

TASTY RECIPES

USED BY MRS. DOROTHY BATHGATE AT THE CENTRE DEMOCRAT COOKING SCHOOL (PUBLISHED BY REQUEST OF OUR READERS)

First Day

LIGHTER TASKS

SPONGE CAKE

8 eggs 1 1/2 cups granulated sugar 2 cups sifted cake flour 1/2 teaspoon salt 1/2 cup lemon juice and rind of 1 lemon

MERINGUE CAKE

1/2 cup butter 1/2 cup sugar 4 egg yolks 1 cup cake flour 2 teaspoons baking powder 3/4 teaspoon salt 5 tablespoons milk 1 teaspoon vanilla

MERINGUE

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

CREAM FILLING

2 cups milk 1/2 cup sugar 1/2 cup flour 2-3 cup sugar 1/2 teaspoon salt 2 slightly beaten eggs 1 teaspoon vanilla

BROILER MEAL

1 two-lb. fish fillet 4 cups mashed potatoes 4 cups mashed rutabaga salt and pepper 2 cups cooked peas Butter or French dressing 6 medium tomatoes Lemon slices

STEAM COOKER MEAL

Sliced Carrots 1/2 cup sugar 1/2 cup water 1 cup flour 1 cup shortening 1 cup sugar 1/2 cup water 1 cup flour 1 cup shortening

STEAMED SLICED CARROTS

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

STEAMED RICE PUDDING

2 eggs 1/2 cup sugar 1/2 cup flour 1/2 cup water 2 cups milk 1 teaspoon vanilla 2 cups cooked rice

BEEF RING WITH POTATO SALAD FILLING

6 medium cooked diced beets 1 cup celery, diced 3 cups beet liquid and water 1/2 cup white vinegar 2 tablespoons chopped green pepper Salt 1/2 cup sugar 3 tablespoons unflavored gelatin 1/4 cup cold water

POTATO SALAD

4 cups diced hot potatoes 1 onion, finely diced 1 teaspoon salt 1/2 cup celery, finely chopped 1/2 teaspoon pepper 1/2 cup finely chopped gherkins 1-3 cup thinly sliced radishes 1-3 cup vinegar 1-3 cup mayonnaise

OVEN MEAL

Lamb Chops on Pineapple Rings Candied Sweet Potatoes 1 bunch broccoli 1/2 cup water

LAMB CHOPS ON PINEAPPLE RINGS

6 pineapple rings 1-3 cup mint sauce 6 thick lamb chops Salt and pepper

CANDIED SWEET POTATOES

6 sweet potatoes 1 1/2 cups brown sugar 1/2 cup orange juice 3 tablespoons butter

BUTTERED BROCCOLI

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

STEAMED PRUNES AND APRICOTS

1/2 lb. prunes 2 cups water 1/2 lb. apricots

APPLE DUMPLINGS

Pastry for 2 crust pie 6 medium apples, pared and cored Cinnamon

WAFFLED WAFERS

2 cups flour 4 tablespoons shortening 1/2 teaspoon salt 2-3 to 3/4 cup milk 3 teaspoons baking powder 1/2 cup deviled ham

Second Day

BUDGET MEALS

STEAM COOKER MEAL

Steamed Potatoes 2 lb. boned shoulder of veal 2 potatoes 2 tablespoons fat 1 lb. green beans

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 1/2 teaspoon pepper

FRUIT PUDDING

1/2 cup shortening 1/2 cup sugar 1/2 cup sugar 1/2 cup water 1 cup sifted flour 1/2 cup milk 1/2 teaspoon salt 2 egg whites

JELLY ROLL

3 eggs 2 teaspoons baking powder 1 cup sugar 1/2 cup water 1 cup flour 1 teaspoon vanilla

FOUR MINUTE 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

OVEN MEAL

Baked Ham and Rice Peas Lorainne 1 cup butter 1 cup bread flour 1 cup water 4 eggs, unbeaten

BAKED HAM AND RICE

1/2 cup uncooked rice 1/2 cup water 1/2 cup butter 1/2 cup sugar 1/2 cup milk 1/2 cup brown sugar

PEAS LORAINNE

2 cups peas 2 tablespoons minced parsley 1/2 cup water or liquid 1 tablespoon butter 1 small onion, chopped 1/2 teaspoon sugar 1/2 cup finely shredded outside lettuce leaves 1/2 teaspoon salt

BANANA NUT BREAD

1/2 cup shortening 1 1/2 cups flour 1/2 cup sugar 2 teaspoons baking powder 1 egg 1/2 teaspoon salt 1 cup bran 1/2 teaspoon soda 2 tablespoons water 1 teaspoon vanilla 1 1/2 cups mashed bananas 1/2 cup chopped nut meats

ECLAIRS

1/2 cup butter 1 cup bread flour 1 cup water 4 eggs, unbeaten

CHOCOLATE BUTTER FROSTING

4 tablespoons butter 2 egg yolks 2 cups confectioner's sugar 1 teaspoon vanilla 1 1/2 squares unsweetened chocolate, melted 2 tablespoons cream

CHOWDER

1 1/2 to 2 lb. haddock or cod 1 tablespoon salt 2 cups water 1/2 teaspoon pepper 2 bay leaves 8 large potatoes, diced Seasoning 3 quart hot milk 1/2 lb. salt pork, cut into pieces 3 tablespoons butter 2 small onions, sliced fine 10 soda crackers, split open

SURFACE MEAL

Round Steak and Carrots Mushroom Gravy Steamed Cabbage Molded Fruit Pudding

ROUND STEAK AND CARROTS

1 1/2 lb. round steak, cut thin Salt, pepper, flour 6 small tender carrots 4 Potatoes

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

FILLED COOKIES

1 cup butter 4 cups flour, sifted 1 1/2 cups brown sugar 1 teaspoon soda 2 eggs 1 teaspoon nutmeg 1/2 teaspoon salt

FILLING

1 cup chopped raisins or dates 1/2 cup water 1/2 cup sugar 1 teaspoon flour

Third Day

RECIPES BY REQUEST

FUDGE

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

GRAHAM CRACKER CAKE

1 lb. graham crackers 1/2 cup butter 3 teaspoons baking powder 1 cup sugar 1/2 teaspoon salt 1 1/2 cups milk 3 eggs, separated 1 teaspoon vanilla

PRUNE WHIP

1 cup prune pulp 1 egg white 1 cup powdered sugar 1/2 teaspoon lemon juice

BUTTERMILK SPICE CAKE

2-3 cup butter 1/2 teaspoon salt 1 cup sugar 2 teaspoons cinnamon 2 eggs 1/2 teaspoon cloves 2-3 cups cake flour 1/2 teaspoon allspice 3 teaspoons baking powder 1/2 teaspoon nutmeg 1/2 teaspoon soda 1 cup buttermilk

WHITE ICING

1 1/2 cups sugar 1/2 cup egg whites 1 teaspoon white corn syrup 3 tablespoons sugar 1/2 cup water 1 teaspoon vanilla

PINEAPPLE SHERBET

2 cups buttermilk 1 cup crushed pineapple 2-3 cup sugar 1/2 cup vanilla 1/2 cup water 1 egg white

ROASTER MEAL

Baked Potatoes 2 cups whole kernel corn 2 cups baby lima beans 1/2 cup water 1/2 teaspoon salt

FRICASSEE OF CHICKEN

1 chicken 4 tablespoons flour 1 quart water 1/2 cup butter 1/2 cup onion juice, if desired

CORN AND LIMA BEANS

2 cups whole kernel corn 1/2 cup water 2 cups baby lima beans 1/2 teaspoon salt

BAKED POTATOES

8 medium-sized potatoes 1/2 cup butter

CHERRY PIE

1 cup sugar 2 1/2 cups cherries, drained 4 tablespoons flour 1/2 cup water 1 quart water 1/2 cup butter

PINEAPPLE AND RAISIN PIE

2 cups crushed pineapple, drained 2 tablespoons cornstarch 1 cup seeded raisins 1/2 cup sugar 2 cups pineapple, raisins, lemon juice, sugar and cornstarch in saucepan. Put over low heat and bring to boiling point, stirring occasionally. Cook until creamy. Pour into pie plate lined with pastry. Cover with top crust and bake in preheated oven at 450° F. for 45 minutes.

BASIC PASTRY RECIPE

2 cups sifted flour 2-3 cup fat 1 teaspoon salt 1-3 cup cold water

SPAGHETTI AND MEAT BALLS

1/2 cup olive oil 6 quarts tomato juice 6 lb. hamburger 3 quarts catsup 6 small onions, chopped 1/2 cup sugar 4 tablespoons salt 1/2 cup thin spaghetti 1 teaspoon pepper

OVEN MEAL

Steamed Shredded Beets 2 cups milk 4 cups water 1 cup lukewarm water 1 teaspoon salt 1 1/2 cups whole kernel corn 1 tablespoon pimento

POTATO FILLET ROLLS

1 cup mashed potatoes 2 eggs 2-3 cup shortening 1/2 yeast cake 1/2 cup sugar 1/2 cup scalded water 1 cup scalded milk

CREAMED SALMON AND CORN

2 tablespoons butter 2 cups milk 4 tablespoons flour 1 can (7 1/2 oz.) of 1/2 cup cooked salmon 1/2 teaspoon salt 1 1/2 cups whole kernel corn 1 tablespoon pimento

LEMON SPONGE PIE

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

STEAMED SHREDDED BEETS

12 Beets 1/2 teaspoon salt 1/2 cup water Pare the beets, shred and put in oiled container with water and salt. Cover.

DOUGHNUTS

1 egg well beaten 4 cups flour 1 cup sugar 1 1/2 teaspoons soda 1 cup sour milk 1 1/2 teaspoons cream of tartar 1 1/2 tablespoons melted fat 1 1/2 teaspoons salt

POTATO PANCAKES

1 egg, well beaten 1/2 teaspoon pepper 2 tablespoons flour 1 tablespoon finely grated onion 1 teaspoon salt 2 cups grated potato

Health and Beauty

MAN'S DEBT TO ANIMALS

We have reached a point in the development of medicine where many animal products are used in the cure of disease. If I believed in the pseudo-science of evolution which many educators endeavor so earnestly to thrust down the throats of unsuspecting youth, I could not be a cannibal and eat my own blood brothers, the cattle and sheep, that are sacrificed upon the altars of human appetite. Believing as I do that God by a special fiat created man as well as the lower animals, it does not hurt my conscience to eat their flesh, vegetarians are probably better off. It is true that the same general pattern runs through the anatomy and physiology of all vertebrates. By studying the lower animals you can learn a great deal about the physical structure and function of man. Many of them have a high order of intelligence, but there is a boundary that they cannot cross. Your dog looks at you with adoring eyes. He would die for you as many of them have died for their masters, but his imagination cannot penetrate into the realms of spirit. When you long for a life of holiness and purity, when you pray to God to keep you in this world of turmoil and sorrow, your dog cannot enter into your aspirations. He hasn't a spiritual nature. Are you foolish enough to believe that any of the lower animals can ever evolve into spiritual beings? No, you do not. Do you see any evidence that man is evolving into a super creation, as evolution teaches that he will? On the contrary, you look out upon the world today and behold him sinking back into savagery. Yet in spite of all this, the medical men are carrying on their everlasting search for new remedies with which to heal the diseases of their fellows. For years they have been experimenting with animal products in curing the ills of man. Many thousands of animals martyrs have been inoculated with germs that produced in them disease with which man suffered. In this way methods of treatment have been found out, that have greatly benefited mankind. By extirpating the pancreas it was observed that the absence of a juice manufactured by this organ causes diabetes. Such animals when fed on sweet breads or pancreas did not die but got along fairly well. The next step was to extract insulin from the sweetbreads of animals and then to inject it into diabetics. It improved the health and saved the lives of many. It now enables great numbers of diabetics to live out their natural lives, who before the discovery of insulin would surely have died. Thank the domestic animals that diabetics can now lead useful normal lives on account of the insulin which they furnish.

RHEUMATISM MUST GO

With This Reliable Scientific Remedy That Eliminates Poisons From the System PAIN EASED AT ONCE

Rheumatic Poisons cause deposits in the joints and muscles and ring the whole system. The only possible way to get rid of them is to drive them out with proper internal medication. You need Lambert's New Rheumatism and Gout Pills (combined) to do this for you. They relieve the excruciating pains in a few hours and assure you of a good night's sleep. They drive out Rheumatism, purify the blood, stimulate the liver and kidneys to increase the elimination and strengthen the bladder. You don't have to wait long, relief comes the first day. Try one box and find out for yourself at once the greatest relief from Rheumatism, Gout, Gravel, and all the other ailments that cause pain. A regular six package mailed FREE (once only) to you sufficient for 15 to 20 days' treatment. Write for your free mailing coupon. A. G. Lambert, Ltd., Cantonville, Pa.