




cook book



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When you drink a cool refreshing glass of milk, or pour one for the children, think of all the ways you use this delicious food in other ways. You will find milk and the wholesome products made from milk . . . butter, cream, cheese, ice cream . . . used in a surprising number of dishes that go onto your table or are packed into lunch-box meals every day. In fact, we are all so dependent on dairy foods for the healthful meals that we need and enjoy, that it would be well nigh impossible to do without them.

Consider the delicious casserole dishes that are bound together with creamy sauces, the soups that owe their fame to the generous use of milk, the eye-appealing salads that are the more beautiful and delicious because of cottage cheese.

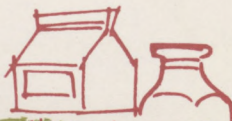
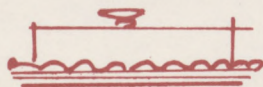
Dairy foods are found everywhere in good cooking. They go into foods for babies, for fast-growing teens and vigorous adults.

They are used in increasing measure in meals for grandmas and gramps, for science says they need the nutrients of milk products just as much as the small folk in the family. They go into budget meals and into those of unlimited cost . . . into those for the dieter as well as for those who are trying to build themselves up. They are simple wholesome foods yet even the epicure finds them indispensable in the preparation and enjoyment of gourmet meals. Here we find some recipes for good dishes made from dairy foods . . . the kind you will want to try and use again and again. They are not difficult to use or unnecessarily elaborate. May you enjoy some good eating!



how to buy and measure dairy foods

1 pound American (cheddar) cheese . . .	4 cups shredded or grated
1 pound butter	2 cups
¼ pound (1 stick) butter	½ cup
1 pound cottage cheese	2 cups
½ pint (one cup) coffee cream	8 servings for coffee
½ pint milk plus 1 tablespoon lemon juice or vinegar	1 cup soured milk
1 quart ice cream	6 medium servings



care of dairy foods

Dairy foods will keep in the prime condition in which you receive them if you will follow the rule of the 3 C's: Keep them *cool*, keep them *clean* and keep them *covered*.

milk and cream

Wipe bottles or cartons with a damp cloth as soon as they come into your kitchen. Place containers in the refrigerator immediately behind any containers left from the day before.

Don't transfer milk or cream for storage from the original containers. Keep them covered with the original closure.

Measure out milk or cream to be used for drinking or cooking and immediately return the original container to the refrigerator.

butter

Keep butter covered in refrigerator until ready for use, then cut off amount needed and return original container immediately to refrigerator. Store only small amounts of butter in "conditioners" provided in some refrigerators.

cheese

Keep cheese tightly covered in the refrigerator. Cottage and cream cheese are perishable and should be treated like milk or cream.

Cut off any mold from hard or semi-hard cheese, remainder will be in good condition.

Allow firm and semi-hard cheese to stand at room temperature a short time before serving for the best flavor.

ice cream

Store in original container in freezer or freezing compartment of refrigerator. For short time storage in a refrigerator without low temperature freezing (zero degrees or lower), transfer ice cream to dry freezing tray, cover with foil, transparent film, or waxed paper and set control to low.

Ice cream, firmly frozen, may be softened to serving consistency if allowed to stand at regular refrigerating temperatures for a short time.



Good white, or cream sauce is basic in all good cooking. Its creamy texture and bland flavor make it an ideal base for hundreds of delectable dishes . . . soups, main dishes, vegetables and many others.

key sauce to good cooking



how to make cream sauce

Kind	Butter	Flour	Milk	Salt
Thin	1 tablespoon	1 tablespoon	1 cup	½ teaspoon
Medium	2 tablespoons	2 tablespoons	1 cup	½ teaspoon
Thick	3 tablespoons	3 tablespoons	1 cup	½ teaspoon
Very thick	¼ cup	¼ cup	1 cup	½ teaspoon

Add other seasonings as desired.

Melt butter in saucepan over low heat. Blend in flour. Add milk, all at once, (mixture will be lumpy). Cook and stir until sauce is smooth and thickened. Add salt and any other seasonings desired. Makes 1 cup sauce.

how to use

Thin Sauce: To make soup, use 1 cup thin sauce with ½ to ¾ cup finely chopped or pureed vegetables. For creaming starchy vegetables such as potatoes, use 1 cup sauce to each 2 to 2½ cups vegetables. For thin cheese sauce, use 1 cup shredded or grated cheese for each cup of sauce.

Medium Sauce: Used for all creamed and scalloped vegetables, meat, fish, poultry and the like. Use about 2 cups sliced, cubed, or chopped food with 1 cup sauce. For thick cheese sauce, add 1 cup shredded or grated cheese for each cup of sauce.

Thick Sauce: Used as base for souffles.

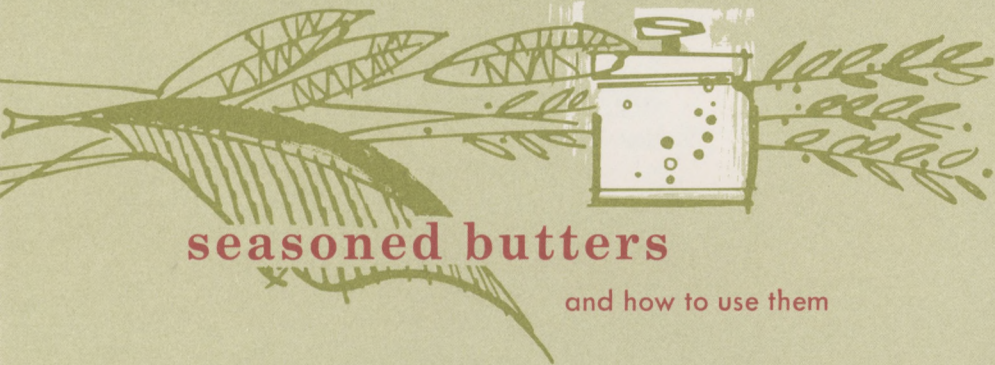
Very Thick Sauce: Used to bind foods together as in croquettes, loaves and other dishes which require molding. Amounts of filler to sauce vary, so follow recipe.

cream gravy for meat and poultry

2 tablespoons drippings from poultry or meat	1 cup milk
1½ tablespoons flour	Salt, pepper and other seasonings to taste

Remove meat or poultry from pan and pour off fat into container. Measure required amount of fat back into pan; add other ingredients listed above and follow preparation directions for cream sauce.





seasoned butters

and how to use them

parsley butter Combine $\frac{1}{4}$ pound (1 stick) butter, melted, 1 tablespoon lemon juice, $\frac{1}{4}$ to $\frac{1}{2}$ cup finely minced parsley.

How to use it: for seasoning potatoes, noodles, shellfish and fish.

mustard butter Combine $\frac{1}{4}$ pound (1 stick) butter, softened, $\frac{1}{4}$ cup prepared mustard.

How to use it: as a spread for sandwiches and canapes; as a seasoning for fish, ham and eggs.

lemon butter Combine $\frac{1}{4}$ pound (1 stick) butter, melted, 1 tablespoon lemon juice, 1 teaspoon grated lemon rind.

How to use it: for seasoning fish, shellfish, chicken, veal and vegetables.

garlic butter Combine $\frac{1}{4}$ pound (1 stick) butter, softened, 1 small clove garlic, thoroughly mashed.

How to use it: for seasoning French or other crisp-crusted breads, some meats, fish and shellfish.

herb butter Combine $\frac{1}{4}$ pound (1 stick) butter, softened, 1 teaspoon mixed salad herbs.

How to use it: for seasoning French or other crisp-crusted breads, as a spread for canapes, for seasoning poultry, veal and vegetables; ideal seasoning for stuffings for meat, poultry and fish.

cheese butter Combine $\frac{1}{4}$ pound (1 stick) butter, softened, and desired amount of grated sharp cheese, such as Parmesan or Romano.

How to use it: for seasoning French or other crisp-crusted breads, as spread for canapes, as seasoning for vegetables.

curtain raisers



cream of chicken soup

Serve a cup of this creamy soup for a first course of any meal or a big bowl as a main course. It's wonderful eating any time!

¼ cup butter

1 tablespoon minced onion

2 tablespoons minced celery

2 tablespoons flour

1 cup chicken broth

3 cups milk

½ to ¾ cup chopped
chicken

Salt and pepper to taste


Finely minced parsley

Melt butter in heavy saucepan; add onion and celery and cook and stir until onion is transparent. Add flour and blend. Add chicken broth and cook and stir until smooth and thickened. Add milk gradually, stirring constantly. Season with salt and pepper to taste; add chicken and cook and stir until mixture bubbles. Serve at once in warm soup cups topped with minced parsley. Makes 4 to 5 servings.

If chicken broth is not available, substitute 1 cup milk and add 4 chicken bouillon cubes. Turkey broth and stock may be substituted for chicken.

Menu for Dinner: Cream of Chicken Soup, liver and bacon, baked potato, buttered carrot sticks, cabbage and sweet onion salad, cherry pie a la mode, milk and tea.



A vertical illustration on the left side of the page. At the top, two red tomatoes are shown. Below them is a white bowl with a red rim, containing a light-colored soup with green herbs. A spoon is in the bowl. Below the bowl is another red tomato. Further down, there are some green leaves and small red dots. At the bottom of this section, there is a bunch of green vegetables, including what looks like a carrot and some leafy greens.


frosty tomato soup

There's no soup more refreshing than one that is chilled ... and this combination of tomato and buttermilk garnished with sour cream is doubly so.

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| 1 can condensed tomato soup | Dash of pepper sauce |
| 1 can measure buttermilk | Sour cream |
| Chopped chives or green onion tops | |

Chill soup thoroughly and combine with well chilled buttermilk. Add a dash of pepper sauce and pour into chilled soup bowls or cups. Top each with a spoonful of sour cream and garnish with chopped chives. Serve at once. Makes 4 servings.


Menu for Dinner: Frosty Tomato Soup, broiled lobster tails, escalloped corn, zucchini squash, relish tray of celery, radishes and cucumber pickles, fruit cup, molasses cookies, milk and coffee.

A vertical illustration on the left side of the page. It shows a variety of fresh vegetables. At the top, there are some green leaves. Below them is a red radish. Next to it is a yellow squash. Below the squash is a bunch of green celery. At the bottom of this section, there is a bunch of green vegetables, including what looks like a carrot and some leafy greens.

spring garden dip

Here is a new kind of "dip" ... a blend of dairy sour cream and mayonnaise seasoned with minced garden vegetables. Crisp vegetable strips are used for "dunking." Makes a fine salad dressing too for wedges of lettuce!

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| 1 cup sour cream | ¼ cup minced radishes |
| ½ cup mayonnaise | ¼ cup minced cucumber, well drained |
| 1 teaspoon salt | |
| Dash of pepper sauce | ¼ cup minced green pepper |
| Sugar to taste | 1 clove garlic, thoroughly crushed |
| ½ cup minced green onion | |
| Carrot, celery, zucchini squash or white turnip sticks or uncooked cauliflowerettes | |

A vertical illustration on the left side of the page. At the top, there is a white bowl with a red rim, containing a light-colored dip with green herbs. Below the bowl is a small white container with a red label that says "SOUR CREAM".

Blend ingredients and pour into a small bowl. Place in the center of a large serving plate and surround with arrangements of crisp carrot, celery, squash or turnip sticks and uncooked cauliflowerettes. Garnish with radish roses, parsley or sprigs of watercress. Makes 2½ cups.



cottage cheese dip

This double duty recipe gives a choice of two basic flavors, minced dried beef or shredded tuna, blended with creamy cottage cheese.

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| 1 pound creamed cottage cheese (2 cups) | ¼ teaspoon Worcestershire sauce |
| 1 clove garlic | ¼ teaspoon pepper sauce |
| 2 oz. minced chipped beef, or | Celery salt to taste |
| 1 7-oz. can shredded tuna | 2 tablespoons mayonnaise |
| 1 tablespoon minced onion | Salt to taste |
| 1 tablespoon lemon juice | |
| 1 tablespoon horseradish | |
| Corn chips, potato chips or small thin crackers | |

Rub a small bowl with the cut clove of garlic. Add cheese and beat until smooth. Combine with remaining ingredients and chill for 2 hours to blend flavors. Serve with corn chips, potato chips or small thin crackers. Makes about 2½ cups dip. Add 1 cup of minced crabmeat, shrimp or clams in place of chipped beef or tuna.



main dish magic

saucy crabmeat casserole

Slivered almonds and uncooked celery add wonderful flavor and crisp texture to this creamy casserole.

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| 1/2 cup butter | 1/3 cup slivered blanched almonds |
| 2/3 cup flour | 4 diced hard-cooked eggs |
| 2 2/3 cups milk | 2 teaspoons salt |
| 2 6 1/2-oz. cans crabmeat | 1 cup grated American cheese |
| 4 cups chopped celery | 1/2 cup buttered bread crumbs |
| 1/2 cup chopped green pepper | |
| 2 pimientos, chopped | |

Melt butter in saucepan; blend in flour. Add milk, cook and stir until smooth and thickened. Add crabmeat, celery, pimiento, green pepper, almonds, eggs and salt. Season to taste. Pour into a 2-quart casserole. Top with cheese and crumbs; bake at 350° about 45 minutes, until browned. Makes 8 servings.

Sunday Night Supper: Saucy Crabmeat Casserole, buttered asparagus, tomato aspic salad, buttered hot rolls, spice cake with baked-on topping, milk and coffee.

chicken a la king on noodle squares

Noodle Squares:

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| 6 ounces medium noodles | 1 1/2 tablespoons poppy-seeds, if desired |
| 3 eggs, slightly beaten | |
| 1 1/2 teaspoons salt | 1 cup light cream or milk |

Cook noodles in boiling, salted water until tender, drain, rinse with cold water. Combine eggs, salt, poppyseeds and cream; add to noodles. Pour into a buttered 8-inch square baking dish; bake at 350° about 35 to 40 minutes, or until firm in the center. To serve, cut into squares.

Chicken a la King:

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| 2 cups medium cream sauce | 2 egg yolks, slightly beaten |
| 2 cups diced cooked chicken | |
| 1 cup sliced cooked mushrooms | 1/2 cup light cream |
| 2 tablespoons chopped pimiento | 1 tablespoon lemon juice |

Make cream sauce (see page 3). Add chicken, mushrooms and pimiento; heat to bubbling. Combine egg yolks and cream and stir into chicken mixture, reducing heat so mixture does not boil; add lemon juice, blend.

Menu for Lunch or Supper: Chicken a la King on Noodle Squares, buttered peas, grapefruit and avocado salad, hot rolls, butter, ice cream with coconut cake squares, milk and coffee.

butter-baked chicken

Crisp-crust without, juicy within, this easy-to-cook "fried" chicken is the best you'll ever eat.

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| 1/2 cup butter (1 stick) | Milk or buttermilk |
| 1 frying chicken (2 1/2 to 3 pounds) | 3/4 cup flour |
| | 1 1/2 teaspoons salt |
| | 1 teaspoon paprika |

Melt butter in shallow baking pan large enough so chicken can be arranged in single layer. Disjoint and clean chicken, dry; dip in milk or buttermilk. Drain off excess milk and dredge in mixture of flour, salt and paprika. Arrange meaty side down in buttered baking pan; bake uncovered at 400° for 30 minutes. Turn, bake about 30 minutes longer, or until meatiest pieces are tender. Remove from baking pan and pour off excess butter. To 1/4 cup of the drippings add 3 tablespoons flour, blend; add 2 cups milk. Cook and stir until smooth and thickened. Season to taste and serve at once. Makes 4 servings.

Menu for Dinner: Fruit cocktail, Butter-Baked Chicken, cream gravy, mashed potatoes or southern spoon bread, buttered green beans, sliced tomato salad, hot rolls and butter, pineapple sherbet, butter cookies, milk and tea.

company casserole

This delicious and economical main dish is easy to prepare for an informal supper party.

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| 1 8-oz. package, medium noodles | 1 8-oz. can tomato sauce |
| 1 1/2 pounds ground beef | 1 cup creamed cottage cheese |
| 2 tablespoons butter | 1 cup sour cream |
| 1 teaspoon salt | 6 green onions, chopped |
| Pepper to taste | 3/4 cup grated, sharp American cheese |
| 1/4 teaspoon garlic salt | |

Cook noodles until tender in boiling, salted water; drain, rinse with cold water. Melt butter in skillet; add meat and cook and stir until meat has lost red color. Add salt, pepper, garlic salt and tomato sauce and simmer gently 5 minutes. Remove from heat. Combine cottage cheese, sour cream, onion and noodles. Alternate layers of noodle and meat mixtures in 2-quart casserole. Top with grated cheese; bake at 350° about 30 minutes, until browned on top. Makes 6 to 8 servings.

Menu for Supper: Company Casserole, tossed salad of mixed cooked vegetables and greens, garlic butter bread, butterscotch eclairs, milk and coffee.





swedish meat balls

1 pound ground beef
 ½ pound ground pork
 ½ cup dry bread crumbs
 ½ cup milk
 ¾ cup minced onion
 ¼ cup butter
 1 egg, slightly beaten

1½ teaspoons salt
 1 teaspoon sugar
 ¼ teaspoon nutmeg
 ½ teaspoon monosodium glutamate
 2 tablespoons flour
 2 cups milk

Have beef and pork ground together. Add milk to crumbs; let stand until softened. Cook onion in 2 tablespoons butter until transparent. Add to meat; add crumbs, egg and seasonings; blend. (Mixture is very soft.) Form into one-inch balls. Brown balls in remaining butter; remove as they brown. Measure 2 tablespoons drippings, blend in flour. Add milk; cook and stir until thickened. Season to taste; add meat balls. Cover and cook over low heat about 10 minutes. Makes 6 servings.

Menu for Dinner: Swedish Meat Balls, whipped potatoes, buttered broccoli, pickled beet and celery salad, bread, butter, apple sauce, oatmeal cookies, milk and tea.

gnocchi (italian)


This well known meal-in-one is as famous in the country from which it comes as spaghetti.

½ cup farina or corn meal
 ¼ cup butter
 ½ teaspoon salt
 2 cups hot milk
 1 egg, beaten
 ½ pound shredded, sharp American cheese (2 cups)
 ½ cup finely chopped onion
 1 clove garlic, minced

2 tablespoons finely chopped green pepper
 1 No. 2 can tomatoes (2½ cups)
 1 teaspoon salt
 1 teaspoon sugar
 Few grains cayenne
 Pinch oregano
 2 tablespoons cornstarch

Cook and stir farina, 1 tablespoon butter, salt and hot milk over low heat until thick and smooth. Remove from heat; add egg and 1½ cups cheese. Stir until cheese is melted; pour into buttered 8-inch square pan; chill. Cut into oblongs and arrange in baking dish. Cook onion, garlic and green pepper in remaining butter until transparent. Add tomatoes and seasonings. Make thin paste of cornstarch and a little cold water; add to tomato mixture. Cook and stir until thick and clear. Pour over farina; sprinkle with ½ cup cheese. Bake at 325° about 20 to 25 minutes, until browned. Makes 4 servings.

Menu for Supper: Gnocchi, green salad, bread sticks, butter, spumoni ice cream, cookies, milk and coffee.



hamburger stroganoff

This budget version of Beef Stroganoff has all the fine flavor of the original.

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| ½ cup finely minced onion | 1 8-ounce can sliced mushrooms |
| 1 clove garlic, minced | ½ can cream of chicken soup, undiluted |
| ¼ cup butter | 1½ cups sour cream |
| 1 pound ground beef | 2 tablespoons minced parsley |
| 2 tablespoons flour | |
| 1 teaspoon salt | |
| ¼ teaspoon pepper | |

Cook onion and garlic in butter until transparent. Add meat, cook and stir until it has lost red color. Add flour, salt, pepper and mushrooms; cook 5 minutes. Add soup; simmer 10 minutes. Add sour cream and heat. Top with parsley; serve on noodles. Makes 4 to 5 servings.

Dinner Menu: Hamburger Stroganoff, buttered noodles, buttered carrot and celery crescents, spinach and lettuce salad, bread butter, custard, macaroons, milk and tea.

mock lasagna

A simplified version of a famous Italian dish.

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| 1 tablespoon butter | 1 teaspoon sugar |
| 1 medium onion, chopped | ½ teaspoon oregano |
| 1 clove garlic, minced | 1 pint creamed cottage cheese |
| ½ pound ground beef | ½ pound Mozzarella or American cheese |
| ½ teaspoon salt | Parmesan cheese |
| 1 No. 2½ can tomatoes (3½ cups) | 8 ounces broad noodles |
| 1 6-ounce can tomato paste | |

Cook onion and garlic in butter until transparent. Add meat, cook and stir until it has lost red color. Add salt, tomatoes, tomato paste and sugar; cover and simmer 2 hours; add water if necessary. Add sugar and oregano; cook until thick. Season to taste. Drain cottage cheese; shred Mozzarella cheese. Cook noodles until barely tender, drain, rinse with cold water. Pour a little sauce in buttered 2-quart casserole; top with one-third of noodles, half the cottage and Mozzarella cheeses. Sprinkle with grated Parmesan cheese, cover with sauce. Repeat; use last third of noodles, sauce and Parmesan cheese for topping. Bake at 350° 45 minutes, or until lightly browned. Stand in warm place to set. Makes 6 to 8 servings.

Supper Menu: Mock Lasagna, garlic-buttered bread, tossed green salad with ripe olives and tiny pickled hot peppers, neapolitan ice cream, milk and coffee.

vegetable variety

au gratin potatoes dauphinaise

Who could resist so savoury a blend of potato slices and mellow Swiss cheese for family and company meals?

1 clove garlic	1/2 pound shredded Swiss cheese
Butter	1 egg, slightly beaten
6 medium size potatoes	3 cups milk
Salt and pepper	

Rub inside of 1½-quart casserole with cut clove of garlic; coat generously with butter. Slice potatoes thin, arrange in alternate layers with cheese, seasoning each layer with salt and pepper, reserve cheese for top. Dot with butter; pour blended egg and milk over top. Bake at 350° for 1¼ to 1½ hours, or until tender. Makes 6 servings.

Menu for Dinner: Smoked pork butt, Au Gratin Potatoes Dauphinaise, buttered peas and onions, cole slaw with pineapple chunks, bread, butter, lemon snow pudding with custard sauce, milk and coffee.

baked potatoes delish

A spoonful of delicious sour cream dressing on a piping hot baked potato is a special treat. It's good on other cooked vegetables, too.

6 medium baking potatoes	1/4 cup finely minced green onion or chives
1 pint sour cream	Seasoned salt to taste

Scrub potatoes, dry. Rub with a little shortening. Bake at 425°, 45 minutes to 1 hour, or until soft when pressed with fingers. Mix together remaining ingredients. Allow to stand in refrigerator to blend flavors until potatoes are done. Cut cross slits in potato tops; loosen pulp, sprinkle with salt; serve with a generous spoonful of sour cream mixture. Makes 6 servings.

Menu for Dinner: Pan-broiled lamb shoulder steaks, Baked Potatoes Delish, buttered broccoli, assorted relishes, bread, butter, canned fruit, sugar cookies, milk and tea.



gourmet baked spinach

Here is spinach with a new kind of flavor.

2 packages frozen chopped spinach	3 hard-cooked eggs, finely chopped
2 tablespoons minced onion	Salt and pepper to taste
3 tablespoons butter	1/2 cup grated American cheese
3 tablespoons flour	1/2 cup buttered crumbs
2 cups milk	Paprika
1/4 teaspoon nutmeg	

Cook spinach according to directions on the carton; drain thoroughly. Cook onion in butter until transparent. Add flour and blend. Add milk and cook and stir until smooth and thickened. Add cooked, drained spinach, nutmeg and eggs; season with salt and pepper to taste. Turn into a buttered shallow baking dish; top with mixture of cheese and crumbs, sprinkle with paprika. Bake at 375° 20 minutes, or until lightly browned on top. Makes 6 servings.

Menu for Dinner: Veal birds, parsley-buttered potatoes, Gourmet Baked Spinach, fruit salad with honey dressing, bread, butter, brownies a la mode, milk and coffee.


corn and cheese pudding

This is a fine lunch or supper main dish or accompaniment for meat or poultry.

3 egg yolks	1 1/2 cups finely shredded American cheese
1 cup milk, scalded	1 tablespoon butter
1 1/2 cups soft bread crumbs	1 1-pound can cream-style corn (1 3/4 cups)
1/2 teaspoon dry mustard	3 egg whites
3/4 teaspoon salt	
1/4 teaspoon pepper sauce	

Beat egg yolks until thick and lemon colored; add milk gradually, beating constantly. Add bread crumbs and seasonings, blend well. Stir in cheese, butter and corn. Beat egg whites until stiff, but not dry; fold gently but thoroughly into mixture. Pour into a 10x6x2-inch baking dish; bake at 325° about 40 minutes, or until a knife inserted in the center comes out clean. Makes 6 servings.

Menu for Lunch or Supper: Corn and Cheese Pudding, crisp bacon, tomato and lettuce salad, rolls, butter, baked apple, cream, milk and tea.



snappy salads

white cap salad

This salad of snowy molds of cottage and Blue cheese on slices of ripe tomato may serve as an appetizer or salad course.

1 tablespoon unflavored gelatin	1 teaspoon Worcestershire sauce
$\frac{1}{4}$ cup cold milk	Dash of pepper sauce
$\frac{1}{4}$ pound Blue cheese	Salt to taste
1 pint creamed cottage cheese	$\frac{1}{2}$ cup mayonnaise
	6 thick tomato slices

Soften gelatin in cold milk for 5 minutes. Dissolve over hot water. Mash Blue cheese, add to cottage cheese. Sieve or beat with rotary beater to blend. Add seasonings; stir in gelatin, mix well. Fold in mayonnaise. Pour into six small molds. Chill until firm. To serve, unmold on seasoned tomato slices arranged on salad greens. Serve with dressing made of equal parts of sour cream and mayonnaise. Makes 6 servings.

Special Dinner: White Cap Salad as appetizer, roast beef, whipped potatoes, buttered zucchini, corn relish, hot rolls, butter, banana cream tarts, milk and coffee.

pot luck potato salad

Good seasonings, dairy sour cream and cucumber make this a refreshing salad.

1 quart diced warm, cooked potatoes (6 to 8)	2 tablespoons minced parsley
French dressing, about 1 cup	2 diced hard-cooked eggs
1 medium onion, minced	$\frac{1}{2}$ cup chopped celery
$\frac{1}{2}$ clove garlic, crushed	1 medium cucumber, diced
1 teaspoon chopped chives	1 cup sour cream

Coat potatoes with French dressing, toss lightly to blend; cover and chill thoroughly. Just before serving, add remaining ingredients and mix lightly but thoroughly. Add salt if necessary. Chill. Serve in crisp lettuce cups or in salad bowl with greens. Makes 6 servings.

Summer Supper Menu: Sliced baked ham, Pot Luck Potato Salad, sliced tomatoes, deviled egg halves, olives, cantaloupe a la mode, milk and iced tea.

cheese and egg salad mold

This substantial molded salad is perfect for a party luncheon or a nice addition to a summer salad plate.

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| 1 package lemon-flavored gelatin | 1 cup shredded American cheese (¼ pound) |
| 1 cup boiling water | 1 cup chopped celery |
| ½ cup cold water | ¼ cup chopped green pepper |
| 2 tablespoons vinegar | 1 teaspoon minced onion, if desired |
| ½ cup mayonnaise | 2 tablespoons chopped pimiento |
| ½ teaspoon salt | |
| Dash of hot pepper sauce | |
| 2 chopped hard-cooked eggs | |

Dissolve gelatin in hot water. Add cold water, vinegar, mayonnaise, salt and pepper sauce. Blend with rotary beater; pour into a refrigerator tray. Chill in freezing compartment about 15 minutes, or until firm about 1 inch from edge of tray. Turn into chilled bowl; whip with rotary beater until fluffy. Fold in remaining ingredients; pour into individual molds. Chill until firm. Unmold on crisp salad greens, garnish with mayonnaise and tomato wedges, radish roses or green olives. Makes 4 to 6 servings.

Party Luncheon Menu: Cheese and Egg Salad Mold, tomato wedge and olive garnish, hot buttered rolls, strawberry angel ice box cake, milk and coffee.

slim jim thousand island dressing

Enjoy this low calorie mock thousand island dressing on salads or as a "dunking" sauce.

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| 1 cup sour cream | 1 tablespoon minced green onion |
| ¼ teaspoon salt | 2 hard-cooked eggs, finely chopped |
| ¼ cup chili sauce | 1 tablespoon chopped pimiento |
| ¼ cup pickle relish, drained, or | |
| 1 medium pickle, chopped | |

Combine ingredients lightly; add additional salt and a little lemon juice to taste. Chill thoroughly. Makes 1½ cups dressing.

Luncheon Menu: Chef's salad bowl (salad greens, peeled tomato wedges, julienne strips of cheese, ham and chicken; or greens, tomato wedges, julienne strips of cheese, hard-cooked egg slices and small whole shrimp), Slim Jim Thousand Island Dressing, thinly sliced rye bread, butter, cup custard, milk and coffee.



old fashioned favorites



custard top corn bread

This soft corn bread has a layer of custard on top. It is seasoned with a big pat of butter or a generous amount of cream gravy made from meat or poultry drippings.

2 eggs
1½ tablespoons sugar
1 cup sweet milk
1 cup buttermilk
1 teaspoon soda

1½ cups corn meal
½ cup flour
1 teaspoon salt
2 tablespoons shortening
1 cup sweet milk

Beat eggs until light; add sugar and beat again. Stir in one cup of sweet milk and the buttermilk. Combine corn meal, flour, soda, and salt and add. Melt shortening in shallow 9-inch square baking dish, pour in batter. Carefully pour remaining cup of milk over top of very thin batter, being careful not to stir the mixture. (Hold a spoon almost touching top surface of batter, pour milk into bowl of spoon so it will float over top and not mix with batter.) Bake at 400° for about 30 minutes, or until set in the center. Serve piping hot with butter or gravy. Makes 9 servings.

Menu for Dinner: Roast loin of pork, creamy gravy, Custard Top Corn Bread, buttered kale, molded Waldorf salad, chocolate sundae, milk and coffee.



old fashioned sugar cookies

Sour cream and nutmeg give these soft sugar cookies their old time flavor. For crisp cookies roll the dough thinner and bake them longer.

4½ cups sifted flour	1 cup butter
1 teaspoon salt	1½ cups sugar
1 teaspoon soda	2 eggs
1 teaspoon baking powder	1 cup sour cream
½ teaspoon nutmeg	1½ teaspoons vanilla

Sift flour, measure; resift with salt, soda, baking powder and nutmeg. Cream butter with sugar until fluffy. Add eggs, one at a time, beating well after each addition. Add dry ingredients alternately with sour cream, mixing until smooth after each addition. Blend in vanilla. Wrap in waxed paper and chill until firm enough to roll. Roll on floured board to about ¼-inch thick, cut with large cookie cutter; place on ungreased baking sheet. Sprinkle with sugar; bake at 375° 12 minutes, or until browned. Makes about 5 dozen cookies.

Menu for Lunch: Casserole of macaroni, cheese and ham; perfection salad, bread, butter, canned plums, Old Fashioned Sugar Cookies, milk and tea.

creamy rice pudding

This creamy old fashioned pudding, usually baked in a slow oven for hours, is cooked in a double boiler. Serve it hot, or chill and serve with "pour" cream.

⅓ cup uncooked rice	½ cup seedless raisins
¾ cup sugar	1 teaspoon vanilla, dash
½ teaspoon salt	of nutmeg or cinnamon
3½ cups milk	1 egg, if desired

Heat rice, sugar, salt and milk in top of double boiler over direct heat until milk is scalded, stirring rice from bottom of pan with fork occasionally. Place over hot water; cover and cook 1 hour; stir two or three times. Add raisins; continue to cook for 2 hours, stir occasionally. Add flavoring and blend. If desired, beat egg; add some of the hot pudding, then return to the remaining pudding and cook 1 minute. Pour into pudding dish; serve hot or cover and chill. Makes 6 servings.

Menu for Dinner: Beef stew with vegetables, head lettuce with Blue cheese dressing, bread, butter, Creamy Rice Pudding with cream, milk and coffee.



ice cream sauces

easy caramel sauce

½ pound vanilla
caramels

½ cup milk
Dash of salt

Heat caramels, milk and salt in top of double boiler over hot water until caramels melt and mixture is smooth. Makes 1 cup sauce.

carioca sauce

½ cup light brown sugar,
firmly packed
¼ teaspoon salt
¼ cup milk

1 6-ounce package
semi-sweet chocolate bits
1 cup sour cream
1½ teaspoons rum flavor
or 1 teaspoon vanilla

Measure brown sugar, salt and milk into a heavy saucepan; cook and stir over low heat until sugar dissolves; do not boil. Stir in chocolate. Add sour cream and flavoring and blend until smooth. Serve hot or cold. Store, covered, in refrigerator. Makes 2 cups sauce.

holiday sundae sauce

1 cup prepared mincemeat
½ cup brown sugar, firmly packed
1 teaspoon brandy or rum flavoring

¼ cup water
Dash of salt

Combine mincemeat, sugar, water and salt; bring to a simmer. If necessary, cook down to desired consistency. Remove from heat; add flavoring. Serve hot or cold. Makes 1½ cups sauce.

crumb pie shells . . .

for cream and ice cream pies

graham cracker crust

1½ cups graham cracker
crumbs

½ cup butter (1 stick),
melted

Crush crackers; put crumbs through fine sieve and measure. Add butter gradually, rubbing mixture between fingers to blend thoroughly. Press firmly into 8 or 9-inch pie plate, forming a firm edge at the top. Chill thoroughly. Fill with any cream, chiffon or ice cream filling.

chocolate crust

Combine 1½ cups fine chocolate cookie crumbs with butter as described above.

delicious desserts



vanilla wafer crust

Combine 1½ cups fine vanilla wafer crumbs with butter as previously described.

cereal crumb crust

Crush crisp ready-to-eat cereal fine; combine 1½ cups with 1 tablespoon sugar (if desired) and butter as previously described.

coconut pie shell

2 tablespoons
softened butter

4 ounces (1½ cups)
shredded coconut, chopped

Spread softened (not melted) butter evenly on bottom and side of 8 or 9-inch pie plate. Spread coconut in pan and press into butter with finger tips. Bake at 350° about 10 to 12 minutes, until golden. Cool and fill with any desired cream, chiffon or ice cream filling.

fudge pie a la mode

A chocolate brownie "crust", an ice cream topping and chocolate sauce drizzled on the top create a scrumptious dessert.


½ cup butter
1 cup sugar
2 egg yolks
2 squares unsweetened chocolate, melted and cooled
1 teaspoon vanilla

½ cup sifted flour
2 egg whites
⅛ teaspoon salt
1 quart vanilla, butter-scotch or coffee ice cream

Chocolate sauce

Cream butter with sugar until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Blend in chocolate and vanilla. Add flour. Add salt to egg whites and beat until stiff, but not dry. Fold into batter; pour into buttered 8-inch pie plate. Bake at 325° about 25 minutes, or until a cake tester inserted in center comes out clean. Remove from oven; cool. To serve, top with ice cream and thick chocolate sauce. Cut into wedges and serve at once. Makes 6 servings.

Menu for Dinner: Chop suey with rice, buttered carrots, lettuce salad, sour cream dressing, bread, butter, Fudge Pie a la Mode, milk and coffee.



toffee bars

Milk chocolate and chopped nuts top these rich butter cookie bars.

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|----------------------------------|-------------------------|
| 1 cup butter | 2 cups sifted flour |
| 1 cup brown sugar, firmly packed | 1 teaspoon vanilla |
| 1 egg yolk | 6 ounces milk chocolate |
| | 1 cup chopped nuts |

Cream butter and sugar until light and fluffy. Mix in egg yolk. Add flour gradually, stirring only to blend; Add vanilla. Spread about ¼-inch thick in lightly buttered 10x15-inch jelly roll pan. Bake at 350°, 20 to 25 minutes, or until golden brown. Remove from oven and while still hot distribute chocolate on top. When soft, spread smoothly over surface, sprinkle with nuts. While still warm, cut into bars. Makes about 5 dozen bars.

Bridge Luncheon: Shrimp a la king in toasted bread cups, buttered peas, orange and avocado salad, hot rolls, butter, ice cream, Toffee Bars, milk and coffee.



double chocolate brownies

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| 1 cup sifted flour | 1 egg |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| ½ teaspoon salt | 2 squares unsweetened chocolate, melted |
| ¼ cup butter | ½ cup milk |
| 1 cup sugar | 1 cup chopped nuts |

Sift flour, measure, sift with baking powder and salt. Cream butter with sugar until light and fluffy. Beat in egg and vanilla. Stir in cooled, melted chocolate. Add flour alternately with milk, beating well after each addition; stir in nuts. Pour into buttered 9-inch square pan. Bake at 350° for 25 to 30 minutes, or until cake tester inserted in center comes out clean. Cool; frost.

Frosting:

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| 1 6-ounce package semi-sweet chocolate pieces | 1½ cups sifted confectioners' sugar |
| ¼ cup butter | 1 or 2 tablespoons milk |
| Dash of salt | 1 teaspoon vanilla |

Melt chocolate and butter over hot, not boiling, water; cool. Add salt and sugar alternately with enough milk; to make spreading consistency. Spread on brownies; cut into squares. Makes 16 brownies.

Menu for Dinner: Braised pork chops, apple sauce, baked sweet potatoes, cole slaw, bread, butter, Double Chocolate Brownies, ice cream, milk and coffee.

dutch apple cake

This delectable "cake" combines a butter crust, apple slices, cinnamon-crumb topping and whipped cream.

2½ cups sifted flour	6 medium cooking apples
2 teaspoons baking powder	1½ cups sugar
2 tablespoons sugar	2½ tablespoons flour
1 cup butter	½ teaspoon salt
1 egg, slightly beaten	¼ cup butter
1 teaspoon vanilla	1 teaspoon cinnamon

Sift flour; measure. Sift with baking powder and sugar. Cut in butter until mixture is crumbly. Add vanilla to egg; blend with flour mixture. Press evenly onto bottom and sides of 15x10x1-inch pan. Arrange peeled, sliced apples in overlapping layers to cover dough. Combine remaining ingredients; sprinkle over apples. Bake at 350° for 45 minutes, or until apples are tender and topping is golden brown. Cut into squares; serve warm or cold with whipped cream. Makes 18 servings.

Sunday Night Supper: Chicken and ham pot pie with cornbread topping, green bean and celery salad, hot rolls, butter, Dutch Apple Cake, milk and coffee.

lemon butter cream pie

This ambrosial lemon pie has a rich, mellow flavor that only butter can give. It's easy to make, too.

1 8 - inch baked pie shell	6 tablespoons lemon juice
½ cup butter	2 teaspoons grated lemon rind
1 cup sugar	2 egg whites
2 eggs	⅛ teaspoon salt
2 egg yolks	¼ cup sugar

Cream butter and sugar until light and fluffy. Add eggs and yolks, one at a time, beating well after each addition. Blend in lemon juice and rind. Cook in double boiler over hot water, stirring constantly, until thickened. Cool slightly; pour into cool baked pie shell. Add salt to egg whites and beat until frothy. Beat in sugar, a tablespoon at a time, continuing to beat until mixture will hold in soft peaks. Spread over filling, sealing carefully to crust. Bake at 325° for 12 to 15 minutes, or until lightly browned.

Menu for Dinner: Swiss steak, parsley-buttered potatoes, chopped spinach, vegetable relishes, bread, butter, Lemon Butter Cream Pie, milk and coffee.



