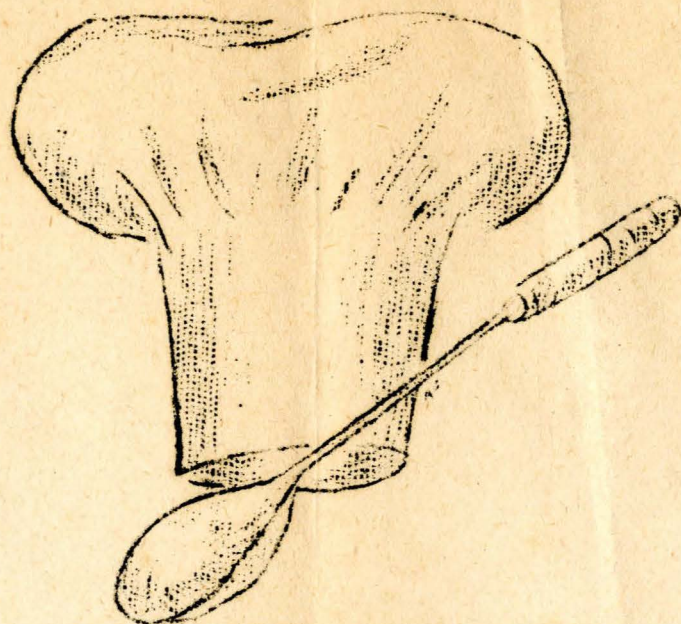


Aunt Eva

# RATIONING menus



Save and Stretch  
your  
Meat and Sugar.

D.H.S. Home Economics Dept.

JUNE

1945



## DEVILED FISH STEAKS

Ruth Sanford

1 $\frac{1}{2}$  lbs. sliced fish (cod, haddock, halibut, etc)  
1 $\frac{1}{2}$  c. milk  
1 tsp. flour  
 $\frac{1}{4}$  tsp. mustard  
 $\frac{1}{4}$  tsp. paprika  
1 tsp. grated onion  
1 T. margarine  
1 tsp. salt  
3 T. grated cheese

Grease baking dish. Pour in milk, sift in flour and mustard, lay in fish steaks, add seasonings. Dot dish with margarine and cheese. Bake at 400 for about 30 min., basting several times. Sauce thickens as fish cooks.

## Ham burger Corn Casserole

Dorothy Gemza

1 No. 2 can cream-style corn  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. sugar  
1 c. corn flakes  
8 small, seasoned beef patties

Heat corn, sugar and salt. Add corn flakes. Pour into casserole. Meanwhile, broil beef patties, 5 min. on one side. Place meat, cooked side down, on corn. Place on broiling rack-broil 3-5 min. Serve.

## String BEANS AU GRATIN

Dorothy Mudry

1 $\frac{1}{2}$  lb. string beans or 1 can beans  
4 T. Margarine  
1 T. flour  
2 c. milk  
1 T. minced parsley  
1 tsp. salt  
2 egg yolks  
1 c. grated cheese

Cook beans. Make a thin sauce of fat, flour, milk and seasonings. Mix yolks with some of the milk. Add to rest of milk mixture. Remove from fire. Add cheese. Alternate beans and sauce in baking dish. Cover with buttered crumbs. Bake at 325 for about 25 min.



## MEAT AND LIMA DINNER

Charlotte Kaiser

1 c. onions, sliced  
5 T. fat  
1 lb. shoulder of veal  
1 T. salt  
 $\frac{1}{4}$  tsp. pepper  
1 tsp. paprika  
 $\frac{1}{4}$  c. flour dried  
1 c. lima beans--let stand in cold water over night  
1 c. celery  
2 c. boiling water

Cook onions in fat until onions have turned yellow. Remove onions. Roll meat in mixture of seasoned flour. Brown in hot fat. Add drained lima beans, celery, water and cooked onions. Simmer until meat is tender--about 1 hr.

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## LENTIL HAM LOAF

Mable Joyce

2 c. cooked lentils  
1 c. cooked ham, minced  
1 onion, minced  
1 egg, beaten  
 $\frac{1}{2}$  c. bread crumbs  
p c. milk

Combine ingredients. Shape into a loaf. Bake in a moderate oven about 30 min. Ground luncheon meats might be substituted for the ham.



### SCALLOPED CABBAGE AND HAM

Rose Gillotti

2-3 lbs. fresh cabbage

$\frac{1}{2}$  lb. diced cooked ham ( Other leftover meat or luncheon meats  
could also be used)

Shred cabbage. Cook in boiling water only until tender. Drain.  
Mix with white sauce to which meat has been added.

### COARSE HASH

Cornelia Schulze

Cube left-over meat.

Cut an onion in small pieces.

Cube potatoes.

Use left-over gravy. Add water, if necessary.

Cook until potatoes are done.

Use 1 part meat to two parts potatoes.

### SALMON HASH

Althea Weindorf

Flake fish. Add an equal measure of mashed potatoes

Season to taste. Add milk or cream to make a creamy  
consistency. Bake in a thin layer till brown. Serve in  
squares.

### TEXAS HASH

Charlotte Kaiser

2 large onions, sliced

2 green peppers, diced fine

3 T. fat

1 lb. ground beef

2 c. canned tomatoes

$\frac{1}{2}$  c. uncooked rice

1 tsp. chili powder

2 tsp. salt

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

Fry onions and pepper in fat, until onions are yellow. Add  
meat and fry until mixture falls apart. Add tomatoes, rice  
and seasonings. Put in casserole dish. Cover and bake at  
375 for 45 min. or until done.



## DANISH FISH SALAD

Mabel Joyce

1  $\frac{1}{2}$  lb. can tuna fish  
1 c. cooked peas  
1 c. cold cooked spaghetti  
2 T. vinegar  
 $\frac{1}{2}$  chopped red pepper

Flake the fish. Lightly mix in the other ingredients. Serve on greens with mayonnaise.

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Scalloped potatoes with frankforts-

Eleanor Wells

Make scalloped potatoes as usual.

Cut frankforts in  $\frac{1}{2}$  in. pieces and add before cooking casserole.

Scalloped potatoes and Tuna Fish

Lorinda Lent

Add a can of tunafish to a regular scalloped potato recipe.

Scalloped potatoes and Sausage

Shirley Stone

Partially cook as much sausage as is desired for meal. Add to a regular scalloped potato casserole before baking.

Any other left-over meat: cold sliced or luncheon meats, meat-loaf, chopped or sliced ham, can also be used. Flaked salmon also very good.

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Potato Casserole

Gilda Patella

4 c. diced raw potatoes  
1 $\frac{1}{2}$  c. canned tomatoes  
4 T. melted margarine  
 $\frac{1}{2}$  c. water

1 $\frac{1}{2}$  tsp. salt  
1 tsp. paprika  
1 glove garlic sliced  
 $\frac{1}{2}$  c. chopped parsley

Alternate potatoes and tomatoes in casserole. Combine other ingredients and pour in. Cover and bake at 375 until potatoes are cooked.



Corn and noodle Casserole Ruth Miller

$\frac{1}{2}$  pkg. fine noodles  
6 T. fat  
 $\frac{1}{4}$  lb. sliced mushrooms  
 $\frac{1}{4}$  c. flour  
 $1\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp pepper  
 $1\frac{1}{2}$  c. milk  
1 c. grated cheese  
2c. canned corn whole kernel, drained, is best  
 $\frac{1}{2}$  c. chopped pimento

Boil noodles. Drain, brown mushrooms in fat.  
Make a white sauce of the flour and milk.  
Combine all ingredients in a casserole dish  
and brown in the oven at 375.

-----  
Ground meat mixed with rice (cooked), eggs, chopped  
onion mixed into a ball and cooked with tomato  
sauce

Norma Ulsmar

-----  
Rice and Meat Croquettes Lydia Kowelski

1c. cooked rice  
1 c. chopped cooked meat - any kind  
1 tsp salt dash pepper  
2 T. fat  
 $\frac{1}{2}$  c. milk  
1 egg

Heat the milk, meat, rice and seasoning. When  
this reaches the boiling point, add well-beaten egg,  
stir min. After cooling, shape, dip in egg and  
crumbs and fry.

-----  
Mushroom and Rice Casserole Mary Ann Schoen

1 can cream of mushroom soup  
 $2\frac{1}{2}$  c. cooked rice  
1 c. cornflakes

Add 1 c. water to soup and heat. Arrange layer of rice  
rice in casserole dish, pour in half of soup,  
then some cornflakes. Repeat. Bake at 300 for  
30 min.



### Ham with Noodles

Arlene Carroll

1 c. noodles  
 $\frac{1}{2}$  c. diced ham or other meat  
 $\frac{1}{2}$  c. peas  
 $\frac{1}{2}$  tsp salt  
1 c. milk  
2 T. fat  
2 eggs

Boil noodles. Drain and mix with meat and peas.  
Add milk and seasonings. Add eggs. Put in casserole  
Dot with margarine. Bake at 350 for 20 min.

-----

### Cheese Macaroni Loaf

Hazel Wood

2 tsp. chopped onion  
1 tsp parsley  
1 T. green pepper  
2 T. fat  
 $\frac{1}{4}$  lb. macaroni  
 $\frac{1}{2}$  c. grated cheese  
 $\frac{1}{2}$  c. milk  
1 egg  
1 tsp. salt  
 $\frac{1}{2}$  c. buttered crumbs

Cook macaroni and drain. Saute parsley, onion and  
pe per in fat until tender. Place macaroni and  
browned mixture in casserole dish alternately with  
cheese. Pour over the milk mixed with beaten  
egg. Cover with crumbs. Bake at 400 til browned.

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### Noodle Pie

Gladys Schweitzer

Cube leftover meat. Add any leftover vegetables  
and gravy. Place in casserole. Cover with cooked  
broad noodles. Top with buttered bread crumbs.  
Bake at 375 about 25 min.



Norma Ulsamer

Eleanor Wells

Ann O' Connor

Pauline Tallman

Gladys Schweitzer

5 T. fat  
3/4 c. milk or milk  
and water  
1/4 c. chopped onion  
1 can condensed tomato  
soup  
1/2 lb. raw canned beef



Meat Roll Dorothy Lucas  
Make a recipe of baking powder biscuit. Roll out  
thin on floured board. Spread with cubed leftover  
meat, adding green pepper and onions if desired.  
Roll up like a jelly roll. Bake in hot oven until  
crust is done. Serve with left over gravy or tomato  
sauce.

-----  
Meat Pancakes Dorothy Lucas  
Mix up your favorite pancake batter, cut leftover  
meat or luncheon meat in small pieces and add to  
batter. Cook on a hot griddle. Serve with gravy or  
sauce if desired.

-----  
Frankforts and Tomatoes Regina Santuro  
1 lb. frankforts, cut in 1" pieces  
1 can tomatoes, cooked till moisture evaporates  
Add hot tomatoes and frankforts. Eggs may be  
added if desired.

-----  
Frankforts and Cheese Dorothy Gemza  
3/4 lb. diced frankforts  
1 can condensed tomato soup  
1 can condensed vegetable soup  
1/2 c. grated cheese  
2 tsp mustard  
Brown frankforts in frying pan. Add soups and  
grated cheese. Serve when thoroughly heated

-----  
Salmon Loaf Mary Laskowski  
2 c. salmon, fresh or canned- cooked and flaked  
2 eggs  
4 T. margarine  
1/2 c. bread crumbs  
Add beaten eggs and other ingredients to fish.  
Put in a greased pan and bake at 400 until firm.  
May be served with cream or egg sauce if desired,

-----  
Tuna Casserole Dorothy Gemza  
1 can tuna fish flaked  
1 1/2 c. white sauce well seasoned  
Put tuna and white sauce in a casserole dish.  
Cover with potato chips. Brown in oven at 400  
until chips are a deep brown.



## Rice and Cheese Ring

Carol Mansfield

1½ c. grated carrot  
1 c. cooked rice  
1 c. gratted cheese  
1 grated small onion  
½ tsp salt  
¼ tsp pepper  
1 egg well beaten

Cook carrot in water for 4 min.. drain.  
Combine all ingredients, mix thoroughly.  
Turn into greased ring mold. Place in a pan  
of hot water, bake at 350 for 45 min. or  
until set. Invert on platter and fill center  
with creamed vegetables, fish or eggs.

-----  
Scrambled eggs                      Norma Ulsamer  
with frankforts cut up, cooked and added  
to scrambled eggs.

Any othe leftover meats, cut up  
or ground may be used.

-----  
Ham Omelet                      Ann O'Connor  
Grind leftover ham. Allow 1 egg per person. Beat  
egg with ¼ c. milk. Add salt and pepper to season.  
Mix with ham. Pour into hot frying pan, brown on  
both sides and serve.  
Any leftover meat or sliced meats cut up or  
ground, could be use in the same way.

-----  
Egg outlet                      Ruth White  
2T. fat                      dash pepper  
2T. flour                      6 hard cooked eggs  
½ c. milk                      ¼ c. green pepper chopped  
½ tsp salt.                      ¼ c. bread crumbs

Make white sauce of fat flour and milk. Chop  
eggs. Combine all ingredients and cool mixture.  
Shape into four cutlets and roll in crumbs. Chill  
for 1 hr. Saute and serve immediately.



# Luncheon Meat Stretcher

Dorothy Pliska

Grind any kind of leftover sandwich meat with 2 or 3 pickles. Use as a sandwich spread or on lettuce leaves as a salad, after mixing with mayonnaise.

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# Salad

Louise Macchiaverna

Spiced ham or other luncheon meat ground with green and red peppers, celery, green olives and hard boiled eggs. Mix with mayonnaise.

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# Luncheon Meat Rolls

Anna Mizerak

$\frac{1}{4}$  c. chopped onion  
 $\frac{1}{4}$  c. chopped celery  
 $\frac{1}{3}$  c. green pepper  
 chopped  
 2 T. margerine  
 $\frac{5}{8}$  c. toasted bread cubes  
 $\frac{1}{2}$  tsp. salt  
 dashes of pepper and sage  
 $\frac{1}{2}$  c. boiling water  
 slices of luncheon meat

Saute onion, celery and green pepper in fat until tender. Add to bread crumbs, add seasonings and mix well. Pour on water and mix. Place stuffinf on meat. Roll and fasten with toothpicks. Place rolls in greased baking dish. Bake at 300 about 25 min.

# Bologna Stew

Cornelia Schulze

$\frac{1}{2}$  lb. bologna  
 2 onions  
 6 potatoes  
 1 can tomatoes  
 Cube bologna and potatoes  
 Chop onions. Simmer bolona,  
 onions and tomatoes about  
 $\frac{1}{2}$  hr. Boil potatoes. Add  
 cooked potatoes to other  
 mixture and serve.



# APPLE CINNAMON WAFFLES

Hazel Wood

1½ c. flour  
 ½ tsp. salt  
 1 tsp. cinnamon  
 1 T. sugar  
 2 tsp. baking powder  
 2 eggs, separated  
 1 c. milk  
 2 c. diced apples  
 4 T. melted fat

Mix and sift dry ingredients. Beat egg yolks until light. Add milk. Combine mixtures and beat until smooth. Add apples and fat. Fold in stiffly beaten egg whites. Bake in a hot waffle iron.

# VANILLA DROP COOKIES

Evelyn De Paul

½ c. shortening  
 7/8 c. light corn syrup  
 2 T. honey  
 1 egg, beaten  
 2½ c. flour  
 2½ tsp. baking powder  
 ½ tsp. salt  
 1 tsp. vanilla

Cream shortening. Add syrup, honey and egg. Mix. Add sifted dry ingredients. Add vanilla. Drop from teaspoon on greased baking sheet. Bake at 400 for about 12 min.- till brown.

# Sugarless Cake

Barbara Urban

2 c. Cake flour  
 2½ tsp. baking powder  
 ½ tsp. salt  
 ½ c. shortening  
 ½ c. milk  
 1 tsp. grated lemon rind  
 1 c. light corn syrup  
 2 eggs  
 1 tsp. vanilla flavoring

Sift all dry ingredients. Cream shortening, add rind, syrup gradually-beating well after each addition. Add ½ of flour mixture and beat until smooth and well-blended. Add eggs one at a time. Add remaining flour alternately with milk. Add flavoring. Bake in 2 layers at 375 for 30 min.



BAKED INDIAN PUDDING

Lydia Kowelski

2 qts. scalded milk  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{2}$  c. Indian yellow meal  
1 T. ginger  
1 c. molasses  
2 eggs  
1 tsp. margarine  
Mix milk, salt meal, ginger- let stand for 20 min.  
Add other ingredients. Bake 2 hours in slow oven.

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Strawberry shortcake

Rose Valluzzo

Sweten washed and hulled berries with corn  
syrup or honey instead of using sugar.

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RICE PUDDING

Mary Shrkry

1 pkg. vanilla pudding  
2  $\frac{1}{3}$  c. milk  
1 c. cooked rice  
Prepare pudding as directed, using more milk.  
Fold in rice. Chill.

-----  
ELUM PUDDING

Anna Mizerak

1 plg. lemon or cherry gelatin  
dash salt  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. cloves  
2 c. water--boiling  
 $\frac{3}{4}$  c. chopped raisins  
 $\frac{3}{4}$  c. chopped prunes  
2 c. chopped citron  
 $\frac{3}{4}$  c. chopped nut meats  
 $\frac{3}{4}$  c. granoluts  
Dissolve gelatin in water. Add other ingredients.  
Pour into mold. Chill until set.

-----  
GRAPEFRUIT FLUFF

Ruth Sanford

12 marshmallows  
 $\frac{1}{2}$  c. grapefruit juice  
 $\frac{1}{2}$  c. whipping cream  
12-16 grapefruit sections

Cut marshmallows. Let  
stand in juice 10 min.  
Arrange grapefruit in  
dessert glasses and  
chill. Pour in fluff.



# SUGARLESS FUDGE

Ann O'Connor

Mix 1 can condensed milk with 2 packages semi-sweet chocolate bits. Heat until chocolate has melted. Pour into shallow greased pan. Cool. Cut into squares. Harden in a cool place.

(Note--this is an excellent recipe--makes about 1½ lbs.--I've made it often. L.F. Stone)

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# LEMONADE

Lorinda Lent

2 lemons  
2 quarts water  
¼ c. honey or corn syrup  
Squeeze lemons--Add to water. Stir honey or syrup into water. Chill.

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# MARSHMALLOW ICING

Beat 2 egg whites with 1 c. light corn syrup in double water until thickened and fluffy. Stir in 8-10 marshmallows. Remove from stove. Beat until icing holds peaks.

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# GINGERBREAD

Ann O'Connor

½ c. melted shortening  
1¼ c. molasses  
1 egg, beaten  
1½ tsp. soda  
2½ tsp. flour  
1 tsp. cinnamon  
1 tsp. ginger  
½ tsp. cloves  
½ tsp. salt  
¾ c. hot water

Mix shortening and molasses. Add egg. Stir until blended. Mix and sift dry ingredients. Add Alternately with hot water. Bake in moderate oven about 45 min.

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# VICTORY FROSTING

Louise Macchiaverna

1 egg white	Put all ingredients, but
½ c. corn syrup	vanilla, in top of double
2 T. sugar	boiler. Beat with egg
¼ tsp. cream of tartar	beater until mixture will
dash of salt	hold a peak. Remove from fire,
1½ tsp. vanilla	add vanilla.
Beat until cool and thick enough to spread.	



## BLACKBERRY ROLL

Arlene Carroll

Baking powder biscuit dough  
Melted margarine  
2 c. blackberries  
1 T. lemon juice  
 $\frac{1}{4}$  c. light corn syrup

Make dough, using 2 c. flour. Roll into rectangle  $\frac{1}{8}$  " thick. Spread with margarine. Combine remaining ingredients. Spread on dough. Roll up like jelly roll. Slit top at  $3\frac{1}{2}$ " intervals. Bake in a greased pan at 425 25-30 min.

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## STRAWBERRY WHIP

Dorothy Gemza

1 qt. strawberries  
 $\frac{1}{4}$  c. light corn syrup  
1 pkg. lemon or strawberry gelatin  
2 egg whites  
Sieve  $\frac{3}{4}$  berries. Add water to make 2 c. pulp and liquid. Stir in syrup. Bring to a boil. Dissolve gelatin in hot mixture. Chill. Add egg whites; beat fluffly. Pour into mold rinsed in cold water. Chill firm. Unmold. Serve with whole berries. Other berries could be used in place of strawberries.

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## FRESH RASPBERRY SHERBET

Dorothy Gemza

1 qt. raspberries  
 $\frac{1}{2}$  c. light corn syrup  
5 quartered marshmallows  
1 c. light cream

Wash berries, mash. Add syrup and marshmallows. Let stand 15 min. Beat cream frothy, add. Pour into freezing tray. Freeze to mush. Beat smooth in chilled bowl. Return to tray, freeze firm, stirring several times.

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## APPLE COBBLER

Ann O'Connor

1 can apples or 6-7 apples, sliced thin  
1 c. cherry juice  
1 c. flour  
1 tsp. baking powder  
3 T. sugar  
dash salt  
2 T. fat  
 $\frac{1}{3}$  c. milk

Put apples and cherry juice in broad based saucepan. Bring to boiling point. Cut fat in sifted dry ingredients. Add milk. Stir lightly till blended. Drop by teaspoonfuls on apple mixture. Cover tightly. Cook slowly 20 min. without removing cover.



#### CHERRY BAVARIAN PIE

Mary Shukry

- 1 package Cherry gelatin
- $1\frac{1}{2}$  c. hot water
- $\frac{1}{2}$  c. canned cherry juice
- 2 tsp. lemon juice
- 1 c. drained canned cherries
- 1 baked 8 inch pie shell
- $\frac{1}{2}$  c. light cream

Dissolve gelatin in hot water. Add cherry juice. When gelatin is nearly set, add lemon juice and cherries. Pour into baked pie shell. Chill until gelatin is set. Serve with whipped cream on top.

#### APPLE PIE

Gilda Patella

Prepare an apple pie as usual, except that 4-5 tablespoons of honey are used instead of sugar.

#### ORANGE MARMALADE CHIFFON PIE

Dorothy Lucas

- 1 envelope gelatin
- $\frac{1}{4}$  c. cold water
- $\frac{1}{8}$  c. cold water
- $\frac{1}{2}$  c. light cream
- 1 c. orange marmalade
- $\frac{1}{2}$  tsp. salt
- 2 egg whites, stiffly beaten

Soften gelatin in cold water. Add hot water and dissolve gelatin. Add marmalade and salt. Cool slightly and add cream. When gelatin begins to thicken, fold in egg whites. Place in a previously baked pie shell

#### HONEY PUMPKIN PIE

Mabel Joyce

- $1\frac{1}{2}$  c. Canned pumpkin
- $\frac{1}{4}$  c. honey
- $\frac{1}{4}$  tsp. cinnamon
- $\frac{1}{4}$  tsp. vanilla
- $\frac{1}{4}$  tsp. salt
- 2 eggs, slightly beaten
- 1 c. evaporated milk
- 1 unbaked pie shell

Combine pumpkin, honey, cinnamon, vanilla and salt. Add eggs and milk. Pour into unbaked shell. Bake in hot oven 425 40-45 min.



#### MIXED FRUIT PUDDING

Anna Mizerak

$1\frac{1}{2}$  c. mixed canned fruit  
 $\frac{1}{8}$  tsp. cinnamon  
3 slices white bread  
2 T. margarine  
 $\frac{1}{2}$  T. cornstarch  
 $\frac{1}{4}$  c. water  
 $\frac{1}{8}$  tsp. salt

Drain fruit, reserving juice. Mix cinnamon with fruit. Spread margarine on bread, cut bread into cubes. Arrange  $\frac{1}{3}$  of cubes in bottom of baking dish, cover with  $\frac{1}{2}$  of fruit; repeat, having cubes of bread on top. Bake at 350 for 40 min. Mix together cornstarch, salt, and water until smooth; add fruit juice. Cool until thick and clear. Remove from fire, add lemon juice and some margarine. Serve hot over pudding.

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#### MOLDED RICE RING WITH FRUIT

Mary Ann Schoen

2T. cornstarch  
 $\frac{1}{4}$  tsp. salt  
1 egg separated  
1 c. milk  
1 T. margarine  
3 T. honey  
2 c. cooked rice  
 $\frac{1}{2}$  tsp. vanilla  
1. No.  $2\frac{1}{2}$  c. canned mixed fruits

Mix together cornstarch and salt in top of double boiler. Beat egg yolk, add milk, add to cornstarch. Cook over boiling water until mixture thickens, stirring constantly. Remove from heat. Add butter and honey, blend thoroughly. Add rice. Place again over boiling water, cover, and cook for 20 minutes. Cool slightly, add vanilla, fold in beaten egg white. Turn into ring mold. Chill for several hours. Unmold carefully. Fill center with drained fruit before serving.



### JELLEY FROSTING

Gladys Schweitzer

Beat 1 egg white stiff. Slowly add  $\frac{1}{2}$  c. light corn syrup, beating constantly. Add  $\frac{1}{4}$  c. currant jelly and  $\frac{1}{4}$  tsp. vanilla extract. Beat until well blended. Spread on top and sides of layer cake, spread jelly between layers, first.

### MAPLE WHIPPED CREAM

Gladys Schweitzer

Whip 1 c. heavy cream until it begins to thicken. Slowly add  $\frac{1}{4}$  c. maple syrup and continue beating until stiff. After frosting cake, sprinkle top with  $\frac{1}{3}$  c. chopped walnut meats. Use this to cover top and sides of cake- also spread between layers of cake.

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### SEVEN MINUTE FROSTING

Anna Perum

Mix in double boiler: 1 egg white,  $\frac{1}{2}$  c. corn syrup, 2 T. sugar,  $\frac{1}{4}$  tsp. cream of tartar. Place over boiling water and beat 7 min. Remove from fire and add desired flavoring.

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### UNCOOKED HONEY FROSTING

Ruth White

$\frac{1}{8}$  tsp. salt

1 egg white

$\frac{1}{2}$  c. honey

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

Add salt to egg white. Warm honey over hot water. Pour in thin stream over egg white, beating constantly. Add flavoring, continue beating until light and fluffy.

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### UNCOOKED FROSTING

Shirley Stone

1 egg white

$\frac{1}{8}$  tsp. salt

$\frac{1}{2}$  c. white corn syrup

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

Beat egg white and salt until stiff, slowly add syrup, beating constantly. Continue beating until frosting stands in peaks. Mapeline flavoring and chopped nuts, lemon flavoring and grated semi-sweet chocolate are suggestions for variation.



#### DEVILS FOOD CAKE

Dorothy Pliska

We make a Devils Food Cake as usual, substituting  
 $\frac{1}{2}$  c. molasses and  $\frac{1}{2}$  c. corn syrup for 1 c. sugar.

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#### MOLASSES BREAD PUDDING

Dorothy Pliska

A substitution of molasses for sugar in a bread pudding is delicious.

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#### APRICOT BREAD PUDDING

Shirley Stone

Use apricot marmalade ( any other jam or marmalade could be used instead ) in place of sugar when making bread pudding.

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#### MOLASSES DROP COOKIES

Regina Santuro

$\frac{1}{2}$  c. shortening

2 tsp. baking powder

$\frac{1}{2}$  c. sugar

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

2 eggs

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

$\frac{1}{2}$  c. molasses

$\frac{1}{8}$  tsp. baking soda

$1\frac{1}{2}$  c. flour

$\frac{1}{4}$  c. milk

Cream together shortening and sugar. Add eggs beating after each one has been added. Add molasses. Add the sifted dry ingredients. Beat until smooth. Gradually add milk. Drop by teaspoons on greased cookie sheet. Bake at 400 12-15 min.

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#### HONEY COFFEE CAKE

Carol Mansfield

2 c. mixture of baking powder-biscuits

2 T. honey

2 T. melted fat

$\frac{2}{3}$  c. milk

Mix the above together-place in a greased cake pan ( square ).

Top with mixture of 1 c. dry bread crumbs, 2 tsp. melted margarine,  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{2}$  c. honey. Bake at 375 for 25 min.

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#### APPLE BUTTER TURNOVERS

Dorothy Lucas

$1\frac{1}{2}$  c. prepared biscuit mix

2 T. sugar

$\frac{1}{2}$  c. milk

4 T. apple butter

Combine biscuit mix and sugar, add milk, lightly mix. Roll out thin on floured board. Cut

in squares. Place apple butter on each square. Overlap opposite corners-leave other corners open. Bake at 450 10 min. Other jam or marmalade could also be used,



# Defense Cake

Shirley Stone

- $\frac{1}{2}$  c. shortening
- $\frac{1}{3}$  c. sugar
- 1 c. light corn syrup
- 2 eggs
- $\frac{1}{2}$  tsp vanilla
- 1  $\frac{3}{4}$  c. cake flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  c. milk

Cream shortening and sugar, blend in syrup.  
Beat eggs. Mix in thoroughly. Sift the dry ingredients, add alternately with milk, beating well after each addition. Bake at 375 for 30 min- when in 2 layers. Let cool in pans 10 min. before removing to cooling racks.

# Rhubarb Pudding

Shirley Stone

- 2 qts. chopped rhubarb
- 2 eggs separated
- $\frac{1}{2}$  c. sugar
- $\frac{1}{2}$  c. corn syrup
- 2 T. flour
- 1 T. margarine

Mix sugar, flour fat and yolks. Add to rhubarb. Bake until rhubarb is tender- at 375. Beat whites stiff, but not dry, add 2 T. sugar, mix lightly. Bake on rhubarb as a meringue.