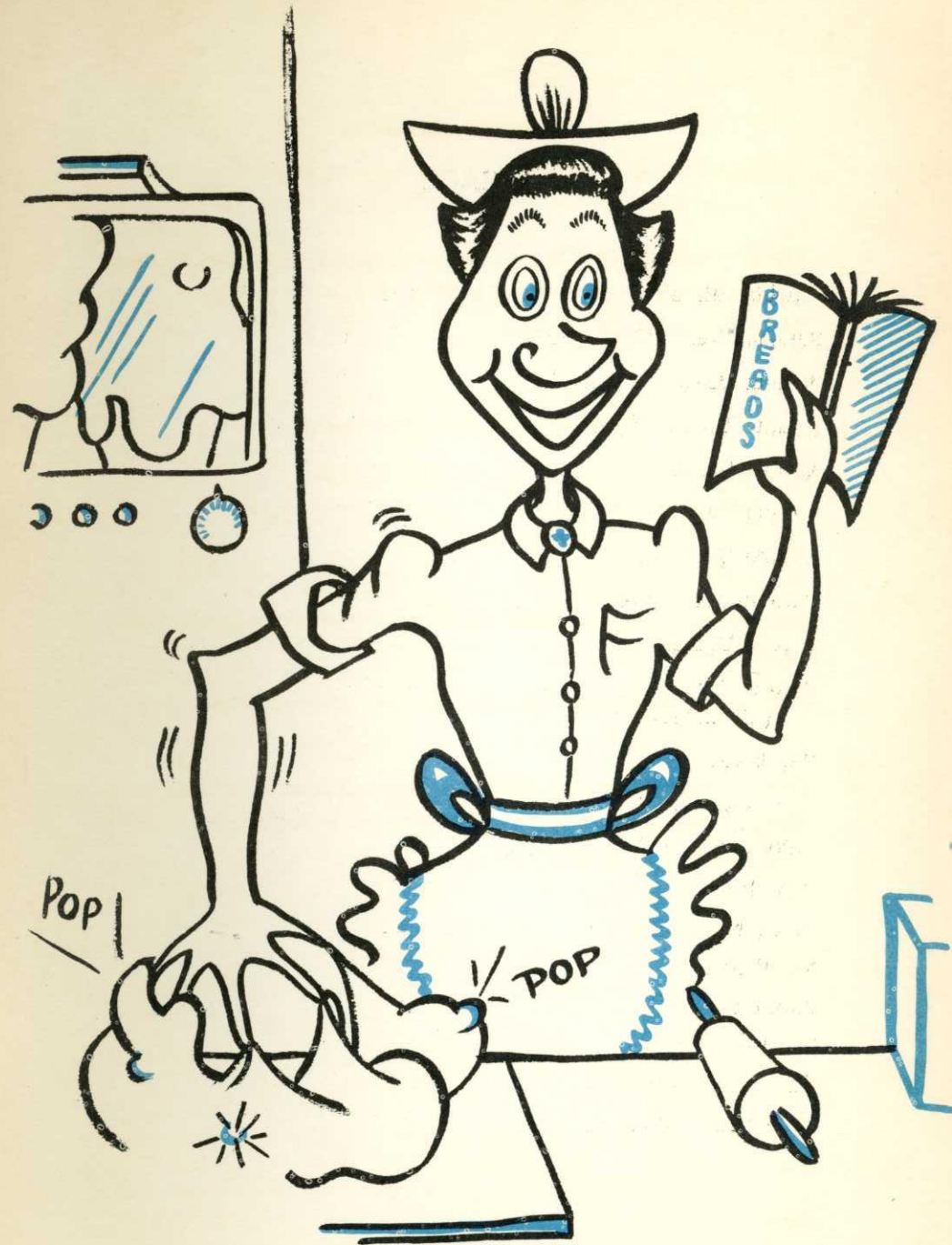
¼ lb. ground lean beef      1 egg yolk  
1 tbsp. grated cheese      1 tsp. parsley  
½ slice bread soaked in water salt  
and squeezed dry          1 clove garlic—crushed

Mix all ingredients together and shape into small meatballs about the size of marbles.

2 cups chicken or beef broth    ¼ cup Aceni de Pepe  
2 tbsp. Parmesan cheese          (soup cut macaroni)

Bring broth to boil, add Aceni de Pepe and little meatballs, cook gently about 7 minutes or until macaroni is tender. Serve with grated cheese to 4 or 6.

Helen Reimer Motsay '34



"BAKING CERTAINLY IS FUN!"

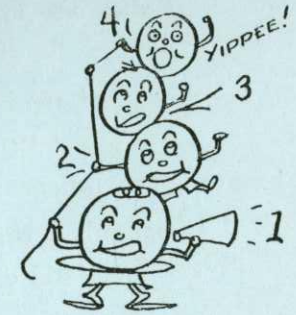
## BREADS

Quickie Biscuits	Muffins
Banana Bread (Thrasher)	Breakfast Cake
Banana Bread (Saunderlin)	Cowboy Cake
Banana Bread (Benton)	Crunchy Apple Muffins
Apricot Bread	Pumpkin Muffins
Banana and Nut Bread	Potato Rolls
Orange Bowknots	Sweet Rolls
Date and Nut Bread (Davis)	Spoon Bread Souffle
Cheese Blintzes	Cottage Cheese Turnovers
Date and Nut Bread (Huntsberger)	Cheese Whirl-i-gigs
Nut Bread (Enterline)	Corn Pancakes
Date and Nut Bread (Plagens)	Flannel Cakes
Date and Nut Bread (Childs)	Sour Cream Pancakes
Date Bread	Whole Weat Cakes
Quick Nut Bread	Cinnamon Toast
Nut Bread (Rule)	Cinnamon Cakes
Prune Bread	Ice Box Rolls
Nut Bread (Scott)	Cinnamon Flop
Date Loaf (Orr)	Hot Rolls
Date Loaf (Menendez)	Hush Puppies

## BREADS

### Quickie Biscuits

1 cup flour  
1 tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup cream  
 $\frac{1}{4}$  cup milk



Mix all together and pat to  $\frac{3}{4}$  inch thickness. Cut desired size.  
Bake hot oven 12-15 minutes.

Estelle Steigerwalt Taylor '24

### Banana Bread

3 Medium ripe bananas (brown spotted)	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{3}$ cup salad oil	2 eggs
2 tsp. baking powder	1 cup sugar
$\frac{1}{4}$ tsp. baking soda	2 cups sifted all purpose flour
	$\frac{1}{2}$ tsp. salt

Cream bananas in mixer until well blended, add eggs, blend again. Add sugar, salad oil to banana mixture. Sift flour, baking powder, soda and salt together. Add nuts and mix until dry ingredients are just blended. Pour into greased loaf pan. Bake at 350° for 55 to 60 minutes. Makes 1 loaf.

Myrtle Brewer Thrasher '16

### Banana Bread

1 egg	2 Bananas (mashed)
$\frac{1}{4}$ C. shortening	1 tsp. soda
2 C. Flour	$\frac{1}{4}$ C. Chopped Nuts (black walnuts)
$\frac{1}{4}$ tsp. Salt	
1 C. Sugar	

Cream shortening and sugar, then add egg. Add remaining ingredients. Bake in loaf pan for 60-70 minutes at 350°.

Betty Weldon Saunderlin '46

### Banana Bread

1 stick oleo or butter; 1 cup white sugar  
(cream well)

2 eggs; 1 tsp. vanilla (add and beat well)

1 tsp. soda—added to

1 cup mashed bananas (mixed and add to creamed mix)

¼ tsp. salt; 2 cups flour; ½ C. black walnuts  
(added to above mixture)

Bake at 350°—30 to 45 minutes or until done.

Mary E. Bowser Benton '23

### Apricot Bread (Quick)

1 cup dried apricots (cut)	2 cups flour sifted
½ cup nuts (chopped)	2 tsp. baking powder
Juice of one orange in 1 cup water	¼ tsp. salt
1 cup sugar	1 tsp. soda
2 tbsp. melted shortening	1 tsp. vanilla

Place *all* ingredients in bowl and mix well at same time. Bake 50 minutes at 350°F.

Joyce L. Rose Sproch '42

### Banana and Nut Bread

½ cup of shortening	3 bananas
1 cup of sugar	2 cups of flour
2 eggs	1 level tsp. baking soda
dash of salt	½ cup chopped black walnuts

Cream shortening and sugar together. Add eggs and mashed bananas. Blend flour and salt. Add baking soda and walnuts. Mix well. Bake 1 hour at 350° heat.

Maude Fuller Spencer '21

### Orange Bowknots

1 pkg. yeast	1 tsp. salt
¼ cup water	5 to 5½ cups flour
1 cup milk, scalded	2 beaten eggs
½ cup shortening	2 tbsp. grated orange peel
⅓ cup sugar	¼ cup orange juice

Soften yeast in warm water. Combine hot milk, shortening, sugar, and salt. Cool till lukewarm; stir in about 2 cups flour and beat well. Add eggs; mix well. Add orange peel, juice, and remaining flour (or a little more or less to make a soft dough). Cover; let rest 10 minutes.

Knead dough 8 to 10 minutes on lightly floured surface till smooth and elastic. Place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double (about 2 hours). Punch down, cover and let rest 10 M. Roll dough in 18 by 10 inch rectangle, ½ inch thick. Cut strips 10 inches long and ¾ inches wide. Roll each strip back and forth lightly under your fingers; loosely tie in knot. Arrange on greased baking sheet. Cover; let rise till almost double, about 45 Min. Bake in hot oven (400°) 12 minutes or till done. Makes about 2 dozen.

Ice with Orange icing: Blend 1 teaspoonful grated orange peel, 2 tbsp. orange juice, and 1 cup sifted confectioners' sugar. Brush the icing on with a pastry brush for a smooth, even glaze. These are truly delicious.

Christella Campbell Butler '35

### Date and Nut Bread

¾ cup chopped walnuts	¾ cup boiling water
1 cup pitted cut-up dates	2 eggs
1½ tsp. baking soda	1 tsp. vanilla
½ tsp. salt	1 cup granulated sugar
3 tbsp. shortening	1½ cups sifted all-purpose flour

Mix first four ingredients with fork. Add shortening, water. Let stand 20 minutes. Heat oven to 350° F. Beat eggs with fork. Add vanilla, then sugar and flour, mixing just to blend. Pour into greased 9 x 5 x 3 loaf pan. Bake 1 hour, 5 minutes, or until done.

Perma Ehrhart Davis '41

### Cheese Blintzes

1 lb. cottage cheese	1 tsp. ground cinnamon
2 eggs	1 tsp. vanilla ext.
1 cup milk	½ tsp. salt
Butter	Sour cream
1 cup sifted flour	Jam
½ cup sugar	

To make the blintzes, beat the eggs until foamy. Add milk and 2 tbsp. melted butter. Add flour and salt, beat with a rotary beater until smooth. Fry the blintzes one at a time in a hot lightly buttered 8 in. skillet. For each blintz pour 3 tbsp. batter into skillet, tipping to spread batter thinly. Fry over high heat for 2 min. or until lightly browned on one side. Remove from pan. Cool. To make the filling, stir cottage cheese, sugar, vanilla and cinnamon together until well blended. Put 2 tbsp. of the filling on the browned side of each blintz and fold the sides over to cover the filling. Saute blintzes in butter for 5 min. Serve with sour cream and jam. Makes 12.

Mildred Weber Witmyre '31

### Date and Nut Bread

1½ cups boiling water poured over ½ cup chopped dates. Measure 2½ cups of flour, ¼ tsp. baking powder, 2 level tsp. baking soda. Beat 1 egg and 1½ cups sugar. Add to date mixture. 1 tsp. vanilla 1 cup chopped English walnuts 1 pinch of salt. Mix all very well and bake in oven 350° F. for 1 hour. Line bottom of pan with wax paper.

Esther Cowen Huntsberger '31

### Nut Bread

Sift together:	Add:
3 cups all-purpose flour	1 egg
1 cup sugar	1 cup milk
½ tsp. salt	1 cup chopped walnuts
3 tsp. baking powder	½ cup chopped dates (optional)

Mix and let rise 20 minutes. Bake in greased pan 350-375° for one hour plus.

Helen Job Enterline '40

### Date and Nut Bread

1 cup dates cut	2 cups sifted flour
1 cup boiling water	3 tsp. baking powder
1 tbsp. butter	½ tsp. salt
¾ cup sugar	1 cup nut meats
1 egg	

Combine first 3 ingredients and let stand covered to cool. Beat sugar and egg together and add to dates alternately with dry ingredients which have been sifted together. Add broken nut meats which have been dredged with a small amount of the flour. Pour in greased loaf pan, let rise for 20 minutes and bake in slow oven (325 degrees) 50 to 60 minutes. Turn on cake rack to cool. Makes one loaf.

Edna Hastings Plagens '34

### Date and Nut Bread

1 large pkg. dates	1 scant tsp. soda
¾ cup boiling water	

Cut dates in small pieces. Cover with boiling water and soda. Let stand until cool.

1 tbsp. butter (or margarine)	1 egg
¾ cup sugar	1 tsp. vanilla
1¾ cups flour (sifted)	1 cup nut meats

Mix as for cake—add date mixture. Bake at 350° (starting with cold oven), for approximately one hour or until tester comes out clean.

Katherine Childs—Honorary member

### Date Bread

2 cups granulated sugar	1 tsp. vanilla
2¾ cups flour	1 tsp. salt
1½ cups boiling water	1 tsp. soda
2 cups chopped dates	1 egg
1 cup chopped walnuts	1 tbsp. melted shortening

Pour boiling water over soda and dates and cool. Beat egg, add shortening and vanilla. Sift dry ingredients and add alternately with date mixture. Pour into 2 greased loaf pans and bake at 350° for 30-45 minutes.

Frances Baker Anderson '27

### Quick Nut Bread

2 cups sifted flour  
1/2 cup sugar  
1 tsp. salt  
3 tsp. baking powder  
1/4 cup cold shortening

1/2 cup chopped nuts  
1 egg  
1 egg yolk  
1 cup milk

Sift flour, sugar, salt and baking powder together and cut in shortening with 2 knives or pastry blender. Add nuts. Beat egg and egg yolk and add milk. Add to flour mixture and mix quickly, just enough to dampen all the flour. Pour into greased loaf pan and bake in hot over (400° F.) 40 minutes. Makes 1 loaf.

Vivian Passmore Murray '33

### Nut Bread

2 eggs  
1 1/2 cups brown sugar  
1 1/2 cups milk  
1/2 tsp. salt

4 tsp. baking powder  
4 cups flour  
1 cup nuts

Lightly beat eggs, add sugar; sift dry ingredients and add to egg and sugar mixture, alternating with milk. Add nuts and mix well. Divide mixture into 2 bread pans which have been greased and floured. Let rise 1/2 hour. Bake in oven 350° approximately 35 to 40 min.

Areta Matlock Rule '37

### Prune Bread

2 cups flour (sifted and measured)  
1 tsp. salt

3 tsp. baking powder  
1 tsp. cinnamon

Sift the above ingredients together

3/4 cup chopped cooked prunes  
1/2 cup chopped nut meats (may be omitted)

1/2 cup shortening, 1 cup sugar, 2 eggs—creamed together—add remaining ingredients and 1/2 cup milk.

Bake in greased loaf pan at 350° for 1 hour.

Lucille Edmonds Hand '35

### Nut Bread

1 egg  
1 cup sugar  
1 1/2 cups milk  
3 cups flour

3 tsp. baking powder  
1/2 cup nut meats  
1/4 cup oil

Mix egg and sugar—sift dry ingredients to mixture—add oil and nut meats. Makes 2 small tins—bake at 350° about 45 minutes.

Inga Smith Scott '58

### Date Loaf

2 lbs. dates  
2 lbs. English walnuts  
1 cup sugar

1 cup flour  
2 tsp. baking powder  
4 eggs

Mix dates and nuts. Mix flour, sugar and baking powder and small amount of salt. Mix all together and add eggs. Bake 1 hour in low oven.

Mae Orr '23

### Date Loaf

1 cup boiling water; 1 tsp. soda; 1 cup chopped dates

Let this mixture stand

1/2 cup butter; 1 cup white sugar

Cream well, add 1 well beaten egg—add the date mixture.

Add—1 cup English walnuts

1 tsp. vanilla  
1 1/2 to 2 cups flour

Bake in a loaf or tube pan in a 325° oven.

Mary S. Menendez '36

### Muffins

1 cup sugar  
3/4 cup shortening (spray or  
crisco)  
2 eggs

1 cup milk  
1/2 tsp. salt  
4 level tsp. baking powder  
2 cups flour—sifted

Cream sugar and shortening—add eggs—mix well—add milk—baking powder and flour—stir until well mixed but do not beat. Makes 20 muffins. Bake in oven at temperature around 400° about 20 minutes.

Mabel Grace Boller '14

### Breakfast Cake

1½ cup sugar  
1/3 cup shortening (Crisco)  
3 cups flour sifted with 1 rounded tsp. baking powder, 1 rounded tsp. baking soda, 1 tsp. vanilla

1½ cup sour milk (or sweet milk with 3 tsp. vinegar)

Mix sugar and shortening, add soured milk in thirds alternately with sifted dry ingredients, add vanilla. Use 2 layer cake pans, greased and floured; and level batter with spoon. Sprinkle with topping made of ¼ cup white sugar, ¼ cup dark brown sugar, 1 tsp. cinnamon blended. Bake 30 min. at 350°F. Serve warm or cold.

Lois Longacre Kelly '42

### Cowboy Cake

*This is a delicious coffee cake, perfect for breakfast or with lunches.*

2½ cups flour  
2 cups brown sugar  
½ tsp. salt  
⅔ cup shortening  
2 tsp. baking powder

½ tsp. cinnamon  
½ tsp. nutmeg  
1 tsp. soda  
1 cup sour milk  
2 eggs well beaten

Measure flour, brown sugar, salt and shortening into a bowl and rub or work to fine crumbs. Remove ½ cup of this crumbly mixture and reserve to sprinkle over the top of the cake. To the remaining crumbs add the blended baking powder, spices and soda, mixing thoroughly. Add the beaten eggs to the sour milk, then stir this into the dry mixture till it is very smooth. Spread the batter in 2 greased cake pans and sprinkle with the reserved crumbs. Bake 375° 15–20 minutes. Serve hot from pan. Good reheated too!

Carol Young Justice '55

### Crunchy Apple Muffins

Muffins:

1½ cups sifted all purpose flour  
1/3 cup sugar  
2 tsp. baking powder  
½ tsp. salt  
½ cup non-fat instant milk (dry)  
½ tsp. cinnamon  
¼ cup soft shortening  
1 egg  
½ cup water  
1 cup apples (peeled and finely cut)

Topping:

1/3 cup brown sugar  
½ tsp. cinnamon  
1/3 cup finely cut nuts

Preheat oven to 375°. Sift flour, sugar, baking powder, salt, non-fat dry milk, and cinnamon together in a 1½ qt. bowl. Add shortening, egg, water and apple, and mix quickly but thoroughly. Spoon batter into 12 greased muffin cups. Sprinkle on top of batter in cups, mixture of brown sugar, cinnamon and finely cut nuts. Bake near center of oven 20 minutes, or until lightly browned. Serve warm.

Hannah Wertman Umpstead '28

### Pumpkin Muffins

4 cups sifted flour  
6 tsp. baking powder  
1 tsp. salt  
¼ cup sugar  
¼ tsp. cinnamon

2 eggs (slightly beaten)  
2 cups milk  
½ cup canned pumpkin  
2 tbsp. butter or margarine

Sift dry ingredients into a large mixing bowl. Combine eggs, milk, and pumpkin and add to dry ingredients. Add melted butter or margarine, stirring only enough to combine the mixtures. Batter will be lumpy. Pour into greased muffin pans. Bake 425°. Yield 2 dozen. Baking time 25 minutes.

Florence Rowenski Fus '52



### Potato Rolls

½ cup sugar  
¼ cup instant mashed potatoes

1 pkg. active dry yeast  
1 tsp. salt

Mix well and then add

½ cup peanut oil  
3 cups lukewarm water

Stir until dissolved—add 5-6 cups flour. Knead well. Let rise until double in bulk. Knead, let rise again. Knead and make into rolls. Let rise double in bulk. Bake at 370°F. about 20 minutes. Makes about 30 clover leaf rolls.

Nora L. Zufall '20

### Sweet Rolls

Cream—1 tbsp. shortening and ½ cup sugar

Add—2¾ cup milk—room temperature, 1 yeast cake, 4 eggs—beaten

Sift—8 cups flour with 1 tsp. salt and beat well.

Roll out on floured towel. Spread 1 lb. oleomargarine. Knead well—use towel to knead. Place in refrigerator or over night.

Roll out and cut into strips 1" wide 6" long. Tie in knot, let rise 3 hours. Bake 20 minutes at 350°. Ice with powdered sugar, water, and vanilla, while hot.

Ruth E. Moore MacAdam '42

### Spoon Bread Souffle

½ cup water ground corn meal  
2 cups hot milk

½ tsp. salt  
4 eggs (separated)

Scald milk in saucepan, add salt and corn meal. Cook until thick. Add beaten egg yolks and cool. Fold in beaten egg whites and pour into well buttered 1½ qt. casserole. Bake 45 minutes to 1 hour at 325°F. It will rise like souffle. Serve at once. Especially good with cold sliced chicken or ham, and tossed green salad.

Frances W. Masser '41

### Cottage Cheese Turnovers

½ cup shortening  
½ cup cottage cheese (creamed)

1 cup sifted flour  
¾ tsp. salt  
Strawberry jam

Beat shortening fluffy. Add cottage cheese a little at a time and beat in well. Beat in salt. Add flour and blend thoroughly. Chill dough at least 3 hrs. Roll out ¼" thick on floured board. Cut in 4" squares. Put a rounded spoonful of jam in each. Bake 375° oven 10 minutes or till slightly browned.

Paula Scarlett Kenworthy '56

### Cheese Whirl-i-gigs

2 cups sifted flour  
2 tsp. baking powder  
½ tsp. salt  
4 tbsp. shortening  
⅔ cup milk  
Melted butter—large piece  
1-2 cups grated sharp cheese  
Salt—paprika



Sift dry ingredients and cut in shortening. Add milk all at once and stir until mixture forms soft dough. Turn out immediately on floured board and knead 30 seconds. Roll into oblong sheet ⅛" thick. Brush with melted butter, spread grated sharp cheese evenly over dough (use as much cheese as you desire—the more, the better, if you really like cheese), sprinkle with paprika (about 1 tbsp.) and salt (about 3 tbsp.). Roll as for jelly roll—cut into ¾" slices and place on greased cookie sheet. Bake in 375° oven—15 to 20 minutes or until golden brown and bubbly. Serve hot. Excellent for breakfast.

Marilyn Dinklocker Hodge '46

### Corn Pancakes

2 cups flour	2 eggs
4 tsp. baking powder	2 cups milk
1 tsp. salt	4 tbsp. melted shortening
1 tbsp. sugar	1 cup cream style corn

Sift flour with baking powder, salt and sugar. Beat eggs, add milk and mix. Stir in shortening, then add flour mixture all at once and beat until smooth. Add corn. Heat griddle moderately hot. Grease lightly. Pour  $\frac{1}{4}$  cup batter for each cake. Bake until top side is full of air bubbles and under side is golden brown, then turn and bake other side.

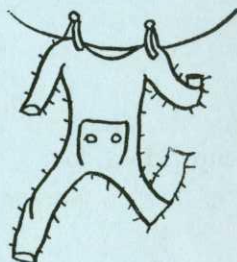
Serve at once with butter and hot syrup, honey, or sugar.

Esther Wilson Knoll '28

### Flannel Cakes

$1\frac{1}{3}$  cups flour  
2 eggs  
4 tsp. sugar  
4 tsp. baking powder  
 $\frac{1}{4}$  cup salad oil  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{2}$  cups milk

Dry together, then wet, then combine.



Julia Tyler Gaskill '34

### Sour Cream Pancakes

4 eggs	$\frac{3}{4}$ cup sifted flour
1 cup sour cream	$\frac{3}{4}$ teaspoonful soda
1 cup cottage cheese	$\frac{3}{4}$ teaspoonful salt

(1) Sift flour, soda and salt together. (2) Separate eggs. (3) Beat egg yolks; add sour cream and cottage cheese. (4) Combine with dry ingredients. (5) Fold in beaten egg whites. (6) Serves four.

Susanne Weisel Sagi '58

### Whole Wheat Cakes

*(For good health)*

Moisten 1 yeast cake or 1 pkg, dry yeast with a cup of water. Beat 1 egg—add with yeast to 1 pt. milk, 4 tbsp. brown sugar,  $\frac{1}{2}$  tsp. salt, 2 cups whole wheat flour. Let set  $1\frac{1}{2}$ -2 hours—bake and serve.

Pearl Moser Shappell '23

### Cinnamon Toast

1 loaf white bread	3 tbsp. cinnamon
3 cups white sugar	1 pound butter

Remove crust from bread. Slice bread in thin slices. Melt butter over low fire—do not allow to brown. Mix sugar and cinnamon. Dip bread in melted butter, then into sugar mixture, coating both sides. Place on greased cookie tin. Bake at  $450^\circ$  until it bubbles and browns slightly.

Katherine Childs—Honorary member

### Cinnamon Cake

1 cup sugar	2 cups flour
2 tbsps. lard or oleo	2 tsp. baking powder
1 cup milk	

Cream lard, add sugar; sift dry ingredients and add to sugar mixture, alternating with milk. Put mixture into greased floured pan 8x11. Cover with brown sugar and cinnamon, dot with butter. Bake in  $350^\circ$  over approximately 25 minutes.

Areta Matlock Rule '37

### Ice Box Rolls

1 cake yeast	$\frac{1}{2}$ cup mashed potatoes
$\frac{1}{2}$ cup luke warm water	1 cup scalded milk
$\frac{1}{2}$ cup shortening (crisco)	1 well beaten egg
$\frac{1}{2}$ cup sugar	1 tbsp. salt

Dissolve yeast cake in the warm water. Add shortening, sugar, salt, and potatoes to hot milk. When cool add yeast, beat thoroughly then add egg—stir in enough flour to make a stiff dough. Turn out on board and knead, place in bowl and rub over top with shortening. Cover tightly and place in refrigerator. About an hour from when you wish to serve them, pinch off dough and shape into rolls—letting them raise until light. Bake in hot oven  $425^\circ$ . (These are very good).

Alice L. Worthington '19

### Cinnamon Flop

1 cup sugar  
Butter—size of walnut  
1 cup milk

2 cups flour  
2 tsp. baking powder  
1 tsp. vanilla

Mix and pour in 2 floured pie pans. Sprinkle top with brown sugar, dots of butter and cinnamon. Bake—35 min.—350°.

Eloise J. Hippensteel '52

### Hot Rolls

1 yeast cake—dissolved in  $\frac{1}{2}$  cup warm potato water  
1 cup scalded milk  
 $\frac{2}{3}$  cup Crisco  
2 tsp. salt

1 cup mashed potatoes  
 $\frac{1}{2}$  cup sugar  
2 eggs  
5-6 cups sifted flour

} combine

Add salt, potatoes, sugar and eggs to yeast and potato H<sub>2</sub>O—mix well. Add milk and crisco. Add flour—1 cup at a time till dough does not stick to hands. Place in container—grease top of dough with melted shortening such as oil or melted butter. Cover. Place in refrigerator over nite.

Roll and cut in desired shapes—let rise in warm place 1 hour. Bake at 400° F. 15 to 20 minutes. This recipe will make approximately 4 doz. rolls—depending on size. It can be left in refrigerator for 4 to 5 days, using the amount you desire.

Mary Ann Buzydlowski '48

### Hush Puppies

1 cup corn meal  
 $\frac{1}{2}$  cup flour  
1 tsp. salt  
3 tsp. double acting baking powder  
1 egg  
4 tbsp. of sugar—or finely minced onion  
Milk to form soft dough



Using a tsp. drop small bits of the dough in deep hot oil and fry for approximately 5 minutes. Drain. Serve immediately.

Julia Tyler Gaskill '34



"KEEP UP THE GOOD WORK  
GIRLS — OR ELSE!"

## POULTRY — EGGS — CHEESE

### Poultry

Curried Chicken  
Chinese Chicken  
Chicken Breasts in Cream  
Corn Crisped Chicken  
Krispy Chicken  
Barbecued Chicken  
Stewed Chicken with Dumplings  
Roast Duckling with Orange Apricot Glaze

### Eggs

Creole Eggs  
Poached Egg Surprise  
Red Beet Eggs  
Baked Eggs in Pepper Rings  
Scrambled Eggs with Cottage Cheese  
Eggs Creole

### Cheese

Cheese Soufflé (Murray)  
Cheese Fondue  
Cheese Soufflé (Naugle)  
Cheese Omelet  
Cheese and Ham Fondue  
Cheese — Tomato Rabbit  
Cheese and Corn Fondue  
Father's Dish

## POULTRY — EGGS — CHEESE

### POULTRY

#### Curried Chicken

½ cup chopped onions	⅓ cup flour
½ cup chopped celery	2 cups chicken stock
½ cup bell peppers	2 cups chopped cooked chicken
2 tbsp. butter	2 tsp. curry powder
⅓ cup tomato soup (undiluted)	1 tsp. salt—pepper to taste

Brown onions, celery and peppers in butter. Add flour and then tomato soup, and the stock. Stir constantly. Add remaining ingredients. When it comes to a boil, reduce heat and let simmer one hour. Serve with rice. Serves six.

Nina Davis Weller '51

#### Chinese Chicken

*(Favorite of mine for chafing dish buffet supper)*

2 tbsp. butter  
1 sliced pepper  
2 cups cooked chicken (in large pieces)  
1 can condensed cream of chicken soup (undiluted)  
1 No. 2 can pineapple chunks, drained  
½ tsp. onion salt



In top pan over direct heat melt butter. Add green pepper; sauté until tender. Add remaining ingredients; cook till thoroughly heated. Serve on rice or crisp noodles. Serves 4.

Margaret Pound Ransom '36

### Chicken Breasts in Cream

(Time: 1 Hour)

2 lbs. chicken breasts split by butcher	1/2 lb. lb. white seedless grapes
1 No. 2 can tiny new pota- toes drained	1 cup white wine 2 cups cream
1/4 lb. uncooked ham diced	3 tablespoons butter
1/4 lb. fresh mushrooms or one buffet-sized can	2 tablespoons flour Salt and pepper

Simmer ham in a little water for 15 minutes. Sauté seasoned chicken breasts in skillet in butter. Transfer to deep buttered casserole. Brown the new potatoes in the skillet and transfer to casserole. Make a cream sauce in the skillet used for chicken, melting the butter, blending the flour, and using some of cream and wine. Add the ham which has been drained to the casserole, the mushrooms which have been sliced, and the seasoning. Pour cream, cream sauce, and wine over all. Bake in 350° oven for 30 minutes. Add white grapes and bake 10 minutes more. Serves 4.

Evelyn Wilson Frazier '34

### Corn Crisped Chicken

1 Broiler—frying chicken— cut in serving pieces	1 tsp. salt 1/8 tsp. pepper
1 cup Kellogg's Corn Flake crumbs	1/2 cup Pet evaporated milk Heavy duty Reynolds Wrap
1 tsp. Ac'cent	

1. Combine Kellogg's Corn Flake crumbs with Ac'cent, salt and pepper.
2. Dip chicken pieces in Pet Evaporated milk (thin milk won't do), then roll in seasoned Corn Flake crumbs.
3. Line shallow baking pan with heavy duty Reynolds Wrap. Place chicken pieces—skin side up—in foil lined pan; do not crowd.
4. Bake in moderate oven (350°) about one hour or until tender. If less crisp crust is desired, lay a piece of foil lightly over the chicken. No need to turn chicken while baking. Serves 4 or 5.

Dolores Hoover '59

### Krispy Chicken

One 2 1/3-3 lbs. frying chicken cut up.  
Crushed Rice Krispies.  
1 stick margarine—melted  
Salt and pepper.

- (1) Wash chicken and dry.
- (2) Add salt and pepper to melted butter.
- (3) Dip chicken in melted butter and roll in rice krispies until well coated.
- (4) Place skin side up in shallow baking pan lined with aluminum foil, do not crowd.
- (5) Bake in moderate oven (350°) about 1 hour or until tender. Do not cover pan or turn chicken while cooking. Yields 4-5 servings.



Doris Burke Hano '48

### Barbecued Chicken

(Using Pressure Cooker)

2 to 3 1/2 lb. chicken	1 onion (minced)
Paprika	2 tbsp. vinegar
2 tbsp. shortening	1 tbsp. water
Salt	1/4 tsp. pepper
1/2 cup chili sauce	

Method: Cut chicken into serving pieces. Sprinkle with paprika. Heat cooker. Add shortening. Brown chicken and then season with salt. Combine the following: Chili sauce, onion, water and pepper and pour over chicken. Place cover on cooker. Allow steam to flow from vent pipe to release all air from cooker. Place indicator weight on vent pipe and cook 15 minutes with stem at cook position. Let stem return to Down Position. Delicious.

Margaret Summers '41

### Stewed Chicken with Dumplings

4 lbs. chicken  
1 stalk celery  
1 tbsp. parsley (minced)

Salt  
Pepper

Method: Cut chicken in serving pieces, put in pan and add hot water, just to cover. Add salt and pepper and celery stalk. Cover pan. Cook over low heat till done. Remove celery stalk.

Method for Dumplings:

1 cup flour  
1½ tsp. baking powder  
½ tsp. salt

1 egg (beaten)  
⅓ cup milk  
2 tbsp. melted fat or salad oil.

Sift flour, baking powder and salt together. Combine egg, milk and oil and add to dry ingredients to make soft dough. Drop from teaspoon into stew. Stew should have 3 cups of liquid (add boiling water if necessary). Place cover on pan and steam 15 min. Garnish with parsley. Serve at once.

Margaret Summers '41

### Roast Duckling with Orange Apricot Glaze

2 (4 lb. ready to cook) Long  
Island ducklings

Salt to taste

1 (6 oz.) can frozen orange concentrate which has been kept at room temperature for one-half hour before using.

1 (12 oz.) jar apricot puree.

- (1) If frozen ducklings are used, thaw before cooking. Wash and dry ducklings; rub inside cavity with salt.
- (2) Place birds, breast side up, on rack in shallow pan.
- (3) Roast 325° for 1½ hours.
- (4) Blend orange juice with apricot puree; brush one-half mixture on each duckling; continue roasting until ducklings are glazed—about ½ to ¾ hour.
- (5) Garnish with orange slices and parsley sprigs. Serves 6-8.

Florence Rowinski Fus '52



### EGGS

#### Creole Eggs

Make white sauce

2 tbsp. fat  
2 tbsp. flour

1 cup milk

Cook together until thick

2 tbsp. chopped onion  
2 tbsp. chopped green  
pepper  
1¼ cup canned tomatoes  
1 clove garlic, crushed

1 tsp. chili powder  
4 hard-cooked eggs, sliced  
½ cup cracker crumbs  
½ cup grated American cheese

Combine white sauce and tomatoes. Place alternate layers of eggs and sauce in greased casserole. Top with crumbs and cheese. Bake in moderate oven (350°) about 30 minutes.

Priscilla Kresge Nicholson '49

#### Poached Egg Surprise

1 cup milk  
2 tbsp. table fat  
2 tbsp. flour  
2 tbsp. chopped green  
pepper

¼ tsp. salt  
4 slices toast  
Soft sharp cheese  
4 eggs

Make white sauce of milk, fat, flour, and salt.

Method for making white sauce: Melt fat and blend in flour to make a smooth mixture. Add milk slowly and cook over very low heat, stirring constantly, until thickened. Add salt to taste—about ¼ tsp. for each cup of milk used. Cook 3 to 5 minutes longer, stirring occasionally.

Then add green pepper.

Spread the toast thickly with cheese.

Poach eggs until firm. Place on the toast and pour hot sauce over all. Makes 4 servings.

Margaret Summers '41

### Red Beet Eggs

1 large can beet or fresh      1 cup water  
    cooked ones                  1/2 cup sugar  
1 cup vinegar                    1 tbsp. salt

Bring above to a boil and pour over hard cooked eggs which have been peeled (6 eggs) with beets. Allow to stand over night. If desired a stick of cinnamon and a few cloves may be added.

Erma Coup Painter '32

### Baked Eggs in Pepper Rings

4 large green pepper rings      Salt and pepper  
    about 1/2 inch thick          4 tbsp. milk  
4 eggs                                  Crumbs mixed with fat

Cook green pepper rings in lightly salted water for 5 minutes. Drain. Place rings in hot greased shallow baking dish. Break an egg into each ring.

Sprinkle with salt and pepper. Pour a tablespoon of milk over each egg. Cover with crumbs. Bake at 350 F. (moderate oven) till eggs are set—20 to 25 minutes. Makes 4 servings.

Margaret Summers '41

### Scrambled Eggs with Cottage Cheese

1 tbsp. fat                              6 eggs (slightly beaten)  
1/2 tsp. salt                            3/4 cup cottage cheese  
Pepper                                    4 slices toast  
1/4 cup milk

Heat fat in fry pan.

Stir seasonings and milk into eggs. Pour into fry pan and cook slowly, stirring constantly.

When eggs are thickened, mix in cottage cheese. Serve at once on toast. Makes 4 servings.

Margaret Summers '41

### Eggs Creole

3 tbsp. chopped onion              2/3 cup water  
3 tbsp. chopped green              1/3 cup uncooked rice  
    pepper                              1/2 tsp. salt  
2 tbsp. melted fat                  Pepper  
1 1/2 cups cooked or canned      4 eggs  
    tomatoes

Cook onion and green pepper in fat in a large fry pan till the onion is lightly browned. Add the tomatoes and water and heat to boiling. Add uncooked rice, salt, and pepper. Cover and cook over low heat till rice is tender—25 to 30 min. Stir occasionally with a fork to keep from sticking. If rice becomes dry, add a little more water. Drop eggs on rice, cover; simmer 5 to 10 minutes or till eggs are as firm. Makes 4 servings.

Margaret Summers '41

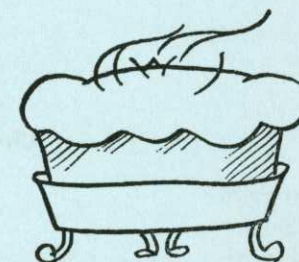
### CHEESE

#### Cheese Soufflé

(serve as main dish)

Make cream sauce with:

4 tbsp. butter  
4 tbsp. flour  
1 1/2 cups milk  
1 tsp. salt and a dash of  
    Cayenne.



When thickened and smooth add 1/2 lb. of sliced Kraft's Old English cheese. Stir until cheese is melted. Remove from heat and add the beaten yolks of 6 eggs; mix well. Slowly pour this mixture into the stiffly beaten whites of the 6 eggs. Mix and blend carefully but thoroughly. Pour into 2 quart casserole and bake 1 1/4 hours in a slow oven (300°). Serve at once, with baked tomatoes stuffed with buttered baby lima beans. Serves 6.

Delilah Hendricks Naugle '25

### Cheese Fondue

(Swiss dish)

Rub the inside of a heavy saucepan with garlic. One pound of *Gruyere* cheese grated in pan. Add 4 small glasses of *dry* white wine. When the mixture is cooking, add a teaspoon of potato flour dissolved in half a shot glass of *Kirsch*. Add a dash of salt and pepper. Serve on the table—keep hot in a chafing dish.

Cut bread in cubes, hold bread at the end of a fork, dip in the cheese and eat. *Gruyere* cheese can be obtained in Philadelphia at Stuart Lewis Gourmet Food, on Locust St., between 16th and 17th St.

Anne Snell Kopple '56

### Cheese Soufflé

5 tbsp. flour                      2 cups milk  
5 tbsp. butter

Cook slowly

Add one package (½ lb.) Old English cheese. Cool slightly and add 6 beaten egg yolks. Fold in 6 beaten whites. Pour in buttered baking dish. Bake at (350°)—45 minutes.

Helen Rebert Murray '28

### Cheese Omelet

4 eggs                              4 tbsp. milk  
Salt                                 Fat  
Pepper                             Sliced cheese.  
1 tsp. chopped parsley

Method: Beat eggs (well mixed), add salt, pepper, milk and parsley. Pour into skillet, into which fat has been placed, stir with knife till eggs become firm. Brown on bottom side, turn over, place sliced cheese on ½ omelet, fold over. Brown on each side. Makes 2 servings. Eat at once. Chopped ham may be added to egg mixture.

Betty Piersol '34

### Cheese and Ham Fondue

1 cup scalded milk                1 cup ground cooked ham  
1 cup soft bread crumbs        2 tbsp. melted butter or  
2 tbsp. finely chopped green     margarine  
   pepper                      ½ tsp. salt  
½ cup grated cheddar or        ⅛ tsp. pepper  
   American cheese        4 eggs (separated)

Combine milk and next 7 ingredients. Beat egg yolks till very thick and stir into milk mixture.

Brush frying pan with fat. Set control Dial at 240 degrees to preheat. Meanwhile—whip egg whites till stiff but not dry. Fold into milk mixture. Pour into hot fry pan. Cover and bake 40 to 45 minutes or till firm. Do not raise cover during first 20 minutes. Serve at once. Makes 4 to 6 servings.

Margaret Summers '41

### Cheese-Tomato Rabbit

2 tbsp. fat                            1½ cups cooked or canned  
½ small onion (chopped)        tomatoes  
⅓ cup finely cut celery        ½ tsp. salt  
½ small green pepper        1½ cup grated cheese  
   (chopped)                2 eggs (well beaten)  
1½ tbsp. flour                      Toast or crackers

Method: Melt fat in heavy fry pan. Cook onion, celery and green pepper in it a few minutes. Blend in flour. Add tomatoes and salt.

Cook till thickened, stirring often. Remove from heat; add cheese. Stir till cheese is melted. Stir some of the mixture into eggs. Then add remainder of mixture to the eggs. Pour back into fry pan and cook till thickened. Serve on toast or crackers. Makes 4 servings.

Margaret Summers '41



### Cheese and Corn Fondue

$\frac{1}{3}$ cup bread cubes	$\frac{3}{4}$ cup finely grated cheese
$1\frac{1}{2}$ cups cream-style corn	$\frac{1}{2}$ tsp. salt
2 tsp. minced onion	2 eggs (well beaten)
2 tsp. chopped pepper	$\frac{1}{2}$ cup hot milk

Blend all ingredients:

Pour the mixture into a greased loaf pan and set in a pan of hot water. Bake at 350 degrees till set—about 1 hour. Makes 4 servings.

Margaret Summers '41

### Father's Dish

Small pkg. of elbow macaroni	1 med. onion
$\frac{1}{2}$ lb. piece Swiss cheese	$\frac{1}{4}$ stick butter

Cook small package of elbow macaroni till tender. Grate approx.  $\frac{1}{2}$  lb. of Swiss cheese (large-hole side of grate). More cheese may be used if preferred. While macaroni is cooking, brown  $\frac{1}{4}$  stick of butter and add one medium onion that has been cut up fine, cook till onion is golden brown and tender. Drain cooked macaroni. Place in dish alternately with grated cheese. e.g. macaroni, cheese, macaroni, cheese, etc. Pour over top the browned butter and onion. SERVE AT ONCE.

Dorothy Gilardone Strachan '46



" I ONLY ASKED MY BUTCHER  
TO GUARANTEE FRESH MEAT. "

## MEATS

Chicken Fried Steak	Baked ham with Dressing
Chinese Pepper Steak	Faggots
Fresh Beef Tongue	Glazed Ham Slice with Spiced Peaches
Smoked Tongue	Liver Noodle Loaf
Eye of Round or Shoulder of Veal	City Chicken
Harvest Pot Roast	Veal Caraway
Broiled Chuck Roast	Pork Chops and Scalloped Potatoes
John Ruzzeth-or-"Slum Gullion"	Pork Chops and Rice
Indiana Chowder	Sweet-Sour Pork or Spareribs
Western Lima Bake	Spareribs—Barbecues
Corn Beef Hash with Tomatoes	Meat Loaf (Dunkelberger)
Herbed Beef with Vegetable Casserole	Juicy Meat Loaf (Harley)
Meat and Vegetable Pie	15 Minute Meat Loaf
Biscuits	Frankfurter Casserole
Baked Beef Heart	Pork Chop Casserole
Chili	Juicy Meat Loaf
Chili Con Carne	Meat Loaf
Chili Meat Balls	Hot Dog Relish
Ham Loaf (Lauffer)	Barbe-que Sauce
Ham Loaf (Knerr)	Sour-sweet Sauce
Ham Loaf (Murray)	Chateaubriand Sauce
Ham Loaf (Hill)	Sauce Francaise
	Maitre D'Hotel Sauce

## MEATS

### Chicken Fried Steak

Take  $\frac{1}{2}$  to  $\frac{3}{4}$  lb, round steak—cut into small pieces—(approx. 2" squares). Sprinkle with garlic salt. Place on cutting board and beat until very thin with Kitchen hammer. Dip in beaten egg and then flour—repeat one time. Place in skillet filled about  $\frac{1}{2}$  with hot peanut oil and cook till golden brown. Turn one time. Makes 4 to 5 generous servings.

Lucille A. Sanborn '50

### Chinese Pepper Steak

1 tbsp. soy sauce	1 large onion, coarsely chopped
1 clove garlic	$\frac{1}{2}$ cup sliced celery
$\frac{1}{4}$ cup salad oil	1 tsp. cornstarch
1 pound round steak cut into one inch cubes	$\frac{1}{4}$ cup water
1 green pepper, cut into one inch cubes	2 tomatoes, cut into eighths

Mix soy sauce, garlic, salad oil together, pour over steak; let stand one hour. Pour into fry pan; allow meat to brown thoroughly on all sides.

Add pepper, onion, celery; cover, cook 5-10 minutes over low heat or until vegetables are tender.

Stir in cornstarch dissolved in water, stir until thickened; add tomatoes; cover; cook 5-10 minutes longer or until meat is tender, serve over boiled rice.

Serves four.

Margaret E. Schleyer '55

### Fresh Beef Tongue

Wash a fresh beef tongue and place in hot water to cover. Add an onion, a sprig of parsley, a bay leaf, several peppercorns or cloves, and salt. Cook slowly till tongue is tender— $2\frac{1}{2}$  to 3 hours.

Skin tongue, slice, serve hot; or cool skinned tongue in liquid and serve cold.

### Fresh Beef Tongue

(Pressure Cooked)

3 lbs. tongue	2 bay leaves
2 cups water in cooker with rack.	6 cloves
1 tbs. salt	1 onion (quartered)
	6 peppercorns

Method: Wash tongue. Place on rack with water and other ingredients in cooker. Place cover on cooker.

Allow steam to flow from vent pipe to release all air from cooker. Place indicator weight on vent pipe and cook 45 min. with stem at cook position.

Let stem return to Down position. Remove skin; strain liquid. Keep tongue in liquid until ready to serve.

### Smoked Tongue

Soak tongue overnight in cold water. Drain; cover with fresh cold water. Bring to boiling point and discard water. Cover with hot water, cook slowly—2½ to 3 hours.

Margaret Summers '41

### Eye of Round or Shoulder of Veal

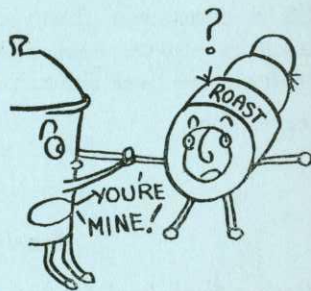
Place meat in Dutch oven and add 1 can beef consomme or boullion, salt, pepper, clove of garlic cut in half, and large onion sliced. Simmer, covered for 1 hour.

Then add: 2 stalks celery, 1 carrot, ½ cup parsley cut up fine. 1 tbs. Gravey Mason or Kitchen bouquet.

Cover and continue cooking slowly; turn meat occasionally—allow about ¾ hour per lb.

Remove meat and thicken stock. Should yield about 1 qt. gravy.

Mary Louise Osborne Foy '50



### Harvest Pot Roast

5 to 6 lb. pot roast, boned and rolled—rump or chuck	3 tbs. wine vinegar
2 tbs. fat	2 tbs. catsup
1 clove garlic, chopped	1 tbs. sugar
2 tsp. salt	½ cup claret, tomato juice, or water, as preferred
¼ tsp. pepper	

Brown roast slowly on all sides in hot fat with garlic. Season with salt and pepper; add vinegar and steam for 30 min. in tightly covered Dutch oven or skillet. Combine catsup, sugar, and liquid.

Pour over meat. Turn meat and continue cooking over low heat until done—about 3 hours. Vegetables may be added for the last hour of cooking. Make gravy from pan juices using standard method. (If you like a rich garlic and tomato flavor, this is it).

Joan Nichols Davis '54

### Broiled Chuck Roast

Select a chuck roast which has a *blade or cartilage* rather than a boney bone through it.

Use Adolphi meat tenderizer as instructed on the label, concerning amount to use and time required for its effectiveness. Broil as you would a sirloin or porterhouse of comparable thickness (2 to 2½ hours).

There are but two or three cuts with the blade of cartilage in an entire piece of chuck. The flavor and texture are delectable—inexpensive, too.

Emily Clark Nichols '38

### John Ruzzeth or "Slum Gullion"

1 lb. hamburger	1 lb. noodles boiled in salt water
2 or 3 med. onions	
½ green pepper	1 lb. crisco
1 can #2 tomatoes	

Saute meat, ground onions, pepper in fat in a large skillet. Turning with a fork to break up lumps. When brown add tomatoes and noodles. Brown in oven at 350° for 40 minutes. Serve with your favorite salad—preferably, cole slaw.

Martha Bray Clark '26

### Indiana Chowder

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 lb. ground beef             | 1 pkg. frozen peas                |
| 2 tbsp. butter or cooking fat | 1 small can mushroom—undrained    |
| 1 #2 can tomatoes             | 1 tsp. salt                       |
| 1 small can tomato sauce      | $\frac{1}{4}$ tsp. celery salt    |
| 2 tsp. chopped pimento        | $\frac{1}{4}$ tsp. pepper         |
| 1 cup noodles—broken          | $\frac{1}{4}$ lb. Parmesan cheese |
| 1 onion chopped               |                                   |

Place fat in pan over "high" heat, brown meat and onions slightly. Add other ingredients except noodles. Bring to boil, add noodles. Stir vigorously. Cover and cook 5 minutes on "high" heat, then turn to slow, cook 30 minutes. To serve, turn out on hot platter, sprinkle with cheese.

Mary Fielden Wiley '36

### Western Lima Bake

(serves 6 generously)

- 1 lb. dried lima beans
- 1 lb. ground beef
- 1 med. onion—finely chopped
- 3 tbsp. Crisco
- 1 large can tomato sauce
- $\frac{1}{2}$  cup lima cooking liquid
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. chili powder



Wash beans and soak overnight in 2 quarts of water. Simmer in same water till tender (1-1 $\frac{1}{2}$  hours). Season beans with 2 $\frac{1}{2}$  teaspoonsful of salt after  $\frac{1}{2}$  hour of cooking. Drain and put in casserole, reserving  $\frac{1}{2}$  cup liquid. Sauté meat and onion in Crisco, stirring until lightly browned. Add rest of ingredients. Mix and pour hot over beans. Bake at (350°)—one hour.

Shirley Mackley Hoffert '50

### Corned Beef Hash with Tomatoes

Grease  $\frac{1}{2}$  qt. casserole. Set aside.

1 $\frac{1}{2}$  cups diced cooked potatoes; 2 $\frac{1}{2}$  cups finely diced corn beef  
Mix lightly with potatoes—set aside.

Melt in a large skillet

3 tbsp. butter or margarine and add and cook slowly;  $\frac{1}{4}$  cup finely chopped onion; 2 tbsp. finely chopped green pepper.

Using a fork, stir into potato and corned beef mixture—then add

- |                           |                           |
|---------------------------|---------------------------|
| $\frac{1}{3}$ cup milk    | 1 tsp. salt               |
| $\frac{1}{2}$ tsp. Accent | $\frac{1}{4}$ tsp. pepper |

Spoon mixture lightly into casserole. Wash and cut into  $\frac{1}{2}$  inch slices 2 medium size tomatoes—spread prepared mustard on each slice. Arrange slices on top of hash. Sprinkle with:

- |                                 |                                |
|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter crumbs | $\frac{1}{4}$ tsp. garlic salt |
|---------------------------------|--------------------------------|

Henrietta Fitzgerald Spruance '21

### Herbed Beef and Vegetable Casserole

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 $\frac{1}{2}$ lbs. beef cubes | 1 $\frac{1}{2}$ cups sliced celery |
| 1 tbsp. shortening              | 1 pd. carrots in chunks            |
| $\frac{1}{2}$ tsp. flour        | 2 green peppers, cut in squares    |
| 1 tsp. butter                   | 2 tsp. salt                        |
| $\frac{1}{4}$ tsp. pepper       | 3 tbsp. minced onion               |
| 3 tbsp. flour                   | 1 lb. can tomatoes, drained        |
| 1 lb. can tomatoes, drained     | 1 tsp. crumbled basil              |
| 6 oz. can mushrooms, drained    | 1 tsp. crumbled tarragon           |

In the Morning:

Meat shortening in large skillet. Add beef, sprinkle with flour, salt and pepper. Brown well. Remove meat to 2 quart casserole. Blend the 3 tbsp. flour with remaining fat in skillet. Add gradually the liquid drained from the tomatoes and mushrooms. Cook, stirring constantly, till thickened. Pour over meat, and drained tomatoes; cover. Bake 1 hour at (325°).

Add remaining ingredients, except the mushrooms; cover; bake 1 hour longer. Cool; add mushrooms; refrigerate.

An hour before serving, heat over 350°, bake casserole 40 to 45 minutes. This will keep 3 days in refrigerator before serving.

Joan Nichols Davis '54

### Meat and Vegetable Pie

1 lb. of left over beef, cut in cubes.

Brown meat and mix in  $\frac{1}{2}$  cup flour and  $\frac{1}{8}$  tsp. pepper and  $\frac{1}{2}$  tsp. of salt. Add  $\frac{1}{2}$  cup chopped onion and 1 cup tomato juice or cream tomato soup. Cook two cups chopped (diced) carrots and two cups diced potatoes. Cook them until tender.

Add to meat mixture the carrots and potatoes and 1 tsp. Worcestershire sauce and 1 clove garlic (cut up). Pour in the water from the potatoes and carrots. Simmer  $\frac{1}{2}$  hour.

Heat oven to ( $425^{\circ}$ ). Pour stew into baking dish. Put over the top—biscuits. Bake 12 minutes or until biscuits are golden brown.

### Biscuits

$\frac{1}{3}$ cup margarine	3 tsp. baking powder
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ to $\frac{3}{4}$ cup milk
2 cups flour	

Roll on flour board, cut out biscuits with cookie cutter.

Ruth Bullock Garrett '48

### Baked Beef Heart

1 beef heart (1 to $1\frac{1}{2}$ lbs.)	Fat
Stuffing made as for chicken or turkey	$\frac{1}{2}$ cup water

Wash heart and make a slit to the center cavities. Remove gristle and blood vessels.

Fill heart with stuffing and sew up slit. Brown heart on all sides in a little fat. Place in a baking dish or pan, add water, and cover closely.

Cook in oven at 300 degree F. till tender—about  $1\frac{1}{2}$  hours for calves heart—about 4 hours for beef heart.

Margaret Summers '41

### Chili

*Electric frying pan—400° to brown—Time—1½ hours—  
serves 8—220° to finish*

2 tbsp. fat or salad oil	1 #2½ can tomatoes
2 lbs. ground beef	2 tbsp. cold water
2 cups finely sliced onion	2 tsp. salt
1½ cups finely diced celery	1 tsp. sugar
1 clove garlic, peeled cut fine	1 tsp. Worcestershire sauce
½ green pepper, diced	4-6 cups cooked or canned red kidney beans
2 tbsp. chili powder (to suit taste)	

Pre-heat frying pan to  $400^{\circ}$ , add fat, melt. Add beef, stir and fry until lightly browned, add onions, celery, garlic and green pepper.

Continue stirring and frying until onions are wilted. Add tomatoes, chili powder which has been mixed with the cold water, salt, sugar and Worcestershire sauce. When boiling, cover, set dial at ( $220^{\circ}$ ), simmer about 1 hour. Add beans, drained of excess liquid. Cook uncovered at  $260^{\circ}$  until well heated and chili is desired thickness.

Geraldine Chamberlain Long '40

### Chili Con Carne

(serves 8)

Melt 2 tbsp. bacon fat or butter

Saute in fat— $\frac{1}{2}$  cup chopped onions

Add:  $\frac{1}{2}$  lb. chopped beef cubes (raw)  
 $\frac{1}{4}$  lb. chopped pork cubes (cooked)  
 $\frac{1}{4}$  lb. chopped veal cubes (cooked)

Stir and sauté until beef is well done.

Add:	$\frac{1}{2}$ tsp. black pepper
2 tbsp. chili powder	$\frac{1}{4}$ tsp. red pepper
1 tbsp. brown sugar	$\frac{1}{2}$ clove garlic—minced
$\frac{1}{2}$ tsp. nutmeg	1 #2½ can tomatoes
1 tsp. salt	1 #2½ can kidney beans

Cover and cook slowly for 1 hour.

Helen Thomas Reistle '43

### Chili Meat Balls

Mix well: For 4

1½ cup ground meat  
½ cup Pet milk  
2 day old bread crumbs—  
½ cup  
2 tbsp. finely cut onion  
1 tsp. salt

Mix well: For 6

2 cups ground meat  
¾ cup Pet Milk  
¾ cup day old bread crumbs  
3 tbsp. finely cut onion  
1½ tsp. salt

Dip hands in water—shape into 12 or 18 meat balls.

Roll one at a time into mixture of:

2 tbsp. flour	1 tsp. chili powder for 4
3 tbsp. flour	3 tsp. chili powder for 6

Brown on all sides in hot shortening—

2 tbsp. shortening	3 tbsp. shortening
--------------------	--------------------

When meat is brown, blend any remaining flour mixture into fat in pan. Stir in, then heat to boiling:

2½ cups tomatoes, No. 2 can) cooked	¾ tsp. salt 2 tsp. sugar for 4
3½ cups tomatoes (No. 2 can)	1 tsp. salt 1 tbsp. sugar for 6

Cook, uncovered, over low heat—25 minutes; turn meat, and stir sauce several times while cooking.

Serve on:

3 cups hot cooked noodles (drained)	3 cups rice, cooked and drained. for 4
4½ cups hot cooked noodles	4½ cups rice, cooked and drained for 6

Janet F. Overdorff Nackerud '44

### Ham Loaf

2 lbs. ham already to use made by your favorite butcher	1 egg ½ cup milk 1½ cups corn flakes
1 level tsp. salt	

Mix together well—makes two nice loaves.

This liquid can be used to put over loaves before putting in oven.

Loaves are delicious whether baked with water or their dressing.

½ cup brown sugar	2 tbsp. vinegar
½ tsp. dry mustard	1 cup water
1 level tsp. dry mustard	

Let dissolve on stove then pour over loaves. Bake loaves in oven 1½ hours at 375°.

Marian Smith Lauffer '17

### Ham Loaf

1 lb. ground smoked ham	1 cup bread crumbs
1 lb. ground fresh pork	1 cup milk
1 lb. ground veal	2 eggs

Baste with:

1½ cup brown sugar	⅓ cup vinegar
1 tbsp. mustard	½ cup water

Matilda Trumbauer Knerr '14

### Ham Loaf

1 lb. ground ham	2 tbsp. minced onion
1 lb. beef or veal	4 tbsp. ketchup
2 eggs	1 can mushroom soup
1 cup cracker crumbs	½ tsp. salt

Bake 1½ hours—350° oven.

Sauce (Boil 2 minutes)

1 cup brown sugar	⅓ cup vinegar
2 tsp. prepared mustard	½ cup water

Pour on top of loaf and baste every 20 minutes.

Helen Rebert Murray '28

### Ham Loaf

2 lb. lean pork shoulder	16 small Graham crackers— rolled
3 eggs	$\frac{3}{4}$ cup milk
1 lb ham Ground	$\frac{1}{2}$ tsp. salt

Mix ingredients—make 2 rolls. Bake for two hours in 350° oven.

Anna Knight Hill '05

### Baked Ham with Dressing

Dressing: 4 cups soft bread crumbs	$\frac{1}{2}$ cup melted butter
$\frac{1}{2}$ cup raisins	2 slices smoked ham— $\frac{1}{2}$ " thick (2 lbs.)
$\frac{1}{2}$ cup brown sugar	9 slices pineapple cut into wedges
$\frac{1}{2}$ tsp. dry mustard	30 whole cloves parsley
$\frac{1}{2}$ cup brown sugar	

Mix bread crumbs, raisins, sugar and mustard together. Pour melted butter evenly over mixture. Place ham slice in dish, spread dressing lightly, add another slice, stick cloves in fat around edge and pare apple into flowers; bake 1 hour in oven 325°—garnish with parsley. Serves 6 to 8.

Helen Reid Morrow '01

### Faggots

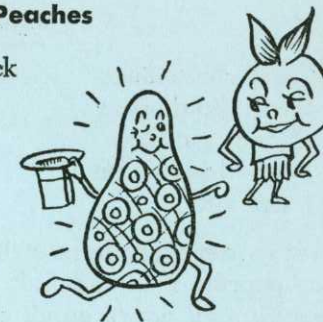
2 lbs. pig's liver (grind)	2 tsp. salt
1 lb. pork butt (grind)	1 tsp. pepper
12 crackers—roll to dust	2 tsp. sage
10 onions ground	

Cover and bake 1 hour 350°. Scald liver—add 1 tumbler hot water to faggots before baking.

Dorothy Dundore Williams '32

### Glazed Ham Slice with Spiced Peaches

1 center-cut ham slice, 1 inch thick
2 tbsp. brown sugar
12 whole cloves
6 canned peach halves
$\frac{1}{4}$ cup light corn syrup
$\frac{1}{4}$ tsp. allspice
$\frac{1}{4}$ tsp. cinnamon



Score edge of ham. Place on rack in a shallow pan; sprinkle with brown sugar and bake uncovered at 350° for 45 minutes. Insert 2 cloves in each peach half; arrange halves over ham. Mix corn syrup and spices together and pour over ham and peaches. Return to oven for 15 minutes. Serves 4.

Joan Nichols Davis '54

### Liver Noodle Loaf

$\frac{1}{2}$ lb. liver	} brown	1 tbsp. minced parsley
2 tbsp. fat		$\frac{1}{2}$ tsp. salt
1 cup cooked noodles		$\frac{1}{4}$ tsp. pepper
2 tbsp. chopped onion		$\frac{1}{2}$ cup bread crumbs (soft)
$\frac{1}{4}$ cup chopped celery		$\frac{1}{2}$ cup milk

Brown the liver on both sides—cool—put through food chopper. Combine with the rest of ingredients—pack into buttered casserole. Bake 50 minutes in 350° oven.

Bettilon Daubert Brown '48

### City Chicken

$\frac{1}{2}$  lb. veal steak (round or shoulder will do)— $\frac{3}{4}$  in. thick. Cut in 1 in. squares and put on skewers.

$\frac{1}{2}$  cup bread crumbs, 1 tsp. salt, 1 egg, 2 tbsp. water.  
 $\frac{1}{2}$  cup Crisco or other shortening for frying.

Dip each square thoroughly and fry in deep fat—browning on all sides. Reduce heat and cover. Cook until tender (about 35 minutes).

Gladys Higgins Parsons '29

### Veal Caraway

1/4 cup shortening	1 tsp. caraway seed
1 cup sliced onion	1 1/2 lbs. veal cubes
1 1/2 tsp. paprika	1 tbsp. vinegar
1 tsp. dried marjoram	1 1/2 cups water
1 tsp. salt	

Melt shortening in large skillet. Saute onion until golden brown. Add paprika, marjoram, salt and caraway seed. Fry meat in this mixture until brown on all sides. Add vinegar and water. Cover and cook on low heat for 1 hour or until tender. Serves 4. Good with noodles.

Joan Nichols Davis '54

### Pork Chops and Scalloped Potatoes

4 med. potatoes	1 can cream of mushroom soup
4 pork chops	
Salt and pepper	

Slice potatoes in casserole, spread cream of mushroom soup. Salt and pepper. Place pork chops over top, salt and pepper generously. Bake (350°) for 1 hour.

Janet Keepports Kinch

### Pork Chops and Rice

(Time: 1 hour)

4 thick loin pork chops	2 1/2 cups beef bouillon—
1/4 cup raw rice	water may be used but
4 thick slices Bermuda onion	never adds anything but
4 thick slices fresh tomatoes	water to a dish.
4 thick slices green pepper	1/2 tsp. marjoram
without seeds	Salt and Pepper
1/4 tsp. thyme	

Sauté chops on both sides. Place chops in low buttered casserole and place 1 tbsp. of dry rice on each chop, 1 slice of onion, 1 slice of pepper, 1 slice of tomato. Pour bouillon over all and sprinkle with herbs, salt and pepper. Cover and simmer in a slow oven (350°) about 50 minutes. Serves 4.

Evelyn Wilson Frazier '34

### Sweet-Sour Pork or Spareribs

Sauce—mix:	1/3 cup vinegar
3/4 cup sugar	2/3 cup water
1/4 cup soy sauce	3 tbsp. cornstarch

Cook over low heat until thickened, stirring constantly. Place in a kettle 2 lbs. uncooked pork or spareribs, cut in pieces about 1" thick and 2" long, add 1 cup cold water and boil 20 minutes or until tender. Pour off water and cool.

Sauté 1/2 cup onion, sliced and 1 med. cucumber, peeled and sliced for 1 minute in 2 tbsp. oil. Remove from pan. Now add to the cooked pork a mixture of 2 tbsp. soy sauce and 2 tbsp. cornstarch. Heat oil for deep fat frying (390) and fry the meat until crisp and brown. Remove and drain. Combine meat and hot sweet-sour sauce and sautéed vegetables. Serves 4 to 6.

Nina Davis Weller '51

### Spareribs, Barbecued

2 1/2 lb. spareribs	1 cup of ketchup
4 tbsp. brown sugar	One med. size onion chopped
6 tsp. mustard	Water as to prevent burning

Wipe ribs with a damp cloth; cut in serving pieces. Place in a shallow baking pan and bake uncovered in a moderate oven (350°) for 30 minutes. Meanwhile, combine onion, ketchup, sugar and mustard in a skillet and simmer for 15 minutes. Pour over the ribs and continue baking for one hour longer, basting the ribs from time to time with the sauce in the bottom of the pan. Add water to pan as needed.

Gwendolyn Larimer Reese '55



### Meat Loaf

(my own)

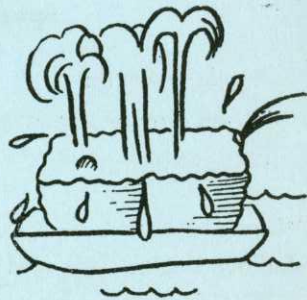
3 lbs. ground chuck	Pinch of Oregano
½ cup bread crumbs	1 small onion, grated
2 unbeaten eggs	Salt and pepper
½ pt. tomatoes (more if seems too dry)	1 tsp. Worcestershire sauce
2 tbsp. catsup	Finely chopped green pepper if desired—1 strip
Dash of poultry seasoning	3 slices bacon over loaf

Mix all ingredients well, form loaf, cover with bacon. Bake at 325° uncovered—2½-3 hours.

Grace Jennings Dunkelberger '42

### Juicy Meat Loaf

1 lb. ground beef
½ cup uncooked Quaker or Mother's Oats
1 beaten egg
¼ cup chopped onion
1½ tsp. salt
¼ tsp. pepper
½ cup tomato juice



1. Combine all ingredients thoroughly; pack firmly into a loaf pan.
2. Bake in a moderate oven (350°) 1 hour. Let stand 5 minutes before slicing.

Mabel Croft Harley 1900

### 15 Minute Meat Loaf

1½ lb. ground beef, lean	1 tsp. Worcestershire sauce
2 tbsp. chopped onion	2 tbsp. chopped pepper (optional)
1½ tsp. salt	2 cans Hunts tomato sauce
⅛ tsp. pepper	

Combine beef, onion, salt, pepper and ½ can tomato sauce. Press into 9 x 12 x 12 inch baking pan.. Bake on lowest shelf in hot oven—450° for 10 minutes. Then broil for 5 minutes more—while meat is cooking—combine remaining—

1½ cans Hunts tomato sauce	1 tsp. Worcestershire sauce
2 tbsp. sugar	

Bring to a boil and simmer for 3 minutes. Cut meat in ½ cross-wise—arrange on chop plate pouring sauce between and over (sandwich fashion) the meat. Serve with new potatoes and peas.

### Frankfurter Casserole

5 potatoes (sliced)	1½ tsp. salt
2 onions (sliced)	Pepper to taste
1 lb. frankfurters (sliced) into "penny" sized pieces	3 tbsp. flour
Minced parsley	2 cups milk (hot)

Line a buttered or oiled 2 quart casserole with the above ingredients and arrange in layers. Sprinkle each layer with the flour, seasoning and parsley. Pour the hot milk over the top. Cover tightly and place in a (400°) oven for 45 minutes. Bacon strips may be placed on top for extra flavoring. Take off the cover the last 10 minutes so bottom gets crisp.

Margaret Milotech Martin '57

### Pork Chop Casserole

Grease a shallow 2 qt. casserole having a tight fitting cover. 6 rib or loin pork chops cut  $\frac{3}{4}$  to 1 inch thick.

Coat with a mixture of:

$\frac{1}{2}$ cup flour	1 tsp. salt
$\frac{1}{2}$ tsp. Accent	$\frac{1}{4}$ tsp. pepper

Brown pork chops on both sides in a lightly greased skillet.

While pork chops brown, set out a mixture of:

$\frac{1}{2}$ cup firmly packed brown sugar	1 tsp. salt
---	-------------

Wash—pare and cut into  $\frac{1}{8}$  inch slices 4 medium size sweet potatoes.

Wash, quarter, core, pare and cut into  $\frac{1}{2}$  inch slices 3 medium size tart apples (about 3 sups sliced)

Arrange browned chops in casserole. Arrange one half of potatoes in a layer over pork chops. Sprinkle with part of brown sugar mixture. Top with one half of apples and sprinkle with sugar again. Repeat layers.

Pour over:  $\frac{1}{2}$  cup apple cider or apple juice.

Cover casserole and bake at 350°.

1 to  $1\frac{1}{2}$  hours depending upon the thickness of chops. Remove cover for the last 15 minutes of baking.

### Juicy Meat Loaf

Use $1\frac{1}{2}$ lbs. hamburger	$\frac{1}{4}$ tsp. pepper
$\frac{3}{4}$ cup bread crumbs	$\frac{1}{4}$ tsp. parsley flakes
1 tbsp. minced celery	$\frac{1}{4}$ tsp. thyme
1 egg, beaten	1 cup tomato soup
$\frac{1}{2}$ med. onion chopped fine	$\frac{1}{2}$ cup boiling water
2 tsp. salt	

Combine all ingredients except boiling water. Put in greased loaf pan. Punch several holes in the loaf and pour the boiling water into holes. Bake at 350°F. for 1 hour, or until done.

For a sauce, combine liquid from the baking pan with half a can of mushroom soup and enough whole milk to get liquidity desired—heat this liquid mix and pour over loaf.

### Meal Loaf

(moist and delicious)

1 lb. ground beef	$\frac{1}{2}$ cup Quick Quaker Oats
1 egg (beaten)	(uncooked)
1 cup tomatoes (fresh, canned or juice)	1 tsp. salt or more
1 tbsp. chopped onion	1 tsp. Accent
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ tsp. pepper
	2 slices bacon (chopped fine)

Mix—cook 350° for about 1 hour.

### Hot Dog Relish

3 carrots (pared)	$\frac{1}{2}$ cup salt
3 sweet peppers	1 tbsp. sugar
2 qts. cucumbers	$1\frac{1}{2}$ cups vinegar
2 qts. onions (pared)	$\frac{1}{2}$ tsp. pepper (Cayenne)
2 qts. green tomatoes (peeled)	2 tbsp. mixed pickling spice

Chop or grind vegetables. Sprinkle with salt and let stand over night. Drain, add sugar, vinegar, pepper and add spices. Simmer 45 minutes, seal.

Rhea Orner Kassay '34

### Barbe-que Sauce

(keeps well in refrigerator)

1 cup ketchup	4-5 drops tobasco sauce
2 cups water	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ cup Worcestershire sauce	1 tbsp. celery seed
$\frac{1}{4}$ cup vinegar	1 tsp. chili powder

Minced onion or garlic (if desired—let the sauce simmer until it thickens slightly—spicier).

Shirley Mackley Hoffert '50

### Soursweet Sauce

A Pennsylvania Dutch recipe. This sauce is served with fish, meat and vegetables. Mix  $\frac{1}{2}$  cup of water,  $\frac{1}{2}$  cup vinegar and 5 tbsp. sugar and heat in a double boiler. Add 2 oz. butter well mixed with 1 tbsp. of flour. When well blended add 2 eggs beaten until very light and stir until the sauce is properly thickened.

### Chateaubriand Sauce

*(For grilled steaks and meats)*

Cook together 1 cup beef gravy and 1 cup white wine until liquid simmers down to half. Add  $\frac{1}{2}$  cup butter, 3 tbsp. lemon juice, 1 tbsp. minced parsley, salt and pepper. When butter is melted, beat well and serve.

### Sauce Francaise

*(For steaks and grilled vegetables)*

Cream 1 cup butter with 4 minced garlic cloves, 4 finely chopped green onions, (scallions) and  $\frac{1}{4}$  cup chopped parsley. Serve without heating.



### Maitre D'Hotel Sauce

*(For steaks and chops)*

Cream together,  $\frac{1}{2}$  cup butter, 2 tbsp. minced parsley, 1 tbsp. lemon juice,  $\frac{1}{2}$  tsp. pepper and dash of Worcestershire sauce. Serve without heating



"THE BIG PROBLEM NOW IS  
HOW TO COOK!"

## SEAFOOD

Party Casserole	Shrimp Salad Creole
Seafood Casserole	Shrimp in Casserole
Clam Pie	Curried Shrimp
Aunt Ann's Deviled Crab Cakes	Shrimp Lamaise
Hurry-up Fish Chowder	Lamaise Sauce
Lobster Newburg	Baked Tuna
Stuffed Baked Fresh Mackerel	Tuna Casserole (Fort)
Salmon Loaf (Canis)	Tuna Casserole (Reynolds)
Scalloped Oysters	Tuna Macaroni Casserole
Salmon Loaf (Pachelbel)	Cocktail Sauce
Salmon — Broiled	Ravigote
	Remoulade

## SEAFOOD

### Party Casserole

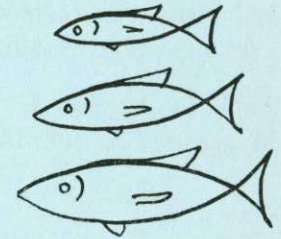
1 can mushroom soup      1 green pepper, chopped  
 1 can milk                    1 can tuna fish or left over  
 ¼ lb. cheddar cheese        chicken  
 2 hard boiled eggs, chopped    6 oz. pkg. noodles, boiled

Combine all ingredients. Top with buttered crumbs. Bake (350°)  
 —30 minutes.

Matilda Trumbauer Kneer '14

### Sea Food Casserole

4 eggs (hard)  
 1 cup fresh shrimp cut lengthwise  
 2 cups tuna (pour hot water over)  
 1 cup mushrooms (one can)  
 1 cup crabmeat (not frozen)  
 ¼ lb. grated cheddar cheese  
 2 cups bread cubes mixed in  
     melted butter  
 2 cups medium white sauce



In greased baking dish put layers of eggs, sauce, shrimp, sauce, tuna, sauce, mushrooms, sauce, crabmeat, sauce, cheese and bread cubes.

Bake 30-45 minutes at 325°.

Marcia Graham Bell '54

### Clam Pie

2 cups diced potatoes      1 tbs. parsley  
 1 cup diced celery        1 tsp. thyme  
 1 cup diced onion

Cook vegetables and thicken with cornstarch

Add 3 dozen chopped clams    ½ cup clam juice

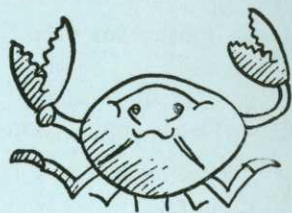
Place in pie crust and cover with pie crust. Bake at 475° oven  
 for 10 min. then bake at 425° for 50 minutes.

Heat extra clam juice with black pepper—thicken with cornstarch  
 (to be used as sauce.)

Evelyn Wilson Frazier '34

### Aunt Ann's Deviled Crab Cakes

- 1 lb. crabmeat (claw)
- 2 slices white bread (less crust)
- 2 eggs
- 1 tbs. minced parsley
- 1/4 cup sweet cream
- Juice of one lemon
- 1 tsp. dry mustard
- 1 tsp. minced onion



Salt, pepper, paprika and a few dashes red pepper to taste. Put cleaned crabmeat in mixing bowl, add all other ingredients and blend. Form into cakes and refrigerate for a few hours; or over-night. Fry in skillet, using Crisco, until brown.

Aunt Ann is: Mrs. G. E. Swartz, York Penna.; aunt of Dr. R. Manges Smith—Jeff. 1927.

Marion Bowers Smith '28

### Hurry-up Fish Chowder

- |                         |                                      |
|-------------------------|--------------------------------------|
| 2 oz. salt pork diced   | 1 lb. fish fillets                   |
| 2 cups diced potatoes   | 1 tall can undiluted evaporated milk |
| 1 carrot, sliced        | Salt, pepper                         |
| 1 stalk celery, chopped | 4 soda crackers, crumbled            |
| 2 onions, sliced        | Paprika                              |
| 1/2 tsp. leaf thyme     |                                      |
| 1 qt. water             |                                      |

Brown pork, remove from fat. Add potatoes, carrot, celery, onions, thyme to water. Cook covered 10 minutes or until vegetables are tender. Add fish, simmer 8 minutes, break fish apart with fork. Add milk and season to taste. Heat well, but do not boil. Add pork and crackers. Sprinkle with paprika. Bay leaf instead of thyme is also good flavor.

Sophie B. Levey—W. H. '19

### Lobster Newburg

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 8 tbs. butter or margarine (1/4 lb.) | 1 tsp. salt                          |
| 8 tbs. flour                         | 1 tsp. Worcestershire sauce          |
| 4 cups milk                          | Dash paprika                         |
| 1/2 lb. Old English sliced cheese    | 6 cooked South African Lobster tails |

Make white sauce of butter, flour. Add cheese and stir over low heat until cheese is melted. Add cut-up (1 inch cubes) cooked lobster and heat. Add salt, paprika and Worcestershire sauce. Serve over crisp toast. Serves 8.

Helen Rebert Murray '28

### Stuffed Baked Fresh Mackerel

- 1 large fresh mackerel—split

#### Stuffing:

- Keep stale bread broken into small pieces
- 4-5 stalks celery, cut fine
- 1 bunch parsley
- 2 onions, cut fine
- 1 cup white wine

Cook celery and onions in butter—10-15 minutes. Chop parsley over bread—to this add cooked celery and onions. Moisten with 1 cup or more of white wine. Put mackerel into greased baking dish—season with salt and pepper. Spread the stuffing over fish—cover dish with aluminum foil, put into 350° oven and bake for one hour.

Barbara Fleischman Snape '37

### Salmon Loaf

- Cook together until thick
- 2 thin slices bread (broken)
- 1/3 cup American Cheddar Cheese
- 1 egg
- 1 1/2 cups milk
- Add to following mixture: 1 tsp. minced onion
- 1 can salmon
- 1 egg

Mix all ingredients together and pour in greased baking dish. Top with crumbled potato chips and bake in 350° oven for one hour.

Muriel S. Canis '30

### Scalloped Oysters

1 doz. oysters or more if desired     Saltines

Crush saltines. Cover buttered casserole bottom with saltines then a layer of oysters, salt and pepper. Alternate saltines and oysters until casserole is  $\frac{3}{4}$  full.

Cover with milk, dot with butter and bake in 350° oven until brown. Delicious served with fowl.

Erma Coup Painter '32

### Salmon Loaf

1 pound can salmon with liquid	2 tbsp. finely chopped onion
$\frac{1}{2}$ cup buttered toast crumbs	$\frac{1}{2}$ tsp. dry mustard
2 tbsp. finely chopped parsley	2 eggs
	1 can condensed cream of celery soup

Set oven for 350°. Flake salmon; stir in crumbs. Add parsley, onion and mustard. Beat eggs slightly and stir into salmon mixture. Add soup and liquid from salmon; mix well. Bake in greased 4 cup loaf pan, low in oven for 45 minutes. Makes 6 to 8 slices.

Jean M. Pachelbel '52

### Salmon—Broiled Fresh or Frozen Salmon—Steaks Broil

Beat 2 eggs—while stiff add  $\frac{1}{3}$  cup Miracle Whip. Put on broiled salmon steaks—broil until topping is slightly browned. Garnish with parsley.

Pearl Moser Shappell '23

### Shrimp Salad Creole

Thinly slice 2 green onions, including tops, mince  $\frac{1}{4}$  cup celery, add  $\frac{1}{4}$  cup Wesson Oil, 1 tsp. prepared mustard, two tbsp. lemon juice,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper—beat together.

Add  $\frac{1}{2}$  lb. cooked shrimp or canned shrimp—toss well.

Chill two hours—serve on lettuce. Makes three nice servings.

Mary Walker O'Connor '24

### Shrimp in Casserole

2 lb. shrimp  
1 clove garlic  
3 tbsp. flour  
3 tbsp. melted butter  
 $\frac{1}{2}$  cup catsup  
 $1\frac{1}{2}$  tbsp. Worcestershire  
1 cup homogenized milk  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{8}$  tsp. paprika  
Buttered bread crumbs



Rub pan with garlic, add flour and butter, pour milk gradually and cook stirring until smooth and thick. Add seasoning and shrimp—pour into greased 10" pie plate. Sprinkle with crumbs—put in 375° oven—15-20 minutes. Serves 6.

Esther Milewski Kahn '43

### Curried Shrimp

Melt in saucepan:	$\frac{1}{2}$ onion
3 tbsp. butter	2 stalks celery
Dice and add:	$\frac{1}{2}$ apple

Cook until tender and add 1 tbsp. curry powder and 2 tbsp. flour. Cook for a minute—add  $1\frac{1}{2}$  cups milk. When thick add  $1\frac{1}{2}$  cups shrimp—simmer 10 min. Serve hot with boiled rice.

Ruth Purinton '21

### Shrimp Lamaise

Boil 8 cups water	2 stalks celery
$\frac{1}{4}$ cup sliced onion	Couple of bay leaves
$1\frac{1}{2}$ tbsp. salt	6 whole cloves

Boil for 15 minutes then add shrimp and  $\frac{1}{2}$  lemon slice and boil 15 minutes longer. Then let shrimp stand in the water to cool.

### Lamaise Sauce

1 pint mayonnaise	1/2 chopped green pepper
1 pint chili sauce	1/2 chopped pimento
1/2 cup India relish	2 tbsp. chopped celery
1 chopped hard cooked egg	1 tbsp. prepared mustard
1 tsp. chopped chives	1 tsp. A-1 sauce

Mix well and serve. Usually 1/2 the above quantity of everything is adequate—unless for large group.

Margaret M. Jackson Honorary Member

### Baked Tuna

2 6 1/2 oz. cans of Tuna (chunk style)	1 tsp. lemon rind, grated
3/4 cup of bread crumbs (fine dry)	1 tsp. lemon juice
1 cup milk	1 tbsp. onion, chopped fine (or less to taste)
Cottage cheese	1/4 tsp. Thyme
	2 eggs, slightly beaten

Drain tuna, flake into bowl; add other ingredients, mix well.

Pack into greased shallow casserole (1 1/2 qt. size). Bake in moderate oven (350°) for 50-60 minutes. Serves 6 to 8.

May be prepared and refrigerated before cooking.

Helen T. Currier '48

### Tuna Casserole

- (1) Cook noodles until tender.
  - (2) Add 1 can tuna (white or pink) and 1 can cream mushroom soup—mix well.
  - (3) Pour into a greased casserole and top with crumbled potato chips.
  - (4) Cover and cook at 325° in oven for 20 minutes.
  - (5) Uncover for 5 minutes to brown chips.
- (Amount of tuna, noodles and soup can vary)

Mary Anne Saunders Fort '56

### Tuna Caserole

1 can tuna	1 can chinese noodles
1/2 cup cold water	2 green onions—tops and all
1 can water chestnuts	1 cup celery

Mix all ingredients together, put 1/2 cup chopped cashews on top. Bake 325° oven for 30 minutes.

Dora Adams Reynolds '32

### Tuna Macaroni Casserole

1 family size can tuna	1/4 cup green pepper chopped
1 med. size pkg. macaroni	3 tbsp. butter
1 can cream soup (chicken- mushroom)	1 cup grated cheese (of choice)
1/2 cup onions (chopped)	

Prepare macaroni and drain—saute onions and pepper in butter—combine in casserole with other ingredients and enough milk for baking—sprinkle with crumbs if desired. Bake for approximately 3/4 hours.

Jean McMullen Koutsouros '44

### Cocktail Sauce—For Crab Meat Cocktail, Oysters, Clams

1. Mix 1/2 cup chili sauce, 1/4 cup ketchup, 1 tbsp. good olive oil, 1 raw egg yolk, 1 tsp. lemon juice, 1 tsp. Worcestershire sauce, chili powder and salt to taste. Beat for five minutes with a rotary beater and refrigerate until needed.
2. Mix 1/2 cup chili sauce with 1/2 cup of ketchup, Worcestershire sauce, salt and tabasco to taste, 2 tbsp. lemon juice and 2 tbsp. grated horseradish.
3. 1 cup of mayonnaise, 3 tbsp. chili sauce, chopped chives and chopped tarragon to taste, 1 tsp. lemon juice, paprika and salt to taste.

Henrietta Fitzgerald Spruance '21

**Ravigote—For Crab Meat or Fish Salad**

To ½ cup of mayonnaise add finely chopped chives, tarragon, chervil and parsley. Stir in a little spinach juice for coloring. Very often a little garlic is added—also capers.

Henrietta Fitzgerald Spruance '21

**Remoulade—Can be served as a salad dressing with shrimp, crab meat or lobster**

- |                              |                                 |
|------------------------------|---------------------------------|
| 4 hard cooked eggs           | 1 tbsp. anchovy paste           |
| 1 tsp. dry Colman mustard    | 1 tsp. Worcestershire sauce     |
| 2 tbsp. chopped parsley      | 1 cup mayonnaise                |
| 1 tbsp. chopped green pepper | 6 finely chopped stuffed olives |

½ tsp. finely chopped garlic      Salt and pepper to taste  
To 1 cup of mayonnaise add minced eggs—then all other ingredients, blending thoroughly.

Henrietta Fitzgerald Spruance '21



“ WHAT’S UP DOC ? ”



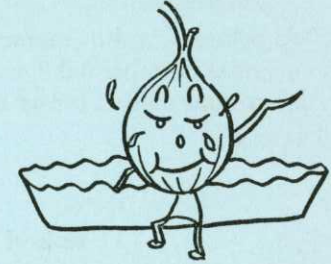
## VEGETABLES

Onion Pie	Baked Corn
Baked Beans	Mother's Onion Pie
Roasted Casserole Potatoes	Corn Pudding (Grim)
Baked Potato Halves	Braised Celery
Sweet and Sour Fried Potatoes	Corn on the Cob
Fried Egg Plant	Special Green Beans
Sweet Potatoes—Candied	Old Fashioned Cole Slaw Dressing
Scalloped Asparagus	Tomato Sauce
Spinach	Potato Pancakes
String Beans with Almonds	Fried Bananas
Egg Plant a la Casserole	White or Cream Sauce
Cabbage—Two tone	Hollandaise Wine Sauce
String Bean—Mushroom Casserole	Hot Potato Salad
Zucchini Casserole	Stuffed Peppers
Corn Pudding (Dunkelberger)	

## VEGETABLES

### Onion Pie

- 2 slices bacon, diced
- 3 cups chopped onions
- 2 eggs
- $\frac{3}{4}$  tsp. salt
- 1 cup light cream
- 1 unbaked 9" pastry shell
- 2 tbsp. grated Swiss cheese
- 1 tbsp. butter or margarine



Fry bacon until crisp, add onions and cook until transparent. Cool, add eggs one at a time, beating well after each addition. Add salt, stir in cream. Pour into pastry shell, sprinkle with grated cheese, dot with butter or margarine. Bake in moderate oven (350°) for 30 minutes or until firm. Serve at once.

Perma M. Ehrhart Davis '41

### Baked Beans

- |   |                                   |
|---|-----------------------------------|
| 1 lb. Great Northern dry beans            | 2 tbsp. prepared mustard          |
| 2 bottles ketchup                         | $\frac{3}{4}$ lb. brown sugar     |
| $\frac{1}{4}$ lb. salt pork, cut in cubes | 2 onions, sliced                  |
| 4 tbsps. molasses (cooking kind)          | 1 tsp. black pepper               |
|   | (No salt needed due to salt pork) |

Cook beans in pressure cooker until almost done—not too soft, but firm and whole (use directions on pressure cooker for dry beans). Use a large baking dish or bean pot. Make a layer of beans, use half of each of the ingredients above, then add another layer of beans, and the rest of the ingredients, using ketchup and salt pork on top.

Bake in slow oven about 325° for three hours or more.

You may add more ketchup and water if beans get too dry. Approximately 8 servings.

Nina Irvin Studebaker '30

### Roasted Casserole Potatoes

- |                                    |                            |
|------------------------------------|----------------------------|
| 4 whole, medium baking potatoes    | 1/4 tsp. salt              |
| 2 tbsp. melted butter or margarine | 1/3 cup dry bread crumbs   |
|                                    | Melted butter or margarine |

Pare potatoes; roll in butter or margarine, then in combined salt and bread crumbs. Bake covered in a 2-qt. casserole at 350° for 1 hour. Pour melted butter or margarine over potatoes and serve. Serves 4.

Martha E. Riland '27

### Baked Potato Halves

- |                 |               |
|-----------------|---------------|
| Baking potatoes | Salt—pepper   |
| Melted butter   | Sliced cheese |

Cut raw potatoes in half lengthwise. Brush cut surfaces with melted butter. Season with salt and pepper. Place cut side down in a greased baking dish. Bake at 350° for 55 minutes. Turn potatoes cut side up, add strip of cheese, and bake 5 minutes longer or until cheese is melted. Sprinkle with paprika.

Joan Nichols Davis '54

### Sweet and Sour Fried Potatoes

- |                                       |                    |
|---------------------------------------|--------------------|
| 1/4 cup butter or oleo                | 1/4 tsp. pepper    |
| 1/2 cup chopped onions                | 1/4 cup vinegar    |
| 1/3 cup chopped green pepper          | 1 tbsp. water      |
| 6 potatoes, cooked, peeled and sliced | 2 tsp. sugar       |
| 2 tsp. salt                           | 1 tsp. dry mustard |

Melt butter in skillet; sauté onion and green pepper. Brown, turning occasionally—add potatoes, sprinkle with salt and pepper. When potatoes are browned, add remaining ingredients which have been mixed together. Heat and serve. Serves 6.

Joan Nichols Davis '54

### Fried Egg Plant

Pare egg plant. Cut in 1/8 inch slices. Sprinkle lightly with salt. Put in bowl, cover, and let stand 1 to 2 hours to draw out juices. Drain accumulated juice. Dip in beaten egg, then in fine dry bread crumbs. Fry to golden brown.

### Sweet Potatoes—Candied

In large frying pan put 1/2 to 1 inch water. Add 1/4 tsp. salt, put 3 tbsp. butter in water—bring to boil. Place peeled, sliced sweet potatoes in boiling water and pour generous amount of Karo molasses all over the sweet potatoes. Place lid on pan and cook until potatoes are tender. Syrup boils down, watch closely last few minutes.

Not Signed

### Scalloped Asparagus

- |  |                    |
|--|--------------------|
| 1 can asparagus (or cooked fresh asparagus to equal this amount) | Medium white sauce |
| 1 cup buttered bread crumbs                                      | 2 tbsp. butter     |
| 1 hard boiled egg  | 2 tbsp. flour      |
| 1/2 cup sharp cheese   | 1 cup milk         |
|  | 1/4 tsp. salt      |
|  | Dash of pepper     |

Make white sauce, then add diced cheese and stir until melted. Add asparagus. Make alternate layers of asparagus and chopped egg, adding asparagus last. Top with buttered bread crumbs and bake at 350° until crumbs are nicely browned.

Hannah E. Wertman Umpstead '28

### Spinach

Fry 6 to 8 strips of bacon crisp, remove from skillet. Crumble. Add 2 tbsp. flour to drippings, blend thoroughly. Add 2 cups milk. slowly, add 1/4 tsp. salt, pepper, 1 tbsp. onion. Add chopped spinach. Simmer slowly until thick, Top with bacon crumbles. Serve.

Pearl Moser Shappell '23



### String Beans with Almonds

1 pound green beans, cut lengthwise. Cook. Season to taste. Or use same amount of frozen French string beans.

Sauté 12 slivered almonds in 2 Tablespoons butter. Keep flame low. Stir frequently. Pour over beans. Serve.

### Egg Plant a la Casserole

Peel and cook egg plant. Drain and mash. Drain 2 cups whole tomatoes which have been already cooked or canned tomatoes.

Place the mashed egg plant in a buttered casserole, then add tomatoes and then a layer of cheese. (Any kind of cheese which will melt to your choice). Cover this mixture with crumbled corn-flakes or buttered bread crumbs. Place in a hot oven (300°) and bake at least 20 minutes.

This is a very tasty baked dish.

Betty Piersol '34

### Cabbage—Two Tone

Combine:  $\frac{1}{4}$  cup cream  
1 cup Miracle Whip Salt—pepper

Add:

Half to 2 cups chopped green cabbage  
Half to 2 cups chopped red cabbage

Toss slightly—chill—arrange alternate portions on lettuce.

Pearl Moser Shappell '23

### String Bean—Mushroom Casserole

$\frac{1}{2}$  packs frozen cut string beans 1 can cream of mushroom soup  
 $\frac{1}{2}$  can milk Salt

Mix milk and soup, pour over beans in 1 qt. casserole. Bake at 350 degrees for one hour. Serves 6.

Shirley Mackley Hoffert '50

### Zucchini Casserole

Slice zucchini squash, dip in flour, then in beaten egg, then in oil, then brown. In other greased pan put tomato sauce—layer of zucchini—then mozzarella cheese—then grated parmesan cheese and tomato sauce—etc. Bake 30 minutes in hot oven. Hard boiled eggs can also be added.

Anna Troxell Humphreys '51

### Corn Pudding

1 cup corn, cream style 2 T. butter  
 $\frac{1}{4}$  cup bread crumbs 1 T. sugar  
2 eggs  $\frac{1}{2}$  cup milk  
1 T. flour  $\frac{1}{2}$  onion, green pepper

Method: Saute onion and pepper in butter. Mix all. Bake in greased casserole at 350° for 1 hour.

$\frac{1}{2}$  qt. casserole—double recipe, using 1 med. onion and  $\frac{1}{2}$  green pepper. Bake  $\frac{1}{2}$  hours. Grace Jennings Dunkelberger '42

### Baked Corn

Beat 3 eggs slightly as you would for custard

Add 1 pt. corn; 2 tbsp. flour; 1 tbsp. sugar.

Mix thoroughly—salt to taste—add 1 pt. milk.

Pour into buttered baking dish—dot with butter—bake in slow oven 250° until of custard consistency.

Florence Strouse Speigelmire '20

### Mother's Onion Pie

Line pie tin with crust in usual manner.

Sprinkle 1 level tbsp. flour on bottom of crust. Fill with thinly sliced onions. Sprinkle with flour and dot *generously* with butter. Cover onions with milk. Salt and pepper to taste.

Bake in 350-400° oven until crust is brown and onions soft.

Mrs. Charles E. Bowers—mother of Marion Bowers Smith '28

### Corn Pudding

1 pt. corn  $\frac{1}{2}$  tsp. salt  
2 eggs—beaten Milk to cover corn  
1 tbsp. sugar

Bake in casserole—425° oven for 10 minutes—reduce to 350° and bake until done. Mary S. Longacre Grim '17

### Braised Celery

3 cups celery, cut thinly 2 tablespoons cooking oil  
crosswise Salt and pepper

Place celery in cold water to make crisp. Drain lightly. Heat oil in skillet, and toss in celery. Season to taste. Cover and cook on medium heat for about 10 minutes. Stir occasionally. Serves four.

### Corn on the Cob

- A. How to freeze corn on the cob (no blanching).
1. Remove silk and husks from freshly gathered corn.
  2. Wrap each ear of corn individually in aluminum foil
  3. Place desired number of servings in sturdy paper bag or wrap in moisture proof paper (to protect aluminum foil wrap).
- B. How to cook frozen corn on the cob.
1. Place ears of corn on oven rack (oven preheated to 375°).
  2. Heat *in* their foil wraps for 30 to 45 minutes.
  3. Open foil wraps.
  4. Turn oven to broil.
  5. Allow ears of corn to stay under broiler until browned to your liking. (Watch closely and turn often).
  6. Serve immediately. The finished product resembles roasted corn and is delicious—no cob taste.

Emily Clark Nichols '38

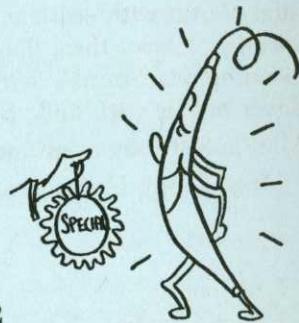
### Special Green Beans

- 1 No. 303 can French style beans  
4 slices bacon    1/4 cup vinegar  
1-2 tbsp. water    4 T. sugar

Drain beans. Fry bacon till brown.  
Add vinegar, sugar, water.  
Add can of beans.

Heat thoroughly. Serves 4-5.

Grace Jennings Dunkelberger '42



### Old Fashioned Cole Slaw Dressing

- 2 eggs, beat well                      2 teaspoons sugar  
1/2 teaspoon mustard                  1 cup cream  
1/2 teaspoon salt

Beat egg in double boiler. Blend in the mustard, salt, pepper, and vinegar.

Add cream, and place over boiling water.

Stir until it has cooked to a consistency of very thick cream.  
Pour over slaw while still warm.

### Tomato Sauce

To be prepared in season and bottled for future use. Excellent with baked beans and all meats.

Boil 1 bushel of ripe tomatoes. When soft put thru colander to remove skins and seeds. Mix the following:

- |                    |                           |
|--------------------|---------------------------|
| 1 cup salt         | 3 oz. celery seed         |
| 2 lbs. brown sugar | 6 onions chopped fine     |
| 3 oz. cinnamon     | 2 qts. best cider vinegar |
- (double if you like it hot)

Boil all ingredients until it reaches the right consistency. Seal in glass jars.

Henrietta Fitzgerald Spruance '21

### Potato Pancakes

Grate 6 medium sized potatoes and drain off as much of the liquid as possible. I grate them into a sieve and let them drain while I am doing so.

Add two eggs, a pinch of salt, one teaspoon finely chopped fresh parsley. Add 2 to 3 tablespoons flour, the amount depending on the moisture on the potatoes. Do not add too much, but just enough to bind them together, and make a smooth batter. Fry by tablespoonfuls in hot fat a few minutes on each side until brown.

### Fried Bananas

Select large slightly green bananas.

Melt 2 tablespoons butter in a heavy skillet. Put bananas in pan, cover with tight lid. Fry slowly for 10 to 15 minutes. Turn. Fry to a golden brown.

### White or Cream Sauce

- |                          |                         |
|--------------------------|-------------------------|
| 1 1/2 tablespoons butter | Few grains white pepper |
| 1 1/2 tablespoons flour  | 1 cup milk              |
| 1/3 teaspoon salt        |                         |

Melt butter, but do not brown it. Stir in the flour and seasoning; when smooth, gradually add the milk, cooking and stirring over a low heat or in a double boiler until the sauce is thick and creamy.

### Hollandaise Wine Sauce

½ cup butter	4 egg yolks
⅓ teaspoon salt	1½ teaspoon lemon juice
⅛ teaspoon paprika	⅓ cup any dry wine
1 teaspoon flour	

Place butter in top of small double boiler. Add the seasoning and flour. Stir the butter until creamy; then cream in the egg yolks, one at a time. Add the lemon juice, and stir in the wine. Cook and stir over hot water with a wire whisk until thick and creamy.

The sauce will stand three to four minutes before serving without separating.

### Hot Potato Salad

3 pounds potatoes	2 teaspoons salt
8 slices bacon	1 teaspoon celery seed
½ cup cider vinegar	2 cups diced celery
1 tablespoon brown sugar	1 onion, finely chopped

Cook potatoes in jackets. Peel; dice. Meanwhile, fry bacon until crisp. Drain off bacon fat. Return ¼ cup to pan and mix in vinegar, brown sugar, salt and celery seed. Stir in celery and onion.

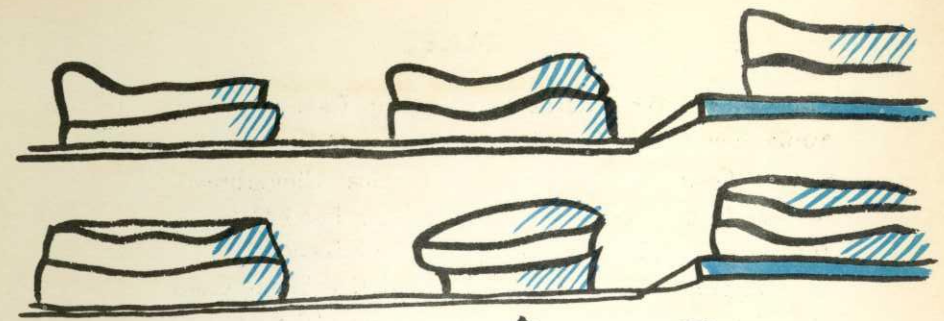
Heat. Pour over hot potatoes. Mix lightly. Serve hot. Makes 6 servings.

### Stuffed Peppers

½ pound hamburger (½ pork, ½ beef)
3 tablespoons uncooked rice
1 cup corn flakes
2 eggs, well beaten
½ teaspoon salt
6 green peppers



Mix rice, meat, cornflakes, eggs, and seasoning together. Cut tops off peppers and soak in hot water 5 minutes. Place in large pan to bake. Add enough water to cover bottom. Bake until brown on top. About 1 hour at 375°.



“NOTHING TO IT!”

## CAKES

Applesauce Cake (Mathers)	Dump Cake
Applesauce Cake (Garrett)	Fudge Cake
Banana Cake	Tropical Gingerbread
Banana Loaf Cake	Devil's Food Cake (Fitzgerald)
Banana Nut Cake	Moravion Sugar Cake
Our Birthday Cake	Orange Cake
Chocolate Peanut Cream Cake	Old Black Joe Cake
Peanut Cream Frosting	Confectioner's Pound Cake
Date & Nut Cake	Moist Pound Cake
Date and Nut Chocolate Cake	Old Fashioned Pound Cake
Deluxe Cheese Cake	Pound Cake
Cheese Cake	White Pound Fruit Cake
Ella Flory's Chocolate Cake	Sour Cherry Cake
Chocolate Nut Cake	Sponge Cake
Black Chocolate Cake	Raisin Spice Cake
My Favorite Chocolate Cake	Sunshine Cake
Chocolate Fudge Cake	Toasted Coconut Cake
Dark Chocolate Cake	Tomato Spice Cake
Carrot Cake	Butterscotch Topping Yellow Cake
Crazy Cake	My Favorite Yellow Cake
Devil's Food Chocolate Cake	Hot Milk Sponge Cake
Devil's Food Cake (Witmer)	War Cake
Crumb Cake	1-2-3-4 Cake
Nana Lee Hopkins Nut Cake	

## Frostings and Icings

Never Fail Icing	No Cook Marshmallow Frosting
Glossy Chocolate Icing	
7 Minute Icing	Boiled Frosting
Creamy White Icing	R. P. N. Icing
Creamy Chocolate Icing	Caramel Icing
Frosting	A Simple Glaze for Cakes
Mocha Frosting	Broiled Icing

## CAKES

### Applesauce Cake

1 egg	2 cups flour
1 1/3 cup sugar	1/4 tsp. cloves
1/2 cup salad oil	1/4 tsp. nutmeg
1 cup sweet applesauce	1/2 tsp. cinnamon
1/2 tsp. soda	1 cup raisins or chopped dates
2 tsp. baking powder	

Beat egg, add sugar and beat again. Add salad oil and beat. Add raisins or dates and applesauce. Beat in dry ingredients.. Grease and flour 8" square or round pan and bake at 325 degrees until done. Serve plain or with lemon sauce. Double the recipe to make a 10" tube cake.

Betty Whysong Mathers '47

### Applesauce Cake

Cream:

1 cup sugar
1/2 cup margarine
1 cup apple sance

Add:

2 cups flour
1 1/2 tps. cinnamon
1/2 tsp. cloves
1/2 tsp. salt
1 tsp. soda in 4 tablespoonsful of hot water
1 cup raisins

Bake in greased 9 x 9 square pan, 350 degrees oven—45 minutes.

Topping:	1/2 cup flour
1/2 cup margarine	1/2 cup sugar

Make to crumbs and put on top of cake before putting in oven.

Ruth Bullock Garrett '48



### Banana Cake

2 cups cake flour	1 cup mashed bananas
1/2 tsp. baking powder	1/4 lb. butter
3/4 tsp. baking soda	1 1/2 cups sugar
1/2 tsp. salt	2 eggs
1/4 cup milk	1 tsp. vanilla

Sift flour and measure—add baking powder and soda; salt and add milk to bananas. Cream butter and sugar, add eggs alternately with flour and bananas mixture. Add vanilla. Bake in moderate oven about 1 hour.

Marie Bonacurso Pancari '55

### Banana Loaf Cake

3/4 cup shortening  
1 1/2 cups granulated sugar  
2 eggs  
1 cup bananas (mashed)  
2 cups flour  
4 tbsp. sour milk  
1 tsp. soda  
1/2 cup chopped black walnuts



Cream shortening, add sugar and cream again, add eggs, one at a time, and beat after each one. Add bananas alternately with sour milk, beat well. Fold in sifted dry ingredients and nuts.

Bake in 375 degree oven—20-25 minutes.

Alyce M. Pusey Hammond '31

### Banana-Nut Cake

1/2 cup butter	1 tsp. soda
1 1/2 cups white sugar	1/2 tsp. baking powder
2 eggs	1/4 tsp. salt
1/2 cup buttermilk	1 tsp. vanilla
2 large bananas, mashed	1 cup black walnut kernels
2 cups cake flour	

Mix ingredients and bake in 375° oven for about 30 minutes.

Mary Jane Carson McCleaf '54

### Our Birthday Cake

1/4 lb. butter	3/4 cup milk
Heat very hot but do not boil	
3 eggs	1 1/2 cups sugar
Cream very well but do not overbeat	
1/2 tsp. salt	2 level tsp. baking powder
1 1/2 cups flour	

Sift together 3 times before adding to egg mixture. Batter will be thin.

Add hot milk and butter last.

Bake at 400°—20-25 minutes or until the cake leaves side of pan.

Charlotte Moore Burt '29

### Chocolate Peanut Cream Cake

(1 egg and 2 egg yolks)	1 egg, unbeaten
2 1/3 cups sifted cake flour	2 egg yolks, unbeaten
2 1/4 tsp. baking powder	2 squares unsweetened melted chocolate
3/4 tsp. salt	3/4 cup milk
1/2 tsp. soda	1/3 cup boiling water
2/3 cup butter or other short- ening	1 tsp. vanilla
1 1/4 cups sugar	

Sift flour once, measure, add baking powder, salt and soda, and sift together 3 times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and egg yolks, one at a time, beating well after each. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla, then add boiling water, beating quickly and thoroughly. Bake in greased pan, 12 x 8 x 2", in a moderate oven (325 degrees) 50 minutes, or until done. Spread peanut cream frosting on cake.

Catherine Bulkley '60

### Peanut Cream Frosting

$\frac{3}{4}$  cup butter, washed in cold water to remove salt  
 $1\frac{1}{3}$  cups sifted confectioner's sugar  
 $\frac{1}{2}$  cup peanut butter

Cream butter thoroughly, add 1 cup sugar gradually, and cream until very light and fluffy. Stir peanut butter until blended; add to frosting, a very small amount at a time, creaming well after each addition. Fold in remaining sugar. Makes enough frosting to cover top of 12 x 8 cake (generously).

Catherine Bulkley '60

### Date and Nut Cake

(Christmas Cake)

2 lbs. dates  
2 lbs. English walnuts  
1 cup sugar  
1 cup flour  
 $\frac{1}{2}$  tsp. salt  
2 tsp. baking powder  
4 eggs, separated  
1 tsp. vanilla

Put dates and nuts whole in large pan. Sift sugar over them. Mix flour, salt and baking powder and sift over dates and nuts. Mix well—and then add well beaten egg yolks and vanilla. Fold in stiffly beaten whites and mix well. Put in tube pan lined with wax paper. Bake 1 hour in 350° oven. Store for several days.

Madaline Kinch Knight '42

### Date and Nut Chocolate Cake

#### Batter

1 cup buttermilk  
 $\frac{1}{2}$  cup butter  
 $1\frac{1}{4}$  cups sugar  
2 eggs  
4 squares Baker's chocolate  
 $1\frac{1}{2}$  cups flour  
 $1\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{2}$  tsp. salt  
1 tsp. vanilla

#### Filling

$\frac{1}{4}$  cup sugar  
1 cup cold water  
1 8-oz. pkg. dates

Combine ingredients for filling and boil. When done, add  $\frac{1}{2}$  cup walnut meats. Set aside to cool. Combine ingredients of batter. Then stir in cooled filling. Bake in hot oven (375 degrees) for 40 minutes.

Kay Griffiths '57

### Deluxe Cheese Cake

9" spring form mold. Bake 1 hour at 350°—turn oven off and remove cake after 30 minutes more.

1 lb cream cheese (2 8-oz. pkgs.)  
1 pt. sour cream  
1 cup sugar  
1 tsp. vanilla  
2 tsp. lemon juice  
2 tbsp. flour  
4 egg yolks  
4 egg whites

#### Crust:

$\frac{1}{4}$  lb. butter  
2 cups graham cracker crumbs  
Nutmeg

Topping: 2 pks. frozen strawberries

Crust: Soften butter and mix well with crumbs and line pan both sides and bottom. Sprinkle with nutmeg.

Cake: Beat cream cheese and sour cream until smooth. Add sugar, vanilla, lemon juice, flour and beat well. Add one egg yolk at a time and beat very well. Beat egg whites until very stiff and beat gently into cheese mixture. Pour into lined spring form pan.

Topping: After cake cools, remove from pan and spread strawberries thickened with 3 tbsp. of cornstarch and cooked until clear. Chill thoroughly before putting on cake. Place entire cake in refrigerator several hours before serving. Serves 8-10 generously.

Elaine Schappet Flood '46

### Cheese Cake

Beat together for 20 minutes with an electric beater

4 eggs  
1 cup sugar  
1 tbsp. vanilla  
3 large or 8 small pkgs. of Phila. cream cheese

Graham cracker crust (recipe on box)

Use spring form—10" cake pan.

Bake in oven 350° for 30 minutes. Sprinkle with nutmeg or cinnamon on top.

Icing: 1 pt. cream, sour; 1 tbsp. vanilla; 2 tbsp. sugar

Turn oven to 475 degrees and bake for 7 minutes.

Esther Milewski Kahn '43



### "Ella Flory's" Chocolate Cake

1 cup sugar  
1 cup flour

$\frac{1}{3}$  cup melted shortening or oil

Cocoa or Chocolate can be used:

#### Cocoa

$\frac{1}{2}$  cup boiling water add—  
4 tbs. cocoa

#### Chocolate

2 squares of melted chocolate in  
 $\frac{1}{2}$  cup of hot water.

1 tsp. soda dissolved in  $\frac{1}{4}$  cup milk      1 egg

Throw everything in one bowl and mix all together. Bake this amount in a square flat pan.

Double this recipe for a large rectangular shaped flat pan or a layer cake.

For layer cake, line pans with waxed paper. Bake small cake—350 degrees for 25-30 minutes. Larger cake—35 minutes—do not overbake.

Esther D. Armitage Musselman '40

### Chocolate Nut Cake

$\frac{1}{2}$  cup butter  
2 cups fine sugar  
Yolks of 4 eggs—beaten thick and light  
1 cup milk  
 $2\frac{1}{3}$  cups flour  
4 tsp. baking powder

2 squares Baker's chocolate  
White of 4 eggs—beaten stiff  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{3}{4}$  cups English walnuts—broken in pieces  
 $\frac{1}{8}$  tsp. salt

Cream butter. Add 1 cup sugar gradually: add 2nd cup sugar to beaten egg yolks. Combine 2 mixtures: Add melted chocolate. Mix and sift flour, baking powder and salt. Add alternately with milk. Add nut meats and vanilla. Cut and fold in egg whites. Pour into 2 large layer cake pans which have been well greased. Bake 35 to 40 minutes at 375 degrees.

Julia A. Ganster '24

### Black Chocolate Cake

2 cups sugar  
2 cups cake flour  
1 tsp. baking powder (level)

2 tsp. baking soda (level)  
 $\frac{3}{4}$  cup cocoa—pinch of salt

Sift above together in a bowl:

$\frac{1}{2}$  cup melted butter  
1 cup boiling water  
2 eggs

1 cup sweet milk  
1 tsp. vanilla

Add to dry ingredients—bake in two 9" layers at 350°—about 30 minutes. When cool "ice" with whipped cream.

Nora Shoemaker Ehrig '29

### My Favorite Chocolate Cake

Cream together:  
 $\frac{3}{4}$  cup butter (stick and half)  
 $2\frac{1}{4}$  cups granulated sugar  
 $1\frac{1}{2}$  tsp. of vanilla

Melt and add when cooled  
3 one ounce of chocolate

Sift together:  
3 cups of cake flour  
 $1\frac{1}{2}$  tsp. soda  
 $\frac{3}{4}$  tsp. salt

Add:  
3 whole eggs  
Beat until light and fluffy

Add dry ingredients alternately to creamed mixture with  $1\frac{1}{2}$  cups of *ice water*. Bake 350°—for 35-40 minutes.

Frances Wheller Babb '29

### Chocolate Fudge Cake

3 squares chocolate  
 $\frac{1}{4}$  cup butter  
2 cups sugar  
2 egg yolks  
2 cups flour

$1\frac{3}{4}$  cups milk  
1 tsp. vanilla  
1 tsp. baking soda  
1 tsp. salt

Melt chocolate and butter. Add sugar and mix. Add egg yolks and 1 cup milk. Mix well. Add flour and salt and mix. Add  $\frac{1}{2}$  cup milk and vanilla. Mix well. Add  $\frac{1}{4}$  cup milk mixed with soda. Mix. Work quickly. Bake at 350° about 40 minutes.

H. Phoebe A. Anthony '57

### Dark Chocolate Cake

350 degrees—35-40 minutes.

Beat—3 eggs well—then blend in 2 cups sugar and beat well.

Mix:  $2\frac{1}{4}$  cups sifted cake flour  
3 tsp. baking soda  
 $1\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  cup powdered cocoa

$1\frac{1}{4}$  cup oil (Wesson oil or Kraft)  
 $1\frac{1}{2}$  cups sour or buttermilk  
 $1\frac{1}{2}$  tsp. vanilla

Beat all ingredients together till batter is thick. Fold in eggs and sugar mixture.

Anne Loughran Delaney '54

### "Carrot Cake"

Mix 2 cups of sugar, 2 junior size jars of carrots as prepared for baby food and  $1\frac{1}{2}$  cups of Wesson oil.

Sift together 3 cups flour, 2 tsp. baking soda, 2 tsp. baking powder, 1 tsp. salt and 2 tsp. cinnamon.

Blend with the sugar, carrots and oil, and add, last of all, four eggs. Chopped nuts may also be added if desired.

Bake for 40 to 45 min. in a 350 degree oven. This recipe makes two loaf cakes or three dozen cup cakes.

Cake is moist and tastes like spice cake.

Margaret Summers '41

### Crazy Cake

1 cup of flour  
1 cup of granulated sugar  
1 tsp. of soda  
 $\frac{1}{2}$  tsp. salt  
1 tsp. vanilla  
#303 or #2 can of fruit cocktail  
1 egg



Mixture: Mix together—putting in fruit cocktail last (juice and all). Grease sheet cake pan  $9\frac{3}{4} \times 13 \times 2$ —pour in batter then sprinkle with 1 cup of brown sugar and  $\frac{1}{2}$  cup of nuts, chopped. 325 degrees—1 hour. Serve with whipped cream.

Frances Wheeler Babb '29

### Devil's Food Chocolate Cake

Cream together:

2 cups granulated sugar  
4 tbsp. butter  
3 eggs

Add alternately:

$\frac{3}{4}$  cup buttermilk  
Sift together:  
2 cups flour  
1 tsp. baking powder

Add:

1 cup water

4 squares Baker's chocolate

(Cook chocolate and water together till thickened before you start mixing batter).

Add last:

1 tsp. baking soda (dissolved) in 2 tbsp. cold water  
1 tsp. vanilla.

Bake 350 degrees—makes 3 layers.

Geraldine Stemler Strye '50

### Devil's Food Cake

2 oz. grated chocolate  
 $\frac{1}{2}$  cup sweet milk  
 $\frac{1}{2}$  cup granulated sugar

Let this come to a boil; remove from fire and add yolk of 1 egg—beat until it thickens; let cool while mixing the following, after which pour all together.

$1\frac{1}{2}$  cups granulated sugar  
 $\frac{1}{2}$  cup sweet milk  
 $\frac{1}{2}$  cup butter

2 eggs  
2 cups flour  
1 tsp. soda.

Sugar and butter creamed together. Add eggs beaten separately; then chocolate and milk in which soda has been dissolved; sift flour and add gradually.

Icing

2 cups granulated sugar  
11 tbsp. milk

Boil till it pulls a thread, then add butter size of egg and 1 tsp. vanilla: Beat until thick.

Laura Witmer '16

### Crumb Cake

- 2 cups brown sugar
- 2 cups flour
- 3/4 cup walnuts (chopped)
- 1/3 cup oleo.

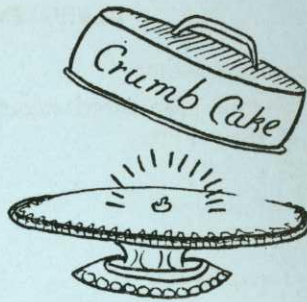
Mix above and make crumbs like for pie crust. Reserve 1/2 cup of crumbs.

To the rest add:

- 1 egg
- 1 cup sour milk
- 1 tsp. vanilla
- 1 tsp. soda (dissolved in a little boiling water.)

Mix well, pouring in greased pan. Top with the 1/2 cup crumbs and bake 35-40 minutes at 325 degrees.

Betty Piersol '34



### Nana Lee Hopkins' Nut Cake

- Whites of 8 eggs
- 1 cup butter
- 2 cups sugar
- 3 cups flour
- 3 tsp. baking powder
- 1/2 cup milk
- 2 cups chopped nuts (English or black walnuts or if obtainable hickory nuts).

Cream butter and sugar. Add milk and flour sifted with baking powder. Then nuts. Add stiffly beaten egg whites last. Bake loaf or layers.

Estelle Steigerwalt Taylor '24

### "Dump" Cake

- 1 cup brown sugar (packed)
- 1 egg
- 1 medium size can fruit cocktail (juice and all)
- 1 cup plain flour—pinch of salt
- 2 tsp. baking soda
- 1 cut up ripe banana
- 1 cup broken nut meats (I use pecans)

Mix well—put into greased and floured cake pan. Before putting in oven sprinkle one cup brown sugar and a few nut meats over the top. Bake 35 minutes at 350°. When cool cut in squares and serve with whipped cream.

Dorothy Bennett Fitzgerald '20

### Fudge Cake

- 3 cups cake flour
- 1 1/2 tsp. soda
- 1 1/8 tsp. salt
- 2 1/4 cups sugar
- 3/4 cup shortening
- 1 cup chopped nuts
- (optional)
- 1 7/8 cups sweet milk
- 1 1/2 tsp. vanilla
- 3 eggs, unbeaten
- 4 squares bakers unsweetened chocolate melted

Have shortening at room temperature. Line bottoms of pans. Set oven 350 degrees. Sift flour once before measuring. Cream sugar and shortening add flour, soda and salt, add to sugar mixture, add milk. Mix well. Add eggs, mix well. Add chocolate and vanilla. Beat well, add nuts if desired. Bake 45 minutes or until done. Makes a long pan or two 9" pans—a large cake.

Nina Irvin Studebaker '30

### Tropical Gingerbread

Easy sauce pan method.

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 2 1/2 cups sifted all-purpose flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1/2 tsp. cloves



- 1 cup hot water
- 1 cup "Brer" Rabbit Molasses

Melt shortening in 3-4 sauce pan over low heat. Remove from heat and cool. Add sugar and egg; beat well. Sift together flour, baking soda, salt, and spices. Combine molasses and hot water; add alternately with flour to first mixture. Pour into a greased waxed paper lined 9 x 9 x 2" pan. Bake in moderate oven (350°), 50-60 minutes. Remove from pan, cover with white frosting and sprinkle generously with coconut.

Catherine Johnson Brewer '48

### Devil's Food Cake

2 cups brown sugar      1/2 cup cocoa

Mix together and cream in 1/2 cup butter. Then beat in 2 eggs—add one cup of water and 2 cups plain flour with 1 tsp. soda sifted in. Add 1/4 tsp. salt and 1 tsp. vanilla. Bake in 2 layers at 350 degrees.

#### Icing

3 cups brown sugar and 3/4 cups water.

Boil until it threads—then add 1 tsp. vanilla and 1 tsp. vinegar. Pour slowly over whites of 2 eggs which have been beaten. Beat until right consistency to spread.

Dorothy Bennett Fitzgerald '20

### Moravion Sugar Cake

4 cups flour (rounded)	1 tbsp. salt
1 pkg. yeast dissolved in 1/2 cup luke warm water	1 cup shortening (Crisco and butter) room temp.
3 med. potatoes boil and mash in pint of luke-warm milk	2 eggs (well beaten)
	1 cup sugar

Beat well, then add approx. 4 more cups flour. Cover, let rise till double in bulk. Punch down, divide into two portions. Knead more flour into each if needed. Put foil on two cookie sheets. Roll dough over foil—cover—let rise again. Mix 2 cups of brown sugar and one tbsp. flour. Make holes all over cake. Put butter in each hole, then sprinkle with sugar mixture and sprinkle cinnamon over top. Bake for 20 minutes at 275 or 300 degrees. Makes 2 cakes. Use warm utensils.

Not Signed

### Orange Cake

1/2 cup shortening	2 cups flour (not sifted)
1 cup sugar	1 tsp. soda in flour
1 cup ground raisins	2 eggs beaten
1 cup ground nuts	1 orange (grind peeling to put in cake (save juice)
1 cup sour milk	

Dissolve 1/2 cup sugar in juice to pour over cake when out of oven. Bake at 350° for approximately 45 minutes or longer if necessary.

Nan Talley '18

### Old Black Joe Cake

(Very quick and economical)

2 cups brown sugar	2 1/2 cups flour (flour sifted 4 times)
1/2 cup margarine or Crisco, etc.	1 tsp. baking soda dissolved in 1/2 cup boiling water (No eggs, vanilla or salt)
1/2 cup cocoa	
1 cup sour milk (or sour evaporated milk)	

Beat sugar, shortening and cocoa together until fluffy. Add sour milk and flour alternately. Add boiling water to baking soda and stir in immediately. Pour into greased pans—may use long pyrex dish (9 x 13") or layers or cup cakes (I prefer long pyrex baking dish). Bake 350 or 375 degrees—30-35 minutes for long dish, 20-30 minutes for cup cakes—should spring back when touched lightly when done. (Can leave in long dish and ice). Cut into squares. Recipe has been used for 4 generations. Cake is very dark and moist and rises well.

Betty Snyder Swartz '54

### Confectioner's Pound Cake

3 cups cake flour, sifted	4 eggs
1 tsp. baking powder	1 cup milk
1 cup shortening or butter	1/2 tsp. vanilla
1 lb. confectioner's sugar	1/2 tsp. almond extract

Sift flour once and then measure. To the 3 cups of flour add baking powder (and if shortening is used, also add 1/2 tsp. salt) and sift twice. Beat shortening or butter to cream and then beat the sugar in gradually and well. Add eggs, one at a time and beat until mixture is very light after each one is added. If butter is used, decrease the amount of milk by 2 tbsp. Add flavoring to milk and then blend in sifted ingredients alternately with milk.

Beat hard to blend well. Have 10" tube pan buttered and lightly floured. Pour batter into it filling only 3/4 full. Place in preheated 350 degrees oven and bake about 1 1/4 hours, until cake tests done.

Cool on rack 10 minutes and remove from pan.

Betty Whysong Mathers '47

### Moist Pound Cake

Cream together until light and fluffy

- 1/2 lb. butter                      4 eggs (add one at a time)  
1 box powdered sugar

Fill powdered sugar box with flour. Add 1 tsp. baking powder, 1 tsp. salt. Sift. Add to the butter, sugar and egg mixture alternately with 1 cup milk and 1 tsp. vanilla. Beat well. Pour mixture into a greased and floured tube pan.

Bake at 375 degrees for about 1 hour.

Marian E. Hoffman Narberth '51

### Old Fashioned Pound Cake

- 2 cups soft butter                1/2 tsp. salt  
2 cups sugar                      1/2 tsp. mace  
10 eggs                              1/2 tsp. lemon juice  
4 cups sifted cake flour

Cream butter thoroughly, gradually add the sugar and beat until this mixture is fluffy and thoroughly blended. Beat in eggs one at a time. Sift together the dry ingredients adding them all at once to the creamed mixture. Beat in lemon juice and continue beating just until the batter is smooth. Put batter into a well greased 10 inch tube pan and bake at 325 degrees F. for 1 hour and 15 minutes or until done.

Florence E. Carnahan '06

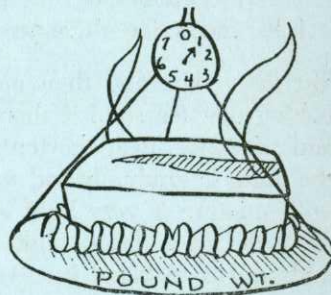
### Pound Cake

- 2 cups flour  
3/4 tsp. salt  
1/8 tsp. mace  
1 cup shortening  
1 1/2 cups sugar  
5 eggs  
1 tsp. vanilla

Cream shortening and sugar; add eggs, one at a time, creaming well after each, add vanilla. Sift flour 3 or 4 times and add with other dry ingredients. Pour into prepared pan, 9x5 in. loaf or 10 or 11 inch tube pan.

Bake at 250 degrees for 1 hour or until done.

Dorothy Lamson Sheets '49



### White Pound Fruit Cake

- |   |                                      |
|---|--------------------------------------|
| 1 cup butter                                  | 1 cup thinly sliced blanched almonds |
| 1 cup granulated sugar                        | 2 1/2 cups sifted all-purpose flour  |
| 5 eggs, unbeaten                              | 1/2 tsp. salt                        |
| 1 cup thin, crosswise slices candied cherries | 1 tsp. baking powder                 |
| 1/2 cup thinly sliced candied citron          | 1 tsp. grated lemon rind—1           |
| 1/2 cup thinly sliced candied orange peel     | 1/2 cup lemon juice                  |

Cream butter, add sugar gradually. Add eggs one at a time, beating well after each addition. Combine fruits, nuts, and 1/2 cup of the flour. Sift together remaining 2 cups flour, salt and baking powder. Add to egg mixture with lemon rind and juice. Fold in fruit mixture. Place in greased 10 x 5 x 3 loaf pan lined with greased brown paper. Bake in moderate oven—325 degrees F for 1 3/4 hours or until done. Makes 3 lb. loaf.

Esther Guyer Lentz '31

### Sour Cherry Cake

- |   |                    |
|---|--------------------|
| 3 eggs, beat whites separately and put in last        | 1 tsp. cloves      |
| 1 cup sugar   | 1/2 tsp. cinnamon  |
| 1/2 cup shortening                                    | 2 cups flour       |
| 1 cup sour cherries and fill in cup with cherry juice | 1 tsp. baking soda |
|   | 1 tbsp. vinegar    |

Can pour cherry juice in sugar for icing. Makes 2-8" layers.

Adele M. Lewis '15

### Sponge Cake

- |             |             |
|-------------|-------------|
| 4 eggs      | 1 cup flour |
| 1 cup sugar |             |

Beat 1/2 cup sugar with egg whites. Beat 1/2 cup sugar with egg yolks. Sift flour three times. Combine egg whites with egg yolks containing sugar. Mix flour—add 1 tsp. vanilla. Bake 1 hour—375 degrees.

Lucille Flavell Henkelmann '49

### Raisin Spice Cake

Cook 1 box raisins in 2 cups water for 10 minutes. Set aside both water and raisins to cool. Do not drain.

Combine: 2 cups sugar; 2 tbsp. shortening

Add: 1 cup water

Mix In: 4 cups flour

Combine: 2 tbsp. vinegar with 1 tbsp. baking soda

Add to mixture.

Then mix in: 1 tsp. cinnamon; 1 tsp. nutmeg; 1 tsp. cloves; 1 tsp. all spice.

Add raisins and water to mixture and mix well. Bake 350° for 50 minutes.

Margaret Henry Jones '50

### Sunshine Cake

6 eggs

1¼ cups sugar

1 cup sifted flour

¼ tsp. salt

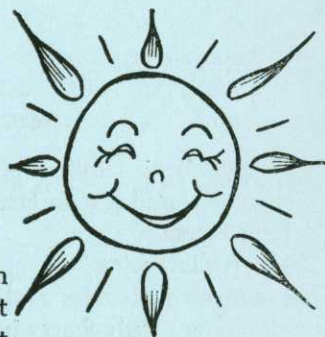
1 tsp. vanilla

⅓ tsp. cream of tartar

Separate eggs—beat whites with cream of tartar and salt until stiff but not dry. Add sugar gradually and beat until whites will hold peaks—beat yolks until light colored and fairly thick. Add them *gently* to the whites—fold in the flour *gently*—also the vanilla. Turn into an ungreased moderate size (5x9") tube pan. Bake 350 or 375 degrees for 35 minutes. Remove from oven and invert pan and cover with a damp cloth.

Keep pan inverted until thoroughly cool—remove and dust with powdered sugar (10 times). This cake is very quick and easy to make and if instructions are followed it will never fail to win applause! (Cake should spring back when touched when it is done). Very light and not too sweet. Excellent also in place of shortcake for fruit and whipped cream. Recepte came from Alsace Lorraine.

Betty Snyder Swartz '54



### Toasted Coconut Cake

2 eggs beaten until light—then add:

1 cup granulated sugar, gradually      1 tsp. vanilla—beat well

Sift:      1 tsp. baking powder

1 cup sifted cake flour      ¼ tsp. salt

Add to the egg and sugar mixture gradually and beat well. Add ½ cup boiling hot milk with 1 tsp. butter (in the milk). Pour batter in 9 or 10" cake pan and bake at 350 degrees—25 minutes or until tooth pick inserted comes out dry. (Batter is rather thin).

While cake is baking mix in a heavy sauce pan or double boiler:

4½ tbsp. butter      3 tbsp. cream (or top milk)

7 tbsp. brown sugar      ¾ cup coconut

Heat this "topping" until boiling and well blended. Pour over the hot cake as it comes from the oven. Sprinkle a little extra coconut on top and brown in oven or broiler. Serve slightly warm or with ice cream or whipped cream if desired. Serves about 9.

Carolyn Martha Akers Boyd '26

### Tomato Spice Cake

1 cup sugar      ½ tsp. soda

½ cup shortening      ½ tsp. baking powder

1 cup seedless raisins      ½ tsp. salt

1 8-oz. can tomato sauce      ¼ tsp. grated nutmeg

2 cups sifted sake flour      ½ tsp. cinnamon

Beat sugar and shortening together till light and fluffy. Add raisins and mix well.

Sift flour; measure; add baking powder, baking soda, salt, spices: sift again. Add dry ingredients alternately to shortening mixture with the tomato sauce, a third at a time.

Pour into greased loaf pan, lined with wax paper. Bake 350 F. for 1 hour. Remove from pan and after cool, store 24 hours to ripen before cutting. Makes 1 large or two small loaves.

Prunes that are cut fine may be substituted for raisins.

Betty Piersol '34

### Butterscotch Topping Yellow Cake

2 eggs  
1 cup granulated sugar  
1 cup sifted flour  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{8}$  tsp. baking powder  
1 tbsp. butter  
 $\frac{1}{2}$  cup hot milk

Beat eggs till thick; slowly add sugar; beat  $2\frac{1}{2}$  minutes. Fold in sifted dry ingredients. Melt butter in milk. Add all at once. Fold only 1 min. Bake in square pan 360 degrees—30 minutes.

Topping:  
Mix 6 tbsp. melted butter  
 $\frac{2}{3}$  cup brown sugar  
 $\frac{1}{4}$  cup cream  
1 can Baker's canned coconut  
 $\frac{1}{2}$  tsp. vanilla

Spread over finished cake while warm. Brown in broiler, but watch closely.

Nancy Hummel Orsini '50

### My Favorite Yellow Cake

Sift into large bowl

2 cups sifted cake flour  
 $1\frac{1}{3}$  cups sugar  
 $\frac{3}{4}$  tsp. salt  
 $2\frac{1}{2}$  tsp. double acting baking powder

Add:  
 $\frac{1}{2}$  cup shortening (soft)  
 $\frac{2}{3}$  cup milk  
1 tsp. vanilla

Then: Beat with mixer—slow speed—two minutes

Add: 2 eggs unbeaten  
 $\frac{1}{4}$  cup milk

Beat 2 minutes

Turn into 2 greased and floured 8" layer cake pans. Bake 350 degrees (moderate oven) 25-50 minutes.

Cool—frost with chocolate frosting.

Frosting:

$\frac{1}{2}$  box confectioner sugar  
2 tbsp cocoa  
2 tbsp. shortening  
1-2 tsp. of milk to desired consistency

Beat at fast speed of mixer for 4 minutes.

Recipe may be doubled or taken as a  $1\frac{1}{2}$  complete recipe with good results.

This recipe won for me at a cake baking contest a Westinghouse electric mixer and a Westinghouse electric range.

Doris Alice Burke Hano '48

### Hot Milk Sponge Cake

2 eggs  
1 cup sifted flour  
 $1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
1 sup sugar  
 $\frac{1}{2}$  cup hot milk  
1 tbsp. melted shortening  
 $\frac{1}{2}$  tsp. vanilla

Beat eggs, add sugar, beating thoroughly so that the mixture is not grainy. Sift flour with baking powder and stir into egg mixture. Add hot milk, shortening, salt and vanilla. Mix quickly and turn into an 8" square greased pan. Bake at 350 degrees about 30 minutes. Remove from oven and invert till cool. Easy and excellent for shortcake.

Dionysia Sweeney Ruht '46

### War Cake

(Old Time Recipe)

1 cup molasses  
1 cup corn syrup  
 $1\frac{1}{2}$  cup water  
1 Pkg. seeded raisins  
2 tbsp. fat.  
1 tsp. salt  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. cloves  
 $\frac{1}{2}$  tsp. nutmeg  
3 cups flour  
 $\frac{1}{2}$  tsp. soda  
2 tsp. baking powder

Boil together, for 5 minutes the first 5 ingredients. Cool, add to the sifted dry ingredients and bake in 2 loaves for 45 minutes in a moderate oven.

If desired 1 cup of oatmeal may be used in place of  $\frac{7}{8}$  cup of flour.

### 1-2-3-4 Cake

$\frac{1}{2}$  lb. butter or  
 $\frac{1}{4}$  lb. butter and  $\frac{1}{4}$  lb. Oleo  
2 cups sugar  
4 eggs, beaten separately  
1 tsp. vanilla extract  
1 cup milk  
3 cups sifted flour  
3 tsp. baking powder  
tsp. lemon extract

Cream butter and sugar, add beaten egg yolks; flavoring. Add milk alternately with flour and baking powder sifted together: Fold in beaten egg whites. Pour mixture into well greased and floured cake pan. Bake 1 hour—350°F. This recipe can be used to make cup cakes, layer cakes or several loaf size cakes. Wrap in wax paper and freeze—always have some on hand.

Mary Alice Bond Romig '51

## ICING

### Never Fail Icing

1 cup sugar	3 tbsp. water
1/4 tsp. salt	1 tsp. vanilla and 1/2 tsp. almond extract
1/2 tsp. cream of tartar	
2 unbeaten egg whites	

Stir and put in double boiler when water is boiling. Beat 3 to 4 minutes or until peaks stand up. Grate one coconut and sprinkle between and on top and sides of cake.

Charlotte Moore Burt '29

### Glossy Chocolate Icing

Melt together: 4 tbsp. shortening; 4 squares chocolate (4 oz.)  
Blend in: 2 2/3 cups sifted confectioners sugar; 1/3 tsp. salt;  
about 6 1/2 tbsp. milk; 1 1/4 tsp. vanilla.

Beat till it becomes smooth and glossy and thick enough to spread. Stir in 1/2 cup chopped nuts, if desired.

### 7 Minute Icing

Combine in top of double boiler:

2 egg whites	1/4 tsp. cream tartar
1 1/2 cup sugar	1/3 cup water.

Place over boiling water and beat with rotary beater till mixture holds its shape. Fold 1 1/2 tsp. vanilla. Makes enough for large cake.

### Creamy White Icing

Melt in sauce pan: 1/2 cup shortening (part butter)  
Remove from heat, blend in 2 1/2 tbsp. flour, 1/4 tsp. salt.  
Stir in slowly: 1/2 cup milk.

Bring to a boil, stirring constantly. Boil 1 minute. Remove from heat.

Stir in about 3 cups sifted confectioners sugar and 1/2 tsp. vanilla. Beat till right consistency to spread. (Place pan in ice water while beating to set more quickly).

### Creamy Chocolate Icing

Mix 3/4 cup sugar and 3/4 cup cream. Cook over low heat just till it boils. Pour slowly over 1 1/4 cups shaved chocolate in bowl. Beat till chocolate is melted and mixture is smooth.

If too thick for spreading, add a little cream.

### Frosting

1 cup sugar (confectionery)	1 small can milk
1 cup crisco	

Beat 20 minutes with electric mixer.

Add 1 tsp. vanilla or other flavoring.

Dorothy Mogle Forshey '48

### Mocha Frosting

1 cup powdered sugar	1/4 tsp. vanilla
1 tsp. cocoa	About 2 tbsp. cold coffee
2 tbsp. butter	

Cream butter, add sugar and cocoa gradually. Add vanilla, then coffee gradually till the mixture is smooth, creamy and thick enough to spread.

### No Cook Marshmallow Frosting

1/4 tsp. salt	3/4 cup Karo syrup (red or blue label)
2 egg whites	
1/4 cup sugar	1 1/4 tsp. vanilla

- Add salt to egg whites and beat with electric or rotary beater till frothy.
- Gradually add sugar, beating till smooth and glossy.
- Slowly add Karo syrup and continue beating till frosting stands in firm peaks. Fold in vanilla.

Makes enough frosting for top and sides of two 9 inch layers  
Flavor variations:

Add 2 tbsp. cocoa or 1 tbsp. grated orange, or lemon rind with Karo or sprinkle with 1 cup shredded coconut.



### Boiled Frosting

2 cups sugar  
3/4 cup water

Stiffly beaten whites of 2 eggs  
1 tsp. vanilla or lemon.

Boil sugar and water without stirring till it threads. Then gradually pour it into beaten egg whites, beating rapidly till cool. Spread on cake.

### R.P.N. Icing

(tastes like whipped cream)

Blend together. Cook until thick, then cool.

2 tbsp. flour                      1/2 cup milk

Cream together:

1/2 cup shortening                      1/2 cup sugar  
(1/2 crisco and 1/2 butter). (Beat at least 6-8 minutes).

Add cool milk mixture to the above and beat until thick. Then add 1 tsp. vanilla.

Not Signed

### Caramel Icing

2 cups Brown sugar                      4 tbsp. cream

Add enough 4X confectioners sugar to spread. Work fast with frosting

### A Simple Glaze for Cakes

(A shiny finish for fruit cakes, not sticky)

Combine and bring to a rolling boil: 1/2 cup light color corn syrup.  
1/4 cup water.

Remove from heat, cool to lukewarm. Pour over cold cake before or after storing.

### Broiled Icing

(Bubbles and Browns under the Broiler)

Mix together:

6 tbsp. soft butter                      4 tbsp. rich cream  
3/4 cup brown sugar                      1/2 cup nuts (cut up)

Spread over top of warm cake. Place about 3" under broiler (low heat) till mixture browns.

For extra goodness, add about 1 cup wheaties or moist shredded coconut to mixture



“ I CALL THIS PIE  
MY PUMPKIN SURPRISE! ”

## PIES

Apple-Date Pie	Lemon Chiffon Pie
Pie Crust	Slice of Lemon Pie
Angel Pie	Lime Pie
Angel Food Pie	Jubilee Cheese Pie
Best Ever Pie	Southern Pecan Pie
Blueberry Pie Glaze	Frosted Pineapple Pie
Blueberry Delight	Frosty Pineapple Pie
Butterscotch Pie	Pumpkin Pie Filling
Cheese Cake Pie	Ritz Cracker Pie
Macaroon Pie	Ritz Apple Pie
Cherry Crumb Pie	Penna. Dutch Shoo-Fly Pie (Week)
Fudge Pie	Southern Coconut Pie
Egg Custard Pie	Shoo-Fly Pie (Ecker)
Orange Coconut Pie	Shoo-Fly Pie (Penna. Dutch) (Lewis)
Holiday Pie	Shoo-Fly Pie (Jones)
Lemon Chess Pie	Strawberry Glaze Pie

## PIES

### Apple-Date

#### Pecan Pastry:

2 cups flour  
 $\frac{2}{3}$  cups shortening  
 $\frac{2}{3}$  cup pecan pieces  
 7 tbsp. water  
 Bit of salt

#### Fill with and mix well:

2 tbsp minute tapioca  
 $\frac{2}{3}$  cup sugar  
 $\frac{3}{4}$  tsp. cinnamon  
 $\frac{3}{4}$  cup chopped dates  
 4 cups sliced apples  
 $\frac{1}{4}$  cup orange juice

Fill pie shell—dot with 2 tbsp. butter. Put on top crust. Open slits with knife. Bake 55 minutes 425°. High caloric—but most delicious.

Pearl Moser Shappell '23

### Pie Crust

#### Mix:

2½ cups flour  
 1 tsp. salt  
 $\frac{3}{4}$  cups lard—crumb well

#### Beat:

1 egg  
 1 tsp. vinegar  
 5 tbsp. water

Mix with crumbs and roll and use however.

Pearl Moser Shappell '23

### Angel Pie

4 egg whites  
 $\frac{1}{4}$  tsp. cream of tartar

1 cup powdered sugar

Beat egg whites and cream of tartar stiff—beat in sugar—spread in greased 9" pie tin and bake 1 hour in 250° or 300° oven.

#### Filling:

4 egg yolks  
 3 tbsp. lemon juice

$\frac{1}{2}$  grated lemon rind  
 $\frac{1}{2}$  cup sugar

Cook over hot water until thick—cool. Whip 1 cup cream and put half on pie shell—then spread lemon filling and top with remainder of cream. Let stand in refrigerator 24 hours. This pie is delicious—won 1st prize—General Electric Inga Lee.

Emma R. Treffeisen Thomas '13

### Angel Food Pie

Add  $\frac{3}{8}$  tsp. salt to 3 egg whites and beat until stiff. Add 3 tbsp sugar and 2 tsp. vanilla—beating until creamy. Do not under beat—should be real stiff. Set aside.

Mix together 4 tbsp. cornstarch and  $\frac{2}{3}$  cup sugar. Add  $1\frac{1}{2}$  cups boiling water. Cook until it boils and is clear—stirring constantly.

Pour hot cornstarch mixture slowly over beaten egg whites—beating constantly.

Have a crumb crust ready and pour mixture into it. Place in refrigerator until next day. Shortly before serving cover with a thin layer of sweetened and flavored whipped cream. Sprinkle with shaved chocolate and nut meats.

#### Crumb Crust:

About  $1\frac{1}{4}$  cups crumbs (either graham crackers or vanilla wafers or a combination of both), 2 or 3 tbsp. sugar. Mix together with  $\frac{1}{4}$  cup (scant) melted butter or margarine. Press into pie pan and bake about 12 minutes in  $325^{\circ}$  oven.

Pie is much better when made the day before serving.

Maggie Lloyd Clarke '17

### Best Ever Pie

Beat: 2 egg yolks until light and thick.

Gradually add: 1 cup sugar, well mixed with 1 tsp. each of cinnamon and cloves.

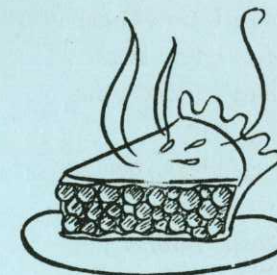
Add:  $\frac{1}{2}$  cup nut meats,  $\frac{1}{2}$  cup seedless raisins, 1 tbsp. melted butter.

Beat egg whites until stiff but not dry. Fold gently into sugar mixture as you fold—add 1 tbsp vinegar, pour into 8" unbaked pie shells—bake at  $450^{\circ}$ —10 min. reduce heat to  $350^{\circ}$ —25 minutes. Crust and top should be crisp and brown. Cool and top with unsweetened whipped cream.

Katherine Childs—Honorary Member

### Blueberry Glaze Pie

$\frac{3}{4}$  cup water  
3 tbsp. cornstarch  
4 cups blueberries (2 pints)  
Pinch cinnamon  
1 cup sugar  
 $\frac{1}{4}$  tsp. salt



Add  $\frac{3}{4}$  cup water to 1 cup blueberries. Bring to a boil and simmer about eight (8) minutes. Drain off juice to make 1 cup of liquid (if not full cup add water). Place sugar, cornstarch and cinnamon in sauce pan. Gradually add liquid and cook until stiff. Add cooked and uncooked berries to mixture. Pour in baked pie shell. (May be served with ice cream or whipped cream).

Evelyn Wilson Frazier '34

### Blueberry Delight

Crust: 16 graham crackers, crushed  
 $\frac{1}{4}$  cup butter or oleo  
 $\frac{1}{2}$  cup sugar

Line pie pan or cake pan

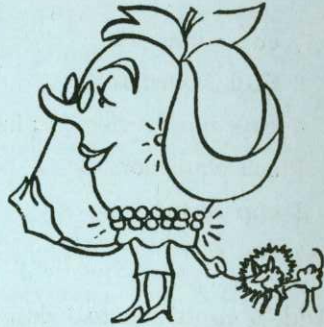
Filling: 8 oz. pkg. Philadelphia cream cheese  
 $\frac{1}{2}$  cup sugar  
2 eggs  
1 tsp. vanilla

Beat eggs well, add sugar, and cheese. Mix and beat well. Pour in pie crust. Bake 20 minutes or until set at  $325^{\circ}$  or  $350^{\circ}$ . Cool. Pour one can blueberry pie filling on top. Place in refrigerator until ready to serve. Top with whipped cream if desired.

Mary Hyatt Dominick '36

### Butterscotch Pie

- 3/4 cup brown sugar
- 1/4 cup white sugar
- 1/3 cup scalded milk
- 1/8 tsp. salt
- 3 egg yolks, beaten
- 1/2 tbsp. butter
- 1 tbsp. vanilla
- 1 Baked pie shell—  
Meringue



Combine sugars and flour; add hot milk gradually—stirring constantly. Add salt—cook in double boiler 15 min., stirring occasionally. Pour part of hot mixture over egg yolks and mix. Combine with rest and cook 2-3 min. stirring constantly. Add butter, cool; and add vanilla.

Grace Jennings Dunkelberger '42

### Cheese Cake Pie

- |                        |  |
|------------------------|--|
| 8-9 oz. cream cheese   | 2 tbsp. butter                         |
| Cream together         |  |
| 1/2 cup sugar          | 1 whole egg                            |
| Add to above           |  |
| 2 tbsp. flour          | 1/4 cup lemon juice                    |
| 2/3 cup milk           | 2 tbsp. grated lemon or<br>orange peel |
| 1 graham cracker crust |  |

Bake at 350° for 35 minutes.

Shirley Darling Schott '48

### Macaroon Pie

To 3 egg whites beaten stiff, add 1 cup sugar, 1/2 tsp. baking powder, 2/3 cup rolled saltine cracker crumbs, 1/2 cup chopped nuts and 1 tsp. vanilla.

Mix in above order, put in a buttered 9 in. pie pan. Bake 30 minutes—350°. Top with whipped cream—cool first—cut in wedges.

Genevieve McCloskey Lewis '24

### Cherry Crumb Pie

- |                             |                    |
|-----------------------------|--------------------|
| 1 baked 9" pie shell        | 2 tbsp. cornstarch |
| #2 can or pt. sour cherries | Pinch of salt      |
| 1 cup sugar                 |                    |

Mix sugar, cornstarch, and salt. Add cherries and juice; cook gently until thickened. Add 1/4 tsp. almond extract and red vegetable coloring as desired. Pour in pie shell. Top with crumb mixture:

- |               |                                     |
|---------------|-------------------------------------|
| 1/2 cup flour | 2 tbsp. soft butter or<br>margarine |
| 1/4 cup sugar |                                     |
| Pinch of salt |                                     |

Mix crumb mixture with the fork or fingers into fine crumbs. Spread over pie. Set pie under broiler until crumbs are light brown. Watch carefully. Remove and chill.

Shirley Makley Hoffert '50

### Fudge Pie

- |                                    |                        |
|------------------------------------|------------------------|
| 3 squares of Bakers Choco-<br>late | 4 egg whites           |
| 1/3 cup of butter                  | 1/4 tsp. salt          |
| 2 cups of sugar                    | 1 tsp. vanilla         |
|                                    | 2/3 cup chopped pecans |

Melt chocolate and butter together, let cool. Add sugar. Beat egg whites, add salt and vanilla. Fold into chocolate mixture. Add pecans. Pour into a large fluted 10 inch pyrex pie pan, lightly greased. Bake at 350 degrees for 45 minutes. Let cool, store in Ice Box for 24 hours before using. Serve with ice cream or whipped cream.

A crack in the top is very usual. Very rich, no crust, no flour.

Marilyn Robertson Glauber '56

### Egg Custard Pie

- |                       |                     |
|-----------------------|---------------------|
| 3 eggs or 6 egg yolks | 1/2 tsp. vanilla    |
| 1/4 tsp. salt         | 1/4 tsp. nutmeg     |
| 1/2 cup sugar         | 2 cups scalded milk |

Beat eggs slightly and combine with sugar, salt, nutmeg and vanilla. Add milk slowly. Mix well and pour into unbaked pie shell. Bake 10 minutes 450°, then 325° for 25 minutes.

Blanche Ford '31

### Orange Coconut Pie

1 $\frac{3}{4}$  cup flour  
1 $\frac{1}{2}$  tbsp. oil

3 tbsp. boiling water

Mix, roll—for 8 or 9" pie fill with following:

1/4 lb. butter	} Cream	1/4 cup orange juice
1 1/2 cup sugar		8 oz. Angel Flake coconut
3 eggs beaten		Dash of salt

Bake 350°—25-30 minutes.

Pearl C. Moser Shappell '23

### Holiday Pie

1/2 box vanilla Wafers	1 cup sugar
1 pt. sour cream	1 drained can pineapple
1 tsp. vanilla	1 drained box strawberries

(1) Preheat oven to 325°F. (2) Grease pie pan; line pie pan with vanilla wafers—add mixture. (3) May garnish top of pie with almonds. (4) Bake for 25-30 minutes; cool overnight in refrigerator.

Sussanne Weisel Sagi '58

### Lemon Chess Pie

1 $\frac{3}{4}$ cups sugar	4 tsp. grated lemon rind
2 tbsp. corn meal, sifted	1/4 cup melted butter
4 eggs	1/4 cup milk
1/4 cup lemon juice	

Mix dry ingredients. Add eggs one at a time beating well. Add other ingredients and pour into unbaked pie shell. Bake in 350° oven from 45 to 50 minutes. Watch closely as oven temperature may vary.

Dorothy Bennett Fitzgerald '20

### Lemon Chiffon Pie

4 eggs beaten separately. Put yolks in double boiler beat slightly with spoon, add juice from 1 $\frac{1}{2}$  lemons and some grated rind. 1/2 cup sugar, pinch of salt. Cook until real thick. Beat egg whites firm with 1/2 cup sugar—add half beaten egg whites to thickened yolks. Pour in baked shell. Cover with rest of egg white, brown in oven. Cool in refrigerator. Serve cold.

Beatrice Foote O'Hara—W.H. '24

### Slice of Lemon Pie

Sift together: 2 cups flour; 1 tsp. salt

Cut in: 2/3 cup shortening

Sprinkle: 6 to 7 tbsp. cold water over mixture, tossing lightly until dough holds together. Form into 2 balls. Roll out one ball of pastry to fit 9 inch pie pan. Turn lemon filling into pastry lined pan. Roll out remaining pastry ball. Cut slits to allow escape of steam. Place on filling. Seal and flute edge. Brush with egg white and sprinkle with sugar and cinnamon. Bake at 400°F. 30 to 35 minutes.

Lemon Filling:

Combine: 1 $\frac{1}{4}$  cups sugar; 2 tbsp. flour; 1/8 tsp. salt.

Blend in: 1/4 cup butter. Mix thoroughly.

Add: 3 eggs, well beaten (Reserve 1 tsp. egg white for crust).

Blend well until smooth.

Grate: 2 tsp. lemon rinds from 1 $\frac{1}{2}$  medium sized lemons. Peel the lemon. Cut peeled lemon into paper thin slices.

Add: 3/4 cups water, lemon rind and slices to sugar mixture.

Blend well.

Margaret Henry Jones '50

### Lime Pie

1 baked pie crust or graham cracker crust

Filling:

2 large eggs	
1 can Eagle brand condensed milk	2 tbsp. sugar
	1/2 cup lime juice

Beat yolks and whites of eggs in separate bowl. Add pinch of salt and sugar gradually to whites. Mix milk, beaten yolks and lime juice, fold in whites. Pour mixture in crust. Let stand several hours. I prepare mine day B4 and refrigerate over nite. Delish!

Mildred H. Felter Sember '24

### Jubilee Cheese Pie

Unbaked 10" pie shell      2 eggs  
No. 2 can cherry or pine-      ½ cup granulated sugar  
apple pie filling mix      ½ tsp. vanilla extract  
1½ 8 oz. pkg. soft cream      1 cup commercial sour cream  
cheese      Nutmeg

1. Start heating oven to 425°. Make pie shell, be sure not to stretch pastry too thin, and make high fluted edge, turn pie filling mix into shell.
2. Bake 15 minutes.
3. Meanwhile with electric mixer or egg beater, beat cream cheese, eggs, sugar, and vanilla until smooth and creamy.
4. Reduce oven temperature to 350°. Carefully spoon cheese mixture over top of cherry pie filling mixture. Bake 30 minutes. Cool.
5. Spread sour cream over top of cooled pie, sprinkle with nutmeg.
6. Refrigerate until served.

Marian Thorp Williams '51

### Southern Pecan Pie

3 eggs  
1 cup sugar  
1 cup table molasses  
½ cup pecan nut meats  
2 cups butter or margarine  
¼ tsp. salt  
1 tsp. vanilla  
1 plain unbaked pie shell



Beat eggs until light, add sugar and beat again. Add molasses, melted butter and nut meats, salt and vanilla. Mix and pour into shell (9 inch). Bake 10 minutes at 400°. Lower heat to 350° and bake until custard is set.

Marion Hartman Burch '34

### Frosted Pineapple Pie

Bring to boil, 1¼ cup crushed pineapple  
Stir in until dissolved, one box lemon jello  
Add ¾ cup sugar—let cool until mixture begins to thicken.  
Whip until stiff—1 cup chilled evaporated milk  
Add 1 tbsp. lemon juice—add jello mixture and stir until well blended—pour into baked pie shell and chill—garnish with ground nuts, cherries and pineapple.  
Crushed strawberries or canned peaches can be substituted.

Ann Elizabeth Alexander Krall '42

### Frosty Pineapple Pie

1¼ cup crushed pineapple.      1 pkg. lime jello  
Bring to a boil      1 can evaporated milk.  
½ cup sugar      Chilled and whipped

Bring the pineapple to a boil, then add the sugar and jello and cool until dissolved. Let jello mixture congeal. Beat the evaporated milk until it stands in peaks. Mix jello mixture and evaporated milk and pour into a baked pie shell.

Makes 1 large and 2 small ones.

Mildred Dunkle Bowman '34

### Pumpkin Pie Filling

Add to 1¼ cup strained pumpkin

½ cup sugar      1 tsp. ginger  
2 tbsp. butter      ½ tsp. salt  
2 tbsp. molasses      2 egg yolks slightly beaten  
1 tsp. cinnamon      1¼ cup scalded milk

and mix thoroughly. Lastly fold in stiffly beaten egg whites. This gives finished custard a meringue appearance. Enough for 9" pie crust.

Bake 10 min. 400° oven then 15 min. 300° or until a knife blade placed in center returns clear.

Cora Lane Oesterblom '14

**Ritz Cracker Pie**  
(Tastes like apple pie)

2 cups water  
1½ cups sugar

2 tsp. cream of tartar  
20 Ritz crackers

Mix the water, sugar and cream of tartar in a sauce pan and bring to a boil. Add the Ritz crackers and boil 2 minutes. Do not stir. Have pie crust ready in a 9 inch pie pan. Pour in the above, dot with butter and sprinkle with nutmeg and cinnamon. Put on top crust, prick with fork and bake 450° till brown.

Betty Whysong Mathers '47

**Ritz Apple Pie**

1½ cups sugar  
2 cups water  
2 tsp. cream of tartar  
Dash of lemon juice



Boil this mixture for 2 min. Add 20 whole Ritz crackers. Fold gently. Boil one min. Turn into unbaked pie shell. Dot with butter and cinnamon. Top and bake.

Betty Piersol '34

**Penna. Dutch Shoo-Fly Pie**

1 cup molasses  
2 cups brown sugar  
1 egg, unbeaten

2 cups hot water  
1 tbsp. baking soda

(Mix these ingredients together in a bowl. Divide into three 8 or 9 inch pie shells unbaked)

Mix together the following into crumbs and put over the top of the pies.

3 cups flour  
1 cup brown sugar

½ cup shortening

Bake at 350 degrees for one hour.

Joyce Spangler Week '48

**Southern Coconut Pie**

2 eggs beaten  
1 cup Karo syrup  
⅛ tsp. salt  
1 tsp. vanilla

1 cup sugar  
2 tbsp. butter  
1 cup fresh coconut

Mix together—put in an unbaked pie shell—bake at 400° for 40 minutes or until a silver knife comes out clean.

Mildred English Hively '31

**Shoo-fly Pie**

Liquid:

½ cup molasses (King syrup)  
½ cup hot water

½ tsp. baking soda dissolved  
in a few drops vinegar

(Stir this in molasses and water)

Crumbs:

¾ cup flour  
½ cup brown sugar  
2 tbsp. shortening  
⅛ tsp. nutmeg

⅛ tsp. cloves  
½ tsp. cinnamon  
¼ tsp. salt

Combine above dry ingredients, working in the shortening. Line pie pan with pastry. Put liquid in the bottom. Top with the crumbs, and bake at 425° for 15 minutes then 350° for 45 minutes.

Jean Beard Ecker '58

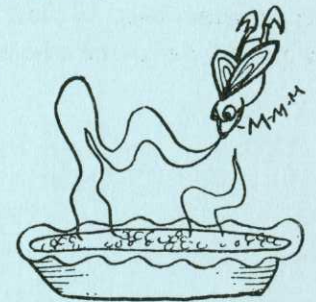
**Shoo-fly Pie (Penna. Dutch)**

4 cups flour  
1 cup brown sugar  
1 cup shortening

Mix well and take ½ cup out for topping. Mix with dry ingredients—

1 cup baking molasses  
1 cup hot water  
1 tsp. soda (mix with H<sub>2</sub>O).

Put in baking tins and bake like a cake—put crumbs over batter.



Barbara Bowen Lewis '53

### Shoo-Fly Pie

Line 9 inch pie pan with pastry. Trim and flute edges. Fill pie pan with filling and bake at 350° until firm.

Combine: 1½ cups flour; 1 cup brown sugar

Add: ¼ cup butter to make crumbs

Dissolve: ½ tsp. baking soda in ½ cup hot water

Add: ½ cup baking molasses

Alternate layer of crumbs and liquids with crumbs on top.

Margaret Henry Jones '50

### Strawberry Glaze

3½ cups fresh berries (1 qt.)

¾ cup sugar

2 tbsp. cornstarch

¼ tsp. salt

1 cup water



Line 9 in. baked pie shell with berries, combine sugar, cornstarch, salt and water and cook over low heat until thickened and clear. Pour glaze over berries. Chill. Before serving, garnish with whipped cream and whole berries.

Doris Young Moore '47



"THESE FANCY DESSERTS  
CAN BE TRICKY."



## DESSERTS

Date Delight  
Ye Good Dessert  
Dessert — Original  
A Little Bit of Heaven  
Glad's Pineapple Dessert  
Date and Nut Loaf

Lemon Bisque  
Freda's Cherries Jubilee  
Cranberry Loaf  
Jelly Roll  
Strawberry Fritters

### Cupcakes — Tarts — Tortes

Chocolate Cupcakes  
(Malick)  
Mile-A-Minute Cupcakes  
Chocolate Cupcakes  
(McDonald)  
Party Torte

Raisin Cupcakes  
Danish Tarts  
Cheese Cake Torte  
Fresh Fruit Torte  
Cocoanut Crunch Torte

### Waffles — Sauces — Jams

Ice Cream Cakewich  
Chocolate Waffles  
Orange Sauce

Apple Whip Sauce  
Home Made Chocolate Sauce  
Strawberry Jam

### Crunch — Crumbles — Dumplings

Apple Crunch  
Cranberry Apple Crumble

Apple Dumplings

### Candy

Chinese Chews  
Candied Reel — Citrus  
Sees California Fudge  
Nut Gum Drops

Peanut Brittle  
Peanut Butter Fudge  
Fudge

### Puddings

Jefferson Pudding  
Pudding — "A" Delight  
Bread Pudding  
Creamy Rice Pudding

Never Fail Creamy  
Rice Pudding  
Ozark Pudding  
Bread Custard Pudding

## DESSERTS

*Desserts, special, original and galore,  
Read them through and try,  
You will wish for more,  
As the years go by.*

### Date Delight

Serve this dessert plain or with whipped cream, either before it has cooled or after it has cooled.

1 cup sifted all-purpose flour	3 eggs-white, beaten stiff
1 cup sugar	1 cup chopped dates
1 tsp. baking powder	1 cup chopped walnuts
¼ tsp. salt	1 tsp. vanilla

Sift flour, sugar, baking powder and salt. Stir into egg whites with dates, nuts and vanilla. Fill buttered custard cups  $\frac{2}{3}$  full. Bake at 350° for 20-25 minutes. Serves 6-8 people.

Nadine Dopirak Fetsko '48

### "Ye Goode Dessert"

(Ice box)

Crush 14 Graham crackers with 2 tbsp. butter, melted. Pat  $\frac{1}{2}$  of mixture in 8 x 8 inch pan. Dissolve 30 large marshmallows and 1 sq. bitter chocolate in  $\frac{1}{2}$  cup milk in top of double boiler. Cool thoroughly. Add  $\frac{1}{2}$  pint whipping cream, whipped stiff. Pour into pan—top with remaining crumb mixture. Chill for 24 hours. Cut into squares for serving. (Approx. servings 12-16).

Barbara M. Brown Breen '49

### Dessert—original

Slice 2 or 3 bananas—add juice of 2 Sunkist oranges  
 $\frac{1}{2}$  cup miniature marshmallows 1 tbsp. cocoanut flakes  
Mix—dish and top with crushed cherry topping. Serve with cookies or any salted thins. Sugar to taste if desired. (I never use it with sugar).

Pearl Moser Shappell '23

### A Little Bit of Heaven

(Ice box)

4 tbsp. melted butter

20 Graham crackers crushed

Mix and put  $\frac{3}{4}$  of these crumbs in refrigerator tray. (8x10 $\frac{1}{2}$ x1 $\frac{1}{2}$ ).

30 marshmallows

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

Dissolve 30 marshmallows in  $\frac{1}{2}$  cup warm milk. Beat and cool.

Do this in double boiler.

1 cup whipped cream—fold in marshmallow mixture.

Add: 1 drained large fruit cocktail and 1 drained small crushed pineapple, and  $\frac{1}{2}$  cup chopped walnuts. Pour into tray and add remaining crumbs. Freeze at least 3 hours. Serves 10-12 bridge dessert.

Gladys Reed White '42

### Glad's Pineapple Dessert

(Ice box)

2 large cans (chunk pineapple) 1 pt. jar maraschino cherries  
2 bags miniature marshmallows (or 16 to 20 large marshmallows—cut up)

1 pt. heavy cream (whipping)  $\frac{1}{2}$  tsp. vanilla

Drain pineapple, cut cherries, add marshmallows—mix well. Whip cream—add vanilla—fold in lightly with other mixture (mix lightly). Decorate top with mint leaves and cherries. Store in refrigerator until chilled. Serve.

Gladys Higgins Parsons '29

### Date and Nut Loaf

1 lb. marshmallows (cut)  $\frac{1}{2}$  lb. Graham crackers  
 $\frac{1}{2}$  lb. dates (cut) (crushed)  
1 cup nut meats (cut)  $\frac{1}{2}$  pt. cream

Mix well together—form into two loaves. Let stand in refrigerator for 12 hours. Cut in slices—serve with sauce or whipped cream.

Frances Huston Rumberger '41



### Lemon Bisque

(Ice box)

3 eggs, separated

1 $\frac{3}{4}$  cup sugar

6 tbsp. lemon juice

1 cup whipped cream

$\frac{1}{4}$  tsp. salt

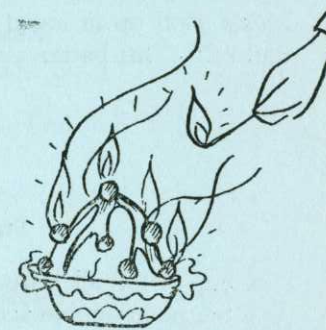
1 pkg. vanilla wafers or graham crackers

Cook egg yolks, salt, sugar and lemon juice until thick. (Beat whites, beat cream). Fold whites in whipped cream. Add this mixture to egg mixture. Line tray with crumbs. Pour in custard and sprinkle more crumbs on top. Freeze but do not freeze too hard.

Orpha Fairlamb Lucas '27

### Fredás Cherries Jubilee

No. 2 can black cherries (pitted). Add two thin slices of lemon—heat—but do not boil—in the blazer pan of a chafing dish—directly exposed to the flame. Sprinkle cherries with  $\frac{1}{4}$  cup sugar blended with  $\frac{1}{2}$  tsp. cinnamon. Stir until you have a steaming mixture. Then add  $\frac{1}{2}$  cup brandy that has been warmed. Touch a match to this mixture. A striking flame—shot with blue and gold will flare-up. As soon as the flame flickers out, spoon cherries generously over dishes of lime or vanilla ice cream.



Julia Tyler Gaskill '34

### Cranberry Loaf

2 cups sifted flour

1 cup sugar

1 $\frac{1}{2}$  tsp. baking powder

$\frac{1}{2}$  tsp. soda

1 tsp. salt

Sift together

2 tbsp. shortening

Juice and rind of 1 orange

Boiling water to make  $\frac{3}{4}$  cup

1 beaten egg (added to liquid)

1 cup chopped cranberries

1 cup chopped nuts

Add wet ingredients to dry ingredients, stir—then add cranberries and nuts. Grease loaf pan, let stand 20 minutes then put in oven (350°)—1 hour.

Mary A. Benedict Weller '43

### Jelly Roll

4 eggs, separated	1 tsp. vanilla
3 tbsp. cold water	¼ tsp. salt
1 cup sugar	1¼ tsp. baking powder
1 tsp. lemon juice	1½ tsp. cornstarch

Flour to make 1 cup—add salt and sift 3 times.

Beat yolks of eggs until very light. Add cold water. Slowly add sugar, beating until the grain is smooth. Add vanilla and lemon juice. Lightly fold in sifted ingredients. Beat egg whites stiff to peak. Fold into batter. Bake in greased paper lined cookie sheet about 20 minutes, 350° F. oven.

Spread clean tea towel on table, sprinkle generously with powdered sugar. Turn out cake onto towel. Strip off paper. Trim crusts. Roll up in towel for 1 minute. Unroll. Spread with jelly and roll. (This batter also makes nice cup cakes).

Elizabeth Youngblood Gaul '31

### Strawberry Fritters

1 cup sifted all purpose flour	½ cup water
1 teaspoon double acting baking powder	2 cups ripe strawberries
½ teaspoon salt	Golden shortening for deep frying
2 tablespoons sugar	Confectioners sugar
2 eggs, separated	Whipped cream

Combine flour, baking powder, salt and sugar in mixing bowl. Beat egg yolks with the water and stir in dry ingredients. Add sliced berries. Beat egg whites until they peak softly and fold into the strawberry batter.

Melt enough golden shortening to half fill pan in which fritters are to fry. Heat to 365 F (a one inch cube of bread will brown in 1 minute).

Drop batter into hot fat by tablespoonsful. Fry about 5 minutes, or until golden on all sides. Drain on absorbent paper. Serve hot with confectioners sugar and whipped cream.

Florence Kaufman '23

### Cupcakes — Tarts — Tortes

*Unusual, delicious, and satisfies the taste,  
Created for the young and old,  
Able to make without waste,  
This is the information I am told.*

### Chocolate Cup Cakes

1 egg	1 cup sugar
½ cup cocoa (sift)	1 tsp. vanilla
½ cup Crisco	½ tsp. salt
1½ cups flour (sift)	1 tsp. soda
½ cup milk	½ cup hot water

Do not mix until last item has been added. Beat well. Bake 15 to 20 minutes at 350°.

Mary Stauffer Malick '28

### Mile-a-Minute Cupcakes

½ cup shortening	
1 cup sugar	
1 egg	
1½ cups flour	
¼ tsp. salt	
1 tsp. baking powder	
½ tsp. soda	
½ cup cocoa	1 tsp. vanilla
½ cup milk	½ cup hot coffee



Thoroughly cream shortening and sugar. Add egg and beat well. Add flour, sifted with salt, baking powder, soda and cocoa, alternately with milk. Add vanilla and coffee. Fill cupcake pan two-thirds full. Bake in 375° oven 20 minutes. Makes 1½ dozen cupcakes.

Mary Woomer Boyd '30

### Chocolate Cup Cakes

Double-quick method. Makes approximately 30 cup cakes.

4 cups cake flour	2 cups Miracle Whip
2 cups sugar	(Kraft's)
4 tsp. baking soda	2 tbsp. vanilla
$\frac{2}{3}$ cup cocoa	2 cups cold water

Combine dry ingredients and sift together. Add Miracle Whip, vanilla and water. Beat with electric mixer approximately 3 minutes. Bake 15 min. at 375°.

Betty L. Johns McDonald '48

### Party Torte

Torte:

2 cups grated pecans  
4 egg yolks  
4 egg whites  
1 cup sugar  
2 tbsp. flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. baking powder  
1 tbsp. orange juice or rum  
flavoring

Frosting:

6 oz. pk. semi-sweet chocolate tidbits  
 $\frac{1}{2}$  cup commercial sour cream  
Few grains salt  
Chopped nuts  
 $\frac{1}{2}$  cup whipping cream  
 $\frac{1}{2}$  tsp. grated orange rind

Method:

1. Beat egg yolks until light and thick, then add sugar gradually and beat until well blended.
2. Mix and sift together flour, baking powder and salt, then add to mixture.
3. Add juice or rum flavoring. Fold in stiffly beaten egg whites.
4. Turn into two 8 inch cake pans which have been greased and lined with wax paper.
5. Bake in a 350° oven for 25 minutes.
6. Cool and remove from pan.
7. About 3 hours before serving time, put layers together with whipped cream flavored with  $\frac{1}{2}$  tsp. grated orange rind.

Frosting: Melt chocolate over hot water, then stir in sour cream and a few grains of salt. Spread over top and sides of cake and garnish with nuts.

Maggie Lloyd Clarke '17

### Raisin Cup Cakes

1 box seeded raisins

Boil raisins in 2 cups water 15 minutes. Add 1 cup cold water—then

2 cups sugar	1 tsp. cinnamon
$\frac{1}{2}$ cup crisco	1 tsp. cloves
1 tsp. salt (scant)	1 tsp. all spice
1 tsp. soda	1 cup nuts
4 cups flour (sift 2 times)	

Fill cups  $\frac{1}{2}$  full. Bake at 375° 15-20 minutes. Makes approximately  $3\frac{1}{2}$  doz.

Shirley Mackley Hoffert '50

### Danish Tarts

Sift together:

2 cups of flour  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt

Add:

$\frac{1}{2}$  cup shortening  
Mix until mixture is fine and crumbly

Blend separately:

$\frac{3}{4}$  cup sugar

1 egg

Stir into shortening mixture—form into balls and put in greased muffin tins. Make dent in middle and put a spoon of jelly in dent. Bake at 400° for 15-20 min.

Joan F. Gasperon '58

### Cheese Cake Torte

Cream well to soften: 3 8-oz. pkgs. cream cheese

Beat until stiff: 4 egg whites (if small, use 5)

Blend in: 1 cup sugar

Combine with cheese and add: 1 tsp. vanilla

Pour into 8" spring form pan—3" deep, butter and dusted with  $\frac{2}{3}$  cup Zwieback crumbs (4 rusks)

Bake at 350° (mod. oven) 25 min.

Mix together and spread over top: 2 cups thick sour cream

Sprinkle  $\frac{1}{3}$  cup toasted, shaved blanched almonds on top. Bake 5 min. longer at 475° (very hot oven). Chill 2 hours. If desired garnish with fresh fruits.

Jane Reimer Lemmon '53

### Fresh Fruit Torte

Mix: 6 oz. flour; 2 oz. sugar; 1 tsp. baking powder; 4½ tbsp. butter (cut up in small pieces and mix in by hand); 1 egg.

Chill—press into bottom of 8" or 9" round pan. Bake 325° for about 20-25 min. or until brown. Cool. Cover with fruit (strawberries, canned dark cherries, canned half apricots).

Then make a glaze for the top of the fruit with the juice of the fruit.

Boil: ¾ cup juice.

Add: 2 tbsp. corn starch (to thicken).

Slowly add rest of juice to it, to thin mixture out to spreading consistency and quickly pour over cake. Let cool.

With apricots, sprinkle coconut on fruit before adding glaze.

Other variations—before baking dough, slice fresh tragedy plums and arrange on dough, cover with cinnamon crumbs and bake about 45-55 min.—also can use fresh peaches or apples.

Crumbs: 2 tbsp. flour; 2 tbsp. sugar; 2 tsp. cinnamon; 1 tbsp. butter. Mix till crumbly.

Trudy Amend Lange '53

### Coconut Crunch Torte

- 1 cup graham cracker crumbs
- ½ cup chopped moist shredded coconut
- ½ cup chopped walnuts
- 4 egg whites
- 1 cup sugar
- ¼ tsp. vanilla



Combine graham cracker crumbs, coconut and nuts. Beat egg whites with salt and vanilla until foamy. Gradually add sugar and continue beating until egg whites form stiff peaks. Fold graham cracker mixture into egg white mixture. Spread in well greased (10 x 6) baking pan.

Bake about 30 min. at 350 degrees. Serve with scoops of butter brickle ice cream.

Mildred Webner Witmyre '31

### Waffles — Sauces — Jams

*Waffles, Sauces, Jams go together,  
Of this, I am sure you will agree,  
Can be tried in all kinds of weather,  
In-door, out-doors, also while traveling on land or sea.*

### Ice Cream Cakewich

Slice an angel food loaf cake lengthwise. Place a layer of vanilla ice cream one inch thick between cake slices, sandwich fashion. Make topping of 1 pkg. Dream Whip, whipped, 1 cup drained crushed pineapple, 1 cup miniature marshmallows, ¼ cup chopped nuts, and 1 pkg. frozen strawberries, well drained. Keep in freezer until read to serve. The loaf will slice easily as soon as it is taken from freezer.



Dora Adams Reynolds '32

### Chocolate Waffles

- |                      |                            |
|----------------------|----------------------------|
| 1¾ cups flour        | 2 eggs, well beaten        |
| 3 tsp. baking powder | 1 cup milk                 |
| ½ tsp. salt          | 2 tbsp. melted butter      |
| 6 tbsp. sugar        | 2 squares chocolate melted |

Mix and sift dry ingredients, add milk, eggs, butter, and chocolate. Bake in waffle iron—using 2½ tbsp. per baking. Serve hot with vanilla ice cream. Makes 8 waffles.

Zelda Rowe Mencer '29

### Orange Sauce

Beat 1 egg white until very stiff. Add 2 tbsp. sugar gradually, beating constantly. Just before serving add: 1½ tsp. orange juice and 1 tsp. lemon juice. Delicious on Spanish cream.

Jessie Rorabaugh Hearn '15

### Apple Whip Sauce

Beat 1 egg white very stiff. Sweeten to taste and gently fold in ½ cup grated apple. Use as a substitute for whipped cream on bread puddings and etc.

Jessie Rorabaugh Hearn '15

### Home Made Chocolate Sauce

2 cups sugar                      2½ squares Baker's Bitter  
¾ cup whole milk                      Chocolate  
1. melt chocolate    2. add whole milk    3. add sugar.

Cook sauce until soft ball forms when dropped into cold water (5-10 minutes over low flame). (Stir constantly) Remove from stove immediately and melt 2 tbsp. butter in it. Add ⅓ tsp. vanilla—serve as topping for ice cream, desserts, etc. May be stored in refrigerator and reheated.

Noreen King Poole '56

### Strawberry Jam

2 cups sugar                      ⅓ cup water

Cook till it spins a thread or 236 degrees.

Add 1 qt. strawberries. Bring to a boil and let boil 10 minutes. Add another 2 cups sugar. Cook slowly another 10 minutes. Remove from fire. Let set over nite to plump and then jar and seal.

Alice Daniels Embree '29

### Crunch — Crumbles — Dumplings

*These are different,  
But simple to make,  
Just take your time,  
And watch them bake.*

#### Apple Crunch

1 cup sugar                      1 egg  
1 cup flour                      1 pinch salt  
1 tsp. baking powder

Mix with a fork

Mix all the above ingredients together. Grease a pan—fill with apples (sliced). Sprinkle top of apples with cinnamon, sugar, butter and lemon according to quantity of apples used. Put mix (crumbs) over the apples and sprinkle with 2 tbsp. water. Bake at 400° until apples are soft and the top browned.

Phoebe Risser Haldeman '06

#### Cranberry Apple Crumble

4 cups sliced apples                      1 cup brown or white sugar  
⅓ cup oleo                      1 lb. can whole cranberry  
¾ cup flour                      sauce  
1 tsp. cinnamon

Place sliced apples in long casserole, spoon cranberry sauce over apples and sprinkle with cinnamon. Rub together flour, sugar and butter, and sprinkle over cranberry and apples. Bake at 350° about 30 minutes. Serve hot or cold with milk or ice cream.

Blanche Ford '30

#### Apple Dumplings

4 large and 4 medium sized                      butter  
apples                      Powdered sugar, butter,  
1 box pie dough mix                      brandy  
Brown sugar, cinnamon and

With medium apples make apple sauce. With large apples, core, peel and put in large piece of dough. In center put tbsp. brown sugar, butter and sprinkle cinnamon.

For top, mix, 2 cups powdered sugar, 1/6 lb. butter and brandy to taste good.

To serve hot put apple sauce in large round dish, then hot apple dumplings and then the brandy sauce.

Emma M. Bahner '31

## Candy

*These recipes are rich and tempting,  
But OH! so good indeed,  
They satisfy that longing,  
With something your stomach needs.*

### Chinese Chews

- 3/4 cup flour
- 1 cup chopped dates
- 2 eggs
- 1 cup granulated sugar
- 1 cup broken walnuts



Beat eggs well, add sugar, dates, walnuts & flour. Spread mixture in a tin 11" x 8". Bake in a moderate oven (350°) for 20 minutes. When baked cut in squares and roll in powdered sugar.

Helen Reid Morrow '01

### Candied Peel—Citrus

Cover peel with cold water. Bring to a boil and cook until tender, pouring off water and adding fresh cold water several times. Drain, cut peel into thin strips with scissors. Make syrup by boiling:

- 1 cup sugar
- 1/2 cup water until it threads. If red or green peel is desired. Add a few drops of red or green vegetable coloring to syrup. Add shredded peel and cook over low heat until syrup is absorbed. Roll each strip in sugar until coated. Let cool before packing. (Orange, grapefruit).

Mary E. Bowser Benton '23

### Sees California Fudge

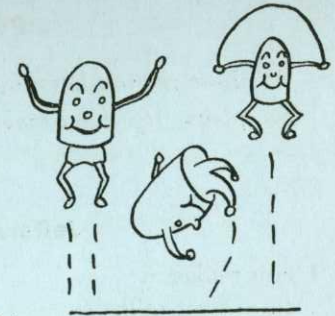
- 4 1/2 cups sugar
  - 1 large can evaporated milk
- Boil together over low flame for 10 minutes, stirring constantly. Pour over 3 pkgs. chocolate chips
- 1 cube margarine
  - 1 pint jar marshmallow creme
- Mix thoroughly and beat 10 to 15 minutes. Add 2 cups nuts and 2 tsp. vanilla. Pour in greased pan and chill in refrigerator. This makes 5 pounds.

Anna Troxell Humphreys '51

### Nut Gum Drops

Dissolve 1 pkg. flavored gelatin in 1 cup hot applesauce, add 1 cup sugar. Stir over low heat until fully dissolved. Add 2/3 cup chopped nuts. Pour into greased pan. Chill and cut into squares and roll in sugar.

Estelle Steigerwalt Taylor '24



### Peanut Brittle

- 2 cups sugar; 1/2 cup milk; piece of butter (1 tbsp.)

Boil to soft crack—280 degrees

Add 2 cups peanuts, raw or cooked

Cook 2 min. or until light golden brown—stir—take off stove.

Add 2 tsp. soda; 1 tbsp. butter; 1 tsp. vanilla

Stir well for 1-2 minutes and then pour in butter pan (need not beat).

Alice Freed Moore '40

### Peanut Butter Fudge

- 2 cups sugar; 1/2 cup milk; piece of butter (1 tbsp.)

Stir until it boils

Boil about 2 or 3 minutes (until soft ball forms)

Take from fire and add:

- 4 tbsp. peanut butter; 4 tbsp. marshmallow

May be heaped

Stir well for 1-2 minutes and then pour in buttered pan (need not beat.)

Elizabeth A. Ossman '59

### Fudge

- 3 cups of sugar

- 2 tbsp. cocoa

- 1 cup cream

Mix sugar and cocoa thoroughly and add cream. Cook slowly until it forms a soft ball. Beat as it cooks, then pour on greased plates.

Viola Acheson Hayes '27

## Puddings

All these recipes have been tried, tested and true  
So, please try them and see what they can do for you

### Jefferson Pudding

1 cup molasses	1/2 cup melted butter
1 cup sweet milk	3 cups flour
1 1/2 cup raisins	1/2 tsp. soda

Boil two hours and serve with hard sauce.

(This was a favorite at Maternity in 1903 when we were on Locust street on Washington Square and Miss Sara Martin was head of Maternity).

Blanche Lichty Snavelly '04

### Pudding—"A Delight"

1/3 oz. package cream cheese  
3 cups milk  
1 tbsp. plain gelatin  
4 eggs  
1/2 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla



Mix cheese with 4 tbsp. milk to paste. Add remaining milk and stir. Sprinkle gelatin on surface and let stand to soften. Heat over boiling water. Add 1/4 cup sugar. Stir until mixture is hot and sugar and gelatin is dissolved. Pour slowly on egg yolks slightly beaten with 1/4 cup sugar and salt. Return to double boiler and cook until slightly thickened, stirring constantly. Remove from double boiler as soon as it coats spoon. Add vanilla and cool at room temperature 10 minutes. Fold lightly into stiffly beaten egg whites. Turn into large mold that has been rinsed in cold water. Chill until firm.

Apricot sauce: 1/2 lb. dried apricots stewed—mash—sweeten to taste.

Nora E. Shoemaker '08

### Bread Pudding

3 eggs	2 slices stale bread (buttered and cubed)
3 cups milk	
3/4 cups sugar	

Beat 3 eggs till creamy. Stir in sugar. Add milk gradually. Pour into casserole or pudding pan. Place cubed bread on top. Sprinkle with nutmeg. (Set all of this in pan of water, as this is very important.) Bake in oven 350° for about 1 hour.

Test by putting a table knife down the middle of pudding. If knife comes out clean, pudding is done.

Take out of water pan immediately and put on rack to cool, before putting in refrigerator.

Betty Piersol '34

### Creamy Rice Pudding

1/2 cup rice	1 qt. milk
1 cup water	1 large can evaporated milk
1/4 tsp. salt	1 1/4 cup sugar
3 eggs	1 tsp. vanilla

Wash rice. Add water and cook slowly. Add qt. milk, cook slowly for 25 minutes, stirring frequently. Meanwhile, beat eggs until light. Add 1 cup evaporated milk, sugar and vanilla. Mix well. Add this mixture to the rice at the end of the 25 min. cooking period. Bring just to boiling point. Remove from heat, sprinkle with nutmeg and cool.

(This is terrific. It's been published in 2 newspapers. A family favorite. Easy to make.)

Rachel Irvine Herbert '48

### Never Fail Creamy Rice Pudding

3 tbsp. Rice; 3/4 cups sugar (heaping); 1 quart & 1 cup milk

Wash rice thoroughly through several waters.

Mix all three ingredients together and stir well.

Heat oven to 350 and bake 2 hours (stirring 3 or 4 times during this baking time).

The last 20 min. Do Not stir, so a Brown topping will form. Raisins may be added at the last stirring (approx. last 20 min. of baking).

Betty Piersol '34



### Ozark Pudding

- 1 egg
- $\frac{3}{4}$  cup sugar
- 2 tbsp. flour
- $1\frac{1}{4}$  tsp. baking powder
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{2}$  cup nuts
- 1 heaping cup chopped apples
- 1 tsp. vanilla



Beat egg and sugar together until very smooth. Combine flour, baking powder and salt; stir into egg mixture. Add nuts, apples and vanilla. Bake in greased pie pan in moderate oven  $350^{\circ}$ . Serve with whipped cream or ice cream. (4 servings)

Geraldine Stemler Strye '50

### Bread Custard Pudding

- |   |   |
|---|---|
| 6 eggs (beaten)                                 | 1 qt. milk—scalded                            |
| $\frac{1}{4}$ tsp. salt                         | $\frac{1}{4}$ cup seedless raisins—if desired |
| $\frac{3}{4}$ cup sugar                         | Nutmeg  |
| 2 or 3 slices bread buttered and cut in squares | 1 tbsp. vanilla                               |

Mix eggs, salt, sugar, and milk together, and add vanilla and nutmeg. Place buttered bread squares in deep casseroles. Sprinkle raisins over bread. Add the custard liquids. Place in pan containing a half-inch of water. Bake in a  $375^{\circ}$  oven for 45 minutes.

Ruth Smith Davis '26



“NOW..... LET ME SEE.....”

## COOKIES

Fudge Brownies	Mission Cookies
Butter-Nut Balls	Nut Cookies
Old Fashioned Butterscotch Cookies	Molasses Crinkles
Blonde Brownies	Oatmeal Cookies
Butterscotch Brownies	Oatmeal Chip Cookies
Butter Cookies	Swedish Cakes
Cheese Cookies	Pineapple Cookies
Chocolate Drop Cookies	Peanut Butter Cookies
Unbaked Chocolate Drops	Pecan Bars
Cowboy Cookies	Sugar Cookies (Purinton)
Chocolate Squares	Raisin Date Bars
Drop Sugar Cookies	Raisin-Filled Cookies
Crunchy Brunch Cookies	Scandinavian Cookies
Crunchy Mound Confections	Snicker-Doodles
Gingerbread with Crumbs	Sugar Cookies (Hershey)
Ginger Cream Cookies	Raisin Cookies
	Oatmeal Mincemeat Bars

## COOKIES

### Fudge Brownies

2 eggs	1/2 cup chopped pecans for the top
1/4 lb. butter	1 tsp. vanilla
1/4 cup sifted flour	1/4 tsp salt
2 sq. chocolate	
1 cup sugar	

Beat eggs, add sugar and beat again. Add butter and chocolate melted together, vanilla and salt and heat well. Add flour and beat until smooth. Put in 8 x 8" pan and top with chopped pecans. Bake 350° for 30 min.

Virginia Emmert Leo '31

### Butter-Nut Balls

(These will freeze)

2 cups sifted all-purpose flour	1/2 cup sugar
1/2 tsp. salt	2 tsp. vanilla
1/2 cup butter or margarine	2 cups finely chopped pecans
1/2 cup shortening	2 tbs. cocoa
	Confectioner's sugar

Sift together flour and salt. Cream butter or margarine, shortening, sugar and vanilla until fluffy. Add sifted dry ingredients. Add pecans and mix well. Divide dough in half. To one part add the cocoa. Chill both doughs. Shape into 1" balls and place on ungreased cookie sheets. Bake at 325° about 20-25 min. Cool. Then roll in confectioner's sugar. Makes 6 doz. cookies.

### Old Fashioned Butter Scotch Cookies

2 cups brown sugar	1 tsp. vanilla
1 cup Crisco	1 tsp. baking powder
2 eggs	1/2 tsp. soda
1 cup nutmeats	1 tsp. salt
3 cups all-purpose flour	

Cream sugar and crisco, add beaten eggs—nuts and vanilla. Sift flour, soda, salt and baking powder. Add to mixture. Place on wax paper and form into 3 oblong rolls. Chill over night. Slice—bake 350°—10 minutes. Makes 12 doz. cookies.

Ann Knight Hill '05

### Blonde Brownies

- 2¾ cup sifted flour
- 2½ tsp. baking powder
- ½ tsp. salt
- ⅔ cup shortening
- 2¼ cup brown sugar (1 lb. pkg.)
- 1 pkg. chocolate chips
- 3 eggs
- 1 cup broken nutmeats



Mix and sift flour, baking powder and salt. Melt shortening and add brown sugar, stir until well mixed. Allow to cool slightly. Add eggs, one at a time, beating well after each. Add dry ingredients, then nutmeats and chocolate chips. Pour into greased pan 10½ x 15½ x ¾". Bake at 350 degrees 20-25 minutes. Cool, cut into 2 x 2 squares. Makes 48.

Sara Patton Saunders '39

### Butterscotch Brownies

- |                        |                                  |
|------------------------|----------------------------------|
| ⅓ cup butter or oleo   | 1 tsp. baking powder             |
| 1 cup dark brown sugar | ½ tsp. vanilla                   |
| 1 egg, unbeaten        | ½ cup nutmeats, broken in pieces |
| ¼ tsp. salt            |                                  |
| ¾ cup flour            |                                  |

Melt butter, add other ingredients, and spread in buttered pan, 8 x 8". Bake 25 min. at 350°. Cut in squares or strips. Makes 16 or more. Can be baked in aluminum pie pan for storage in freezer.

Serve at room temperature plain or topped with vanilla ice cream and maple syrup.

Lois Longacre Kelly '42

### Butter Cookies

- |                              |                     |
|------------------------------|---------------------|
| 1 lb. butter (well softened) | 1 egg               |
| 1 cup sugar                  | 4 cups sifted flour |

Cream butter and sugar until light and fluffy. Add egg and beat well. Mix in flour. Use a cookie tube or drop from teaspoon. Bake at 425° until delicately brown around the edges. About 8 to 10 min. (Butter gives the flavor).

Katherine Childs—Honorary member

### Cheese Cookies

- |                             |                |
|-----------------------------|----------------|
| 1 pkg. creamed sharp cheese | 1 tsp. paprika |
| ½ lb. butter                | ½ tsp. Cayenne |
| 3 cups flour (sifted)       | 1 tsp. salt    |

Mix thoroughly until well blended, form into rolls (cylinders), wrap in foil, store in refrigerator several hours or overnight until firm. Slice very thin, bake on cookie sheet in preheated oven, 250° about 15 minutes.

Dorothy M. Mertz Stern '47

### Chocolate Drop Cookies

- |                   |                                |
|-------------------|--------------------------------|
| ½ cup shortening  | ½ cup cocoa                    |
| 1 cup brown sugar | ½ cup milk                     |
| 2 eggs            | 1 cup chopped nuts, or coconut |
| 1½ cups flour     | 1 tsp. vanilla                 |
| ½ tsp. salt       |                                |
| 1 tsp. soda       |                                |

Cream shortening and sugar together—add vanilla. Add beaten eggs. Continue to beat until fluffy. Sift flour. Measure and add cocoa, baking soda and salt.

Sift again. Add sifted dry ingredients alternately with milk. Beat until blended. Add nuts. Drop by teaspoonfuls onto a greased baking sheet, spaced 1 to 2 inches apart. Bake at 375° for 8 to 10 minutes.

Kathryn Hafer Eyrick '48

### Unbaked Chocolate Drops

- |              |                 |
|--------------|-----------------|
| 2 cups sugar | ¼ tsp. salt     |
| ½ cup butter | 4 tbspc. cocoa. |
| ½ cup milk   |                 |

Mix together in saucepan—let come to a boil and boil for only 1 minute.

Remove from burner—add ½ cup peanut butter and 1 tsp. vanilla. Mix well and pour over 2½ cups quick cooking oatmeal and ½ cup coconut. Stir well and drop onto waxed paper from teaspoon.

Bertha Walters '44

### Cowboy Cookies

- 2 cups of flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- Sift together
- Add 2 cups rolled oats
- 1 pkg. chocolate bits
- 1/2 cup nuts, if desired
- 1 cup margarine
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs



Mix together and combine with above ingredients. Add 1 tsp. vanilla.

Drop with teaspoonful on cookie sheet. Bake 12 minutes at 350°. Makes about 5 or 6 doz. cookies.

3/4 cup of raisins may be substituted for the chocolate bits and nuts.

Jean M. Pachelbel '52

### Chocolate Squares

Melt together

- 2 1/2 ounces chocolate
- 1/4 lb. butter

Add

- 3/4 cup sugar
- 2 whole eggs (beat lightly)
- 1 cup nuts (cut)
- 3/4 cup flour
- 1 tsp. vanilla
- 1/2 tsp. baking powder

Bake 15 minutes at 350°.

Marie J. Di Marco—W.H. '41

### Drop Sugar Cookies

- 2 cups sugar (1 white and 1 brown as you like)
- 1 cup shortening
- 2 eggs with milk to fill cup
- 2 tbsp. water to rinse cup
- 4 cups flour
- 1 tsp. salt
- 2 tsp. baking powder
- 1 tsp. soda

Cream shortening and sugar, add eggs and milk lightly beaten. Sift dry ingredients, mix well, drop on greased baking sheet. Bake 15 minutes at 400 degrees.

Hattie Dinsmore Stackhouse '09

### Crunchy Brunch Cookies

- 3/5 lb. butter
- 2 lbs. brown sugar
- Beat well
- 4 eggs (keep out 1 1/2 whites for brushing on cookie tops)
- 3/4 tsp. salt
- 1/2 tsp. almond extract
- 1 1/2 tsp. vanilla
- 1 lb. flour (more if needed)

Form into rolls in diameter desired for cookies. Wrap in wax paper, chill for several hours. Slice very thin, brush with egg white and top with chopped peanuts or cinnamon and sugar. Bake at about 400 degrees on well greased and floured tins. Makes about 150 cookies.

Maude I. Clippinger Faust '04

### Crunchy Mound Confections

(A good teen age snack)

- 1 cup sugar
- 1 cup dark corn syrup
- 2 tbsp. water
- 1 tbsp. butter
- 1 cup chocolate chips
- 1 cup peanut butter
- 5 cups Rice Chex
- Coconut

Combine sugar, syrup, water, and butter in sauce pan. Bring to a boil. Remove from heat. Add chocolate chips. Stir to blend. Add peanut butter.

Measure cereal into a large bowl. Pour over hot mixture. Mix with spoon. Tightly press into balls. Top with coconut. Put on wax paper. Chill a few minutes. Approximately 32 balls.

Elizabeth Youngblood Gaul '31

### Gingerbread with Crumbs

- 2 cups flour
- 1 cup granulated sugar
- 1/4 cup butter
- 1/4 tsp. salt
- 1 tsp. ginger
- 1 1/2 tsp. cinnamon

Work with fingers until crumbly

Take: 1/2 cup crumbs for top—add to rest of crumbs

- 1 egg
- 2 tbsp. New Orleans Molasses
- 1 cup sour milk with tsp. soda

Put in pan and spread crumbs on top. (Butter and flour stirred in pan)

Evelyn Snodderly Smith '29

### Ginger Cream Cookies

1/4 cup shortening                      1 small egg  
1/2 cup molasses                        1/2 cup sugar

Mix thoroughly

Chill dough then drop rounded tsp on lightly greased baking sheet—400° oven—7-8 minutes. Frost with quick cream icing. Stir in 1 tsp. soda dissolved in 1/2 cup hot water.

Sift and stir in:

2 cups flour                              1/2 tsp. ginger  
1/2 tsp. cinnamon                        1/4 tsp. cloves  
1/2 tsp. nutmeg                            1/2 tsp. salt

Wealthy Morrow Sheett '50

### Mission Cookies

1/4 cup butter or margarine  
2 cups sugar  
4 tbsp. cocoa  
1/2 cup milk  
Mix together and boil 1 min.  
Add 2 cups "quick" oatmeal  
1/2 cup crunchy peanut butter  
A pinch of salt  
1 tsp. vanilla



Drop by teaspoonful on waxed paper

Let cool until firm.

Makes about 3 doz. "fudgy" cookies.

Jean M. Pachelbel '52

### Nut Cookies

1/2 lb. margarine                        2 tsp. vanilla  
4 tbsp. granulated sugar

Blend together until creamy—then work in 2 cups of flour—add 2 cups ground pecans—make out in finger rolls. Bake about 45 min. in slow oven—roll in powdered sugar while hot and again in powdered sugar when cold.

Nan Talley '18

### Molasses Crinkles

3/4 cup soft shortening                1 egg  
1 cup either light brown or        1/4 cup molasses  
white sugar                              Mix together

Sift:

2 1/4 cups flour                        1/2 tsp. cloves  
2 tsp. soda                                1 tsp. cinnamon  
1/4 tsp. salt                                1 tsp. ginger

Mix with dry ingredients and chill. Make balls size of walnuts—Dip tops in sugar. Place on cookie sheet, sugar side up, 3" apart. Bake in over 375°—10 min. Must be just set. If cooked longer, will be hard. Should be chewy when cold, not crispy.

Henrietta L. Bigney '20

### Oatmeal Cookies

4 cups oatmeal (quick)                1 egg  
3 cups brown sugar                    1 tsp. vanilla  
1 cup melted butter                    1/2 tsp. salt

Mix well and drop 1/2 tsp. on cookie tin. Bake 325°. Cool slightly before removing from tray.

Matilda Trumbauer Knerr '14

### Oatmeal Chip Cookies

(A one bowl batter)

1/2 cup shortening                        1/2 tsp. salt  
1/2 cup granulated sugar              1 cup quick cooking rolled  
1/2 cup brown sugar                      oats  
1/2 tsp. vanilla                            1 6 oz. pkg. sunsweet choco-  
1 egg    late pieces  
1 tbsp. water                                1/2 cup chopped nuts—  
1 cup sifted enriched flour              walnuts  
1/2 tsp. baking soda

Thoroughly cream shortening, sugar and vanilla. Beat in egg, then water. Sift together flour, soda and salt. Add to creamed mixture, blending well. Stir in oats, chocolate, walnuts. Drop by rounded teaspoons into a greased cookie sheet about 2 inches apart.

Bake at 375° for 10-12 minutes. Makes 3 1/2 to 4 dozen. A nice crunchy cookie.

Joan Maxine Nichols Davis '54

### Swedish Cakes

½ cup butter or oleo      ¼ cup sugar  
   Creamed together

Add:                              ¾ cups finely chopped nuts  
   Few drops of vanilla and  
1 egg yolk                              almond  
1 cup flour

Mix thoroughly. Form into balls 1 inch in diameter. Roll in un-beaten egg white—then in chopped nuts. Place on greased cookie sheet, press each one fairly flat with bottom of a glass. Cook 5 minutes at 300°F. Remove from oven and make hole in centers, but not all the way through. Return to oven for about 15 minutes more. Cool. Fill centers with currant, quince, or some other tart jelly. Yield—19 cakes.

Helen Reid Morrow '01

### Pineapple Cookies

Pastry:                              1 cup sour cream  
3 cups flour                              ¼ cup sugar  
1 cup butter                              2 tsp. vanilla or rind of ½  
6 tsp. baking powder                              lemon  
4 egg yolks

Filling:                              1 cup sugar  
2 cans crushed pineapple                              4 tbsp. cornstarch  
   (drained) (No. 2 cans)  
2 egg yolks

Mix sugar and cornstarch, add pineapple and beaten yolks. Mix well. Cook until thick, stirring constantly. Make filling first, set aside to cool and thicken until dough is ready.

Pastry: Work dry ingredients as for pie dough, add other ingredients which have been mixed together. Cut dough in half. Put half on a greased pan 10-15 inches long. Roll with glass. Spread with filling. Roll out second piece and put on top. Brush top with milk, sprinkle with ground nuts and sugar. Bake at 375° for 35-45 minutes. When cool, cut in squares.

Agnes Durovick Tomasula '26

### Peanut Butter Cookies

½ cup shortening                              2½ cups flour  
½ cup peanut butter                              1 tsp. baking powder  
⅔ cup brown sugar                              ½ tsp. soda  
⅔ cup sugar                              ½ tsp. salt  
2 eggs, beaten                              1 tsp. vanilla  
4 tbsp. boiling water

Cream shortening and peanut butter until soft. Add sugar and beat until very creamy. Mix in rest of ingredients. Chill dough, break off bits of it and shape into ⅔" balls. Place three inches apart on greased baking sheet, and flatten cookie with fork dipped in flour. Bake 10 minutes in moderate oven.

Mary K. Calhoun McNitt '11

### Pecan Bars

Sift: 1½ cups sifted flour  
   ½ tsp. baking powder

Blend: ⅓ cup butter  
   ½ cup firmly packed brown sugar, creaming well.

Add: Dry ingredients, and mix until mixture resembles coarse meal.

Stir in: ¼ cup pecans, chopped fine  
   Mix well.

Pat mixture firmly into 12 x 8 x 2" pans. Bake 350° for 10 minutes only.

Beat: 2 eggs until foamy

Add:                              3 tbsp. flour  
¾ cup corn syrup                              ½ tsp. salt  
¼ cup firmly packed brown sugar                              1 tsp. vanilla

Mix well and pour over partially baked crust. Sprinkle: ¾ cup pecans, coarsely chopped on top, or fold pecans into above mixture before pouring over crust, and arrange 30 pecan halves on top, one for each bar.

Bake 350° for about 25 minutes. Cool in pan, cut in bars.

Mercedes F. Breen Christ '48

### Sugar Cookies

(Mix in large bowl)

- 3 eggs
- 2 cups white sugar
- $\frac{3}{4}$  cup shortening (part butter)

Add (1)

- 1 cup sour cream to which has been added
- 1 level tsp. soda and
- 1 tsp vanilla

Alternately with (2)

- 4 cups sifted all-purpose flour to which has been added
- 1 rounded tsp. baking powder

Drop by teaspoon size portions on ungreased cookie sheet. Bake 10-12 min. at 350 degrees. A soft cake-like cookie.

Virginia H. Donakey Hershey '43

### Raisin Date Bars

Crust:

- |                               |                               |
|-------------------------------|-------------------------------|
| Mix:                          | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{2}$ cup soft butter | 1 cup sifted flour            |

Press evenly into ungreased 8 x 12 pan. Bake at 375° for 15 minutes. Set aside to cool.

Topping:

Beat together:

- |                   |                    |
|-------------------|--------------------|
| 2 eggs            | 1 tsp. vanilla     |
| 1 cup brown sugar | 1 tsp. orange rind |

Rinse and dry  $\frac{1}{2}$  cup raisins; then chop fine.

- |                   |                         |
|-------------------|-------------------------|
| Chop: 1 cup dates | Combine: 2 tbsp. flour  |
| 1 cup pecans      | $\frac{1}{2}$ tsp. salt |
|                   | 1 tsp. baking powder    |

Sift over raisins, dates and pecans. Add to creamed mixture. Spread over cooled crust. Bake at 375° for 20 minutes. Cut in bars while warm. Dust with powdered sugar.

Rhoda A. M. Weisz '42

### Raisin-Filled Cookies

- |                              |                           |
|------------------------------|---------------------------|
| 1 cup sugar                  | $2\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ cup shortening | 1 tsp. cream of tartar    |
| 1 egg                        | 1 tsp. soda               |
| $\frac{1}{4}$ cup milk       | 1 tsp. vanilla            |

Roll thin, cut small. Put 1 tsp. filling between two cookies. Bake in moderate oven until brown.

Filling:

- |                         |                                |
|-------------------------|--------------------------------|
| 1 cup chopped raisins   | 2 tsp. flour mixed in a little |
| $\frac{1}{2}$ cup sugar | of the water                   |
| $\frac{1}{2}$ cup water |                                |

Boil together until thick consistency. Cool and put between unbaked cookies. Press edges gently.

Elizabeth Howard Farmer '26

### Scandinavian Cookies

- |                                     |                    |
|-------------------------------------|--------------------|
| $\frac{1}{4}$ cup light brown sugar | Yolk of egg        |
| $\frac{1}{2}$ cup chopped nuts      | Jelly              |
| $\frac{1}{2}$ cup butter            | 1 cup sifted flour |
| White of egg                        |                    |

Mix sugar, butter, yolk of egg and flour. Roll into small balls. Roll balls in egg white, then in nuts. Bake on greased cookie sheet for 15 minutes (325°) and top with jelly.

Nina Davis Weller '51

### Snicker-doodles (Cookies)

Mix thoroughly

- |                          |                           |
|--------------------------|---------------------------|
| 1 cup soft shortening or | $1\frac{1}{2}$ cups sugar |
| butter or oleo           | 2 eggs                    |

Then sift together and stir in

- |                                  |                         |
|----------------------------------|-------------------------|
| $2\frac{3}{4}$ cups sifted flour | 1 tsp. soda             |
| 2 tsp. cream of tartar           | $\frac{1}{2}$ tsp. salt |

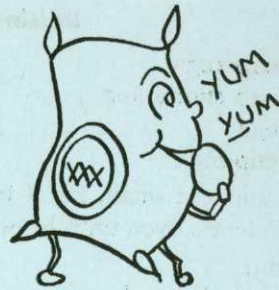
Chill-roll into balls size of a walnut and roll in mixture of 2 tbsp. sugar and 2 tsp. cinnamon.

Place 2" apart on ungreased cookie sheet—bake until lightly brown but still soft. These cookies puff up at first then flatten out with a crinkly top. Temperature 375°—8-10 minutes.

Arlena Lansberry Maurer '29

### Sugar Cookies

- 1½ cups sugar
- ½ lb. butter
- 2 eggs
- 2½ cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. vanilla



Mix and put in refrigerator for a few hours or overnight. Roll thin. Bake 350° oven. Before baking sprinkle with sugar.

Ruth Purinton '21

### Raisin Cookies

- 1½ cups ground raisins
- ½ cup shortening
- 1 cup sugar
- 3 tbsp. corn syrup (Karo)

Cream the above—add

- 1 tsp. salt
- 2⅔ cups flour
- ¾ tsp. soda
- ½ tsp. lemon extract
- 1 cup Mother's Oats
- ½ cup milk

Mix, let stand for an hour or over night in refrigerator. Drop from spoon on cookie sheet. Bake in 400° oven—7 min. or until brown. Remove from pan and cool.

Ruth Bullock Garrett '48

### Oatmeal Mincemeat Bars

- 1 pkg. mincemeat
- 1 cup boiling water
- ½ cup shortening
- 1 cup brown sugar
- 1 cup flour
- 1½ cups quick oatmeal (dry)
- ½ tsp. salt

Combine the above 5 ingredients. Press half in 9 x 9" pan. Cover with the cooled mincemeat. Cover with the remaining cake mixture. Press down firmly.

Bake in oven 350°—30-40 minutes.

Kathryn Rorabaugh '36



“ THE DIRECTIONS SAY TO WASH ALL THESE SALAD VEGETABLES THOROUGHLY. ”



## SALADS

Apple Sauce Salad	Lime Gelatin Salad
Bean Salad	Lime Salad
Black Cherry Salad	Lime Jello Salad
Cranberry Salad (Mathews)	Mandarin Salad
Cranberry Salad (Smith)	Man Made Salad
Easy Fruit Salad	Pepper Hash
Five Cup Salad	Mandarin Shrimp Salad
Five Minute Tomato Aspic	Marshmallow Fruit Salad
Frosted Mandarin Salad	Molded Pineapple Cottage Cheese
Frozen Fruit Salad	Raggedy Ann Salad
Green Salad	Raw Mushroom Salad
German Potato Salad	Real Potato Salad
Sour Cream Salad	Salad Mandarin
Lemon — Cheese Salad	Sunny Sea Salad (Shrimp)
Jello Salad	Under The Sea Salad
Lime Aspic	Unusual Cole Slaw
Lime — Cottage Cheese Salad	

### Salad Dressings

Pa. Dutch Salad Dressing	Spicy French Salad Dressing
Bacon Dressing (for lettuce or endive)	Russian Dressing
Boiled Salad Dressing	French Dressing
Cream Cole Slaw Dressing	Sauce Vinaigrette
French Dressing	Indian Dressing
Magic Salad Dressing	Lemon Dressing
Purdue Dressing (for cole slaw)	Roquefort Dressing

## SALADS

### Applesauce Salad

1½ cups boiling water	1 8 ounce Philadelphia cream cheese
½ cup pineapple juice	½ cup chopped nuts
1 box lemon Jello	½ cup chopped celery
½ cup red cinnamon drops	2 tablespoons mayonnaise
1¼ cups sweetened apple- sauce	

Dissolve Jello and cinnamon drops in boiling water. Cool and add applesauce. Chill half of mixture and spread with cream cheese, nuts and celery mixture. Then put rest Jello on top of same.

### Bean Salad

2 cans Joan of Ark kidney beans (wash off)	1 cup minced celery 3 hard cooked eggs
½ doz. sweet gherkin pickles	

Dressing: Take 2 eggs, beat, add 3 tbsp. vinegar, 2 tbsp. sugar, 1 tbsp. butter. Boil until thick, stirring constantly. After it cools, mix in 3 tbsp. Miracle Whip—beat well with beater and mix with beans, etc.

Margaret M. Jackson Honorary member

### Black Cherry Salad

1 No. 2½ can (3½ cups) pitted Bing cherries	1 pkg. orange flavored gelatine
⅓ cup lemon juice, fresh, frozen, or canned	¾ cup chopped pecans

Drain cherries, add water to cherry syrup and lemon juice to makes 1¾ cups liquid. Heat, pour over gelatine and stir till dissolved. Chill till partially set.

Add cherries and nuts. Pour into individual molds or shallow pan. Chill till firm. Serve on lettuce with mayonnaise. Makes 6-8 servings.

Barbara Fisher Ackerman '50

### Cranberry Salad

- |                       |                             |
|-----------------------|-----------------------------|
| 1 lb. raw cranberries | 1 cup nuts                  |
| 1 cup sugar           | 3½ cups liquid (scant)      |
| 2 pkgs. orange Jello  | (Water and pineapple juice) |
| 1 No. 2 can pineapple | ¼ tsp. salt                 |

Wash and grind cranberries with medium blade of food chopper. (If you have a blender—mix part of your juice with your cranberries and cut them up in the blender.) Add sugar and let stand. Dissolve Jello in cup boiling water, then add the remaining liquid. Cut pineapple in small pieces (it can also be put in the blender). Add cranberries, pineapple and nuts to cooked Jello—congeal and serve on lettuce with mayonnaise. Serves 16.

Myrtle Lane Mathews '37

### Cranberry Salad

- |                              |             |
|------------------------------|-------------|
| 1 cup ground raw cranberries | 1 cup sugar |
| 1 cup ground apples          |             |

Combine above and let set

Mix 1 pkg. Lemon Jello; 1 cup hot water; 1 cup pineapple juice. Chill until partially set, then add cranberry-apple mixture and

- |                                  |                                  |
|----------------------------------|----------------------------------|
| ½ cup seeded grapes<br>quartered | ¼ cup chopped English<br>walnuts |
|----------------------------------|----------------------------------|

Chill till firm. Serve on lettuce leaves.

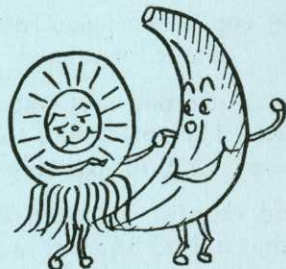
Pearl Jean Binns Smith '51

### Easy Fruit Salad

- 1 large can fruit cocktail, drained well
  - 2 cups marshmallows, cut or mid-get size
  - ½ pint sour cream
- Mix well; let stand overnight.

Delicious as a Bridge refreshment, served on lettuce.

Grace Jennings Dunkelberger '42



### Five Cup Salad

- |                              |                           |
|------------------------------|---------------------------|
| 1 cup miniature marshmallows | 1 cup pineapple chunks    |
| 1 cup mandarin oranges       | 1 cup angel flake coconut |
|                              | 1 cup sour cream          |

Toss lightly. Refrigerate at least three hours before serving. Garnish with maraschino cherries and lettuce leaf.

Alice Koch Zilling '58

### Five Minute Tomato Aspic

- 1 pkg. lemon or orange jello
- 1¼ cup hot water
- 1 can Hunts tomato sauce
- 1½ tbsp. vinegar
- ½ tsp. salt—dash of pepper



For added flavor—onion juice, celery salt, Worcestershire sauce may be added.

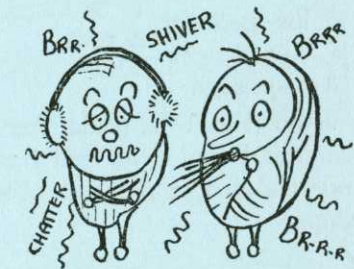
Dissolve gelatin in hot water—add tomato sauce and other ingredients. Pour into individual molds—chill until firm.

Henrietta Fitzgerald Spruance '21

### Frosted Mandarin Salad

(14-15 servings)

- 2 boxes orange jello
- ½ envelope Knox gelatin
- 2½ cups of boiling water
- 1 can frozen orange juice
- 1 small can crushed pineapple
- 1 small can mandarin oranges



Mix according to directions on jello package. When slightly congealed add topping of 1 box lemon chiffon pie filling according to directions on box. Fold in 1 cup of cream whipped. Spread and chill. Serve with shredded American cheese on top.

(I add juice of half of a lemon to the chiffon pie filling).

Dorothy Bennett Fitzgerald '20

### Frozen Fruit Salad

Mix together: 1 cup salad dressing (not mayonnaise): 2 small pkgs. Philadelphia Cream Cheese.

Add: 1 small pkg. (8 or 10) quartered marshmallows; 1 can drained crushed pineapple; 8 or 10 cut up maraschino cherries.

Whip  $\frac{1}{2}$  pint cream: Add to the above mixture. Place in flat cake pan.

Put in freezing compartment for at least four hours. Serve on lettuce leaves.

Mary Alice Bond Romig '51

### Green Salad

1 large can Hawaiian pineapple     $\frac{1}{2}$  cup lemon juice  
apple    1 envelope Knox gelatin  
1 cucumber                                 Salt

Dice pineapple and cucumber fine. Soak gelatin 30 minutes in  $\frac{1}{3}$  cup of water. Boil juice of pineapple and lemon and  $\frac{1}{4}$  cup of sugar for 5 minutes. While hot pour over soaked gelatin. When cool and beginning to set, put in chopped fruit and pour into mold.

Serve with mayonnaise on bed of lettuce.

Ethel M. Girton '14

### German Potato Salad

3 lbs. potatoes                                 $\frac{1}{4}$  lb. bacon  
 $\frac{1}{3}$  cup vinegar                                1 finely chopped onion  
3 tbsp. sugar                                 Salt and pepper to taste

Boil potatoes with peels. Peel and slice while warm. In meantime cut bacon small and render until crisp. Then pour bacon and render over potatoes. Add vinegar, sugar, onion, salt and pepper.

Mercedes Geil Weber '48

### Sour Cream Salad

1 cup thick sour cream                    1 cup quartered marsh-  
1 cup shredded coconut                    mallows  
1 cup shredded pineapple

Mix well and let stand in refrigerator for at least 3 hours before serving.

Anna Troxell Humphreys '51

### Lemon-Cheese Salad

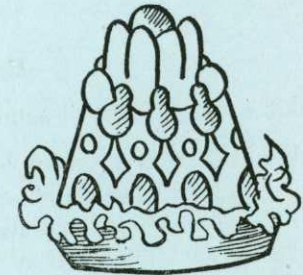
1 pkg. lemon Jello                            1 small can crushed pine-  
1 pkg. Phila. cream cheese                apple (drained)  
(3 oz.)     $\frac{3}{4}$  cup pecan meats (broken)

Make Jello—dissolve cream cheese in Jello—cool until firm—mix drained pineapple and nut meats into mixture—pour into mold—chill until firm.

Lorraine Milewski McCall '49

### Jello Salad

1 small can pimento  
1 small can crushed pineapple  
1 cup chopped celery  
1 pkg. Philadelphia cream cheese  
1 pkg. lime Jello



Dissolve Jello in 1 cup warm water and when Jello begins to thicken add chopped pimento, celery and pineapple with cheese.

Helen Cook Gibb '13

### Lime Aspik

3 oz. lime Jello                                White onion (grated, small)  
 $\frac{2}{3}$  cup water                                     $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup lemon juice                            1 cup sour cream  
Dash pepper                                    1 cup shredded cucumber

Dissolve Jello in water and lemon juice—add other ingredients when slightly thickened, put in mold. Serves 6.

Esther C. Milewski Kahn '43

### Lime-Cottage Cheese Salad

1 pkg. of Lime Jello dissolved in 1 cup hot water, add  $\frac{1}{2}$  cup cold water and  $\frac{1}{2}$  cup pineapple juice.

Let set till it is like unbeaten egg white.

Beat slightly and add  $\frac{1}{2}$  can (#202) crushed pineapple and 8 oz. of dry cottage cheese. Stir and pour into mold. Chill and serve on lettuce.

Peggy Summers '41

### Lime Gelatin Salad

1 pkg. lime Jello                    1½ tsp. horseradish  
1¼ cups hot water                ½ cup salad dressing  
1 cup well drained crushed    1 cup cottage cheese  
pineapple

Dissolve Jello in water—when partially set stir in rest of ingredients, chill until firm. Unmold on lettuce leaves.

Mae Heritage Williamson '20

### Lime Salad

1 pkg. Lime Jello as directions—cool to jelly stage

Add: 1 cup canned pineapple  
1 cup dry cottage cheese—that is not creamed  
12 colored marshmallows—cut in pieces  
1 cup whipped cream—fold this in last

Chill in shallow pan. Serve on lettuce leaves.

Pearl Moser Shappell '23

### Lime Jello Salad

2 pkgs. lime Jello                    1 No. 2 can crushed pine-  
1 cup water (hot)                    apple  
1 pint commercial sour cream ½ cup chopped walnuts.

Dissolve Jello in hot water, add pineapple juice and all, then add sour cream and nuts. Stir all together then pour in mold. Serves 10-12. Will keep a week or so in refrigerator.

Mary Louise Moore Braumbaugh '50

### Mandarin Salad

1 cup mandarin orange            1 cup miniature marsh-  
slices                                    mallows  
1 cup crushed pineapple            (Cocoanut may be added if  
1 cup sour cream                    desired)

Mix all ingredients and let set in refrigerator over-night. Then serve.

Hannah Wertman Umpstead '28

### Man Made Salad

1 clove garlic quartered            ¼ cup crumbled Roquefort  
¼ cup salad oil                    ¼ cup salad oil  
2 cups ¼ inch cubes bread        1 tbsp. Worcestershire  
1 large head of romaine            ¾ tsp. salt  
1 large head iceberg lettuce       ¼ tsp. pepper  
1 raw egg                              1 or 2 lemons halved  
¼ cup Parmesan cheese

*Method:* Nite before—or at least 2 hrs. before—quarter garlic and drop in salad oil. Put in refrigerator. Make croutons—20 minutes at 300°F. Wash, drain and store greens.

At serving time:

1. Tear greens into bite size pieces
2. Sprinkle the cheese on top
3. Drizzle oil combined with Worcestershire, salt and pepper
4. Toss gently until every piece glistens.
5. Break egg into greens.
6. Ream the juice of lemons over all.
7. Toss again until all specks of egg disappear
8. Pour garlic oil over croutons and toss.
9. Sprinkle onto salad and give last quick toss.

Dorothy Diehl Dickie '48

### Pepper Hash

Small firm head of cabbage       ½ cup water  
(size of grapefruit)                4 tbsp. granulated sugar  
Grate fine without heart            4 tsp. salt  
Small pepper—half ripe if        1 tsp. black pepper  
possible (cut fine)                    1 tsp. celery seed  
½ cup cider vinegar                ½ cup finely cut celery

Mix all ingredients with hands. Let stand and chill for an hour at least before serving.

Evelyn Rolland Curran '35

### Mandarin Shrimp Salad

1½ lb. shrimp—cooked—cool      1 cup mayonnaise  
1½ cup sliced celery              2 tbsp. cider vinegar  
1 cup mandarin oranges          ¼ cup mandarin juice  
1½ slivered almonds              ½ tsp. ground orange peel

Serve on lettuce                      Pearl Moser Shappell '23

### Marshmallow Fruit Salad

1 pkg. marshmallow bits          ½ pt. sour cream  
1 can fruit cocktail (large)

Drain fruit cocktail, add marshmallows and sour cream. Allow to stand (covered) for several hours or overnight. Use nuts, orange chunks, coconut, etc. for variation. Its delicious and economical.                      Margaret Elliott Wallett '41

### Molded Pineapple Cottage Cheese

1 box lime Jello                      1½ cups boiling water  
1 drained can pineapple          1 pt. cottage cheese

(1) Mix Jello with boiling water, cool slightly. (2) Sieve cottage cheese into slightly firm Jello. (3) Fold in pineapple, pour in molds. (4) Serves six-eight.                      Sussanne Weisel Sagi '58

### Raggedy Ann Salad (Light and Filling)

Head from ½ hard boiled egg—white  
Eyes and nose of clove—black  
Mouth of cherry slice—red  
Hair of grated carrot—orange  
Arms of canned asparagus spears—  
green  
Body—Bartlet Pear—white  
Skirt of Salad—tuna, Ham, Shrimp,  
Lobster, Egg  
Petti Coat—shredded lettuce  
Feet—olives with pimento showing



Fits on *large plate*—serve with tomato slices, crackers or rolls. If desired the tomato slices can serve as *apron* on the pear.

Mary Ann Stauffer '54

### Raw Mushroom Salad

(4 to 6 servings)

1 lb. raw mushrooms                      2 tbsp. minced chives, green  
1 bunch celery (inner stalk              onions or scallions  
and tiny leaves)                      French dressing  
2 pimentos, cut in strips                  Salt  
1 hard-cooked egg, sliced                  Pepper

Rinse mushrooms lightly and dry well. Cut caps and stems into bite-sized pieces. Chop celery. Mix all ingredients together in bowl and toss with plain French dressing; 6 parts olive oil or salad oil to 1 part lemon juice or vinegar. (Marinating salad in refrigerator to half hour adds to flavor). Dust lightly with salt and freshly-ground black pepper if available. Lift salad out of dressing and pile onto lettuce or romaine leaves arranged on salad plates.

Margaret Clayton Schellenger '34

### Real Potato Salad

*Boil*: 8 medium potatoes until tender. Peel, slice or dice while hot. Add small onion, chopped, 2 tsp. salt, and ⅛ tsp. pepper.

*Combine*: 2 tbsp. vinegar. 2 tbsp. hot water, ⅓ cup Hellman's mayonnaise. Combine with warm potatoes. Let cool.

*Mix In*: ½ cup chopped green pepper, ¼ cup chopped pimento, ½ cup diced celery, ½ cup Hellman's Mayonnaise. Chill. Serves 6.

Betty Whysong Mathers '47

### Salad Mandarin

1 10½ oz. bag miniature marshmallows  
2 11 oz. cans mandarin orange slices—drain well  
1 13 oz. pineapple tidbits  
1 pt. sour cream or a little more to moisten

Mix well—place in refrigerator 4-5 hours before serving—on lettuce.

Pearl Moser Shappell '23

### Sunny Sea Salad (Shrimp)

1 pkg. lemon Jello            1 tbsp. vinegar  
1 cup hot water            ½ tsp. salt  
¾ cup cold water

Mix and chill until slightly thickened and add other ingredients.

1 tbsp. horse radish            ½ tsp. grated onion  
1-2 tbsp. diced pimento       ½ cup sliced quartered  
1½ cups coarsely cut shrimp    cucumber

Janet Patricia Thomas '50

### Under The Sea Salad

1 pkg. lime Jello            2-3 oz. pkgs. Phila. Cream  
1½ cups boiling water        Cheese  
¼ cup pear juice            ⅛ tsp. ginger  
¼ tsp. salt                    2 cups chopped canned  
1 tsp. vinegar                pears

Dissolve Jello in water, add pear juice, salt, vinegar; Pour ½ inch layer of Jello in mold, chill until firm; chill remaining Jello until syrupy; whip until fluffy and thick; cream cheese with ginger, fold into whipped Jello—add pears and add to top of ½ inch layer of Jello already in mold.

Caroline Selby Gebel '42

### Unusual Cole Slaw

3 cups shredded cabbage       ¼ cup raisins  
1 cup shredded carrot       ½ cup mayonnaise  
1 cup green or red grapes,    2 tbsp. lemon juice  
  seeded and cut in half       ½ tsp. salt  
2 tbsp. orange juice         ½ tsp. sugar

Combine cabbage, carrot, grapes, and raisins which have been softened in the orange juice. Thin mayonnaise with lemon juice; add salt and sugar. Toss salad lightly with this mixture. Serve on lettuce. Serves 6.

Joan Nichols Davis '54

### SALAD DRESSINGS

#### Pennsylvania Dutch Salad Dressing

½ lb. bacon                    ½ cup vinegar  
2 eggs                         ½ cup water  
1 tbsp. salt                   ½ cup cream  
5 tbsp. sugar

Cut bacon in tiny pieces and fry out in a sauce pan. Set aside half the fried bacon. Beat the eggs, add the salt, sugar, vinegar and water. Beat well and add to the bacon and the bacon fat in the sauce pan. Heat slowly, beating the while until the mixture thickens. Remove from fire and add the cream. Pour this over lettuce or garden lettuce, or field salad. Garnish with the additional bacon and some hard cooked egg.

Henrietta Fitzgerald Spruance '21

#### Bacon Dressing for Lettuce or Endive

¼ lb. bacon  
1 egg  
2 tbsp. flour  
3 tbsp. sugar  
⅓ cup vinegar  
1 cup water



Cut bacon in fine pieces—fry slowly. Mix egg, sugar and flour to form paste. Add vinegar and water—cook over slow flame stirring constantly. Add bacon and drippings. When thick remove from fire, when cool pour over lettuce.

Vivian Moyer '43

### Boiled Salad Dressing

1 tsp. salt	3 tbsp. sugar
1 tsp. dry mustard (may use Gulden's)	2 eggs
1/4 tsp. paprika	3/4 cup milk or water
2 tbsp. flour	1/4 cup mild vinegar
	2 tbsp. butter

Combine: Salt, mustard, flour, sugar and paprika. Add slightly beaten eggs, water or milk, vinegar and butter. Cook over low heat—stir frequently until thickened. Store in refrigerator in sealed jar until desired for us.

Gladys Higgins Parsons '29

### Cream Cole Slaw Dressing

1/2 pt. cream	1 tsp. salt
1/2 cup sugar	

Mix well and add slowly 1/4 cup vinegar.

Shirley Mackley Hoffert '50

### French Dressing

1 cup tomato catsup	Salt, pepper, garlic salt to taste
1 cup vinegar (apple cider or wine vinegar)	5-6 tps. Worcestershire sauce
1 cup salad oil	Dash cloves
1/8-1/4 cup sugar	Dash mustard (dry)
1 med. onion (minced)	

Mix all ingredients together and shake well before using.

Laura Faurett '36

### Magic Salad Dressing

1 can Eagle Brand con- densed milk	1/4 cup butter
2 egg yolks	1/2 tsp. salt
	1/2 cup weakened vinegar

Beat until well mixed. Let stand until thick. "Do not boil". Keeps well in refrigerator until devoured.

Nelle G. Hill '14

### Purdue Dressing for Cole Slaw

3/4 cup sugar	1/3 cup vinegar
1 tsp. dry mustard	1 cup salad oil
1 tsp. salt	1 tbsp. celery seed
Onion to taste (1/4-1 minced)	Beat a long time with mixer

Shirley Mackley Hoffert '50

### Spicy French Salad Dressing

1 med. sized onion, grated	1 tsp. Worcestershire sauce
1/2 cup white sugar	1 cup salad oil (Mazola)
1/2 tsp. salt	1/4 cup vinegar
1/3 cup Heinz catsup	

Combine onion, sugar, salt, catsup and Worcestershire sauce in a small mixing bowl. Add salad oil—one tbsp. at a time, beating it in well. The mixture should be quite thick. Now add vinegar slowly, thinning the dressing somewhat. (Use electric mixer). You can change flavors by adding garlic or blue cheese.

Clara Cartwright Boyles '27

### Russian Dressing

To 1 cup of mayonnaise add 3 tbsp. of chili sauce and 1 tbsp. of mixed chopped celery and red and green pepper. A spoonful of caviar may be folded in last.

### French Dressing

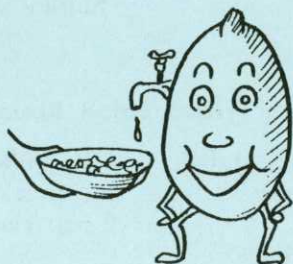
Combine thoroughly 3 tbsp. olive oil, 1 tbsp. vinegar, and a pinch each of salt and pepper.

### Sauce Vinaigrette

To French dressing above, add 1/2 tsp. each of finely chopped onions, mixed herbs and capers and 1 tsp. chopped hard cooked egg.

### Indian Dressing

To French dressing above, add a pinch of curry powder and 1 tsp. of chopped hard cooked egg.



### Lemon Dressing

Substitute lemon juice for the vinegar in the recipe for French dressing above.

### Roquefort Dressing

To French dressing above add 2 tbsp. of mashed Roquefort cheese, 1 tbsp. cream and a pinch of paprika.

Lucilla A. Sanborn '50



"WHO ME? I WAS BORN  
RIGHT HERE IN PHILLY!"



## FOREIGN DISHES

Sauerbraten	Cotoletta Alla Parmigiana
Soup a l'Oignon	Spaghetti Sauce and Meat Balls
Wiener Schnitzel	Baked Lasagne
Shish Cabab	Lamb en Brochette
Harrowood Steaks	Lasagna (Breen)
Dolma	Lasagna (Domenick)
Johnny Marzetti Casserole	Tamale Pie
Baklava	Stuffed Cabbage (Dupnock)
Pork Chops Baden Baden	Perogies
Veal Scaloppine	Stuffed Cabbage (Mitchell)
Japanese Sukiyaki	Stragonoff
Armenian Pilaf	Mexican Frijoles
Braciola—Meat Balls—Gravy	Miniature Pizza Pies

## FOREIGN DISHES

### Sauerbraten (Browned, Marinated Beef)

2 cups vinegar	2 carrots, sliced
2 tsp. salt	4 to 6 pounds beef (top round, or other desired cut)
10 pepper corns	3 tbsp. butter
3 cloves	1½ cups boiling water
2 bay leaves	½ pint sour cream
2 onions, chopped	

Combine in a saucepan the vinegar, salt, pepper corns, cloves, bay leaves, onions, and carrots and bring to a boil. Remove from heat and cool for 30 minutes. Place the beef in a bowl and pour the mixture over it. Marinate for 3-5 days in the refrigerator, turning the meat several times. Baste occasionally.

Drain the meat, reserving the marinade, and dry with paper towels. Melt the butter in a heavy cast-iron pot or Dutch oven. Brown the meat on all sides, then add the marinade and the boiling water and cook over low heat for 3 hours, or until the meat is tender. Add the sour cream, stirring constantly, and simmer for 15 minutes. Slice and serve with the gravy.

### Soup a L'Oignon (Onion soup)

1/3 cup butter	1/2 tsp. pepper
5 onions, sliced thin	Melba toast (round)
2 tbsp. flour	Sliced Gruyere or Swiss cheese
7 cups stock or 3 cans beef consomme and	Grated Gruyere or Swiss cheese
2 cans water	

Melt the butter in a heavy saucepan. Add the onions and sauté over very low heat until brown. Stir frequently. Add the flour and mix until smooth. Add the stock gradually, stirring constantly. Add the pepper, cover and cook over low heat for 30 minutes. Correct seasoning. Put a round of Melba toast in each soup cup. Place a slice of cheese on the bread and pour the soup over it. (Toast and cheese may be placed under the broiler for 1 minute first, if desired). Sprinkle with grated cheese and serve.

### Wiener Schnitzel

(Veal cutlet, Vienna style)

1½ lb. veal cutlets	1 cup bread crumbs
½ cup flour	¼ pound butter
Salt and pepper to taste	3 tbsp. lemon juice
2 eggs, beaten	3 tbsp. chopped parsley

Combine salt, pepper, flour. Dip the veal in the mixture. Then dip each piece in the beaten egg and in the bread crumbs. Melt half the butter in a large frying pan and place the breaded veal in it. Cook over low heat until tender and well browned on both sides, about 15 minutes. Remove the veal and place on platter in a warm place. Brown the remaining butter in the frying pan. Add the lemon juice and parsley and stir well. Pour over veal and serve. Serves 4.

### Shish Cabab

1 leg of lamb	Salt and pepper to taste
1 good size onion	

Cut up best part of lamb into 1½ inch squares taking off some of the extra fat. Season with salt and pepper real well, chop up the onion and mix it all well with your hands. Let it stand over night in a covered pan or prepare it few hours before baking time—put them on skewers and barbecue them for ½ hour or until they are cooked—while cooking turn them slowly. It serves 6-8 people. Delicious with "Pilaf" (Armenian rice).

Yeprakse Tufenkian Koumjian '31

### Harrowood Steaks

5 slices fairly lean bacon— moderately cooked	2 lbs. round steak 1½" thick —little fat
1 good size onion, diced	Salt, pepper—1½ cups boil- ing water
2 good sized carrots, diced	
1 good sized yellow turnip, diced	¼ lb. butter, melted

Cut steak into 3" pieces—cook in butter, then add vegetables, cook in iron saucepan or pan with lid. Let simmer lightly 3½ hours—make gravy. English receipt—90 years old, from English Boys College.

Helen Reid Morrow '01

### Dolma

(Dolmadakia—stuffed grape leaves)

Grape leaves can be canned or bottled or use tender fresh washed and salted down. Purchase the ready fixed variety from an Greek, Italian, Syrian, or Armenian grocery store.

1½ cups raw rice—wash and drain	2 tbsp. sugar if leaves are salted
2½ lbs. onions chopped	1 cup chopped parsley
1 cup Wesson oil or Mazola	Pinch of peppermint
1 tsp. black pepper	Juice of one lemon

Make tight little packages of the leaves about the size of a finger. When finished lay the rice mixture on leaf and roll up tight. Place in pan with good tight lid. Add 1 large spoonful of oil while cooking ½ cup water. Cook fast for 5 to 10 minutes. Cover leaves with plate. Add water to come up to cover plate (not over). Cook till water is all gone and rice is tender and grape leaves are soft—this over a medium flame. When done put juice of another lemon over top—cook a few minutes and turn out like an upside down cake inverted into a bowl, or pan or tray—to allow juice to cover all—can be eaten hot or cold. Any seasoning you like can be used instead of peppermint—a little dill is delicious.

This will be a repeat once you have made it—like it best cold—ratio is about 1 cup rice to 2 heaping cups full chopped finely onions. In the bottom of the pan a few lettuce or grape leaves to line the bottom first with will prevent burning or sticking. Line the packages side by side in pan. Delicious and different appetizer.

Emma Skane Dabanian '29

### Johnny Marzetti Casserole

Brown:	2 tsp. Oleo
3 chopped onions	Mix together:
1 lb. hamburger	4 oz. can Hunts tomato sauce
1 tsp. salt	1½ cup grated cheese
⅛ tsp. garlic salt	3 oz. can mushrooms

Add to meat mixture and stir—while the above is being prepared cook 2 cups small shell macaroni—when done—mix macaroni and meat mixture in a casserole and top with ⅔ cup grated cheese and 4 oz. can Hunts tomato sauce. Cook (325°) for 40 minutes to 1 hour.

Henrietta Fitzgerald Spruance '21

### Baklava

2 cups sifted all-purpose flour	1 cup melted butter or margarine
1 tsp. salt	½ cup brown sugar, packed
½ cup shortening	¾ tsp. cinnamon
1 egg	½ tsp. nutmeg
Water	1½ cups honey
2 cups chopped walnuts or slivered blanched almonds	½ cup water
	1 tbsp. lemon juice

Combine flour and salt in a bowl. Add shortening and cut in with a pastry blender until mixture looks like coarse meal. Break egg into measuring cup and add enough water to make 1 cup. Beat with a fork and add to flour mixture. Blend with a fork until mixture forms a ball. Turn out onto waxed paper; knead, fold and turn dough about 8 times. Let stand 30 minutes.

Heat oven to 350°F (moderate). Combine nuts, brown sugar, butter, cinnamon and nutmeg. Divide pastry into 4 equal portions. Roll out as thinly as possible one portion on a floured board into a rectangle 8 x 16". Cut in half to form two 8" squares. Place on square in the bottom of an 8 x 8 x 2" pan. Spread with 2 tbsp. or so of the nut mixture. Top with another layer of pastry and again spread with 2 tbsp. or so of nut mixture. Roll out another portion of the pastry in the same way and continue alternating squares of pastry and nut mixture until all is used, ending with pastry.

Bake 35 to 40 minutes. Remove from oven. Combine honey, water and lemon juice in a small saucepan. Cook over low heat 5 minutes. Pour over baked pastry. Cut pastry into serving pieces—squares, rectangles, diamonds. May be served warm or cold and moistened with additional honey-water-lemon juice mixture upon serving.

### Pork Chop, Baden-Baden



For each service, saute one pork chop, and when done remove from pan, drain off some of fat, then add canned pear juice, and a little brown gravy. Let boil for a few moments, mix in a spoonful of current jelly, heat two pear halves in the sauce and serve around the chop.

Frances Maiorano Cielo '31

### Veal Scollopini

(Serves 4-6)

1½ lbs. veal steak, cut ½ in. thick	½ tsp. sugar
1 tsp. salt	¼ cup flour
1 tsp. paprika	¼ cup oil
¼ cup oil	1 med. onion—sliced
¼ cup lemon juice	1 green pepper—sliced
1 clove garlic—sliced	1¼ cup chicken bouillon
¼ tsp. nutmeg	¼ lb. mushrooms—sliced
	1 tbsp. butter.

(1) Cut veal in serving pieces. (2) Make a sauce by mixing salt, paprika, ¼ cup oil, lemon juice, garlic, nutmeg, and sugar. Place veal in large baking pan and pour sauce over it. Turn once, letting stand 15 minutes. Remove garlic. (3) Lift veal from marinade.

Dip in flour. (4) Heat ¼ cup oil in skillet and brown meat on both sides. Add onion and green pepper, combine bouillon with marinade and pour over veal. Cover and cook 40 minutes—over low heat. (5) Slice mushrooms and sauté lightly in butter. Arrange them over veal. Stir and baste meat with sauce, keeping low heat for 5 minutes.

Charlotte Davenport '39

### Japanese Sukiyaki

(Called "Friendship" dish in Japan)

Beef Sukiyaki—a chafing dish specialty

¾ to ½ cup oil or butter	10 to 12 green onions, sliced
1 lb. lean beef, thinly sliced across grain of meat	6 to 8 stalks celery, sliced
2 cups chicken stock or bouillon	1 lb. fresh mushrooms, sliced
1 cup soy sauce	1 can (8½ oz.) bamboo shoots, sliced
½ lb. fresh spinach	1 can (1 lb.) bean sprouts, drained

Arrange ingredients on tray. Heat some of the oil in small pan or chafing dish, brown part of meat. Gather on one side, add a few tablespoonsful of bouillon and soy sauce mixture. Place some of each vegetable in pan. Cook over medium to high heat until tender, 5 to 8 minutes, tossing occasionally. Let each person select what he wants. Cook remaining foods on tray in same way for further helpings. Serve with hot rice. Serves six.

Henrietta Fitzgerald Spruance '21

### Armenian "Pilaf"

(serves 4)

1 cup long grain rice	⅛ lb. butter
2 cups chicken broth	Salt to taste
½ cup Vermicelli	

If you use hot water instead of broth use ¼ lb. butter.

Melt the butter in a cooking pan. Break vermicelli into pieces and fry them in the butter until light brown. Stirring constantly.

Wash and drain rice, add it to the vermicelli and saute them together for a few minutes, always stirring. Add the boiling broth and salt, cover and cook on low fire for 20 minutes. Stir it once with a fork while boiling. When water is all absorbed and rice is soft, take off the fire, let it rest for 15-20 minutes before serving—stir once more with a fork. Keep warm to serve hot.

Yeprakse Tufenkian Koumjian '31

### (1) Braciola

(Mrs. Mary DiArenzo, typist for this cookbook)

1½ lbs. round steak, cut about ½ in. thick.

Cover steak with a mixture of:

1 to 2 cloves of garlic, chopped finely	Parsley, chopped finely
½ cup of grated cheese (Lucatelli)	Salt, pepper to taste
	1 hard boiled egg, chopped finely

Roll up steak and tie securely. If desired, tooth picks may be used. Fry this along with any other meat you are using. (Use same directions as cooking meat balls).

### (2) Meat Balls

1 lb. ground meat (beef, pork and veal)	Use as much as you desire.
Two eggs	Parsley, chopped finely
1 to 2 cloves of garlic, chopped finely	Bread crumbs—1 to 1¼ cups
Grated cheese (Lucatelli)	

Mix ingredients and shape into balls.

Put about ½ cup of olive oil into frying pan. Cut finely, one clove of garlic and one small onion. Fry until light brown. Add meat balls and cook until brown on both sides. Remove from pan.

### (3) Sauce

Cook tomato paste in the same oil that you have cooked your meat. (Add more oil if needed).

Use 4 cans of Contadino Tomato Paste—fry this for at least 30 minutes or until brown. While cooking, add 2 tbsp. of sugar, salt, pepper and Oregano to season. When the sauce is done, put into large pot and add two cans of water to each can of tomato paste used; add meat balls and bring to boil. Lower gas and cook this for at least 4 hours. Add more water if the sauce is too thick.

### (4) Macaroni

Use either Conte Luna or Ronzoni brands—Shells or Rigatone are my favorites. Cook in boiling salted water at least 25 minutes. Test to see if done. Drain in colander and put in large macaroni bowl—add sauce, meat balls, grated cheese. If you make braciola—slice and serve in place of meat balls.

**Cotoletta Alla Parmigiana**  
(*Veal Cutlet Parmesan*)

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 lb. veal cutlets                | 1 cup bread crumbs       |
| 3 tbsp. grated Parmesan cheese    | 2 eggs                   |
| 1/2 lb. Mozzarella cheese (shred) | Salt and pepper to taste |
|                                   | Tomato sauce (1/2 cup)   |

Beat eggs thoroughly; add salt and pepper. Mix bread crumbs with cheese. Dip cutlets in eggs, then in bread crumbs; fry about 5 minutes on each side or until golden brown.

Place browned cutlets in baking dish; pour layer of tomato sauce over them; then place thin slices of Mozzarella over top. Bake in slow oven for 15 minutes or until cheese turns slightly brown. Serves 4.

**Spaghetti Sauce and Meat Balls**

Sauce:

- |                              |                                |
|------------------------------|--------------------------------|
| 1 large can tomato juice     | 1/2 cup vegetable oil          |
| 1 med. size can tomato juice | 1/3 cup grated Parmesan cheese |
| 2 cans tomato paste          | 2 cloves garlic                |
| 3 cans tomato sauce          |                                |

Combine, cook one hour.

Meat Balls

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 3/4 lb. ground beef            | parsley or fresh parsley, chopped |
| 1/4 lb. ground pork            | 1 clove garlic, minced            |
| 1 cup fine dry bread crumbs    | 1/2 cup milk                      |
| 1/2 cup grated Parmesan cheese | 2 well beaten eggs                |
| 3 sprigs or 2 tbsp. flaked     | Salt to taste                     |

Combine, mix well and form into small balls. Brown in hot fat, after brown add to sauce and cook over slow heat for one hour or until desired thickness.

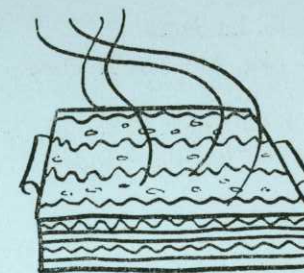
If there is anything left over from the meal, it can be put in freezing until a later dinner.

Two (8 ounce packages of Vermicilli spaghetti is used for this recipe). Makes 8 servings.

Marion Smith Lauffer '17

**Baked Lasagne**

- |  |   |
|--|---|
| 1 lb. Italian sausage, bulk pork sausage, or ground beef |   |
| 1 clove garlic; minced                                   |   |
| 1 tbsp. parsley flakes                                   |   |
| 1 tbsp. basil  |   |
| 1 1/2 tsp. salt  |   |
| 1 1-lb. can (2 cups) tomatoes                            |   |
| 2 6-oz. cans (1 1/3 cups) tomato paste                   |   |
| 10 ozs. lasagne or wide noodles                          | 1/2 tsp. pepper                                       |
| 3 cups cream-style cottage cheese                        | 2 tbsp. parsley flakes                                |
| 2 beaten eggs  | 1/2 cup grated Parmesan cheese                        |
| 2 tsp. salt  | 1 lb. Mozzarella or American Cheese, sliced very thin |



Brown meat slowly; spoon off excess fat. Add next six ingredients. Simmer uncovered about 30 minutes to blend flavors, stirring occasionally.

Cook noodles in boiling salted water till tender; drain; rinse in cold water. Meanwhile combine cottage cheese with eggs, seasonings and Parmesan cheese. Place half the cooked noodles in a 13 x 9 x 2 inch baking dish; spread half of the cottage cheese mixture over; add half of the Mozzarella cheese and half of the meat sauce. Repeat layers. Bake in moderate oven (375°) 30 minutes. Garnish with triangles of Mozzarella cheese and Salami Bells. Let stand 10 to 15 minutes before cutting in squares—filling will set slightly. Makes 12 servings.

Ruth Fairweather Nemeth '46

**Lamb en Brochette**

- |                      |                     |
|----------------------|---------------------|
| 2 lbs. lamb steak    | 6 tbsp. lemon juice |
| 3 tbsp. salad oil    | 1/4 tsp. pepper     |
| 1 tbsp. minced onion | 4 strips bacon      |
| 1 tsp. salt          |                     |

Have lamb cut 3/4" thick; cut into 1" squares. Blend the salad oil, lemon juice, salt, and pepper, and minced onions and pour over the lamb cubes. Marinate 1 hour. Drain and alternate with bacon squares on a skewer. Broil 10-12 minutes; turning frequently.

Betty Whysong Mathers '47

### La Sagna

- 1 lb. La Sagna  
1 pkg. Mozzarella cheese
- 1/2 lb. Italian sausage

Cook La Sagna in rapidly boiling salted water, to which 1/2 tsp. salad oil has been added to prevent sticking together.

#### Sauce:

- 2 cans tomato paste  
6 cans water  
1 lb. hamburger  
1 cup celery—chopped
- 1 onion—chopped  
1 tbsp. sugar  
1 tsp. salt  
1 tsp. garlic salt

Grease flat pan or roaster. Alternate layers of La Sagna, mozzarella, sausage, and sauce. Bake in oven (375° to 400°) about 45 minutes. Grated cheese may be sprinkled on top when serving. Generously serves 6.

Barbara Brown Breen '49

### Lasagne

- 1 lb. lasagne noodles  
1 lb. ricotti  
1 lb. mozzarella  
1 lb. ground beef  
1 lb. small onions
- 1 can spaghetti sauce  
1 can tomato paste  
1 can tomato sauce  
Grated cheese

Put 1 can prepared spaghetti sauce in large sauce pan. Add tomato sauce, tomato paste and 1 cup water. Cook on low heat for 4 hours or until sauce is thick.

Sauté onion and brown the beef. Add this to the sauce.

Boil lasagne noodles until tender.

Arrange in alternate layers in a large casserole, the noodles, ricotti, mozzarella and sauce. Sprinkle with grated cheese and bake in 350 degree oven for 1 hour. Serve while hot.

Marguerite Domenick '56

### Tomale Pie

- 1 lb. ground beef  
1 med. onion, chopped  
1 #2 can tomatoes  
1 #2 can whole kernel corn and liquid  
1/2 to 3/4 cup corn meal  
1 tsp. salt or to taste
- 1/2 cup Wesson oil  
1/2 tsp. chili powder  
1 egg slightly beaten  
1/2 cup milk  
1 cup pitted ripe olives (cut in half)

Sauté onion and meat until brown. Boil tomatoes, corn, salt and corn meal until thickened. Then add meat and onion mixture, oil, chili powder. Cool some, then add combined egg and milk, then olives and put in casserole. Bake about 1 hour, covered first 3/4 hours, then remove cover and 15 minutes more, at (350°).

Makes 10 medium servings.

M. A. Middleton

### Stuffed Cabbage

- 1 lb. round steak ground  
1 sm. box Minute Rice—cook as directed before adding.  
1 sm. onion sauteed in 1/8 lb. butter  
1 egg beaten  
salt to taste—Mix above well

Steam 2 large heads cabbage—attempt to remove leaves without breaking (cut out center core of leaf)

Place mixture in leaves and wrap.

Cover with tomato sauce:

- 1 large can tomato puree  
1 sm. can paste  
1 can water to paste
- Onion and celery  
2 bay leaves

HEAT until boiling, then pour over cabbage rolls.

BAKE 375-400 app. 2 hours. Number of rolls depends on size of leaves.

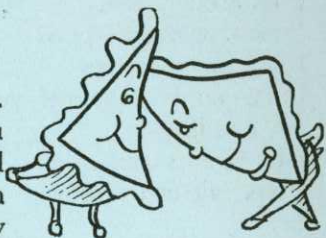
June Reginak Dupnock '57



### Perogies

- 3 cups flour
- 3 eggs (1 egg to 1 cup flour)
- 1 tbsp. Crisco—pinch of salt

Mix with enough water to form dough. Roll on floured board as thin as you like. Cut in 4 inch squares and fill with: Filling: Potatoes mashed with milk and butter. Sharp cheese (very sharp) grated— $\frac{1}{2}$  to 1 lb. One tbsp. filling in each piece of dough.



Fill large pot half full of water—bring to boil. Press edges of perogies together tightly and drop in 5 or 6 at a time—when perogies go to top of water they are done.

Sauté diced onion slowly in butter or oleo—until onion is cooked through—do not brown. Pour over perogies—serve hot.

Betty Lou Parsons Konjuski '48

### Stuffed Cabbage

- |                               |                                 |
|-------------------------------|---------------------------------|
| 3 strips of bacon             | ( $1\frac{1}{2}$ cups uncooked) |
| 2 lbs. ground round steak     | 1 large onion, cut up           |
| 1 lb. ground lean pork        | Salt, pepper to taste           |
| 2 eggs lightly beaten         | 1 large can tomatoes            |
| 3 cups partially steamed rice | 2 med. to large heads cabbage   |

Combine meat, eggs, onion, rice and seasoning. Wilt cabbage (steam) for 2-5 minutes in large kettle boiling salted water—separate leaves and let cool. Trim out heavy part of middle rib, put large tablespoonful size of egg of mixture into each leaf and wrap it up. Place a few small leaves on bottom of roasting pan or large dutch oven and put in bundles. Put in bacon and pour tomatoes over all the bundles. Add boiling water to within an inch of top. Bring to boil on top of stove. Then place a few more leaves of cabbage over top and place in oven ( $350^\circ$ ) covered for  $1\frac{1}{2}$  hours. Keep adding water if necessary—uncover and let brown.

Same ingredients may be used in stuffed peppers and bake in glass casserole. Use tomato soup or sauce over and around stuffed peppers. Steam peppers for a few minutes before stuffing.

Olga Dygan Mitchell '39

### Stroganoff

- |  |                                   |
|--|-----------------------------------|
| 2 lbs. boneless chuck or round steak—cut into 1 inch cubes | 2 tsp. dry mustard                |
| $\frac{1}{4}$ cup flour                                    | $\frac{1}{3}$ cup catsup          |
| Small can mushrooms  | $\frac{1}{4}$ cup salad oil       |
| 1 can water  | 2 med. chopped onions             |
| $\frac{1}{2}$ tsp. pepper                                  | $\frac{1}{4}$ tsp. marjoram       |
| 2 tsp. salt  | 1 tsp. kitchen bouquet            |
|  | $\frac{1}{2}$ to 1 cup sour cream |

Roll meat in flour to coat evenly. Heat oil in heavy skillet over med. heat. Brown meat well on all sides. Add all ingredients except sour cream. Reduce heat and cook slowly until meat is tender, about  $1\frac{1}{2}$  hours. Just before serving add sour cream. Serve over rice.

Anna Troxell Humphreys '51

### Mexican Frijoles (Beans)

*(These are delicious served with Chili)*

- 4 to 5 lbs. Pinto Beans (1 cup equivalent to 2 servings)
- 2 raw onions (cut in small slices)

Salt and pepper (to taste)

At least  $1\frac{1}{2}$  lbs. grated cheese (Italian, preferably); if not, American.

Clean beans and soak overnight in cold water in the same utensil used for cooking. Following day, add salt, pepper and sliced raw onions (to suit taste). Cover tightly; cook very slowly over indirect flame for 3 or 4 hours, or until beans are tender. Do not dispose of water but mash beans in the same utensil used for cooking.

Into large Pyrex casserole place alternate layers of the mashed beans, grated cheese, making sure the top layer will be the grated cheese.

Place in oven and bake for about 30 minutes.

Note: An electric mixer may be used to mash beans in place of ordinary potato masher.

Above beans are delicious served fried, if any left over.

Areta Matlock Rule '37

### Miniature Pizza Pies

Use either thin sliced white bread or split English muffins. For each pizza use the following in this order:

1 slice of cheese

1½ tbsp. chili sauce

Dash grated cheese

Sprinkle of garlic salt

Dash of oregano or thyme

Sprinkle of salt and pepper

Drizzle with salad oil

Place on cookie sheet in a hot (500°F.) oven for 8-10 minutes.

Betty Whyson Mathers '47



“ WHY YES, I USUALLY  
HAVE A LITTLE SANDWICH  
SNACK AT NIGHT. ”



## SANDWICH — SPECIALTIES — SPECIAL DIETS

### Sandwiches

Bean Burgers	Hamburger Pinwheels
Beef Barbecue	Pennsylvania Dutch Ham- burgers
Bologna Delights	Sandwich Spread
Cheese Porkers	Jumbo Pizza Loaf
Chili Cheese Log	Southern Sandwich
Barbecued Hamburg	

### Specialties

Vinegar Cherries	A Rich "Diet" Coffee Cream
Hot Mulled Cider	Bread and Butter Pickles
Hints for Orange Rinds	Lemon Butter
Flavor Hints	

### Special Diets — (Jefferson Hospital)

- 1) Bland
- 2) High Carbohydrate—High Protein—Low Fat  
(2200 calories)—Low Cholesterol—
- 3) Low Fat
- 4) Low Residue
- 5) Low Sodium
- 6) Reducing Diet (1000 calories)
- 7) U-2 Diet

## SANDWICHES — SPECIALTIES — SPECIAL DIETS

### Beanburgers

½ lb. ground beef	⅓ cup chopped onions
1 tbsp. salad oil	1 can (1 lb.) beans and pork
½ tsp. salt	½ cup catsup
⅛ tsp. pepper	8 round buns

Brown meat in oil in large skillet. Add salt, pepper, and sliced onions. Cook slowly until well done. Add beans and catsup. Heat and serve on buns.

Betty Whysong Mathers '47

### Beef Barbecue

1 lb. of ground beef	2 tsp. Vinegar
¾ cup catsup	Medium sized onion, chopped
2 tbsp. sugar	Dash of Worcestershire sauce
2 tbsp. prepared mustard	Season to taste

Brown meat and onion in hot pan, add other ingredients, cover and cook slowly for 30 minutes. Serve on heated rolls.

Lorraine Milewski McCall '49

### Bologna Delights

1 lb. ring bologna	¾ lb. Velveeta cheese
Ground together	

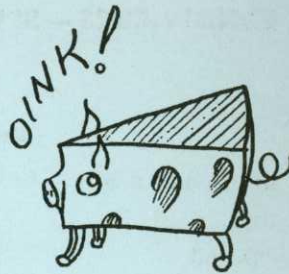
¼ cup prepared mustard	1 tbsp. chopped onion
⅓ cup mayonnaise	2 tbsp. sweet pickles

Mix above ingredients—spread on buttered weiner roll—wrap in foil—bake 25 minutes in oven at 325°. Serve hot in foil. Serves 8.

Zelda K. Rowe Mencer '29

### "Cheese Porkers"—Snacks

Grill  $\frac{1}{4}$  inch slices of Taylor pork roll. Top each slice with 1 oz. slice American or Swiss cheese and grill until melted. Serve on warmed hamburger buns with relish, mustard, sliced onions or catsup.



Helen Walp Hubbard '31

### Chili Cheese Log

$\frac{3}{4}$  lb. grated natural American cheese  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{8}$  tsp. garlic salt  
1 3 oz. pkg. softened cream cheese  
 $\frac{1}{2}$  tsp. Worcestershire sauce  
Dash of chili powder  
 $\frac{1}{4}$  tsp. salt

Mix ingredients in mixer—shape into two logs. Wrap in waxed paper that is sprinkled with chili powder—coat each log. Wrap and refrigerate to ripen. Decorate with sprigs of parsley.

Joyce Rose Spronch '42

### Barbecued Hamburg

1 lb. hamburger  
 $\frac{1}{2}$  tbsp. Worcestershire sauce  
1 tsp. mustard  
1 tbsp. sugar  
1 tbsp. vinegar  
1 onion  
 $\frac{1}{2}$  cup catsup

Fry meat and onions until brown in small amount of fat. Add other ingredients and steam over low heat about 1 hour. Put between hot rolls for sandwich.

Linda L. Doll '58

### Hamburger Pinwheels

#### Dough

Sift Together:  
2 cups flour  
1 tsp. salt  
3 tsp. baking powder  
Add:  
3 tbsp. shortening  
Moisten with:  
 $\frac{2}{3}$  cup milk

#### Filling

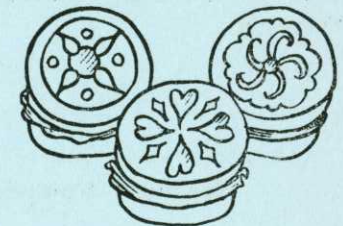
Combine:  
2 cups hamburger  
1 egg  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{3}$  cup onion  
Salt, pepper, parsley  
Mix thoroughly.

Roll out into large rectangle. Spread with filling and roll like jelly roll. Slice about  $\frac{1}{2}$  inch thick and bake on greased sheet for 30 minutes at  $375^{\circ}$ .

Margaret Henry Jones '50

### Pennsylvania Dutch Hamburgers

$1\frac{1}{2}$  lbs. hamburger  
4 slices bread (cut into small pieces)  
1 egg  
1 sm. onion, chopped  
 $\frac{1}{2}$  green pepper, chopped  
Salt, pepper and cream



Soak pieces of bread in just enough cream or canned milk to cover. Add hamburger, whole egg, chopped vegetables. Make into patties of desired size.

These may be baked, fried or broiled. They stay juicy and tender. Mushrooms, celery or hot peppers can also be added.

Harriet Fisher Thompson '34

### Sandwich Spread

2 green peppers  
1/2 lb. sharp cheese

1/4 tsp. salt  
Mayonnaise

Grind peppers and cheese in food chopper (not too fine). Add salt and enough mayonnaise to spread easily. Very different but quite good.

Margaret Summers '41

### Jumbo Pizza Loaf

1 loaf French bread (about 1/2 tsp. Oregano  
18 x 4 or French rolls) Dash pepper  
3/4 lb. ground beef 1 6-oz. can (2/3 cup) tomato  
1/3 cup grated Parmesan cheese paste  
1/4 cup chopped onion 3 tomatoes sliced  
1/4 cup chopped olives 5 slices sharp processed cheese  
1 tsp. salt (halved)

Cut loaf or rolls in half, lengthwise. Combine meat, Parmesan cheese, onion, olives, seasonings and tomato paste. Spread evenly on each half, broil about 5 inches from heat for 12 minutes or until meat is done. *Watch!* Top with tomato and cheese slices; broil 1-2 minutes. Just until cheese begin to melt. *Watch!* Serves 8.

Marylee Stroutenburg Adams '54

### Southern Sandwich—(Good Lenten snack)

4 eggs Swiss cheese  
1/4 cup chopped onion 1/2 cup milk  
1/4 cup chopped green pepper 1/4 tsp. salt  
1/2 cup shredded American or Dash of pepper

Mix ingredients well. Melt butter in skillet and add mixture. Cook over medium heat until mixture is set. Serve on 4 toasted split sandwich buns or on toast.

Helen Walp Hubbard '31

### Vinegar Cherries

Pit sour cherries—cover with vinegar for 24 hours in non-metal container. Pour off vinegar and measure fruit. Then use cup for cup of fruit and sugar and stir every day for 12 days. Jar on 13th day. It is not necessary to sterilize jars or use paraffin wax.

Margaret M. Jackson—Honorary Member

### Hot Mulled Cider

Excellent for appetizer in season or Halloween parties or teas:

Heat:

2 qt. cider  
1 cup pineapple juice  
1 cup orange juice  
1/8 tsp. salt  
1 cup sugar  
3 sticks of cinnamon  
6 whole cloves  
1 lemon (juice)



Serve hot

Matilda Trumbauer Knerr '14

### Hints for Orange Rinds

Grate the rind from oranges to be squeezed for breakfast juice and add it to applesauce for delightful extra flavor.

Mary K. Calhoun McNitt '11

### Flavor Hints

To give that piquant flavor which inspires second helpings, try adding grated rind and juice of a lemon to apples and cherry pies, baked apples or pears, or almost any cooked fruit.

Jessie Scudder Fisher '10

### A Rich "Diet" Coffee Cream

Mix to a paste:

3 tsp. skim milk powder	Few drops cold water
1 tsp. instant coffee	Fill cup with boiling water.

Jessie Scudder Fisher '10

### Bread and Butter Pickles (Canning)

1 gallon cucumbers  
8 small white onions  
2 green peppers  
 $\frac{1}{2}$  cup salt  
5 cups sugar  
 $1\frac{1}{2}$  tsp. turmeric  
 $\frac{1}{2}$  tsp. ground cloves  
2 tbsp. mustard seed  
1 tsp. celery seed  
5 cups mild vinegar



Wash, but do not pare fresh, crisp cucumbers. Slice thinly the cucumbers and onions, and shred the peppers. Mix with the salt, and bury pieces of cracked ice in the mixture. Cover with a weighted lid and let stand 3 hours, and then drain thoroughly.

Make a pickling syrup of the rest of the ingredients and pour over the sliced pickles. Heat over a low flame to scalding, using a wooden spoon to stir occasionally. Pour into hot, sterilized jars and seal.

Janice Kline Jacoby '45

### Lemon Butter

$1\frac{1}{2}$ lbs. granulated sugar (3 cups)	6 eggs
$\frac{1}{4}$ lb. butter	Grated rind of 2 lemons
	Juice of 4 lemons

Cream butter and sugar and add beaten eggs. Cook in double boiler until thick, adding lemon rind and juice toward last of cooking.

Ethel M. Girton '14

## SPECIAL DIETS — JEFFERSON HOSPITAL

### Low Fat Diet

**CEREAL BREAKFAST:** Stewed fruits, stewed apples, apple sauce, baked apples, prunes, pears, fresh oranges, and orange juice.

**Cereals—cooked:** Oatmeal, farina, hominy, rice, cream of wheat, wheatena, Roman meal. Use milk and sugar.

**Cereals—uncooked:** If permitted—corn flakes, post toasties, cracked wheat, puffed rice, Post's Bran, Rice Krispies.

**Bread—**Whole wheat, graham bread, or bran gems. Butter, marmalade, or jelly may be used.

Milk, Kaffee Hag, Postum, Sanka coffee or Buttermilk.

**10:30:** Milk or Malted Milk and crackers.

**LUNCHEON:** Consomme or vegetable noodle soup, rice or barley soup, or puree soups with flour.

Lean meat, fish or fowl.

Starchy vegetables, such as mashed potatoes, baked potatoes, rice, baked sweet potatoes, macaroni, spaghetti, puree of corn, peas, or lima beans if permitted,

Green vegetables, such as string beans, asparagus, spinach, carrots, squash, beets, celery, parsnips, turnips, lettuce, occasionally artichokes, mushrooms.

Bread—as at breakfast.

**Desserts:** Pudding (make without egg yolks), gelatines, stewed fruit, junket, ices, **but no ice cream.**

**4:30:** Milk and crackers, pudding and crackers, or malted milk and crackers.

**DINNER:** Lean meat—Chopped, scraped, or grilled; fish or poultry once a day if permitted or three times a week.

Chicken, turkey, lamb or mutton chops, roast lamb, roast beef or beef steak, oysters, fish (except salmon, mackerel, herring or shad).

Starch and green vegetables as at luncheon.

Lettuce with lemon juice and olive oil.

Bread—as at luncheon.

Before retiring: glass of malted milk or plain milk.

**NOTES:** Candy is permitted if it is not chocolate. Cake made from few eggs is permitted occasionally. Also avoid chocolate cake. Eggs should be omitted unless especially mentioned by the doctor.

**Do not eat** acid fruits, such as grapefruit, no rhubarb, tomatoes, onions, cabbage, cauliflower, brussels sprouts, pork or pork products, sweetbreads, liver, kidney, tongue, or shell fish unless directed.

### U-2 Diet

**BREAKFAST:** Fruit—Pureed Peaches, Pears, Apricots, Applesauce, Prunes, Banana, Bland Juices such as Peach, Pear, Apricot Nectar.

Cereal—Cooked Cornstarch, Cream of Wheat, Farina, Hominy, Oatmeal, Pabulum.

Eggs—Any style—not fried.

Breads—White toasted, Butter, Jelly.

Beverage—Milk, Kaffee Hag, Sanka.

**10:30 A.M.:** Milk or Eggnog.

**DINNER:** Cream Soups—Oyster Stew, Clam Broth, Broth.

Eggs—any style—not fried.

or

Cottage Cheese, Cheese Rarebit, Macaroni and Cheese.

Vegetables—Asparagus Tips, Pureed Peas, St. Beans, Winter Squash, Spinach, Carrots, Beets, Potatoes—Baked, Boiled, Mashed, Creamed, Sweet Potatoes, Rice, Noodles, Macaroni, Spaghetti with Butter.

Dessert—Jello, Cornstarch Pudding, Custards, Junket, Rice, Tapioca, Bread, Pureed Fruit as above, Fruit Whips, Plain Cake.

Beverage—Milk, Kaffee Hag, Sanka.

**3:30 P.M.:** Eggnog, Milk.

**SUPPER:** Same as Dinner.

**Bed Time:** Eggnog, Milk.

Between Meal Feedings of Eggnog, Milk, Custard, Jello and Junket should be encouraged.

**OMIT:** Fried Foods, Pork, Bacon, Salted Smoked Meat or Fish, Raw Acid Fruits, Vegetables, Rich Soups, Pastries, Strong Coffee, Tea.

Use Salt & Pepper sparingly.

### Low Residue Diet

**BREAKFAST:** Fruit or Fruit Juices—orange juice, prune juice, applesauce, baked apple (no skin or core), prune puree (twice sieved), tomato juice, grape juice, grapefruit juice.

Eggs—any type except fried.

Cereals—Cream of Wheat, farina or oatmeal.

White bread toast—or Zwieback with butter.

Tea—(with sugar and cream), cocoa or milk, coffee and buttermilk. \*ACCORDING TO DOCTOR'S ORDERS.

**DINNER:** Broth or cream soup (any vegetable strained except onions and cabbage).

Meat—ground beef, lamb and chicken. Baked or broiled white fish.

Potatoes—baked or mashed or rice, noodles, macaroni and spaghetti.

Vegetables—pureed.

Toast—white bread with butter.

Desserts—custards, puddings as rice, cornstarch, tapioca or bread using little sugar, plain or strained fruits, junket, water ice, vanilla ice cream, sponge cake, angel cake, Jello.

Tea, milk and fruit juices—same as breakfast.

**SUPPER:** Same as dinner.

**MILK**—Malted, eggnog

**SALT**—In moderation, but no other condiments.

**CHEESE**—Cottage or cream

**JELLY**—Clear or honey

**BUTTER**—In moderation

**SUGAR**—In moderation

## Low Sodium Diet

The major source of sodium for the average person is common salt (sodium chloride). While you are on this diet you should not add any salt to your food, either in cooking or preparing food nor at the table.

### THE FOLLOWING FOODS ARE ALLOWED

1. Meat, fish and fowl—3 ounces of raw weight each day. This may be chosen from the following groups:—
  - A. Meat! Beef, lamb, pork, rabbit, veal.
  - B. Fish! Fresh fish or frozen whole fish without added salt. Oysters.
  - C. Fowl! Chicken, duck, quail and turkey, white meat has less sodium than the dark meat.
2. Eggs, one daily.
3. Cereals and Breads  
Cracked wheat, farina, plain instant Ralston, Maltex, oatmeal, Pettijohn's, puffed rice, puffed wheat, rice, shredded wheat, Wheatena.  
Salt poor bread must be used. If possible order from the bakery.
4. Vegetables, fresh or dried or frozen, if no salt has been added.
5. Salads—use mixed greens. If gelatine salads are used use the plain gelatine for the base. Mixed dressings should be made at home without the salt and omit the egg white from the egg.
6. Fruits and Fruit Juices:  
All fresh fruits and fruit juices may be eaten. Canned, dried or frozen fruits and juices may likewise be used, unless the label specifies that salt or sodium benzoate has been added.
7. Beverages: Coffee, tea, cocoa-cola, gingerale, fruit juice.
8. Desserts: Make without salt and omitting the egg white. Any fruit.  
Fruit pies made with unsalted crust.  
Gelatine desserts made with plain gelatine.
9. Other Sweets: White sugar.  
Jam, jellies, marmalades, honey, homemade candies prepared with white sugar.

10. Fats and Oils: Unsalted fats such as lard, Spry and Crisco may be used. Do not use salted butter or margarine **except** 4 squares for use on bread or in vegetable cookery.

### AVOID THE FOLLOWING

1. Commercially processed foods to which salt has been added.
2. Smoked and salt cured meats. Such as ham, bacon, salt pork, corned beef, salt fish, canned meats, fish, bouillon cubes, meat extracts, brains, kidneys, clams, lobster, shrimp and sausage.
3. Cheese.
4. Pickles and spiced products, such as olives, pickles, catsup, sauces, salad dressings and prepared mustard.
5. Canned vegetables, soups, meats, and fish.
6. Ordinary bakery goods and crackers, salted foods, such as pretzels, potato chips, salted nuts, and most candy bars.
7. Water treated in water softening equipment.
8. Celery, beet greens, kale, spinach, beets, dandelion, mustard greens, sauerkraut.
9. Brown sugar, molasses or syrups prepared other than with white sugar.

## 1000 Calorie Diet (Reducing Diet)

### REMEMBER

1. To have 1½ pints of milk every day.
2. To cut the visible fat from meat.
3. To eat a salad or raw vegetable every day if possible.
4. To eat a green, leafy, or yellow vegetable every day.
5. To have a citrus fruit, tomato, cantalope, strawberries, or raw cabbage every day.
6. To choose the bread or cereal you use from enriched, whole grain, or rye varieties.

### HELPFUL HINTS

1. Eat regular meals at regular times. Omitting a meal (particularly breakfast) is a strain on the body and a major cause of fatigue.
2. Eat all meals slowly and chew well. This helps to make smaller amounts of food more satisfying.
3. Never eat when emotionally upset or overtired. Relax or rest first.
4. Watch closely for hidden calories.
5. If the ordeal of drinking clear coffee or tea is too much, add some of the day's allowance of milk, and use saccharin. Saccharin may also be used to sweeten fruits.
6. Stay away from highly seasoned foods. They stimulate the appetite.
7. Clear coffee, tea, or bouillon have no caloric value, and may be used freely.
8. An average serving of meat is 3 ounces. Two eggs or  $\frac{1}{2}$  cup of cottage cheese can be substituted for 2 ounces of meat.

### 1000 Calorie Diet

#### BREAKFAST:

Fresh fruit or juice	1 Serving— $\frac{1}{2}$ cup
Egg—cooked without fat	1
Bread or cereal	1 Slice of bread or small serving of cereal
Butter or fortified margarine	1 level teaspoon
Skim milk or buttermilk	1 Glass—8 ounces
Clear coffee or tea	

#### DINNER:

Lean meat, fish or poultry	3 ounces (average serving)
*Vegetables	$\frac{1}{2}$ cup group 1 and $\frac{1}{2}$ cup group 2
Skim milk or buttermilk	1 glass—8 ounces
Fruit—raw, or cooked or canned without sugar	1 serving— $\frac{1}{2}$ cup

#### LUNCH OR SUPPER:

Cottage cheese, meat or eggs	$\frac{1}{2}$ cup cheese, 2 ounces of meat, or 2 eggs
*Vegetables	$\frac{1}{2}$ cup group 1 and $\frac{1}{2}$ cup group 2
Skim milk or buttermilk	1 glass—8 ounces
Fruit—raw or cooked or canned without sugar	1 serving— $\frac{1}{2}$ cup

### High Carbohydrate High Protein Low Fat and Low Cholesterol Diet 2200 Calories

**Breakfast:** Fruits—orange, orange juice  $\frac{3}{4}$  cup,  $\frac{1}{2}$  grapefruit, if allowed prunes or peaches, applesauce, stewed pears  
Cereals—cooked oatmeal, farina, hominy, rice, cream of wheat, wheatena  $\frac{1}{2}$ - $\frac{3}{4}$  cup; dry (if permitted) cornflakes, rice krispies, wheaties,  $\frac{3}{4}$  cup.  
Bread—2 slices, whole wheat bread or toast  
Butter—1 level teaspoon for bread or toast. Not for cooking  
Sugar—2 tablespoons  
Jelly—1 tablespoon, clear jelly without seeds  
Kaffee Hag or Postum, Sanka Coffee or tea allowed any time without cream.

**Luncheon:** Consomme or chicken noodle soup with all fat removed

Salad—stewed fruit with lemon juice  
Cottage cheese—5 tablespoons  
Bread—2 slices brown bread  
Butter—1 level teaspoon  
Jelly—1 tablespoon, clear without seeds  
Milk—skimmed, 1 glass  
Desserts—puddings without egg yolks such as rice pudding, cornstarch pudding,  $\frac{1}{2}$  cup

**Dinner:** Lean meat—broiled, baked, roasted or boiled. Beef or lamb, Chicken or turkey

Fish—no mackerel, herring, shad, salmon or tuna (2 oz.)  
Starch vegetables—potato, rice, noodles, corn puree,  $\frac{3}{4}$  cup  
Green vegetables—such as string beans, asparagus, celery, beets, turnips, lettuce,  $\frac{1}{2}$  cup  
Salad—fruit or cooked vegetables without mayonnaise  
Bread—Brown bread 2 slices  
Butter—1 level teaspoon  
Jello, orange ice, gelatine dessert, Angel cake

#### DO NOT EAT

Acid fruits, such as grape juice, rhubarb or tomatoes, onions, cabbage, cauliflower, Brussels sprouts, pork or pork products, sweetbreads, liver, kidneys, tongue, and no shell fish unless directed, chocolate or cocoa, gravies.

NOTE: Candy is permitted if not chocolate.



### Bland Diet

**Beverage:** Milk, milk drinks, coffee substitutes and tea. Fruit juices, orange, peach nectar, pear nectar, or apricot nectar.

**Bread:** White bread toasted, saltines, or soda crackers.

**Cereals:** All cooked cereals.

**Cheese:** Cream or cottage cheese.

**Dessert:** Cornstarch, rice, or tapioca puddings, angel or sponge cake, plain cookies, custard, and plain ice cream.

**Fat:** Butter and others in moderate amounts.

**Eggs:** Boiled, poached, or scrambled.

**Fruits:** Cooked apples, apricots, pears, and peaches. Oranges and stewed prunes (without skins), bananas.

**Meats:** Beef, lamb, fowl or fish.

**Soup:** Cream soups and broth.

**Vegetables:** Asparagus, squash, carrots, and all other vegetables pureed. Potatoes, spaghetti, macaroni, and noodles.

### FOODS TO BE AVOIDED

1. All fried or fatty foods and all highly spiced or seasoned foods.
2. All mustard, pepper, vinegar, ketchup, horseradish, and relishes.
3. All smoked and preserved meat. Pork and pork products.
4. All raw fruits except those listed.
5. All stimulants and carbonated waters.

### TABLE OF MEASURES

#### Liquid Measure

50-60 drops	1 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 ounce
16 tablespoons	1 cup
2 cups	1 pint—16 ounces
2 pints	1 quart—32 ounces
4 quarts	1 gallon

#### Dry Measure

2 pints	1 quart
8 quarts	1 peck
4 pecks	1 bushel



## CONTRIBUTORS

1900	Mabel Croft Harley	1915	Jessie Rorabaugh Hearn Adele M. Lewis
1901	Helen Reid Morrow	1916	Myrtle Brewer Thrasher Laura Witmer
1902		1917	Maggie Lloyd Clarke Mary Longacre Grim Marion Smith Lauffer
1903		1918	Nan Talley
1904	Maude Clippinger Faust Blanche Lichty Snavely	1919	Sophie Bernauer Levey Alice L. Worthington
1905	Anna Knight Hill	1920	Henrietta L. Bigney Dorothy Bennett Fitzgerald Mae Heritage Williamson Florence Strause Speiglmire Nora L. Zufall
1906	Florence E. Carnahan Phoebe Risser Haldeman	1921	Ruth Purington Maude Fuller Spencer Henrietta Fitzgerald Spruance
1907		1922	
1908	Nora E. Shoemaker	1923	Mary E. Bowser Benton Florence Kaufman Mae Orr Pearl Mozer Shappell
1909	Hattie Dinsmore Stackhouse	1924	Julia A. Ganster Genevieve McCloskey Lewis Mary Walker O'Connor Beatrice Foote O'Hara
1910	Jessie Scudder Fisher		
1911	Mary K. Calhoun McNitt		
1912			
1913	Helen Cook Gibb Emma R. Treffeisen Thomas		
1914	Mabel Grace Boller Ethel M. Girton Nellie G. Hill Matilda Trumbauer Knerr Cora Lee Oesterblom		

Mildred Felter Sember  
Estelle Steigerwalt Taylor

1925  
Delilah Hendricks Naugle

1926  
Carolyn Martha Akers  
Martha Bray Clark  
Ruth Smith Davis  
Elizabeth Howard Farmer  
Agnes Durovick Tomasula

1927  
Frances Baker Anderson  
Clara Cartwright Boyles  
Viola Acheson Hayes  
Orpha Fairlamb Lucas  
Martha E. Riland

1928  
Dorothy Smith Bennett  
Esther Wilson Knoll  
Mary Stauffer Malick  
Helen Rebert Murray  
Marion Bowers Smith  
Hannah Wertman Umpstead

1929  
Frances Wheeler Babb  
Charlotte Moore Burt  
Emma Skane Dabanian  
Nora Shoemaker Ehrig  
Alice Daniels Embree  
Arlene Lansberry Maurer  
Zelda Rowe Mencer  
Gladys Higgins Parsons  
Mabel Prevost  
Evelyn Snodderly Smith

1930  
Mary Woomer Boyd  
Muriel Stevens Canis  
Nina Irwin Studebaker

1931  
Emma Bahner  
Frances Maiorand Cielo  
Blanche Ford  
Elizabeth Youngblood Gaul  
Alyce M. Pusey Hammond  
Mildred English Hively  
Helen Walp Hubbard  
Esther Cowen Huntsberger  
Yeprakse Tufenkian Kounjian  
Esther Guyer Lentz  
Virginia Emmert Leo  
Mildred Webner Witmyre

1932  
Mildred Gorman McGee  
Erma Coup Painter  
Dora Adams Reynolds  
Dorothy Dundore Williams

1933  
Vivian Passmore Murray  
Catherine Gray Paine

1934  
Mildred Dunkle Bowman  
Marion Hartman Burch  
Evelyn Wilson Frazier  
Julia Tyler Gaskill  
Rhea Orner Kassay  
Helen Reimer Motsay  
Edna Hastings Plagens  
Betty Piersol  
Margaret Clayton Schellenger  
Harriet Fisher Thompson

1935  
Evelyn Rolland Curran  
Christella Campbell Butler  
Lucille Edmonds Hand

1936  
Mary Hyatt Dominick  
Laura Faurett  
Mary S. Menendez

Margaret Pound Ransom  
Kathryn Rorabaugh  
Mary Fielden Wiley

1937  
Myrtle Lane Mathews  
Areta Matlock Rule  
Barbara Fleishman Snape

1938  
Emily Clark Nichols

1939  
Catherine Wilson Campbell  
Charlotte Davenport  
Olga Dygan Mitchell  
Sara Patton Saunders

1940  
Geraldine Chamberlain Long  
Helen Job Enterline  
Alice Freed Moore  
Esther Armitage Musselman  
Janet Lynch Plant

1941  
Perma Ehrhard Davis  
Marie J. DiMarco  
Frances W. Masser  
Frances Huston Rumberger  
Margaret Summers  
Margaret Elliott Wallett

1942  
Grace Jennings Dunkelberger  
Caroline Selby Gebel  
Lois Longacre Kelly  
Anna Elizabeth Alexander Krall  
Madaline Kinch Knight  
Ruth Moore MacAdam  
Joyce Rose Sproch  
Rhoda Burgweizz  
Gladys Reed White

1943  
Virginia Hershey Donakey  
Esther Milewski Kahn

Vivian I. Moyer  
Helen Marie Thomas Reistle  
Mary Benedict Weller

1944  
Amy Wilson Allen  
Janet Keeports Kinch  
Jean McMullen Koutsouros  
Janet F. Overdorff Nackerud  
Bertha Walters

1945  
Janice Kline Jacoby  
Anna Kuba

1946  
Elaine Schappet Flood  
Marilyn Dinklocker Hodge  
Ruth Fairweather Nemeth  
Dionysin Sweeney Ruht  
Dorothy Gilardone Strachan  
Betty Weldon Saunderlin

1947  
Betty Whysong Mathers  
Doris Young Moore  
Dorothy Mertz Stern

1948  
Catherine Johnson Brewer  
Bettillon Daubert Brown  
Mary Ann Buzydlowski  
Mercedes F. Breen Christ  
Helen T. Currier

Dorothy Diehl Dickie  
Kathryn Hafer Eyrick  
Nadine Dopirak Fetsko  
Dorothy Mogle Forshey  
Ruth Bullock Garrett  
Doris Burke Hano  
Rachel Irvine Herbert  
Betty Lou Parsons Konjuski  
Betty Johns McDonald  
Shirley Darling Schott  
Mercedes Geil Weber  
Joyce Spangler Week

1949

Barbara Brown Breen  
Lucille Flavell Henkelman  
Lorraine Milewski McCall  
Priscilla Kresge Nicholson  
Dorothy Lamson Sheets

1950

Barbara Fisher Ackerman  
Mary Louise Moore  
Brumbaugh  
Mary Louise Osborne Foy  
Shirley Mackley Hoffert  
Margaret Henry Jones  
Nancy Hummel Orsini  
Lucille Anderson Sanborn  
Wealthy Morrow Sheett  
Geraldine Stemler Strye  
Janet Patricia Thomas

1951

Anna Troxell Humphreys  
Marion E. Hoffman Narberth  
Mary Alice Bond Romig  
Pearl Jean Binns Smith  
Nina Davis Weller  
Marion Thorp Williams

1952

Florence Rowinski Fus  
Eloise J. Hippensteel  
Jean M. Pachebel

1953

Trudy Lange Amend  
Barbara Bowen Lewis  
Jane Reimer Lemon

1954

Mary Lee Stoutenburg Adams  
Marcia Graham Bell  
Joan Nichols Davis  
Anna Loughran Delaney  
Mary Jane Carson McCleaf  
Mary Ann Stauffer  
Betty Richards Stone  
Betty Snyder Swartz

1955

Carol Young Justice  
Marie Bonacurso Pancari  
Gwendolyn Larimer Reese  
Nancy Shafer  
Margaret E. Schleyer

1956

Marguerite Domenick  
Mary Anne Saunders Fort  
Marilyn Robertson Glauber  
Paula Scarlett Kenworthy  
Anne Snell Kopple  
Joanne Welsko O'Donnell  
Noreen King Poole  
Dorothy Puskar

1957

H. Phoebe A. Anthony  
June Reginak Dupnoch  
Kay Griffiths  
Marjorie E. Fallon Jeffrey  
Margaret Milotech Martin  
Mildred Murray

1958

Linda L. Doll  
Jean Beard Ecker  
Joan F. Gasperon  
Susanne Weisel Sagi  
Inga Smith Scott  
Alice Koch Zilling

1959

Dolores Hoover  
Elizabeth A. Ossman

1960

Catherine Bulkley

*Honorary Members*

Katherine Childs  
Margaret M. Jackson

*Class Not Known*

M. A. Middleton

