



To Market,

To Market,

To Buy Balanced Meals

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Grandmother's cakes, her roasts and puddings, all helped to build up her enviable reputation as a good cook. But Elsie maintains that the women in today's kitchens are not concerned with culinary achievements alone. They want their cooking to satisfy their families' health needs as well as their appetites . . . to excel in food value as well as flavor . . . to give vitality as well as variety. For these reasons, homemakers of today are giving increasing thought to the food needs of their families when they go "to market, to market."

First things first, insists Elsie, has always been a good, sensible rule. So first make sure that the market basket brings home each week foods to meet the nutritional needs of each family member. For example, if there is Father, Mother, Johnny aged ten and Mary aged eight, for a moderate-cost dietary the family market basket should be filled with the following foods during the week:



21	quarts of <i>Milk</i>	15	pounds of <i>Other Fruits and Vegetables</i>
1	pound of <i>Cheese</i>	9	pounds of <i>Lean Meat, Poultry and Fish</i>
10	pounds of <i>Potatoes</i>	11 3/4	pounds of <i>Flours and Cereals</i>
11	ounces of <i>Dried Beans, Peas and Nuts</i>	3 1/2	pounds of <i>Fats</i>
7 1/4	pounds of <i>Tomatoes and Citrus Fruits</i>	3 1/2	Pounds of <i>Sugars</i>
13	pounds of <i>Leafy, Green and Yellow Vegetables</i>	23	<i>Eggs</i>



Broken-down budgets won't result from following the given shopping guide, promises Elsie. Fortunately for the grocery bill, many of the foods high in food value are low in cost. Milk and cheese, for instance, and the less expensive types of leafy and green vegetables can improve poor diets without adding greatly to their cost. Milk is your best food buy because it gives more food value for your money than any other single food. Fruits and vegetables are good investments, too — not luxuries — when you consider their returns in healthy bodies. Managing your meals so as to get the best diet possible on your food budget is a matter of studying the market supply to see which foods are plentiful and cheap . . . planning your market orders to include the foods that fit your family's needs and likes . . . and then buying wisely so as not to sacrifice nutritive value for price. By following the weekly marketing guide given on page 1, you can make your meals, like those that follow, meet nutritional needs at moderate cost.

Delicious Meals at Moderate Cost

BREAKFAST

Sliced oranges
Ready-to-serve cereal
and milk
Graham muffins, butter
Strawberry jam
Cocoa* for children
Coffee for adults

LUNCH OR SUPPER

MONDAY

Cream of vegetable
chowder*
Enriched toast, butter
Baked apples
Milk for children
Tea for adults

DINNER

Durok pie*
Asparagus with Cream
Hollandaise sauce*
Cottage cheese brick salad*
Whole wheat bread, butter
Ice cream
Milk for children
Coffee for adults

TUESDAY

Baked pears
Oatmeal cooked in milk*
and milk
Raisin toast, butter
Milk for children
Coffee for adults

Cheese supreme*
Fresh vegetable salad
Enriched bread, butter
Chocolate milk drink

Braised beef liver
Baked tomatoes with
corn pudding*
Creamed potatoes
Cabbage salad with
sour cream dressing*
Apple sauce, cookies*
Milk

* Recipe for this dish is given. See index for page number.

BREAKFAST**LUNCH OR SUPPER****DINNER****WEDNESDAY**

Grapefruit
Rumbled eggs*
Enriched toast, butter
Milk for children
Coffee for adults

Creamed chipped beef*
on French toast*
Raw carrot sticks
Gingerbread* with
Chocolate sauce*
Milk

Meat loaf
Cabbage ring with peas*
Mashed potatoes
Stuffed fruit salad*
Enriched bread, butter
Milk for children
Coffee for adults

THURSDAY

Stewed apricots
Oatmeal cooked in milk*
and milk
Enriched toast, butter
Cocoa* for children
Coffee for adults

Welsh Rarebit*
Tossed salad
Caramel milk shake*

Tomato juice
Veal cutlets*
Baked potatoes
Buttered beets
Enriched bread, butter
Pumpkin mince pie*
(adults)
Pumpkin custard
(children)
Milk for children
Coffee for adults

FRIDAY

Grapefruit
Southern spoon bread*
with Maple syrup
Cocoa* for children
Coffee for adults

Oyster bar stew*
Scallion and spinach
salad*
Toasted rolls, butter

Salmon loaf* with
Cucumber dressing*
Potatoes
Buttered peas
Whole wheat bread, butter
Cake salad*
Milk for children
Coffee for adults

SATURDAY

Sliced bananas
Ready-to-serve cereal and
milk
Scrambled eggs
Enriched toast, butter
Milk for children
Coffee for adults

Bread and butter finger
sandwiches
Cottage cheese ring*
with Syrian salad*
Chocolate surprise*

Swiss steak
Baked potatoes
Creamed carrots and
squash*
Whole wheat bread, butter
Sussex pudding*
Milk for children
Coffee for adults

SUNDAY

Tomato juice
Buttermilk waffles* with
melted butter
Bacon curls
Cocoa* for all

Asparagus souffle*
Vegetable salad
Cheese biscuits*
Rum custard* with
Raspberry sauce*
Milk for children
Coffee for adults

Creme de Volaille*
Green beans
Sweet potatoes
Spring flower salad*
Enriched bread, butter
Milk for children
Coffee for adults

* Recipe for this dish is given. See index for page number.



Your kitchen comes into its own after the planning and marketing are done. Here's where the food values so carefully shopped for can either go down the drain, Elsie warns, or be temptingly dressed-up for dinner. It's up to the cook to conserve all the vitamins and minerals possible when preparing foods by cooking vegetables quickly in small amounts of water . . . using any remaining cooking water in soups, gravies, etc. . . . preparing chopped raw vegetables and fruits just before serving . . . cooking green vegetables without using soda . . . cooking frozen vegetables and fruits without waiting for them to thaw . . . avoiding either stirring air into foods while cooking or putting hot foods through a sieve . . . cooking foods only until tender . . . serving all cooked foods immediately.

The fun of food needn't be forsaken for nutritious diets. Mouth-watering dishes . . . an attractive table . . . cheerful conversation . . . friendly laughter—all make the family want to eat because it's fun, not just because it's "good" for them, says Elsie. Appetizing food is the easiest way to interest the family in good nutrition. A tiresome stand-by can be transformed into an exciting new discovery by varying the seasonings or the method of serving. Elsie's recipes for food dishes that will help promote your program of good nutrition are given on the following pages. "They'll make your family look forward to mealtime," promises Elsie, "because they're *family-tested!*"



YOURS

Elsie



Soups

Cream of Tomato Soup

TOMATO MIXTURE

- 2 cups canned tomatoes
- 1 stalk celery and leaves
- 1 slice onion
- 1 bay leaf
- ¼ teaspoon paprika

CREAM SAUCE MIXTURE

- 1 teaspoon salt
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 1 tablespoon Worcestershire sauce

Simmer all ingredients for tomato mixture for ten minutes. Strain. Melt butter, add flour, stir until smooth. Add milk, stirring until mixture is thick and smooth. Add hot tomato mixture slowly to cream sauce, stirring constantly. Add Worcestershire sauce. Serve at once. Yield: 4 servings. Cream of tomato soup will not curdle if properly blended and served at once.

Cream of Vegetable Chowder

- ⅓ cup finely chopped pork or bacon
- 1 medium green pepper, chopped, or
- 1 tablespoon chopped parsley
- ½ cup diced carrot
- 1 medium diced onion
- 1½ cups diced potato
- 1 cup diced celery
- 2 bay leaves
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 4 cups thin cream sauce

Cook vegetables and pork until tender in enough water to cover. Add vegetables and remaining liquid to 4 cups thin cream sauce. (See recipe on page 22.) Yield: 4 to 6 servings.

Oyster Bar Stew

- 8 tablespoons, or ¼ pound butter
- 1 pint oysters
- 1 teaspoon celery salt
- ½ teaspoon salt
- ¼ teaspoon paprika
- 1 tablespoon Worcestershire sauce
- 1 quart of whole milk

Have skillet, or other metal pan, very hot. Put in butter and when it is sizzling add oysters. Add seasoning. Cook for a few minutes until edges curl slightly. Add milk and heat until scalding hot; do not boil. Serve with dash of paprika on each bowl. Yield: 4 servings.



Main Dishes

Durok Pie

- | | |
|--|-----------------------------|
| 1 cup sliced, boiled ham, or left over ham | 1 cup milk |
| $\frac{1}{4}$ pound sliced mushrooms | $\frac{1}{2}$ teaspoon salt |
| 3 tablespoons butter | Pepper to taste |
| 3 tablespoons flour | 2 cups mashed potatoes |

Chop ham in about 1-inch pieces. Sauté washed, chopped mushrooms in butter for 5 minutes, blend in flour until smooth, add milk and cook until thick. Combine ham and mushroom sauce. Place in lower part of casserole. Top with mashed potatoes. Bake 30 minutes at 350° F. Yield: 6 servings.

Chicken and Rice Custard

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|---------------------------------|------------------|
| 3 cups cooked chicken (chopped) | 2 chopped onions |
| $\frac{3}{4}$ cup rice | 1 teaspoon salt |
| | Pepper |

SAUCE

- | | |
|---------------------------|-------------------------------|
| $\frac{1}{4}$ cup butter | 2 tablespoons chopped parsley |
| 2 level tablespoons flour | 2 eggs |
| 2 cups milk | |

Boil a 3 $\frac{1}{2}$ to 4 pound chicken until tender, pull meat from the bones and chop. (Should make 3 cups.) Into the broth in which the chicken was cooked, put rice and chopped onion, salt and pepper. When rice is cooked, drain. Place alternate layers of rice and chopped chicken in casserole and cool. Make sauce of milk, butter, flour and parsley. Add eggs well beaten. Pour custard over rice and chicken and bake at 350° F. about 30 to 40 minutes or until well set. Yield: 6 to 8 servings.

Deviled Turkey

- | | |
|------------------------------------|---|
| 1 cup medium cream sauce | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 2 tablespoons of mustard | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon celery seed | $\frac{1}{4}$ teaspoon paprika |
| 1 teaspoon vinegar | Cooked turkey slices |
| 1 teaspoon butter | |

Make cream sauce. (See recipe on page 22.) When thick, add seasonings. Serve on slices of left over turkey that has been broiled slightly in butter to heat it. This sauce is delicious also on hot, sliced, hard boiled eggs, served on buttered toast. Yield: 4 servings.

Creme de Volaille with Mushroom Sauce

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|---|-----------------------------------|
| 1 loaf bread with crust removed | 2 tablespoons parsley |
| 1 cup coffee cream | ½ tablespoon finely scraped onion |
| 4 eggs | 1 bay leaf, crushed |
| 3 cups uncooked ground chicken (1 medium sized chicken) | 2 tablespoons chopped celery top |
| ¼ pound salt pork, ground | Salt and pepper |
| ½ pound fresh pork, ground | |

Break bread into a mixing bowl. Add cream and eggs and beat until smooth. Add ground meat, seasonings and mix well. Put into mold or top of double boiler and steam 3 hours. Turn out of mold and serve with mushroom sauce. (Recipe given on page 8 under Veal Cutlet.) Yield: 8 servings.

Chicken and Celery en Casserole

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|----------------------|------------------------------------|
| 1 cup diced celery | 2 cups chopped cooked chicken meat |
| 4 tablespoons butter | 2 tablespoons pimientos |
| 4 tablespoons flour | 1 teaspoon salt |
| ¾ cup chicken broth | ½ cup dried bread crumbs |
| ½ cup celery water | 1 tablespoon butter |
| ¾ cup milk | |

Wash celery, cut in ½ inch lengths and cook in boiling salted water. Drain, reserving ½ cup celery water. Make cream sauce of butter, flour, chicken broth, celery water and milk. Add diced chicken meat, chopped pimientos, cooked celery, and salt. Fill baking dish and cover with crumbs mixed with one tablespoon butter. Bake at 500° F. about 15 minutes or until brown. Yield: 8 small ramekins or 1 large casserole.

Creamed Chipped Beef on French Toast

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|----------------------|-----------------|
| ¼ pound dried beef | 2 cups milk |
| 4 tablespoons butter | ½ teaspoon salt |
| 4 tablespoons flour | Pepper |

Cut dried beef into small pieces with scissors. Melt butter and add chipped beef. Cook 3 to 5 minutes, or until beef begins to frizzle. Add flour, stir until smooth; add milk and seasoning and cook until smooth and thick. Serve on French toast with parsley garnish. For variety, ¼ pound of sliced mushrooms may be added with the chipped beef. Yield: 4 servings. (See page 23 for French Toast recipe.)

Rumbled Eggs

(A Scotch Recipe)

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|------------|----------------------|
| 3 eggs | 2 tablespoons butter |
| 1 cup milk | |

Melt butter, add beaten eggs and milk. Over a low flame in an almost cold skillet to start, slowly stir (rumble) the mixture until the proper consistency is reached. Serve on toast—Delicious, so says the Scotchman!

Veal Cutlet with Brown Mushroom Sauce

½ pound mushrooms
4 tablespoons butter
4 tablespoons flour
2 cups milk

½ to 1 teaspoon salt
Pepper
1½ pounds veal cutlet

Wash and slice mushrooms, using all but ends of caps. Melt butter, add mushrooms and cook 5 minutes. Add flour and let brown. Add milk and cook until thickened, stirring to prevent lumping. Season with salt and pepper and serve on broiled cutlet. Yield: 4 to 6 servings.

Cornmeal Mush with Milk and Fresh Pork

1 cup corn meal
1 cup water
3 cups milk

1 teaspoon salt
1 cup left over pork
roast or ham

Sift cornmeal into boiling salted water, stirring constantly. Add milk, stirring to prevent lumping. Cook for one hour in double boiler, stirring occasionally. Add meat. Put in square pan to cool and set. Cut in squares and fry in bacon fat. Serve with gravy or tomato sauce.

Carrot Ring with Shrimps à la Newburg

CARROT RING

2½ cups mashed carrots
½ cup bread crumbs
1 cup milk
½ teaspoon salt
½ green pepper, chopped

1 teaspoon finely chopped
onion
2 tablespoons butter
4 eggs

Cook scraped carrots in boiling water until tender. Drain and mash. Add bread crumbs, milk, salt, green pepper, onion and butter. Beat eggs thoroughly and combine with other ingredients. Pour in greased ring mold of medium size. Set in pan of hot water. Bake at 350° F. for 40 minutes. Serve with Shrimps à la Newburg in center. Garnish with parsley.

SHRIMPS à la NEWBURG

2 tablespoons butter
1 lb. fresh shrimps or
2 cans shrimps
3 tablespoons flour
1 cup milk

½ cup cream
2 tablespoons sherry
½ teaspoon salt
½ teaspoon pepper
Pinch of sugar

Melt butter in saucepan, add shrimps. (If fresh shrimps are used, first boil in salt water for about 15 minutes.) Cook over low heat for five minutes. Add flour, stir in milk and cream and continue stirring until sauce thickens. Add sherry and seasonings. Yield: 6 servings.

Baked Fish

1 pound haddock (sliced)
2 tablespoons butter, melted
Pepper and salt to taste

1 small onion, minced
1 small green pepper, minced
1 cup milk

Rub fish with melted butter. Add salt and pepper. Place in a shallow buttered baking pan with the minced onion and green pepper on top. Pour milk over fish and bake about 1 hour at 350° F., basting frequently with milk. Yield: 4 to 6 servings.

Salmon with Cucumbers and Cooked Dressing

SALMON LOAF

1 pound can of salmon
1½ cups bread crumbs
1 egg, beaten

¾ cup milk
2 tablespoons butter, melted
1 teaspoon salt

Flake salmon with a fork. Add bread crumbs. In another bowl beat egg, add milk, butter and salt. Beat well. Combine this mixture with the salmon. Shape into a loaf and bake in buttered baking dish in a moderate oven (350° F.) about 1 hour or until firm and brown. Garnish with parsley. Yield: 6 servings.

COOKED DRESSING

2 tablespoons butter
2 tablespoons flour
¾ cup milk
½ teaspoon mustard
1 teaspoon sugar

½ teaspoon salt
¼ teaspoon paprika
¼ cup vinegar
1 egg
1 cucumber

Melt butter, add flour and milk. Cook over direct flame 5 minutes or in double boiler 20 minutes. Mix mustard, sugar, salt and paprika; Add vinegar and slightly beaten egg. Add to cream sauce and cook until thick. Cool. Mix crisp, sliced cucumber with cold cooked dressing and serve as a dressing for the salmon loaf.

Salmon and Peas

4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper

2 cups milk
1 cup canned salmon
1 cup cooked peas

Melt butter, stir in flour, salt and pepper. Add milk gradually. Cook until thick, stirring constantly. Flake salmon and add with peas. Serve on toast. Yield: 6 servings.

Cheese Supreme

2 eggs
½ cup milk

8 slices stale bread
⅓ cup butter

Beat eggs slightly, add milk. Cut bread in rounds and dip in mixture. Fry in butter until crisp and golden brown. Place in bottom of flat baking dish.

SAUCE

1 cup meat stock
2 bay leaves
1 tablespoon chopped onion
3 teaspoons chopped parsley
3 tablespoons butter
3 tablespoons flour

¾ cup milk
½ teaspoon salt
1¼ cups American cheese, cut fine
½ cup left-over cooked ham cut
in thin strips

Cook cup of meat stock, bay leaves, onion and parsley, until the liquid is reduced to ¾ cup. Make cream sauce of butter, flour, milk and seasoning and add stock, which has been strained. Add to this a cup of the cheese and cook over low fire until cheese is melted. Pour sauce over bread in the baking dish. Sprinkle with remaining cheese and "slivers" of ham. Bake in a moderate oven (350° F.) until well browned. Sprinkle with chopped parsley and serve very hot. (Bacon or dried beef may be substituted for the ham.) Yield: 6 servings.

Welsh Rarebit with Chives on Grilled Tomatoes with Canadian Bacon

4 tablespoons butter
4 tablespoons flour
2 cups milk
1½ cups grated Chateau Cheese
½ teaspoon salt

Few grains pepper
½ teaspoon mustard
1 teaspoon Worcestershire
2 teaspoons chives
3 sliced tomatoes

Melt butter in saucepan, add flour and stir until well blended; add milk and stir constantly, cooking until thick. Add cheese and seasoning and cook slowly until cheese is melted. Add chives. Grill tomatoes; place on toast. Cover with welsh rarebit and garnish with Canadian bacon. Serve at once. Yield: 6 servings.

Baked Tomatoes with Corn Pudding

6 medium tomatoes
2 eggs
1 cup milk
½ teaspoon salt

Pepper
1½ cups corn, fresh or canned
Cracker crumbs
1 tablespoon butter

Wash and core tomatoes. Beat eggs slightly, add milk and seasonings and corn. Fill tomatoes with the mixture and place in baking dish. Cover top with cracker crumbs. Dot with butter and bake until pudding is set, about 30 minutes at 350° F.

Asparagus Souffle

3 tablespoons butter
3 tablespoons flour
 $\frac{2}{3}$ cup milk
 $\frac{1}{3}$ cup asparagus water
1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper
3 eggs
 $\frac{3}{4}$ cup Rice Krispies
1 cup chopped cooked
asparagus (1 No. 1 can)

Make cream sauce of butter, flour, milk, asparagus liquor and seasonings. Add beaten egg yolks and allow to thicken. Add Rice Krispies and asparagus tips. Fold in whites of eggs, beaten dry. Bake for one hour at 350° F. in a buttered casserole set in a pan of hot water. Yield: 6 servings.

Cabbage Ring with Peas and Mushrooms

1 medium cabbage
4 tablespoons butter
4 tablespoons flour
2 cups milk

1 teaspoon salt
Pepper
 $\frac{1}{4}$ pound mushrooms
1 cup peas

Cut the core from a medium head of cabbage and scoop out center until a thin ring of cabbage is left. (Save leftover cabbage for salad.) Cook in boiling salted water until tender (20 minutes for average size head). Make mushroom sauce and add one cup cooked peas. Turn cabbage upside down, being careful not to break the ring in turning it out. Spread leaves apart. Fill center with pea-mushroom mixture, pouring the rest around the outside of the cabbage. Garnish with parsley. For a one-dish meal, serve with hamburger patties or grilled Canadian bacon. Yield: 6 generous servings.

Creamed Carrots and Squash

1 cup sliced, cooked squash
1 cup sliced, cooked carrots

1 $\frac{1}{2}$ cups medium cream
sauce

Slice summer squash, leaving skins on. Cook until tender in salted, boiling water. Scrape and slice carrots. Cook in salted, boiling water. Drain both vegetables and add to cream sauce. (See recipe on page 22.) Yield: 4 servings.

Southern Spoon Bread

1 cup cornmeal
1 $\frac{1}{2}$ cups boiling water
1 teaspoon salt
2 tablespoons melted
butter

3 eggs
1 cup buttermilk
 $\frac{1}{2}$ teaspoon soda

Add cornmeal gradually to boiling salted water. Add butter and allow to stand until slightly cooled. Add egg yolks and buttermilk mixed with soda and beat well. Add egg whites beaten until stiff. Turn into buttered casserole and bake at 375° F. for 1 hour. Serve with melted butter. This may be used for breakfast with maple syrup. Yield: 6 servings.



Milk Beverages

Chocolate Surprise

2 ounces chocolate	$\frac{1}{2}$ cup boiling water
or	1 quart milk
8 tablespoons cocoa paste	1 stick cinnamon
3 tablespoons sugar	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	

Melt chocolate, stir in sugar and salt and add boiling water. Scald milk and add to chocolate, stirring to keep smooth. Add stick cinnamon. Cook in top of double boiler 3 minutes. Remove cinnamon and add vanilla. Cool and place in ice cube freezing tray. It should partially freeze, the frozen chocolate acting in place of ice. Serve in tall glasses with whipped cream. In summer this drink with angel food cake makes a delicious dessert. Yield: 4 tall glasses.

Caramel Milk Shake

$\frac{2}{3}$ cup milk	1 scoop or
1 tablespoon caramel syrup	2 tablespoons vanilla ice cream

Combine all ingredients. Shake and serve in tall glasses.

STOCK CARAMEL SYRUP

1 $\frac{1}{2}$ cups granulated sugar	1 cup boiling water
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Put sugar into heavy saucepan. Heat, stirring constantly, until an amber colored liquid is formed. Cautiously add boiling water. Simmer until caramel is entirely dissolved, stirring frequently. Pour into wide-mouthed bottle, cover and store in cool place. Yield: 1 $\frac{1}{8}$ cups.

Cocoa

Making cocoa with cocoa paste improves the flavor and the texture of the drink. It is a better way to make cocoa for children because by this method the starch in the cocoa is thoroughly cooked without overheating the milk. Allow 1 cup milk to each 2 tablespoons of cocoa paste. Heat the mixture but do not boil.

COCOA PASTE

1 cup cocoa	$\frac{1}{2}$ cup sugar
Few grains salt	2 cups water

Mix cocoa, sugar, salt. Add water and cook until a smooth, thick paste is formed. If convenient allow to cook a long time, 30 minutes or more, in a double boiler to improve flavor.



Salads

Cottage Cheese Ring and Syrian Salad

1 tablespoon gelatin
¼ cup cold water
¼ cup hot water

2 cups cottage cheese
1 cup whipping cream

Soak gelatin in cold water for five minutes, add hot water and stir until dissolved. Put cheese through sieve, add gelatin, mix until light and fluffy, then add the stiffly beaten cream. Pour into ring mold and place in refrigerator to set.

SYRIAN SALAD

1 medium size cucumber
4 tomatoes
Lettuce leaves

2 tablespoons chopped
fresh mint leaves
or fresh dill

Slice cucumbers that are cold and crisp, without peeling. Cut peeled tomatoes in wedges. Place cheese mold in center of salad platter. Arrange tomatoes and cucumbers on lettuce and garnish with mint leaves or dill. Serve with French dressing. Yield: 6 to 8 servings.

Stuffed Fruit Salad Roll

Put cottage cheese through sieve and mix with one tablespoon of French dressing. Make into a roll about the thickness of your thumb and place in refrigerator to harden. When ready to use, cut slices to insert in pitted black cherries, prunes, grapes, split and seeded, or other fruit to be stuffed with cheese. This makes a smooth neat stuffing.

Cottage Cheese Brick

2 cups cottage cheese
1 cup ground or grated
American cheese
1 tablespoon gelatin
2 tablespoons cold water
¼ cup boiling water

¼ cup chopped celery
¼ cup chopped nuts
¼ cup chopped stuffed olives
1 tablespoon finely chopped
chives
2 tablespoons French dressing

Put cottage cheese through sieve. Add American cheese. Blend thoroughly. Soak gelatin in cold water, add boiling water and stir until dissolved. Add to cheese and beat thoroughly. Add celery, olives, nuts, chives and French dressing. Mold in bowl or rectangular pan. When ready to serve, turn out on plate and garnish with watercress or parsley. Cut in slices and serve either as salad on lettuce or as addition to fruit or leaf salad. Yield: 16 to 20 thin slices.

Spring Flower Salad

FLOWER POTS: Blend 1 package Borden's cream cheese (3 oz.) with enough milk to make 1 cup. Season with salt and 1 teaspoon anchovy paste, $\frac{1}{2}$ teaspoon grated onion, or 2 tablespoons creamed Blufort cheese. Soften 2 teaspoons gelatin in 2 tablespoons cold water, then melt over hot water. Stir into cream cheese and milk and pour into small cups (custard cups or tea cups). This amount fills two cups. Place in refrigerator to congeal. Dip in warm water and unmold. Cut each mold into four slices with 3 parallel vertical cuts. Each cut makes a flowerpot base for the salad. (2 cups of the cheese mixture makes eight salads.) Lay each slice on an individual dark colored salad plate to represent flower pots, decorating if desired with slices of tomato aspic, pieces of green pepper, pimiento, ripe olive, etc.

Three packages of cheese will make eight individual salads, one package for the flower pots and two for the flowers.

TULIPS: Make stems from strip of green pepper, celery or romaine; leaves (one on each side) of French endive or romaine. For flower, cut out a slice of fresh pineapple in shape of tulip flower in profile; over this arrange thin wedges of tomato.

LILY OF THE VALLEY: Make leaves of romaine or French endive and stems of chives. Pipe creamed cream cheese along one side of each stem in dots, using single-hole tip of pastry tube for flowers.

HYACINTH: Make leaves of French endive or romaine. Cut a stalk from fresh pineapple and all over this pipe roses of cream cheese blended with 1 tablespoon of mayonnaise to one package of cheese tinted delicately pink or blue.

Have these salads on the table when the guests come into the dining room. Flowers for the center of the table may carry out the spring motif. Salad dressing—French dressing is recommended—may be passed for each guest to help himself.

Cottage Cheese Bon Bons

$\frac{1}{2}$ pound cottage cheese
2 tablespoons French dressing
Vegetable coloring

Toasted salted almonds
Celery—small slices
Stuffed olives

Put cottage cheese through sieve and beat until smooth. Add 2 tablespoons French dressing. Set in refrigerator to harden. Divide into 3 parts—tint one part pale green, one pale pink and leave one white. Any colors may be used but pale ones are more effective. Make balls the size of marbles or just big enough to insert the centers. Put a stuffed olive in the center of balls made of green mixture; a toasted almond in the pale pink; a slice of celery in the white. Balls should be allowed to stand in refrigerator until firm. Serve singly as an appetizer on platter with toothpick, or 2 or 3 may be used as a garnish for salad. They may be used also on lettuce as the main part of the salad. Yield: 20 to 30, depending on size of balls.

Cake Salad

This cake salad makes a beautiful picture on your buffet table or when brought to the table for the salad course of your dinner.

One of the advantages of this salad is that it may do double duty. Many people like to end a meal with fruit or cheese, and this salad combining both may serve as salad and dessert.

It is a matter of choice whether lettuce is used with it. An attractive way to serve it as a salad would be to have beside this cake mold a bowl filled with crisp, well shaped lettuce leaves. Place a lettuce leaf on each individual plate and serve cake salad slices on it. Any dressing you prefer may be used with this salad. French dressing is recommended.

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|---|---|
| 2 No. 2½ cans fruit salad (or the equivalent in sliced or diced fresh fruit) | 3 packages Borden's cream cheese (9 oz.) |
| 2 packages cherry gelatin | ⅓ cup mayonnaise dressing |

Drain fruit; add enough water to the juice to make 3½ cups liquid. Heat to boiling, remove from fire and stir in the fruit gelatin. Add fruit and pour into a deep round cake pan (as deep as a 2 or 3 layer cake). Chill in refrigerator until thoroughly congealed, then dip pan into warm water to loosen mold. Unmold on cake plate and return to refrigerator while mixing topping. Blend cream cheese with mayonnaise until perfectly smooth, and spread over top and sides of mold like frosting on a cake. A pastry tube may be used to decorate the mold. Place in refrigerator for at least two hours before serving, to allow frosting to harden. Cut like cake at table or buffet, and serve with French dressing. Yield: 8 to 10 servings.

Spinach and Scallion Salad

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| ½ pound fresh young spinach leaves | 4 to 6 scallions |
| | French dressing |

Use only the fresh crisp leaves. Wash thoroughly and place in refrigerator to insure crispness and coldness. Cut spinach leaves as for chopped salad, that is, each large leaf about twice, small leaves once. Arrange in salad bowl. Cut scallions and arrange on the top. Put French dressing on the salad at the table and thoroughly mix together. The success of a tossed salad lies in thoroughly mixing the dressing with the salad before serving the salad plates. Serve hot cheese balls with this salad. Yield: 4 servings.

Hot Cheese Balls

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|--------------------------------------|--------------------------|
| 2 cups ground American cheese | ⅛ teaspoon pepper |
| 1 tablespoon cream | 1 egg |
| ½ teaspoon salt | Cracker crumbs |

Cream cheese with cream; add salt and pepper. Shape into balls. Roll in egg then cracker crumbs. Fry in deep fat and serve hot. Yield: 20 to 25 balls.



Dressings

Cooked Dressing DeLuxe

This dressing will take the place of mayonnaise in potato salad, meat salads and filling for sandwiches. It is excellent to use yolks of eggs left from recipes which call for whites only.

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|--------------------------------|------------------------------|
| $\frac{1}{4}$ teaspoon mustard | 5 egg yolks |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons butter |
| $\frac{1}{8}$ teaspoon paprika | 1 3-oz. package cream cheese |
| 5 tablespoons of vinegar | |

Mix mustard, salt and paprika with teaspoon of vinegar to insure complete blending. Add to yolks of eggs, well beaten. Add vinegar and cook over low fire, stirring constantly, until thick. Add butter and cream cheese. Blend thoroughly. Cool.

Cottage Cheese Dressing

- | | |
|-----------------------------------|--------------------------------|
| 1 cup cottage cheese | 1 tablespoon chopped scallions |
| $\frac{1}{4}$ cup French dressing | |
| $\frac{1}{4}$ cup mayonnaise | |

Put cottage cheese through sieve. Add other ingredients.

Sour Cream Dressing

- | | |
|-------------------------------------|------------------------------------|
| $\frac{1}{4}$ teaspoon mustard | $\frac{1}{2}$ cup sour cream |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{4}$ teaspoon paprika | $\frac{1}{4}$ teaspoon onion juice |
| 1 tablespoon vinegar or lemon juice | 2 teaspoons chopped chives |

Mix dry condiments with vinegar and add to sour cream. Combine with other ingredients.

Cream Hollandaise Dressing

- | | |
|----------------------------------|-----------------------------|
| 3 egg yolks | 2 tablespoons lemon juice |
| $\frac{2}{3}$ cup whipping cream | $\frac{1}{2}$ teaspoon salt |

Combine eggs and cream, lemon juice and salt. Cook over hot, but not boiling, water until thick. This Hollandaise is delicate in flavor, not quite so thick as the usual recipe. It does not separate unless cooked too long or at too high a temperature: Delicious on fish. Yield: 1 cup.



Desserts

Sussex Pudding

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons cornstarch	$\frac{1}{4}$ cup crushed, salted peanuts
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup cracker crumbs
2 cups milk	$\frac{1}{4}$ cup melted butter
2 eggs	$1\frac{1}{2}$ teaspoons nutmeg
1 tablespoon butter	

Mix sugar, cornstarch and salt. Gradually add scalded milk. Cook over boiling water for 20 minutes, stirring constantly until mixture thickens, then only occasionally. Pour cornstarch mixture over well beaten eggs, add the tablespoon of butter, and return to top of double boiler to cook 2 minutes longer. Cool and add the vanilla.

Crush peanuts with rolling pin. Add $\frac{1}{2}$ cup cracker crumbs, melted butter, and nutmeg. Mix until thoroughly combined. Sprinkle half the mixture on the bottom of an 8-inch rectangular pan. Dip the pudding mixture into the pan so that the coating at the bottom will not be disturbed. Sprinkle rest of peanut mixture on the top. Bake 15 minutes in a moderate oven (350° F.) Chill. Serve in squares with whipped cream. Yield: 6 servings.

Hot Gingerbread with Chocolate Sauce

$\frac{2}{3}$ cup butter	1 teaspoon nutmeg
$\frac{2}{3}$ cup sugar	1 teaspoon soda
1 cup dark molasses	$\frac{1}{2}$ teaspoon baking powder
$2\frac{1}{3}$ cups flour	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ teaspoons ginger	1 cup buttermilk
1 teaspoon cinnamon	2 eggs

Cream butter and sugar, add molasses and mix well. Sift flour and measure. Sift again and add spices, soda, baking powder and salt. Add buttermilk and flour alternately, beating thoroughly. Add beaten eggs. Bake in a buttered pan at 350° F. for 40 to 50 minutes. Serve with chocolate sauce. Yield: 12 to 16 servings.

CHOCOLATE SAUCE

2 ounces chocolate	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ cup cream
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon cornstarch	

Melt chocolate in top of double boiler. Add milk and stir until thoroughly blended. Mix sugar, cornstarch and salt. Add cream to make a smooth paste. Pour chocolate and milk mixture over it. Return to double boiler and cook until thickened. Add vanilla.

Rum Custard with Raspberry Sauce

2 cups milk
1/3 cup sugar
2 eggs
1/4 teaspoon salt

1 envelope gelatin
1/4 cup cold water
1 teaspoon vanilla
2 tablespoons rum

Scald milk in double boiler. Mix sugar, egg yolks and salt, thoroughly. Pour scalded milk over eggs and sugar mixture. Return to double boiler and cook until mixture coats the spoon. Add gelatin which has been soaked in cold water, and vanilla. Allow to cool, stirring occasionally. When mixture begins to thicken, fold in whites of eggs, add rum and pour into individual molds. Yield: 6 servings.

RASPBERRY SAUCE

One No. 2 can of raspberries, put through a sieve, makes just enough sauce. One small box of fresh raspberries with 1/4 cup sugar heated and mashed through sieve may be used in fresh raspberry season.

Pumpkin Pie

1 cup steamed, strained
mashed pumpkin
1/2 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cloves
2 teaspoons cinnamon

1/2 cup sugar
3 eggs, slightly beaten
1 1/3 cups milk
Unbaked pie shell—
(8 inch)

Blend all ingredients and pour into unbaked pie crust. Bake at 450° F. for 10 minutes, then reduce temperature to 350° F. and bake about 35 minutes longer, or until the filling has set. For Christmas pumpkin pie, cover bottom of pie crust with chilled None Such mince meat prepared as for pie, then add pumpkin mixture. Yield: Two 8-inch pies.

Maple Charlotte Russe

1 1/2 tablespoons gelatin
1/4 cup cold water
2 cups milk
3 eggs

1 cup maple syrup
Dash salt
1 cup whipping cream
Lady fingers

Soak gelatin in cold water. Scald milk in top of double boiler and pour over beaten egg yolks. Add gelatin and salt and return to double boiler. Heat until mixture thickens somewhat. (Water should be hot, not boiling.) Add maple syrup, fold in stiffly beaten egg whites and cool. When mixture begins to thicken, beat thoroughly and fold in whipped cream. Pile in bowl which has been lined with lady fingers—number will depend on size of bowl. Top with whole pecans (may be omitted). Yield: 6 servings.

Peanut Crumble Cup Cakes

1½ cups flour	½ teaspoon cinnamon
1½ teaspoons baking powder	¼ teaspoon nutmeg
¼ cup butter	½ cup milk
¾ cup brown sugar	2 eggs

Sift flour and baking powder. Work together with butter until texture is granular like fine cornmeal. Have brown sugar free from lumps, mix with spices and blend thoroughly with flour and butter mixture. Add ¾ of the milk and stir until thoroughly combined. Add unbeaten eggs and balance of milk. Blend thoroughly. Pour into buttered muffin pans, sprinkle topping over cakes and bake at 350° F.

TOPPING FOR CUP CAKES

¼ cup peanut butter	½ cup sugar
---------------------	-------------

Mix together peanut butter and sugar until granular and sprinkle over cakes before baking.

Brown Magic

2 cups whipping cream	½ cup good commercial chocolate syrup
1 teaspoon vanilla	1 angel food cake
1 cup toasted, chopped almonds	

Whip cream, add vanilla and ¾ cup chopped almonds, reserving ¼ cup almonds for topping. Pour syrup slowly into cream, whipping it in. Be careful not to whip cream too long or it will separate. One half hour before serving, pile on top of cake and sides as you would icing, making it fluffy and light. Sprinkle remaining almonds on top. Set in refrigerator until served. Use fork to break apart. Yield: 12 servings.

Chocolate Almond Souffle

2 tablespoons butter	½ teaspoon vanilla
3 tablespoons flour	½ teaspoon almond extract
1 cup milk	½ cup chopped, toasted almonds
2 ounces bitter chocolate	3 eggs
⅓ cup sugar	

Melt butter in double boiler, stir in flour, add milk and cook until smooth. Melt chocolate, add sugar and combine with milk mixture. Let thicken and continue cooking 2 to 3 minutes longer. Let cool while beating eggs. Add vanilla and almond extract. Add egg yolks, well beaten, and mix thoroughly. Pour the mixture over the well beaten egg whites and fold in, do not beat. Add almonds. Bake at 350° F. for one hour in a greased casserole placed in pan of hot water. Serve immediately with whipped cream. Yield: 4 generous servings.

Mignonette Parfait

1 cup (packed measure)
fresh mint leaves
1 cup cold water
1 cup sugar

3 eggs whites
1 teaspoon rose water
2 teaspoons orange water
2 cups cream

Steep chopped mint leaves in water for 2 hours. Heat to boiling, then strain. To the strained mint water, add one cup of sugar and cook, without stirring, to soft ball stage. Pour in a fine stream into egg whites, beaten stiff, but not dry. Beat until cold. When cold, add rose water and orange water and fold in cream beaten stiffly. Divide mixture into two parts. Line a quart melon mold with $\frac{1}{2}$ of mixture. Color the second half pale green, place it in center and cover over with white. Close tightly, putting wax paper around edge. Pack in ice and salt for 4 hours.

For mechanical refrigerators, line inside cube tray with wax paper, leaving plenty of edge. This is to be used to lift mold out of tray. Place one-half mixture, white, in bottom of tray. Make second layer of green mixture. Place in freezing compartment and freeze according to directions of your mechanical refrigerator.

This parfait is called mignonette because when it is taken out of the mold it has a fragrance like mignonette. To serve, unmold on cold plate. It is pretty if garnished with colored bonbons. Yield: 6 servings.

Cottage Cheese Apple Pie

2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup coffee cream
 $\frac{3}{4}$ cup milk
1 teaspoon vanilla

1 cup cottage cheese
 $1\frac{1}{2}$ cups apples, sliced thin
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
Unbaked pie shell

Beat eggs slightly, add one-half cup of sugar, salt, scalded coffee cream and milk, vanilla, and cottage cheese. Mixed sliced apples with one-fourth cup sugar and spice, adding more sugar if needed. Turn into pastry-lined pie tin and bake in hot oven (425° F.) for 15 minutes, then reduce heat to 325° F. Add custard mixture, and continue baking 40 minutes, or until mixture sets and is a delicate brown in color.



Cookies

None Such Prize Cookies

1 (9 oz.) pkg. None Such
mince meat
1 cup butter
1½ cups sugar

3 eggs, slightly beaten
3¼ cups sifted flour
½ teaspoon salt
1 teaspoon soda

Break mince meat into very small pieces. Cream butter, add sugar gradually, beating until light and fluffy. Add eggs and beat vigorously until smooth and creamy. Sift flour once and measure. Add salt and soda and sift again. Add to butter mixture, gradually beating until thoroughly blended. Add mince meat. Drop by heaping tablespoons on greased baking sheet. Bake in moderate oven (400° F.) for about 12 minutes. Yield: About 3 dozen large cookies or 6 to 8 dozen small cookies.

Oatmeal Raisin Cookies

6 tablespoons butter
1 cup brown sugar
1 egg
1¼ cups flour
¾ teaspoon salt
½ teaspoon soda

¼ teaspoon cinnamon
¼ teaspoon allspice
¼ cup milk
½ teaspoon vanilla
1 cup raisins
2 cups oatmeal

Cream butter and sugar thoroughly. Add egg and beat well. Sift flour, salt, soda and spices together and add to the creamed mixture. Stir in milk and vanilla. Add raisins and oatmeal. Drop from a teaspoon onto a greased cookie sheet. Bake in a moderately hot oven (375° F.) for 12 minutes.

Peanut Butter Cookies

¼ cup butter
½ cup brown sugar
½ cup white sugar
½ cup peanut butter

1 egg
1 cup flour
1 teaspoon soda

Cream butter, brown sugar, white sugar and peanut butter together. Add egg, then flour and soda sifted together. Roll ½ teaspoon dough in hand to form a small ball and place on baking pan. Press flat with a fork. Bake at 350° F. for 10 to 12 minutes. Yield: 4 dozen.



Miscellaneous

Cheese Biscuits

2 cups flour	$\frac{1}{3}$ cup butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup grated cheese
4 teaspoons baking powder	$\frac{2}{3}$ cup milk

Sift dry ingredients together and work in butter and then grated cheese. Add milk and mix all ingredients thoroughly. Toss on a floured board and pat into desired thickness. Cut out with small cutter and bake in a hot oven (425° F.) for about 12 minutes. Yield: 16 biscuits.

Buttermilk Waffles

2 cups flour	3 eggs, beaten separately
1 teaspoon soda	$1\frac{1}{2}$ cups buttermilk
1 teaspoon baking powder	6 tablespoons melted butter
$\frac{1}{2}$ teaspoon salt	

Mix and sift dry ingredients together. Separate eggs, beat yolks and add buttermilk. Combine with dry ingredients, add melted butter and beat thoroughly. Fold in stiffly beaten egg whites. (3 teaspoons baking powder and sweet milk may be substituted for buttermilk and soda.) Yield: 5 to 6 waffles.

White Sauce

(Thin White Sauce)

1 tablespoon butter	
1 tablespoon flour	
	$\frac{1}{2}$ teaspoon salt
	1 cup milk

(Medium White Sauce)

2 tablespoons butter
2 tablespoon flour

Melt butter, remove from flame, add flour. Mix thoroughly. Return to flame, add milk and stir gradually until sauce thickens. Yield: 1 cup.

Oatmeal Cooked in Milk

1 cup oatmeal	1 cup water
3 cups milk	$\frac{1}{2}$ to 1 tsp. salt

Place cereal, milk, water and salt in top of double boiler. Cover and place over the bottom part of the double boiler filled $\frac{1}{3}$ full of boiling water. Cook over low heat for 1 hour unless cereal has been precooked in manufacture.

Log Cabin Sandwiches

Cut the crusts off a loaf of whole wheat bread with a large sharp knife. Cut across the loaf lengthwise in quarter-inch slices. You will be able to get about four of these straight slices out of one loaf. Roll gently with a rolling pin so that these slices can be handled. Spread with softened butter. For each loaf of bread, use one package (12 oz.) of creamed cottage cheese, four teaspoons mayonnaise, and one-half cup chopped pecans. Spread this mixture on the buttered slices and roll carefully. Wrap in a damp towel and let stand several hours in a refrigerator. Just before serving, moisten the outside of each roll with mayonnaise and roll in finely ground pecans to add to the bark effect.

Serve the sandwiches stacked like logs on a platter. The hostess may slice these log rolls at the table with a sharp knife for individual servings.

French Toast

2 eggs

$\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup butter

Beat eggs in a dish large enough to hold a slice of bread. Add milk and mix thoroughly. Slice bread, not too thin, and dip both sides into egg mixture. Fry in butter until a golden brown on both sides.



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