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MRS. NELL B. NICHOLS
Field Editor,
Woman's Home Companion
. . . who provided authentic recipes for the various State Dishes. These recipes were selected by Mrs. Nichols in her travels and from the Companion's Recipes of the States Contest.


KATHARINE FISHER
Director,
Good Housekeeping Institute
. . . who made available the highly interesting article, titled "A Spread-your-own Party," which everyone will find so helpful on so many, many delightful occasions.

In this booklet, every attempt has been made to give choice recipes which are representative of the various States. Many of the recipes are quite old, having been handed down from generation to generation. Others, of course, are of recent origin.

It is only natural to expect that in every State there are several recipes which are particularly popular. Had space permitted, many more would have been given.

With reference to the popular names of the various States, here again there are numerous variations. For example, Virginia is sometimes called the "Mother State" instead of the "Old Dominion" State. Every effort was made to use popular names which have widest usage, although in some cases they may differ from those with which you are most familiar.

## IF RECIPES

 COULD ONLY TALK- Why hasn't someone written into the pages of American history, the romance of food . . . . the very sustenance of life that enabled hardy pioneers to establish their ideals, to change a vast wilderness into these great United States.

Imagine how cherished recipes,
 handed down from mother to daughter were prepared on the open plains-near prairie schooner or wagon train. In those days,
 man, beast and nature were fought to provide the very ingredients that went into the preparation of every meal. Yes, if recipes could only talk.

Many of those early recipes lived on, increased in popularity with the size of each community, became famous as Colony and Territory changed into State. And with the progress of time have come many new recipes -from the women of today-to supplement those early ones, to add to our present joy of living.

Sung are the praises of our pioneer forefathers and the leaders among men of modern times. But here let us honor those pioneer women and their modern successors, who through their cooking have made this world a better place in which to live. To them we dedicate this booklet, with the thought of preserving for you many recipes - old and new-which to the best of our knowledge are especially popular in the individual States.


THE "COTTON" STATE

MONTGOMERY


STATE FLOWER-GOLDENROD


## SWEET POTATO PUDDING

2 eggs
1/4 teaspoon cloves
$1 / 2$ cup brown sugar $1 / 4$ teaspoon cinnamon (packed) $\quad 1 / 4$ teaspoon allspice
$1 / 2$ cup corn syrup
2 tablespoons melted butter
1/2 teaspoon salt
$1 / 2$ teaspoon nutmeg
$1 / 2$ cup milk
4 cups gratedraw sweet potatoes
2ounces citron, coarsely chopped

- Beat eggs, add brown sugar, syrup and butter. Mix the salt and spices in the milk, and add to the first mixture. Stir in the sweet potatoes and citron. Fill a greased pudding dish $3 / 4$ full, cover and bake at 350 degrees $F$. for $1 \frac{1}{2}$ hours, then remove lid and bake 15 minutes longer. Serve hot or cold with brandy sauce.


## GRAPEFRUIT AVOCADO CANAPE

- Pare grapefruit, removing all the enveloping tissue. Cut in $1 / 3$ inch slices. Allow a slice to each serving. Arrange on a glass plate and cover grapefruit with avocado, whipped to a cream with grapefruit juice and seasoned with a dash of salt and dry mustard. Garnish with thinly sliced pimiento-stuffed olives. Serve very cold.
Mrs. Nichols recommends that the segments of grapefruit be cut out from the membrane instead of cutting the fruit into slices. If this is done a very pretty arrangement may be made around the avocado paste, piled up or forced through a small tube.


## CHERRY SALAD

1 cup canned black cherries, pitted
1 cup canned pineapple, diced

4 teaspoons gelatine $1 / 2$ cup cold water Juice of 1 lemon $11 / 2$ cups fruit juices

- Drain the canned fruits, reserving the juice. Soak the gelatine in the cold water 5 minutes, then melt thoroughly over hot water, stirring to hasten the process. Add to the lemon juice and fruit juices. Rinse out a mold in cold water and in it place the cherries and pineapple, measured after draining. Pour gelatine mixture over the fruit and chill. Serve on lettuce with mayonnaise. Six servings.
This fruit salad is both unusual and delicious. The color is something like that of an amethyst with a slight suggestion of red in the purple. It is especially pretty garnished with yellow mayonnaise.


## ORANGE-PRUNE SALAD

4 to 5 oranges, peeled and sliced
$1 / 3 \operatorname{cup}_{\text {relish }}$ sweet pickle $\begin{array}{ll}20 \text { prunes, cooked } & \text { Fewdrops tabasco sauce } \\ 1 \text { package cream cheese } & 20 \text { California walnut }\end{array}$ 1 package cream cheese $1 / 2$ cup celery, finely cut

20 California walnut kernels

- Arrange 5 orange circles on each lettuce-lined plate. Center every circle with a prune, cooked until tender, cooled, pitted and stuffed with the cream cheese to which the celery, pickle relish and tabasco sauce have been added. Place a California walnut kernel in each cheese-stuffed prune. Serve with French dressing, mayonnaise or the new blended salad dressing that goes so well with fruit.
This colorful and piquant orange-prune salad makes a main dish for luncheon with hot biscuits, muffins or rolls. Smaller portions may be served as a first course.


## BAKED APPLES WITH HONEY

- Pare and core 6 large apples, place them in a baking dish and in the center of each drop 3 teaspoons strained honey, 1 teaspoon orange juice, 1 whole clove, 1 walnut meat and $1 / 4$ teaspoon butter. Cook until apples are transparent, or about 30 minutes in a 400 degree F. oven. Serve hot or cold, with a swirl of slightly sweetened whipped cream to which ginger and cinnamon have been added before beating, $1 / 4$ teaspoon of each spice to 1 cup heavy cream.

Colorado produces many fruits including peaches and apples and melons, also much honey.

## CASSEROLE OF SALMON AND CORN

1 tall can red salmon $11 / 2$ teaspoons salt
THE "NUTMEG" STATE

1 No. 2 can corn 1 small green pepper, chopped $1 / 4$ teaspoon pepper $1 / 3$ cup bread crumbs $11 / 2$ tablespoons butter

- Remove the bones from the salmon and arrange a layer of the fish in a greased casserole. Top with a layer of the canned corn (cream style), add a little of the green pepper, and the salt and pepper. Repeat until the ingredients are used. Top with bread crumbs and dot with butter. Bake in a moderate oven, 350 degrees F., for about 45 minutes. The green pepper may be omitted.

This is a thrifty Connecticut dish which may of course be made with fresh salmon and green corn on the cob when these are available.

## PEACH CUSTARD PIE



1 baked pie shell

- Blend sugar, flour and salt. Add milk and slightly beaten egg yolks. Cook in double boiler until mixture becomes thick and creamy, stirring frequently. Cool, add peaches and flavorings and pour into baked pie shell. Cover if desired with meringue made of 2 egg whites and 4 tablespoons sugar; brown in moderate oven, 350 degrees F. It may also be miade with canned or dried peaches.


## SPOON BREAD

1 cup cold cooked
1 teaspoon salt rice

2 eggs
1 cup coarse white corn meal

1 cup boiling water
1 cup cold milk
2 teaspoons baking 1 tablespoon melted powder
butter

- Mix all dry ingredients. Add the eggs and the boiling water. Stir well. Add the milk and melted butter. Pour into a well greased baking dish and bake in a moderate oven, 350 degrees F. for 1 hour or longer. Serve from the dish in which it is baked.

This recipe for spoon bread was originated in the District of Columbia. Unlike most spoon breads, it is very firm, due to the addition of cooked rice.



THE "FLOWER" STATE


## STATE FLOWER -ORANGE BLOSSOM



## ORANGE TOAST

1 cup orange cubes 1 cup sugar
1 teaspoon cinnamon

- Peel the oranges with a sharp knife and cut the pulp into small cubes. Place in a saucepan with the sugar and heat gently, stirring constantly, until the sugar barely dissolves. This takes only a few seconds. Cook no more than necessary. Pour the orange mixture over slices of freshly toasted bread, buttered. Sprinkle with cinnamon.

Mrs. Nichols selected this orange recipe on account of its fine flavor. It is perfect with tea and also good on hot crisp buttered waffles.

## buttermilk pie

| Orange pastry | $1 / 4$ teaspoon salt |
| :--- | :--- |
| 1 cup sugar | 3 eggs |
| 3 tablespoons flour | 2 cups buttermilk |
| 4 tablespoons |  |
|  | butter, melted |

- A custard pie which blends the delicate flavor of buttermilk with a fruity orange pastry. To make orange pastry, use orange juice instead of water and make like plain pastry, adding $1 / 4$ teaspoon grated orange rind and 1 tablespoon sugar. Use to line a 10 -inch pan. To make the filling, mix sugar and flour, add egg yolks and buttermilk and then the melted butter. Fold in stiffly beaten egg whites and pour into pastrylined pan. Place in a hot oven ( 450 degrees F.). Reduce heat to 350 degrees $F$. and bake 45 min utes.

Mrs. Nichols sponsors this recipe, which created something of a sensation when it was tested in New York.

## baKED POTATOES

- Bake large Idaho potatoes and when tender cut in halves lengthwise and scoop out the pulp. To 2 cups of the mashed pulp add:

2 tablespoons hot 2 teaspoons canned milk or cream
1 tablespoon butter pimiento,chopped
Salt and pepper
$1 / 2$ cup boiled ham, Grated cheese chopped fine

Beat until creamy and fluffy. Pile into shells and sprinkle generously with grated cheese. Brown quickly in the oven. Serve piping hot.

A large baked Idaho potato, plus a fruit salad and milk to drink or a hot chocolate milk beverage, makes a complete supper or luncheon.

## PUMPKIN COOKIES

11/4 cups brown sugar
$1 / 2$ cup shortening
2 eggs, well beaten
$11 / 2$ cups pumpkin (canned)
$1 / 2$ teaspoon salt
$1 / 4$ teaspoon ginger
$1 / 2$ teaspoon nutmeg
$1 / 2$ teaspoon cinnamon

- Cream brown sugar and shortening. Add eggs, pumpkin and seasonings. Sift flour and baking powder, combine with sugar mixture. Add fruit and nuts and blend thoroughly. Drop from teaspoon to a well-oiled baking sheet. Bake 15 minutes at 400 degrees F. Amountthree dozen good-sized cookies.
$21 / 2$ cups flour
4 teaspoons baking powder
1 teaspoon lemon extract
1 cup raisins
1 cup chopped nut meats



## State flower - Western syringa




THE "PRAIRIE" STATE


Indiana

## THE "HOOSIER" STATE

indIAMAPOLIS

STATE FLOWER - ZINNIA


THE "HAWKEYE" STATE


## PORK CHOPS

4 pork chops cut thick 1 carrot, peeled and (about $11 / 2$ inches) sliced

1 small onion, sliced
2 medium sized potatoes, peeled and sliced

1 cup green peas
$21 / 2 \mathrm{cups}$ tomatoes (fresh or canned)
Flour Salt and pepper

Trim fat from chops and fry out in deep skillet (preferably a Dutch oven) being careful not to burn. Add sliced onion and simmer until tender. Remove all bits of fat and onion, heat fat to bubbling, adding a little extra fat if needed to brown chops. Sprinkle chops with salt and pepper and dredge with flour; brown evenly on both sides. Blend remaining vegetables, season with salt and pepper and pour over chops. A little extra tomato juice or boiling water may be added if needed to cover chops well. Bring rapidly to boil and allow to boil 5 minutes; then lower heat to medium simmering and allow to simmer steadily about $11 / 2$ hours, until chops are tender when pierced. Serve hot as a one-dish meal.

## FROZEN CORN SALAD

- Grate or finely chop $11 / 2$ cups green corn which has been cooked, or use a high grade canned corn kernels. To this add $11 / 2$ cups thin cream, which has been scalded in the top of a double boiler and thickened with 2 beaten eggs Add $1 / 2$ teaspoon salt, 1 teaspoon sugar and $1 / 4$ teaspoon paprika. Chill thoroughly and then freeze in an automatic refrigerator tray. When half frozen, stir in $1 / 2$ cup salted almonds, coarsely shredded. Cut in squares, serve on lettuce with mayonnaise.

A very new way of serving lowa's "tall corn!" And unexpectedly good, too.

## APPLE SAUCE CAKE

1/2 cup butter
$11 / 2$ cups sugar
1 egg, well beaten
$11 / 2$ cups apple sauce
(unsweetened)
2 cups flour
1 teaspoon cinnamon

2 teaspoons cocoa
$1 / 2$ teaspoon cloves 1/4 teaspoon salt $3 / 4$ cup raisins $3 / 4$ cup nuts $1 / 4$ cup hot water 1 teaspoon vanilla

- Cream butter well. Add sugar gradually, beating well. Add well-beaten egg and apple sauce. Sift flour, spices, cocoa and salt and mix with raisins and nuts. Add alternately with the hot water in which the soda is dissolved. Be sure that some of the flour is the last addition. Beat well. Bake in a loaf pan for 40 minutes at 375 degrees $F$. While still warm ice with the following: Bring to the boiling point 1 cup brown sugar, 4 tablespoons cream and 1 tablespoon butter. Mix with 1 cup coconut. Brown under the broiler.
An apple-flavored spice cake is a favorite in Kansas. The broiled coconut icing is a modern touch.


## BLACK FRUIT CAKE

1 pound blanched almonds
1 tablespoon rosewater
1 pound shredded citron
3 pounds seeded raisins
${ }^{1}$ pound crystallized pineapple
1 cup grape juice 1 pound butter

- Soak almonds overnight in rosewater, the fruit in grape juice. Cream butter and sugar, add well-beaten egg yolks, then spices, grape jelly and chocolate. Next add stiffly beaten egg whites and part of flour. Roll fruit in remaining flour mixing into the batter in small amounts. Add nuts. When ingredients are thoroughly mixed bake in a moderate oven, 275 degrees $F$. about $31 / 2$ hours.

A delightful flavor of grapes gives this dark southern fruit cake an individuality of its own.

## THE SUNFLOWER" STATE



STATE FLOWER - SUNFLOWER


## onisiana

THE "pelican" state


STATE FLOWER-MAGNOLIA


## OMaine

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THE "PINE TREE" STATE
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## CRAB CAKES

4 slices bread $1 / 2$ cup olive oil 1/2 teaspoon salt
1 dash paprika
1 teaspoon Worcestershire sauce
$1 / 8$ teaspoon dry mustard
2 eggs
1 tablespoon chopped parsley
1 pound crab flakes 1 pound claw meat

Trim crusts from bread, lay in flat tin or platter and pour olive oil over them. Let stand 1 hour. Pull apart lightly with two forks. To the small bits of bread add seasonings, yolks of eggs and crab meat. Mix lightly with a fork, fold in stiffly beaten egg whites and shape into about 18 cakes. Brown in a hot skillet just brushed with fat. If carefully mixed, these crab cakes will be light and fluffy and of a delicate flavor. Canned crab meat can of course be used.

This recipe is reported to have been handed down for five generations.

## CLAM CHOWDER

1 quart clams
3-inch cube salt pork 3 onions
$21 / 2$ cups potatoes, cut in $1 / 4$ inch dice

## Flour

Salt and pepper
2 cups boiling water
2 tablespoons butter
$1 / 2$ pint cream 3 cups scalded milk

- Chop hard part of clams very fine. Heat liquor to boiling point and strain. Cut pork and onions in small dice and fry out, cooking slowly until pork browns. Parboil potatoes 5 minutes. Put layer of potatoes in stew pan with pork and onions, dredge with flour, salt and pepper. Add chopped part of clams and remaining potatoes. Sprinkle with salt, pepper and flour and add boiling water. Cook 10 minutes. Add scalded milk, soft part of clams, and butter. Boil 5 minutes. Heat clam water and add it and the cream just before serving.

Serve the small size crackers, split and toasted, with this Cape Cod clam chowder, then be prepared to tell your guests how to make it.

## OMaryland



## STATE FLOWER - BLAGK-EYED SUSAK



THE "bAY" State



STATE FLOWER－APPLE BLOSSOM

## ホオボオオオオオオ Ominnesota

THE＂GOPHER＂STATE


## STUFFED PEPPERS

Put 2 tablespoons oil in skillet. Mix $11 / 2$ zups bread crumbs, 1 egg , a bit of onion, garlic, 2 teaspoons Worcestershire sauce, $1 / 2$ teaspoon salt and 4 well ripened tomatoes. Put these in the skillet with the oil. Cook until these ingredients are tender and then add 1 cup cooked shrimp that have been broken up. Parboil the peppers; drain well and fill with the mixture. Put cracker crumbs and melted butter on top and bake until brown. This will stuff about 6 peppers.

The gulf states know what to do with shrimp and this is a delicious change for baked stuffed peppers.

## GOLDEN HARVEST BISCUITS

2 cups flour
$1 / 2$ teaspoon salt
2 tablespoons sugar
2 teaspoons baking
powder

5 tablespoons shortening
$1 / 2$ cup sieved or canned pumpkin
5 tablespoons milk

- Mix and sift flour, salt, sugar and baking powder. Cut in shortening. Add the pumpkin and mix well. Add milk. Roll out on a wellfloured board. Cut with biscuit cutter and place on a well-oiled baking sheet. Bake in a hot oven ( 450 degrees $F$.) for from 15 to 20 minutes.


THE "OZARK" STATE

the "treasure" state

## helena

## STATE FLOWER-BITTER ROOT



## THE "GORNHUSKER" STATE

LINCOLIN


## LAMB STEW

| $11 / 2$ pounds neck of | 1 tablespoon sugar |
| :--- | :--- |
| lamb | 4 cups boiling water |
| 4 tablespoons fat | 1 teaspoon salt |
| 1 cup tomato pulp | 1 teaspoon curry pow- |
| 1 cupdiced raw carrots | der |
| 1 chopped onion | $1 / 4$ teaspoon pepper |
| 1 chopped green pepper | 1 cup green peas |
| 1 cup whole corn | $1 / 4$ cup rice |

- Cut lamb into small pieces and soak in strong salt water for $1 / 2$ hour; rinse in clear water, drain well and roll in flour. Fry in hot fat until brown. Add tomato pulp, carrots, onion, green pepper and sugar. Sauté all together for 10 minutes, stirring continually to keep from burning. Add boiling water, salt, curry powder, pepper and cook slowly for 1 hour. Add green peas, whole corn cut from cob or canned niblets, and rice. Simmer slowly until rice is done, adding water as needed and stirring frequently. Serve hot in rice ring made as follows:
1 cup rice $\quad 1$ teaspoon salt
4 cups boiling water 2 tablespoons butter
2 dashes tabasco sauce

Wash rice and cook in rapidly boiling salted water until tender. Add seasonings and pat down in a well-greased ring mold. Reheat in oven, turn onto large round platter and fill with stew.

## CASSEROLE OF CARROTS AND CHEESE

- Scrape and slice crosswise 8 carrots. Cook in a little salted water until barely tender. Leave lid off during last part of cooking so the liquid will evaporate. Arrange alternate layers of the carrots and thinly sliced soft American cheese in a greased baking dish, having the bottom and top layers of carrots. Over this pour 1 cup med-ium-thick white sauce to which $1 / 2$ teaspoon prepared mustard has been added. Bake in a slow oven ( 300 degrees $F$.) for 30 minutes.


## SAGE CHICKEN WITH SPINACH DRESSING

- Prepare sage chicken as any other fowl. Stuff with spinach dressing and roast 20 minutes per found in moderate oven, 350 degrees F. Baste occasionally with sauce made with 1 cup hot water, $1 / 2$ cup melted butter, 1 teaspoon salt, 1 tablespoon Worcestershire sauce.


## SPINACH DRESSING

6 tablespoons cooking oil or butter
$11 / 2$ cups finely cut spinach (cooked)
$11 / 2$ tablespoons chop- $3 / 4$ teaspoon salt ped onion
$1 / 8$ teaspoon pepper 2 cups fine dry bread crumbs

Put one-half the oil in frying pan and cook onion in it 2 minutes. Add spinach, salt and pepper. Cook until water from spinach is evaporated. Push mixture to one side of pan. Put rest of oil in pan and stir in bread crumbs. When the crumbs have absorbed the oil, mix all together. Pile hot dressing in fowl and sew or skewer the opening.

## MAPLE APPLESAUCE

2 quarts apples
$11 / 2$ cups maple syrup

1 lemon sliced and cut into quarters

- Prepare apples by paring, coring and cutting into eighths. Mix all the ingredients together and bake in a covered earthenware dish in oven at 350 degrees $F$. for several hours or until the apples are tender and of a rich dark red color. Serve with meat.
This recipe is typical of this part of New England where the many possibilities of maple flavor in cooking are well understood.


## Nouada



## State flower-sagebrush




STATE FLOWER - VIOLET


THE "SUNSHINE" STATE


CRISPY SPINACH
2 pounds fresh spin- $11 / 3$ cups water arch
6 small slices bacon 1 tablespoon vinegar 3 tablespoons flour 2 hard-cooked eggs
$1 / 4$ teaspoon salt

- Clean spinach, chop it and place in bowl. It is not to be cooked. Cut bacon in fine pieces, fry until crisp and remove from pan. Add flour to remaining bacon fat and cook a few minutes. Then add water or liquid in which vegetables have been cooked, and stir until it makes a sauce. Add to the sauce the vinegar, sugar and salt. In the meantime mix the bacon pieces with the well drained spinach. Pour over the sauce, having it piping hot, and serve the dressed spinach immediately. Garnish with slices of hard-cooked egg. Place the spinach in a hot dish for serving.

This unusual recipe provides a good use for the vegetable water, which should never be thrown away.

LIMA BEANS
2 slices chopped onion 1 teaspoon salt
2 slices green pepper 1 teaspoon chili pow(chopped) der
2 tablespoons butter
Few drops tabasco (or fat) sauce
2 cups strained tomato $11 / 2$ cups cooked dry lima beans

- Cook onion and pepper in butter a few minutes before adding tomato and seasonings. When mixture boils add beans. Let simmer 20 to 30 minutes. Just before serving add chopped parsley.

A highly seasoned dish from the Southwest where they understand the use of chili powder and tabasco sauce in making ordinary foods interesting.

## ham and beans

| 1 quart navy beans | $1 / 4$ cup honey |
| :--- | :--- |
| 2 quarts water | 1 teaspoon salt |
| $1 / 4$ pound ham fat, | 1 teaspoon mustard |
| diced | $1 / 2$ cup hot water |
| 1 large onion | $3 / 4$ inch slice ham |
| 1 large can tomatoes |  |

Soak beans over night in water. Boil gently until soft, but not mushy. Drain. Cover bottom of pan with diced ham fat and add beans. Bury the whole onion in the beans. Mix honey, salt, mustard and bean liquid or hot water, and pour over beans. Place slice of ham on top. Cover with tomatoes and juice. Bake in a slow oven 4 hours. If beans dry out add boiling water. Serves 6.
This is an interesting variation of the usual New York method of baking beans (as distinguished from the Boston method which as you know uses molasses).

## CHICKEN PIE

- Dress, clean and singe a fowl. Put in a saucepan with boiling water to cover, add a sliced carrot, one stalk celery, one sprig parsley and one sliced onion. Bring to the boiling point, cover and simmer until fowl is tender, allowing about 30 minutes to pound. When half done season with salt and pepper. Line a shallow baking dish with pastry, then a layer of cut-up boned chicken, then a layer of pastry. Boil chicken stock down to 3 cups, strain and skim off most of the fat. Mix 4 tablespoons flour to a smooth paste with cold water, and add to the stock. Bring to the boiling point, stirring constantly and add to the chicken in baking dish, put in oven and cook until bottom crust is nearly done. Then add the remainder of stock, if any, and cover with pastry, cook slowly until pastry is thoroughly done and top crust is brown. Serve immediately.
Chicken pie with a difference-three layers of pastry instead of the usual two, just for good measure.


## STATE FLOWER-ROSE

 Olorth Carolina

the "OLO north" state

RALEIGH


## LEMON CREAM <br> six to eight servings

1 cup milk
1 cup coffee cream
2 eggs
$1 / 2$ cup sugar
1/2 cup Karo syrup
1/4 cup lemon juice
1 teaspoon grated lemon rind
Beat eggs until lemon colored. Add sugar gradually until the mix becomes a thick custard like consistency. Combine with syrup, milk, cream, and lemon juice and rind. Pour into freezing tray. When frozen, remove to bowl and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing.

## CHOCOLATE CREAM <br> six to eight servings

$3 / 4$ cup granulated sugar
2 tablespoons cocoa
$1 / 16$ teaspoon salt
$1 / 3$ cup hot water
$11 / 2$ pints coffee cream
2 teaspoons vanilla
9 Mix sugar, cocoa, and salt thoroughly. Add hot water. Heat until sugar is thoroughly dissolved. Remove from fire and partially cool. Add cream and pour into Frigidaire freezing tray and allow to freeze firmly. Remove to chilled mixing bowl. Add vanilla and whip with electric or hand beater until mixture becomes light and creamy. Return quickly to Frigidaire freezing tray and allow to finish freezing.

PEACH CREAM<br>six to eight servings

2 cups crushed canned peaches
1/2 cup sugar
$11 / 2$ tablespoons lemon juice
1 or 2 drops almond extract
1 cup milk
1 cup coffee cream

- Crush the peaches, then measure two cups. Add sugar and lemon juice. Combine with the milk and coffee cream, stirring until sugar is thoroughly dissolved. Pour into freezing tray and freeze firm. Remove to chilled mixing bowl and beat with an electric or hand beater until mixture becomes light and creamy. Return quickly to freezing tray and allow to finish freezing.


## PINEAPPLE MILK SHERBET

six to eight servings
$1 / 2$ cup pineapple juice 1 tablespoon lemon juice 1 teaspoon grated lemon rind $2 / 3$ cup granulated sugar 1 pint milk
Combine sugar, pineapple juice, lemon juice, and lemon rind. Add the milk and stir until the sugar is thoroughly dissolved. Pour into Frigidaire freezing tray and freeze firm. Remove to chilled mixing bowl and beat until mixture is light and creamy. Return quickly to freezing tray and finish freezing.

## APRICOT SHERBET

cight to ten servings
1 cup apricot juice
1 cup apricot pulp
$1 / 2$ cup water
1/4 cup granulated sugar
$11 / 2$ tablespoons lemon juice
$1 / 2$ cup coffee cream
2 egg whites
$1 / 16$ teaspoon salt
Cook apricot juice, water, and sugar slowly for ten minutes. Cool. Force apricots through puree strainer. Add lemon juice and syrup. Chill. Pour into Frigidaire freez-
ing tray and freeze firm. Remove mixture to chilled bowl and beat until light. Add beaten egg whites and cream. Return to tray and finish freezing. If mixture separates after it is partly frozen, remove to chilled bowl and beat again.

## CRANBERRY ICE

twelve servings
1 quart cranberries
1 pint water
2 cups granulated sugar
Juice of 1 orange
Grated rind of 1 orange

- Heat cranberries and water to boiling and allow to cook for a few minutes or until the berries become soft. Run through sieve. Then add sugar to puree. Add grated rind; heat again until sugar is dissolved. Add orange juice; remove from fire. Cool. Pour into tray and freeze firm. Remove to chilled mixing bowl and beat until mixture is very light. Return to freezing tray and finish freezing without stirring.

FROZEN PINEAPPLE SALAD
six to eight servings
1 cup pineapple juice 2 tablespoons flour
$1 / 2$ cup butter
1/8 cup sugar
$1 / 16$ teaspoon salt
1 egg
4 slices pineapple, cut fine
2 oranges
$1 / 4$ cup nuts
10 marshmallows
8 maraschino cherries
1 pint whipped cream

- Make a paste of flour and pineapple juice, then gradually add remainder of juice. Add butter, sugar and salt. Cook in top of double boiler for approximately 10 minutes. Then add the egg, slightly beaten. Continue to cook for a few minutes, stirring continually; then cool and add lemon juice. Add pineapple, oranges, nuts, marshmallows and cherries; then fold in the whipped cream. Pour into Frigidaire freezing tray and allow to freeze.


## arathersat

## THE "SIOUX" STATE

BISMARCK
大

## STATE FLOWER-WILD PRAIRIE ROSE



THE "BUGKEYE" STATE


## WHOLE WHEAT BREAD

$\left.\begin{array}{cl}4 \text { tablespoons liquid } & 1 \text { large potato, mashed } \\ \text { shortening } & 1 \text { cake yeast }\end{array}\right)$

- To the liquid shortening, honey and salt add the potato water and mashed potato. When lukewarm add yeast dissolved in milk. Add whole wheat, rye and white flour. Mix 10 minutes by hand or with bread mixer. Let rise over night, knead and shape into 2 loaves in the morning. When light bake at 400 degrees F. for 30 minutes, then 350 degrees $F$. for 30 minutes longer.


## APPLE BUTTER PIE

$1 / 2$ cup brown sugar
3 eggs
$1 / 2$ cup apple butter
$1 / 2$ cup milk $11 / 2$ cups water
$1 / 2$ teaspoon salt
$11 / 2$ teaspoons cinnamon
$1 / 2$ teaspoon nutmeg $1 / 8$ teaspoon cloves 1 tablespoon gelatine
2 tablespoons granulated sugar

- Cook brown sugar, egg yolks, apple butter, milk, 1 cup water, salt and spices until thickened. Soak gelatine in $1 / 2$ cup cold water 5 minutes and add to the hot mixture. Let cool and when it begins to congeal, fold in egg whites, which have been beaten until stiff with the granulated sugar. Pour into baked pastry shell and chill. Serve with whipped cream, unsweetened, flavored with vanilla.


## PECANETTES

1 cup very fine dry
1 cup sugar
bread crumbs 2 large eggs
1 cup chopped pecans 1 teaspoon vanilla

- Mix well and drop by teaspoonfuls on a greased baking sheet. Bake in moderate oven, 350 degrees for 15 minutes, till lightly browned. Remove from baking sheet immediately while still hot. Yield- 38 cookies two inches in diameter.


## THE SDONER" STATE



## STATE FLOWER - MISTLETOE

## RO YAL ANN CHERRY CAKE

| $1 / 2$ cup shortening | 1 teaspoon soda |
| :--- | :--- |
| 2 cups sugar | 3 cups cake flour |
| 3 eggs | $1 / 2$ cup milk |
| 1 teaspoon nutmeg | 2 cups Royal Ann |
| 1 teaspoon cinnamon | cherries |
| $1 / 2$ teaspoon cloves | 1 teaspoon vanilla |
| 2 teaspoons baking powder |  |

- Cream shortening and add the sifted sugar gradually, beating until light and fluffy. Add beaten egg yolks. Sift spices, baking powder and soda with flour and add alternately with the milk. Fold in the well-drained and pitted cherries. Fold in the stiffly beaten egg whites and the vanilla. Bake in three layers ( 8 -inch pans) in a moderately hot oven, 375 degrees F . Use following cream frosting.

6 tablespoons cream 1 teaspoon vanilla 3 tablespoons melted 3 cups confectioner's butter sugar

Mix cream, melted butter and vanilla and gradually sift in the sugar, using enough to make a frosting of spreading consistency.

## Genusylvania

THE "KEYSTONE" STATE


STATE FLOWER-MOUNTAIN LAUREL
 Rhode Osland

THE "PLANTATION" STATE


## "SNITZ AND KNEPP"

(Dried Apples and Dumplings)

- Cover and boil an end of ham weighing $11 / 2$ to 2 pounds until tender. Remove meat from broth. To about $11 / 2$ quarts of the remaining broth add $1 / 2$ cup brown sugar and $1 / 2$ pound dried sweet apples, which have been soaked several hours. Also add ham removed from bone. When the "snitz" (apples) are tender thicken if necessary with a flour and water paste, drop dumplings by spoonfuls into the broth. Boil 10 minutes without lifting cover from the pan.


## DUMPLINGS

| 1 cup flour | $1 / 2$ teaspoon salt |
| :--- | :--- |
| 2 teaspoons baking | 1 teaspoon shortening |
| powder | Water |

Sift flour, baking powder and salt; rub in shortening, add enough water to hold dough together.

## PEAR PRESERVE

| 1 peck pears | 3 lemons |
| :--- | :--- |
| $1 / 3$ cup ginger root | 4 pounds sugar |

2 cups water

- Peel and cut up pears, removing core; chop fine or put through coarse food chopper. Combine all ingredients including ginger root, which should be soaked over night and cut in small pieces (or use crystallized ginger to taste). Cook about 2 hours over a slow fire, stirring constantly. Preserve is very thick when done. Put in sterilized jars and cover with paraffin.

An old-fashioned recipe for ginger pears, delicious served with meat.

## SWEET POTATO BISCUIT

2 cups sweet potatoes $1 / 4$ teaspoon salt 2 eggs 1 cup sugar $2 / 3$ cup shortening $1 / 2$ teaspoon allspice $1 / 2$ teaspoon soda $1 / 2$ cup buttermilk

## Flour

- Boil and mash sweet potatoes. Beat eggs without separating, add sugar, then potatoes and shortening, salt and allspice. Dissolve soda in buttermilk and add last. Mix with enough flour to make a dough just stiff enough to handle. Mold biscuits with the hands and place in shallow pan $1 / 2$ inch apart. Bake in a moderate oven, 350 degrees F. Serve hot with butter.

Sweet potato biscuits made by this old South Carolina recipe are tender and delicious. If buttermilk is not available, sour milk may be substituted.

## SouthCerolenn

THE "PALMETTO" STATE


STATE FLOWER - YELLOW JESSAMINE


THE "SUNSHINE" STATE

## PHEASANT MUSHROOM DELIGHT

Disjoint 1 young pheasant and dip in flour to which salt and pepper have been added. Fry in butter or other fat, cooking slowly until well done. Remove the meat and make gravy in the pan. Remove the meat from the bones and cut in small pieces. Return to the gravy and add 1 can cream of mushroom soup and 1 pimiento, diced. Heat and serve over hot waffles, biscuits or toast.

A frying-size chicken may of course be substituted for the pheasant in this delicious dish, specially nice for Sunday-night supper.

PIERRE
*

## the "Yolunteer" state



State flower-passion flower

## barbecued lamb

| Leg of lamb 2 tablespoons pepper <br> 2 teaspoons salt sauce <br> Flour 2 tablespoons Wor- <br> 1 cup water cestershire sauce <br> $1 / 2$ cup tomato ketchup  <br>  $1 / 4$ teaspoon cayenne |  |
| :--- | :---: |
|  | 1 onion |

- Rub the leg of lamb with salt and dredge with flour. Brown quickly in a hot oven, 450 degrees F., then reduce heat to 350 degrees F. Mix the water and remaining ingredients except the onion. Make a sauce with the dripping in the pan by pouring this mixture over the lamb. Add the onion, sliced, to the sauce in the bottom of the pan. Roast lamb until tender, basting every 20 minutes with the sauce.
Frequent basting with the hot and flavory barbecue develops the flavor in the roast meat. Barbecued lamb is especially good cold.


## STEAK EXTRAORDINAIRE

Use 2 pounds sirloin steak, about $11 / 2$ inches thick, from yearling beef. Rub softened, not melted, butter on both sides. Salt and pepper top side only. Cover top every inch or so apart with thin slices of lemon, seeds discarded, then with rings of sweet white onions, the lemon and onion completely covering the steak. Pour over all a small bottle of tomato catsup and dot the surface with tiny flakes of fat cut from the steak.

Bake in moderate oven for 30 minutes or longer, depending on the thickness of the steak. Thirty minutes is right for a steak cut $11 / 2$ inches thick. It may be necessary to add a little hot water to the pan to prevent it becoming dry. The drippings should be delicious. Add to them 2 tablespoons fresh or sweet butter and pour over steak, which has been lifted on to the hot platter. In removing steak from pan, use care to keep onions and lemon slices in place.

## STRAWBERRY JAM TURNOVERS

| $1 / 2$ pound butter | 1 egg yolk |
| :--- | :--- |
| 2 cakes cream cheese | 2 tablespoons sugar |
| 2 cups flour | Strawberry jam |

- Mix butter and cheese together, add flour, egg and sugar. Make in a roll and put in refrigerator over night. Slice $1 / 2$ inch thick and roll each slice thin. Fill with thick strawberry jam and make into turnover. Press edges together with fork and prick center. Bake at 400 degrees 15 to 20 minutes.

A very rich pastry made with cream cheese and filled with strawberry jam from Utah's garden spots.

## HAM WITH MAPLE SUGAR AND BUTTERNUT SAUCE

- Cover ham with cold water and let soak several hours or over night. Wash thoroughly, trim off hard skin near end of the bone; place in kettle, cover with water and cook slowly. (Some hams have been so cured that they may be baked without soaking or boiling; allow 25 minutes per pound for whole ham in a moderate oven, 325 degrees F . or 30 minutes per pound for half ham.) When tender take off outside skin and spread with sauce made from $1 / 2$ cup chopped butternut meats mixed with 1 cup soft maple sugar. Bake 1 hour in slow oven, 250 degrees F .
If you aren't lucky enough to be able to get butternuts, you can substitute black walnuts with excellent effect.



## THE "GREEK MOUNTAIN" STATE




STATE FLOWER-AMERIGAN DOGWOOD


## VIRGINIA HAM AND OYSTERS

| 1 slice ham (about 2 | 1 pint oysters |
| :--- | :--- |
| pounds) | $11 / 2$ teaspoons lemon |
| Paprika <br> $21 / 2$ tablespoons fat | juice |
| $1 / 8$ teaspoon white |  | $1 / 2$ cup water

$11 / 2$ teaspoons lemon juice
1/8 teaspoon white pepper

- Trim rind from ham, sprinkle with paprika and sear on both sides. Add half the butter and the water, and cook slowly 20 to 30 minutes. After draining oysters and wiping with cloth, pour lemon juice over them and let stand 20 minutes. Place oysters on buttered pan and dot with butter and pepper. Put in hot oven, 400 degrees F . for 10 minutes or until edges curl. Arrange ham and oysters on platter and pour over them the ham drippings. Serve at once while piping hot.


## APPLE PIE

1 cup sugar
1 cup unsweetened pineapple juice (canned)
6 medium-sized tart apples

- Put sugar and pineapple juice on to boil. When mixture boils, add the apples, which have been pared, cored and cut in fourths. Cook slowly, uncovered, until fruit is tender, moving the apples barely enough to keep them covered with syrup. In this way the fruit is kept whole. Lift the apples out carefully with a spoon and lay them in a pie pan lined with unbaked pastry. Dissolve the cornstarch in a little cold water (about 2 teaspoons) and add to the syrup. Cook several minutes or until the mixture thickens. Add the vanilla and butter and pour over the apples. Cut strips of pastry $1 / 2$ inch wide, brush lightly with cream or unbeaten egg mixed with water. Place crisscross over the pie. Bake in a hot oven ( 450 degrees F.) 10 minutes and then reduce the heat to finish the baking ( 350 degrees F. about 35 minutes).


## baked mountain trout

- Clean and season trout, dip in a well-beaten egg. Roll in yellow corn meal. Sprinkle with salt and pepper and a few drops of lemon juice. Place in baking pan with enough fat to keep the fish from burning or sticking to the bottom of the pan. Add 2 stalks of celery, finely chopped, to the fat in the pan. Place in a very hot oven, 500 degrees F ., with no cover over the fish. Brown for 10 or 15 minutes. Turn heat rather low and add $1 / 2$ cup water. Place cover on the pan and allow fish to bake slowly for 1 hour.

West Virginia abounds in trout streams and this is a favorite recipe in season. The trout is golden brown, deliciously flavored with celery and just a tinge of lemon juice.

## STATE FLOWER-GREAT RHODODENDRON



THE "badger" state

## CRANBERRY SHERBET

4 cups cranberries $21 / 2$ cups water 2 cups sugar

1 teaspoon gelatine 1/2 cup cold water Juice of 2 lemons

- Cook the cranberries with water until the berries cease popping. Then strain, add sugar and cook until well dissolved. Add gelatine which has been dissolved in the cold water, cool, and add lemon juice, strained. Pour into refrigerator trays and stir occasionally. Time required, 2 to 3 hours: Serves 6.



## SOUR-DOUGH PANCAKES

Soak 1 dry yeast cake in 1 cup water for 30 minutes or longer. Add enough cold water to make 2 cups of liquid. Add $21 / 2$ cups flour and mix thoroughly. Set away in a covered stone jar for at least 24 hours. When ready to make pancakes pour some of the mixture into a pan for mixing, but leave about 1 cup of the sour-dough in the jar for a starter. Every night (or 8 hours before using) add 1 cup water and 1 cup flour to the sour-dough and mix. Set the jar in a fairly cool place. To mix the pancakes add $1 / 2$ teaspoon soda dissolved in $1 / 4$ cup hot water. Add milk or water until batter is of the consistency to spread on a griddle. To make them brown better, add 1 teaspoon sugar. If desired 2 well-beaten eggs may be added.

TAKEN FROM GOOD HOUSEKEEPING * AN EDITORIAL BY GOOD HOUSEKEEPING INSTITUTE * KATHARINE FISHER * DIRECTOR

Illustrations, Cuartesy Good Housekeoping

- Could anything add more to the jolly informality of a buffet supper than canapes of the spread-yourown and hors d'oeuvres of the serve-yourself variety? Not only young people, but guests of all ages, will enjoy this amusingly novel way of displaying an assortment of canapes and hors d'oeuvres to accompany their tomato or similar appetizers. Each and all may spread their own, and have lots of fun doing it.

One of the happiest features of this impromptu service, apart from its being unusual, is that the hors d'oeuvres and canapes are far more alluring if spread in the dining room just before serving. And think of the time and trouble spared the hostess! No wonder she includes plenty of these appetizing spreads at her parties, for they are eagerly consumed by her guests with little or no trouble to herself,
or to her servants, as the case may be.

At a spread-your-own canape party we served at the Institute, we used the buffet for our service, but a serving table or other side table would do just as well. For holding the assortment of canape mixtures, we chose small lacquer bowls, one for each mixture, all grouped on a large tray. Of course, the variety of these canape combinations, as well as the dishes used in serving them, depends upon the individual choice of the hostess. On this same tray we also arranged plenty of individual bread-andbutter knives, ready for the guests to use in spreading their own. The napkins were close by.
In selecting our canape foundations we made generous use of the wide and interesting assortment of unsweetened crackers, ready-to-use canape foundations, potato chips,
and bread sticks, which are sold in packages today. Crisp, crunchy crackers are usually more convenient to use for canape spreads than the toasted bread variety, which must be constantly renewed to insure crispness. However, some hostesses will find it interesting to their guests to have a toaster or sandwich toaster in the dining room, convenient to the buffet, where even guests may take their turn in preparing pieces of hot toast for spread-your-owns.

In serving the tomato-juice cocktail, we arranged it, thoroughly
chilled, in small glasses and passed them on a tray. Here again, however, the guests may serve themselves if the cocktails are placed on a side table in the dining room.

Some suggestions for self-spreads and easily served hors d'oeuvres, many of which can be prepared long before serving time, are given below. To these the ingenious hostess may wish to add her own specialties. However, after such delectable spreads one creamed hot dish with tiny biscuits or muffins followed by a simple dessert and a hot beverage, is quite sufficient for


It's a rare guest who can be indifferent to hors d'oeuvres when a suityourself display like this tempts bim with half a dozen different fillings.


Serve the first course in the living room! A fruit juice cocktail with a "spread-your-own" canape makes a tasty appetizer.
a buffet supper. And for a simple late evening snack, a tempting group of several canape spreads or hors d'oeuvres of the serve-yourself variety, served with tomatojuice cocktails, is an enjoyable and satisfying feast.

Cheese is an ideal base for many canape mixtures, and here are three, in quantities to serve 6 to 8 people, that are delectable spread on crackers or large-size potato chips. Chill them well before serving.

1. Mash a $4-\mathrm{oz}$. pkg. Roquefort cheese with a $3-\mathrm{oz}$. pkg. cream cheese, 1 tbsp. minced onion, and $1 / 4$ cup top milk or cream.
2. Mash one-half of an $8-\mathrm{oz}$. box of Camembert cheese with 1 tbsp. mayonnaise and $1 / 4$ cup cream, whipped.
3. Combine $1 / 2 \mathrm{lb}$. fresh cottage cheese with 2 tbsp. minced green pepper, 1 tbsp. minced onion, a dash of cayenne, and 1 tbsp. garlic-fla vored French dressing. This is a delicious spread on rice cakes, which can now be purchased in tins, or on wholewheat crackers, which come in packages, as well.
Some of the following are timely suggestions for canape spreads, too!
For Lobster Spread, combine a $6-\mathrm{oz}$. can of lobster, minced, 1 tbsp. lemon juice, $11 / 2$ tbsp. mayonnaise, and 1 tbsp. garlic-flavored French dressing. (For the latter, allow a cut bud of garlic to stand in the French dressing for several hours or longer.) Serves 6 to 8 .

Pate de foie gras and anchovy paste, mixed with minced onion or chives, is most tasty as a spread. But when seasoned as follows, liverwurst makes a good substitute for the
more expensive pate de foie gras. Mash 1/4 lb. liverwurst from which the skin has been removed, with 2 tbsp. mayonnaise and $1 / 4$ c. minced parsley.

For Minced Ham and Egg Spread combine $1 / 8 \mathrm{lb}$. minced cooked ham ( $2 / 3 \mathrm{c}$.) with 3 shelled hard-cooked eggs, minced, 2 tsp. minced onion, $11 / 2$ tsp. prepared mustard, 1 tsp. bottled condiment sauce, and 2 tbsp. mayonnaise. Serves 6 to 8.

For Crabmeat Spread mix a $61 / 2 \mathrm{oz}$. can of crabmeat, minced, with $1 / 2 \mathrm{c}$. chopped celery, $1 / 4$ c. minced pimiento, $1 / 4$ c. garlicflavored mayonnaise, $1 / 8$ tsp. salt, and $1 / 8$ tsp. paprika. Serves 6 to 8 .

For Almond and Olive Spread combine $1 / 4$ lb . of finely-chopped salted almonds with $1 / 2$ c. chopped minced stuffed olives, 2 tbsp. mayonnaise, and 1 tsp. French dressing. This is delicious on cheese crackers.

Blanched Celery Stalks, finger length, and crisp bearts of endive or palm (the latter comes in tins), are delightful when the guests are permitted to stuff their own. Use any of the above spreads; or cream cheese mixed with canned crushed pineapple and minced pimiento is especially good. Use a 3 -oz. pkg. cream cheese to $1 / 4$ c. canned crushed pineapple and 1 tbsp. minced pimiento.

Caviar in itself is superb if the occasion demands a rather special treat. Place the fresh or tinned variety in a crystal or glass bowl, embedded in shaved ice. Surround with small separate dishes of minced yellow and minced white of egg, slices of lemon or lime, and finely-minced onion; to be spread on thin slices of whole-wheat bread.

Hors d'oeuvres of the serve-yourself variety are ideal to serve with tomato or similar cocktails, and here are a few suggestions:

In the center of a large round platter have a small bowl filled with a horse-radish sauce seasoned with chili-sauce and a speck of cayenne. Have peeled, quartered, ripe tomatoes on the platter, also artichoke bottoms. Each guest will dip the tomato or artichoke into the sauce. Provide oyster-
forks or salad-forks for this dish. Small paper tea-napkins or cocktail serviettes are, of course, a necessity.
The same system as above is applied to a platter full of large fresh-cooked or canned shrimp, thoroughly chilled. A bowl of Thousand Island or Russian dressing is in the center, into which the shrimp are dipped and eaten with the fingers or a fork. Whole-boned sardines, pieces of white tuna, crabmeat, or lobster may also be on a platter decorated with pimiento strips, watercress, or chicory, accompanied by toasted cheese wafers and slices of lime or lemon.
Or on an attractive tray place a dish of halved hard-cooked eggs from which the yolks have been removed. Surround with small bowls of various fillings for the eggs -the guests to stuff their own egg halves. Here are some suggested fillings, each of which will serve 6 to 8 people.

For Sardine and Egg Filling, combine 4 hardcooked egg yolks minced fine with a $33 / 4 \mathrm{oz}$. can sardines mashed, 1 tbsp. lemon juice, 2 tbsp. mayonnaise, and 1 tbsp. garlic-flavored French dressing. Serves 6 to 8 .

Ham and Olive Filling. Combine $1 / 8 \mathrm{lb}$. cooked ham minced ( $2 / 3 \mathrm{c}$.) with $1 / 2$ c. finely-chopped stuffed olives, 2 tbsp. minced parsley, 1 tbsp. bottled condiment sauce, and $1 / 4$ c. mayonnaise. Serves 6 to 8 .

For Pineapple and Chicken Filling, combine $1 / 4$ c. canned crushed pineapple, $1 / 2$ c. chopped cooked chicken, and 2 tbsp. mayonnaise. Serves 6 to 8.
For Cream Cbeese and Egg Filling, combine a 3-oz. pkg. cream cheese with 4 hard-cooked egg yolks, 1 tsp. vinegar, 2 tsp. prepared mustard, $1 / 8 \mathrm{tsp}$. salt, 1 tbsp. chopped green pepper, and $1 / 8$ tsp. paprika. Serves 6 to 8 .

Always in demand would be thin slices of Swiss or Pimiento cheese, juicy baked ham, bologna, salami, tongue, or German sausage, all of which appeal particularly to masculine tastes. Prepared mustard, chili and horse-radish sauce, salt and pepper should be on hand for this self-service. And do not forget ripe or green olives, gherkins, salted nuts and the like.


Every housewife is, of course, interested in ways and means of reducing the cost of living. And with higher food prices, this problem takes on special importance.

To help you solve this problem the Frigidaire Home Economics Division has made some very extensive studies-in its laboratories, test kitchens, and in homes of representative housewives in all
parts of the country. The results of these studies show some surprising facts-facts that will be of great interest and help to you in serving Better Meals for Less Money in your home.

The first important fact brought to light, was that many women do not appreciate to the full extent the need and economy of Safety Zone Refrigeration. Yet, any woman who really stops to think, knows that improperly kept food is unappetizing, endangers health, and means a direct loss of money.

The second fact that was uncovered was that thousands of housewives, even though appreciating its value, did not clearly understand what Safety Zone Refrigeration really means. They did not realize that unless their food is stored in Safety Zone Tempera-ture-below $50^{\circ}$ and above $32^{\circ}$ all the time, they are not getting
proper refrigeration. $50^{\circ}$ is the danger line. Scientists have proved this conclusively, prominent authorities and the United States Government affirm it. Because above $50^{\circ}$, bacteria, always present in food, multiply at an amazingly high rate.

After definitely establishing the economies of Safety Zone Refrigeration, it was decided to determine, as closely as possible, the exact extent of these savings. To get this information, a Nation-wide survey of Frigidaire owners was con-
ducted. Women submitted their own savings figures and the results were then carefully tabulated.

A study of these results showed four major savings. And the prevention of food spoilage was of course one of the four. Every family has food left over at the end of meals, and the women reported a surprising saving each week by keeping the unused portions safely in Frigidaire and using them later in other meals. Waste from food spoilage was practically eliminated.

## Sunday Dinner

 Chuck Roast Mashed Potatoes Green Beans Celery Hearts Frigidaire Rolls Butter Pineapple SherbetSunday Unused Portions Mashed Potatoes Green Beans Outside portions of Celery
Pineapple Slices Chuck Roast

Tuesday Dinner Cheese Omelet Lima Beans Stewed Tomatnes Frigidaire Rolls Fresh Fruit

## Unused Portions



Sunday Unused Portions
Tuesday Unused Portions



Monday Unused Portions Wednesday Unused Portions


Wednesday Unused Portions

## "FREE MEALS" FROM FOOD SAVED BY SAFETY ZONE REFRIGERATION

- The photographs below and at the left show a typical example of how women actually were able to have "Free Meals" from food saved by Safety Zone Refrigeration. The unused portions left from the family dinners on Sunday, Monday, Tuesday, and Wednesday provide a healthful, appetizing meal that the whole family can enjoy on Thursday.

Of course, most of the women
utilized part of the unused portions in one meal and part in another-rather than saving them all for one meal. However, this is an example of how women who use Frigidaire can have free meals or their equivalent by saving food that could not be kept without Safety Zone Refrigeration. Any housewife can think of many appetizing and money-saving meals that could be prepared in this way.


## THURSDAY'S "FREE MEAL" MADE FROM UNUSED PORTIONS

[^0]
## OTHER WAYS OF GETTING




#### Abstract

In addition to preventing food spoilage losses, the survey disclosed that women


 who use Frigidaire can plan their meals in advance-buy the food they need on days when both quality and price are advantageous.In this way, two important savings are made. First, by buying bargain specials, and second, by buying larger quantities at lower prices. Meats that cost 28 c a pound can frequently be purchased as a special for 23 c . . . canned goods costing $11 / 4 \mathrm{c}$ an ounce in small sizes can be purchased for $3 / 4 \mathrm{c}$ an ounce in large cans . . . cream at 13 c a half-pint can often be had for as little as 37 c a quart. Scores of different items can be bought at big savings providing one has safe refrigeration for the part not immediately consumed.


The fourth big sa vings reported by Frigidaire owners was the low operating cost compared with their expense for former methods of refrigeration. This proved to be the largest saving of all.

The following figures show the results of the Nation-wide survey of Frigidaire owners and the average savings reported.


Summary of average savings per week: 68c by Preventing Food Spoilage 50 c by Buying Bargain Specials. 62c by Buying Larger Quantities 73c by Reducing Refrigeration Cost

Total $\$ 2.53$ a week-or $\$ 10.98$ a month.
On the basis of these figures it is easy to appreciate what an important part Safety Zone Refrigeration plays in serving Better Meals for Less Money.


General Motors Building, Detroit

## IN APPRECIATION

- In presenting this book, The Frigidaire Division of General Motors, your local Frigidaire Dealer and Frigidaire Salesmen wish to express their keen appreciation of the widespread public interest in their efforts to provide homes with a safe, economical and convenient place to keep foods. Frigidaire Men everywhere are deeply grateful for the enthusiastic acceptance which has been given to Frigidaire with the MeterMiser . . . making possible the statement that "Today a Million and a Half more Frigidaires have been sold than any other make."



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[^0]:    "Free Meal" Menu-Celery Soup Meat PieCombination Vegetable Salad-Frigidaire Rolls or Wheat Bread-Sliced Pineapple.

    ## How Meal was Prepared:

    Celery Soup-made from celery left over from Sunday's dinner.
    Meat Pie-Made from Beef and Ham left over from

    Sunday and Monday: topped with mashed potatoes left from Sunday.
    Combination Vegetable Salad-made from Green Beans left from Sunday; Lima Beans from Tuesday; Corn and Tomatoes from Wednesday and Lettuce Leaves from Monday.

