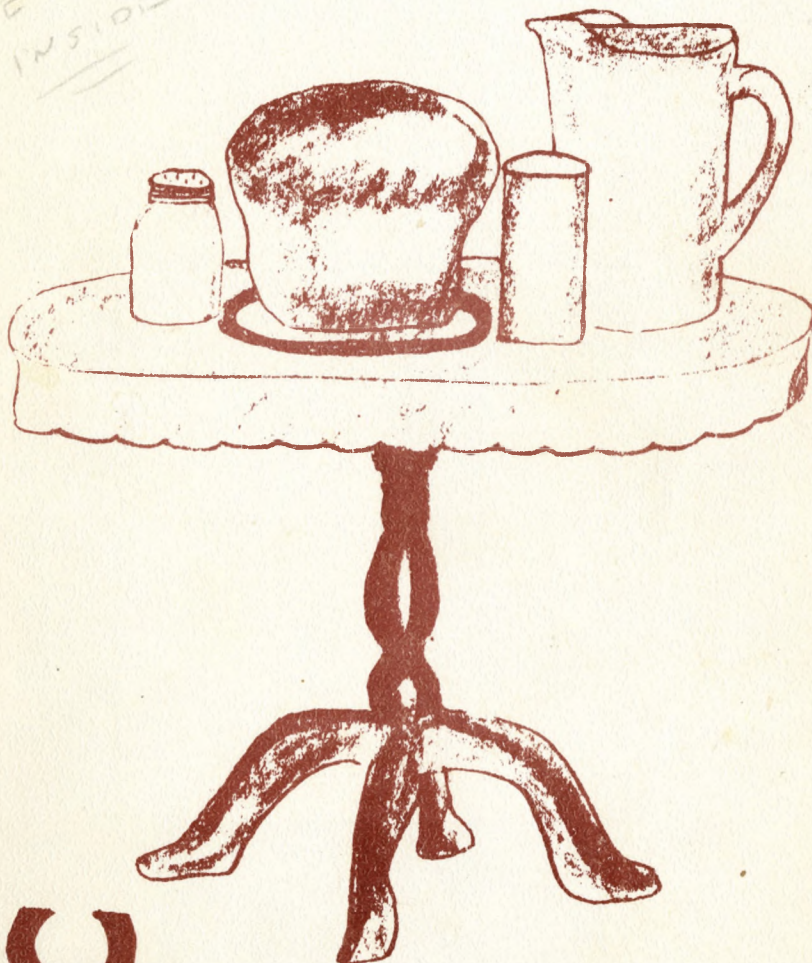


# DOUKHOBOR FAVORITES

SOME NOTES  
INSIDE



COMPILED BY

THE SHOREACRES LADIES CLUB  
SHOREACRES, B. C.

L. A



## ACKNOWLEDGMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this book could not have been possible.



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## PREFACE

Cooking is an art. Like any two artists never paint the same picture, the same applies to two cooks. Two will use the same recipe, yet the results will be different.

"Doukhobor Favorites" is a collection of favorite recipes used by Doukhobor women in our community. Some are authentic and some have been passed on from other sources.

Since in the Doukhobor culture recipes have never been written down, but rather passed on from generation to generation through experience, this is the third known book of Doukhobor recipes. Many of the recipes have been brought by our ancestors from Russia in 1898 but through new and more abundance of materials in this country, they have grown into different and better recipes.

We sincerely hope you will try these recipes and like them. Also, we hope that the original Doukhobor recipes such as borsch, perogi, blintsi, kartoshnik, lapshevník, etc., will enrich your cooking and add to your enjoyment in life. If, for any reason, you do not get the desired results the first time, do try again.

HAPPY EATING!

THE  
JOURNAL OF THE  
ROYAL ANTHROPOLOGICAL INSTITUTE  
OF GREAT BRITAIN AND IRELAND  
VOLUME 100  
PART 1  
1970

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## DILL PICKLES

Pack jars with cucumbers; add garlic and dill to taste. Have ready 17 c. boiling hot water. Add 1 c. salt, 1 c. vinegar. Fill jars with boiling hot brine and seal at once.

Place jars in large canner and pour hot water into canner, covering jars with it. Place lid on canner and let stand until water is cool. Remove jars from canner; wipe dry and store.

## PICKLE STICKS

Nellis Gorkoff

10 medium cucumbers  
6 carrots  
6 red peppers  
6 green peppers  
6 c. sugar

3 Tbsp. mustard seed  
2 tsp. turmeric  
1 Tbsp. salt  
4 c. white vinegar  
3 Tbsp. celery seed

Cut cucumbers into 2-inch sticks. Cover with salt brine made of 1/2 c. salt to 1 qt. water. Let stand overnight. Rinse and drain. Precook carrots 2 minutes. Cut peppers in long 1/2-inch slices. Put into cucumbers and carrots. Bring to boil the vinegar and spices (tied in a bag). Remove spices; mix with vegetables. Put in jars and bring to boil to seal. Remove from boiler; cool and store.

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## LEMON DILL PICKLES

Lorna Vereshagin

Boil together:

20 c. water

2/3 c. white sugar

1 c. pickling salt

1-1/2 c. lemon juice

Fill jars with cucumbers, 3-4-inches long; add 3 cloves garlic, 2 heads of dill and 2 carrots, halved lengthwise.

Have water boiling in canner, fill hot brine in jars; seal. Put into canner 5 minutes or until cukes change color. Remove jars from canner and invert until cool.

## VEGETABLE RELISH

Elsie Campbell

1 qt. cucumbers

1 qt. carrots

1 qt. cauliflower

6 medium peppers

1 qt. celery

1 qt. tomatoes (green)

1 qt. onion

1 qt. vinegar

1 qt. green beans

1 qt. sugar

1 qt. water

Sauce:

6 tsp. dry mustard

1 c. flour

6 tsp. turmeric

Cut vegetables very finely. Cook beans and carrots separately the night before. Pour boiling water over cauliflower; let stand until cold, then drain. Sprinkle a handful of salt over rest of vegetables. Let cauliflower and beans stay in clean water overnight.

Next day boil vinegar, water and sugar with a handful of pickling spices (may be tied into bag). Drain vegetables and put into the vinegar mixture. Make a smooth paste with water for the sauce and add to vegetable mixture. Simmer a few minutes, about 5 minutes, and then pour into jars; seal.

## CELERY RELISH

Grace Postnikoff

1 qt. minced cucumbers

1 qt. minced onion

1 qt. minced celery  
(sprinkled with 1/2 c.  
salt overnight)

1 qt. minced cabbage

2 green peppers

2 red peppers

4 c. vinegar

1 Tbsp. celery seed

1/2 c. flour

1 Tbsp. mustard seed

6 c. sugar

1 Tbsp. turmeric

4 Tbsp. mustard

Bring vinegar and sugar to a boil. Mix flour, turmeric and mustard to a paste. Pour flour paste over boiling vinegar. Add mustard seed and celery seed; cook until thick. (Cont'd.)



## CELERY RELISH (Continued)

Add drained vegetables and chopped peppers. Boil hard for 10 minutes, stirring continuously to keep from sticking. Pour into jars and seal.

## PICKLED CABBAGE

H. S.

Shred 1 tubful cabbage; salt to taste. Cook until tender 6 big beets. Shred beets and add 1-1/2 c. horseradish.

Mix everything together with cabbage. Fill jars and turn over to drain all juice. Make brine:

2 c. sugar

2 c. vinegar

Boil this syrup; fill jars and seal. Put in canner in hot water for 5 minutes, then take out and store.

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Write Extra Recipes Here:





## BORSCH

REAL DOUX HOBOUR  
BORSCH!!

Anne Hadikin

3 qts. water  
1-1/2 Tbsp. salt  
8 potatoes, medium  
1/2 c. chopped carrots  
1/2 c. grated carrots  
1 medium beet  
1 c. chopped onion

6 c. shredded cabbage,  
firmly packed  
1 c. sweet cream  
3/4 lb. butter  
4 c. canned tomatoes  
1/2 c. chopped green pepper  
2 Tbsp. dill

Pour 4 c. canned tomatoes into a pan and mash. Add 2 Tbsp. butter and boil until thick. Put 1/4 lb. butter, 3/4 c. chopped onion and 1/2 c. very finely grated carrots into a frying pan and fry, but do not brown.

Into a separate frying pan, put 3 c. shredded cabbage and 1/4 lb. butter; fry until tender.

Boil 3 qt. water in a large pot. Add 1-1/2 Tbsp. salt, 1/2 c. sweet cream, 1/2 c. chopped carrots, 6 medium-sized potatoes (quartered to make approximately 2 c.) and 1 medium beet, cut in half. Boil until potatoes are tender. Remove potatoes and mash with 2 Tbsp. butter and 1/2 c. sweet cream; set aside.

Put 1-1/2 c. diced potatoes and 3 c. shredded cabbage into the potato stock; boil until tender. Pour the mashed potatoes slowly back into stock water. Add fried onions, carrots and cabbage and tomato sauce. Add 1/2 c. chopped green peppers and 2 Tbsp. dill. Bring to a boil but DO NOT BOIL, and then turn off heat. Remove beet and discard. Season to taste with black pepper and 1/4 c. onion greens or white onions. Serves 12.



## SUMMER TIME VEGETABLE SOUP

3 qts. water (or less)	1 medium onion, diced
1/4 c. pot barley	1/2 c. canned tomato or
1 c. fresh snap beans,	fresh (if fresh, scald
cut into thin pieces	and peel)
1/2 c. fresh carrots, diced	1/4 c. sweet cream
5 or 6 potatoes, depending	(optional)
on size (cut in half)	Butter, size of egg (or
Salt to taste	to taste)
2 c. fresh shelled peas	1 c. diced potatoes

In small fry pan, place small piece of butter and onion; fry just until a change in color. Then add tomatoes and keep frying over low heat until it turns into a thick sauce; set aside.

Use a large pot, large enough to hold all vegetables. Bring the water to a boil with barley and beans. Simmer until beans are almost tender, then add potatoes and carrots. Cook until the potatoes are done. Take potatoes out of stock, then add diced potatoes and peas.

Meanwhile, mash the cooked potatoes with remaining butter and the tomato sauce. Add cream and slowly add back to the soup stock. Bring to a boil and cook until diced potatoes are done.

## VEGETABLE CHOWDER

Anne Soukeroff

1/4 c. butter	1/2 tsp. pepper
1 c. diced celery	1 tsp. sugar
1 c. diced carrot	1 c. frozen peas
1 c. diced potato	1 c. slivered green pepper
1/2 c. diced turnip	4 c. scalded milk
1/4 c. finely chopped onion	1/4 c. chopped parsley
1/4 c. thinly sliced leek	1/2 c. strong cheddar
1 c. boiling water	cheese, grated
2 tsp. salt	

Melt butter in a large saucepan. Add celery, carrot, potato, turnip, onion, leek, water, salt, pepper and sugar. Cover and simmer until vegetables are tender-crisp, about 10 minutes.

Add peas and green pepper; let simmer 5 minutes or more, until vegetables are tender. Add hot milk; sprinkle in parsley. Ladle into soup bowl and sprinkle each bowl with grated cheese.

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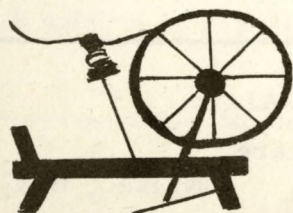
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## BAKED BEANS

Lorna Vereshagin

4 c. white navy beans  
1/4 c. brown sugar  
1/2 c. butter  
2 Tbsp. molasses  
2 tsp. salt  
1/2 tsp. dry mustard  
1 medium onion, diced

3 diced cloves garlic  
1/4 tsp. black pepper  
1 Tbsp. soya sauce  
1 Tbsp. Worcestershire  
1 Tbsp. H. P. Sauce  
1 c. tomato catsup

Wash beans; cover with water and soak overnight. Drain and put beans in a beanpot. Add remaining ingredients; cover with boiling water. Bake 4 hours or longer at 300-350 degrees. Be sure to have water well up on beans. If it gets dry, add more water. Serve hot. Delicious on toast!

## VINIGRET (Salad)

H. S.

6 medium beets  
2 c. cooked beans  
1 c. diced apples  
1 c. diced dill pickle

2 Tbsp. horseradish  
1 big onion, chopped  
1 c. sauerkraut

Cook beets until tender, then shred. Add cooked beans, diced apple (raw), pickles and remaining ingredients. Mix well and serve with potatoes.

## STUFFED PEPPERS

Katherine Kalmakoff

(Brought from Russia in 1966)

8 large onions  
2 bushes celery  
1 lb. butter  
4 qts. tomato juice

2 qts. tomato juice  
3 c. raw rice, washed  
1 pail sweet bell  
peppers

Fry 4 onions and 1 bush celery in skillet. In second skillet, fry 4 qts. juice with 1/2 bush celery until thick. In third skillet, fry 2 qts. juice, 4 onions and 1 pepper. Then mix together raw rice and first skillet mixture with third skillet mixture. Stuff peppers. Put in jars and fill with 4 qts. juice mixture from the second skillet. Put in boiler and boil 1/2 hour. Yield: 10 qts.

To Serve: Put in skillet and warm in oven for a few minutes.

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## FRUIT SALAD

Luba Rezansoff

6 apples  
2 bananas  
1 c. pineapple, sliced  
and drained  
1 carrot, shredded

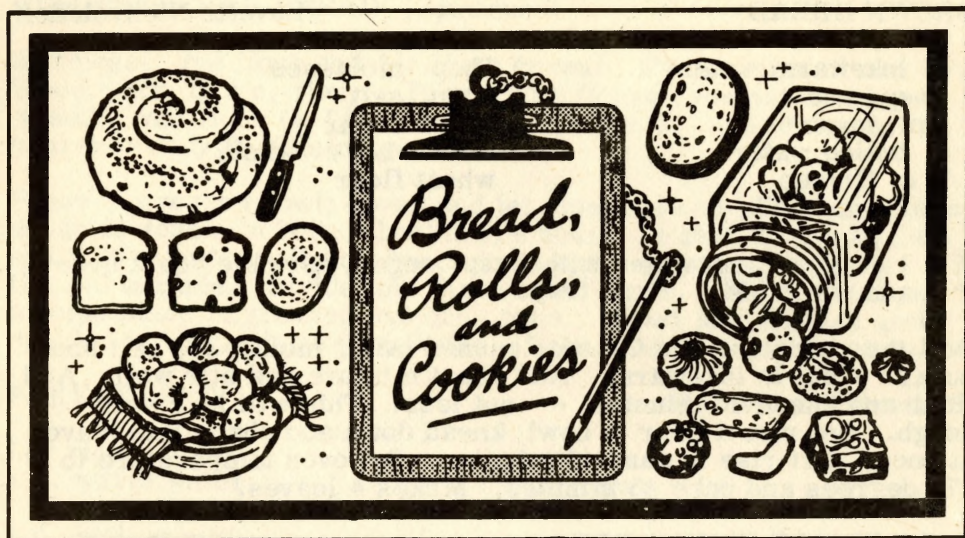
1 orange  
A few raisins  
A few walnuts  
Coconut, about 1/2 c.  
1/2 tsp. vanilla

Add 1/3 c. cream, either whipped or not. Add about 1 Tbsp. honey and you may add 2 c. peaches, apricots or pears.

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Write Extra Recipes Here:





## WHITE BREAD

Mrs. Nick W. Osachoff

2 c. milk  
2 c. water  
2 compressed yeast cakes  
or 2 pkgs. Fleischmann's  
Yeast

4 tsp. salt  
6 Tbsp. granulated sugar  
4 Tbsp. soft shortening  
11 c. sifted all-purpose  
flour

Scald milk and add water. Measure 1 c. of the liquid and let cool to lukewarm. Add yeast to lukewarm liquid and blend thoroughly. Let stand 20 minutes and blend. To remaining 3 c. of liquid, add salt and sugar. Mix and let stand until lukewarm. Sift flour, then measure into large mixing bowl.

Make a well in center of flour. Add shortening into lukewarm liquid containing sugar and salt. Add dissolved yeast and mix. Pour blended liquids into well in the flour. Stir until flour is dampened. With one hand, mix dough in bowl, forming dough into one large, smooth ball. Continue mixing for 5 minutes, until dough is smooth and comes away readily from inside of bowl.

Turn dough out on greased board or tabletop. Knead for about 8 minutes. Put dough in lightly greased bowl; cover with piece of slightly dampened cloth. Put tea towel on top. Let rise at room temperature for 2 hours, until double in bulk. NO MORE FLOUR SHOULD BE ADDED. Punch dough down. Turn dough out on lightly greased board. Cut into 4 pieces; form each into ball and let stand 15 minutes. Place in pans; let rise 1-1/2 hours. Bake in preheated oven 425 degrees 15 minutes. Reduce heat to 400 degrees; bake 35 minutes longer.



## BROWN BREAD

Lovette Nichvolodoff

1 c. lukewarm water	2 Tbsp. molasses
2 Tbsp. yeast	1 Tbsp. salt
1 tsp. sugar	1 Tbsp. sugar
4 c. boiled water	12 to 12-1/2 c. whole
1/2 c. Crisco	wheat flour
15-oz. can milk	

Mix 1 c. lukewarm water with 1 tsp. sugar; sprinkle yeast over this and set aside.

Boil the water and add Crisco, canned milk, molasses, salt and sugar. Cool to lukewarm. Add yeast mixture and stir well. Add flour and knead 30 minutes -- not less. This will be a soft dough. Let rise 1 hour in bowl; knead down and shape into loaves at once. Let rise in pans 45 minutes. Set oven temperature to 375 degrees and bake 45 minutes. Makes 4 loaves.

## HALF WHOLE WHEAT BREAD

1 pkg. yeast	3 Tbsp. shortening
1/2 c. warm water	3 c. water
1 tsp. sugar	1 Tbsp. salt
4 Tbsp. brown sugar	5 c. whole wheat flour
or molasses	4 c. white flour

Mix in small bowl the yeast, 1/2 c. water and sugar. Let rise 10 minutes. Meanwhile, in a large bowl, mix 3 c. warm water, molasses, melted shortening and salt. Add half the flour; mix and then add yeast. Mix well and add rest of the flour. Knead until dough doesn't stick to hands, about 20 minutes. Let rise and punch down every 25 minutes three times. Let rise for 1 hour. Make into loaves. Let rise about 2 hours and then bake at 375 degrees.

## PUMPERNICKLE BREAD

Lorna Vereshagin

1/2 c. lukewarm water	1/4 c. dark molasses
2 tsp. sugar	2 Tbsp. salt
2 fast-rising dry yeast	1 Tbsp. margarine or
2 c. cold, mashed potatoes	butter
3/4 c. yellow cornmeal	3 c. rye flour
3 c. warm water	1 c. All-Bran cereal
2 sqs. unsweetened chocolate (melted)	7-1/2 c. flour

Dissolve yeast in water; let stand 10 minutes. Meanwhile, combine mashed potatoes, cornmeal, 3 c. warm water, melted chocolate, molasses, salt and margarine in a large bowl.  
(Cont'd.)



## PUMPERNICKLE BREAD (Continued)

Add yeast, rye flour and All-Bran cereal. Beat until well combined. Stir in 3 c. flour. Turn onto a floured surface and knead in additional flour (4-1/2 c. to make a smooth, elastic dough) approximately 8-10 minutes.

Place in greased bowl; cover and let rise in warm place until the dough is double in bulk, about 1-1/2 hours. Punch down; let rise again 30 minutes. Punch dough down and turn out onto lightly floured surface. Divide into three equal parts. Shape into three loaves; place in greased 9x5-inch pans. Cover and let rise until doubled in bulk, about 45 minutes. Bake 1 hour at 350 degrees.

## BAKERY BUNS

Katherine Kalmakoff

Let rise:	2 pkgs. yeast
1 c. warm water	1 tsp. sugar
1 c. boiling milk	2 eggs, beaten
1 c. sugar	1 tsp. vanilla
1-1/2 tsp. salt	5 c. flour
6 Tbsp. Crisco	

Boil milk; add sugar, salt and Crisco. Let cool until lukewarm. Then add eggs, vanilla and flour. Beat with spoon until smooth. Let rise until double in size, about 1 hour. When risen, punch down and let rise again. Then roll out on table by dumping out on well floured table. Stretch with hands, about 1/2-inch thick. Butter on side, then triple fold. Cut into strips. Twist to form buns, or put brown sugar, raisins and cinnamon and roll or make braids. Let rise on baking sheet about 1-1/2 hours, then bake in 350 degree oven 20 minutes, or until brown. Makes 20 buns.

## APPLE BUTTERHORNS

Frances Kanigan

1 cake yeast	2 c. unsifted flour
1/2 c. warm water	1/4 c. melted butter
1 c. melted shortening	1 c. apple, peeled and chopped
1/4 c. sugar	1/2 c. finely chopped dates
1 egg, beaten	Icing sugar
1 tsp. grated lemon rind	
1 tsp. salt	

Dissolve yeast in water. Mix shortening, sugar and let cool. Add egg, lemon rind, salt and yeast. Sift measured flour and beat into mixture. Cover and refrigerate overnight. Next day, divide into three even pieces and roll into 9-inch circles on a lightly floured board. Cut each circle into 8 pie-shaped wedges. Spread center of wedge with melted butter and a mixture of the apples and dates. (Cont'd.)



## APPLE BUTTERHORNS (Continued)

Moisten edges with warm water and roll each wedge towards point, making them shaped as crescents. Place on greased cookie sheet. Cover and let rise in warm place until double in size. Bake at 375 degrees 8-10 minutes. Cool slightly and then ice while still warm. Makes 24 small butterhorns.

## DINNER BUNS

Stella Rilkoff

2 pkgs. yeast	2 eggs
1/4 c. warm water	1/2 tsp. salt
2 c. milk	2 Tbsp. sugar
2 Tbsp. butter	7 c. flour (about)

Scald milk with 2 tsp. butter in it. Pour into a large mixing bowl, also adding salt and sugar; stir well. Let cool to luke-warm. Combine 1/4 c. warm water and yeast; let rise. Beat 2 eggs and add to milk. Then add 2 c. flour and the yeast; mix thoroughly. Then add remaining flour, about 1 c. at a time, and knead enough to mix in flour. Let rise 1 hour, then punch down good. Let rise for 1 hour again and shape into balls. Let rise about 1 hour, then bake 15-20 minutes in 400 degree oven. Brush tops of buns with butter while still hot. Yield: 3-1/2 to 4 dozen buns.

Variation: Add 1/2 c. sugar to above recipe and make doughnuts. Instead of shaping into balls, roll out dough and cut with doughnut cutter. Also make cinnamon buns by rolling out dough and filling with sugar and cinnamon.

## TEA BISCUITS

Stella Rilkoff

2 c. all-purpose flour	1/3 c. shortening
3 tsp. baking powder	1 c. milk
1/2 tsp. salt	

Measure dry ingredients into large bowl; stir to blend. No sifting needed. Cut in shortening. Make hollow in center and add milk at once; mix only until soft dough is formed. Turn onto floured surface and knead 10 times. Roll out and cut. Bake at 450 degrees 12-15 minutes. Yield: 12 Biscuits, using a 2-1/4-inch cutter.

Variations: Drop Biscuits -- Use 1/4 c. more milk and drop by spoonful on greased cookie sheet.

Cheese Biscuits -- Add 2/3 c. grated cheese to drop ingredients, then add 1-1/4 c. milk. Drop from spoon onto greased muffin tins and bake.

Topping for Fruit Cobbler: Add 1 Tbsp. sugar and 1 additional Tbsp. shortening to half the drop biscuit dough recipe.



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## BRAN MUFFINS

1/2 c. shortening	1/4 tsp. salt
1 c. brown sugar	1 tsp. soda
2 eggs	1 c. bran
1 c. flour	1 c. buttermilk
1/2 tsp. cinnamon	1/2 c. raisins
1/4 tsp. nutmeg	

Cream shortening and sugar. Add eggs and beat well. Sift dry ingredients and mix with bran. Add dry ingredients alternately with buttermilk to the creamed mixture. Add raisins; mix and put in muffin tins, filling them 2/3 full. Bake at 375 degrees about 15 minutes, or until done. Makes about 18 muffins.

## WHEAT GERM MUFFINS

Mrs. Helen Evdokimoff

1/2 c. shortening	1 tsp. baking powder
1 c. brown sugar	1 tsp. baking soda
2 eggs	1 c. sour milk or sour cream
1 c. flour	
1/2 tsp. salt	1 c. wheat germ

Cream shortening and sugar. Add eggs and mix. Sift the flour, salt, baking powder and soda. Add dry ingredients to the cream mixture, alternating with sour milk. Fold in wheat germ. Bake at 400 degrees about 18 minutes.

## NUT ROLL

Helen Markin

2-oz. walnuts	6 eggs, separated
3-oz. icing sugar	1/2 pt. whipped cream
1-1/2-oz. flour	

Beat egg yolks with icing sugar. Beat egg whites stiff. Mix egg yolk mixture, flour and nuts with egg whites. Put waxed paper on baking sheet and grease the wax paper. Bake 15 minutes at 350 degrees. Take out and put over sugar sprinkled on dish cloth and roll; cool. When needed, unroll and put 1/2 pt. whipped cream with sugar. Add walnuts and roll up again. Ice with icing sugar mixed with coffee to taste.

## DOUGHNUTS

Lucy Kanigan

1 pkg. yeast	4 eggs
1/2 c. water	2/3 c. sugar
1 tsp. sugar	1 tsp. salt
1 heaping Tbsp. Crisco	Flour
1 c. milk	

(Cont'd.)

## DOUGHNUTS (Continued)

Prepare yeast,  $\frac{1}{2}$  c. water and 1 tsp. sugar. Put into a large mixing bowl melted Crisco and warmed milk. Add the well beaten eggs, sugar and salt. Put in yeast and enough flour to make good and thick. Mix the mixture thoroughly. Let rise once and punch down. Let rise and then roll out. Let rise on a well greased table. When risen, fry in hot oil until brown. Ice with icing sugar, or shake in bag of sugar while still hot.

## CHOCO-PEANUT BUTTER COOKIES

Mable Soukeroff

$\frac{1}{3}$ c. peanut butter	1 tsp. vanilla
$\frac{1}{3}$ c. butter or Crisco	$\frac{3}{4}$ c. unsifted flour
$\frac{1}{2}$ c. granulated sugar	$\frac{1}{2}$ tsp. baking soda
$\frac{1}{4}$ c. brown sugar	$\frac{1}{2}$ tsp. salt
1 egg	1 c. chocolate chips

Beat butter, peanut butter, sugars, egg and vanilla until light and fluffy. Blend in flour, soda and salt. Stir in chocolate chips. Drop by spoonful onto ungreased baking sheet, placing cookies about 2-inches apart. Bake in 375 degree oven 8-10 minutes, or until cookies are lightly browned. Makes 4 dozen.

## OATMEAL DROP COOKIES

Polly P. Kalmakoff

2 c. sifted all-purpose flour	$\frac{3}{4}$ c. brown sugar, firmly packed
1 tsp. soda	2 eggs, unbeaten
1 tsp. salt	$1\frac{1}{2}$ tsp. vanilla
$1\frac{1}{2}$ tsp. cinnamon	$\frac{1}{3}$ c. milk or buttermilk
2 c. quick-cooking oatmeal	1 c. raisins, chopped dates or chocolate chips
1 c. soft shortening, butter or margarine ( $\frac{3}{4}$ c. for soft cookies)	$\frac{3}{4}$ c. chopped nuts (if desired)
$\frac{1}{2}$ c. granulated sugar	

Set oven to 375 degrees to preheat. Sift together flour, soda, salt and cinnamon; add oatmeal. Combine butter, sugars, eggs and vanilla in large Mixmaster bowl. Cream on No. 7 speed for 2 minutes. Stop mixer; add milk, then flour mixture gradually while beating on No. 2 speed until blended. Add raisins and nuts.

Beat on No. 4 speed for  $1\frac{1}{2}$  minutes. Scrape bowl as necessary. Drop by teaspoonful on greased cookie sheet. Bake for about 12 minutes, or until browned. Makes about 5 dozen.

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## CRUNCHES COOKIES

Grace Postnikoff

1-1/4 c. brown sugar	1 c. coconut
1 c. butter	1 tsp. vanilla
2-1/4 c. rolled oats	Few grains salt
1/2 tsp. cream of tartar	1 c. flour
1 egg	

Cream butter and sugar; add egg and beat. Add dry ingredients, then roll into balls the size of marbles. Press with fork. Bake in moderate oven 350-375 degrees 10-15 minutes. (Raisins or chocolate chips may be used instead of coconut.)

## CHOCOLATE DROPS

Mildred Rilkoff

1/2 c. butter, melted	1-3/4 c. flour (maybe a little more)
1 c. brown sugar	1/4 tsp. baking soda
2 sqs. chocolate (or 4 Tbsp. cocoa)	1/2 c. milk
1 egg, beaten	1/2 tsp. vanilla
1 tsp. baking powder	1/2 c. raisins or walnuts

Beat egg until light. Mix sugar and melted butter; add eggs and mix well. Add cocoa and raisins or walnuts. Add vanilla, then flour and milk. Bake at 375 degrees about 10 minutes. Makes about 4 dozen cookies.

## DATE FILLED COOKIES

Mrs. Osachoff

1 c. brown sugar	2 Tbsp. molasses
1/2 c. soft butter	2-1/2 c. flour
1/2 c. sour milk	1 lb. dates
1 tsp. baking soda	1-1/2 c. water

Sift flour and soda. Cream butter and sugar. Add sour milk and molasses; mix thoroughly. Add flour and soda. Mix well, then roll out and cut with glass (2-inches across). Bake about 7 minutes at 350 degrees. While cookies are still warm, paste together with Date Filling.

Date Filling: Cut up dates; add water and bring to a boil, stirring well. Let boil until dates thicken. Set aside while you prepare cookies.

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## COFFEE COOKIE

Marlene Rilkoff

1/2 c. brown sugar	1 tsp. cinnamon
1 c. shortening (half and half)	1/2 tsp. cloves
3 eggs	1 tsp. soda
4 Tbsp. hot coffee	1/2 tsp. salt
2-1/2 c. flour	1 c. chopped nuts
	1 c. seedless raisins

Cream sugar and shortening. Add eggs, one at a time, beating well. Dissolve soda in strong, hot coffee (1 Tbsp. of instant coffee to 4 Tbsp. hot water). Add soda and coffee to first mixture and beat well.

Sift, measure and mix dry ingredients together. Add to the other mixture gradually. Add nuts and raisins. Drop by teaspoon on a greased baking sheet 2-inches apart. Bake at 375 degrees for about 10 minutes. To add flavor, frost with Mocha Icing when cooled. Yield: About 5 dozen.

## BUTTERSCOTCH CRISPS (Cookies) Mrs. Florence Polonikoff

Cream together 1 c. vegetable shortening, 1 c. firmly packed brown sugar and the contents of a large package Jell-O pudding. Mix until light and fluffy. Add 2 eggs and beat well. Sift together 3 c. sifted pastry flour, 2 tsp. baking soda and 2 tsp. cream of tartar. Blend dry ingredients into creamed mixture. Drop by teaspoon onto greased cookie sheet. Bake 12 minutes at 350 degrees.

## GRANNIE'S HERMITS (Cookies) Mrs. Anne Rilkoff

1 c. shortening	1 tsp. baking soda
2 c. brown sugar	1 tsp. each cinnamon, allspice and nutmeg
3/4 c. soured milk	1/2 tsp. ground cloves
2 eggs	1 c. cut mixed peel
3 c. sifted all-purpose (bread) flour	1 c. glace cherries
1/2 tsp. salt	1/2 c. chopped nuts

Heat oven to 375 degrees. Grease baking sheet. Blend shortening and sugar; add eggs and beat well. Add sour milk and sifted dry ingredients alternately. Stir in fruits and nuts. Drop by spoonful on prepared baking sheet. Bake in moderately hot oven 12 minutes.

To sour the milk, add 1 Tbsp. vinegar or lemon juice to milk to make a total measure of 3/4 cup.





### PUMPKIN LOAF

Mable Soukeroff

1-1/2 c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt  
1 tsp. cinnamon

1 c. sugar  
3/4 c. salad oil  
2 eggs  
1/2 c. raisins  
1 c. pumpkin

Combine sugar, oil and eggs; beat well. Add dry ingredients and pumpkin; mix well. Add raisins. Bake 1 hour at 350 degrees.

### HOLLYWOOD CUP CAKES

H. S.

2/3 c. brown sugar  
1-1/2 c. flour  
3 tsp. baking powder  
1/8 tsp. salt

1/4 c. butter or oil  
2/3 c. milk  
1 egg

Mix dry ingredients together. Cream butter and sugar. Add well beaten egg, to which milk has been added. Add dry ingredients slowly and beat well. Put half of mixture into oiled tins. Add this filling:

1/2 c. brown sugar  
2 tsp. cinnamon  
2-1/2 Tbsp. melted butter

1 Tbsp. flour  
1/2 c. chopped walnuts  
1/2 c. chopped raisins

Mix above ingredients together. Add melted butter, then mix together; pour over base. Bake 20-25 minutes at 375 degrees.



## SOUR CREAM COFFEE CAKE

Gertie Rilkoff

1 c. sour cream  
1 tsp. baking soda  
1/2 c. soft butter  
1 c. white sugar

2 eggs, well beaten  
1 tsp. vanilla  
1-3/4 c. sifted cake flour  
2 tsp. baking powder

Topping:  
1/4 c. brown sugar

1 tsp. cinnamon  
2 Tbsp. finely chopped nuts

Grease and flour Pyrex oblong pan. Combine sour cream and baking soda in a bowl. In a mixing bowl, blend the butter and sugar thoroughly. Add eggs and vanilla; beat. Alternately add sifted dry ingredients and sour cream. Spread half of batter in pan; sprinkle with half the topping. Cover with remaining batter and sprinkle with remaining topping. Bake 45-50 minutes at 350 degrees. Serve warm or cold.

## CARROT CAKE

Mrs. Elma Verigin

2-1/2 c. Mazola Oil  
7 Tbsp. water  
6 c. grated carrots  
8 eggs  
4 c. brown sugar  
6 c. flour  
4 tsp. cinnamon

2 c. raisins  
1 tsp. nutmeg  
3 tsp. baking soda  
2 tsp. salt  
4 tsp. baking powder  
1-1/2 c. walnuts

Make a well in the flour mixture and add Mazola Oil. Beat yolks with brown sugar and add water to yolk mixture. Fold in carrots, raisins and nuts to flour mixture. Beat whites of eggs and fold them in last. Makes four cakes if you use bread pans. Bake 1 hour and 15 minutes at 325 degrees.

## MARASCHINO-BANANA CAKE

Mrs. Mary Koorbatoff

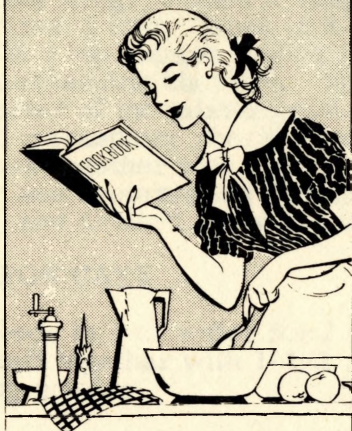
2 c. once-sifted pastry  
flour (or 1-3/4 c. once-  
sifted all-purpose flour)  
2-1/2 tsp. baking powder  
1/4 tsp. baking soda  
1/2 tsp. salt

10 Tbsp. butter or oleo  
1 c. sugar  
2 eggs, well beaten  
1 c. mashed banana  
1/2 c. milk  
1 tsp. vanilla

Grease two 8-inch round layer cake pans and line bottoms with greased paper. Preheat oven to 375 degrees. Sift flour, baking powder, baking soda and salt together 3 times. Cream butter; gradually add sugar. Add well beaten eggs, a little at a time, beating well after each addition. Combine mashed bananas, milk and vanilla. (Cont'd.)



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## MARASCHINO-BANANA CAKE (Continued)

Add flour mixture to creamed mixture, about a quarter at a time, alternating with 3 additions of banana mixture and combining lightly after each addition. Turn into prepared pans. Bake in preheated oven 25-30 minutes.

Maraschino Filling and Icing: Cream 5 Tbsp. butter or margarine with a few grains of salt. Work in 2-2/3 c. sifted icing sugar alternately with 2 tsp. lemon juice and about 3 Tbsp. of heated syrup from maraschino cherries. Beat in 1/4 tsp. vanilla. Take out about a quarter of the mixture and beat into it 1/4 c. well-drained, cut up maraschino cherries and about 1/4 c. icing sugar. Put cold cakes together with this mixture. Cover cake with remaining icing and decorate top with diagonally-cut, serrated banana slices, and drained, halved maraschino cherries.

## POPPY SEED CHIFFON CAKE

Mrs. Polly Argatoff

Soak 1/2 c. poppy seeds in 1 c. water for 2 hours. Then measure 2 c. flour and sift together with 1-1/2 c. white sugar, 1 tsp. salt and 3 tsp. baking powder.

1/2 c. salad oil  
7 egg yolks

1/2 tsp. baking soda  
2 tsp. vanilla

Make a well in the flour mixture and add salad oil, egg yolks, baking soda and vanilla. Add poppy seed mixture and mix well until smooth. Beat egg whites with 1/2 tsp. cream of tartar until very stiff peaks form; do not underbeat. Add egg whites to flour mixture with wooden spoon. Bake in tube pan 50 minutes at 325 degrees, and 15-20 minutes at 350 degrees.

## CRAZY CHOCOLATE CAKE

1-1/2 c. flour  
1 c. sugar  
3 Tbsp. cocoa  
1 tsp. soda

1/4 tsp. salt  
1 c. water  
6 Tbsp. salad oil  
1 Tbsp. vinegar

Place all ingredients in an ungreased pan; mix well with a fork. Bake 1/2 hour or until done at 350 degrees.

## ORANGE-APPLE CAKE

Nellie Samsonoff

2-1/2 c. flour  
1-1/2 tsp. pumpkin pie spice  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
1/2 c. shortening  
1-3/4 c. sugar

3 eggs  
2 c. grated apple  
1 tsp. vanilla  
1/2 c. milk  
1 c. raisins  
1 c. walnuts

(Cont'd.)

## ORANGE-APPLE CAKE (Continued)

Measure flour, pumpkin pie spice, baking powder, soda and salt in sifter. Cream shortening with sugar. Beat in eggs, one at a time, then stir in apples and vanilla.

Sift in flour mixture, adding with milk. Fold in raisins and walnuts. Pour into three 8-inch layer pans. Bake at 350 degrees 35 minutes.

## WHOLE WHEAT CHIFFON CAKE

Helen Zarikoff

1 c. plus 2 Tbsp. sifted whole wheat flour	3 unbeaten egg yolks
3/4 c. plus 2 Tbsp. sugar	1/3 c. cold water
1-1/2 tsp. baking powder	1 tsp. vanilla
1/2 tsp. salt	1 Tbsp. lemon juice
1/4 c. salad oil	1/2 c. egg whites
	1/4 tsp. cream of tartar

Sift first 4 ingredients three times, then sift them into a bowl. In a second, small bowl mix together oil, egg yolks, water and vanilla. Add this egg mixture to above dry ingredients and mix well with a spoon. Add lemon juice and mix.

In a deep, medium-size bowl, place egg whites and cream of tartar (eggs should be at room temperature). Beat whites until very stiff; do not underbeat. Mix egg yolk mixture again and pour gradually over beaten egg whites, gently folding mixtures until blended. Pour into ungreased small chiffon cake pan and bake 15 minutes at 350 degrees and 15 minutes at 375 degrees. When baked, turn cake (in pan) upside down on funnel or pop bottle and let cool. Loosen sides and gently ease cake out of the pan.

## CHOCOLATE CAKE

2 Tbsp. butter	1/4 tsp. salt
3 Tbsp. cocoa	1/2 tsp. baking soda
1 tsp. vanilla	1 tsp. baking powder
1 egg	1 c. milk
3/4 c. sugar	1 c. flour

Melt butter and cocoa together. Sift dry ingredients. Break egg into cup and fill with milk. Add to dry ingredients and beat. Add melted cocoa, butter and vanilla. Bake 30 minutes at 375 degrees.

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## BANANA PICNIC CAKE

Grace Postnikoff

1 c. shortening	4 eggs
3 c. sugar	4 c. flour
1/2 tsp. baking powder	1-1/2 tsp. baking soda
2 c. mashed bananas	1/2 tsp. salt
1 Tbsp. vanilla	1/2 c. buttermilk

Cream shortening and sugar. Add eggs, one at a time, beating well. Sift dry ingredients, gradually adding to the creamed mixture. Combine remaining ingredients and add to first mixture. Beat just until well blended. Bake in greased pan 9x13-inches in 350 degree oven 50-60 minutes. Cool in pan.

## APPLESAUCE CAKE

Polly P. Kalmakoff

2 c. sifted all-purpose flour	1-1/2 tsp. double-acting baking powder
2 Tbsp. cocoa	2 eggs
3/4 tsp. salt	1 c. raisins, cut up (or 1 c. snipped dates)
1-1/2 tsp. cinnamon	3/4 c. chopped walnuts (if desired)
1/4 tsp. cloves	1-1/2 c. canned applesauce
1/2 tsp. nutmeg	1-1/2 c. granulated sugar
1/2 tsp. allspice	
1/2 tsp. soda	
1/2 c. soft shortening	

Set oven at 350 degrees to preheat. Grease, line with waxed paper or dust with flour the bottom of a 13x9x2-inch pan. Sift together flour, cocoa, salt, cinnamon, cloves, nutmeg, allspice, soda and baking powder. Add fruit and nuts and toss to coat.

In large bowl of Mixmaster, cream sugar and shortening on No. 7 speed for 2 minutes. Then add eggs, one at a time, while beating 2 minutes. Add flour mixture alternately with applesauce while beating on No. 2 speed. Scrape bowl as necessary and beat only until blended, about 4 minutes for adding. Turn into pan. Bake about 50 minutes or until done; cool. Frost with Caramel or Coffee Frosting.

## MOCHA CHIFFON CAKE

Mrs. Polly Pereverzeff

2-1/4 c. sifted cake flour	3 sqs. (3-oz.) un-sweetened choco-
1-3/4 c. sugar	late, grated (optional)
3 tsp. baking powder	5 egg yolks, unbeaten
3 tsp. instant coffee	3/4 c. cold water
1 tsp. salt	2 tsp. vanilla
1/4 tsp. cinnamon	1/2 tsp. cream of tartar
1 c. egg whites (7 or 8)	
1/2 c. cooking salad oil	

(Cont'd.)

## MOCHA CHIFFON CAKE (Continued)

Heat oven to 325 degrees. Have ready an ungreased 10-inch tube pan. Sift flour, sugar, baking powder, coffee, cinnamon and salt into mixing bowl. Make a well in center and add oil, egg yolks, water and vanilla; beat until smooth.

Beat egg whites and cream of tartar in a large bowl until very stiff peaks form. Pour egg yolk mixture in a thin stream over beaten whites, folding gently with a rubber scraper just until blended. (Fold quickly to keep egg yolk mixture from going through the egg whites to bottom of bowl.)

Just at the end of blending, sprinkle in chocolate (grated on medium grater) and fold in with as few strokes as possible. Pour into tube pan and bake 45 minutes at 325 degrees and then 10-15 minutes at 350 degrees, until top springs back when touched. Invert immediately on funnel or neck of bottle and let hang upside down until cold. Remove from pan by loosening all around with a spatula. Ice with favorite Chocolate Icing, or cut in wedges and serve with ice cream.

## SUGAR 'N SPICE WALNUT CAKE

Mrs. Elsie Chutskoff

2 c. sifted flour  
2 tsp. baking powder  
1/2 tsp. salt  
1 tsp. cinnamon  
1-1/2 c. sifted icing  
sugar  
1 c. brown sugar

1 c. butter or margarine  
(melted)  
1 c. fresh milk  
4 eggs, unbeaten  
2/3 c. finely chopped  
walnuts  
1 tsp. vanilla

Sift flour with baking powder, salt and cinnamon; set aside. Gradually add icing sugar, brown sugar to the shortening and cream thoroughly. Add eggs, one at a time, beating well after each. Add milk and vanilla; beat well. Gradually add dry ingredients and beat well after each addition. Turn into 10-inch tube pan which has been greased and floured on bottom only. Bake in slow 325 degree oven 1-1/4 to 1-1/2 hours.

## CHOCOLATE FROSTING

Ann Makortoff

2 Tbsp. cocoa  
1 c. icing sugar  
1 small egg  
2 Tbsp. Crisco

2 Tbsp. milk  
Pinch salt  
1/2 tsp. vanilla

Place all above ingredients in a deep bowl; beat until thick.



## WHIPPED CREAM FROSTING

Mrs. John Wasilenkoff

1/2 Tbsp. unflavored gelatin	Speck salt
2 Tbsp. cold water	2 Tbsp. confectioners' sugar
1 c. heavy cream	1/2 tsp. lemon juice

Sprinkle gelatin over cold water in a small bowl. Let stand a few minutes to soften. Scald 2 Tbsp. cream. Pour over the gelatin, stirring to dissolve, then refrigerate. When mixture is thick but not stiff, beat. Whip remaining cream; add salt, confectioners' sugar and lemon juice. Fold in whipped cream-gelatin mixture. Fills and frosts top of two 8 or 9-inch layers, or frosts a 10-inch angel food or sponge cake.

## NANCY'S BOILED FROSTING

Katherine Kalmakoff

1-1/2 c. white or brown sugar	2 egg whites
1/2 c. water	1 tsp. vanilla
	1/2 tsp. baking powder

Boil syrup and water without stirring until the syrup spins a thread, about 2 minutes. Pour over stiffly beaten egg whites and beat until thick. Add flavoring and baking powder. Allow to stand a few minutes before spreading. Put 1 tsp. vinegar in water when boiling to prevent frosting from sticking.

## PIE PASTRY

Mrs. Anne Rilkoff

4 c. all-purpose flour	2 c. Crisco
1 tsp. salt	1 tsp. baking powder
1 egg	1 Tbsp. white vinegar
Water	

Sift flour; add salt and baking powder. Cut in Crisco until pieces are about the size of peas. Mix in a cup the egg, vinegar and the water so it will measure 3/4 c. liquid. Make sure to beat egg, vinegar and water real well with an egg beater before adding to dough. When added to dough, mix until dough holds together. Form into a ball, halve, and roll each half out to 1/8-inch thickness. Put in pie plate and bake in 450 degree oven, or fill with fruit fillings and bake. Makes four double crusts (8 or 9-inches) or 8 single shells.

## COTTAGE CHEESE KALACKY

Mrs. Florence Traska

1 c. butter	1/2 tsp. salt
2 c. cottage cheese	Stewed, dried fruit
2 c. flour	or preserves

(Cont'd.)

## COTTAGE CHEESE KALACKY (Continued)

Cream together butter and cottage cheese. Sift flour and salt. Mix into butter the cheese mixture thoroughly. Chill a few hours or overnight. Roll out 1/8-inch thick on a lightly floured board. Cut into 2 or 3-inch squares or circles and place a small amount of fruit or preserves on each. Fold over and seal the edge. Now bake at 350 degrees 15-20 minutes.

## STRAWBERRY PARFAIT PIE

Anne Rilkoff

3-oz. pkg. strawberry flavored jelly powder	1 pt. brick vanilla ice cream
1-1/4 c. boiling water	1 c. frozen strawberries

Dissolve jelly powder in 1-1/4 c. boiling water in a 2 qt. saucepan. Add vanilla ice cream by spoonfuls, stirring until melted. Chill until thickened but not set, about 15-20 minutes. Then fold in 1 c. drained and thawed frozen strawberries. Turn into a cooled, baked 8-inch pie shell or any other kind. Chill until firm.

## APPLE PIE (With A New Look)

1 c. coconut	1 c. brown sugar
1-1/2 c. rolled oats	2-1/2 c. applesauce
3/4 c. butter	1/2 c. sugar
1-1/2 c. flour	3/4 tsp. cinnamon
1/4 tsp. baking soda	

Mix coconut, oats, flour, butter, soda and brown sugar to make a crumb crust. Pat half of mixture into a large pie plate. Arrange applesauce over crust. Dot with butter and sprinkle with sugar and cinnamon. Cover with remaining crumbs. Bake at 400 degrees 15 minutes; reduce heat to 375 degrees until done.

## RAISIN SUNSHINE PIE

Gertie Rilkoff

1-1/2 c. seedless raisins	1/4 c. lemon juice
3/4 c. sugar	1 tsp. lemon rind
4 Tbsp. cornstarch	3 eggs, separated (if meringue is desired or 1 whole egg if not)
1/2 tsp. salt	
2 c. boiling water	
1 Tbsp. butter	

Rinse raisins and chop finely. Combine sugar, cornstarch and salt. Stir in boiling water and bring to a boil again. Add raisins, butter and lemon; boil 5 minutes. Add a small amount of filling to slightly beaten egg yolks and mix. Pour filling into baked pie shell. Cool and make a meringue, or sprinkle with roasted coconut if desired.



## PUMPKIN CHIFFON PIE

Mrs. John Wasilenkoff

9-inch pastry shell, baked  
and cooled  
1 env. unflavored gelatin  
3/4 c. packed brown sugar  
1/2 tsp. each salt, ginger  
and nutmeg

1-1/2 tsp. cinnamon  
3/4 c. evaporated milk  
or light cream  
1-1/4 c. canned pumpkin  
3 eggs, separated

In a saucepan, mix gelatin, 1/2 c. of the sugar, salt and spices. Stir in milk and egg yolks. Stir and cook over low heat until the gelatin is dissolved and mixture slightly thickened (about 3 minutes). Remove from heat and stir in pumpkin. Chill until filling mounds when dropped from spoon (about 1 hour).

Beat egg whites until they will hold a stiff peak. Add remaining 1/4 c. sugar by tablespoon, beating until whites will hold a stiff peak. Fold into chilled pumpkin. Pour into cooked and cooled pie shell. Chill until firm, about 2 hours (or overnight). Yield: One 9-inch pie.

## APPLE-OAT CRISP PIE

Stella Rilkoff

4 c. apples, sliced  
2 tsp. lemon juice  
1/4 tsp. cinnamon  
2/3 c. sugar (depending  
on tartness of apples)  
1/3 c. flour

1 c. rolled oats  
1/2 c. brown sugar  
1/2 tsp. cinnamon (this  
into dry ingredients)  
1/3 c. melted butter

Peel and cut apples into small slices. Fill greased baking dish heaping, then sprinkle lemon juice, cinnamon and 2/3 c. sugar over apples in baking dish. Combine dry ingredients; add melted butter and mix until crumbly. Sprinkle crumbs over apples. Bake at 375 degrees about 30 minutes or until apples are soft. Serve with cream while still warm. Yield: One medium-size pie.

## LEMON SQUARES

Emma Stoochnoff

1 c. brown sugar  
2 c. sifted flour  
1/2 c. butter  
1 c. coconut

1 c. white sugar  
2 Tbsp. butter  
Juice and rind of 1 lemon  
3 eggs

Mix together brown sugar, flour, coconut and butter. Press 1/2 of this mixture into a greased 9x9-inch pan. Cook together white sugar, 2 Tbsp. butter, lemon rind and lemon juice with 3 eggs, well beaten. Stir until thickened, then cool. Spread over flour mixture. Bake at 350 degrees 25-30 minutes.

## CREAM SQUARES

Emma Stoochnoff

4-1/2 c. hot water (use	1/3 c. sugar
1-1/2 c. for each pkg.)	1/3 c. melted butter
1 pkg. each red, lemon	1-1/2 env. gelatin
and lime Jell-O	1/2 c. cold water
16 double graham wafers,	1/4 c. pineapple juice
rolled finely	1/2 c. hot water
1/2 tsp. cinnamon	1 pt. whipping cream

Pour each individual package of Jell-O into shallow dishes and place in refrigerator until set. Roll graham wafers fine and add sugar, butter and cinnamon. Place 3/4 of this mixture into a 13x9-inch pan and press. Bake in 350 degree oven 10-15 minutes and leave remaining crumbs for topping.

Dissolve gelatin in 1/2 c. cold water. Add 1/2 c. hot water and pineapple juice. Let set in refrigerator until needed. Whip the cream and 1/2 c. sugar until stiff. Add gelatin. Cut Jell-O in small cubes and add to mixture. Pour into cooled shell. Add reserved crumbs on top and keep in cool place until needed.

## FROSTED PINEAPPLE SQUARES

1/2 c. sugar	1 pkg. yeast
3 Tbsp. cornstarch	3/4 c. milk
1/4 tsp. salt	1 c. margarine
1 egg yolk, slightly beaten	4 egg yolks, slightly beaten
Three 10-oz. tins pine-	4-1/2 to 5 c. flour
apple tidbits	Confectioners' sugar
3/4 c. warm water	frosting
1 tsp. sugar	

Mix 1/2 c. sugar, cornstarch and salt together in a saucepan. Stir in 1 slightly beaten egg yolk and the undrained pineapple tidbits. Cook over medium heat, stirring constantly, until the mixture comes to a boil. Set aside to cool.

Measure 3/4 c. warm water into a large bowl. Stir in 1 tsp. of sugar and yeast. Let stand 10 minutes, then stir well.

Meantime, combine milk and margarine in a saucepan. Heat over low heat until liquid is warm and margarine melts. Add liquid to dissolved yeast. Add egg yolks and 1-1/2 c. flour; beat until smooth. Stir in an additional 3-1/4 c. flour (about) to make a soft, moist dough. Divide dough in half. Roll out half of the dough on floured board to fit bottom of ungreased 15-1/2x10-1/2x1-inch jelly roll pan. Spread with cooled pineapple filling. Roll remaining dough large enough to cover filling. Seal edges together. Snip surface of the dough with scissors to let the steam escape. (Cont'd.)



## FROSTED PINEAPPLE SQUARES (Continued)

Cover and let rise in warm place, free from draft, until doubled in bulk (about 1 hour). Bake in moderate oven 375 degrees about 35-40 minutes or until done. Let cake cool in pan. Frost while warm with confectioners' sugar frosting. Cut into squares for serving.

### CHEESE APPLE SQUARES

Mrs. Nick W. Osachoff

1-1/2 c. all-purpose flour	1 c. shredded, processed cheese
2 Tbsp. sugar	
1 tsp. baking powder	1/2 c. soft margarine or butter
1 c. apple jelly	

Measure flour without sifting onto square of waxed paper. Add sugar and baking powder; stir well to blend. Cream cheese and butter together. Add blended dry ingredients gradually to the creamed mixture and mix well. Divide in half; press half the mixture into ungreased 8-inch square pan. Spread with apple jelly. Sprinkle remaining mixture over top and pat lightly. Bake at 350 degrees about 30 minutes; cool and cut into squares. Yield: About 25 squares.

### FROST COFFEE SQUARES

Helen Chernenkoff

Pour 2/3 c. hot coffee over 1 c. chopped dates; let stand for 10 minutes.

2/3 c. butter	1 tsp. baking powder
1 c. brown sugar	1-2/3 c. flour
1/4 tsp. salt	1 tsp. vanilla
2 eggs	1/2 tsp. cinnamon

Cream butter and sugar. Add one egg at a time and beat. Sift the dry ingredients together and add to cream. Mix with dates and 3/4 c. chopped nuts. Spread on large pan about 13x9x3/4-inches. Bake at 350 degrees 25 minutes.

#### Frosting:

1-1/2 c. icing sugar	1/8 tsp. salt
1 tsp. instant coffee	2 Tbsp. melted butter
1 tsp. vanilla	2 Tbsp. cream

Mix above ingredients together, then spread.

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## CHOCOLATE CHIP BARS

Sift together:  
2 c. flour

1 tsp. baking soda  
1/2 tsp. salt

Combine in bowl and beat:  
1/3 c. shortening

1/2 c. brown sugar  
1/2 c. white sugar

Add and beat:  
1 tsp. vanilla

2 egg yolks  
3 Tbsp. water

Gradually add dry ingredients. Beat well and spread mixture evenly in greased pan. Sprinkle with 1 package semi-sweet chocolate chips. Place in 2 egg whites, beating until frothy. Add while beating 1 c. firmly packed brown sugar. Spread over first mixture and bake 30 minutes at 350 degrees.

## CHERRY NUT BARS

Mrs. Polly Argatoff

1 c. brown sugar

1 c. chopped nuts

1/2 c. butter

1 c. coconut

1/2 c. milk

8 maraschino cherries

1 c. graham cracker crumbs

18 whole graham crackers

In a saucepan, combine sugar, butter and milk. Bring to boiling point and remove from heat. Add crumbs, nuts, coconut and the chopped cherries; blend well. Arrange 9 crackers in bottom of an 8-inch square cake pan. Top with above mixture, then remaining 9 crackers. Press down slightly. Blend icing ingredients except chocolate and spread on cake. Drizzle with chocolate or cracker crumbs.

Icing:

2 Tbsp. butter

1/2 tsp. vanilla

1 c. sifted icing sugar

1/2-oz. unsweetened chocolate, melted (optional)

1 Tbsp. milk

## ICE BOX SLICES

Mildred Rilkoff

1/2 c. butter

1/2 c. coconut

1 c. icing sugar

1/2 c. chopped walnuts

2 egg yolks

Little salt

2 sqs. melted chocolate

Vanilla

Line bottom of pan with whole graham wafers. Mix together all above ingredients. Beat 2 egg whites stiff. Fold into above mixture and spread on wafers. Cover top with more wafers (wafers could be whole or crushed). Use a 9x9-inch square pan. This slice must be kept in the refrigerator.





### PINK LADY PUNCH

Helen Chernenkoff

4 c. cranberry juice  
2 qts. chilled ginger ale  
or Seven-Up

1-1/2 c. sugar  
4 c. pineapple or grape-  
fruit juice

Slowly add cranberry juice to sugar. Dissolve and add pineapple juice, then chill. Pour into punch bowl and slowly add ginger ale.

### RASPBERRY JELL-O

Ann Makortoff

20 graham wafers  
1/4 c. butter  
20 large marshmallows  
1/2 c. milk  
1 pkg. raspberry Jell-O

1-1/2 c. boiling water  
2 c. raspberries (frozen  
or fresh)  
1-1/2 c. whipping cream  
3 graham wafers

Crush 20 wafers and mix in butter. Press in a pan and broil until brown; cool. Melt marshmallows with milk and let cool. Dissolve Jell-O in boiling water and add raspberries. Mash berries in Jell-O and spread over wafers. Beat cream and fold into marshmallows. Spread on top of Jell-O. Add a bit of the 3 crushed graham wafers on top. Let set in refrigerator.

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## IGLOO DESSERT

Mrs. Mary Pereverzoff

- |                             |                           |
|-----------------------------|---------------------------|
| 1 Tbsp. gelatin             | 3 egg whites, unbeaten    |
| 1/4 c. cold water           | 4 sqs. Baker's Sweet      |
| 2/3 c. sugar                | Chocolate (1/2 pkg.)      |
| 1/4 tsp. salt               | 8-inch layer devil's food |
| 1-3/4 c. milk               | cake                      |
| 3 slightly beaten egg yolks | 1 c. whipping cream       |
| 1 tsp. vanilla              |                           |

Soften gelatin in cold water. Combine 1/3 c. sugar, salt and milk in medium saucepan. Add chocolate and cook over medium heat, stirring constantly, until chocolate is completely melted. Blend mixture well with egg beater. Add small amount of hot mixture to egg yolks, stirring vigorously. Then gradually add remaining hot mixture, stirring constantly. Return to saucepan and cook over low heat until mixture is slightly thickened, about 5 minutes. Remove from heat and add softened gelatin; stir until dissolved.

Pour into large bowl and chill until partially thickened but not set. Then stir in vanilla. Beat egg whites until foamy. Add remaining sugar, 2 Tbsp. at a time, and continue beating just until stiff peaks form. Fold into chilled chocolate mixture. Spoon into a 6 c. mixing bowl and chill until firm, about 2-1/2 hours. Then loosen mold at top edge with sharp knife. Place in bowl of warm water for a few seconds. Remove from water and shake bowl gently to loosen mold from edges of bowl. Place edge of bowl 1-inch in from edge of cake layer and unmold on the cake.

Whip cream and spread over top and sides of cake. Garnish with chocolate curls.

## LOW-CALORIE FRUIT DELIGHT

Mable Soukeroff

- |  |   |
|--|---|
| 1 pkg. orange, lemon or<br>any light colored gelatin | 1 c. whipped Dream Whip<br>or other low calorie |
| 2 c. well-drained dietetic<br>fruit                  | whipped topping (optional)                      |

Dissolve gelatin in 1 c. hot water. Add 1 c. drained fruit juice. Let jell until consistency of very thick egg whites. Fold in the well-drained fruit and whipped topping. Let set in individual molds or decorative mold.

Unmold and serve garnished with additional whipped topping, if desired. Yield: 6 servings.

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## POLKA DOT DESSERT

Mrs. Anne Chernenkoff

2 c. chocolate chips  
 1-1/2 c. wafer crumbs  
 1/4 c. brown sugar  
 1/4 c. melted butter

1 pt. whipping cream  
 1 c. small marsh-  
 mallows  
 1 orange rind

Melt chocolate over hot water and cool. Mix wafer crumbs, sugar and butter. Press half of mixture into 8-inch square pan. Beat cream until stiff. Save half for topping. Fold in melted chips until well mixed. Fold in marshmallows. Spread onto the crumbs. Lightly press remaining crumbs on top and sprinkle with the orange rind; chill.

## LEMON PUDDING

Mildred Rilkoff

1/4 c. lemon juice  
 1/2 tsp. lemon rind  
 1/4 c. flour  
 1-1/2 c. milk

2 or 3 eggs  
 1/2 tsp. salt  
 1 Tbsp. melted butter  
 3/4 c. sugar

Put together lemon juice, rind, melted butter, salt, flour and sugar. Beat egg yolks; add milk and mix. Put into first mixture. Beat egg whites until stiff but not dry, then mix in with rest. Place in saucepan in pan of hot water and bake 40 minutes at 400 degrees. Serves 6.

## HUCKLEBERRY SAUCE

Helen Zarikoff

2 c. huckleberries  
 3/4 c. water  
 1 Tbsp. cornstarch  
 1/2 c. sugar

Dash salt  
 1 Tbsp. butter  
 1 Tbsp. lemon juice

Add 1/2 c. huckleberries to water and boil 5 minutes. Press the berries through sieve. Mix cornstarch, sugar and salt. Add to sieved berries and cook, stirring constantly, until thickened and clear. Add remaining 1-1/2 c. huckleberries and butter. Bring to a good boil. Remove from heat and add lemon juice. Serve hot or cold with pancakes or French toast.

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Write Extra Recipes Here:





## OLD FASHIONED FUDGE

Polly P Kalmakoff

2 c. granulated sugar  
1 c. milk  
1/2 tsp. salt  
2 sqs. unsweetened chocolate

2 Tbsp. white corn syrup  
2 Tbsp. butter or margarine  
1 tsp. vanilla  
1 c. chopped nuts

Chop nuts; butter a 9x9x2-inch pan. Combine sugar, milk, salt, chocolate, corn syrup in a heavy saucepan. Cook and stir over low heat until sugar dissolves. Then cook slowly, stirring frequently, to soft ball stage (238 degrees). Remove from heat; add butter. Cool without stirring to 110 degrees or to lukewarm. Add vanilla. Place in large bowl of Mixmaster. Beat on No. 11 speed until no longer shiny and mixture will hold shape. Beat in nuts. Turn at once into pan. Cool, then cut into squares. Makes about 4 dozen pieces. If desired, 1 c. miniature marshmallows may be added before turning into pan.

## GRAHAM WAFER JELLY

Ann Makortoff

1 c. white sugar  
1-3/4 c. water  
1 pkg. lime Jell-O

3 eggs, well beaten  
1 c. whipping cream  
3 crushed graham wafers

Boil together sugar and water. Pour over the package of lime Jell-O. Beat eggs well and fold into Jell-O mixture; cool. Before mixture sets, add whipped cream. Pour in Pyrex cake pan and top with crushed graham wafers; chill.







## VARENNIKI (PEROGY RECIPE)

Tina Nichvolodoff

3 c. flour  
 1/2 tsp. salt  
 1/2 tsp. baking soda  
 1/2 tsp. baking powder

2/3 c. fresh cream  
 1/3 c. whey  
 2 eggs

Cheese Filling  
 6 c. cottage cheese

1 Tbsp. salt  
 3 eggs

(Can also be filled with fruit -- strawberries, raspberries or finely chopped apricots.)

Beat eggs; add fresh cream and whey. Sift dry ingredients together and add to egg mixture. Mix well, then put dough on a pastry board and knead a few times. If the dough is too soft, knead in a little more flour.

Roll out dough and cut out with a round cutter, about 3-inches in diameter. Fill with a teaspoon of cheese filling. Fold over and pinch edges together. Cook 5 minutes in a pan with boiling water to which has been added 1 Tbsp. salt. Serve with melted butter.

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## VORENIKI (Cottage Cheese Dumplings) (PEROGY)

1 egg  
1 c. milk  
1/4 tsp. salt  
1/8 tsp. baking soda  
1 tsp. baking powder

About 3-1/2 c. flour (to make a medium-stiff dough, or until it does not stick to board when kneaded)

Filling: Mix well --  
2 eggs

3 c. cottage cheese  
Salt (to taste)

Mix all ingredients. Knead on board a few minutes. Roll out thin on floured board. Cut in about 2-1/2-inch circles and fill with filling. Place 1 tsp. of filling in each circle. Fold over and pinch edges together.

Have 2 qts. boiling, salted water ready in saucepan. Drop a few voreniki in; stir so they do not settle on bottom. Let boil rapidly for 1 minute. Stir again and let boil 2 minutes. Remove from boiling water. Boil all voreniki in same manner. Serve hot with melted butter or sour cream.

## PIROHI ON YEAST (BAKED TARTS) Lovette Nichvolodoff VERY POPULAR!!

2 c. milk  
1/2 c. Crisco  
1/2 c. margarine  
3 eggs  
2 Tbsp. sugar  
1 tsp. salt

1/2 c. lukewarm water  
1 Tbsp. sugar  
3 Tbsp. yeast  
1/8 c. milk  
1/2 tsp. baking soda  
7 c. flour

Mix water and 1 Tbsp. sugar and sprinkle yeast over it. Set aside to dissolve. Bring milk to a boil; add Crisco and margarine. Beat eggs and pour milk mixture over beaten eggs. Add 2 Tbsp. sugar and salt. Now bring 1/8 c. milk to boil; dissolve baking soda in it and pour over egg mixture. When cool, add yeast. Now mix in flour and mix thoroughly.

Spoon out at once into balls the size of walnuts and roll out gently. Fill with favorite filling -- see pirohi filling recipe. Let rise in pans and bake in 425 degree oven until golden brown. Let cool on brown paper individually.

## YEAST TARTS

Polly Samoyloff

1 c. milk  
1/2 c. fresh cream  
3/4 c. melted butter  
4 to 4-1/2 c. flour

2 eggs  
1 yeast  
1 Tbsp. sugar  
1 tsp. salt

(Cont'd.)



## YEAST TARTS (Continued)

Bring milk to a boil; add cream and butter. Beat eggs and add to milk. Add sugar and salt. When milk mixture is lukewarm, add yeast which should be dissolved in 1/2 c. lukewarm water. Add flour and mix well.

This dough will be quite soft. Let it rise twice, at about 3/4 hour intervals. Spoon out dough on floured board and roll into balls. Make tarts with desired filling and let rise. (See filling mixture recipe.) Bake at 425 degrees until light brown.

### PEROGI

Mable Wasilenkoff

1 c. sour cream	2 eggs
1/4 c. canned milk	1/2 c. melted butter

Beat above ingredients very well, then add 4 tsp. baking powder and 3 c. flour. Pinch off balls the size of an egg and roll or pat out flat. Fill with vegetable mixture or fruit. Bake on cookie sheet at 425 degrees until light golden brown. (For fillings, see page 44.

### FRUIT TARTS

Tina Nichvolodoff

2 c. fresh cream	3-1/2 c. sifted flour
1 Tbsp. sour cream	1 tsp. salt
6 Tbsp. melted butter	2 tsp. baking powder (heaping)
2 eggs	1 Tbsp. sugar

Sift all dry ingredients together into a large bowl and set aside. Beat eggs; add fresh cream, sour cream and melted butter. Mix quickly and lightly with a fork as you add to flour mixture. Turn out on counter and knead just a few times. Divide into small portions and roll out to fit your size of muffin tins. Fill with desired fruit and bring up edges towards center. Bake at 450 degrees until golden.

### KARTOSHNIK (Potato Cake)

Anne Hadikin

6 medium eggs	1 tsp. salt
2 c. boiled potatoes, mashed	1 tsp. baking powder
	1/2 c. sweet cream

Separate eggs; beat yolks with mashed potatoes, cream and salt. Next fold in stiffly beaten egg whites and baking powder; mix well. Pour into buttered casserole dish and bake at 450 degrees 20-25 minutes. Serve hot with melted butter. Serves 6.

(NOODLE)  
LAPSHEVNIK NOODLE CAKE

2 c. homemade noodles, cooked (see recipe for noodles)	1 tsp. salt
6 eggs	3/4 c. raisins
1/2 c. sweet cream	1 Tbsp. melted butter
	1 tsp. sugar
	1-1/2 tsp. baking powder

Boil noodles 5 minutes. Add raisins and boil 1 minute longer; drain well. Pour cold water over so it doesn't mat. Separate eggs. Into beaten yolks, add sugar, melted butter and cream. Then add drained noodles and mix well. Next fold in the beaten egg whites. Add baking powder and mix well. Pour into well greased pan and bake at 400 degrees 25 minutes. Serve hot with melted butter. Serves 6.

NALESNIKI

Mrs. Mary Koorbatoff

1 c. milk	1/8 tsp. soda
1 c. cream	1/8 tsp. cream of tartar
1/2 tsp. salt	1-1/8 c. flour
4 eggs	1 Tbsp. sugar

Scald milk and cream; cool slightly. Add salt and sugar. Beat eggs in medium bowl; add to cooled milk and beat well. Mix the flour, soda and cream of tartar. Sift flour mixture into milk and eggs, beating at low speed to make a smooth batter. Heat pancake griddle and butter lightly as for pancakes. Now spoon enough batter to form a 4-inch round circle (about 1/8 c.). Bake until golden, then turn and bake other side. Place rounds on a countertop near stove. Put 1 Tbsp. cheese mixture on round and spread slightly. Roll up like a jelly roll and put aside on plate. As you roll the rounds, you should be able to bake one at the same time.

Before serving, heat 1/2 c. milk and 1/2 c. cream with 2 Tbsp. butter. Pour 1/3 into a shallow Pyrex pan and place rolls in, side by side. Pour rest of mixture over the Nalesniki. Bake in preheated oven 20 minutes at 300 degrees. Makes about 2 dozen. Serve plain or with either yogurt or jam. These also freeze well.

Filling: Add 5 or 6 eggs (to make soft mixture) to 3 c. well-drained or dry cottage cheese. Mix in salt to taste.

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## PLOVE

SERVED COMMONLY AS A  
SORT OF DESERT!

Anne Hadikin

1 c. rice  
3/4 c. raisins  
1 tsp. salt

2 Tbsp. sugar  
4 Tbsp. melted butter

In a large pot, boil about 3 qts. water. Add salt and washed rice. When rice is done, add the raisins and boil until the rice is tender; drain well. Put about 1/4 of this rice mixture into a buttered casserole dish. Sprinkle 1 tsp. sugar and 1 Tbsp. of butter on top. Repeat layering until all the rice and sugar and butter is used. Cover and bake at 350 degrees for 20 minutes. Serve hot. Serves 4.

## RAISED BLINTSI

(CREPES)

H. C.

3 eggs  
3/4 tsp. salt  
2-1/4 c. boiled milk  
1/2 tsp. baking soda  
2 c. white flour

1 pkg. yeast (soak yeast  
in 1/2 c. warm water  
plus 2 tsp. white sugar  
and set aside)

Beat eggs and salt together. Add baking soda to boiled milk. Let it cool to lukewarm, then add flour. Beat with egg beater to break up any lumps. Add yeast and set in warm place to rise. When double, stir down and let rise again. Repeat again. When raised the third time, have the griddle hot and greased. Bake by spreading 1/4 c. over the entire pan. Brush with melted butter and serve hot with sour cream, jam, jelly or soft boiled eggs. Yield: About 10 blintsi.

## PANCAKES

Helen Zarikoff

1-1/2 c. flour  
1-1/2 tsp. baking powder  
1-1/2 Tbsp. sugar  
1 tsp. salt

1-1/2 c. buttermilk  
3/4 tsp. baking soda  
1 egg, beaten  
1 Tbsp. melted butter

Measure and sift into a bowl the flour, baking powder, sugar and salt. Beat egg in separate smaller bowl and add buttermilk, soda and butter. Stir this together, then pour into flour mixture. Beat until smooth. Try putting 1 c. white flour and 1/2 c. whole wheat flour. Bake on a hot griddle, browning well on both sides.

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## CHEESE PANCAKES

Mary Poznikoff

2 c. cottage cheese  
4 eggs  
1/2 tsp. salt

3 Tbsp. flour  
1 tsp. baking powder  
1/2 tsp. parsley

Beat eggs well; add cheese, salt, flour and baking powder and mix thoroughly. Then fry as for pancakes in a generously greased skillet. When fried, brush with butter and serve.

## POTATO PANCAKES

Mrs. Anne Rilkoff

2 c. raw potatoes, grated  
4 Tbsp. flour  
1 Tbsp. grated onion

1 tsp. salt  
2 eggs, unbeaten  
1/2 c. Crisco

All measurements must be level. Combine raw grated potatoes with onion, eggs, flour and salt. Drop mixture from tablespoon into frying pan containing hot Crisco. Flatten each cake with back of spoon. Fry to a deep golden brown on each side. Yield: About 8 pancakes.

## BUTTERMILK PANCAKES

2 c. buttermilk  
3 egg whites  
3 egg yolks

1 tsp. baking soda  
1/2 tsp. salt  
3 Tbsp. sugar

Add flour as for sponge to beaten buttermilk and egg mixture. Lastly, add stiffly beaten egg whites. Fry as pancake batter.

## DUMPLINGS

H. C.

2 eggs  
3/4 c. canned milk  
1/2 tsp. salt  
1/2 tsp. baking soda  
1/4 tsp. black pepper

1/2 c. chopped onion  
(fried in butter until glossy)  
2 c. flour  
1-1/2 tsp. baking powder

Beat together eggs, milk, salt and baking soda. Be sure to mix ingredients in order given. Knead dough gently on floured board. Roll and shape dough about 1-1/2-inches. Cut into 1-inch thick slices and drop into salted, boiling water. Cover while boiling. Boil 5 minutes or until fluffy and cooked through. For testing, cut one in half. Serve hot with melted butter or, if desired, brown lightly in hot butter. Do not crowd while boiling. Serve while hot.

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## LAPSHA (Homemade Noodles)

12 eggs  
1 Tbsp. salt

1 c. boiling water  
1/2 c. melted butter

Add flour and stir until dough is as stiff as bread dough. Make into balls the size of a small egg. Roll out on bread board or on table until paper-thin. Dry this circle of dough on top of wood stove or in a very slow oven. Do not brown it. Then fold it into a fold, about 1-1/2-inches wide. Do the same with remaining balls.

It is best to cover the folded dough with a towel so it will not dry out. Take two rolls; place one on top of the other on a cutting board and shave off.

Put onto a cookie sheet and put into oven. Do not brown, but when it is just starting to change color, it is ready to remove. Cool and store in glass jars for use in recipes. Do the rest of the folds while drying first shredded folds in oven. Dough could be rolled on a special noodle machine.

## CABBAGE ROLLS

Ruby Argatoff

1 c. rice, boiled  
2 heads cabbage leaves,  
scalded  
1 pt. mushrooms, fried  
1 medium jar kraut  
1 medium jar canned Italian  
or kidney beans, mashed  
1 large potato, grated

Green pepper, diced  
4 big croutons, rolled  
About 9 eggs  
Salt and pepper  
2 jars canned tomatoes,  
heated (8 c.)  
1/2 c. melted butter

Mix boiled rice with remaining ingredients except tomatoes. Put about 1 Tbsp. of mixture into cabbage leaf and roll into a closed roll. Put rolls in casserole and cover with tomatoes and butter. Bake in hot oven for 2 hours.

## ZUCCHINI CASSEROLE

Mrs. Helen Makortoff

6 c. diced zucchini  
1 can cream of mushroom  
soup  
Sliced Parmesan cheese

1/2 c. mayonnaise or  
1/2 pkg. cream cheese  
Savor salt or garlic salt

Preboil and drain zucchini. Place in casserole and cover with mushroom soup. Season with salt. Sprinkle top with Parmesan cheese slices. Bake 20-30 minutes in 350 degree oven.

## MUSHROOM POTATO CAKES

Nellie Samsonoff

2-1/2 c. mashed potatoes	1 egg yolk
3 Tbsp. butter	1 tsp. salt
3 Tbsp. shredded cheese	Pepper, nutmeg, milk
1 c. mushrooms	to moisten

Mix well and chill. Shape into flat cakes. Turn lightly in flour. Cook on both sides on greased griddle until lightly browned.

## CHOW MEIN

2 c. celery (1-inch sticks)	1 green pepper
1/2 c. onion, chopped	1 cucumber
1 can bean sprouts, drained	1 small cauliflower
1/2 head cabbage, chopped	1 Tbsp. cornstarch
1 can mushrooms, sliced (save juice)	1 tsp. sugar
	Salt
	Soy sauce

Saute celery in butter; add remaining vegetables and cook quickly. Mix cornstarch with mushroom juice and sugar. Add to the vegetables. Add noodles and serve with rice on the side.

## MUSHROOM CHOW MEIN

Katherine Kalmakoff

2 cans mushrooms	6 Tbsp. butter
2 medium carrots	1/4 tsp. monosodium glutamate (optional)
4 large stalks celery	2-1/2 tsp. Lawry's Seasoned Salt
2 large onions	1 tsp. salt
1/2 medium head cabbage	1 tsp. paprika
1 medium sweet green pepper	1 Tbsp. soya sauce
1 c. cooked noodles (homemade preferred)	1/4 tsp. black pepper
2 c. chow mein noodles	Few green onions

Prepare vegetable by cutting carrots, onions, peppers and the celery into 1/8x2-inch strips. Shred cabbage. In small fry pan, saute mushrooms in 2 tsp. butter. In small pot, put 2 c. water, 1 tsp. salt and 1 c. noodles. Cook until tender; drain and run cold water through to separate noodles.

In large fry pan, put cup of water and add celery. Let cook for 2 minutes, covered. Add carrots and let cook 2 minutes. Add onions and let cook 2 minutes. If water boils out, add about 1/2 c. more. Add cabbage and let cook about 5 minutes, until all vegetables are almost tender. Add butter, pepper and seasonings to taste. Mix in mushrooms and the cooked chow mein noodles. (Cont'd.)



## MUSHROOM CHOW MEIN (Continued)

Sprinkle with green onions; cover and let stand a couple minutes. Serve garnished with green onions or eggs, beaten and fried very thin. Then roll into rolls and cut into thin strips.

## RANCH HOUSE CASSEROLE

Nellie Samsonoff

1 pkg. Kraft Macaroni and Cheese Dinner	1/4 c. milk
10-oz. can cream of mushroom soup	1/2 c. canned, sliced mushrooms
	1 c. cooked peas

Prepare Kraft Dinner as directed. Add soup and milk; combine thoroughly. Fold in mushrooms and peas. Bake at 350 degrees 20 minutes.

## ENGLISH VAVRENIKI

Lorraine Maloff

2 c. large-style seashell macaroni	3 large eggs
3 c. dry cottage cheese	1/2 tsp. salt

Bring to boil 2 qts. water; salt to taste. Add seashells and cook; do not overcook -- this is very important. When ready, drain and run cold water through. Prepare cheese filling and stuff into seashells.

Place filled shells, open side up, side by side in a 9-inch skillet, layering a few if necessary. Now pour melted butter over. Put a cover on and bake 20-30 minutes at 350 degrees. These are finished when edges on shells are slightly brown or turned yellow.

## MACARONI LOAF

Gertie Rilkoff

4 c. cooked macaroni (2 c. uncooked)	1/2 c. cracker crumbs
1 can vegetable soup	2 eggs
	2 Tbsp. chopped onion

Mix together and pour into a well-greased loaf pan or 8x8-inch pan. Bake in oven 350 degrees for 50 minutes.

### Cheese Sauce:

2 Tbsp. butter	Dash pepper
2 Tbsp. flour	3/4 c. milk
1/4 tsp. salt	1/4 c. cheese

Combine butter in saucepan and melt. Add salt and pepper. Stir in flour; add milk gradually. Put on stove and boil until thick; add cheese. Pour over macaroni just before serving. Eat hot.

## FILLING FOR PYRAHI

- No. 1 - Boil potatoes until tender. Mash fine and add salt to taste. Cool slightly and add 1 beaten egg. Use 1 Tbsp. (heaping) for each pyrahi.
- No. 2 - Peel beets and grate finely. Put into saucepan with a little butter; cook until tender, stirring so it does not burn. Add salt and a little sugar.
- No. 3 - Cook Italian or kidney beans until soft. Mash and add a bit of salt and sugar. Add 1 beaten egg to each cupful and use as the others.
- No. 4 - Use cottage cheese to which you add salt and egg. Add 1 egg for each cup of cottage cheese.
- No. 5 - Boil pumpkin; season and fry as the beets above.
- No. 6 - Fry sauerkraut in butter and use as above.
- No. 7 - Boil peas until tender; drain and mash. Salt and butter to season and add 1 tsp. sugar to each cupful. Use as above.

## VEGETABLE DUMPLINGS

4 medium-sized carrots	1 c. peas
4 medium-sized potatoes	1 small onion

Cut carrots into small cubes. Put into a roaster with a little bit of water. Let them cook on top of stove. When they are about half cooked, cut potatoes the same way and add. Add the onion to carrots. When vegetables are cooked, put a cup of canned peas on top and let steam for a few minutes. Then add salt, butter and black pepper to taste.

Prepare dumplings for the above as follows:

3 eggs	3 Tbsp. cold water
Pinch salt	3 level tsp. baking powder

Use enough flour to make soft dough. Drop from spoon on top of vegetables, about 1-inch apart. Place kettle on stove where it is not hot and let steam until done. Do not allow vegetables to scorch. Serves 4.

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## OVEN TEMPERATURE CHART

Slow .....	250 degrees - 325 degrees F.
Moderate .....	325 degrees - 375 degrees F.
Moderate hot .....	375 degrees - 425 degrees F.
Hot .....	425 degrees - 450 degrees F.
Very hot .....	450 degrees - 475 degrees F.

	Minutes	Temperature
<b>BREADS</b>		
Loaf .....	50-60 .....	400
Rolls .....	20-30 .....	400
Biscuits .....	12-15 .....	450
Muffins .....	20-25 .....	400
Popovers .....	30-40 .....	425
Corn bread .....	25-30 .....	400
Nut .....	50-60 .....	350
Gingerbread .....	30-40 .....	325

<b>PIES</b>		
Pumpkin .....	35-45 .....	400
Two-crust .....	25-40 .....	400
Shells .....	10-12 .....	450
Meringue .....	10-15 .....	300

<b>COOKIES</b>		
Drop .....	10-15 .....	400
Rolled .....	8-12 .....	400
Ice box .....	8-12 .....	400
Molasses .....	10-15 .....	350

<b>CAKES</b>		
Angel .....	60 .....	325
Sponge .....	60 .....	325
Cup .....	25 .....	350
Layer .....	25-30 .....	375
Loaf .....	45-60 .....	350
Sheet .....	20-30 .....	375
Pound .....	60-90 .....	325

<b>MISCELLANEOUS</b>		
Custard cup .....	20-30 .....	300
Custard casserole .....	45-60 .....	300
Souffle .....	50-60 .....	325
Baked potato .....	60-90 .....	400
Baked beans .....	6 hours .....	350
Timbales .....	35-45 .....	300
Rice Pudding .....	50-60 .....	325
Scalloped potato .....	60-90 .....	375

## TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit .	450 degrees to 460 degrees	12-15
Bread .....	350 degrees to 400 degrees	45-60
Butter cake, loaf .....	360 degrees to 400 degrees	40-60
Butter cake, layer ....	380 degrees to 400 degrees	20-40
Cake, angel .....	300 degrees to 360 degrees	50-60
Cake, sponge .....	300 degrees to 350 degrees	40-60
Cake, fruit .....	275 degrees to 325 degrees	3-4 hours
Cookies, thin .....	380 degrees to 390 degrees	10-12
Cookies, molasses ....	350 degrees to 375 degrees	18-20
Cream puffs .....	300 degrees to 350 degrees	45-60
Meringues .....	250 degrees to 300 degrees	40-60
Muffins (b. p.) .....	400 degrees to 425 degrees	20-25
Pie crust .....	400 degrees to 500 degrees	20-40
Popovers .....	350 degrees to 450 degrees	35-40
Rolls.....	400 degrees to 425 degrees	25-30

## TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup .....	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup .....	1 tsp.	3 c.	40 minutes
Hominy (coarse) .....	1 tsp.	5 c.	3 hours
(fine) .....	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup.....	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup..	1 tsp.	4 c.	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots .....	About 40 minutes	1/4 c. for each c. fruit
Figs .....	About 30 minutes	1 Tbsp. for each c. fruit
Peaches .....	About 45 minutes	1/4 c. for each c. fruit
Prunes .....	About 45 minutes	2 Tbsp. for each c. fruit



## SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin .....	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium...	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3 .....	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick .....	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles .....	30		
Artichokes, French .....	40	45-60	
Beans, Lima, depending on age .....	20-40	60	
Beans, string .....	15-45	60	
Beets, young with skins on .....	45	60	70-90
Cabbage, chopped, cut sectional .....	10-20	25	
Cauliflower, stem down.....	20-30		
Carrots, cut across .....	20-30	40	
Chard .....	60-90	90	
Celery, cut in lengths 1/2 inch .....	30	45	
Corn, green, tender .....	5-10	15	20
Cucumbers, peeled and cut.....	20	30	40
Eggplant, whole .....	30	40	45
Onions .....	45	60	60
Parsnips .....	60	75	75
Peas, green .....	20-40	35-50	
Peppers ... ..	20-30	30	30
Potatoes, depending on size .....	20-40	60	45-60
Pumpkin, in cubes.....	30	45	60
Potatoes, sweet .....	40	40	45-60
Salsify .....	25	45	
Spinach .....	20	30	
Squash in cubes .....	20-40	50	60
Tomatoes, depending on size .....	5-15	50	15-20
Turnips, depending on size .....	30-60		

## CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread .....	230 degrees to 234 degrees
Soft ball .....	234 degrees to 238 degrees
Medium ball....	238 degrees to 244 degrees
Firm ball .....	244 degrees to 248 degrees
Hard ball .....	248 degrees to 254 degrees
Very hard ball..	254 degrees to 265 degrees
Light crack ....	265 degrees to 285 degrees
Hard crack ....	290 degrees to 300 degrees

## TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

234-236 degrees, soft ball

Fondants (mints, etc.)..... 234-236 degrees, soft ball

Marshmallows ..... 238-240 degrees, soft ball

Caramel mixtures..... 246-252 degrees, firm ball

Taffies ..... 254-270 degrees, hard ball

Butterscotch..... 280-300 degrees, crack

Brittles ..... 290-310 degrees, hard crack

Boiled frostings:

1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread

2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread

3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . 275-325 degrees - 40 minutes to 1 hour

Loaf cake ... 325-350 degrees - 40 minutes to 1 hour

Cup cakes ... 350-375 degrees - 15 to 25 minutes

Layer cake .. 375-400 degrees - 20-30 minutes

## FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.



## INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1 3/4 cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 1/2 cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- 1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equals 1 can (tall)
- 2 1/2 cups equals No. 2 can
- 3 1/2 cups equals No. 2 1/2 can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals 1/2 cup juice
- 2 Tablespoons shortening equals 1 ounce.

## TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp. ....	teaspoons
T. or Tbsp. ....	tablespoons
c. ....	cup
pt. ....	pint
qt. ....	quart
lb. ....	pound
3 t. ....	1 T.
16 T. ....	1 c. (4 T. - 1/4 c.; 8 T. - 1/2 c.)
2 cups ....	1 pint
2 pints ....	1 qt.
4 qt. ....	1 gal.

## MEASURES OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/4 to 3 1/2 cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

