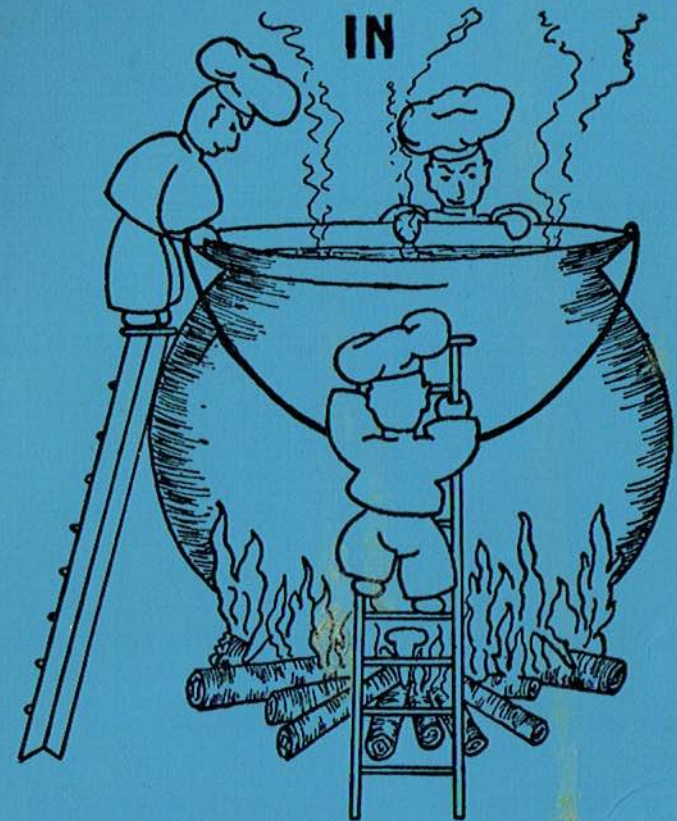


WHAT'S COOKIN'?



Scottsboro, Alabama

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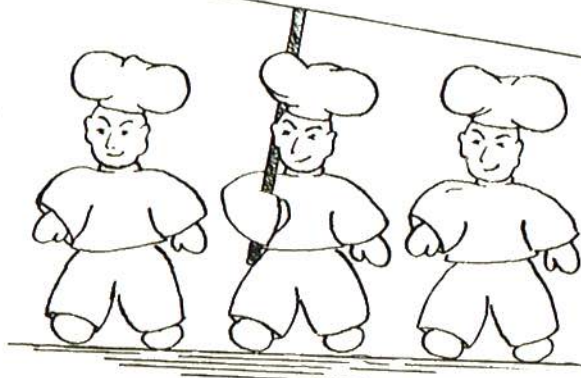
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We also wish to express our appreciation to all those who furnished recipes, assisted in the sale of advertising or in any other way contributed to the publication of this book.

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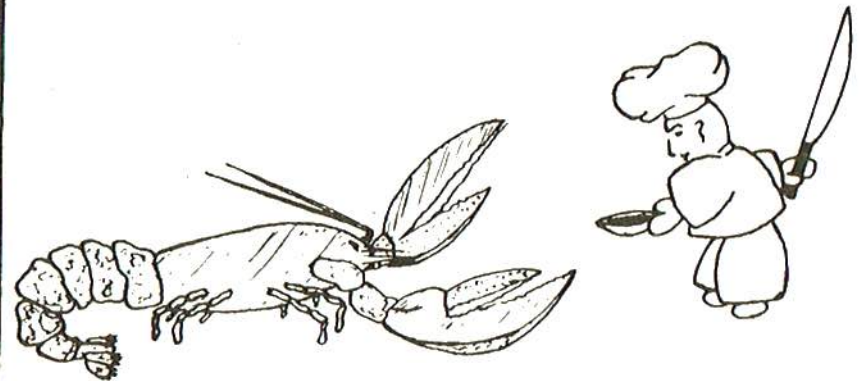
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HORS D'OEUVRES PICKLES RELISHES



BEAUTY HINTS

BY JULIAN

Nationally known Director of the
Julian Institute of Beauty in Kansas City, Mo.



Lemon and vinegar are good final rinses for the hair but blondes and persons with lighter colored hair should avoid vinegar as it sometimes darkens light hair.

If you get tired of shaving and other methods of removing hair from legs and arms try bleaching them as this causes them to be much less noticeable.

A simple formula for making a hair remover is to mix equal parts of starch and barium sulphide with water to make a smooth paste.

To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

REMOVAL OF SMALL WARTS

Small warts may be safely removed by covering them tightly with a bandage which has been saturated in vinegar. The bandage should be left on overnight. The acetic acid in the vinegar eats into the outer layer of the wart and the dead tissue thus created will wear off during the activity of the following day. A small wart may usually be removed in this way in a week or ten days. **WARNING:** Warts should never be burned off with stronger acids except under the care of a physician.

HORS D'OEUVRES, PICKLES, RELISHES

CRANBERRY ORANGE RELISH Mrs. B. F. Gardner

4 c. cranberries	2 oranges
	2 c. sugar

Grind cranberries and quartered oranges in food chopper. Mix sugar and let chill for a few hours. Serve with chicken or meats.

CHOW CHOW Mrs. W. G. Harrington

1 pk. green tomatoes	1 doz. large onions
1 gal. ripe tomatoes	2 large cabbage
1 gal. sweet peppers	1 pt. salt
2 doz. green, hot peppers	2 qts. apple vinegar
2 doz. red, hot peppers	3 lbs. sugar

Grind in food chopper; mix with salt. Drain for 2 hours; then add vinegar and sugar. Let entire mixture come to boil and seal in jars. This makes 15 pts.

Write An Extra Recipe Here:

Write Extra Recipes Here:

SOUPS SALADS

VEGETABLES



HOUSEHOLD HINTS

When using walnuts in a salad--add just before serving. This will insure crispness and prevent discoloration.

A tomato may be peeled quickly by spearing with a long handled fork and turning constantly over medium heat for a minute or two till the skin breaks. Cool under cold water and peel.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

A jellied salad may be easily unmolded by first brushing the inside of the mold with salad oil. When ready to serve run a sharp pointed knife around top edge of the mold and invert on a plate.

All of the white skin lining on an orange will come off with the peel if the orange is soaked in boiling water for about 5 minutes before peeling.

Box crackers will keep fresher and crisper if stored in the pots and pans drawer of your stove.

A quick way to remove fruit or vegetable stains from the hands is to rub them with lemon juice.

Kid gloves may be kept clean much longer if rubbed gently and firmly with bread crumbs with each wearing. An Art Gum eraser may also be used for this purpose.

SOUPS, SALADS, VEGETABLES

CREAM OF TOMATO SOUP

Mrs. Ora L. Brewton

1/2 can tomatoes	1 qt. milk
1 small Tbsp. sugar	1 slice onion
1/4 tsp. soda	4 Tbsp. flour
1/4 c. butter	1 tsp. salt
	Dash of pepper

Scald milk with onion; remove onion; thicken with flour mixed with cold water until smooth enough to pour. Cook in double boiler 20 minutes, stirring constantly at first. Cook tomatoes and sugar 15 minutes; add soda and rub through a strainer. Combine mixtures and strain into a heated dish, over butter, salt and pepper.

LIME SALAD

Mrs. Donald Word

1 pkg. lime jello	2 tsp. pimentos, if desired
1 c. whipping cream	1 can crushed pineapple
2 pkg. cream cheese	Pinch of salt

Press juice from pineapple. Add enough water to make 2 c. liquid. Heat, not too hot; add jello and Philadelphia cream cheese to warm juice; mash with fork; congeal partly; add pineapple and cream. Let congeal.

CREAM CHEESE SALAD

Mrs. T. M. Sloan

2 pkgs. cream cheese	1 pkg. lemon jello
1 c. nuts	1 c. chopped celery, some green leaves add color
1 c. whipped cream	1 chopped pimento, red
1 small can crushed pineapple	2 c. hot water

Dissolve the jello in the hot water; place in refrigerator until it begins to congeal; add nuts, celery, pineapple and pimento. Mix the cream cheese and whipped cream together and add to the first mixture. Mix well and place in refrigerator to congeal. This should serve about 12.

CRANBERRY SALAD

Mrs. Lindsay Boyd

1 pt. cranberries	1/2 c. cold water, mix with jello
1 box raspberry jello	1 c. sugar
1 c. cold water, cook with cranberries	3/4 c. celery, pineapple, nuts and white cherries

CRANBERRY SALAD (Continued)

Cook cranberries and water 20 minutes. Add sugar. Cook 5 more minutes. Add jello and other ingredients. Serves 7 or 8.

FRUITED CHEESE SALAD

Mrs. B. F. Gardner

1 3-oz. pkg. cream cheese 1/2 c. whipping cream
1/2 c. cooked prunes 1/2 c. drained, crushed
1/2 c. cooked apricots pineapple
1/4 c. mayonnaise 1 Tbsp. lemon juice
1 tsp. sugar 1/2 tsp. salt

Mash cheese; blend with mayonnaise; blend with whipped cream. Add seasoning and fold in fruits. Place in tray and chill 3 or 4 hours. Serves 8.

RECEPTION SALAD

Mrs. Lucille Hill

1 pkg. lemon jello 1 c. nuts
1 large can crushed pineapple
1/2 c. or more finely-chopped celery
2 pkg. Philadelphia cream cheese
1/2 pt. whipping cream 1 can, small, pimentos

Boil the juice from the crushed pineapple and use for 1 c. of the liquid, using water for the rest, to make up 2 c. in all. Dissolve jello in the liquid and let cool before adding the ingredients. Mash the pimentos with the cream cheese before adding. Add whipped cream last and let congeal.

CHEESE and PINEAPPLE SALAD

Mrs. Mary Clopton Apgar

2 c. grated pineapple, No. 2 can, crushed
1/2 c. sugar Juice of 1 lemon

Put on fire and heat to boiling point, but do not boil. Dissolve 1 env. Knox gelatin in 1/2 c. cold water, about 5 minutes and stir into this. When it begins to congeal, add 1 c. grated American cheese and 1/2 pt. cream, whipped.

CONGEALED SEAFOOD

Mrs. Jim Proctor

3 Tbsp. Knox gelatin 2 1/4 c. milk
2/3 c. cold water 5 Tbsp. Tarragon vinegar
1 tsp. salt 5 Tbsp. cider

CONGEALED SEAFOOD (Continued)

3 Tbsp. flour 3 Tbsp. butter
1 Tbsp. sugar 4 c. flaked crabmeat, tuna
1 Tbsp. dry mustard or salmon
3 egg yolks, slightly beaten 4 c. celery, diced
1 whole egg 1/2 c. chopped pimento

Dissolve gelatin in cold water. Mix flour, sugar, salt and mustard with egg and yolks. Add milk; combine vinegar slowly; add butter. Cook over boiling water, stirring constantly until thickened. Add seafood, celery and pimento. Chill until firm. 16 servings.

FROZEN FRUIT SALAD

Mrs. Lipscomb Stone

2 env. gelatin 1 can white cherries
1/2 c. cold water 1 can sliced pineapple
1 c. boiling water 3 oranges
1/2 c. sugar 3 bananas
1/2 c. vinegar 12 marshmallows
1 tsp. lemon acid 1 c. mayonnaise
1 tsp. salt Juice maraschino cherries
1 pt. whipped cream

Soak gelatin in cold water 10 minutes and dissolve in boiling water. Add sugar, vinegar, salt and 1 tsp. lemon acid with gelatin. When cold, add mayonnaise, maraschino juice, fruit juices and whipped cream. Dice fruit and marshmallows; place in molds and cover with gelatin mixture. Pack in ice and salt for 3 hours. If freezer is used, cut down from sides and mix twice while freezing. Serve with mayonnaise or a fruit dressing.

WHITE SALAD

Miss Cordye Brewster

1 can cocoanut 1 doz. marshmallows
1 c. crushed pineapple 1 c. mayonnaise
1 c. white cherries 1 c. whipped cream
2 Tbsp. gelatin 2 oranges, cut fine and re-
1 c. peaches move seeds and peel

Cut fruit; remove seeds and drain off juice. Mix fruit, fold in cream; add gelatin and pour in pan to congeal. Cut in squares and serve on lettuce.

GINGER ALE GRAPEFRUIT SALAD

Mrs. Ralph Powell

1 pkg. sweetened, lemon-flavored gelatin

GINGER ALE GRAPEFRUIT SALAD (Continued)

1/4 c. sugar
2 c. grapefruit sections
fresh or canned

1/2 c. boiling water
1/2 c. grapefruit juice
1 c. ginger ale
8 maraschino cherries

Dissolve gelatin in boiling water; add sugar; stir until dissolved. Cool; add ginger ale and grapefruit juice. Chill until partially set. Pour into mold. Add grapefruit sections. Chill until firm. Serve with mayonnaise. Garnish with cherries. 8 servings.

TOMATO SALAD DRESSING Mrs. Hamlin Caldwell

1 can tomato soup
1/2 c. sugar
2 Tbsp. mustard

1 c. Wesson oil
1/2 c. vinegar
2 Tbsp. Worcestershire sauce

Add salt, pepper and garlic; keep in jar; shake well before using; store in refrigerator.

PINEAPPLE CARROT SALAD Mrs. Wayne Hall

1 pkg. lemon jello
3 carrots, grated

1 small can crushed pineapple

Add 2 c. hot water to jello. Let cool. Add pineapple and carrots. Place in refrigerator to congeal. Especially good with meats.

DELICIOUS SALAD Mrs. A. P. Smith

1 box lemon or lime jello
1/2 box marshmallows
1 18-oz. can fruit cocktail
1/2 c. whipping cream - whip when ready to use

2 c. water
1 c. cocoanut
1/2 c. nuts

Dissolve jello in 1/2 c. water, hot. Dissolve marshmallows in other 1/2 c. Combine the 2; cool until jelly-like and add other ingredients. Chill in refrigerator and serve.

MARSHMALLOW APRICOT MOLD Mrs. Rupert Word

1 Tbsp. granulated gelatin
2 c. cooked apricots, fresh, canned or dried

2 Tbsp. cold water

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MARSHMALLOW APRICOT MOLD (Continued)

1/8 tsp. salt	1 c. diced marshmallows
1 tsp. lemon extract	1 c. apricot juice or water
3 egg whites, beaten	1/4 tsp. grated lemon rind

Soak gelatin in the cold water for 5 minutes; add to the apricots, marshmallows and juice. Cook 5 minutes in double boiler. Stir until well blended. Cool and fold in the other ingredients. Pour into a mold. Chill until firm. Serve with whipped cream or custard sauce, made from the left-over yolks.

24-HOUR SALAD

Mrs. H. P. Blanks

To	2 eggs, beaten in saucepan
Add	4 Tbsp. vinegar
	4 Tbsp. sugar
Heat and beat	until thick and smooth.
Add	2 Tbsp. butter
Cool. When cold, mix in...	1 c. cream, whipped
	2 c. white cherries, halved
2 c. pineapple, diced	2 oranges, diced
2 c. marshmallows, cut	1 c. nuts, cut

Chill in refrigerator for 24 hours.

CONGEALED FRUIT SALAD

Mrs. Jim Payne

1 pkg. orange jello	1 c. boiling water
1 large can fruit salad	1 small bottle red cherries
10 marshmallows	1/2 c. mayonnaise
	1 c. whipping cream

Dissolve jello in 1 c. boiling water. Drain juice from fruit salad and add 1 c. juice to jello mixture. Cool. Add fruit salad, cherries and marshmallows, cut in pieces. Whip cream; add mayonnaise to it. Fold the cream mixture into the fruit mixture. Pour into molds and allow to congeal.

ASPARAGUS CASSEROLE

Mrs. Lowrey Smith

Place in the following order, in a buttered baking dish:

Layer of asparagus
Layer of cream of mushroom soup. Salt and pepper to taste

ASPARAGUS CASSEROLE (Continued)

Layer of English peas
2nd layer of asparagus
2nd layer of soup
2 hard-boiled eggs, sliced
Layer of soup
1 c. grated cheese over top

Bake 25 to 30 minutes.

BAKED SQUASH

Mrs. H. E. Phillips

1 lb. yellow, tender squash
1/2 c. grated cheese
2 Tbsp. onions, chopped, if
desired

1 c. bread crumbs
3 Tbsp. butter
1 egg, beaten

Stew squash until tender in salt water. Drain; put in well-buttered baking dish. Top with grated cheese. Bake in oven 30 minutes. Serve hot.

SCALLOPED SQUASH

Miss Bernice Wallace

Wash, but do not pare, 2 lbs. tender squash. Slice round and add small amount of boiling, salted water. Cook, covered 15 to 20 minutes or until tender. Alternate layers of squash, whole wheat bread crumbs and grated cheese in a baking dish. Season each layer with salt, pepper and dots of butter or margarine. Pour over 1/2 to 3/4 c. milk. Cover and bake in moderate oven 1 hour.

Serves 8.

FRENCH FRIED ONION CIRCLES

Mrs. C. P. Dawson

Slice Spanish onion in large rings; dip in milk; then in flour, which has been seasoned with salt and pepper. Drop in deep fat, heated to 360 degrees. Fry to medium brown. Onion rings will separate while frying. Serve at once, while still crisp.

Other ways to prepare onion rings might be preferred. Use batter or cornmeal for coating, chilling them well after coating with cornmeal will add to their crispness.

SURPRISE CROQUETTES

Mrs. O. B. Sansbury

5 medium-size sweet
potatoes

1 tsp. lemon juice
6 marshmallows

SURPRISE CROQUETTES (Continued)

2 Tbsp. sugar
2 Tbsp. butter

2 slightly-beaten egg whites
2 c. crushed Corn Flakes

Cook sweet potatoes until tender; then peel and let cool. Mash thoroughly and season with the sugar, butter and lemon juice. Make croquettes by shaping mashed potatoes around marshmallows. Chill 1 hour. Dip the croquettes in the beaten egg whites; roll in crushed Corn Flakes and fry in deep, hot fat, 375 degrees until golden brown. Drain on absorbent paper and serve at once. Serve 6.

Write Extra Recipes Here:

Write Extra Recipes Here:

MEAT FISH POULTRY



HOUSEHOLD HINTS

To eliminate cabbage odor from cooking cabbage drop a whole walnut into the boiling water.

To keep vegetables, spaghetti, macaroni or rice from boiling over rub a small piece of butter around the edge of the pan.

You can give extra gloss to linoleum by adding a little clothes starch to the mop water.

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

To keep lard from spattering while frying sprinkle in a little salt.

Tough meat can be tenderized without affecting flavor by the addition of several drops of vinegar while cooking.

Salt may be kept dry by placing the shaker over the pilot light on a gas range or by placing on the burner of an electric stove shortly after current has been turned off.

String beans will be easier to string if crisped in the refrigerator a few hours before stringing.

Protect your curtains in the washing machine by first placing them in a pillow slip.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Onion odor may be removed from the hands by rubbing the hands with damp salt.

MEAT, FISH, POULTRY

MEAT LOAF

Mrs. Jewell Hall

2 lbs. ground beef	1 lb. ground, lean pork
2 eggs, beaten	2 c. Corn Flakes
1 can spaghetti	Salt and pepper to taste
1 green pepper and onion, if desired	

Mix; shape into loaves. Sprinkle about 3 Tbsp. of flour over top. Pour 1 c. hot water over the loaves. Bake 325 degrees to 350 degrees until done.

HAMBURGER STEAK

Mrs. Ed Brannum

1 lb. hamburger	1 medium size onion, chopped
1 egg	Dash of hot sauce
1 tsp. mustard	Salt and pepper to taste
1 Tbsp. Worcestershire sauce	2 to 3 slices stale bread

Mix all ingredients thoroughly and pat out into desired size. Place on broiler rack and turn oven on to broil. Brown on each side.

CHILI CON CARNE

Mrs. R. L. Hodges

2 onions, diced	4 c. No. 2 1/2 can, tomatoes
2 cloves garlic, minced	4 c. canned kidney beans
2 green peppers, diced	2 or 3 Tbsp. chili powder
2 or 3 Tbsp. fat	2 tsp. sugar
2 lbs. ground beef	2 or 3 tsp. salt

Saute onion, garlic and green peppers in fat until tender. Add meat and brown a little. Add tomatoes, beans and seasonings. Cover and simmer 30 minutes. Add a little water, if mixture seems too dry.

SPANISH SPAGHETTI

Mrs. R. A. Jacobs

1 lb. ground steak or hamburger meat	1 box long spaghetti
1 can tomatoes	1 c. celery, cut in fine pieces
1 onion	2 cans mushrooms
1 green pepper	Enough bacon drippings to brown onion and pepper

Cook spaghetti in clear, salt water. Drain in wire

SPANISH SPAGHETTI (Continued)

sieve and wash well in sieve with cold water. Brown onion and pepper in bacon fat in Dutch oven. Add meat and cook until the raw look is slightly browned. Add tomatoes, celery and mushrooms. Salt and pepper to taste. Add the spaghetti last. Mix well together and cook on low heat in Dutch oven for 1 hour, stirring frequently.

MEXICAN GOULASH

Mrs. Lowrey Smith

3 green peppers, chopped	1 can corn niblets
1 onion, chopped	2 c. noodles
1 lb. ground beef	2 c. grated cheese
1 can tomato soup	2 Tbsp. Worcestershire sauce
1/2 c. Wesson oil	Pepper and salt to taste
1 tsp. hot sauce	

Cook onion and peppers in oil until tender. Add meat. Cook until almost done. Add corn, soup, sauce, pepper, salt and noodles. Cook until noodles are done. Cover with cheese and bake 15 minutes. Serve with tossed salad and crackers.

BEEF GOULASH

Mrs. E. L. Trammell

1 1/2 to 2 lbs. ground beef	1 can condensed tomato soup
1 Tbsp. bacon fat	1 can tomatoes
1 medium size onion, chopped	1 c. chopped celery
1 tsp. dried parsley leaves	1 c. chopped carrots
1 tsp. Worcestershire sauce	1 c. chopped potatoes
	Season to taste
	1 or 2 Bay leaves

Any vegetable combination in season may be substituted or added

Brown the meat in fat. Stir as the meat browns, adding salt, pepper, sauce, parsley leaves, Bay leaves and chopped onion. When meat is browned slightly, add tomato soup and tomatoes. Stir well and add the combination of chopped vegetables. Let simmer for 1 1/2 hours.

SALMON BAKE

Mrs. J. W. Gay, Sr.

1/2 c. diced celery	1/2 tsp. salt
1/4 c. diced onion	1 10 1/2-oz. can mushroom soup
1/3 diced, green pepper	1 c. milk
2 Tbsp. fat	

SALMON BAKE (Continued)

3 Tbsp. flour

1 1-lb. can salmon, flaked
1 Tbsp. lemon juice

For Biscuits:

1 c. sifted flour
1/4 tsp. salt
1 1/2 tsp. baking powder

1 Tbsp. butter or margarine
2 Tbsp. shortening
1/3 c. milk
2/3 c. grated cheese

Lightly cook celery, onion and green pepper in fat. Stir in flour and salt. Add mushroom soup and milk. Cook until mixture is thickened, stirring constantly. Remove from heat; stir in salmon and lemon juice. Pour mixture into large, heat-resistant glass dish.

Sift together flour, salt and baking powder. Cut shortening into flour mixture. Pour in milk and mix lightly. Roll dough on a floured board or pastry cloth into a rectangle, 8x9-inches. Spread with butter or margarine; sprinkle with grated cheese. Roll as for jelly roll; slice roll into 6 pin-wheel biscuits. Arrange pinwheels on top of salmon mixture. Bake in moderately hot, 400 degrees F. oven, 35 minutes or until biscuits are lightly browned. Makes 6 servings.

SALMON TIMBALES

Mrs. H. E. Phillips

1 can pink salmon
1 c. soft bread crumbs
1/4 c. milk

2 Tbsp. melted butter
1 Tbsp. chopped onion
2 eggs, beaten
Salt and pepper to taste

Bake in buttered custard cups about 30 minutes. Unmold and serve hot with the following sauce:

Melt 1 pkg. Old English cheese in top of double boiler with 1/3 c. milk, stirring until smooth.

SALMON LOAF

Mrs. Sallie Cook

1 large can pink salmon
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. paprika
2 Tbsp. lemon juice

3 egg yolks, beaten
1/2 c. cracker crumbs
1/2 c. hot milk
3 egg whites, beaten stiff

Remove skin and bones from salmon and mix together

SALMON LOAF (Continued)

salmon, salt, pepper, paprika, lemon juice, egg yolks, cracker crumbs and hot milk. Fold in egg whites and pour into well-greased loaf pan. Bake 60 minutes in oven, 350-375 degrees.

CHICKEN SPAGHETTI

Mrs. Haskel Keeton

2 pkgs. long spaghetti	1 c. chopped onions
1 hen	1 c. chopped mushrooms
1 c. chopped celery	1 small can tomatoes
1 c. chopped peppers	Salt, pepper, hot sauce to taste
1 small can tomato puree or 1 bottle chili sauce	

Cook hen until tender; remove bones. Cut meat into small pieces. Mix celery, peppers, onions, mushrooms, tomatoes and puree with chicken. Season with a little chicken fat and cook until tender.

Cook spaghetti in chicken broth until tender. Drain and serve with sauce mixture poured over.

BARBECUE CHICKEN

Mrs. Joe Dawson

1 chicken, 2 to 2 1/2-lb. size	1 small onion, diced
1/4 bottle Worcestershire sauce	1 Tbsp. sugar
1/2 c. tomato catsup	2 Tbsp. vinegar
2 Tbsp. butter	1/2 tsp. pepper sauce
1 bulb garlic	1/2 c. tomato juice

Cut chicken in desired pieces. Brown under broiler in oven, 1 side at a time. Butter each piece when browned. Mix all other ingredients, except onion and garlic. Tie them in cloth and put in bottom of pan. Place the browned chicken in Dutch oven. Pour the sauce over it and cook slowly 1 hour, or until tender. Add more tomato juice if desired. Salt and pepper to taste.

JELLIED CHICKEN

Mrs. Jewell Hall

1 hen, chop meat finely	2 c. chicken broth, skim fat
1 doz. stuffed olives, sliced	4 hard-boiled eggs, chopped
1/2 c. sweet pickles, chopped	
1/2 c. celery, chopped	1/4 c. sour pickles, chopped
	2 Tbsp. gelatin

Cook hen until tender. Dissolve gelatin in cold water.

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JELLIED CHICKEN (Continued)

Add 2 c. boiling chicken broth from which fat has been skimmed. When cool, mix with other ingredients. Season with salt, black pepper and paprika. Mold and chill.

CREAM DE VOLAILLE

Mrs. Jim Payne

Boil a chicken; pick the meat from the bones. To 3 c. chicken, ground, add 1/2 can mushrooms. Grind together. Mix with 1 c. cream sauce. Add 1 full Tbsp. butter and 3 eggs; beat hard. Season with chopped parsley, onion, red and black pepper and salt. Put in a greased mold; steam 1 1/2 hours.

Serve with mushroom sweet bread or oyster sauce.

Write Extra Recipes Here:

Write Extra Recipes Here:

BREAD ROLLS PASTRY



BEAUTY HINTS

BY JULIAN

TIPS FOR THE STOUT WOMAN

Avoid dainty and spindly chairs and furniture which serve to accentuate your bigness.

Hats with wide and slanting brims are usually best.

Wear gloves which match the sleeves in color.

Avoid shoes with heels too high and slender and dark colored shoes are usually better than light ones.

Use fine textured stockings as dark as the current fashion allows.

Use a medium size handbag preferably square or rectangular. Too small a bag emphasizes your stoutness and too large a bag may look too bulky.

If you carry an umbrella use a long slender one.

Always select dresses with long straight lines which make you appear slimmer. Wear skirts and dresses as long as the fashion will allow.

TIPS FOR THE TALL WOMAN

Never make the mistake of trying to walk or stand in a slouched or bent over position in an effort to minimize your height.

Always wear your hair as flat as it can be made on top

Wear hats with shallow crowns and large droopy brims. Hat trimmings should be horizontal.

Gloves should be of a different color than the sleeves and the same applies to hosiery.

Wear low heels except with formal clothes.

Handbags should be large and of a contrasting color.

Long haired furs are very suitable.

Avoid plain straight dresses. Contrasting bands in blouse and skirt are good. If the dress is all of one color set off with a broad belt of a contrasting color.

BREAD, ROLLS, PASTRY

NUT BREAD

Mrs. H. E. Phillips

4 c. whole wheat flour
1 c. sugar

2 c. white flour
1 tsp. salt

Mix together:

2 c. buttermilk
2 eggs, beaten
1/2 c. molasses

Mix and add 2 level tsp. soda. Add these last:

1 c. chopped raisins
1 c. nuts

Bake in loaf pan, about 45 minutes.

BAKED BROWN BREAD

Mrs. Jim Gamble

1 c. white flour
2 1/3 c. whole wheat flour
1/2 c. sugar
1 tsp. soda
1 tsp. salt

1 1/4 c. sour milk
1 c. molasses
1/2 c. chopped raisins
1/2 c. chopped nuts
1/4 c. butter

Sift flour, salt, soda and sugar together; stir in whole wheat flour; mix well. Stir in sour milk and sorghum. When mixed well, add chopped nuts and raisins. Bake in well greased pan at 350 degrees for 45 minutes or until straw comes out free of dough.

BANANA BREAD

Mrs. E. C. Snodgrass

1/2 c. butter
1/4 c. sugar
1/2 c. ground nuts or raisins

2 eggs, beaten
2 or 3 ripe bananas, crushed
2 c. flour
1 tsp. soda, dissolved in 2 Tbsp. buttermilk

Cream butter and sugar. Add other ingredients alternately with flour. Mix well; pour in loaf pan and bake 45 minutes in moderate oven.

CORNMEAL ROLLS

Mrs. O. B. Sansbury

1/3 c. cornmeal
1/2 c. sugar

2 beaten eggs
1 cake compressed yeast

CORNMEAL ROLLS (Continued)

1 tsp. salt
1/3 c. melted shortening
2 c. milk
1/4 c. lukewarm water
4 c. flour

Place first 5 ingredients in a double boiler; cook until thick, stirring frequently. Cool to lukewarm; add eggs and yeast, dissolved in warm water. Beat thoroughly and let rise in warm place 2 hours. Add flour to form a soft dough. Knead well on lightly-floured surface and let rise in greased bowl 1 hour. Knead; then roll out and cut with biscuit cutter. Brush with butter; crease and fold over like Parker House rolls. Place on greased baking sheet and let rise 1 hour. Bake in a moderate hot oven 375 degrees F. 15 minutes. Makes 2 1/2 dozen rolls.

REFRIGERATOR ROLLS

Mrs. Curtis Green

2 c. milk, heated to boiling point
1/2 c. sugar
1/2 c. shortening, melted

Beat together until sugar dissolves and then let cool to lukewarm. Add 1/2 yeast cake and enough flour to make a thin dough. Let rise 1 1/2 hours, or twice its bulk; then add:

2 tsp. salt
1/2 tsp. soda, sifted with 1 c. flour
1/2 tsp. baking powder

Mix well and add more flour if needed, to make stiff dough. Store in refrigerator overnight. Make into rolls and let rise 2 hours in warm place before baking.

REFRIGERATOR ROLLS

Mrs. A. C. Collins

To 1 c. mashed potatoes
Add 1 Tbsp. sugar
To 1 c. milk, scalded and cooled
Add..... 3/4 c. sugar
2 yeast cakes
or..... 2 pkgs. dry yeast
Dissolved in..... 1 c. lukewarm water
2 eggs

Put the above ingredients together with enough flour to make a stiff batter. Let rise 2 hours. Then beat in 3/4 c. Crisco and 3/4 Tbsp. salt. Add enough flour to make stiff.

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REFRIGERATOR ROLLS (Continued)

Make out rolls; let rise 2 hours and bake in hot oven of 425 degrees F. for 12 to 15 minutes. Dough may be stored in refrigerator and kept at least 3 days. Makes about 3 dozen.

PLAIN WAFFLES

Mrs. Mildred Westmoreland

2 c. flour
3 tsp. baking powder
1/2 tsp. salt
2 Tbsp. sugar

2 eggs, separated
1/2 c. melted shortening
1 1/2 c. milk

Mix and sift dry ingredients into mixing bowl. Drop egg yolks and gradually add milk, beating until batter is smooth. Beat in the melted butter. Fold in stiffly-beaten egg whites. Bake 3 minutes in waffle iron, which has been preheated 10 minutes.

Other Variations: After batter is poured on waffle iron, sprinkle with raisins or chopped dates.

PIE PASTRY

Mrs. Harvey Henshaw

1/2 tsp. salt 1 egg
Lump of shortening, size of walnut

Use egg in place of water or milk. Use the amount of flour needed to make stiff dough. Then roll on floured board, very thin, and place in baking dish or pan.

BISCUIT SHORTCAKE

Mrs. J. T. Lusk

2 c. sifted all-purpose flour 3 tsp. baking powder
3/4 tsp. salt 1/2 c. shortening
3 Tbsp. granulated sugar 1 egg, beaten
About 1/3 c. milk

Sift flour, baking powder, salt and sugar together; cut in shortening until mixture is like coarse cornmeal. Add the beaten egg and enough of the milk to make a dough that can be easily handled. For large shortcake, roll the dough into a round 1/2-inch thick. Put in greased pan and bake in oven at 450 degrees for 15 to 20 minutes or until done.

For individual shortcakes, roll dough to 1/2-inch thickness and cut into 2 or 3-inch rounds. Arrange on greased baking sheet, about an inch apart and bake at 450 degrees for 12 to 15 minutes. Then split the hot, large or indivi-

BISCUIT SHORTCAKE (Continued)

dual biscuits and butter generously. Then put together again with a generous filling of any juice, cold berries or fruit. Serves 6.

Write Extra Recipes Here:

CAKES COOKIES



BEAUTY HINTS

BY JULIAN

REMOVAL OF FRECKLES

In the first place there will be less need to remove freckles if care is taken to keep the face well shaded when in the sun. A harmless and effective bleach for freckles is to cover them with lemon juice or buttermilk each evening just before retiring after the face has been carefully washed and dried. Another effective lotion may be made by mixing equal portions of lemon juice and peroxide. These should be left on overnight. If the freckles are very heavy and your skin is not unusually sensitive the following preparation may be used morning and evening after washing and drying the skin: 4 oz. distilled water; 1 oz. lavender water and 3/8 dram muriate of ammonia.

REMOVAL OF BLACKHEADS AND WHITEHEADS

These two skin conditions originate in the same way and the same general treatment applies to both. Blackheads and whiteheads are caused by clogged pores and the dirt and grime which have accumulated therein. A good treatment for correction of this condition is to wash face and hands thoroughly with warm water and a good soap to lessen risk of infection. Then cover the infected area with warm oil. The blackheads may then be squeezed out with tissue or soft sterile cloth covering the finger tips. Puncture the whiteheads with a sterilized needle and squeeze out the contents with covered fingertips. After this treatment wash the face again and wipe with an alcoholic lotion and then apply a good antiseptic ointment which should be left on overnight.

CAKES, COOKIES

SILVER CAKE

Mrs. Ewell Hollis

2 c. sugar
1 c. shortening
1 c. buttermilk
1/2 tsp. soda

2 tsp. baking powder
6 egg whites
1 tsp. lemon flavoring
3 1/2 c. cake flour

Cream shortening, adding sugar gradually. Sift flour, baking powder, soda 3 times; then add buttermilk and flavoring. Fold in stiffly-beaten egg whites and bake in 2 layer cake pans in moderate oven 25 or 30 minutes.

WHITE CAKE

Mrs. Jack McCord

1 c. Crisco, packed and
slightly rounded
2 c. sugar
3 c. cake flour
3 tsp. baking powder

Pince of salt
1 tsp. vanilla
1/4 tsp. almond
6 egg whites, unbeaten
1 c. warm water

Cream Crisco and sugar. Sift flour, baking powder and salt together; add alternately with warm water. Add egg whites, unbeaten, 2 at the time, beating well after each addition. Add flavoring. Bake in 2 greased, 9-inch pans in moderate oven, 375 degrees F. for 25 or 30 minutes.

WHITE CAKE - LOAF

Mrs. Hal Word

12 egg whites
1 c. butter
3 c. sugar
4 c. flour

Juice of 1 lemon
1 c. sweet milk
4 tsp. baking powder

Cream butter, adding sugar gradually. Sift flour and baking powder 3 times; then add milk alternately with flour. Add lemon juice. Fold in stiffly-beaten egg whites. Bake in loaf pan at 350 degrees until done.

NEVER-FAIL WHITE CAKE

Mrs. Harvey Hinshaw

8 egg whites
2 c. sugar
1 c. butter

3 tsp. baking powder
1 c. milk
3 c. flour
Flavoring

Mix and bake as Silver Cake recipe on this page.

WHITE CAKE with LEMON CHEESE FILLING

Mrs. P. W. Campbell

1/2 c. butter	2 c. sugar
3 c. flour	3 level tsp. baking powder
1 c. sweet milk	1 tsp. vanilla
6 egg whites, well beaten	

Use any White Cake method for mixing.

Lemon Cheese Filling:

1/2 c. butter	1 c. sugar
6 egg yolks	Grated rind and juice 1 lemon, more if desired

Cook in double boiler until the desired thickness.

NEVER-FAIL WHITE CAKE

Mrs. J. B. Hackworth

5 egg whites	1 3/4 c. sugar
3 c. flour	1/2 c. butter
2 tsp. baking powder	1 c. milk
	1 tsp. vanilla

Cream sugar and butter. Sift flour and baking powder together 3 times; add alternately with milk. Add flavoring and fold in egg whites, stiffly beaten. Bake in layers in moderate oven.

FILLED ANGEL FOOD CAKE

Mrs. Jessie A. Proctor

Use 1 large, purchased Angel Food Cake.

8 eggs	3/4 c. orange juice
2 env. plain gelatin	1 tsp. salt
1/4 c. lemon juice	2 c. sugar

Beat egg yolks; add 1 c. sugar and the juices; cook slowly until thick; add gelatin, which has been softened in 1/2 c. cold water. Mix and cool. Beat egg whites; gradually beat in 1 c. sugar. Fold into mixture.

Line pan with waxed paper; break cake up into small chunks; arrange alternate layers of cake and filling in pan. Place in refrigerator overnight. Serve with flavored, sweetened, whipped cream. Serves 20. Small cake and half of recipe serves 8.

Pineapple juice and pineapple may be used, or fresh

FILLED ANGEL FOOD CAKE (Continued)

strawberries, or peaches on cake and topped off with whipped cream with crushed nuts or cherries.

PINEAPPLE REFRIGERATOR CAKE Mrs. Roy Ambrester

2 c. sifted cake flour	1 tsp. grated lemon rind
1 1/4 c. sugar	1/2 c. Crisco
3 1/2 tsp. baking powder	1 c. less 2 Tbsp. canned pineapple juice
1 tsp. salt	1 tsp. vanilla
3 egg whites, unbeaten	

Sift flour, sugar, baking powder and salt in mixing bowl. Add lemon rind; drop in Crisco; add pineapple juice and vanilla and beat 200 strokes, 2 minutes by hand or on mixer at low speed. Scrape bowl and beater; add egg whites and beat 200 strokes. Bake in 2 square pans in moderate oven, 360 degrees F. 25-30 minutes. Chill layers and split in half. Beat 1 c. heavy cream and sweeten with 1/4 c. sugar. Spread layers of pineapple filling and sweetened whipped cream between layers. Cover top with whipped cream. Store cake in refrigerator several hours before serving and keep refrigerated until all is served. Cut in slices about 1-inch thick for serving.

For the filling, mix 3/4 c. sugar, 2 1/2 Tbsp. cornstarch and 1/8 tsp. salt thoroughly in top of double boiler. Add 1/4 c. lemon juice and grated rind of 1 lemon and mix well. Add 3 egg yolks, beaten slightly, 1/2 c. canned pineapple juice and 2 Tbsp. butter and blend. Place over boiling water, in double boiler, and cook until smooth and thick, stirring constantly, about 15 minutes. Cool.

LEMON NUT CAKE

Mrs. Iva Lewis

3/4 c. butter or margarine	3 tsp. double-acting baking powder
1 1/2 c. sugar	1 c. milk
3 eggs, well beaten	3 Tbsp. lemon juice
2 3/4 c. sifted, enriched flour	1 1/2 tsp. grated lemon rind
1 c. chopped pecans	

Cream butter or margarine, gradually adding sugar, beating constantly. Continue beating until mixture is light and fluffy. Add eggs, beating constantly. Sift together dry ingredients. Add alternately with milk to creamed mixture, beating after each addition. Add juice and rind of lemon; blend thoroughly; cover bottom of well-

LEMON NUT CAKE (Continued)

oiled tube pan with nuts; pour batter over nuts. Bake in moderate oven, 350 degrees F. 50 to 55 minutes.

YELLOW ANGEL FOOD

Mrs. Julian Hodges

7 eggs, whites and yolks separated, yolks beaten light

Add pinch of salt to whites and whip to foam; put in scant tsp. cream of tartar. When stiff, whip in gradually 1 c. sugar; then beat in yolks with tsp. vanilla. Last, fold in lightly 1 scant c. flour.

Bake as Angel Cake 40 to 50 minutes in slow oven, 325 degrees F. Bake in ungreased loaf pan.

GOLD CAKE

Mrs. Bess M. Lipscomb

12 egg yolks	1 1/4 c. sweet milk
2 c. sugar	1 tsp. lemon
1 c. butter	2 tsp. orange
3 c. flour	3 tsp. baking powder

Cream the butter; add sugar and cream well together. Beat yolks until thick and creamy, and add to butter and sugar mixture. Mix and sift dry ingredients, and add alternately with the milk to the first mixture. Bake in layers or in loaf. For layers, 365 degrees F. 15 to 25 minutes; loaf, 325 degrees to 350 degrees F. 40 to 45 minutes.

POUND CAKE

Miss Tempie Clemens

1 1/2 c. butter, 3 sticks	3 c. sifted flour
2 c. sugar	1 tsp. baking powder
7 eggs	1 tsp. vanilla

Cream shortening or butter with sugar; add eggs, one at a time, mixing thoroughly. Blend in flour and baking powder mixture, and last, add the vanilla. Bake in a tube pan 1 hour at 325 degrees.

HOT MILK CAKE

Mrs. H. E. Phillips

2 eggs	1/8 tsp. salt
1 c. sugar	1 tsp. baking powder
1 c. flour	1 Tbsp. butter or margarine
	1/2 c. milk

HOT MILK CAKE (Continued)

Beat eggs until light; add sugar and beat 5 minutes by hand or 2 1/2 minutes with Mixmaster. Sift dry ingredients together and fold in, all at once. Have milk quite hot with butter melted in it. Add and mix quickly. Bake in lined pan, loaf shape, 30 minutes, 360 degrees. Layers 20 minutes at 360 degrees or cupcakes 20 minutes at 375 degrees.

DEVIL'S FOOD CAKE

Mrs. W. J. Austell

2 1/4 c. sifted cake flour	2 eggs, unbeaten
1 tsp. soda, sifted with flour	6 sq. unsweetened, melted chocolate
1 tsp. baking powder, sifted with flour	1 1/4 c. sweet milk
1/2 c. butter or other shortening	1 tsp. vanilla
	2 c. sifted, brown sugar

Cream butter; add sugar gradually; beat until light and fluffy. Add eggs, separately. Beat well; add chocolate, beat well. Add flour alternately with milk, beating after each addition until smooth. Add vanilla. Bake in 3 greased, 9-inch cake pans 30 minutes with oven at 325 degrees F.

FUDGE CAKE

Mrs. Mildred Westmoreland

2 c. flour	2 tsp. baking powder
1/2 tsp. soda	3 sq. chocolate
2 eggs	1/2 c. butter
1 c. sugar	1 1/4 c. sweet milk
	1 tsp. vanilla

Sift flour, baking powder and soda together. Cream butter; add sugar gradually. Add egg yolks, well beaten, to the butter and sugar. Add alternately the milk and dry ingredients. Add melted chocolate and flavoring; then the stiffly-beaten egg whites. Bake in a greased pan, square, in a slow oven. Top with fudge frosting.

CHOCOLATE ICEBOX CAKE

Mrs. Robert R. Bridges

2 sq. unsweetened chocolate	4 eggs
1 3/4 c. milk	1/4 c. butter
1/2 c. sugar	1/4 tsp. vanilla
1/4 tsp. salt	

CHOCOLATE ICEBOX CAKE (Continued)

Melt chocolate in double boiler; add milk, sugar and salt. Beat egg yolks; pour over hot mixture; return this combination to double boiler and stir constantly until mixture thickens; remove from heat; add butter and vanilla. Beat until well mixed, and fold this custard into stiffly-beaten whites of eggs; chill before pouring over sponge cake, made by following recipe:

Separate 4 egg yolks from whites and beat yolks well. Gradually beat in 1 c. sugar and 3 Tbsp. cold water until mixture is very thick and light. Sift 1 c. flour, 1 tsp. baking powder, 1/4 tsp. salt together and fold into egg mixture. Then fold in stiffly-beaten whites from 4 eggs; add 1/2 tsp. vanilla and 1/2 tsp. lemon juice. Bake in slightly-greased tube pan at 250 degrees for 45 or 50 minutes. When cool, split crosswise into 3 sections. Fill with chocolate mixture; chill; cut in wedges. Serve with whipped cream.

QUICK FRUIT CAKE

Mrs. Hamlin Caldwell

1 lb. dates
1 can moist cocoanut

2 c. pecan meats
1 can sweetened, condensed milk

Chop dates and nuts fine; mix all together. Bake in slow oven for 1 hour.

LIGHT FRUIT CAKE

Mrs. J. K. Thompson

1/2 lb. butter
2 c. sugar
4 1/2 c. cake flour
10 eggs
1 lb. crystallized pineapple
1 lb. candied citron
1 lb. crystallized cherries
2 tsp. baking powder

1/2 lb. candied orange peel
1/2 lb. candied lemon peel
1 lb. white raisins
1 lb. nuts, pecans and almonds
1 tsp. vanilla
1/2 c. grape juice
1/2 tsp. soda

Prepare the fruit, cutting very fine, citron, pineapple, lemon and orange peel. Cut as desired, crystallized cherries and raisins. Cut almonds and pecans; dredge fruit with 2 c. flour, reserving balance for batter.

Cream butter; gradually add sugar, creaming well with each addition. Add egg yolks, well beaten. Sift remaining flour with 2 tsp. baking powder. Dissolve soda in grape juice and add alternately with flour. Pour over

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LIGHT FRUIT CAKE (Continued)

fruit mixture and fold over and over until fruit is well mixed with batter. Add vanilla and egg whites, beaten until stiff.

Line pans with 3 thicknesses of greased paper. Bake in a slow oven, 225 degrees to 250 degrees until done, depending on size of pans.

APPLESAUCE CAKE

Mrs. R. L. Hodges

Sift together.....2 c. flour
1 1/2 tsp. double-acting
baking powder
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves

Blend 1/2 c. chopped nuts
1 c. raisins
with 1 Tbsp. sifted dry ingredients
Cream 1/2 c. shortening
Add 1/2 c. granulated sugar
and..... 1/2 c. firmly-packed brown
sugar-cream well

Blend in 1 egg - mix thoroughly.
Add alternately sifted dry ingredients
and..... 1 1/4 c. sieved applesauce
Blend in floured nuts and raisins

Mix thoroughly. Pour into lightly-greased, floured, 9x9x2-inch pan and bake at 350 degrees for 45 to 50 minutes. Cool and ice with Creamy Butter Icing:

Cream..... 2 Tbsp. butter
Blend in gradually2 c. sifted confectioners'
sugar
Add 2 to 3 Tbsp. hot cream, a
little at a time until of
spreading consistency
Add..... 1/2 tsp. vanilla
Frost top of cooled cake.

JAM CAKE

Mrs. Reuben Gross

Cream together:
1 1/2 c. sugar Yolks of 3 eggs

JAM CAKE (Continued)

and 1/2 c. butter. Sift together several times, 2 c. flour, 1 tsp. each soda, cinnamon, allspice and nutmeg. Add to first mixture alternately with 1/2 c. sour milk, 1 c. jam or any preserves, 1 c. nuts. Last, fold in the well-beaten whites. Salt and flour the nuts before adding. Bake in loaf pan in moderate oven until done.

APPLEBUTTER NUT CAKE

Mrs. J. P. James

1/2 c. butter or substitute	1 c. nuts
1 c. sugar	1 3/4 c. flour
1 egg, beaten light	1/4 tsp. salt
1 c. raisins	1 tsp. soda
	1 c. applebutter, hot

Cream the shortening. Beat in sugar gradually; then add the well-beaten egg and nuts, and raisins, which have been chopped. Add flour, sifted twice with soda and salt. Next, add the hot applebutter. Bake in a tube pan, lined with greased paper, in moderate 350 degree oven about 1 hour.

STRAWBERRY SHORTCAKE

Mrs. Rupert Word

2 eggs	1 tsp. baking powder
1 c. sugar	1/2 c. boiling water
1 c. flour	1 Tbsp. butter
Pinch of salt	1 tsp. vanilla

Beat eggs well. Add sugar and beat again. Stir in flour, baking powder and salt. Add vanilla. Add boiling water, in which the butter has been melted. Beat all quickly and bake in 2 layers in a quick oven. When cool, spread with crushed, sweetened strawberries and whipped cream. Garnish top with a few whole strawberries.

DATE BARS

Mrs. Myron Gardner

3 eggs	1 tsp. baking powder
1 c. sugar	1 3/4 c. chopped dates
1 c. flour	1 c. chopped nuts
1/2 tsp. salt	

Beat eggs until light; add sugar and beat until thick. Add sifted dry ingredients; beat smooth. Stir in dates and nuts. Bake at 350 degrees for 30 minutes. Cut in bars

DATE BARS (Continued)

and roll in confectioners' sugar.

BROWN RIM COOKIES

Mrs. Jack McCord

1 c. Crisco	1 tsp. salt
2/3 c. sugar	2 eggs
1 tsp. vanilla	2 1/2 c. flour

Cream Crisco and sugar. Add unbeaten eggs and beat. Add the other ingredients. Drop on cookie sheet and use fork to shape them thin. Bake in moderate oven.

PEANUT BUTTER COOKIES

Mrs. Haskel Keeton

1 c. white sugar	2 tsp. soda
1 c. brown sugar	1 tsp. vanilla
1 c. shortening	2 eggs
1 c. peanut butter, crunchy preferred	3 c. flour

Cream sugar, shortening and peanut butter. Add eggs, flour and soda, sifted together and add vanilla. This makes a stiff dough. Take a small piece in hand; roll into a ball. Place ball on ungreased cookie sheet and press with fork. Bake at 350 degrees 15 to 20 minutes.

BROWNIES

Mrs. Boyd Turner

3/4 c. flour	1 c. sugar
1/2 tsp. baking powder	2 eggs, well beaten
1/4 tsp. salt	1/2 c. chopped nuts
2 sq. unsweetened chocolate, melted	1 tsp. vanilla
	1/3 c. butter

Sift flour once; measure; add baking powder and salt. Sift again. To the chocolate, add the butter and mix well. Add sugar gradually to eggs; beat thoroughly; then add the chocolate mixture and blend. Add the flour and mix well; then add the nuts and vanilla. Bake in greased pan in 350 degree oven for 35 minutes. Cut in squares. Remove from pan and cool on cake rack. Makes 25 brownies.

VANILLA NUT COOKIES

Mrs. Ed Brannum

4 c. sifted flour	2 c. granulated sugar
3 tsp. baking powder	2 eggs, well beaten

VANILLA NUT COOKIES (Continued)

1/4 tsp salt
1 c. butter or other shortening
1 c. nut meats, chopped
1/2 c. brown sugar, firmly packed
1 Tbsp. vanilla

Sift flour once; measure; add baking powder and salt, and sift again. Cream butter thoroughly; add sugar gradually and cream together until light and fluffy. Add eggs, nuts and vanilla. Add flour gradually, mixing well. Shape into rolls 1 1/2-inches in diameter and roll in waxed paper. Chill overnight, or until firm enough to slice. Cut into 1/8-inch slices. Bake on ungreased baking sheet in hot oven, 425 degrees F. 5 minutes or until done. Makes 7 dozen cookies.

FILLED COOKIES Mrs. E. L. Trammell

1/2 c. butter or vegetable shortening
2 c. flour
1 c. sugar
1 egg
1/2 tsp. soda
1/4 tsp. salt

Cream butter with sugar. Add egg. Beat well. Then add flour that has been sifted with soda and salt. Mix well. Chill in wax paper, if you have time. Place dough on well-floured wax paper and roll 1/4-inch thick. Spread the filling desired in a thin layer to 1/2-inch of edges. Roll this dough in a rectangle shape as much as possible, as it makes nicer shape roll for cookies. After filling is spread; start at one edge and roll over and over and dust hands with powdered sugar or just a little flour. Wrap tightly in wax paper and place in refrigerator to chill. This dough can be stored several days and sliced for just the number of fresh cookies needed each day.

OLD FASHIONED SUGAR COOKIES Mrs. Kenneth Butler

1 c. shortening
1 c. sugar
1 c. sour cream
2 eggs, beaten
1 tsp. vanilla
5 c. cake flour
1 tsp. soda
2 tsp. baking powder
1/2 tsp. salt

Cream shortening and sugar. Add eggs and vanilla to sour cream. Sift together the flour, baking powder, salt and soda and add alternately with liquid to shortening and

OLD FASHIONED SUGAR COOKIES (Continued)

sugar mixture. Chill. Roll on cloth-covered board, about 1/4-inch thick. Sprinkle with sugar and press in lightly with rolling pin. Cut with large cutter and bake in moderate hot oven, 375 degrees F.

TEACAKES Mrs. D. S. Clemens

2 eggs
1 1/2 c. sugar
1/4 lb. butter
4 c. flour
1 Tbsp. extract
1/2 c. sweet cream
1/2 tsp. baking powder to each cup flour

Beat the eggs; melt the butter and mix with sugar, eggs and extract. Then sift flour with baking powder; mix well and roll this as you like. Sprinkle top with sugar. Run the rolling pin over top to press sugar in. Cut out and bake in moderate oven.

ICEBOX COOKIES Miss Lillian Stockton

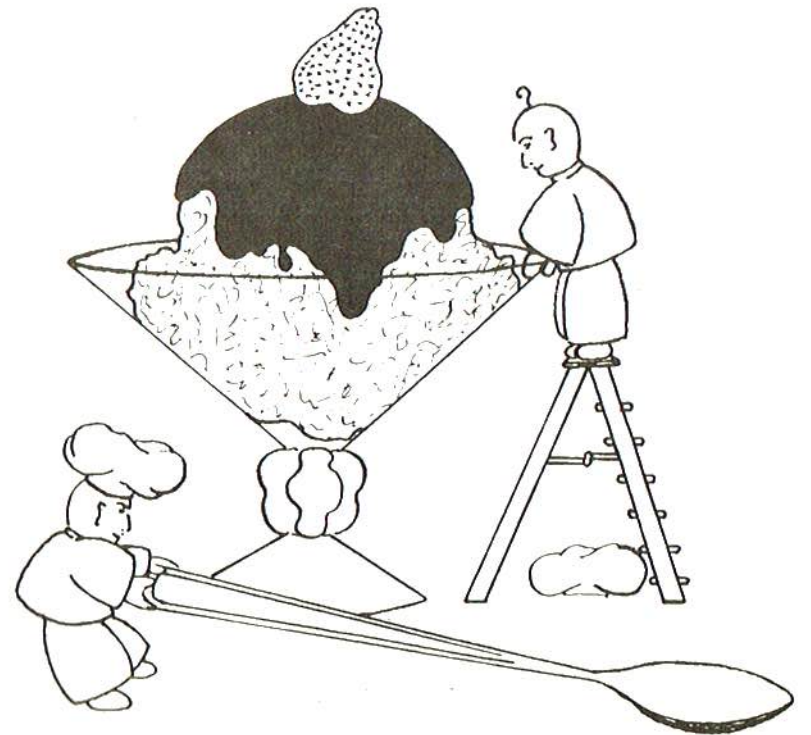
1 1/2 c. butter
2 c. brown sugar
3 eggs
1 c. nuts
6 c. flour
1 tsp. soda
1 tsp. vanilla
1 tsp. salt

Cream butter and sugar together; beat in an egg at the time. Add flour and other dry ingredients; add flavoring, nuts and mix well. Shape into rolls in wax paper. Let stay in refrigerator at least 12 hours. Cut in thin slices and bake on greased cookie sheet at 425 degrees for 10 to 12 minutes.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:

DESSERTS



HOUSEHOLD HINTS

Coffee cream may be whipped by adding one teaspoon of gelatin which has been melted and allowed to cool almost to the setting stage.

If foods boil over in stove or oven cover with salt to prevent smoking and excessive odor.

Brown sugar will not become lumpy if stored in a glass jar with a piece of blotting paper fitted to the inside of the lid.

Hat veils may be ironed by placing between sheets of waxed paper.

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

Ice trays will not stick in the refrigerator if first set on a piece of waxed paper in the freezing compartment.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When driving a nail into plaster first rub it on a cake of soap.

Stopped up sinks may sometimes be unstopped by covering the opening with baking soda and then pouring vinegar over the soda.

Spots may be cleaned from hats by rubbing corn starch into them and then brushing gently.

To keep small rugs from slipping on polished floors sew old fruit jar rings to each corner underneath.

DESSERTS

APRICOT SHERBET

Mrs. Myron Gardner

3 c. sugar
1 qt. sweet milk

Large can apricots
Juice of 6 lemons
2 egg yolks

Mix sugar, eggs and fruit juice and mashed apricots, and stir well. Add milk last. Freeze in refrigerator, stirring often.

PINEAPPLE MILK SHERBET

Mrs. E. C. Snodgrass

1/2 c. pineapple juice
1 Tbsp. lemon juice
1 tsp. grated lemon rind

2/3 c. granulated sugar
1 pt. milk

Combine sugar, pineapple juice, lemon juice and lemon rind. Add milk and stir until the sugar is dissolved. Pour into freezing tray and freeze firm. Remove to mixing bowl and beat until the mixture is light and creamy. Return to freezing tray and finish freezing. Makes 6 to 8 servings.

BAKED APPLES

Mrs. Curtis Green

6 apples
3 Tbsp. butter
1 c. sugar
Dash of salt

1/2 c. top milk
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. chopped nuts

Peel and core apples; dot with butter. Combine sugar, nutmeg, cinnamon, salt and milk, and pour over apples. Bake in moderate oven about 30 minutes or until tender. Sprinkle with the chopped nuts about 5 minutes before the apples are done.

SPEEDY TARTS

Mrs. Kay Browder

6 baked tart shells
1/4 c. lemon juice
1 c. drained fruit cocktail

1 1/3 c. 15-oz. can Eagle brand milk
1-2 sliced bananas

Blend Eagle brand and lemon juice until thickened. Add fruit. Mix well. Put in tart shells. Chill. Top with whipped cream before serving.

APPLE CRISP

Mrs. W. C. Selby

Slice apples thin in greased Pyrex dish. Put 3 Tbsp. water over apples.

1 c. flour
1 tsp. baking powder

1 tsp. salt
3/4 c. sugar

Mix dry ingredients and break egg in it and mix well. Sprinkle 1/2 c. sugar over sliced apples. Smooth mixture over top of apples and put 1/3 c. butter, melted, on top. Bake in oven 40 minutes 350 degrees.

APPLE-CINNAMON PUFFS

Mrs. Joe Dawson

Boil to syrup, about 5 minutes 1 c. sugar, 1 c. water. Place in greased, shallow, 8x12-inch baking dish 1/2 tsp. red food coloring, 1 1/2 lbs. tart apples 4 to 5 medium size apples, peeled and thinly sliced. Pour syrup over apples. Sift together, 1 1/2 c. sifted flour, 2 tsp. double-acting baking powder, 1/2 tsp. salt. Cut in with pastry blender until mixture looks like meal, 1/2 c. shortening. Stir into make soft dough 3/4 c. milk.

Drop 12 spoonfuls of dough on top of apples and make a dent in top of each. Place in dented dough a mixture of 2 Tbsp. melted butter, 2 Tbsp. sugar and 1/2 tsp. cinnamon. Bake 25 to 30 minutes in hot oven, 450 degrees. Serve warm, with cream or rich milk, if desired. Serves 8 to 10.

CHERRY COBLER

Mrs. Katherine Maples

Combine 2/3 c. sugar, 2 Tbsp. flour, 1/2 tsp. cinnamon with No. 2 can sour, red cherries. Pour into baking dish and dot with 2 Tbsp. butter. Sift 1 c. flour, 1 1/2 tsp. baking powder, 1/2 tsp. salt. Cut in 3 Tbsp. shortening. Add milk for soft dough. Pat dough to shape. Cover cherries; gash to release steam. Bake 1/2 hour until brown in moderately hot oven, 375 degrees F.

GRATED SWEET POTATO PUDDING

Mrs. H. R. Cash, Sr.

2 sweet potatoes - nice
big size to fry

1 c. sugar
1/2 tsp. salt

1/2 c. hot water
2 eggs
2 heaping Tbsp. flour
1 tsp. vanilla flavoring

GRATED SWEET POTATO PUDDING (Continued)

1 c. broken nut meats or 1 c. fresh coconut

Beat eggs well. Add flour to sugar and mix with eggs. Add hot water to the mixture, a little at a time, as you beat. Then add salt and flavoring. Last, add the grated potatoes. Bake in slow oven about 1 hour on 350 degrees F.

PRUNE WHIP

Mrs. Mary Clopton Apgar

1 c. prunes, chopped fine,
canned

1 tsp. vanilla
1/2 c. cracker crumbs

1 c. sugar
1/2 c. sweet milk
1 Tbsp. melted butter
1 tsp. baking powder

Cook in oven in casserole or pan in pan of water for 20 minutes. Serves 4 people or double serves 10 people.

PINEAPPLE NUT ICEBOX CAKE

Mrs. Zack Gross

1 1/2 c. sugar, powdered
1/2 c. chopped nuts
1 c. drained, crushed
pineapple

1 c. butter
2 beaten egg whites
Vanilla wafers or graham
crackers

Cream softened butter and sugar; add nuts and pineapple; mix well. Fold in stiffly-beaten egg whites. Line a cake pan with wafers and alternate wafers and mixture, having wafers on top. Leave in icebox 12 hours. Serve with whipped cream, if desired.

CARAMEL PIE

Mrs. Rupert Word

Small

1 c. sugar
2 egg yolks
1 Tbsp. butter

1 c. sweet milk
1 1/2 Tbsp. flour

Brown 1/3 of sugar; mix with the custard; add 1/2 tsp. vanilla and cook until thick. Pour in baked shell. Use whites of 2 eggs for meringue.

FROZEN LEMON PIE

Mrs. Kay Browder

3 eggs, separated
1/2 c. sugar

5 tsp. lemon juice
1/2 pt. whipping cream,

FROZEN LEMON PIE (Continued)

Vanilla wafer crumbs 1/4 tsp. salt
whipped

Beat egg whites until stiff. Add sugar, salt, yolks and blend. Mix in lemon juice. Fold in whipped cream. Butter ice cube tray. Add layer of crumbs. Pour in filling. Sprinkle crumbs over top.

LEMON PIE

Mrs. Ora L. Brewton

1 heaping Tbsp. cornstarch 1 tsp. butter
1 c. sugar Juice of 1 lemon
1 scant c. boiling water 2 eggs

Mix cornstarch with sugar; add boiling water and boil 5 minutes. Then add butter, lemon juice and yolks of eggs, well beaten. Bake in 1 crust. When done, make a meringue of the whites of the eggs, beaten until stiff; add 2 Tbsp. sugar and 1/2 Tbsp. lemon juice or 1/4 tsp. lemon extract. Spread on top of pie and bake in slow oven.

I bake my pastry shell before adding the filling.

PUMPKIN PIE

Mrs. H. R. Cash, Sr.

1/2 can Stokley's Custard 3 eggs
Pumpkin, No. 2 1/2 can 1 1/2 c. brown sugar
Butter, half size of small 1/3 tsp. salt
egg 1/2 tsp. vanilla flavoring
1/4 tsp. cinnamon 1/4 tsp. cloves
Little spice 1 1/3 c. hot water
1 Tbsp. flour, heaping

Beat eggs. Add flour to sugar; mix well. Stir in the eggs. Add butter to hot water and melt. Pour hot water over the above, beating all the time. Add remainder of ingredients and bake in 9-inch pan in a pie shell.

CHOCOLATE PIE

Mrs. Myron F. Gardner

1 c. sugar 2 Tbsp. flour
3 egg yolks 3 Tbsp. cocoa
1 Tbsp. butter Pinch of salt
2 c. milk 1 tsp. vanilla

Mix and cook over low heat until thick. Pour in baked pie shell and top with meringue. Brown at 325 degrees.

PECAN PIE

Mrs. R. O. Chafin

1 c. white sugar 1 c. dark Karo
2 Tbsp. butter 3 eggs
1 tsp. vanilla 1 tsp. lemon juice
Pinch of salt

Beat eggs slightly; add Karo, sugar and melted butter, vanilla and lemon juice and pinch of salt. Mix thoroughly. Pour in unbaked pie shell. Break pecans on top. Bake in slow oven.

PECAN SYRUP PIE

Mrs. A. P. Smith

1 stick or 1/4 lb. butter 4 eggs
1 c. sugar Pecans
1 c. white Karo

Brown butter nicely in skillet to give a rich flavor. Remove from stove. Add sugar; beat in the 4 eggs, one at a time, without previous beating. Add syrup and 1/2 c. pecan nuts or spread pecans over top. This amount makes 2 medium-size pies. Pour mixture into uncooked pie shell and bake.

PECAN PIE

Mrs. Jim Gamble

1 c. Karo 1/2 c. sugar
1 heaping Tbsp. cornmeal 1 level Tbsp. flour
3 eggs 1/2 tsp. salt
1 c. pecans, chopped 3 Tbsp. butter or margarine,
1 tsp. vanilla melted

Mix dry ingredients well. Add Karo to mixture. Also, eggs, butter, vanilla and pecans. Cook in moderate oven about 45 minutes.

OLD FASHIONED CHESS PIE

Mrs. Lowrey Smith

4 eggs 1 c. sugar
1 tsp. butter 1 tsp. vanilla
1 pie shell, uncooked

Slightly beat eggs, sugar, butter and vanilla. Pour into pie shell. Bake very slowly until done.

BAKED CUSTARD

Mrs. Claude Payne

1 qt. scalded milk 6 eggs

BAKED CUSTARD (Continued)

3/4 c. sugar

1/4 tsp. salt
Nutmeg

Beat eggs slightly; add sugar and salt. Pour scalded milk over these, beating to mix well. Pour mixture into custard cups and set in another pan of water. Sprinkle with nutmeg and bake in moderate oven.

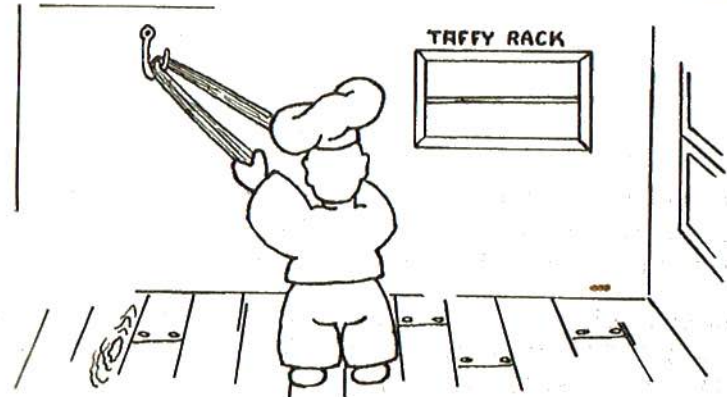
Chill and turn onto dessert dishes.

To make the caramel flavored custards: Caramelize 2/3 c. sugar and dissolve in scalded milk. Combine 1/3 sugar with other ingredients called for above, omitting the nutmeg. Pour scalded milk over egg mixture. Add 1 tsp. vanilla and bake as above.

This offers sufficient standing qualities for the custard, provided it is not cooked so fast that the whey and curd separate. Cook just long enough for a knife to come out clean when inserted in center. Chill before turning out.

Write Extra Recipes Here:

CANDY JELLY PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

SEAFOAM CANDY or CAKE FILLING

Mrs. J. Selley McGriff

3 c. sugar
1/2 c. white Karo

2/3 c. water
2 egg whites

Mix the first 3 ingredients and boil until it spins a thread. Beat the egg whites stiffly and add the syrup, a little at a time and beat constantly until the desired stiffness.

CHOCOLATE COVERED SEAFOAM CANDY

Miss Eliza Hackworth

2 c. brown sugar
2 Tbsp. white Karo

2 egg whites
Pinch of salt

Dissolve sugar, Karo and salt in hot water, just enough water to dissolve it. Cook until it spins a thread. Beat egg whites stiffly and add the syrup, a little at a time, and beat constantly until stiff enough to drop from spoon on oil paper.

Melt 1 bar bitter chocolate in double boiler. When melted, dip the seafoam drops in it and place on oil paper to cool and harden.

VELVET FUDGE

Mrs. Kenneth Butler

3 c. sugar
2 Tbsp. corn syrup
3 sq. bitter chocolate,
shaved

1 c. Carnation milk,
undiluted
1/8 tsp. salt
3 Tbsp. butter
1 c. nutmeats, chopped

Mix all ingredients except butter and nuts; boil until syrup forms a soft ball when small amount is dropped in cold water. Remove from heat and add butter. Cool until lukewarm. Beat until creamy; add nuts and pour into buttered pan. Cut into squares.

BUTTERMILK FUDGE or CAKE FILLING

Mrs. Lucille Frazier

1 c. buttermilk

2 c. sugar

Cook until it forms a soft ball in water; then add 1/2

BUTTERMILK FUDGE or CAKE FILLING (Continued)

tsp. soda just before you take it from the heat. Beat until light.

RAISIN LOAF CANDY

Mrs. Edgar Thomas

2 c. sugar
2 c. milk
1/8 lb. butter
1/2 box raisins
1 c. nuts
1 tsp. vanilla

Boil sugar, milk and butter until it forms a soft ball in cold water. Add raisins, chopped fine; cook until a hard ball forms in water. Remove from heat and whip; then add 1 c. nuts and flavoring. Roll in wet napkin and let cool before cutting.

DATE NUT ROLL

Mrs. Curtis Green

2 c. sugar
1 c. milk
1/2 c. candied cherries
2 Tbsp. butter
Pinch of salt
1 pkg. dates, chopped
1 c. nuts
1 c. chopped marshmallows
1 tsp. vanilla

Cook milk and sugar and when it boils, add the chopped dates and cook until it forms a soft ball in cold water. Then add butter and marshmallows and beat hard. When it begins to thicken, add the cherries, nuts and flavoring. When cool, roll in damp cloth and slice.

PRIZE STRAWBERRY PRESERVES

Miss Lillian Stockton

3 pts. berries
3 pts. sugar
3 pts. water

Pour boiling water over berries; let stand 1 minute in colander; let drain 2 minutes. Pour into pan; add 2 pts. sugar; let boil 5 minutes. Add other pt. of sugar; let boil 5 more minutes. Remove from heat and cool; stir occasionally. Place in refrigerator; let stay 3 days. Pack into jars and seal.

GRANDMOTHER'S CHIPPED PEARS

Mrs. Shelby L. Worley

8 lb. unripe pears
1 c. water

GRANDMOTHER'S CHIPPED PEARS (Continued)

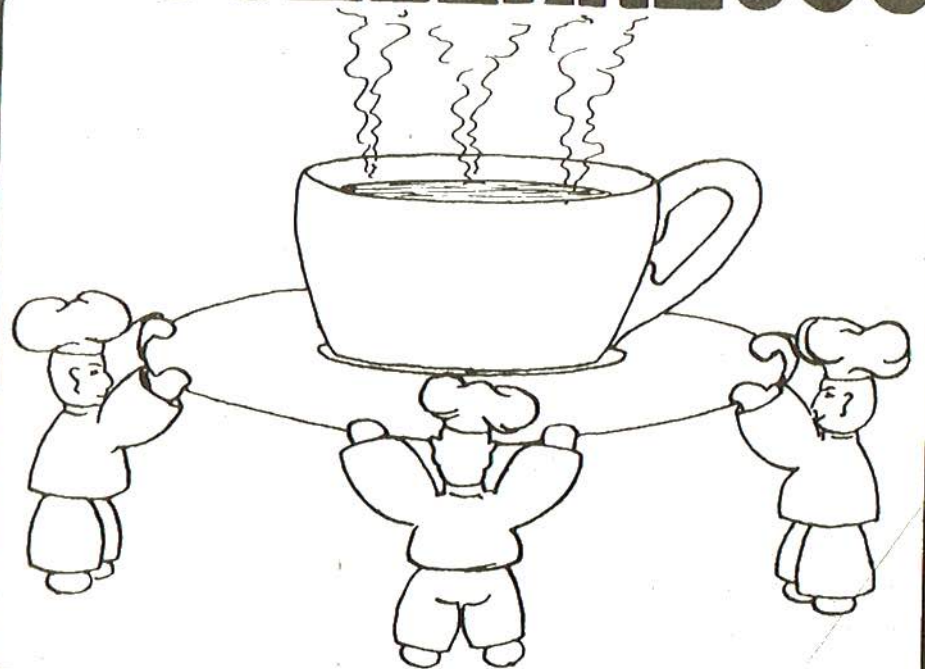
8 lbs. sugar
2 oranges
2 lemons

Cut pears in small cubes. Add remaining ingredients with a little orange or lemon rind. Cook slowly until transparent. Stir to keep from burning. Pack in jars.

Write Extra Recipes Here:

Write Extra Recipes Here:

BEVERAGES AND MISCELLANEOUS



SPOT AND STAIN REMOVAL

BLOOD: Fresh blood stains are set by hot water. To remove from washable material soak in cold water for 30 minutes, then launder. If traces still remain use chlorine bleach. On old stains use iodide of Potassium diluted in four times its own weight. On non-washable materials sponge with cold water or a mild solution of soap.

INK: On washable materials the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap-suds.

LIPSTICK: On washable materials launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process till the stain disappears.

MERCUROCHROME: Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him what the stain is.

GRASS: Rub spot on washable materials with heavy soap suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM: On all fabrics moisten with carbon tetrachloride and scrape off with a dull knife.

FRUIT: Stretch washable materials over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol till stain is removed.

BEVERAGES AND MISCELLANEOUS

LIME ICE and PUNCH

Mrs. Boyd Turner

1 pkg. lime jello
1 1/2 c. sugar

1 c. boiling water
Juice of 2 lemons
1 qt. sweet milk

Dissolve sugar in water; pour over jello until it is all dissolved; set aside to cool. When cool, add lemon juice and milk. Pour in tray and when it begins to freeze around sides, take out. Place in bowl and beat well; then put back in tray until it freezes. For Lime Ice Punch, use the recipe for Lime Ice and add 1 large can pineapple juice to frozen Lime Ice, and also 2 large bottles of ginger ale. Stir and mix well. Serve immediately.

COME BACK SAUCE

Mrs. J. T. Lusk

2 buttons garlic, grated
1 medium-size onion,
grated fine
1 c. mayonnaise
1/4 c. chili sauce
1/4 c. catsup
1 Tbsp. French's prepared mustard

1/2 c. Wesson oil
1 Tbsp. Worcestershire
sauce
1 Tbsp. paprika
Juice 1 lemon, mized with 1
Tbsp. water
Dash Tabasco sauce

Mix above ingredients well. Keep in refrigerator. Better if made at least 12 hours before serving. Serve on tossed green salad. Wonderful with seafoods.

LEMON SAUCE

Mrs. Wayne Hall

1/2 c. sugar
1 tsp. flour
1 c. boiling water

1 egg yolk
3 tsp. lemon juice
2 tsp. butter
Salt

Mix sugar, flour and salt. Add butter and water. Bring to boil for 15 minutes. Remove from stove. Add slightly beaten egg yolk and lemon juice.

SOFT CHOCOLATE FROSTING

Mrs. W. J. Austell

5 sq. unsweetened chocolate
1 1/2 c. granulated sugar
2 c. milk

4 Tbsp. cornstarch
3 Tbsp. cold water
3 Tbsp. butter

SOFT CHOCOLATE FROSTING (Continued)

1 1/2 tsp. vanilla 1/4 tsp. salt

Melt chocolate in top part of double boiler over boiling water. Add sugar, milk and cornstarch, moistened with the water. Add salt and cook until thick, stirring constantly to keep free from lumps. When thickened, remove from heat and beat in vanilla and butter. Cool slightly and spread over each layer and top and sides of cake.

CREAM CHEESE and NUT SANDWICHES

Mrs. Lucille Frazier

4 Tbsp. cream cheese

Worked smooth with 2 Tbsp. cream, 4 Tbsp. finely-chopped nuts. Season with salt and paprika. Spread on brown bread.

RAISIN SAUCE

Mrs. Wayne Wood

2 egg yolks	1/2 c. butter
1/2 c. sugar	1/2 c. chopped nuts
1 c. raisins, chopped	1 large can crushed pineapple, drained

Beat eggs, butter and sugar. Cook until thick. Add nuts, raisins and pineapple.

SPANISH RICE

Mrs. Jack Downey

4 c. boiled rice	6 cloves
3 onions, chopped	1 tsp. mustard
4 Tbsp. cooking fat	3 c. cooked tomatoes
1/4 c. chopped, green pepper	1 c. grated cheese
	Salt and pepper

Brown onions in hot cooking fat. Combine with remaining ingredients. Season to taste. Pour into well-oiled baking dish. Bake in moderate oven, 375 degrees F. 35 minutes. If desired, 1/2 c. diced bacon may be substituted for cooking fat.

CREOLED EGGS

Mrs. C. W. Wikle

4 Tbsp. butter	1 pt. chopped celery
3 green peppers	3 onions

CREOLED EGGS (Continued)

Cook in 1/2 c. water until celery is tender. Add 1 large can tomatoes, 1 tsp. salt, 1 Tbsp. Worcestershire sauce and pepper to taste. 1 small can of mushrooms. Cook until thick. Boil 10 eggs 15 minutes.

Make very thick white sauce, 1/3 c. butter or bacon drippings, 5 Tbsp. flour, 1 pt. milk, tsp. salt. Mix Creole mixture and cream sauce. Peel and slice eggs. Make layers in greased casserole dish of creamed mixture and eggs. Cover with bread or cracker crumbs. Sprinkle with paprika and bake in moderate oven until brown. Serves 10.

SPAGHETTI LOAF

Mrs. Jim Payne

1 c. spaghetti, cooked	Small amount chopped pimentos
1 c. cracker crumbs	Large lump of butter
1 c. grated American cheese	Small onion, chopped fine
1 c. cream	Season with pepper and salt to taste - Allow for salt on cracker crumbs
3 eggs, add beaten whites last	

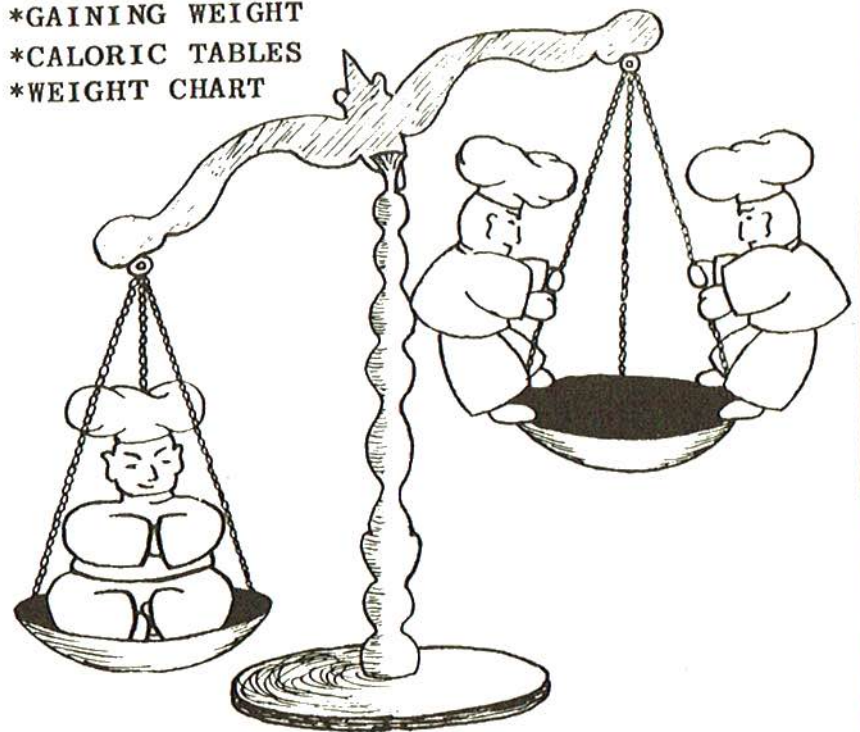
Combine ingredients and steam in double boiler for 1 1/2 hours. Serve with heated tomato ketchup.

Write An Extra Recipe Here:

Write Extra Recipes Here:

WEIGHT CONTROL

- *REDUCING DIETS
- *GAINING WEIGHT
- *CALORIC TABLES
- *WEIGHT CHART



All material in this section was submitted by Dr. James D. Orr, P. T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of: 1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit
1 Egg
6 Slices Cucumber
1 Slice Melba Toast
Tea or Coffee

2 Eggs
1 Tomato
1/2 Head Lettuce
1/2 Grapefruit
Coffee

SECOND DAY:

1 Orange
1 Egg
1 Slice Melba Toast
1/2 Head Lettuce
Tea

1 Small Broiled Steak,
PLAIN
1/2 Head Lettuce
1 Tomato
1/2 Grapefruit
Tea or Coffee

THIRD DAY:

1/2 Grapefruit
1 Egg
8 Slices Cucumber
Tea or Coffee

1 Lamb Chop Lean, PLAIN
1 Egg
3 Radishes
1/2 Grapefruit
Tea or Coffee

FOURTH DAY:

1 Tomato
1/2 Grapefruit
1 Slice Melba Toast
Cottage Cheese
Tea

1/2 Grapefruit
Water Cress
1 Small Broiled Steak,
PLAIN
Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange 1 Lamb Chop Lean, PLAIN 1/2 Head Lettuce Tea	1/2 Grapefruit 1 Tomato 2 Eggs 1/2 Head Lettuce Tea
SIXTH DAY:	
1 Egg 1 Orange Tea	1 Poached Egg 1 Slice Melba Toast 1 Orange Tea
SEVENTH DAY:	
1/2 Grapefruit 1 Egg 1/2 Head Lettuce 1 Tomato 2 Olives	1 Lamb Chop 6 Slices Cucumber 2 Olives 1 Tomato Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN 1/2 Head Lettuce 1/2 Grapefruit Coffee	1 Egg 1 Serving Spinach, PLAIN 1/2 Grapefruit 1 Slice Melba Toast Tea
NINTH DAY:	
1 Egg 1 Tomato 1/2 Grapefruit Tea	Any Meat Salad
TENTH DAY:	
1/2 Grapefruit 1 Lamb Chop Plain 1/2 Head Lettuce Tea	1/2 Grapefruit 1 Lamb Chop PLAIN 1/2 Head Lettuce Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast Tea	1 Small Broiled Steak, PLAIN 1 Stalk Celery 1 Tomato 2 Olives Tea
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TWELFTH DAY:

1/2 Lobster 2 Crackers 1/2 Grapefruit Tea	1 Broiled Steak, PLAIN Cole Slaw 1 Tomato 1 Orange
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THIRTEENTH DAY:

1 Egg 1 Slice Melba Toast 1/2 Grapefruit	1/2 Grapefruit 1 Small Broiled Steak 1/2 Head Lettuce 1 Stalk Celery Coffee
--	---

FOURTEENTH DAY:

1 Egg 1 Tomato 1/2 Grapefruit 1 Slice Melba Toast	1 Lamb Chop, PLAIN 1/2 Tablespoonful Catsup 1 Slice Melba Toast 1/2 Grapefruit
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FIFTEENTH DAY:

1 Egg 1 Slice Melba Toast 1/2 Grapefruit Coffee	1 Small Broiled Steak, PLAIN 1 Small Portion Spinach, PLAIN 1 Orange Tea
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SIXTEENTH DAY:

1 Egg 1 Tomato 1/2 Grapefruit Coffee	1 Small White Fish, Broiled 1 Small Portion Spinach, PLAIN 1 Orange Tea
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SEVENTEENTH DAY:

1 Lamb Chop, PLAIN	1 Small Broiled Steak, PLAIN
1/2 Head Lettuce	1 Tomato
1/2 Grapefruit	1 Stalk Celery
Tea	Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled	1/2 Can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	
Ham Sandwich with Lettuce.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Vegetable Soup.....	80
Hamburger on a bun.....	200
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH	
Tomato Soup.....	100
1 Bran Muffin.....	85
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Chicken Soup.....	70
Egg and Lettuce Salad, Russian Dressing.....	100
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice.....	70
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH	
Chicken Sandwich.....	170
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Tomato Juice.....	50
Sirloin Steak--3 in. square.....	200
Baked Potato.....	100
1 Pat of Butter.....	100
Ice Cream.....	200
Tea or Coffee, Black..	

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	Calories
Egg Salad Sandwich with Russian Dressing.....	160
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	Calories
Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	Calories
Salmon Salad Sandwich.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	Calories
Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH	Calories
Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	Calories
Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,155

SUNDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH	Calories
1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	Calories
Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

PATRONIZE MERCHANTS ADVERTISED IN THIS COOK BOOK

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

- Fruit:** Choice of the following:
One half grapefruit, one sliced orange,
one medium sliced peach, baked apple,
three stewed figs, or four to six stewed
prunes.
- Cereal:** One cup of farina type cereal, with cream
and sugar, or oatmeal or whole wheat
cereal or one shredded wheat biscuit
with cream and sugar. White or whole
wheat toast with butter or jam.
- Egg:** Soft boiled, poached, or scrambled egg.
- Beverage:** Light tea or coffee, cocoa, milk or
chocolate.
- 10:30 A.M. Egg nog, malted milk, hot chocolate, or
cocoa.

LUNCH

- Soup:** Choice of: One cup cream of spinach soup,
asparagus soup, or tomato soup.
- Salad:** Choice of: One serving of combination
salad, one serving of mixed vegetable
salad, or salmon salad. To this should
be added one tablespoonful of butter,
and one tablespoonful of mayonnaise.
- Bread:** White or whole wheat toast, melba toast,
bran or whole wheat muffin.
- Dessert:** Choice of: Chocolate pudding, bread
pudding, tapioca pudding, or any flavor
of gelatine. Raw fruit is especially
good.
- Beverage:** Light tea or coffee, cocoa, milk or cho-
colate.
- 3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

- Meat:** Choice of: Generous serving of baked
chicken, two lamb chops, or medium serv-
ing of roast beef or beef tongue, medium
serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations:
One cup of carrots and two brown potatoes.
Two medium boiled potatoes, and one cup
of squash. One cup mashed potatoes &
one half cup cauliflower. One large
baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of
lettuce and tomato salad. One serving
of watercress and egg salad. One serv-
ing of grapefruit salad. The above
salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup,
chocolate pudding, prunewhip, custard,
junket or gelatine dessert, or a piece
of plain cake. Raw fruit is especially
good.

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN			
Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	6' 1"

MEN			
Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on)
...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0
BREAD	
Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60
DESSERTS	
Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake.....	300
FISH	
Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125
MEAT	
Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

Ham, smoked, medium fat.....	400
Liver.....	120
Pork chop, 1.....	200
Spareribs.....	330

MISCELLANEOUS

Butter, 1 pat.....	110
Jelly, 1 tablespoon.....	445
Jam, 1 tablespoon.....	60
Macaroni and cheese.....	160
Omelet, 1 egg.....	130
Spaghetti and meat sauce.....	290
Spanish rice.....	155
Sugar, 1 teaspoon.....	20
Whipped cream, 1 level tablespoon.....	35

VEGETABLES

Asparagus.....	15
Beans, green.....	35
Beans, Limas.....	130
Beets.....	45
Carrots.....	45
Cauliflower.....	30
Corn.....	100
Peas, canned.....	65
Peas, green.....	100
Potato, sweet, 1.....	200
Potato, baked, 1.....	100
Potatoes, creamed.....	100
Potatoes, fried.....	100
Spinach.....	20
Tomato, 1.....	25
Turnips.....	35

P A T R O N I Z E
M E R C H A N T S
A D V E R T I S E D
I N T H I S B O O K

HORS D'OEUVRES, PICKLES, RELISHES:

Cranberry Orange Relish.....	1
Chow Chow.....	1

SOUPS, SALADS, VEGETABLES:

Cream of Tomato Soup.....	3
Lime Salad.....	3
Cream Cheese Salad.....	3
Cranberry Salad.....	3
Fruited Cheese Salad.....	4
Reception Salad.....	4
Cheese and Pineapple Salad.....	4
Congeaed Seafood.....	4
Frozen Fruit Salad.....	5
White Salad.....	5
Ginger Ale Grapefruit Salad.....	5
Tomato Salad Dressing.....	6
Pineapple Carrot Salad.....	6
Delicious Salad.....	6
Marshmallow Apricot Mold.....	6
24-Hour Salad.....	7
Congeaed Fruit Salad.....	7
Asparagus Casserole.....	7
Baked Squash.....	8
Scalloped Squash.....	8
French Fried Onion Circles.....	8
Surprise Croquettes.....	8

MEAT, FISH, POULTRY:

Meat Loaf.....	11
Hamburger Steak.....	11
Chili Con Carne.....	11
Spanish Spaghetti.....	11
Mexican Goulash.....	12
Beef Goulash.....	12
Salmon Bake.....	12
Salmon Timbales.....	13
Salmon Loaf.....	13
Chicken Spaghetti.....	14
Barbecue Chicken.....	14
Jeilied Chicken.....	14
Cream De Volaille.....	15

BREAD, ROLLS, PASTRY:

Nut Bread	17
Baked Brown Bread	17
Banana Bread	17
Cornmeal Rolls	17
Refrigerator Rolls	18
Plain Waffles	19
Pie Pastry	19
Biscuit Shortcake	19

CAKES, COOKIES:

Silver Cake	21
White Cake	21
White Cake - Loaf	21
Never-Fail White Cake	21
White Cake with Lemon Cheese Filling	22
Never-Fail White Cake	22
Filled Angel Food Cake	22
Pineapple Refrigerator Cake	23
Lemon Nut Cake	23
Yellow Angel Food	24
Gold Cake	24
Pound Cake	24
Hot Milk Cake	24
Devil's Food Cake	25
Fudge Cake	25
Chocolate Icebox Cake	25
Quick Fruit Cake	26
Light Fruit Cake	26
Applesauce Cake	27
Jam Cake	27
Applebutter Nut Cake	28
Strawberry Shortcake	28
Date Bars	28
Brown Rim Cookies	29
Peanut Butter Cookies	29
Brownies	29
Vanilla Nut Cookies	29
Filled Cookies	30
Old Fashioned Sugar Cookies	30
Teacakes	31
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DESSERTS:

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Pineapple Milk Sherbet	33
Baked Apples	33
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Apple Crisp	34
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Cherry Cobbler	34
Grated Sweet Potato Pudding	34
Prune Whip	35
Pineapple Nut Icebox Cake	35
Caramel Pie	35
Frozen Lemon Pie	35
Lemon Pie	36
Pumpkin Pie	36
Chocolate Pie	36
Pecan Pie	37
Pecan Syrup Pie	37
Old Fashioned Chess Pie	37
Baked Custard	37

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CANDY, JELLY, PRESERVES:

Seafoam Candy or Cake Filling	39
Chocolate Covered Seafoam Candy	39
Velvet Fudge	39
Buttermilk Fudge or Cake Filling	39
Raisin Loaf Candy	40
Date Nut Roll	40
Prize Strawberry Preserves	40
Grandmother's Chipped Pears	40

BEVERAGES AND MISCELLANEOUS:

Lime Ice and Punch	43
Come Back Sauce	43
Lemon Sauce	43
Soft Chocolate Frosting	43
Cream Cheese and Nut Sandwiches	44
Raisin Sauce	44
Spanish Rice	44
Creoled Eggs	44
Spaghetti Loaf	45

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

-D- Scottsboro, Ala.

Write extra *Recipes* here

