May 4, 1939.

1 100

oven

#### TASTY RECIPES 2 cups flour USED BY MRS. DOROTHY BATHGATE AT THE CENTRE DEMOCRAT COOKING SCHOOL (PUBLISHED BY REQUEST OF OUR READERS) First Day Makes 8 wafers. LIGHTER TASKS SPONGE CAKE 1/8 teaspoon salt 8 eggs % cup lemon juice and rind of 1 lemon 1% cups granulated sugar 2 cups sifted cake flour Put eggs and sugar into large bowl of electric mixer. Using High speed of the mixer, beat the eggs and sugar for 30 minutes. Reduce speed of mixer to Low. Fold in lemon juice, rind, flour and salt carefully; mixing just enough to thoroughly combine ingredients. Pour into large tube pan which has not been oiled. Bake at 350° F. for 1 hour in a preheated MERINGUE CAKE 2 teaspoons baking powder 16 cup butter 1/4 teaspoon salt 2 lb. boned shoulder of veal ½ cup sugar 5 tablespoons milk 2 tablespoons fat 4 egg yolks 1 cup cake flour 1 teaspoon vanilla Cream the shortening and sugar using High speed of the mixer. Then add the egg yolks, one at a time, and beat well after the addition of each. Sift and measure the flour. Mix with baking powder and salt and add alternately with the milk and flavoring to the creamed mixture using Low speed of the mixer. Pour into two oiled 8-inch layer cake pans. Spread with meringue and sprinkle with grated chocolate. Bake in a preheated roaster or oven at 375° F. for 35 minutes. When cool spread cream filling between the layers.

#### MERINGUE

4 egg whites 1/4 cup grated German sweet chocolate 1 cup sugar 1/2 teaspoon baking powder

Beat egg whites, sugar and baking powder until stiff and dry using High speed of mixer. Sperad on cake batter. Sprinkle chocolate over meringue

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1	2	cups	milk	1/2 teaspoon salt	
	1/2	cup	flour	2 slightly beaten eggs	
11:455	2-3	eup	sugar	1 teaspoon vanilla	
Scald	milk.	Mix	flour.	sugar, salt and eggs and stir into hot milk o	ve

Low heat on the electric unit. Cook until thick, stirring constantly. Continue cooking for 5 minutes. Cool and add vanilla.

#### BROILER MEAL PLANKED FISH

4 cups mashed potatoes

Butter or French dressing

salt and pepper

Lemon slices

1 two-lb, fish fillet 6 cups mashed rutabaga 2 cups cooked peas

6 medium tomatoes Arrange fish, skin side up, and tomato flowers on lightly oiled plank, and season. Place food under broiler turn switch and broil 10 minutes with the oven door ajar. Remove plank from oven, turn fish, season and arrange vegetables around fish in the following manner. Form well seasoned mashed rutabaga into rings, arrange on plank around fish and fill with cooked peas. Form potato rosettes in center of tomato flowers by forcing mashed potatoes through pastry tube. Brush with melted butter of French dressing and adjust plank so food is about 3 inches from broiler unit. Broil about 10 minutes. Serve on plank.

Note: The broiler unit may be heated for 10 minutes before placing the food under it, if desired.

#### STEAM COOKER MEAL

#### Stuffed Cabbage **Rice** Pudding Sliced Carrots Time-45 Minutes

#### STUFFED CABBAGE

4 1 medium head of cabbage	1/2 teaspoon pepper
1 cup cooked meat, ground	2 tablespoons chopped parsley
1 cup cooked macaroni	2 teaspoons Worcestershire Sauce
1 teaspoon salt	1/2 teaspoon finely chopped onion
2 canned	pimentos, sliced
Cut off top of cabbage. Save to us	e for cover. Remove center of cabbage

softhat only a shell remains. Mix together the meat, macaroni, salt, pepper, parsley, Worcestershire saurce, onion and pimentos. Fill cabbage shell with stuffing. The top on shell. Place in deep well cooker with 1 cup of water.

STEAMED SLICED CARROTS

# THE CENTRE DEMOCRAT, BELLEFONTE, PA.

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### WAFFLED WAFERS

4 tablespoons shortening 2-3 to % cup milk % teaspoon salt % cup deviled ham 3 teaspoons baking powder

Sift together flour, salt and baking powder. Cut in shortening with pastry blender. Add milk to make a soft dough, stirring just enough to hold ingredients together. Turn out on floured pastry cloth and knead gently for half a minute, Roll biscuit dough to 1% inch thickness. Cut with biscuit cutter. Spread half the biscuits with deviled ham, cover each one with another biscuit. Place a "Sandwich" in each section of a hot waffle iron and bake until well browned, about 31/2 minutes. Serve hot.

# Second Day BUDGET MEALS

STEAM COOKER MEAL

Stuffed Veal Steamed Potatoes Green Beans

# Fruit Pudding

Time-11/4 Hours

# STUFFED VEAL

8 potatoes 2 lb. green beans

Season meat with salt and pepper and stuff with mushroom filling. Tie securely. Heat two tablespoons fat in bottom of deep well cooker, Brown meat in fat with cover off. When well browned, add 8 whole potatoes and green beans tied in bundles.

#### MUSHROOM FILLING

1 cup chopped mushrooms	1 tablespoon minced parsley
4 tablespoons butter	1 teaspoon salt
3 cups dry bread crumbs	1/2 teaspoon celery salt
1 teaspoon finely chopped onion	1/4 teaspoon pepper
Fry mushrooms in butter. Add to crum ients.	bs and combine with other ingred-
EDITT DI	DDINC

	T second and a loss	FRUIT	PUDDU	NG		Sec else	105 A.2.11
34	cup shortening		1	teas	poon	baking	powder
34	cup sugar					vanilla	
1	cup sifted flour		14	cup	milk		
34	teaspoon salt		2	egg	white	5	
	and and all a little states	2 eups	blueberrie	15			

Cream the shortening and 1/2 cup sugar thoroughly. Sift the dry ingredtents together and add alternately with milk and vanilla. Fold in the stiffly beaten egg whites. Mix 2 cups blueberries with the remaining 1/4 cup sugar. Place in bottom of oiled pudding mold. Pour batter over them and cover mold tightly.

Place pudding mold on top of meat and vegetables in cooker. Place the cover on the cooker and bring to steaming point on High heat. When steam appears freely, turn switch to Low and cook 1% hours.

	JELLY 1	ROLL
3 eggs	Stor a set of the sea	2 teaspoons baking powder
1 cup sugar	3	cup water
1 cup flour		1 teaspoon vanilla
Few grains sa		Orange marmalade
all ingradients	Sift flour he	fore measuring Break the 2

the 3 eggs into a medium-sized bowl and beat, using High speed of the electric mixer, until the eggs are stiff and light. Reduce the speed of the mixer to Medium and add the sugar by spoonfuls, scattering it over the eggs. Add the dry ingredients which have been mixed and sifted, alternately with water and vanilla, using Low speed of the mixer. Cut and fold the last of the dry ingredients into the egg mixture so as to blend the ingredients thoroughly and not lose any volume. Pour into a shallow oblong pan, slightly greased, and bake at 425° F. for 15 minutes. Turn the cake out at once onto a clean cloth, spread with marmalade, and roll while warm. Keep wrapped in cloth until cool.

FOUR MINUT	E FROSTING
2 unbeaten egg whites	1 cup sugar
3 tablespoons cold water	1/2 teaspoon cream of tartar
1 teaspoon vanilla	1/2 cup chopped nuts
Maraschine	Cherries
ace all ingredients in saucenan. Tr	im 6-inch surface unit on High f

M

High for Place al 4 minutes. Turn off. Place pan on unit and beat mixture continually for 4 minutes. Spread frosting on jelly roll and decorate with Maraschino cherries a

ind n	uts.					
		OVEN	ME	AL.		
		Baked Ham	and	Rice		
Peas	Lorainne			Banana	Nut	Bread
		Eclairs		5. 55 5. 2		
Time	1 Hour	* 12 5 P	г	emperat	ure	375° F.
	BAR	ED HAM	AN	D RIC	E	

#### STEAMED CABBAGE

1 medium head cabbage 1/2 teaspoon salt Shred cabbage and store in cold water. Just before cooking drain cabbage from water, put in buttered saucepan. Add salt and cover. Put over High heat. As soon as steam comes from vent turn switch to Off and continue cooking on stored heat 10 to 15 minutes.

#### MOLDED PUDDING

2% cups milk	3 egg yolks
1-3 cup cornstarch	2 teaspoons vanilla
M cup sugar	1/2 teaspoon orange flavoring
1/4 teaspoonful salt	1 can whole peeled apricots
1/4 cup milk	12 lady fingers

Scald 2% cups milk over High heat. Mix cornstarch, sugar, salt, remaining milk and egg yolks. Add gradually to hot milk. Turn the heat to Low and cook for 5 minutes stirring constantly. Turn the heat Off and cook over stored heat another 5 minutes. Remove from heat, add flavoring and 1 cup of apricots cut into pieces. Use remaining apricots as a garnish. Arrange lady fingers around a bowl. Pour pudding in dish and garnish with apricots. Chill, and decorate with whipped cream before serving if desired.

a charge	FILLED	COOKIES
cup butter		4 cups flour, sifted
cups brown	sugar	1 teaspoon soda
CEES		1 teaspoon nutmeg

14 teaspoon salt

With High speed of mixer, cream butter and sugar, and add eggs, beating until mixture is light. Reduce speed of mixer to Low and add dry ingredients which have been mixed and sifted together. Toss 1-3 of mixture on floured cloth, roll and cut with cookie cutter. Arrange on lightly oiled baking sheet. Place one tablespoon of filling in center of each cookie and put another cookie on top, pressing edges together. Prick top to form steam vents. Repeat until dough is all used. Bake in preheated oven 12 to 15 minutes at 375° F.

#### NG

1 cup chopped raisins or dates 1/2 cup water 34 cup sugar 1 teaspoon flour Mix all ingredients in a saucepan and cook over Low heat until thick.

# Third Day

# RECIPES BY REQUEST

#### FUDGE

1/4 cup light corn syrup 4 cups sugar 1 1-3 cups milk 14 cup butter 2 teaspoons vanilla 4 squares chocolate (4-oz.)

Combine the sugar, milk, corn syrup and chocolate in a deep saucepan and cook slowly, stirring until the sugar is dissolved. Continue cooking. stirring often to prevent burning, until temperature 236° F. is reached or until a soft ball forms in cold water.

Remove from heat add butter and set aside to cool without stirring When the candy has cooled to 110° F. (lukewarm) add vanilla and begin to beat. Continue beating until the fudge thickens. Pour into an oiled pan

GRAHAM	CRACKER	CAKE
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1 lb. graham crackers	1/2 cup butter
3 teaspoons baking powder	1 cup sugar
% teaspoon salt	1½ cups milk
3 eggs, separated	1 traspoon vanilla

Put the graham crackers through the food shredder to make fine crumbs sift together 3 times with baking powder and salt. Separate the eggs and beat the whites until stiff. Cream the butter, sugar, and egg yolks until light. Beginning with the cracker crumbs, add alternately with milk and vanilla to the creamed mixture. Mix well. Fold in the stiffly beaten egg whites. Divide into 2 oiled and floured cake pans. Bake at 400° F. for 30 minutes

When cold put together with whipped cream or Prune Whip

DDI	13.183	33/87	1.11
1 m	JNE	W 11	IP .

cup prune pulp .	1	egg white	Los Mar 1
cup powdered sugar	1 1/2	teaspoon len	non juice
Eew	grains sal	1	and and an

Combine ingredients in small bowl and beat with electric mixer until stiff enough to hold its shape. Spread between layers and on top of Graham Cracker Cake.

BUTTERMILK	SPICE CAKE
2-3 cup butter	½ teaspoon salt
1 cup sugar	2 teaspoons cinnamon
3 cggs	% teaspoon cloves
1-3 cups cake flour	% teaspoon allspice
3 teaspoons baking powder	% teaspoon nutmeg
% teaspoon soda	1 cup buttermilk

# SPAGHETTI AND MEAT BALLS (For twenty servings)

% cup olive oil	6 quarts tomato ju
6 lb. hamburger	3 quarts catsup
6 small onions, chopped	1/2 cup sugar
4 tablespoons salt	6 boxes thin spagh
1 teaspoon pepper	anna far an har anna an

1/4 cup

Pour olive oil into inset pan of roaster and set thermostat to 500° F. Make meat balls (40) of the hamburger, diced onion, 2 tablespoons salt and ½ teaspoon pepper. When the oil is hot, add the meat balls and brown well on all sides. Add tomato juice, catsup, remaining salt, pepper and sugar. Cover the roaster. When the sauce boils, in about 45 minutes, add the dry spaghetti broken into 4-inch strips. Stir well, pushing the spaghetti and meat to the sides of the inset pan. Cover and simmer for 30 minutes with the temperature control remaining at 500° F. Disconnect roaster and cook another 30 minutes on stored heat. Serves about 20.

#### OVEN MEAL

Noodle Ring Creamed Salmon and Corn Steamed Shredded Beets Potato Fillet Rolls Lemon Sponge Pie Temperature-350° F. Time-1 Hour

#### NOODLE RING

	errs
4 cups water 1	cup scalded milk
1 teaspoon salt	Few grains pepper

Break the noodles into 1 inch pieces. Drop into boiling salted water and cook until tender. Drain. Rinse with cold water. Beat the eggs, add milk, salt, pepper and noodles. Pour into well oiled ring mold.

#### CREAMED SALMON AND CORN 2 tablespoons butter 2 cups milk 1 can (7% oz.) or % cup 4 tablespoons flour % teaspoon salt cooked salmor 1 teaspoon sugar ne whole kernel cor

Few grains pepper	1 tablespoon pimento
Melt fat, add flour, salt, sugar and pover low heat until thick. Drain sal	
salmon, corn and pimento to sauce.	

#### POTATO FILLET ROLLS

		a a a a a a a a a a a a a a a a a a a	a part of the second
1	cup mashed potatoes	2 eg	tes
2-3	cup shortening	1 .90	east cake
1	teaspoon salt	1/2 CI	up lukewarm water
1/2	cup sugar	- 1 et	up scalded milk
	6 10	8 cups flour	

Mash potatoes, add shortening, sugar, salt and eggs, cream well. Dissolve yeast in lukewarm water, add to lukewarm milk, then add to potato mixture. Add sifted flour and make a stiff dough. Toss on floured board and knead well. Put into large bowl and let rise double in bulk. Knead lightly. Rub over top with melted butter, place in casserole, cover tightly and place in refrigerator until ready to bake. About  $1\frac{1}{2}$  hours before baking time shape into rolls as desired. Cover and let rise until light.

# STEAMED SHREDDED BEETS

#### 12 Beets 1/4 cup water 1/2 teaspoon salt

Pare the beets, shred and put in oiled container with water and salt. Cover

#### LEMON SPONGE PIE

4 tablespoons butter	Juice and rind of large lemon
1 cup sugar	2 tablespoons flour
2 eggs, separated	1 cup milk

#### Pastry

Cream butter and sugar until well blended. Add egg yolks one at a time and beat well. Then add the lemon juice and rind, flour and milk. Fold in the egg whites. Line pie pan with pastry, pour in filling.

Place the food in a preheated oven, set time clock and temperature control. Cook for 1 hour at 350° F.

#### DOUGHNUTS

1 cgg well beaten	4 cups flour
1 cup sugar	134 teaspoons soda
1 cup sour milk	1% teaspoons cream of fartar
1½ tablespoons melted fat	11/2 teaspoons salt
1 4000000	notman

Add sugar, milk and fat to well beaten eggs. Mix and sift flour with remaining ingredients and add to first mixture. Toss one-third of mixture on floured canvass, knead slightly, pat and roll out one-fourth inch thick. Cut with doughnut cutter, fry in deep fat. 370° F. Add trimmings to one-half of remaining mixture, roll, cut and fry as before; repeat using last of mixture. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on the other. Avoid turning more than once. The fat must be kept at a uniform temperature of 370° F. If too cold the doughnuts will absorb fat. If too hot, doughnuts will brown before sufficiently risen.

# Page Three

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	FILLD
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Nuts may be added if desired

. 1/2 teaspoon salt 6 to 8 carrots Pare and slice carrots. Place around cabbage in cooker.

STEAMED	RICE	PUDDING
2 eggs 16 cup sugar		2 cups milk 1 teaspoon vanil
1/2 teaspoon salt		2 cups cooked rid

Beat eggs slightly. Fold in other ingredients. Pour into buttered pudding mold. Sprinkle with nutmeg. Cover. Put pudding mold on top of cabbage. Place the cover on the deep well cooker and bring to steaming point High heat. When steam flows freely from the vent, turn switch to Low heat and cook for 45 minutes.

#### BEET RING WITH POTATO SALAD FILLING 1 cup celery, diced 6 medium cooked diced beets

22 tablespoons chopped green	Salt
pepper 35 cup sugar	8 tablespoons unflavored
3 tablespoons lemon juice	gelatin

Use liquid from beets and add enough water to make 3 cups. Combine all ingredients except gelatin, and boil for 5 minutes. Soak gelatin in 14 cup of cold water. Add dissolved gelatin to hot mixture. Pour into ring mold. Cool and place in refrigerator to harden.

#### POTATO SALAD

4 cups diced hot potatoes	1 anion, finely diced
1 teaspoon salt	1/2 cup celery, finely choppe
34 teaspoon pepper	1/2 cup finely chopped gherking
1-3 cup vinegar	1-3 cup thinly sliced radishes
1.2 m	in matannaise

Season potaces with salt and pepper and marinate with vinegar. Let stand until cold. Add remaining ingredients and toss together lightly.

To serve, place beet ring on large round plate, place potato salad in lettuge cups around ring, garnish with hard-cooked eggs. Partly fill the center of the ring with shredded lettuce and place a green pepper cup filled with mayonnaise in the center.

#### OVEN MEAL

#### Lamb Chops on Pineapple Rings Candied Sweet Potatoes Buttered Broccoli

Steamed Prunes and Apricots

Apple Dumplings

Time-1% Hours Temperature-350° F.

#### LAMB CHOPS ON PINEAPPLE RINGS

6 pincapple r	ings	1-3 cup m	nint sauce
6 thick lamb			nd pepper
Put pineapple rings in each ring. Pour mint s			

### CANDIED SWEET POTATOES

6 sweet polatoes 1½ cups brown sugar 3 tablespoons butter Juice of 11/2 oranges Peel and cut sweet potatoes lengthwise and arrange in covered pan. Combine orange juice and sugar, and pour over potatoes. Dot with butter.

## BUTTERED BROCCOLI

1 bunch broceoli 1/2 eup water

1/2 teaspoon salt Wash and clean broccoli. Put into an oiled covered dish with water

and salt.

## STEAMED PRUNES AND APRICOTS

3 cups water % lb. apricots 1/2 lb. prunes Put prunes, apricots and water in covered container and steam with

#### oven meal. APPLE DUMPLINGS Pastry for 2 crust pie Sugar 6 medium apples, pared and cored Butter

#### Cinnamon Roll out pastry to 1% inch thickness. Cut into squares large enough to completely cover apples. Place apple which has been peeled and cored, in square pastry. Fill center with sugar, cinnamon and a small piece of ter. Fold crust up over apple and pinch securely so it will hold together on top. Rub with melted butter and sprinkle with sugar and cinnamon. Put dumplings in shallow pan.

Arrange foods in cold oven, set time clock and temperature control. Cook for 1% hours at 350° F.

	uncooked milk					grains pepper smoked ham		
		1 tablespoon	brown	- 11 TO 12 T				

Wash rice. Put in casserole. Add milk, salt and pepper. Lay ham slice in milk, first scoring ham to prevent curling. Sprinkle brown sugar over ham when removing food from oven.

### PEAS LORAINNE

2 cups peas	31	tablespoons minced parsley
1/2 cup water or liquid	1 1	ablespoon butter
1 small onion, chopped	16 1	leaspoon sugar
1/2 cup finely shredded outside	36 1	leaspoon salt
lettuce leaves	1	Few grains pepper
e peas in oiled baking dish with 14	CUD (	of water. Add onion lettuce

parsley, butter and seasonings. Cover.

### BANANA NUT BREAD

34	cup	shorten	ing	11/2	cups flour
1/2	cup	sugar		2	teaspoons baking powder
1	egg			1/2	teaspoon salt
1	cup	bran	<ul> <li>• 1 100 100</li> </ul>	14	teaspoon soda
2	tabl	espoons	water	1	teaspoon vanilla
116	cup	s mashe	d bananas	1/2	cup chopped nut meats

Cream shortening and sugar until smooth; add egg and beat until light Add bran and mix thoroughly. Mix water with banana, add alternately with flour which has been sifted with baking powder, salt and soda. Mix thoroughly, then add vanilla and nut meats. Place in one pound loaf pan and let stand 30 minutes.

#### ECLAIRS 16 cup butter 1 cup bread flour 1 cup water 4 eggs, unbeaten Bring butter and water to boil on High heat. Turn unit off. Add flour all

at once, stir vigorously until ball forms in center of saucepan. Remove pan from unit; add eggs one at a time, beating with electric mixer after each addition. Shape on slightly oiled cookie sheet with spoon or pastry tube

Place food in a preheated oven, set time clock and temperature control and cook for 1 hour at 375° F.

#### CHOCOLATE BUTTER FROSTING

4 tablespoons butter	2 cgg yolks
2 cups confectioner's sugar	1 teaspoon vanilla
11/2 squares unsweetened choco-	2 tablespoons cream
late melted	a more prover carries

Cream butter, add ¼ cup sugar, then melted chocolate and cream to gether. Add remaining sugar gradually, alternating with egg yolks and vanilla. Add cream as the frosting becomes thick.

#### CHOWDER

1 4 to 5 Ib. haddock or cod	1 tablespoon salt
cups water	1/2 teaspoon pepper
bay leaves	8 large potatoes, diced
Seasoning	1 quart hot milk
b. salt pork, cut into pieces	1 tablespoon butter
amall anions alload fine	10 and a statistic

Order the fish skinned, but with head and tall left on. Cook head, tail and bones in water with seasonings for 1 hour. Strain and reserve broth. Using steam cooker, fry the pork until fat flows freely, then cook onion in pork fat until lightly browned. Add fish stock, potatoes and fish which has been out into small pieces. Cook 30 minutes. Add hot milk and butter just before serving. Pour over crackers in soup tureen or individual soup plates.

SURFACE MEAL	
Round Steak and Carrots	
ushroom Gravy	Pota

toes

steamed Cabbage Molded Fruit Pudding Time-1 Hour

#### ROUND STEAK AND CARROTS MUSHROOM GRAVY, POTATOES 1% lb. round steak, cut thin 2 tablespoons fat 1 small can mushrooms with Salt. pepper, flour 6 small tender carrots liquid

6 Potatoes Pound the steak with a meat tenderizer or a wooden potato masher. Season with salt and pepper. Roll in flour. Cut meat into strips long enough to wrap once around the carrot. Wrap each carrot in strip of steak and skewer steak together with toothpicks. Melt fat in hot skillet and brown meat on one side over High heat. Turn. Add mushrooms and liquid. Arrange potatoes between pieces of steak. Cover and when steam appears turn to Low heat. In 15 minutes turn heat Off. Cook over stored heat for 40 minutes.

Gream the butter and sugar. Add the eggs, one at a time, and beat well after each addition. Sift and measure the flour. Mix with remaining dry ingredients and add alternately with the buttermilk to the creamed mixture. Pour into rectangular pan and bake in a preheated oven at 400' F. for 30 minutes.

#### WHITE ICING

cups sugar	1/2 cup egg white
teaspoon white corn syrup	3 tablespoons st
cup water	1 teaspoon van

11/2 4

14

3/2 0

2 cups buttermilk

2-3 cup sugar

Baked #

1 chicken

Salt and pepper

Cook 1½ cups sugar, water and corn syrup until it spins a thread. Meanwhile, beat the egg whites stiff and almost dry. Add the 3 tablespoons of sugar to egg whites; then beat to form stiff meringue. Add the syrup as soon as it is removed from range, allowing only a thin, threadlike stream to run into the egg whites, beating with High speed of the mixer until icing holds a point. Add vanilla.

### PINEAPPLE SHERBET

1 cup crushed pineapple 1 teaspoon vanilla 1 cgg white

ugar

Few grains salt Mix buttermilk, all but 2 tablespoons of sugar, salt, pincapple and vanilla: freeze until firm in tray of electric refrigerator, with temperature control set to coldest point. Beat egg white until stiff add the 2 tablespoons of sugar. Transfer the frozen mixture to cold mixing, bowl and beat until fluffy. Add egg white, blend well, and return to freezing tray. Freeze without further agitation. When Sherbet is frozen, set temperature control to 3 or 4 points below normal to hold until serving time

Note: For best results the temperature control should be set at the coldest point 15 or 20 minutes before the dessert is placed in the freezing compartment.

#### ROASTER MEAL

	Fricassee	Chicken .		and the second second	
Entatoes		Corn	and	Lima	Beans
ne_2 Hours	La la grande de la construcción de	Tempera	ture-	-350*	F.

#### FRICASSEE OF CHICKEN

4 tablespoons flour 1 quart water 1 teaspoon onion juice, if desired

Fat Singe, clean and cut up the chicken. Season with salt and pepper, dredge with flour and brown in skillet with fat. Place the pieces in the largest cooking dish of the electric roaster. Prepare gravy by adding flour and water to fat remaining in skillet. Season and pour over chicken.

#### CORN AND LIMA BEANS

2	cups	whole	kernel corn		\$6	cup wate	er.
2	cups	baby	lima beans	141-3	1/2	teaspoon	sal
				Dudler			

Place vegetables with liquid, and butter in one of the small roaster dishes which has been olled.

#### BAKED POTATOES

Fat 8 medium-sized potatoes Clean medium-sized potatoes and brush with melted fat. Put in roaster container

Place the food in cold roaster and cook 2 hours at 350° F.

#### **CHERRY PIE**

d cup sugar	2½ cups cherries, drained	
4 tablespoons flour	Pastry	
the sugar and flour together.	then blend thoroughly with the cl	ici

Mix ries. Line a pie plate with pastry, pour in the filling and cover top with thin strips of pastry. Bake in preheated oven at 450° F. for 45 minutes.

#### PINEAPPLE AND RAISIN PIE

	A datable management and
2 cups crushed pincapple, drained	2 tablespoons cornstarch
I cup seeded raisins	1/2 cup sugar
3 tablespoons lemon juice	Pastry
Mix pineapple, raisins, lemon juice, sug	ar and cornstarch in saucepan.
Put over low heat and bring to boiling	point, stirring occasionally. Cook
until creamy. Pour into pie plate lined w	with pastry. Cover with top crust
and bake in preheated oven at 450° F.	for 45 minutes
and note in hichener over se and x.	tor to minimumori

### BASIC PASTRY RECIPE

#### 2-3 cup fat 2 cups sifted flour

I teaspoon salt ... I-3 cup cold water Cut fat into-flour and salt with dough blender. Add water, mixing just enough to blend ingredients. This makes enough pastry for 1 two-crust

Pastry handles easier if it is chilled before using.

### POTATO PANCAKES

ll beaten	3/8	teaspoon pepper		
ons flour	1	tablespoon	finely	grated
n salt		onion		

2 cups grated potato

Add the seasonings and flour to the well beaten egg. Pare the potatoes. grate, measure immediately and add to the egg mixture. Heat the griddle for 5 minutes over High heat, turn to Low heat and fry the pancakes in as little fat as possible. A large spoonful of batter makes a good sized cake. Cook until well browned and crisp.

When grating a large quantity of potatoes, grate into cold water to keep them from discoloring.

Health and Beauty

#### MAN'S DEBT TO ANIMALS

altars of human appetite.

1 egg. we

2 tablesp 1 teaspoo

spiritual beings? No, you do not Do you see any evidence that man We have reached a point in the is evolving into a super creation, as development of medicine where evolution teaches that he will? On many animal products are used in the contrary, you look out upon the the cure of disease. world today and behold him sinking

If I believed in the pseudo-science back into savagery. of evolution which many educators Yet in spite of all this, the mediendeavor so earnestly to thrust down cal men are carrying on their everthe throats of unsuspecting youth, I lasting search for new remedies could not be a cannibal and eat my with which to heal the diseases of own blood brothers, the cattle and their fellows. For years they have

sheep, that are sacrificed upon the been experimenting with animal Believing as I do that God by a Many thousands of animals marspecial fiat created man as well as tyrs have been inoculated with the lower animals, it does not hurt germs that produced in them dismy conscience to eat their flesh, ease with which man suffered. In vegetarians are probably better off. this way methods of treatment have It is true that the same general been found out, that have greatly

pattern runs through the anatomy benefitted mankind. and physiology of all vertebrates. By extirpating the pancreas it By studying the lower animals you was observed that the absence of a can learn a great deal about the juice manufactured by this organ physical structure and function of caused diabetes. Such animals man. Many of them have a high when fed on sweet breads or panorder of intelligence, but there is a creas did not die but got along fairly boundary that they cannot cross. well.

Your dog looks at you with adoring The next step was to extract ineyes. He would die for you as many sulin from the sweetbreads of aniof them have died for their masters, mals and then to inject it into diabut his imagination cannot pene- betics. It improved the health and trate into the realms of spirit. When saved the lives of many. It now you long for a life of holiness and enables great numbers of diabetics purity, when you pray to God to to live out their natural lives, who keep you in this world of turmoil before the discovery of insulin would and sorrow, your dog cannot enter surely have died. Thank the do-into your aspirations. He hasn't a mestic animals that diabetics can spiritual nature. Are you foolish now lead useful normal lives on acenough to believe that any of the count of the insulin which they lower animals can ever evolve into furnish.

RHEUMATISM **MUST GO** 

With This Reliable Scientific Remedy That Eliminates Poisons From the System

### PAIN EASED AT ONCE

Rheymatis Poisons cause deposits in the mination and strengthen the bladdes. bints and muscles and clog the whole misam. The only possible way to get rid by comes the first day.

explicit. The only possible way to get rid of them is to drive them out with proper internal medication. You need Lacher's New Em. Tablets and Capsules (combined) to do this for you. They relieve the ex-senciating pains in a few hours and assure wan of a good night's rest. They drive out Acid Poiscons, purify the blood, stime.

the liver and hidneys to increase all A. G. Lucbert, P.D., Conterville, Pas