

1-1-1935

## Just a Few Selected Recipes

National Council of Jewish Women, Louisville Section

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Just A Few  
*Selected Recipes*



Compiled by the  
Ways and Means Committee  
of the  
Louisville Section  
Council of Jewish Women



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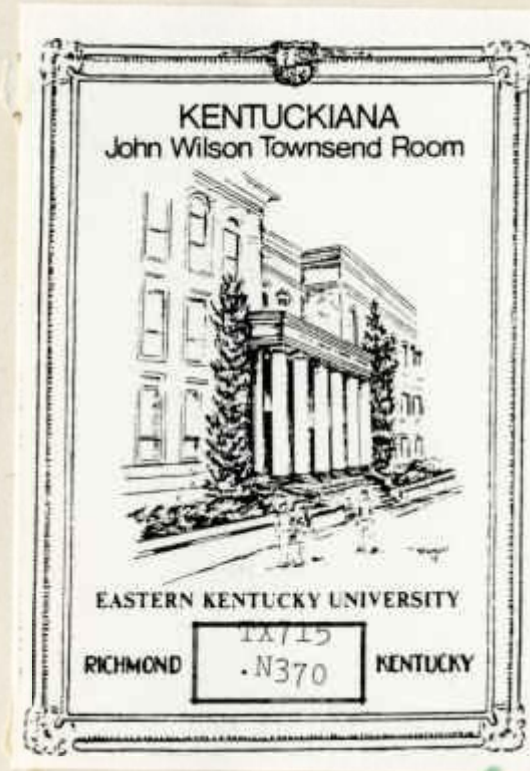
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## Measures and Their Equivalent

3 teaspoonsful—1 tablespoonful

16 tablespoonsful—1 cupful

4 tablespoonsful— $\frac{1}{4}$  cupful

8 tablespoonsful— $\frac{1}{2}$  cupful

6 tablespoonsful— $\frac{3}{8}$  cupful

1 cupful— $\frac{1}{2}$  pint

2 cupfuls—1 pint

4 cupfuls—1 quart

2 pints—1 quart

### STAPLES

4 tablespoonsful of cocoa—1 ounce

2 tablespoonsful of butter—1 ounce

2 cupsful butter—1 pound

4 tablespoonsful of flour—1 ounce

4 cupsful flour (unsifted)—1 pound

2 cupsful granulated sugar—1 pound

2  $\frac{2}{3}$  cupsful brown sugar—1 pound

2 cupsful of lard—1 pound

### SIZE OF CANS

No. 1 can— $1\frac{1}{2}$  cupsful

No. 2 can— $2\frac{1}{2}$  cupsful

No.  $2\frac{1}{2}$  can— $3\frac{1}{2}$  cupsful

No. 3 can—4 cupsful

## Appetizers - Hors D'Oeuvres and Canapes

### Appetizer

chip beef  
Philadelphia cream cheese  
horseradish and cheese together  
Spread on chip beef, then roll together. Spread on chip beef then roll and hold with tooth pick.

Mrs. Dan Lorch.

### Hors D'Oeuvres and Canapes

Smoked sausage formed into a cone, pour cream cheese in center, place on plate and chill. Serve with rye toast.

Round piece of buttered bread, slice of cucumber. Remove seeds from cucumber. Make ring. Put in caviar chopped, egg yolks and little onion juice.

Stuffed egg with variety of seasoning as mustard, catsup, sardine or caviar.

Sausages, small, rolled in thin pastry and baked.

Celery stuffed with various kinds of cheese.

Mrs. Sol Turnheim.

## Cakes

### Gold Cake

1 cup butter  
2 cups sugar  
11 yolks beaten until thick  
Dissolve  $\frac{1}{2}$  teaspoon soda and 1 level teaspoon cream tartar in 1 cup cold milk, pinch of salt, flavoring.

3 cups flour

Bake in loaf pan 1 hour in slow oven.

Mrs. Jack Marx.

### Devil Food Cake

2 cups sugar

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

2 cups flour

1 cup hot water

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

1 teaspoon soda

1 teaspoon vanilla

2 eggs beaten

2 squares Baker's Chocolate (melted)

Cream sugar and butter well, add well-beaten eggs, add sour milk to melted chocolate. Add soda to flour. Add milk and flour alternately to butter mixture. Beat well; add hot water slowly. Add vanilla. Bake 35 to 40 minutes in oven about 300°. When cake is done, cut marshmallows in half and cover top, leave in oven for a minute to let marshmallows melt. Melt 2 squares Baker's Chocolate, add  $\frac{1}{2}$  teaspoon peppermint extract. Pour over top.

Mrs. H. Ottenheimer.

### Kisses or Meringue Shells

4 whites of eggs beaten stiffly

pinch of salt

1 cup granulated sugar

1 tablespoon vinegar

1 teaspoon vanilla

Beat whites until stiff enough to form peaks, gradually add sugar. Drop vinegar and vanilla in very slowly. Bake in very slow oven.

### Schaum Tart

Double recipe of meringues and bake in spring form about hour or more.

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## Orange Meringue

To the whites of 9 eggs add  $\frac{1}{4}$  teaspoon salt and beat until they begin to form peaks. Then sprinkle sifted powder sugar over whites in 2 tablespoon portions beating after each addition. Continue until 2 cups sugar have been used and just before the final addition add  $1\frac{1}{2}$  teaspoon vanilla. Line the bottoms of 2 nine-inch layer cake pans with heavy wax paper. Divide the meringue mixture between 2 pans pouring gently. Bake  $300^{\circ}\text{F}$  until mixture is browned and responds to gentle pressure of finger. When done turn carefully from pans and remove wax paper.

Beat 9 egg yolks, place in double boiler with  $\frac{5}{8}$  cup sugar, grated rind of 1 orange, juice of 2 oranges and  $\frac{1}{3}$  cup lemon juice. Cook slowly until well thickened stirring constantly. Strain into a cold bowl and set aside to cool. Just before serving, add  $\frac{1}{2}$  cup chopped blanched almonds which have been browned in butter. When ready to serve pour custard over lower layer of meringue, place second layer on top and decorate with whipped cream.

Mrs. Albert Hess.

## Chocolate Coconut Cake

$\frac{3}{4}$  lb. butter  
2 cups sugar  
5 eggs  
1 cup milk  
 $\frac{1}{4}$  lb. sweet chocolate  
3 cups flour  
2 teaspoonfuls baking powder

Cream butter, sugar; add eggs well beaten. Sift flour and baking powder and add alternating with milk and grated chocolate. Bake in 3 layers.

## Filling

3 egg whites  
1 lb. XXXX sugar  
 $\frac{1}{4}$  cup water  
 $\frac{1}{4}$  lb. grated sweet chocolate  
1 fresh grated cocoanut  
1 teaspoon vanilla

Beat egg whites until stiff. Add sugar, water, chocolate, cook in double boiler until thick cool, add grated cocoanut and vanilla and spread between layers and over outside.

## Angel Food Cake

12 egg whites  
 $1\frac{1}{2}$  cups sugar  
1 cup flour  
1 teaspoon cream of tartar  
1 teaspoon vanilla

Beat 12 eggs to a froth with teaspoon salt. After whites are almost stiff add 1 teaspoon cream of tartar. Sift Swans Down flour 6 times, then add sugar and flour together and sift again into beaten whites. Be sure of only 1 cup flour after sifted. Add vanilla. Bake in ungreased angel cake pan 45 minutes in very slow oven 35 minutes slow and 10 minutes a little faster.

Mrs. Frank Brownstein.

## Chocolate Sponge Cake

yolks of 4 eggs beaten well with  
1 cup sugar  
 $\frac{1}{2}$  cup warm coffee or water  
 $3\frac{1}{2}$  tablespoons cocoa  
 $4\frac{1}{2}$  tablespoons flour  
1 heaping teaspoon baking powder  
and 4 whites

## Filling

1 cup powdered sugar  
 $\frac{1}{4}$  lb. sweet butter  
1 tablespoon cocoa  
1 teaspoon vanilla  
2 tablespoons strong coffee

Mrs. J. M. Fuhrman.



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## **ICE BOX CAKE**

### **Pineapple Ice Box Cake**

- 2 tablespoons Knox Gelatine
- ½ cup cold water
- ½ teaspoon salt
- ½ cup sugar
- 1 can pineapple
- 1 tablespoon lemon juice
- 1½ cups whipped cream
- lady fingers

Soak Gelatine in cold water 5 minutes. Dissolve over hot water and add pineapple, sugar, salt and lemon juice. Stir until all Gelatine and sugar have dissolved. When it begins to thicken fold in whipped cream. Line mold with lady fingers; cover with mixture, alternate cakes and mixture until mold is full.

Sarah Aronheim.

### **Chocolate Ice Box Cake**

- 1 pint cream
- 4 tablespoons XXXX sugar
- 4 tablespoons cocoa (sift with sugar)
- 1 teaspoon vanilla
- 1 box or 1 lb. chocolate cookies (John Alden cookies)

Beat cream, sugar and cocoa together, add vanilla. Then a layer of cookies and then layer of cream mixture. Make at least two layers. Put in ice box for 8 or 10 hours.

Mrs. Monroe Roth.

### **White Cake**

- 1 cup butter (creamed)
- 2 cups sugar (creamed with butter)
- 1 tablespoon milk

- whites of 4 eggs one at a time
- 3 cups flour
- 2 teaspoons baking powder
- 1 cup water
- Bake in 2 layers.

Mrs. Vic Laub.

### **White Cake**

- ¼ lb. butter
- 1½ cups sugar
- 2½ cups Swans Down flour
- 2 teaspoons baking powder
- 1 cup ice water
- 4 egg whites

Cream butter and sugar, add alternately flour and ice water. Add flavoring and beaten whites. Bake in moderate oven in layers.

### **Sea-Foam Icing**

- 2½ cups brown sugar
- ½ cup granulated sugar
- 4 egg whites
- 2/3 cup water
- 2 teaspoons vanilla
- ½ cup English walnuts

Boil sugar until it threads, pour on beaten whites and beat until cool. Set pan containing mixture in pan of hot water and stir.

Mrs. J. M. Fuhrman.

### **Eggless, Butterless, Milkless Cake**

- 1 cup brown sugar
- 1 cup cold water or wine
- 1/3 cup lard or Crisco
- 2 cups raisins
- ¼ teaspoon nutmeg
- 1 teaspoon cinnamon
- pinch cloves, salt
- Boil 3 minutes. Add 1 teaspoonful soda dissolved in ½ cup water
- 2 cups flour
- 1 teaspoon baking powder
- Bake about 1 hour.

Mrs. Lawrence Aronson.

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### Chocolate Roll

5 egg yolks  
½ cup powdered sugar  
(beat together)  
1 tablespoon flour (heaping)  
2 tablespoons cocoa  
beaten whites

Bake 15 minutes in quick (not too hot) oven in baking sheet. Put on towel, fill with whipped cream (½ pt. whipped) to which sugar and vanilla has been added.

### Icing

½ cup milk  
1 cup sugar  
good size lump butter  
2 tablespoons cocoa  
1 teaspoon vanilla  
Boil until spins a thread, then beat and cover roll.

Mrs. Sol Turnheim.

### Imperial Sunshine Cake

1½ cups sugar  
½ cup cold water  
6 eggs beaten separately

1 cup flour

½ teaspoon cream of tartar

1 teaspoon vanilla

Place sugar in sauce pan, add water and boil until it spins a thread when dropped from spoon. Pour gradually into stiffly-beaten egg whites until it cools. Add well-beaten yolks. Sift flour with cream of tartar. Fold in flour gradually and bake about 50 minutes in slow oven in ungreased pan.

Mrs. Sol Turnheim.



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### Chocolate Potato Cake

1 cup butter  
2 cups sugar  
yolks 4 eggs  
1 cup hot mashed potatoes  
1 cup floured nuts  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup melted bitter chocolate  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon nutmeg  
 $2\frac{1}{2}$  cups flour  
2 teaspoons baking powder  
whites 4 eggs  
Bake about 45 minutes.

Mrs. J. M. Fuhrman.

### Cheese Cake

Dough:  
1 egg  
1 tablespoon butter  
1 cup flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  cup sugar  
Mix dry ingredients, work in butter with finger tips. Add 1 egg vanilla spread.

Filling:  
1 quart cheese, dash salt  
2 cups sugar to taste  
lemon juice and rind 2 lemons  
 $\frac{1}{2}$  cup melted butter  
cornstarch dissolved in  $\frac{1}{2}$  cup sweet cream. Makes almost cup.  
5 egg yolks  
Mix salt and sugar, lemon juice, then butter, cheese, cornstarch in cream. Add whites and mix well.  
Bake in slow oven 1 hour or more.

Mrs. Sol Turnheim.

### Cookies

#### Pecan Balls

Make into stiff dough the following:  
 $\frac{1}{2}$  lb. butter  
2 cups flour  
4 tablespoons sugar  
2 cups pecans ground  
pinch salt  
Roll in balls. Bake in moderate oven and roll in powdered sugar while warm.

Mrs. Jesse Rosenbaum.

#### Bisquick Cookies

Mix Bisquick with milk. Roll out as for noodles. Cover with nuts, raisins, Marachins cherries and stick butter (melted). Cover with brown sugar well and cut in about  $2\frac{1}{2}$  inch cookies. Put nuts and sugar on baking sheet.

Mrs. Jacob Levy.

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**Chocolate Spice Cookies**

1 cup dark brown sugar  
 2 eggs well beaten  
 ½ piece Baker's sweet chocolate (grated)  
 citron cut fine  
 1 cup blanched almonds, cut fine  
 2 teaspoons cinnamon  
 2 teaspoons cloves  
 2 teaspoons all-spice  
 juice and rind of ½ lemon  
 add 1 cup flour, ¾ teaspoon baking powder, enough flour to roll, about 2 cups. Cut and bake in moderate oven.

**Icing**

1 white of egg beaten, add flour and sugar until stiff enough for icing. A few drops of vanilla.

Mrs. Sidney Bernheim.

**Russian Rocks**

1½ cups brown sugar  
 1 cup butter  
 3 eggs  
 1 level teaspoon baking soda dissolved in boiling water  
 2¾ cups flour, pinch salt  
 1 teaspoon cinnamon, ½ teaspoon cloves (boiling water)  
 1 teaspoon vanilla  
 1 cup walnuts  
 ½ cup dates or raisins  
 Drop on buttered pans.

Mrs. Sidney Bernheim.

**Honey Cookies**

Heat 2 lbs. of honey. When cooled to lukewarm add 2 lbs. of flour, 2 tablespoons soda dissolved in one tablespoon vinegar. One pound coarsely chopped almonds. One tablespoon lemon peel, 1 tablespoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon cloves, 2 eggs. Knead well, the mixture should be the consistenc yof bread

dough. Place dough in a bowl, let sand in warm place for 2 or 3 weeks. Knead well, roll out to the thickness of ½ inch. Bake in sheets in a moderate oven. Ice if desired.

Mrs. Jake Blum.

**Vanilla Cakes**

½ cup butter  
 ½ cup sugar  
 ¾ cup flour  
 1 egg  
 1 teaspoon vanilla  
 2 tablespoons chopped almonds  
 ¼ teaspoon salt

Cream butter and sugar until very light. Add egg well beaten. Beat mixture hard, drop from tip of teaspoon about 2 inches apart. Flatten with knife and sprinkle with nuts. Grease and flour baking pan.

Mrs. Harry Rosenbaum.

**DROP COOKIES  
 Chocolate Drop Cakes**

1 cup sugar  
 2 yolks of eggs, beaten  
 ½ cup sour milk  
 2¾ cups flour  
 ½ cup butter (¾ stick)  
 2 squares melted chocolate  
 ½ teaspoon soda  
 1 cup nuts

Fold in the 2 stiffly beaten whites of eggs at the very last. Drop from spoon on baking sheet and bake in quick oven. When cool top with uncooked chocolate frosting to which a spoonful of strong coffee has been added.

Mrs. Gus Altman.

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**Fudge Cookies**

½ cup butter  
 2 cups sugar  
 4 eggs  
 4 squares bitter chocolate  
 1 1/3 cup flour  
 ½ cup milk  
 1 cup cut nuts  
 ¼ teaspoon salt  
 2 teaspoons vanilla  
 Cream butter and sugar, add well beaten whole eggs.

Melt chocolate, add sifted flour, alternate with milk, nuts (floured) and vanilla. Bake in sheet in over 300° for 25 or 30 minutes. Let cool then cut into bars and sprinkle with powdered sugar.

Mrs. Milton Baer.

**Pecan Macaroons**

2 egg whites  
 1 cup granulated sugar  
 pinch salt  
 1 cup nut meats, ground  
 2 tablespoons cocoa

Beat eggs stiff, add sugar gradually, add cocoa and ground nutmeats. Mold with the hand into pyramid shape and bake on greased cookie sheet about 15 minutes at 350°.

Mrs. Harry Rosenbaum.

**Pecan Cookies**

1 cup brown sugar  
 ¼ lb. butter  
 1 egg (whole)  
 1 cup flour  
 ½ cup pecans, broken  
 1 teaspoon vanilla

Cream butter and sugar, add well beaten egg and flour, nuts and vanilla. Bake at 300° a few minutes. Drop from spoon.

Mrs. Melvin Meyers.

**Pecan Butterschotch Cookies**

2 cups brown sugar  
 ½ lb. butter  
 2 eggs, well beaten  
 2 cups flour  
 1 cup chopped pecans  
 Cream butter and 1 cup sugar, add 1 well beaten egg and mix well. Add flour, work in gradually. Spread this mixture to thickness of pie dough on buttered baking sheet. Brush thoroughly with other well beaten egg. Sprinkle with ½ of remaining cup sugar, then cup of pecans, remaining cup sugar over all.

Bake until brown. Cut in bars but do not remove from pan.

Mrs. J .M. Fuhrman.

**Gum Drop Bars**

4 eggs  
 2 cups light brown sugar  
 1 tablespoon cold water  
 2 cups flour  
 ¼ teaspoon salt  
 1 teaspoon cinnamon  
 ½ cup chopped pecans  
 1 cup shredded gum drops assorted flavors, not licorice

Beat eggs thoroughly, add sugar and beat again. Sift flour, salt, cinnamon and sprinkle a portion of it over the pecans and gum drops, add remaining flour to egg and sugar mixture, then fold in pecans and gum drops. Spread this in shallow pan and bake 30 minutes in slow oven, 325°. Ice while warm.

**Icing**

3 tablespoons butter  
 2 tablespoons orange juice  
 1 teaspoon grated rind  
 powdered sugar

Melt butter, add orange rind, juice and enough sugar to make thin icing. Spread thinly over baked sheet and cut while warm.

Mrs. Sol Turnheim.



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### Date Kisses

1 cup sugar  
whites 2 eggs  
1 package dates  
1 cup nuts

Beat sugar and eggs together with flat wire egg-beater for 5 minutes, then beat 20 minutes with spoon until smooth and creamy. Add nuts and dates cut into small pieces and drop from spoon on buttered pan.

This same recipe can be used for cocoanut kisses. Cocoanut to beaten eggs and sugar, drop from spoon.

Mrs. J. Solinger.

### Lebkuchen

4 eggs  
1 lb. brown sugar  
2 cups flour  
1 cup chopped almonds  
juice and rind of 1 lemon  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon alspice  
½ box dates  
½ box raisins  
¼ cup citron  
1 teaspoon cocoa  
1 teaspoon vanilla  
wine glass of whiskey  
pinch of salt

Beat eggs and sugar until light, add all other ingredients. Bake 20 minutes in moderate oven. Ice with uncooked icing.

Mrs. Jesse Rosenbaum.

### Old Fashion Lebkuchen

3 eggs  
1¼ cup brown sugar  
½ cup molasses  
2 teaspoons cinnamon  
2 teaspoons cocoa  
1 teaspoon cloves

1 teaspoon all spice  
1 cup nuts  
1 cup citron, orange and lemon peel  
2 heaping teaspoons baking powder  
enough flour to roll

Cut in squares and bake in slow oven. Ice lightly with confectioners' sugar. Mixed with cream and vanilla.

Mrs. J. Solinger.

### Marmalade Cookies

2 cups brown sugar  
3 eggs  
½ cup grated bitter chocolate  
1 teaspoon cinnamon  
1 teaspoon allspice  
½ teaspoon cloves  
½ nutmeg, grated  
1 large tumbler orange marmalade  
1 cup chopped nuts  
2 cups flour  
¼ teaspoon salt  
1 teaspoon baking powder

Bake in 2 well-greased biscuit pans for 20 or 30 minutes in moderate oven. Ice while in pan and cut in squares when cold. Use uncooked icing made of XXXX sugar, cocoa, butter and enough warm milk to make a smooth icing.


Mrs. Arthur Kling.

### Uncooked Icing for Any White Cake

¼ lb. butter  
1 box XXXX sugar  
cocoa to taste  
little sweet cream  
vanilla

Spread on cake plain and decorate with pastry tube. If desired ½ lb. butter could be used with no cream.

Mrs. Arthur Goodman.




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## Candies

### Pralines

- 1 small can Pet milk
- 1 lb. light brown sugar
- $\frac{1}{2}$  or  $\frac{3}{4}$  stick butter
- 1 teaspoon vanilla
- $\frac{3}{4}$  cup ground nuts or more

Cook sugar and milk to form a soft ball. Beat well with butter. Then add vanilla and nuts. Drop off teaspoon on buttered marble or plate to cool.

Mrs. Abe C. Levi.

### Forest Candy

- 1 cup sugar
- 1 tablespoon vinegar
- $\frac{1}{2}$  cup water

Cook until syrup changes color. Do not stir. Have nuts (all kinds) in bottom of buttered tin and pour cooked syrup over nuts. Cool and break into pieces.

### Salmon Croquettes

- 1 tall can salmon (1 lb. size)
  - 1 cup milk
  - 2 eggs
  - 1 cup cracker crumbs
  - butter, pepper, salt to taste
- Beat eggs, mix with milk, pepper and salt and a little butter. Place in

### Fudge

- 1 cake sweet chocolate (Dot) and 2 oz. butter melted together
- 2 eggs, beaten separately
- 3 cups powdered sugar
- 1 cup nuts
- 1 teaspoonful vanilla

Add chocolate mixture. Butter pans and set in ice box 8 hours.

Mrs. Oscar Joseph.

### Chocolate Fudge

- $\frac{1}{8}$  lb. butter
- $\frac{1}{4}$  lb. bitter chocolate

Melt together and add 3 cups of sugar.

Use heavy skillet and blend well. Add one large can of Pet cream. Stir well, then cook slowly stirring constantly. When a caramel ball in ice water remove from fire. Add vanilla and beat until very stiff. Nuts may be added.

Mrs. Sidney Appel.

## Croquettes

double boiler and boil until thick, about 20 minutes. Then add cracker crumbs and salmon and mix well. Allow to stand in a cool place for a few hours. Then shape, roll in cracker crumbs and either fry in deep grease or bake in pan with bottom well covered with grease.

Mrs. Allan Shapinsky.

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**Dressings**

**Hollandaise Sauce**

4 egg yolks  
¼ lb. butter, real soft  
1 tablespoon lemon juice  
salt  
½ cup boiling water

Put in china bowl and cream butter well, add 1 egg yolk at a time beating hard after each egg. Add lemon juice and salt. Put china bowl in skillet of cold water, put on fire and when butter is all melted add boiling water and stir constantly to keep from lumping.

Mrs. Sol Turnheim.

**Lorenzo Dressing 6**

1 cup oil  
2 cups vinegar  
1 teaspoon salt  
1 teaspoon Worcestershire sauce  
1 cup sugar  
2 teaspoons mustard (dry)  
1 cup chile sauce

Mix mustard in vinegar and then mix rest in and stir good. Makes 1 quart.

Mrs. Sol Turnheim.

**French Dressing**

1 can Campbell's tomato soup  
2 teaspoons salt  
1 cup vinegar  
8 teaspoonsful sugar  
2 teaspoons dry mustard  
1 clove garlic if desired  
½ cup olive oil  
1 teaspoon Worcestershire sauce  
juice 1 lemon  
¼ teaspoonful paprika

Mrs. Sol Turnheim.

**Cooked Mayonnaise Dressing**

1 heaping tablespoon flour  
1 heaping tablespoon mustard  
tablespoon salt  
4 tablespoons sugar

Mix all together and into it beat 1 egg. Then mix in ¾ cup milk or cream. Boil ¾ cup vinegar, mix it with a little water, turn slowly above mixture beating all the time. Cook until thick as cream. Beat in 2 tablespoons butter. This make 1 pint.

Mrs. Jesse Rosenbaum.

**Dumplings**

**Fritter Beans**

1 egg  
2 tablespoons milk  
¾ teaspoon salt  
½ cup flour

Beat egg until light, add salt, flour, milk. Put through colander into hot deep fat and fry until brown. Drain and serve in hot broth or cream soup.

Mrs. Frank Brownstein.

**Dumplings**

1 well-beaten egg  
1 cup sweet milk  
1 pint flour  
½ teaspoon salt  
2 teaspoons baking powder

Drop batter by spoonful into chicken broth just checked from boiling. Boil 15 minutes without stirring. Do not cover.



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### Drop Dumplings for Soup

Separate yolk and white of egg.

Into beaten yolk put 2 teaspoons flour and 2 of water; fold in the beaten white. Pour into boiling soup and let boil for 2 or 3 minutes.

Mrs. Harry F. Cohen.

### Halibut Ring

1 pound halibut  
½ teaspoon pepper  
1 teaspoon salt  
½ onion

Boil until tender. Then shred with fork and add salt, pepper, finely chopped parsley, and grated onion.

Make a cream sauce of 2 tablespoons butter, 2 tablespoons flour, 1 cup milk and ½ cup cream. After the sauce is made, add the yolks of 2 eggs and put back on stove few minutes. Add sauce to fish and bake in mold placed in pan of water in moderate oven. Butter mold and sprinkle with bread crumbs before putting in mixture.

Miss Ida Gross.

### Crab Meat Patties

¼ lb. butter  
½ cup flour  
1 pint milk  
1 large can crab meat  
salt and pepper  
chopped parsley  
little onion juice  
lobster may be used

Make sauce of butter, flour, milk and add crab meat. Cool in ice box several hours before using. Form into patties, dip in cracker crumbs and fry.

Mrs. Henry Kiefer.

### Cracker Balls

7½ Uneeda crackers  
3 rounding tablespoons butter or chicken fat

2 whole eggs, NOT beaten  
Let cool in ice box and roll into balls. Drop into hot soup and cook about 20 minutes.

Mrs. Bennie Fleischaker.

### Fish

#### Lobster in Ramelsin

make white sauce  
2 tablespoons butter in sauce pan  
2 tablespoons flour  
salt  
½ teaspoon paprika  
½ teaspoon kitchen bouquet  
¾ cup thin cream

Stir until thick. Add 1 tablespoon lemon juice, 1 tablespoon minced parsley, 1 tablespoon onion juice, 1 beaten egg, stir in quickly. Butter and bread crumbs on top.

39c can crab meat or 50c lobster.

Miss Eva Bandman.

#### Sweet Sour Fish

2½ lbs. trout, salt night before  
3 medium-sized onions, sliced  
3 whole cloves  
8 or 10 ginger snaps  
½ cup brown sugar  
2 tablespoons vinegar  
1 cup water  
2 or 3 slices of lemon  
1 handful raisins  
1 doz. almonds

Cook until thick, about 25 minutes, then add fish (taste it), if not thick enough cook a little longer after you take fish out.

Mrs. Sol Turnheim.

## DON'T FORGET

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#### Jambalays (Creole)

Cook 1 cup of rice in double boiler using 1 teaspoon of salt and 3 cups of boiling water. Stir the washed rice into the boiling salted water in the top of the double boiler. Cook directly over flame for 5 minutes, then place over boiling water in lower part of boiler, cover closely and cook until tender. Brown 1 tablespoon of flour in 1 tablespoon butter. Then add 1 large onion chopped and fried.

Add 2 cups of tomatoes and cook well. To the tomatoes add 1 stalk of chopped celery, 1 chopped green pepper, 1 can of shrimps, the cooked rice and 1 cup of water if needed. Cover and simmer for 10 minutes. Serve sprinkled with chopped parsley. Chicken may be used in place of shrimp but should be fried before the onion or flour is added.

Mrs. Victor Lewis.

#### Deviled Crabs

One tablespoon butter, one tablespoon flour cooked together in double boiler. Add parsley, celery, two chopped hard-boiled eggs, salt, red pepper, Coleman's mustard and Worcestershire sauce to taste. Add also a little grated onion, chopped green pepper, one cup cream, one cup milk. Let all boil and then add one quart of fresh crab meat or one pound can of Japanese crab meat. Leave in long enough for crab meat to warm through. Fill shells and put cracker crumbs and pieces of butter on top and bake in oven.

#### Baked Red Snapper

3 lbs. Red Snapper  
½ bottle Durkees dressing  
1 small bottle Heinz catsup  
1 cup water  
Mix catsup, dressing and water, pour over fish.

¼ lb. butter, melted  
1 stalk of celery, lay over top of fish. Bake 1 hour in a slow oven. Baste often.

Mrs. L. Schuster.

#### French Fried Shrimp

Dip shrimp in egg and then in cracker crumbs, fry in deep fat. Garnish with slices of lemons and serve with Julienne, French or crisply fried potatoes.

Mrs. Sol Turnheim.

#### Shrimp Cocktail

Use fresh shrimp, clean and chill thoroughly before placing in cocktail glasses and pour over cocktail sauce.

#### Cocktail Sauce

4 tablespoons catsup  
2 teaspoons lemon juice  
8 drops tobasco  
4 teaspoons prepared horseradish  
2 teaspoons minced onions  
4 teaspoons olive oil  
2 teaspoons Worcestershire sauce  
2 teaspoons celery salt  
2 teaspoons minced green pepper  
Makes 4 servings.

Mrs. Leo Weil.

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## Grape Juice

### Grape Juice

Wash and stem grapes and do not quite cover with water. Cook until juice comes to a hard boil and skins begin to crack. Put in jelly bag and allow to drain till all juice has drained off. Add 1 lb. of sugar for each 3 lbs. of juice. Stir well to dissolve sugar and allow to come to a hard boil. Skim and bottle immediately, making sure bottles are air tight.

To serve fill glass 1/3 full, adding ice and water.

Mrs. Allan Shapinsky.

### Rice Wine

1 cake yeast  
2 lbs. rice  
3 lbs. sugar  
4 boxes seeded raisins  
5 quarts lukewarm water

Stir every day for 14 days. Filter and bottle.

Mrs. Harry Klein.

## Ice Cream

### Macaroon Mousse

3/4 lb. macaroons  
2 yolks of eggs  
beaten whites  
3/4 cup sugar  
3 pints whipped cream  
vanilla

Pack in mold and freeze 3 or more hours.

Miss Hattie Gross.

### Maple Mousse

2 eggs  
1 cup maple syrup  
1/2 pint cream  
1 teaspoon vanilla  
1/2 cup nuts

Beat yolks lightly and add maple syrup. Let thicken on a very slow fire stirring constantly. When cooled by setting in a pan of ice water add whipped cream and fold in whites, vanilla and nuts. Freeze.

Mrs. Jacob Levy.

### Biscuit Tortorni

3 egg yolks  
3/4 cup sugar  
1/8 tablespoon salt  
2 teaspoons vanilla  
1 cup milk  
1/2 cup macaroons  
1 1/2 cups whipping cream

Make custard of egg yolks, milk and sugar. Cool. Add ground macaroon and vanilla. Fold in whipped cream and stiffly beaten egg whites, to which salt has been added. Put in ice box tray and freeze.

Mrs. Tony Levitan.

### Peppermint Ice Cream

1 lb. peppermint candy  
1 cup cream  
2 cups whipping cream

Dissolve candy in cream, add whipped cream. Chill and freeze. Use stick candy. Delicious with chocolate sauce.





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### Ice Cream Sandwich

1 slice of ice cream between 2 slices of angel food cake, serve with toffee or chocolate sauce

toffee sauce

melt toffee candy and mix with cream. Serve hot.

### Pistachio Ice Cream

24 marshmallows dissolved in 1½ cups hot milk. Cool, mix with 1 pint cream, whipped, color with green fruit coloring. Flavor with pistachio. Use oil of pistachio in tubes. Add a little salt and lemon. Freeze in refrigerator.

### Strawberry Mousse

1 pt. strawberries

½ cup granulated sugar

pinch of salt

½ cup single cream

1 cup whipping cream

Crush berries with sugar and cook for 5 minutes. Add salt and allow to cool. Place in refrigerator and chill. Add single cream to chilled fruit. Then fold in whipped cream. Pour into tray and freeze. Makes 1 quart. Can use peaches or any other fruit.

## Jelly Preserves

### Grape Conserve

6 lbs. grapes

1 pkg. seedless raisins

3 or 4 oranges, pulp and rind

5 lbs. sugar

½ lb. pecans

Cook 40 minutes.

### Jelly

Wash berries. Mash in pot without water. Simmer until all juice is extracted. Strain. For 5 to 10 cups of juice boil 10 minutes hard. Measure even cup sugar, warmed in oven. Turn out fire under juice, add sugar and stir until dissolved. Glass immediately. Cover with parafine next day.

Mrs. Jim Fuhrman.

### Strawberry Preserves

2 cups sugar

¼ cup water

1 teaspoon lemon juice

Put on stove to melt sugar. Add 2 cups berries. Cook 20 minutes. Pour into dish and let stand over night, stirring occasionally to prevent berries rising to top. Can next day. Only 2 boxes at a time.

Mrs. Jack Marx.

Mrs. J. M. Fuhrman.

### Peach Conserve

1 doz. peaches (not peeled)

1 orange rind and pulp

juice of 1 lemon

To six cups of fruit add 5 cups of sugar. Cook for 1 hour.

## Meats

### Hamburger De Luxe

2 lbs. hamburger  
mince 1 clove garlic  
1 onion, 1 egg, salt and pepper

Make into patties and roll lightly in Matzo meal. Put into skillet of hot fat, cover with onion, green pepper, celery and tomatoes and let simmer for about 3 hours with lid on.

Mrs. Jake Levy.

### Chicken Chow Mein

Fry lightly  $\frac{1}{4}$  lb. butter and 1 medium sized Bermuda onion (sliced) and add 1 pint of mushrooms (cut) 1 desertspoonful molasses mixed with 2 tablespoonfuls flour and blend with butter, adding chicken broth to make gravy.

To this add one stalk celery, cut fine, 1 hen (cooked the day before) cut into small pieces,  $\frac{1}{2}$  can water chestnuts, some bamboo sprouts and simmer together. Add salt and chop suey sauce to darken gravy. Serve on a bed of noodles fried lightly and garnish with strips of chicken breast, Bermuda onion and green pepper.

Daisy F. Klein.

### Pot Roast (8 People)

6 lbs. lean brisket (first cut)  
1 tablespoon butter  
2 onions  
1 green pepper  
1 can tomatoes  
1 can water  
celery, parsley, carrots

Rub meat well with salt, pepper and garlic. Brown onion in big iron pot with large tablespoon of butter,

then put in meat and brown. Add cut up celery, parsley, carrots, 1 onion, 1 green pepper, can of tomatoes, can of water and cook slowly three or four hours.

Mrs. Charles Morris.

### Yum Yum Balls

To  $1\frac{1}{2}$  lbs. of chopped round steak add 1 chopped onion, a little chopped parsley, 2 slices of soaked bread (do not drain), salt and pepper to taste. Before forming in balls add  $\frac{3}{4}$  cup raw rice.

#### Sauce

$\frac{1}{2}$  can tomatoes  
1 sliced onion  
tiny piece of garlic  
salt, pepper, paprika and parsley

Let come to boil, add meat balls. Cover tight and simmer for  $\frac{3}{4}$  hour.

Mrs. Melvin Meyers.

#### Chile

$\frac{1}{2}$  lb. country bacon  
1 lb. ground round steak  
1 package spaghetti  
1 small onion, chopped fine  
1 green pepper, chopped fine  
1 small stalk celery, chopped fine  
Mexine pepper to taste  
2 or 3 cans tomato puree  
1 lb. New York cream cheese  
garlic if desired  
1 tablespoon salt

Brown bacon (cut in small pieces) and onion. Then add meat, celery and green pepper. Cook separately spaghetti in salt water. Cook in double tomato puree,  $\frac{1}{2}$  lb. cheese and seasoning. Then add spaghetti, tomatoes to meat. Cook for  $\frac{3}{4}$  hour slowly.

Mrs. Dan Lorch.

## Egg Chops

Hard boil 5 eggs. Chop yolks and whites and a little onion, add salt, pepper and chopped parsley. Mix into cream sauce. Let cool then form into chops. Roll in bread or cracker crumbs and fry. Serve with green peas.

Mrs. Harry F. Cohen.

## Chicken Cutlets

Boil good sized hen with onion, celery and bay leaf. When cool cut in medium size pieces. Make a rich cream sauce, about 3 or 4 cups, with 3 tablespoons flour to every cup liquid used. The chicken fat may be used instead of butter and the chicken broth used with cream to make cream sauce. Let cream sauce be cold before adding chicken. Put in ice box overnight, make into croquettes. Dip with bread crumbs again. Fry in deep fat. Serve with cream sauce with fresh mushrooms in it.

Mrs. Jesse Rosenbaum.

## Goullash

2 lbs. beef shoulder, cut in cubes  
1 small onion  
1 small stalk of celery  
1 small green pepper (if large use one-half)  
4 pieces of breakfast bacon (more if needed)  
1 small can Del Monte tomato sauce  
Mexine pepper and onion to taste.  
Water

Brown bacon and onion. Add meat, let simmer to draw juice of meat until brown. Then cover with water, add seasoning, tomato puree, celery and green pepper. Cook for one hour, slowly. Before serving add drop dumplings.

Mrs. Isaac Grab.

## Chicken Spaghetti

To one 5-lb. chicken, add celery, onions, bay leaves and green pepper, salt and pepper and let cook until tender. Strain and cook one pound of tiny spaghetti in broth.

Brown celery, onion, green pepper in butter. Add 1 pound cut up mushrooms, 1 small can tomatoes, 1 can Del Monte Spanish sauce and paprika. Add cut up chicken and spaghetti and let cook slowly for an hour or more.

Maude Oppenheimer.

## Filled Cabbage Leaves

1 small head of cabbage  
 $\frac{1}{2}$  cup boiled rice  
 $\frac{1}{4}$  cup milk  
1 lb. round steak ground  
 $\frac{1}{2}$  lb. pork steak, ground  
 $\frac{1}{2}$  teaspoon white pepper, salt to taste.

Boil cabbage until tender then take whole leaves off and fill with above mixture. Bake in slow oven about 4 hours with 3 tablespoons butter, water or bouillon. Baste often; when done cream may be added if desired.

Mrs. Melvis Meyers.

## Roasted Lamb

4 cups of water in roaster  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  teaspoon dry mustard  
4 teaspoons Worcestershire sauce  
2 tablespoons catsup  
2 tablespoons sugar  
Season meat with salt, pepper and flour.

Start in hot oven and lower flame to moderate oven. Bake two or three hours, depending on size of roast.

Mrs. Morris Flexner.



### Tongue

Boil tongue in salt water until tender, 2 or 3 strips of bacon diced and fried. Add onion when bacon is brown, 1 tablespoon flour. Add stock from tongue for gravy. Add vinegar and sugar, tomato pulp (3 table-spoons), salt and pepper and a few whole cloves. Slice tongue and add gravy. Simmer 15 to 20 minutes.

Mrs. Sol Turnheim.

### Chicken a'la King

2 tablespoons butter  
1 scant tablespoon flour  
Add slowly  
 $\frac{3}{4}$  or 1 cup cream  
 $\frac{3}{4}$  or 1 cup chicken broth  
1 tablespoon minced parsley  
Remove from fire.

Add 3 egg yolks, juice of 1 or  $1\frac{1}{2}$  lemons. Salt and pepper. Add chicken, pimento, green pepper. Stand in double boiler until time to serve, but DO NOT use lid.

Mrs. Ben Sachs.

## Pickles and Chile Sauce

### Mustard Pickles

24 cucumbers and 8 onions sliced and drained in salt  
1 tablespoon mustard  
2 tablespoons flour  
1 quart vinegar  
squeezed pickles  
1 teaspoon celery seed  
1 teaspoon mustard seed  
1 teaspoon ground pepper  
1 teaspoon tumeric  
1 cup brown sugar  
lump alum  
Boil 15 minutes and stir.

### Piccalilli

1 peck green tomatoes  
8 large white onions  
1 lb. sugar  
 $\frac{1}{4}$  lb. white mustard seed  
1 package cinnamon bark  
1 tablespoon cloves  
1 tablespoon whole allspice  
12 mangols (green, red, yellow) chopped

Chop tomatoes and onions fine, add 1 cup salt and let stand over night. Drain off all liquor. Add 2 qts. water

and 1 qt. vinegar. Boil 20 minutes, drain through colander. Boil 2 qts. of vinegar, 1 lb. sugar and spices making a sweet spiced vinegar; drain out spices, add chopped tomatoes, onions, sweet mangoes to spice vinegar, boil 15 minutes. Can hot. Dilute vinegar if too strong.

Mrs. Chas. Morris.

### Chile Sauce

50 ripe tomatoes  
25 medium sized onions  
2 stalks celery  
4 tablespoons salt  
1 tablespoon ground cloves  
2 quarts vinegar  
3 cups sugar  
18 green peppers

Peel tomatoes and onions. Dice celery and sliced peppers. Add all ingredients together and cook in large vessel over slow fire until celery and peppers are tender, stirring frequently to avoid sticking. Can in Mason jars. Delicious served on cold meats.

### Pickled Pineapple

$1\frac{1}{2}$  cups vinegar  
 $\frac{1}{2}$  cup water  
2 cups sugar  
cloves  
cinnamon (whole)

Cook together till syrupy, add pineapple diced, cook till tender. Put pineapple in jar. Pour liquid over fruit. Seal.

Mrs. S. K. Bernstein.

### Winter Dill Pickles

$\frac{1}{2}$  bushel cucumbers  
7 qts. water  
1 pound rock salt  
1 qt. vinegar

Soak cucumbers over night, then put in quart or half gallon jars. In each jar put a teaspoon celery seed, whole black peppers and pickling spice mixed. Add cut up green pepper, two or three pieces of red pepper, dill and a small piece of garlic on top of

each jar put small piece of alum. Boil water, vinegar, salt and pour over cucumbers. Seal while hot.

Mrs. Mose Oppenheimer.

### Senf Gurgen (Snake Pickles)

1 peck large cucumbers peeled and cut into quarters lengthwise and seeded

1 quart small white onions

Salt both (separately) over night. Drain next morning.

1 quart white vinegar

$1\frac{1}{2}$  cups water

$1\frac{1}{4}$  cups sugar

2 tablespoons each mustard seed and ground mustard

2 red pepper pods, cut into pieces

Let boil and cook enough cucumbers and onions to fill one jar at a time. Heat through (ONLY) and bottle while hot.

Daisy Klein.

## Pudding

### Almond Pudding

$\frac{1}{4}$  lb. chopped almonds  
 $\frac{1}{2}$  lb. butter  
 $\frac{1}{4}$  lb. pulverized sugar  
 $\frac{1}{2}$  lb. flour

These ingredients to be worked into a dough. Divide into 4 parts and bake lightly in jelly tins.

Filling: 40 English walnuts chopped fine,  $\frac{1}{4}$  lb. pulverized sugar, 10 table-spoons sweet cream. Cover layers with whipped cream to look like layer cake.

Mrs. Harry F. Cohen.

### Porcupine Pudding

Line mold with lady fingers (24 lady fingers or thin sponge cake). Cover with layer of butter mixture and stand almonds up in butter to look like a porcupine.

### Butter Mixture

$\frac{1}{2}$  lb. sweet butter  
6 yolks eggs  
2 tablespoonfuls strong coffee  
7 tablespoonfuls powdered sugar  
 $\frac{1}{2}$  lb. almonds blanched, half and browned.

Cream butter, add sugar gradually spoonful at a time. Add beaten yolks and coffee.

Sara Aronhime.



### Custard

1 cup milk  
3 egg yolks  
1 teaspoon cornstarch  
1 cup sugar  
Cook in double boiler.

Add 1 quart huckleberries drained.  
Bake 35 minutes. Add meringue of  
beaten whites, 3 tablespoons sugar.  
Serve with whipped cream.

Mrs. J. M. Fuhrman.

### Date Pudding

1 cup dates  
1 cup nuts  
3 eggs beaten separately  
1 cup sugar  
1 tablespoonful flour  
1 teaspoonful baking powder  
pinch salt

Miss Ida Gross.

## Pancakes

### Flannel Pancakes

2 cups flour  
1½ cups milk  
¼ cup melted butter  
2 eggs beaten separately  
¼ teaspoon salt  
3 teaspoons baking powder

Beat whites and add last.

Mrs. Earl Grabfelden.

### Crepe Suzette Sauce

6 tablespoons butter  
1 cup powdered sugar  
grated rind and juice of 2 tangerines  
or 1 orange or rum flavoring  
Cream butter, beat in sugar gradually  
and add rind and juice.  
Grapefruit may be used.

Mrs. Earl Grabfelden.

### French Pancakes

½ cup flour  
3 tablespoons sugar (powdered)  
¼ teaspoon salt  
½ cup milk  
1 egg

Mix dry ingredients, add milk, stir  
until perfectly smooth, add egg, beat  
thoroughly. Bake on griddle.

Mrs. Nettie Solinger.

### Crepe Suzette

Add grated rind of ½ lemon (to  
mixture for French Pancake) making  
them about 5 inches in diameter. Roll  
and reheat in Crepe Suzette Sauce.

## Pies

### Cherry Pie

1 can cherries, drained  
4 tablespoons cornstarch (full)  
pinch salt  
1 cup sugar  
lump butter

Mix dry ingredients and add juice

slowly (should be 1 cup, if not add  
water to make 1 cup). Stir constantly  
while on stove. When thickened  
and transparent, add butter, then  
cherries and let boil one time and  
cool. Fill pie shells and serve with  
whipped cream.

Mrs. Karl Zellner.

### Pie Shells

1½ cup flour  
½ cup Crisco  
½ teaspoonful salt  
ice water

### Pecan Pies

Pastry:

¼ lb. butter  
1 cake Philadelphia cheese  
1 cup flour

Cream butter and cheese, add flour  
and place in refrigerators until very  
cold.

Filling:

¾ cup sugar  
3 eggs  
1 tablespoonful flour  
1 lb. butter  
¾ cup white Karo syrup  
1 cup nuts  
½ teaspoon almond extract  
1 teaspoon vanilla

Mix sugar and flour, add eggs well  
beaten, then syrup, butter and flav-  
oring. Bake in individual pie shells  
until set.

Serve with whipped cream if de-  
sired.

Ruth Brownstein.

### Frozen Cheese Pie

4 egg yolks  
1 cup sugar  
2 cakes Philadelphia cream cheese  
1 carton cottage cheese  
½ teaspoon vanilla  
A little lemon juice and grated rind

Put cheese through strainer twice.  
Add ½ pt. cream, whipped, and fold  
in stiffly beaten whites. Roll fine ½  
box Zwiback and mix with 3 table-  
spoons melted butter and 2 table-  
spoons sugar. Butter pan well and  
pot around sides, bottom. Leave  
enough of this mixture to sprinkle  
over top. Freeze about 5 hours.

Mrs. L. Schuster.

### Whipped Cream Lemon Pie

Cream 4 egg yolks, add ½ cup  
sugar, 3 tablespoons lemon juice, rind  
of 2 lemons.

Dissolve ½ teaspoon Knox gela-  
tine in 1/3 cup water. Add to first  
mixture. Cook all in double boiler  
until it begins to thicken. (Should be  
thinner than custard).

Beat whites stiff. Add ½ cup gran-  
ulated sugar. Fold into custard. Fill  
baked shells. Place in ice box. Put  
sweetened whipped cream on top  
when set or partly set.

Mrs. Sara Aronheim.

## Soups

### Cream of Almond Soup

1 pint milk  
½ pint cream  
1 pint chicken stock  
little onion juice  
½ lb. almonds, blanched and ground

Season with bay leaves, Worcester-  
shire sauce, pepper and salt. Thicken  
with flour in melted butter. Serve  
with whipped cream on top and  
sprinkle over with ground almonds.

Mrs. Jesse Rosenbaum.

### Tomato Bouillon

- 1 can tomatoes
- 1 bay leaf
- 1 piece celery
- 1 medium sized onion
- small piece green pepper

Salt and pepper to taste. Let simmer for 2 hours. Strain through cheese cloth and add juice of ½ lemon. Serve in bouillon cups with dainty crackers or croutons.

Mrs. Solomon Turnheim.

### Cream of Mushroom Soup

- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon salt, pepper
- chopped mushrooms
- 1 pint milk or cream and
- 1 pint stock or milk
- onion juice

Make cream sauce, add onion juice and mushrooms. Serves 6.

Mrs. Harry Rosenbaum.

### Beef Bouillon

- 2 lbs. lean beef
- marrow bone
- 1 carrot
- 1 onion
- 1 bay leaf
- 3 to 4 pieces celery
- salt, pepper
- pinch of sugar

Place lean beef and marrow bone in kettle and cover with water. Add salt, sugar and pepper. Then add vegetables and let cook 3 to 4 hours. Strain well and when cold remove fat. Serve hot.

## Souffle

### Welsh Rarebit

- 1 tablespoonful butter
- 1 teaspoonful cornstarch
- ½ cup milk
- ½ lb. Kraft American cheese (rub through grater)
- ½ teaspoonful each of salt, mustard and paprika
- few grains cayenne
- few grains chile powder

Melt butter, add cornstarch and milk gradually. Cook stirring until thick and smooth. Add cheese and stir until it is melted. Season and serve at once on crackers or toasted slices of bread.

### Egg Souffle

- 2 tablespoons butter
- 3 tablespoons flour
- ½ cup scalded milk
- ½ teaspoon salt (dash cayenne pepper)
- ¼ cup grated cheese
- 3 yolks, 3 whites

Make cream sauce of butter, flour and scalded milk, add salt, pepper and cheese prepared in double boiler, remove from fire and add egg yolks beaten well. Cut and fold in beaten whites. Pour into buttered baking dish. Bake in slow oven 20 minutes.

Estelle C. Kaufman.

### Cheese Souffle

- 3 tablespoons butter
- 1/3 cup flour
- 1 cup scalded milk
- ¼ lb. grated cheese
- 4 eggs
- ½ teaspoon salt
- paprika
- 1 teaspoon onion juice

Melt butter, add flour gradually, add hot milk. Let boil, pour on yolks well beaten, add salt. Beat well, cool, fold in stiffly beaten egg whites. Bake in pan of hot water 30 minutes.

Mrs. Herman Handmaker.

### Corn Meal Souffle

To be used in place of a starchy vegetable.

- 1 pint milk
- about 2/3 cup yellow cornmeal
- 3 eggs
- ½ teaspoon salt
- 1 tablespoon butter

Heat milk in double boiler, add cornmeal gradually and cook about 5 minutes. Take from fire, add butter, salt and beaten yolks of eggs. Cool slightly and fold in beaten whites, turn with buttered baking dish and bake 30 minutes.

Serve with butter as a luncheon dish or a vegetable or as a dessert with syrup or preserves.

Mrs. Sidney Bernheim.

## Cranberry Sauce and Relish

### Cranberry Relish

- 1 orange
- 1 lb. cranberries
- 6 red apples cored, not pared
- 1 cup sugar

The fruit is put through a food chopper and then mixed with sugar. It is placed in a jar covered and set in refrigerator. Ready for use in 24 hours.

Mrs. Harry Kohlman.

### Cranberry Sauce

(Never fails)

- 1 lb. cranberries (washed)

Drop into 1½ cups boiling water. Cook until soft. Rub through sieve. Add 1½ cups sugar. Let boil hard 5 minutes. Put in wet mold.

Mrs. H. Thomas Merritt.

## Sauces

### Egg Nog Sauce

- 2 cups powdered sugar
- 4 eggs
- ½ pt. cream, whipped
- whiskey to taste

Mrs. Ray Bizot.

### Ice Cream Sauce

- ½ cup sugar
- 1 egg
- 1/3 cup melted butter
- 1 cup whipped cream
- vanilla

Mrs. Thomas Merritt.

### Chocolate for Ice Cream

- ½ lb. chocolate
- 1 cup milk
- 2 teaspoons butter
- 2 cups sugar

Melt chocolate in double boiler, add milk, butter, sugar; let boil 30 minutes.

Mrs. Bernard Rosenblum.

### Foamy Sauce

- ½ cup butter
- 1 cup powdered sugar
- 1 egg
- 2 tablespoons wine

Cream butter, add sugar, egg well beaten and wine. Beat while heating over hot water.

J. M. Fuhrman.

### Sauce

- 1 tablespoon butter
- 1 tablespoon flour
- 1 lump sugar
- 1 tablespoon vinegar
- ½ cup sweet cream

Melt butter with sugar, flour and vinegar. When smooth add strained gravy from pot roast and then ½ cup cream before serving.

### Horse Radish Sauce

- ½ cup butter
- 2 cups horseradish
- 1 pint cider vinegar
- 1 cup sugar
- 1 large onion, cut
- 1 tablespoon stock

Brown onion in butter (light brown), add flour and stir well, then horseradish, vinegar, soup, stock and sugar. Boil until thickened.

Mrs. Charles Morris.

## Salads

### Ring Mold Tomato Aspic

- 1 can tomato soup
- 1 package lemon jello
- 2 bay leaves
- 1 small grated onion
- 1 can tomato sauce
- 1 can small peas
- 1 clove garlic
- 1 teaspoon lemon juice
- 6 drops Worcestershire sauce
- salt, pepper, paprika and cayenne

Pepper to taste. Heat soup, sauce and seasoning. Bay leaves, garlic and Worcester sauce. Dissolve lemon jello in heated liquid and when almost thick add peas and put in mold. Can fill this with anything.

Mrs. Dan Lorch.

### Shrimp Salad

- 1 lb. shrimp
- celery, cut fine
- 1 can asparagus
- 1 bottle stuffed olives
- 2 or 3 hardboiled eggs
- 1 cup peas
- Dissolve 2 packages of gelatine (Knox) in 1 cup cold water; add asparagus and olive juice.
- 1 cup vinegar
- 1 cup sugar
- 2 lemons (juice)
- 1 teaspoonful salt

To all this add 1 pint boiling water. Dip cups in cold water before molding.

Mrs. L. Frank.

### Cheese Salad Surrounded With Fruit

- 2 Philadelphia Cream Cheese
- 1 pound cottage cheese
- 1 envelope Knox Gelatine
- ½ pint sweet cream
- salt, pepper, paprika
- a few blanched almonds
- green pepper
- pimento
- cucumber
- small amount Mayonnaise

Mold and serve with mayonnaise and surround with all kinds of fruit.

Mrs. Solomon Turnheim.

### Shrimp Salad in Gelatine

- 1 can shrimp
- 1½ cups celery
- 1 green pepper
- 1 cucumber, cut fine
- juice of 1 lemon
- ½ cup Paramount dressing
- salt and pepper
- 1 envelope Gelatine and 1 cup cold water (heat together)
- 1 tablespoon Worcestershire sauce
- Rub bowl with garlic.

Mrs. Herman Rosenblum.

### Cucumber Ring

- 1 qt. sour cream, beaten until light
- 1 large cucumber, cut in small cubes
- 3 tablespoons sugar
- 3 tablespoons vinegar
- 4 tablespoons chives, chopped fine
- 1 package gelatine
- Soak gelatine in half cup of water 10 minutes. Add one-half cup boiling water and stir until dissolved. Add this to other ingredients. Pour in ring mold and put into a cool place to set, about 4 hours.

Mrs. Bertram Mann.

### Beet and Halibut Rings

- 1 lb. halibut cooked and mixed with 6 hardboiled eggs in center of ring.

### 1 Pkg - Lemon Jello

- 1 tablespoon vinegar
- 3 tablespoons beet juice
- balance of water to make up pint
- 1 13c can beets, chopped fine

Mrs. Alfred Strauss.

### Beet Ring

- 1 can beets, drained and put thru mixer

Mix with horseradish and sugar to taste. Put in 2 packages lemon jello. Cheese or cabbage salad in center.

Mrs. J. M. Fuhrman.

### Herring Ring

- ¼ lb. butter
- 1 can Bismarck Herring
- 1 can tuna fish
- 1 can caviar
- little onion and lemon juice

Cream butter and add herring that has been ground. Mix rest of ingredients. Keep in ice box 12 or more hours. Serve with sandwich or cracker.

Mrs. Ike Drefus.

### Cheese Salad

- 2 cream cheese
- 2 scant cups mayonnaise
- ¾ pt. whipped cream
- 2 tablespoons gelatine
- 2 cups boiling water
- onion juice
- 1 green pepper, chopped
- 3 yolks, riced
- 3 tablespoons Worcestershire

Cream cheese and mayonnaise, then add cream, gelatine, Worcestershire, let stand until jelled, then add eggs and seasoning.

Mrs. L. Frank.



### Fish Mold

- 1 pt. shrimp
- 1 flat can anchovies
- 1 stalk celery
- 1 can tuna fish (medium)
- 1 can crab meat

- 1 small bottle stuffed olives
- 2 envelopes Knox Gelatine dissolved in 3 cups strong bouillon
- almost juice of 2 lemons
- pepper to taste
- (Anchovy paste if desired).

Mrs. Ben Sachs.

## Tarts

### Almond and Orange Tart

- ½ lb. sugar
  - ½ lb. grated almonds
  - juice and rind of 2 oranges
  - ¼ teaspoon baking powder
- Beat yolks of eggs with sugar until light. Add grated almonds, oranges, baking powder and beaten whites. Bake in a moderate oven.

Mrs. Ludwig Frank.

### Holland Rusk Tart

Custard:

- 3 egg yolks
- 2 cups milk
- ½ cup sugar
- 2 tablespoons cornstarch
- pinch of salt
- 1 teaspoon vanilla

Let cool. Make crust while custard is cooling.

- 1 package Holland Rusk rolled fine

Mix with ½ cup sugar and ½ cup of melted butter. Line spring form with these crumbs but leave out ½ cup for top.

Put custard into crumb lined pan by the spoonful. Do NOT pour custard. Beat 3 egg whites stiff and add 3 tablespoons of sugar. Put on top of custard. Cover this with the ½ cup of crumbs. Bake ½ hour in a moderate oven. Serve with whipped cream.

Mrs. Walter Appel.

### Lady Finger Tart

- 24 lady fingers
- ¾ lb. sweet butter
- 3 cups powdered sugar
- 6 eggs
- juice and rind of 1 lemon
- 1 teaspoonful vanilla
- 2¼ cups pecans

Line spring-form with wax paper. Cream butter and sugar then add egg yolks. Then lemon and vanilla and nuts. Then stiffly beaten whites. Spread mixture and lady fingers alternately. Put in cold place to set. Turn out and cover with whipped cream.

Mrs. Victor Lamb.

### Nut Tart

8 tablespoons sugar and 8 yolks of eggs beaten together til light, then add 8 heaping cooking spoons of pecans that have been run through grinder, 1 teaspoon baking powder and lastly fold in the stiffly beaten whites of the 8 eggs. Bake in moderate oven in two layers. It's well to line pans with oil paper to avoid sticking. Put together with whipped cream sweetened and flavored with vanilla. Also cover top and sides with the cream.

Mrs. Gus Altman.

### Steamed Prune Whip

Cook prunes without sugar day before. Seed and chop into a pulp 28 medium size prunes. Add 1 cup sugar and mix well. Add whites of 6 eggs beaten very stiff.

Put into air-tight vessel (fireless cooker pots are good), well buttered and steam in another tight pot slowly for one hour. Turn out on plate and when cold ice with sweetened whipped cream.

Mrs. Harry Klein.

### Huckleberry Tart

1 pkg. Holland Rusk rolled fine, mix with ½ cup sugar, ½ cup melted butter, line a spring form.

### Graham Tart

- 6 egg yolks
- 1 cup Graham wafers rolled and sifted
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 6 egg whites beate nstiff; fold in

### Filling

- 1 lb. dates
  - ½ cup sugar
  - ½ cup water
  - ½ cup English walnuts or pecans
- Boil this 5 minutes and cool.

Mrs. David Saag.

### Hungarian Tarts

- Cream 1½ cups sugar ½ cup butter
- add 2 eggs, 2 teaspoons cinnamon a little milk
- 3 cups flour
- 1/3 teaspoon baking powder
- 1 cup chopped nuts

Roll thin and spread with knife in buttered pan. Spread with strawberry

preserves and strip in diamonds with narrow piece of dough. Cook in moderate oven and cut in squares.

Mrs. M. S. Oppenheimer.

### Apple Sauce Tart

- ½ cup butter
- 1 cup sugar
- 1 egg
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- 2 cups flour
- 2 teaspoon baking soda
- 1 cup dates
- 1 cup nuts
- 1 cup raisins
- 1½ cup apple sauce
- 1 teaspoon vanilla

Bake 1 hour in slow oven, in buttered form.

Mrs. Bernard Rosenblum.

### Almond Tart

- 1 pound almonds
- 8 eggs (keep out 4 white for top)
- 2 cups sugar
- 1 dozen stale lady fingers
- juice and rind of one orange
- juice of ½ lemon and rind of one lemon
- 1 teaspoon baking powder.

Grind and mix almonds and lady fingers. Grate rind of one orange and one lemon and add to nuts and cakes. Add juice of one orange and ½ lemon.

Keep out four whites for top. Break yolks and whites together in bowl and mix thoroughly.

Dash of salt. Add 2 cups of sugar. Mix and beat until stiff like dough.

Huckleberry Tart (Page 43) Filling on Page 36--Marked Custard.  
Special sauce for Pot Roast (Page 32) See Page 40.

Add almond mixture. Mix thoroughly and add 1 teaspoon of baking powder. Put in a greased spring form. Put in hot oven for 5 minutes. Lower flame and let bake 60 minutes. Let cool. spread with preserves.

Beat up whites and add one cup of

sugar very stiff. Put on top of tart. Decorate with almonds and cover with powdered sugar. Put in oven and bake slowly until a light brown. Let stand in fireless oven 5 minutes when done.

Mrs. Lester Joseph.

## Vegetables

### Spinach Ring

Cook spinach in salt water. Drain and chop. Brown onion and flour in little butter, salt and pepper. Add 1 slice of white bread soaked in milk. Add 3 whole eggs. Butter mold. Fill with spinach and steam for 1¼ hours. Cover top. Make cream sauce and add mushrooms and sweet breads.

### Spinach Ring

Cook spinach in salt water. Drain and squeeze water off. Make thick cream sauce and add to seasoned spinach. Butter ring mold. Bake ring in pan of water ½ hour.

### Noodle Ring

2 cups fine noodles  
4 eggs  
2 tablespoons hot water  
½ cup melted butter  
1 cup whipped cream

Cook noodles in salted water and drain. Beat yolks of eggs light, add hot water and then noodles, then melted butter, pepper and salt, lastly the beaten whites and whipped cream.

Butter ring mold well and cover with 2 tablespoons of fine bread crumbs. Put in mixture and stand ring in hot water in oven. Cook 45 minutes and turn out on hot platter.

Mrs. Charles Morris.

### French Fried Onion Rings

Cut thick slices from Spanish or Bermuda onion. Let stand 30 minutes or more in salt water. Dip in cold milk, then in flour and fry in deep fat. Sprinkle with salt.

### French Fried Cauliflower

Separate flowerets of cauliflower. Cook lightly in salt water, not quite tender. Dip in milk, then in flour and fry in deep fat.

### Stuffed Peppers

Cut the tops off the peppers. Remove the seeds. Cut the tops of the kernels off ears of corn and scrape the cobs to get the milk that remains. Fill the pepper with the cut off corn, seasoned with butter, pepper, salt and a little sugar.

### Carrot Ring

1 cup carrots  
4 eggs  
½ pt. cream whipped  
½ cup cracker crumbs  
½ tablespoon flour

Cook carrots in salt water and press thru a strainer. Beat yolks with carrots until light. Add cracker crumbs (from crackers). Add flour (sifted). Fold in whites of eggs and add cream. Bake in a well buttered ring that has been well dusted with bread crumbs. Put ring in pan of water. Bake 25 to 30 minutes.

Miss Ida Gross.

### Baked Asparagus

1 can asparagus  
1 cup thick white sauce  
½ cup pecan meats

Arrange asparagus tips in baking dish better if broken into small pieces. Pour over thick sauce to which nuts have been added. Cover with buttered crumbs and brown.

Mrs. Ben Solinger.

### Scalloped Brussel Sprouts

1 quart sprouts  
4 tablespoons butter  
1½ cups celery cubes  
4 tablespoons flour  
½ teaspoon pepper  
1 teaspoon salt  
2 cups milk  
buttered crumbs

Cook the Brussel sprouts in boiling water until tender. Cook celery cubes in butter 3 minutes, add the flour, seasoning and milk and cook thoroughly. Arrange the Brussel sprouts in a baking pan, pour the sauce over them, cover with buttered crumbs and bake in moderate oven about 30 minutes.

Mrs. Morris Koch.

### Fried Cheese Balls

2 egg whites  
1 tablespoon and 1 teaspoon flour  
1 cup grated American cheese  
¼ teaspoon salt  
speck pepper  
sifted dried bread crumbs

Beat egg whites until stiff. Mix flour, cheese, salt and pepper and fold into egg whites. Shape into balls using 1 teaspoon for each. Roll in crumbs and fry golden brown in deep fat, heat to 390°. Makes 18 balls and serve with salad.

### Noodle Ring

Boil noodles 20 minutes in salted water. Place in cold water and drain very dry. Make a sauce of 1 cup milk or ½ pint cream, 1 tablespoon butter, 1 tablespoon flour, dash salt, pepper and ½ teaspoon dry mustard, ¼ lb. of grated American cheese, 3 well beaten eggs, added to sauce, then add noodles.

Bake in well buttered ring, placed in pan of water while baking. When slightly brown on top turn out of ring and fill center with mixture desired.

Mrs. S. W. Cole.

### Noodle Ring

Make cream sauce of 2 ounces of butter, 1 tablespoon flour, 1 cup milk, when sauce boils thick add noodles and let cool. Separate 4 eggs, add yolks to noodles. Fold in stiffly beaten whites. Butter and flour ring mold. Fill with mixture and let boil in skillet of water on top of stove and then bake in oven.

Mrs. Alfred Joseph.

### Mushroom Balls

Four pounds of mushrooms. Peel, wash and chop coarse. One-half pound butter, browned in kettle. Drop mushrooms in butter. Cook from 15 to 20 minutes with one level teaspoon salt. Three heaping tablespoons flour, dissolved in a little milk. Stir in quart milk and cream mixed (heat it) and let cook until it is a thick batter. Pour in flat pan. Let cool. Then roll in balls. Dip in egg and crumbs. Fry in deep fat. Serves 24.

Mrs. Melvin Meyers.



### Corn Pudding

Butter size of half an egg  
 2 eggs  
 level tablespoonful flour  
 very heaping teaspoon sugar  
 pinch salt  
 1 cup milk  
 3 ears corn

Mrs. Ben Sacks.

### Beat Potato Puff

3 whole eggs, very light gradually  
 add  
 2 cups creamed mashed potatoes  
 1 cup flour  
 2 teaspoons baking powder  
 1 teaspoon salt  
 Drop from teaspoon in deep hot fat.  
 Drain on brown paper and serve at  
 once.

Mrs. Sidney Appel.

## Waffles - Bread and Rolls

### Potato Flour Muffins

4 eggs  
 pinch salt  
 ½ cup white potato flour  
 1 teaspoon baking powder  
 2 tablespoons ice water  
 1 tablespoon sugar

Beat whites very stiff and dry. Add salt and sugar to beaten yolks. Fold into white. Sieve flour and B. P. twice and beat well into mixture. Add ice water last. Bake in muffin tins in a moderate oven from 15 to 20 minutes.

### Fruit Rolls

2 cups flour  
 ½ cup sugar  
 4 teaspoons baking powder  
 ½ teaspoon salt  
 4 to 6 tablespoons shortening  
 ½ to 1 cup milk  
 1 egg

Cream shortening very soft, add sugar and cream. Add flour, salt, baking powder. Beat egg and add with milk. Roll out and sprinkle with sugar, cinnamon, raisins, nuts and melted butter; roll and slice and bake in very hot oven.

Mrs. J. M. Fuhrman.

### Cream Waffles

4 egg yolks well beaten  
 2 teaspoonsful sugar  
 2 cups milk  
 2½ cups flour, sift with 2 tea-  
 spoons baking powder  
 1 cup melted butter  
 Add last whites of eggs, well  
 beaten.

### Thimble Biscuits

1½ cups flour  
 1½ teaspoons baking powder  
 ½ pint sweet cream, pinch salt  
 Bake 20 minutes in hot oven in  
 tiny muffin tins.

### Delicious Ice Box Rolls

1 cake yeast  
 2 cups boiling milk  
 ¼ lb. butter  
 ½ cup sugar  
 3 beaten eggs  
 1 tablespoon salt  
 Add sugar, salt and butter to  
 boiled milk and when luke warm add  
 yeast dissolved in ½ cup warm milk  
 with teaspoon sugar. Add beaten eggs  
 and 5 to 7 cups flour or enough to  
 make soft sponge. Beat well and  
 place in ice box to be used as needed.  
 Will keep at least 2 weeks.

Mrs. Jesse Rosenbaum.

### Gingerbread

2 cups molasses  
 ¾ cup butter  
 2 teaspoons baking soda  
 1 teaspoon powdered ginger  
 ½ teaspoon cinnamon  
 nutmeg  
 3 cups sifted flour  
 1 cup sour milk  
 1 egg beaten light  
 4 teaspoons baking powder

Bring molasses and butter to boil-  
 ing point. Stir in baking soda, ginger,  
 cinnamon and nutmeg. Remove from  
 fire, add sifted bread flour and sour  
 milk alternately. Add egg and bak-  
 ing powder. Bake in moderate oven  
 15 minutes.

Mrs. Bernhard H. Meyers.

### Quick Coffee Cake

½ lb. butter  
 ¾ lb. sugar  
 8 eggs  
 rind of lemon  
 ½ lb. cornstarch  
 ¼ lb. flour  
 sliced almonds  
 cinnamon

Cream butter and sugar very light,  
 then add egg yolks and lemon, then  
 stiffly beaten whites of 4 eggs and  
 ¼ lb. of cornstarch and ¼ lb. flour.  
 Cover top with sliced almonds, gran-  
 ulated sugar and cinnamon. Pour  
 into square deep pan with removable  
 bottom or Bundt kuchen pans. Bake  
 in moderate oven.

Mrs. Charles Morris.

### Ice Box Rolls

1 cake yeast  
 1 teaspoon salt  
 1 or 2 eggs  
 7 cups Gold Medal flour  
 ½ cup sugar  
 2 cups water slightly cooler than  
 luke warm  
 3 tablespoons shortening

Crumble yeast into bowl and add  
 sugar, salt and water. Add well  
 beaten egg. Sift flour once before  
 measuring. Add half of flour and  
 beat well. Add melted shortening and  
 and mix in remainder of flour with  
 hands. Let rise double its bulk. Punch  
 down, cover tightly and place in ice  
 box. Use as desired. For making  
 rolls remove desired amount of  
 dough, shape, let rise to double the  
 bulk and bake 20 minutes in hot oven.

Mrs. Ben Sachs.

### Schnecken

½ lb. butter  
 1 cup sugar (cream together)

Add 3 beaten eggs, 2 yeast cakes  
 dissolved in ½ cup warm water, add  
 ½ pint sour cream, a pinch of salt,  
 5½ cups flour.

Put in ice box over night. In morn-  
 ing roll out portion of dough, sprinkle  
 with sugar, cinnamon, raisins and roll  
 up. Slice about 1 inch thick. Put 1  
 teaspoon brown sugar, lump of butter  
 and pecans in each muffin tine and  
 add 1 slice of rolled dough. Let rise  
 2 hours. Bake about ½ hour in mod-  
 erate oven.

Mrs. Jacob Levy.



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