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FROM THE ABBOT KITCHENS



RECIPES GARNERED
BY THE ALUMNAE ASSOCIATION

Welcome to the
Alumnae Association
1970

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Cover designed by Pamela Weidenman, 1968

Abbot Academy "Receipts"

Compiled by Jes Bonde, Abbot Chef

CORN CHOWDER

- | | |
|--|-----------------------------|
| 2 cups canned corn | 1 qt. scalded milk |
| 4 cups potatoes, cut in 1/2 in. cubes | 3 Tbsp. butter or margarine |
| 1 1/2 in. cube of salt pork | salt and pepper to taste |
| 1 can chicken broth or 1 pt. chicken stock | a small (chopped) onion |

Cut pork in small pieces and fry out; add the onion and cook 5 minutes. Do not let onion burn. Parboil potatoes in water to cover for five minutes. Drain, and add these to the fat; then add chicken stock (or broth) and cook until potatoes are done. Add corn and milk and heat to the boiling point. Season with salt and pepper and sprinkle chopped parsley over the top.

FISH CHOWDER

- | | |
|--------------------------|-----------------------------|
| 1 3/4 lbs. fresh haddock | 1 tsp. salt |
| 7 1/2 cups water | 1/4 tsp. pepper |
| 1 1-inch cube salt pork | 1 Tbsp. margarine or butter |
| 1 small onion—sliced | 3 medium potatoes |
| 1/2 cup and 1 Tbsp. milk | 1/2 cup thin cream |

Clean fish, remove head, tail and backbone. Remove small bones from fish meat and cut in 2 inch pieces and set aside. Put head, tail and backbone in stew pan and bring slowly to the boiling point. Boil 5 minutes. Cut salt pork in small pieces and fry out. Add sliced onion and brown lightly, stirring constantly. To the onions and salt pork, add liquor drained from the bones and fish. Cover and simmer 10 minutes. Add scalded milk and cream, salt, pepper and margarine to the fish liquor. Add fish meat and let stand in double boiler one hour or longer. DO NOT COOK. Add cooked potatoes (diced). Reheat and serve.

CODFISH BALLS

- | | |
|------------------------|------------------------------------|
| 1/3 lb. salted codfish | 1 Tbsp. oleo or |
| 3 med. potatoes | 1 Tbsp. minced fried out salt pork |
| 1 egg | pinch of pepper |

Soak codfish until extra salt is removed. Cook until soft. Cook potatoes and put these and the codfish through grinder. Add slightly beaten egg, oleo or salt pork, and pepper. Shape into balls or cakes, roll in crumbs and fry in deep fat. Serve with catsup or with egg sauce. — Portions: 6

HOMEMADE BEEF STEW

- | | |
|--|------------------------------------|
| 1 1/2 lbs. rump, hip or beef flank cut in two inch squares | 4 medium potatoes |
| 1 onion, chopped | 1 no. 2 can of tomatoes |
| 3 Tbsp. margarine | 1 1/2 cup celery, chopped coarsely |
| 1 Tbsp. flour | Salt and pepper to taste |

Season meat and simmer in sauce pan with margarine, chopped onion and celery. When brown, add flour and tomato and simmer again. Then add enough hot water to cover the meat. Cook for one hour and then add potatoes which have been cut in 1 in. cubes, and leave on fire until potatoes are soft. Serve with sprinkle of chopped parsley. — Portions: 4

IRISH FRUIT BREAD

- | | |
|----------------------|--------------------------------|
| 4 cups flour | 1 cup margarine or butter |
| 2 Tbsp. sugar | 2 eggs |
| 4 tsp. baking powder | 2 cups sour milk |
| 1 tsp. baking soda | 1 1/2 cups diced candied fruit |
| 2 tps. salt | |

Sift together flour, sugar, salt, baking powder and soda. Cut in the shortening. Mix in candied fruit. Beat eggs lightly and add sour milk. Add this to the flour mixture mixing only until the flour is dampened. Bake in 2 8-inch round buttered pans in a 400 degree oven for about 30 minutes. Serve hot with butter. Raisins or currants may be substituted for the diced candied fruit.

CHICKEN POT PIE — Home Style

- | | |
|---------------------------|-----------------------|
| 1 young fat hen | 3 Tbsp. flour |
| 12 small round potatoes | ½ cup water |
| 12 very small onions | bouquet garni |
| ¼ lb. parboiled salt pork | pastry or puff pastry |
| 1 qt. water | |

Cut hen as for fricassee. Wash well and put in vessel with quart of water. Season with salt, bring to boil, skim and add a bouquet garni. After boiling 30 minutes, remove bouquet and add potatoes, onions and salt pork which has been cut in small pieces. Boil all together until well done. Mix the flour in ½ cup water and stir into the stewing chicken. Boil again for 10 minutes. Place in casserole and sprinkle with chopped parsley. When nearly cold, cover with a thin top of pastry or puff pastry. Brush over top with yolk of egg and bake in oven until well browned. — Portions: 8

ITALIAN SPAGHETTI WITH MEAT BALLS

- | | |
|------------------------------------|-------------------------------|
| 2 lbs. spaghetti | SAUCE |
| 1½ lbs. ground beef | 1 no. 2 can of tomatoes |
| ½ lb. ground pork | 2 7-oz. cans of tomato paste |
| 1 cup cracker crumbs | 1 onion — minced |
| 2 Tbsp. parsley | 1 clove of garlic (quartered) |
| 4 eggs | ½ cup stock or water |
| ½ cup stock or water | 1 bay leaf and 1 clove |
| ¼ cup salad oil (preferably olive) | |

Combine meat, crumbs, parsley, eggs and stock. Season with salt and pepper. Form into meat balls the size of an egg and brown in oil. Remove — fry onion and garlic until yellow. Add tomatoes and tomato paste, and stock, bay leaf and clove. Let simmer 2 hours. Boil spaghetti in salted water and drain. About 4 minutes before serving return meat balls to the sauce. Serve with Parmesan Cheese. — Portions: 10

CHEESE STRATS

- | | |
|---------------------|-----------------------|
| 1 cup grated cheese | ½ tsp. dry mustard |
| ¼ loaf of bread | ½ tsp. salt |
| 2 eggs | 1 tsp. worcestershire |
| 1 pt. milk | ⅛ tsp. pepper |

Cut the bread into 1 in. cubes. Grate (American) cheese. Place a layer of bread and a layer of cheese in a greased baking dish. Repeat. Beat eggs, add milk and seasonings and pour gradually over the bread. Bake about 40 minutes in a 300° oven, or until the custard is set and the bread puffed and brown. — Portions: 6

SPANISH RICE AND BACON

- | | |
|----------------------------|-------------------------------|
| Simmer together until soft | Add |
| 4 Tbsps. bacon fat | 1½ cups canned tomatoes |
| 4 Tbsps. minced onion | 1½ cups soup stock — when hot |
| 4 Tbsps. minced celery | |

Pour over 1 cup uncooked washed rice. Place in a heavy sauce pan and bake covered in a 350 to 375 degree oven for 30 minutes. Season to taste. If too dry add a little more stock. Serve with slices of crisp bacon on top.

YORKSHIRE PUDDING

- | | |
|--------------|----------------------|
| 2 cups flour | ½ tsp. salt |
| 1 pt. milk | ½ tsp. baking powder |
| 2 eggs | |

Mix and sift the dry ingredients. Beat the eggs and add the milk, mixing thoroughly. Then pour gradually into the flour, stirring constantly to prevent flour from becoming lumpy. Pour into well greased pan and bake for 30 minutes. This pudding should have the pan greased with drippings from roasted mutton.

SPINACH (French style)

- | | |
|--------------------------|---------------------|
| 2 lbs. spinach | 6 Tbsp. light cream |
| salt and pepper to taste | 3 Tbsp. butter |

Wash spinach and boil in salted water until tender. Drain and cool. Squeeze dry and put through the fine meat grinder. Heat in double boiler with butter and enough light cream to moisten. — Servings: 4

CAULIFLOWER POLONAISE

- | | |
|---|----------------------------------|
| 1 large or 2 small heads of cauliflower | ¾ cup melted butter or margarine |
| 1 cup bread or cracker crumbs | grated rind of 1 lemon |
| 2 hard cooked eggs, chopped | 3 Tbsp. chopped parsley |
| | 1 tsp. salt |

Boil cauliflower in salted water until tender. Drain. Place in buttered casserole and top with mixture of the rest of the ingredients. Bake in a 375 degree oven for 30 minutes. — Servings: 6 to 8

MAYONNAISE

Break 1 egg into a deep, narrow bowl. Add 1 Tbsp. of salad oil and beat vigorously until the egg and oil are thoroughly blended. Add another Tbsp. of oil and continue beating. Then add 2 Tbsp. oil and then 3 Tbsp. of oil, beating all the time. The Mayonnaise will now begin to thicken. Add 4 Tbsp. of oil at a time until the mayonnaise is as thick and stiff as desired. Now add the following seasonings which have been well mixed together:

- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. mustard
- a generous pinch of paprika
- 1 ½ Tbsp. lemon juice or vinegar

If this thins the mixture too much, add more oil until the mayonnaise thickens again.

For: SOUTHERN COMBINATION DRESSING

To one cup of mayonnaise add:

- 2 Tbsp. tomato catsup
- 2 coarsely chopped hard cooked eggs
- 1/3 cup coarsely chopped pecans
- ¼ cup coarsely chopped sweet pickles (drained)
- a dash of tabasco

ANADAMA BREAD

- | | |
|---------------------------|--------------------|
| ½ cup cornmeal | 2 Tbsp. shortening |
| 2 cups boiling water | ½ cup molasses |
| 1 yeast cake dissolved in | 1 tsp. salt |
| ½ cup luke warm water | 5 cups bread flour |

Add cornmeal to the boiling water, very slowly, stirring as it is added. When thoroughly mixed add shortening, molasses and salt. Cool to lukewarm and add the dissolved yeast. Add enough flour to make a stiff dough. Let rise until double in bulk. Mold into loaves and let rise again until light. Bake at 350 degrees for 50 to 60 min. Old New England Recipe

COFFEE CAKE

- | | |
|--------------------------|-------------------|
| 3 Tbsp. shortening | TOPPING |
| 10 Tbsp. sugar | ¾ cup flour |
| 2 small eggs | ½ cup brown sugar |
| 2 cups cake flour | 1 tsp. cinnamon |
| 1 2/3 tsp. baking powder | ¼ cup margarine |
| ½ tsp. salt | 6 Tbsp. nuts |
| ¾ cup milk | |

four

Have all ingredients at room temperature. Sift flour, baking powder and salt together twice. Cream the shortening until light, add sugar gradually and cream until well mixed. Beat the eggs and add to sugar and fat mixture. Stir thoroughly. Add the flour and the milk, beat until smooth. Put in greased pans and bake at 350° for 40-45 minutes.

TOPPING: Mix flour, sugar and cinnamon. Pour over melted oleo and mix by hand until crumbly. Sprinkle this and the ground nuts over the cake just before putting into oven. — Portions: 10.

CRUSTY FRENCH BREAD

1 Tbsp. shortening	2 cups lukewarm water
1 Tbsp. salt	1 yeast cake or 1pkg. granular yeast
2 tsp. sugar	6 cups all purpose flour

Place shortening, salt and sugar in mixing bowl. Add yeast dissolved in lukewarm water. Add the flour gradually. Knead well on lightly floured board. Let rise until double in bulk in a greased bowl. Divide into two parts and shape into long loaves. Place on greased baking sheet. Let rise until double in bulk. Then brush with lightly beaten egg white. Slash lightly tops of loaves. Bake at 400 F for 15 minutes. Reduce heat to 350 F and bake about 45 minutes longer. — Yield: 2 loaves

OATMEAL MUFFINS

3 Tbsp. sugar	4 oz. rolled oats
3/4 tsp. salt	1 egg
4 1/2 tsp. baking powder	1/2 cup milk
1 1/2 cups flour (scant)	4 Tbsp. shortening

Sift sugar, salt, baking powder and flour together twice. Add oatmeal and mix. Beat egg and combine with milk. Melt shortening. Add egg mixture to the dry ingredients and then add the melted fat, mixing just enough to combine. (Mixture has a rough appearance.) Fill greased muffin tins 2/3's full. Bake at 400 degrees for 25 to 30 minutes.

PECAN ROLLS ("GOOEY ROLLS"), SWEET ROLLS COFFEE RING

1/4 cup shortening	3 yeast cakes — dissolved in
1/4 cup sugar	1/4 cup lukewarm water
1 egg	4 cups all-purpose flour
1 cup scalded milk	1/2 tsp. salt

Cream shortening and sugar. Add beaten egg. Add scalded milk and let cool until lukewarm. Add dissolved yeast. Add flour and salt and mix until a smooth elastic dough is formed. Let rise until double in bulk (1 hr.)

FOR PECAN "GOOEY" ROLLS

1/4 cup margarine	1 cup plus 2 Tbsp. pecans—crushed
1 cup plus 1 Tbsp. brown sugar	

Cut dough in halves and roll into oblong pieces. Spread with some of the margarine, melted, and some of the brown sugar. Roll like Jelly roll and cut into 20 rolls. Sprinkle balance of brown sugar into each of two round greased pans. Dot with remaining margarine. Sprinkle the crushed pecans and place 10 rolls in each pan. Cover and let rise until double in bulk. Bake at 425 degrees for 12-15 minutes. Turn up side down on serving plate.

FOR COFFEE RING

2 cups raisins	1 Tbsp. cinnamon (rounded)
1 cup sugar	

Cut dough in halves and roll into oblong pieces. Spread with raisins and sugar mixed with cinnamon. Roll like jelly roll. Join the ends to form a ring. Place on buttered cookie sheet. With scissors cut partly through the ring and shape. Let rise and bake in a 350 degrees oven for 20 minutes.

FOR HOT CROSS BUNS

Shape into large biscuits and place in a buttered pan one inch apart. Let rise, brush over with beaten egg and bake at 425 degrees for 12-15 minutes. Garnish with a cross made of frosting. Use pastry bag and tube if desired.

POP OVERS

1 cup flour	1/4 tsp. salt
1 cup milk	1/2 tsp. butter
1 egg	

Mix and sift flour and salt. Add milk very gradually, mixing to a smooth batter. Beat egg until light and add to the batter. Then beat the mixture with an egg beater for three minutes. Pour into well greased and very hot gem pans. Bake at 425 degrees for 25 minutes, then decrease to 325 degrees and bake for 15 minutes more.

CHEESE PUFFS

3/4 cup milk	1/8 tsp. salt
3 eggs	3/4 cup whole wheat pastry flour
3/8 cup butter	

Heat the milk and butter to the boiling point but do not boil. Sift the flour and salt together, and sift again into the milk. Cook the batter, stirring constantly, until it leaves the sides of the pan and forms a large ball. Remove from the heat and add the eggs one at a time using an egg beater. Chill 30 minutes. Heap teaspoons of batter on an oiled baking sheet 1 1/2 inches apart. Bake at 425 degrees for 6 minutes. Reduce heat to 325 degrees and bake 15 or 20 minutes more. — Yield: 15 large or 30 small puffs. Fill with grated American cheese or seasoned cream cheese. Re-heat and serve at once.

BUTTERSCOTCH BROWNIES

3 eggs	pinch of salt
2 cups brown sugar	2 1/2 tsp. baking powder
1/4 lb. margarine or butter	1 tsp. vanilla
1/2 cup flour	6 oz. shelled pecans

Beat the eggs until thick and frothy, then beat in sugar and melted butter. Mix well and add flour which has been sifted with the baking powder and salt. Add vanilla and nut meats. Spread thinly on greased pan. Bake in a moderate oven for 30 minutes.

CHEESE COOKIES

1/2 cup shortening	3 oz. pkg. snappy cheese
1/2 tsp. salt	1 cup all purpose flour

Cream shortening and cheese until free from lumps. Add sifted flour and salt gradually. Roll out on board to 1/8 in. thickness. Cut in squares and place in un-greased tin. Bake at 400 degree for 12 minutes.

CHERRY BLINKS

Mix together	Sift together
5 1/2 Tbsp. shortening	1 cup flour
1/2 cup sugar	1/2 tsp. baking powder
1 egg	1/4 tsp. each of salt and soda
1 1/2 Tbsp. milk	and add to first mixture
1/2 tsp. vanilla	Then add
	1/2 cup each of dates and walnuts

Form into small balls and roll in finely chopped nuts, so balls are completely covered. Place in cookie sheet 2 inches apart. Top with a piece of red cherry. Bake at 400 degrees, 10 to 12 minutes.

PEANUT BUTTER COOKIES

1/3 cup shortening	1 egg
1/2 cup white sugar	1 1/2 cups flour
1/2 cup brown sugar	1/4 tsp. baking powder
1/2 cup peanut butter	1/4 tsp. salt
1/2 tsp. vanilla	1/4 tsp. soda

Cream the shortening. Gradually add sugars and then peanut butter. Cream thoroughly. Add vanilla. Beat in the egg. Sift flour, soda, salt and baking powder and add this to the creamed mixture. Blend. Shape into small balls and flatten with a fork. Bake at 375 degrees for 20 minutes. — Yield: 2 to 3 dozen cookies

ABBOT BANANAS

3 bananas (allow 1/2 per serving)	3/8 cup heavy cream
1/2 orange — juice of	1/4 oz. bitter chocolate
1/2 lemon — juice of	

Peel bananas and split. Marinate in the juices of orange and lemon. Arrange on serving dish, and garnish with whipped cream — the length of the banana (a pastry tube may be used). Sprinkle the top with grated bitter chocolate.

APPLE PIE

2 3/4 cups flour	1 tsp. salt
1 1/8 cups vegetable shortening	1/2 cup cold water
work the shortening into the flour until the mixture is in small lumps.	mix these three together and add to the first mixture.
1/2 cup plus 1/2 Tbsp. of all purpose flour	

FILLING peel and slice apples enough to fill shell.

Combine 1/3 cup sugar (half brown-half white)
1/4 tsp. cinnamon
1/2 Tbsp. Cornstarch
pinch of nutmeg (optional)

Combine this mixture with the apples and place in pie shell. Dot with 1 Tbsp. butter. Cover with top crust. Brush with milk and bake at 365 degrees for about 50 minutes, or until the crust is brown and the apples soft. Serve with your favorite cheese.

CHERRY COBLER

1 lb. frozen red soup pitted cherries	2 Tbsp. cornstarch
7 Tbsp. sugar	1/2 Tbsp. lemon, rind and juice

Melt cherries and drain, and heat the juice to the boiling point. Mix the sugar and cornstarch and sift into the boiling juice. Cook until thickened and there is no starchy taste (about 25 minutes). Add the cherries and lemon juice and grated rind. Fill baking dish 1/2 full of cherry mixture, cover with a shortcake dough which has been rolled to 1/2 in. thickness, and perforate to allow steam to escape. Bake at 400 degrees until the crust is brown (about 30 minutes). Serve with whipped cream or hard sauce. — Yield: 5 portions

CHOCOLATE FUDGE PUDDING

("Heavenly Goo")

2 Tbsp. margarine or butter	Topping Mixture
6 1/4 Tbsp. sugar	Brown sugar, 1 cup and 1 Tbsp.
1 tsp. baking powder	1/2 cup white sugar
1/4 cup milk	1 1/3 Tbsp. cocoa
3/8 cup walnuts	1/4 tsp. salt
7/8 cup flour	1 cup boiling water
1/3 oz. chocolate	
1/4 tsp. salt	
2/3 tsp. vanilla	

Have all ingredients at room temperature. Cream margarine until fluffy. Add sugar slowly and continue creaming. Add melted chocolate and blend thoroughly. Sift flour, sugar and baking powder together twice. Add all of this mixture and all of the milk and mix for 2½ minutes. Place in a buttered pan.

TOPPING

Mix white and brown sugar, cocoa and salt. Sprinkle over batter in pan. Pour boiling water over the top. **DO NOT STIR.** Bake at 350° for one hour. This will separate into two layers — crust on top and fudge on bottom. Serve up side down with whipped cream. — Portions: 5

LEMON COCONUT SQUARES

- 1 cup sugar
- 1 cup water
- 2 Tbsp. cornstarch
- 2 eggs
- 2 lemons, juiced
- ¼ cup shortening
- ½ tsp. vanilla

CRUST

- 1 cup brown sugar
- ¾ cup shredded coconut
- ¼ cup butter or butter substitute
- ½ tsp. soda
- 9½ oz. graham and ritz crackers (mixed)

Mix sugar, eggs, water, cornstarch and lemon juice, and cook in double boiler until thick. Add shortening and vanilla.

FOR CRUST: roll crackers to crumbs, combine with brown sugar, coconut and soda. Add melted butter. Put one half of this in shallow cake pan. Fill with mixture, and cover with remaining crust.

CHRISTMAS PLUM PUDDING

- 1 cup brown sugar
- 2/3 cup ground suet
- 2 cups grated raw carrots
- 1 1/3 cups grated raw potatoes
- 1/8 cup lemon juice
- 2/3 Tbsp. grated lemon rind
- 2 cups flour
- 1 Tbsp. and 1 tsp. soda

- 1/3 tsp. cinnamon
- 1/3 Tbsp. nutmeg
- 2 Tbsp. molasses
- 2/3 qts. seedless raisins
- 1/2 cup chopped almonds
- 1/3 cup dried diced mixed fruit or citron

Combine brown sugar, ground suet, grated carrots, potatoes, lemon rind and lemon juice. Sift the flour, soda, cinnamon and nutmeg together twice. Add the dry ingredients to the first mixture: add molasses, raisins, almonds and dried fruit. Mix well. Grease 1 lb baking powder tins and fill two-thirds full. Steam for one to one and one half hours. Remove from can; cut into fourths, serve hot with vanilla and hard sauce.

NOTE: For lighted plum puddings at Christmas time, pour PURE extract over cubes of sugar; let stand a few seconds then place on pudding. Light cubes just before pudding is served.

LEMON CHIFFON PIE

- 1 Tbsp. gelatin
- ¼ cup cold water
- ½ cup lemon juice
- 4 eggs
- 1 cup sugar

- ½ tsp. salt
- 1 tsp. grated lemon rind
- 1 8 inch pastry shell, baked
- whipped cream as needed

Put gelatin in top of double boiler, add the cold water and let stand at room temperature 10 or 15 minutes. Add lemon juice, egg yolks, ½ cup sugar and salt. Place over hot water and stir constantly until the gelatin is dissolved and the mixture thickens. Remove from the stove, add lemon juice and chill. When the mixture begins to stiffen beat until frothy. Beat the egg whites until stiff and add the remaining sugar gradually. Beat this into the lemon mixture. Place in pastry shell and chill thoroughly. The pie may be garnished with whipped cream.

Appetizers

SESAME CHEESE STRAWS

- | | |
|-------------------------|-----------------------------|
| 1 cup sifted flour | 1/3 cup butter |
| 1/2 tsp. salt | 1 cup grated cheddar cheese |
| 1/4 tsp. dry mustard | 1 1/2 Tbsp. water |
| 1/8 tsp. cayenne pepper | 2 tsp. sesame seeds |

Sift first four ingredients into bowl, add butter and 1/2 cup cheese. Cut coarsely, add water, toss into ball. Roll to 1/8" thickness. Sprinkle on 1/4 cup cheese. Fold over and repeat process. Roll again to 1/8" thickness. Sprinkle with seeds and gently press in with roller. Cut into 4" x 1/2" strips. Bake on cookie sheet at 350° for 12 to 15 minutes. — Makes 5 to 6 dozen

— Katherine Blunt Polsby, 1929

CHEDDAR CHEESE BALL

- | | |
|------------------------------|----------------------------------|
| 2 oz. blue cheese | 1 tsp. instant onion or |
| 1 cup grated cheddar cheese | 1 small grated onion |
| 8 oz. pkg. cream cheese | 1/2 tsp. salt |
| 2 Tbsp. Worcestershire sauce | 1/2 cup ground or chopped pecans |
| | 1/2 cup minced parsley |

Mix cheeses, Worcestershire sauce, onion and salt with 1/2 the pecans and parsley. Chill thoroughly. Shape into a ball and roll in remaining pecans and parsley. Wrap and freeze, if desired, or chill at least 30 minutes. Serve surrounded by crackers. Makes approximately 3 cups.

— Shirley Woodams Hoesterey, 1944

TUNA AND CAPER DIP

- | | |
|--------------------|-------------------|
| 1 can tuna fish | onion salt |
| 7 oz. cream cheese | celery salt |
| 3 Tbsp. mayonnaise | Use potato Chips. |
| caper | |
| garlic salt | |

— Agot Hinrichsen Cain, 1944

SALMON PARTY BALL

- | | |
|--------------------------------|-------------------------|
| 1 lb. can red salmon | 1/4 tsp. salt |
| 1 8 oz. pkg. soft cream cheese | 1/4 tsp. liquid smoke |
| 1 Tbsp. lemon juice | 1/2 cup chopped pecans |
| 1 tsp. prepared horse radish | 3 Tbsp. snipped parsley |

Drain and flake salmon removing skin and bones. Combine salmon, cream cheese, lemon juice, horse radish, liquid smoke and salt. Mix thoroughly in blender. Chill several hours. Combine pecans and parsley. Mold salmon mixture into ball, and roll ball in pecan and parsley mixture. Chill several hours. Serve with assorted crackers.

— Jane Sullivan, 1931

HOT CHEESE SNACKS

- | | |
|----------------|----------------------------------|
| 1/2 cup flour | jar of Old English sharp cheese |
| 1/4 cup butter | powdered garlic or chopped chive |

Mix ingredients. Form into small balls and chill. Bake at 450° for 15 minutes or until slightly browned.

— Martha Buttrick Rogers, 1923

DUCHESES

(small cream puffs for appetizers)

- | | |
|---------------------|--------------------|
| 1/2 cup butter | 1 cup sifted flour |
| 1/8 tsp. salt | 3 eggs unbeaten. |
| 1 cup boiling water | |

Boil the water. Add salt and butter and bring to a boil. Reduce heat and add all the flour and mix until the mixture leaves the side of the pan. Remove from the heat. Add eggs, one at a time, beating thoroughly. Drop on a greased cookie sheet, 1/2 tsp. of paste for each one. Bake at 450 degrees for 6 minutes or 350 degrees for 8 minutes. Watch closely. These store well in the freezer. When cool, slit sides and fill — e.g., crabmeat, lobster, chicken, etc. Makes a generous four dozen.

— Connie Abbott Schwab, 1938

CHOPPED LIVER SPREAD

- | | |
|----------------------|---------------------------------|
| 1 lb. chicken livers | *1 Tbsp. chicken fat (rendered) |
| 2 med. onions | mayonnaise or salad dressing |
| 2 hard boiled eggs | |

Pan fry livers until soft. Brown chopped onions. Grind livers, onions and chicken fat in blender to smooth paste. Put mixture in bowl and add chopped eggs. Add mayonnaise to spreading consistency.

* Freeze pieces of chicken fat until collection is large enough to be worthwhile rendering. To render chicken fat: cut fat in small pieces. Melt it until clear over medium-low heat. Saute some chopped onion in it. Squeeze out pieces as poured through a strainer. Keep refrigerated in jar.

— Alexandra Crane Frishman, 1960

HOT APPETIZER

- | | |
|-------------------|---------------------------------------|
| Equal portions of | (Dash of Worcestershire may be added) |
| Grated Onion | |
| Mayonnaise | |
| parmesan cheese | |

Mix and put on bread squares about 1 inch, and heat in 400° oven about 5 minutes. May be made ahead of time and unused portion keeps several days in the refrigerator.

— Marian Shryock Wagner, 1924

CHEESE GRITS

- | | |
|--|------------------------|
| 1 1/2 cups hominy grits | garlic powder to taste |
| 5 cups water | 1 tsp. tabasco |
| Cook according to directions on package. Then add: | 1/2 stick butter |
| 1/2 lb. sharp cheese, grated | 1 egg, beaten |
| 2 Tbps. Worcestershire | paprika to color a bit |

Put in casserole and bake at 350° for 40 minutes.

— Doll Hudson Biedenbarn, 1938

CINNAMON STICKS

- | | |
|-----------------|----------------------------|
| 2 sticks butter | 2 heaping tsp. cinnamon |
| 1 cup sugar | 2 cups sifted flour |
| 1 egg yolk | 1 cup pecans, chopped fine |

Cream butter, add sugar and cream well. Then add egg yolk, flour and cinnamon. Grease 10" x 14" biscuit pan. Mash dough out to cover pan. Mash pecans into top of dough. Brush with unbeaten egg white. Bake at 325° for 35-40 minutes. Cut while warm and let cool in pan.

— Doll Hudson Biedenbarn, 1938

GUACAMOLE

"Guacamole is a Mexican favorite, for which there are as many recipes as there are advocates. It is delicious as an appetizer with corn or potato chips; as a sandwich filling; or served on lettuce as an accompaniment to enchiladas, tamales, or other Mexican dishes. It also makes good dressing for sliced tomatoes."

- | | |
|--|-------------------------------|
| 2 large avocados, mashed | 3 Tbsp. mayonnaise |
| 1 large ripe tomato, peeled, finely chopped, and drained | 1 Tbsp. salad oil |
| 1 large onion, finely chopped | 2 tsp. (or more) chili powder |
| 1 clove garlic (optional) grated | 2 tsp. sugar |
| | salt and pepper to taste |

Blend all ingredients together well. Let your palate be your guide when it comes to the chili powder.

Note: Avocados are ready to use when they yield to soft pressure. Texture should be that of slightly cooled butter.

— Barbara Hill Kennedy, 1942

HOT LOBSTER CANAPES

- | | |
|-------------------------------|------------------------------|
| 1 tsp. prepared mustard | 3 drops tabasco sauce |
| 1/2 tsp. Worcestershire sauce | 3 Tbsp. sherry |
| 1/2 cup mayonnaise | 1 can lobster finely chopped |

Mix together, put on toast strips, place under broiler.

— Nancy Kimball Fowle, 1927

SHRIMP SPREAD

- | | |
|-----------------------|--------------------|
| 2 cans shrimp cleaned | 2 hard boiled eggs |
| 2 pimentoes | 1 onion |

Put all through food chopper, add mayonnaise to moisten. This makes a lot. Good with cheese on top and broiled.

— Aagot Hinrichsen Cain, 1944

Fish

DOWN EAST BAKED FISH

Divide any fleshy white fish into serving pieces. Put very thick slices of onion on each piece. Salt and pepper. Frost each on top and sides with soured cream. Place two or more thin slices of onion on top, add paprika. Bake in 350° oven until done, time depending on thickness of fish. (Use of onion is optional. Try sprinkling slivered almonds on top instead of onions.)

— Nancy Kimball Fowle, 1927

LOBSTER NEWBURG

"for those not lucky enough to be able to get fresh Maine Lobsters"

- 3 pkgs. Stouffer's Lobster Newburg
- 1 1/2 or 2 pkgs. any bland frozen fish fillets (flounder or haddock)
- Sherry
- Ritz cracker crumbs, buttered

Cook fish fillets until tender. Drain. Defrost lobster in large double boiler. When hot and defrosted, add crumbled fish and more sherry. Place in greased shell baking dishes or casserole. Top with buttered Ritz cracker crumbs. Bake in 350° oven for about 30 minutes or until heated through and topping is lightly browned.

— Elisabeth Osborne Bacon, 1929

TUNA-CASHEW CASSEROLE

- | | |
|-------------------------------------|-----------------------|
| 1 can mushroom soup | 1/2 cup celery, diced |
| 1 can tuna (6 oz.) | 1/2 cup milk or water |
| 1 can cashew nuts (3 1/2 oz.) | juice of one lemon |
| 1 small can Chinese noodles (3 oz.) | 1/4 cup onion, diced |
| salt and pepper | |

Combine all ingredients, keeping half of noodles for top. Cook in 350° oven for 30 minutes. Serves four.

— Grace Castle, 1929

PICKLED HERRING

- | | |
|------------------------------|---|
| 2 salt herrings out of brine | onions—cut up—number depends on your own desire |
| handful of all spice | vinegar—enough to cover |
| 2 slices of lemon | |

Remove fins, head, tail, guts of herring, then soak overnight in water. The next day cut in 1" or 2" pieces. Place in a bowl with a cover and add remaining ingredients. Soak in refrigerator at least one day. The amount of herring can vary according to what is needed.

— Connie Abbott Schwab, 1938

HALIBUT SOUFFLE WITH LOBSTER WINE SAUCE

- | | |
|----------------------------|-------------------------------|
| 2 cups light cream | 1/4 tsp. celery salt |
| 4 slices soft bread, cubed | 4 egg yolks (slightly beaten) |
| 2 Tbsp. butter | 1 lb. raw halibut, chopped |
| 1 tsp. salt | 4 egg whites |

Chop halibut by putting it through food grinder. Scald cream. Add bread cubes, butter, salt, celery, egg yolks and halibut. Heat thoroughly, while stirring constantly. Fold in stiffly beaten egg whites. Pour into a greased 3 quart casserole. Set in pan of hot water and bake in a moderate oven (350°) for 1 hour. Serve immediately with Lobster Wine Sauce. Serves six.

— Betty Colson Tierney, 1944

LOBSTER WINE SAUCE

- | | |
|----------------|------------------------|
| 4 Tbsp. butter | 1/4 cup dry white wine |
| 4 Tbsp. flour | 1 cup lobster meat |
| 1 3/4 cup milk | |

Melt butter over low heat, remove from heat and add flour, stirring to smooth paste. Add milk and cook over low heat until thickened. Add wine and lobster meat. Season to taste.

—Betty Colson Tierney, 1944

CRAB CASSEROLE

- | | |
|---|---|
| 2 pkgs. frozen crab meat | 2 cups and 2 slices of soft bread, pulled apart in small pieces |
| 1 dozen hard-boiled eggs, cut in chunks | 1 tsp. salt |
| 2 cups Miracle Whip | 2 cups crushed corn flakes on top |
| 2 cups half and half | Bake 1 hour at 350° |
| 1 Tbsp. minced parsley | |
| 1 Tbsp. minced onion | |

— Mary Elizabeth Polk Overstreet, 1922

Meats and Hearty Dishes

HAM LOAF AND HORSE RADISH SAUCE

"This is great for buffet supper — men love it! You have to cozy up to your butcher however, because some are testy about grinding the ham and pork!"

Ham Loaf

- | | |
|--------------------------|---------------------|
| 1 lb. smoked cottage ham | ½ cup milk |
| 1 lb. fresh pork | 1 beaten egg |
| 1 cup soft bread crumbs | 2 Tbsp. lemon juice |

Have ham and pork ground together. Mix all ingredients and put in loaf pan. Bake at 350° for 1½ hours. Pour off grease once or twice.

Horse Radish Sauce

- | | |
|----------------------|-------------------------|
| 4 Tbsp. horse radish | 2 tsp. prepared mustard |
| 1 Tbsp. sugar | 1 tsp. vinegar |
| ½ tsp. salt | paprika to taste |

Mix and add to ½ pint heavy cream which has been whipped.

— Betty Weaver Van Wart, 1933

MUSTARD SAUCE

"A marvelous accompaniment to a baked ham!"

- | | |
|--------------------|-------------------|
| ½ cup brown sugar | 1 pinch of salt |
| 1 tsp. dry mustard | 1 cup heavy cream |
| 3 Tbsp. flour | |

Cook one hour; stirring frequently in a covered double boiler. Add vinegar to taste before serving.

— Joan Holdsworth Maxwell, 1945

HAM LOAF AND MUSTARD SAUCE

"Even my kids love this, and it's a good change for a party."

- | | |
|-----------------------------|---------------------|
| 1½ lb. ham (raw or cooked) | 1 cup milk |
| 1½ lb. lean fresh pork | brown sugar |
| 2 eggs | 1½ tsp. dry mustard |
| 1 cup fine dry bread crumbs | |

Have butcher grind ham and pork. Add eggs, bread crumbs, milk and mix well and shape into a loaf. Cover loaf with thin layer of brown sugar, mustard and more brown sugar. Bake in 350° oven for 1½ hours. Baste occasionally.

Mustard Sauce

- | | |
|------------------------|-----------------------|
| ½ pint whipped cream | pinch dry mustard |
| ¼ cup Gulden's mustard | ½ cup good mayonnaise |

Mix ingredients and chill. Serves 6. Double for a good buffet dish.

— Mimi Beckman Huidekoper, 1943

PIZZA POP-UPS

- | | |
|--------------------------------|------------------------------|
| 1 cup grated cheddar cheese | 14 FRESH, VERY THIN, trimmed |
| 1/3 cup canned tomato sauce | slices white bread |
| ½ cup chopped ripe olives | 3 Tbsp. melted butter |
| ⅛ tsp. oregano or chili powder | |

Combine first four ingredients and spread on slices of bread. Roll up as jelly rolls and spread outside with melted butter. Each pop-up may be held together with wooded toothpicks. They may also be made in advance and frozen. Preheat oven to 400° and bake for about 15 minutes or until brown. Serve hot.

— Shirley Woodams Hoesterey, 1944

SPAGHETTI AND MEAT BALLS

- | | | |
|-------------------------------------|------------------------------|--|
| 2 lbs. beef, ground | 2 beaten eggs | |
| 2 pieces bread soaked in 1 cup milk | 3 tsp. salt | |
| 1 cup parmesan cheese | 1 1/2 tsp. peper and oregano | |
| 2 Tbsp. parsley | 1 pkg. onion soup mix | |
| 2 Tbsp. garlic | | |

Mix and form into 1 1/2 inch balls all of above ingredients. Let sit awhile! Take garlic bud and rub bottom of large kettle. Then add

- | | |
|--|-----------------------|
| 2 cans Italian tomatoes, with pits removed | 1/2 tsp. pepper |
| 3 cans paste and 3 cans water | 4 tsp. sugar |
| 6 Tbsp. parsley | 2 crumbled bay leaves |
| 3 tsp. salt | oregano |

Simmer these ingredients for half an hour and then drop in meat balls and 1 lb. cut up sweet Italian sausage. Simmer four hours.

— Deborah Redfield Smith, 1950

PARTY CHICKEN

- | | |
|---|-------------------------------|
| 8 good-sized chicken breasts, skinned and boned | 1 pkg. chipped beef (4 oz.) |
| 8 slices bacon | 1 can undiluted mushroom soup |
| | 1/2 pt. sour cream |

Wrap each breast in a piece of bacon. Cover bottom of flat, greased baking dish (about 8" x 12" x 2") with chipped beef. Arrange breasts on chipped beef. Mix soup and sour cream and pour over all. When ready bake at 275° for 3 hours uncovered. Serves 8. This can be made up the day before, refrigerated and baked when ready.

— Judy Holt Granger, 1952

— Nancy Jayne Lingamfelter, 1952

COQ AU VIN

"An excellent method of serving for a family or a buffet for guests. I have never found the equal to this in a restaurant."

- | | |
|---|------------------------------|
| 3 lbs. of chicken (whole or breasts) | 1 1/2 cup dry red table wine |
| 8 small onions (or 1/2 pkg. frozen sliced onions) | 1 tsp. salt |
| 1/8 tsp. powdered garlic (or 1 clove garlic minced) | 1/8 tsp. pepper |
| 1 Tbsp. minced parsley | 1/2 tsp. nutmeg |
| 2 Tbsp. butter or oleo | 1/2 tsp. thyme |
| 2 Tbsp. flour | 1/2 tsp. rosemary |
| | 1/2 tsp. mushroom powder |
| | 1 small can sliced mushrooms |

Precook chicken in pressure cooker for 1/2 hour, then debone and cut into desired size pieces (1 cup water added). Cook onion, garlic, parsley, butter, flour in large frying pan or dutch oven for about 5 minutes, stirring constantly. Add wine, bring to a boil, then simmer. Add chicken pieces and remaining ingredients. Be sure chicken is covered with sauce. If desired, add chicken broth from pressure cooker or boullion cubes of chicken to 3/4 cup water. Cover and let simmer on low heat until ready to serve — usually 30 minutes, but can be longer.

This can be done a day ahead and stored in refrigerator until ready to use. If large quantities are to be done, I have served 30 people by 5 times everything and heated in the oven (moderate) in my large roasting pan. This recipe serves my family of 7 nicely. Excellent served with or over buttered noodles or wild rice mixture to which I add chicken boullion.

— Connie Abbott Schwab, 1938

SPAGHETTI, CHEESE AND TOMATO CASSEROLE

- | | |
|---|--|
| 1 lb. spaghetti (noodles or macaroni, if preferred) | 1 large (2 lb. 3 oz.) can tomatoes salt and pepper |
| 9 oz. very sharp Cheddar cheese, grated | 1 can tomato juice |

Cook spaghetti al dente in salted water. Now, in casserole, layer spaghetti, cheese and tomatoes, salt and pepper; add tomato juice (one inch) if necessary. Cook 45-60 minutes at 400° until bubbly and brown on top.

I use spaghetti No. 8; make day before and bake before serving if desired. To warm leftover add more cheese — lots and — tomato juice. This recipe makes two 2-quart casseroles — one to freeze — if not using at once. Serves 10-12.

— Donna Brace Ogilvie, 1930

CHICKEN ROMANOFF

- | | |
|-----------------------------|---------------------------------|
| 8 oz. pkg. cream cheese | 8 oz. pkg. medium noodles |
| 1 cup dairy sour cream | 2 cups coarse bread crumbs |
| 1 small onion, minced | ¼ cup butter |
| ½ tsp. Worcestershire sauce | 3 lbs. chicken breasts |
| ¼ tsp. powdered garlic | 2 — 4 oz. cans sliced mushrooms |
| ½ tsp. salt | |

Cook chicken with some celery and onion in the water until tender. Strain the broth, adding salt to taste. Drain liquid from cans of mushrooms and add to chicken broth. Bring to boil and add noodles. Boil for 15 minutes, adding additional boiling water, if necessary. Do not drain off all broth—leave very moist (about 1 cup liquid). Add cut-up cream cheese to hot noodles, then add all other ingredients, including cut-up chicken, but reserve crumbs and butter. Sauté crumbs in butter. Pour chicken mixture into a large casserole, top with crumbs. Bake at 350° for 45 minutes. Serves 10-12.

— Helen Norpell Price, 1921

BEEF — RICE CASSEROLE

"With a Salad and Rolls, it's yummy."

- | | |
|---------------------|----------------------------------|
| 1 lb. ground round | 1 can cream of mushroom soup |
| ½ cup chopped onion | 1 can mushrooms—stems and pieces |
| 2 cups celery | 1 cup raw rice |
| 2 cans consomme | |

Combine ingredients into 2 quart baking dish. Bake 1½ hours at 325°. Serves 8 generously.

— Sandra Castle DuPuy, 1958

CHILI CON CARNE

- | | |
|---------------------------|----------------------------------|
| 2½ to 3 lbs. ground chuck | 3 Tbsp. bacon fat |
| ½ tsp. salt | 3 med. sized onions |
| 1 Tbsp. chili powder | 1 minced garlic clove (optional) |
| ¾ cup chili sauce | 1 to 2 cans kidney beans (dark) |
| ¾ cup tomato ketchup | |

Melt bacon fat in heavy pan. Chop onion, not too fine and sauté in fat, only until edges begin to brown slightly. Break up meat and fry (with garlic). Add chili sauce, ketchup, salt, chili powder and beans drained of liquor. If not enough liquid after all ingredients mixed, add some of juice from beans until of moist consistency. Cover tightly and simmer for about 1 hour, or in 325° oven.

Even better if made in morning or day before. When through cooking, remove from fire and let stand so flavor can permeate beans. Heat before serving. Add more chili powder if you like a "hotter" dish.

— Cynthia Holmes Spurr, 1944

POLYNESIAN CHICKEN

- 3 lbs. chicken pieces
(breasts and legs and thighs)
- 2 Tbsp. butter or oleo
salt and pepper

Sauce

- 1 cup orange juice
- ¼ cup chopped chutney
- ¼ cup bottled sweet and sour sauce
(Duck Sauce)
- ½ tsp. curry powder
- ½ cup raisins
- ½ tsp. cinnamon
- dash of thyme
- ¼ cup cold orange juice mixed with 2
Tbsp. cornstarch

Arrange chicken pieces in shallow greased baking dish. Dot with butter; sprinkle with salt and pepper. Place in hot oven (450°) and bake until golden brown. (15 min.) While chicken is browning in a saucepan, mix and heat at moderate heat all ingredients except orange juice and cornstarch. When sauce has simmered about 10 minutes, add cornstarch mixture, remove from heat and pour over browned chicken. Reduce oven to 350° and bake 60 minutes or until chicken is tender. It is a good idea to baste meat from time to time with sauce while it is cooking.

Serves 4 to 6 people, depending on pieces of chicken.

— Patricia Bowne Rickenbacker, 1946

SWEDISH MEAT BALLS

- | | |
|------------------------------|---------------------|
| 1 lb. ground chuck beef | Few grains allspice |
| 1 cup fine, dry bread crumbs | 1 egg beaten |
| ¼ cup minced onion | 1 cup top milk |
| 1 tsp. cornstarch | 1 tsp. salt |

Combine these ingredients in mixing bowl. Shape into small balls using rounded tsp. of mixture for each. Brown balls a few at a time in ¼ cup heated fat. When brown transfer to casserole dish.

- | | |
|-----------------------------|------------------|
| 3 Tbsp. flour | 2 bouillon cubes |
| 2 cups water | ½ tsp. salt |
| 1 cup Burgundy cooking wine | ⅛ tsp. pepper |

Prepare sauce by blending flour with fat remaining in skillet. Stir in remaining ingredients. Cook, stirring until smooth. Arrange meat balls in sauce cover, simmer for thirty minutes. — Makes 6 to 8 servings. Serve with rice.

(This can be made a day or so before, then heated in a very low oven until time to serve it.)

— Jane Sullivan, 1931

BEEF STEW

- | | |
|----------------------|---------------------------|
| 1 lb. of stew beef | 2 Tbsp. olive oil |
| 4 small white onions | 1 clove |
| 1 cup sliced carrots | seasoning |
| 1 cup of cut celery | bay leaf, marjoram, thyme |
| 2/3 cup of water | |

In uncovered baking dish, brown the meat in olive oil over direct heat. Add the clove, seasoning, and the herbs, chopped and mixed together (about one teaspoon in all). Add the onions which have been halved and water brought to the boiling point. Cover the dish and bake for two hours in 250° oven turning the individual pieces of meat once. Add the raw carrots and celery. Cook for about another half hour. Other cooked vegetables, such as lima beans, shell beans, green beans, or cauliflower may be added at the last minute.

— Alice C. Sweeney, 1914

MORE

- | | |
|-----------------------------------|---|
| 3 lbs. ground beef | 2 Tbsp. dried parsley |
| 1 lb. pork sausage | 2 cups ripe olives |
| ½ cup diced onions | 2 tsp. celery seed |
| 1 quart tomatoes, canned or fresh | 1 cup chopped mushroom |
| ¼ cup tomato paste | ¼ tsp. oregano |
| ¼ cup Spanish-style tomato sauce | ¾ lb. spaghetti, cooked until tender in |
| 1 tsp. salt | 4 quarts of salted water |
| 1 tsp. Accent | 1 lb. cheddar cheese, grated |
| ¼ tsp. pepper | |

Brown the beef, sausage and onions in a frying pan (it is not necessary to add fat because the sausage provides enough). Add the remaining ingredients except for the spaghetti and cheese, and simmer slowly for 15 minutes. Combine with the spaghetti, mix well, cook and pour into casseroles. Cover with cheese. Warm in a 300° oven for 1 to 1½ hours, depending on the size of casserole. This amount will serve 15 to 20.

— Mary Lou Miller Hart, 1947

BAR-B-QUE BEEF

"Having been transplanted from New England to the mid-West, I'll send my version of local feast."

- 1 brisket (5-7 lbs.) (a fresh beef brisket, NOT corned)
- ½ bottle liquid smoke (optional)
- 1 pkg. dry onion soup mix
- 1 Tbsp. dry ginger root or fresh ginger root
- 1 cup vinegar
- 1 cut-up garlic (optional)

Marinate beef in marinade overnight (turn once). Cook covered tightly with aluminum foil at 250° for 5 hours. Serve with Bar-B-Que Sauce.

RED BARBECUE SAUCE

- | | |
|--------------------------------|--------------------------|
| 2 cups catsup | ¾ cup vinegar |
| ¾ tsp. comino seed | ¼ cup sugar |
| 1 ½ Tbsp. Worcestershire sauce | ¾ cup water |
| ½ Tbsp. chili sauce | juice of 1 lemon |
| 1 small onion, finely chopped | 1 garlic clove, cut fine |

Combine ingredients and boil for 5 minutes. Let mixture stand until it cools to room temperature before refrigeration. (Keeps indefinitely in refrigerator).

— Frances Howard O'Brien (Fritz), 1925

UNUSUAL BEEF STROGANOFF

"Great for company or when exact dinner time is uncertain."

- | | |
|--|---|
| 1 lb. lean beef cubes | 1 envelope of Lipton's onion soup concentrate |
| 1 can undiluted cream of mushroom soup | 1/3 cup Vermouth, Sherry or white wine |

Cut beef cubes into bite sized pieces. Put into casserole dish; add mushroom soup (undiluted) and onion soup concentrate and Vermouth or Sherry or wine. Stir until mixed. Put into a 350° oven and cook for an hour or more.*

* If company comes late, it may be cooked up to 2 hours without drying out or burning, just reduce the oven temperature to 300°. Serve hot over flat noodles. Makes 4 generous servings.

— Francine Fenn McKee, 1956

HAMBURG CASSEROLE

3 tsp. butter or oleo
1½ to 2 lbs. hamburger
1 clove garlic
1 tsp. salt
1 tsp. sugar
pepper

2 cans tomato sauce
1 pkg. 8 oz. noodles
½ cup chopped onion
½ cup grated cheddar cheese
1 pint sour cream
6 oz. pkg. cream cheese (optional)

Melt butter in heavy pan, add hamburger, minced garlic and brown. Add salt, sugar, pepper and tomato sauce and simmer 15 minutes. Cook noodles in salted water and drain. Mix together onion, cheese, sour cream and cream cheese. Place in buttered casserole half the noodles and half the meat mixture; balance noodles, then the cheese mixture and top with meat mixture remaining. Bake 40 minutes at 350°. Serves 8 or more depending on appetite!

— Elizabeth Holihan Giblin, 1932

BAKED CHEESE SANDWICH

"Everybody loves this. Great for leftovers."

For 4

8 slices day old bread
1/3 lb. cheese
2 cups milk
2 eggs
seasoning to taste

For 6

12 slices
½ lb. cheese
4 eggs
3 cups milk

Butter baking dish, trim crusts from bread. Place half the slices in bottom of pan — slice cheese thin (I use the packaged sliced cheese), place on top, overlapping well. Add your choice of other filling, place other slice on top to make a sandwich. Beat eggs and milk together, pour over whole, let stand at least an hour to absorb (even overnight in refrigerator). Bake at 350° from 45 to 60 minutes or until set.

Fillings

Chopped celery, peppers, onions, ham, chicken, lobster, crabmeat, tongue. Chopped crisp bacon can be sprinkled on top when putting in oven. (I only partially cook bacon).

— Pat Jaffer Abernethy, 1947

OVEN STEW

2½ lbs. chuck cut up for stew
1 Tbsp. salt
1 Tbsp. sugar
3 Tbsp. minute tapioca
2 cups canned tomatoes

½ cup Italian seasoned bread crumbs
3 onions cut in quarters
3 carrots sliced
1 cup diced celery
2 bay leaves

Do not brown meat. Place everything (well-mixed) in large casserole with tight lid. Bake 5 to 6 hours at 250°. Add canned potatoes if desired last few minutes.

— Barbara Lord Mathias, 1930

Vegetables

ASPARAGUS PARMESAN

2 lbs. asparagus
salt and pepper
2 Tbsp. melted butter or margarine

1/3 cup dry fine bread crumbs
¼ cup grated parmesan cheese
¼ cup light cream

Wash asparagus thoroughly; break off tough ends of stalks and cook asparagus in salted boiling water until just tender. Drain and arrange in a greased shallow baking dish. Pour cream over asparagus. Mix crumbs with melted fat, salt and pepper and parmesan cheese; sprinkle over asparagus and bake in a moderately hot oven of 375° for 20 minutes or until crumbs are brown. (Serves 4).

— Elizabeth Holihan Giblin, 1932

STUFFED ARTICHOKEs

Wash as many artichokes as needed (1 per person). Cut off stem and tips of leaves. Mix finely chopped onion, parsley with canned tomatoes. Add small quantity of olive oil, season, pour mixture into center of artichoke leaves. Place in sauce pan. Add additional olive oil if desired. Fill sauce pan with water to level of artichokes. Cook approximately 1 hour until water is nearly evaporated. Test center; if not tender, add water and cook until center is soft.

— Dine DiClemente, Alumnae Office

CUCUMBER BOATS

3 medium-sized cucumbers
cooked peas

salt
pepper

Peel the cucumbers rather thickly; cut them into halves lengthwise; and scoop out the seeds. Cook in boiling salted water until tender (about 1/2 hour). Drain very thoroughly and fill with peas which have been seasoned with salt, pepper, and melted butter.

— Betty Weaver Van Wart, 1933

ENDIVE IN BLANKETS

12 stalks endive
6 slices boiled ham
bread crumbs

1/2 lb. Swiss cheese, grated
2 cups medium cream sauce
butter or margarine

Wash endive and place in kettle. Cover with water. Cook until barely tender, app. 10 min. Drain well. Trim root ends. Cut ham slices in half. Lay stalk of endive on ham and roll up. Fasten with tooth picks. Place in shallow buttered baking dish. Add cheese to cream sauce and heat in top of double boiler until cheese is melted. Pour sauce over ham rolls. Cover with crumbs and dot with butter. Bake at 350° until mixture is bubbling and crumbs are browned, about 15 min. (6 portions.)

— Ruth Shulze Clement, 1929

SUMMER SQUASH TOMATO CASSEROLE

1 1/2 lbs. summer squash
4 tomatoes, sliced
2 medium onions, sliced
1 tsp. salt

1/8 tsp. pepper
1/2 cup dry bread crumbs
1/2 cup grated cheese
2 Tbsp. butter

Cut squash into halves, remove seeds and cover with tomatoes and onions. Sprinkle with next 4 ingredients and top with bits of butter. Cover, bake at 350° for 45 minutes (Serves 6.)

— Dine DiClemente, Alumnae Office

CHINESE STIR-FRY CABBAGE

Fine-slice medium head of cabbage or one half head of cabbage and any other green vegetable, such as 2/3 cups leaf spinach, lettuce, green or red sweet pepper cut in half-inch strips, celery cut in slant-wise strips an inch wide. Any combination or mixture of all is good. Stir-fry about 8 minutes in 3/4 Tbsp. of oil (peanut oil is best) which has been heated but not smoking in a Wok or iron frying pan. Delicious! Serves 4-6.

— Donna Brace Ogilvie, 1930

HERBED SPINACH BAKE

10 oz. pkg. frozen chopped spinach
1 cup cooked rice
1 cup shredded cheddar cheese
2 slightly beaten eggs
2 Tbsp. soft butter

1/3 cup milk
2 Tbsp. chopped onion
1/2 tsp. Worcestershire Sauce
1 tsp. salt
1/4 tsp. crushed rosemary or thyme

Cook and drain spinach; mix with remaining ingredients and pour into shallow baking dish (8" x 8"). Bake at 350° for 25 minutes or until knife inserted half way between center and edge comes out clean. Cut in squares. Serves six.

— Paula Slifer Zandstra, 1957

CONSOMME RICE

"A WONDERFUL substitute for potatoes, and we think MUCH tastier."

- | | |
|-------------------------------|-----------------|
| 1 cup raw rice | 2 cans Consomme |
| 1/2 stick butter or margarine | salt and pepper |

Combine ingredients into baking dish. Bake at 350° for 1 hour Serves 4-6 people.

— Sandra Castle DuPuy, 1958

SCALLOPED POTATOES

- | | |
|--|---------------------|
| 4 large potatoes, sliced thin (about 4 1/2 cups) | 1 can mushroom soup |
| 1/4 cup chopped green pepper | 1 cup milk |
| 1 small onion, chopped | 2 tsp. salt |

Combine all ingredients and put in buttered casserole. Cover and bake in 350° oven for 1 1/2 hours. Remove cover the last 15 minutes to brown. Serves 6.

— Marjorie Coll Fields, 1938

CHEESE FONDUE OR SOUFFLE

"Excellent substitute for potatoes"

- | | |
|-------------------------------------|----------------------------|
| 3 cups half inch cubed French bread | 3 Tbsp. melted butter |
| 1/2 lb. cheddar cheese, cubed | 3 cups milk (more or less) |
| 3 Tbsp. flour | 3 eggs beaten |
| 1 Tbsp. dry mustard | few drops tabasco |

Make layer of bread, cheese in buttered casserole. (A glass pie plate is good.) Mix flour and mustard, sprinkle half over layer, drizzle butter, repeat. Beat eggs and tabasco with milk until light, pour over layers; cover with saran wrap and chill at least eight hours, or make day ahead. Bake uncovered at 350° until puffed and golden, about one hour. Serve at once. Makes six servings. One and a half cups chopped or cubed ham may be added.

— Marie Holihan Foley, 1932

Salads

SALAD SUGGESTIONS

Thinly sliced, raw Zucchini added to greens; or thinly sliced raw mushrooms; or Hawaiian coconut chips sprinkled on top of any combination of baby spinach, chicory, Boston lettuce, tiny spring radishes, endive or escarole.

— Donna Brace Ogilvie, 1930

WINTER TURKEY SALAD

- | | |
|-------------------------------------|------------------------------|
| 2 1/2 to 3 cups cooked diced turkey | 1 Tbsp. minced onion |
| 1 1/2 cups thinly sliced celery | 1/2 tsp. salt |
| 1/2 cup slivered almonds | 1 cup mayonnaise |
| 2 Tbsp. lemon juice | 1/2 cup crushed potato chips |

Combine all ingredients except potato chips and toss together lightly. Pour into well-greased 1 1/2 quart baking dish — top with crushed potato chips. Bake in a 400° oven 20 minutes, until top of casserole is nicely browned. Makes 6 servings.

— Deborah Redfield Smith, 1950

CRANBERRY CREAM SALAD

"Men love this!"

- | | |
|--|-----------------------------------|
| 1 pkg. cherry flavored jello | 1/2 cup diced celery |
| 1 cup hot water | 1/4 cup chopped pecans or almonds |
| 1 can (1 lb.) Ocean Spray Whole berry Cranberry sauce, drained | 1 cup sour cream |

Dissolve jello in hot water. Chill until slightly thickened. Break up cranberry sauce with fork. Stir into jello with celery and pecans. Fold in sour cream and pour into mold. Chill.

— Deborah Redfield Smith, 1950

AVOCADO SALAD

- 1 pkg. lemon jello
- 1/4 cup nuts
- half avocado cut up
- 1/2 cup nuts
- Use half water, half gingerale

Add and blend one at a time.

Avocado Dressing

- 1/2 cup mashed avocado
- 1 Tbsp. lemon juice
- 2 Tbsp. French dressing
- 2 Tbsp. cream
- 1/4 tsp. salt

— Margaret Taylor Stainton, 1919

CINNAMON SWIRL SALAD

- 2—3 oz. pkgs. lemon jello
- 1/4 cup red cinnamon candies
- 2 3/4 cups boiling water
- 2 cups apple sauce
- 1 Tbsp. lemon juice

- dash salt
- 1/2 cup chopped pecans or walnuts
- 2—3 oz. pkgs. cream cheese softened
- 1/4 cup milk
- 2 Tbsp. mayonnaise

Dissolve gelatin and candies in the boiling water. Stir in apple sauce, lemon juice and salt. Chill till partially set. Fold in nuts. Turn into 8" x 8" x 2" pan. Spoon atop salad: cream cheese, milk and mayonnaise well-beaten together. Swirl through to marble. Chill till firm. Cut into 9 squares.

— Ruth Shulze Clement, 1929

FROZEN RASPBERRY SALAD

1 pkg. red raspberry jello made according to directions, including juice from frozen raspberries as part of liquid. As it begins to congeal, add 1 pkg. drained red raspberries, 2 bananas, mashed, and add to 1 small can of crushed pineapple. Add all to jello. Let set until quite well set. Put half in bottom of square pan. Let other half set out and put 1st half in refrigerator to get firm, then spread with sour cream and add rest of jello.

— Ruth Goodall Pitstick, 1944

MACARONI SALAD FOR PICNIC

- 1 lb. pkg. macaroni
- 1—8 oz. jar mayonnaise
- 1—8 oz. jar sandwich spread
- 2—6 oz. cans chunk tuna (use tuna liquid too)

- 1 cup chopped celery
- 1/2 cup chopped onions
- 3 or 4 chopped pimentos

All ingredients prepared night before and refrigerated. Cook macaroni, put in large bowl, refrigerate. Chop celery and onions, put in jar of ice-water, cover, refrigerate. Leave other ingredients in original containers, refrigerate. Next day, pack in newspaper insulated box. Mix before eating. Take can opener and spoon. Serves 12 to 14.

— Aagot Hinrichsen Cain, 1944

FRENCH DRESSING

- 1 can tomato soup
(reg. size undiluted)
- 3/4 cup vinegar
- 2 tsp. salt
- 1/2 tsp. paprika
- 1 Tbsp. Worcestershire sauce

- 1/2 cup salad oil
- 1/4 cup sugar
- 1/4 tsp. pepper
- 1 tsp. dry mustard
(pinch garlic salt if desired)

Mix together in blender. Store in quart jar in refrigerator.

— Connie Abbott Schwab, 1938

CHICKEN (or Tuna) SALAD

- | | |
|---|---|
| 3 cups chicken (cooked and cut in pieces) or 3 cans of tuna | 2 cans cream of chicken soup or 1 can cream of chicken soup and 1 can chicken gumbo |
| 2 cups mayonnaise | 3 packages lemon jello |
| 1 cup celery chopped | |
| 1 cup chopped stuffed green olives (5 oz. bottle approx.) | |

Dissolve jello in two cups boiling water. Cook, then mix all together. Pour into large mold. Serves 12.

— Shirley Woodams Hoesterey, 1944

SOUR CREAM DRESSING

- | | |
|--|--|
| 1 cup sour cream | 2 Tbsp. tarragon vinegar (or cider vinegar and dried tarragon) |
| 1/2 cup mayonnaise | 1/2 tsp. salt |
| 1/4 cup chopped chives (or 1 Tbsp. dried minced onion) | pepper |

Combine all ingredients. Good for cucumber slices, tomato slices. Add a little curry and dill, give time to let flavors blend, and you have a fine shrimp sauce.

— Beatrice VanCleve Lee, 1945

TUNA-CELERY SALAD MOLD

"An easy salad and dessert for spring and summer"

- | | |
|--------------------------------|-------------------------------------|
| 1 envelope unflavored gelatine | 7 oz. can tuna (drained and flaked) |
| 1/2 cup cold water | 1/4 cup chopped celery |
| 1 can cream of celery soup | 2 Tbsp. chopped green pepper |
| 1/4 cup mayonnaise | 1 Tbsp. chopped pimento |
| 1 Tbsp. lemon juice | |

Soften gelatine in cold water. Stir over boiling water till gelatine is dissolved. Blend in soup, mayonnaise, lemon juice and stir in gelatine. Chill till mixture begins to thicken. Fold in tuna, celery, green pepper, pimento. Pour into 3 cup mold. Chill till firm. Serve on salad greens. Makes 4 servings.

— Nancy Donnelly Bliss, 1954

ROMAINE AND BEET SALAD

- | | |
|----------------------------|---|
| 2 bunches of crisp romaine | 3 cups very small beets, cooked and drained |
| 3 hearts of celery | |

In a large salad bowl put romaine, torn into pieces, beets and celery cut into slices. Chill the salad. Just before serving, toss it with French dressing. Serves 12.

— Phyllis Fisher Tobey, 1936

Sweets and Starches

SCOTCH SHORTBREAD

- | | |
|-----------------|-------------|
| 1/4 lbs. butter | 1 cup flour |
| 1/3 cup sugar | |

Cream butter and sugar. Work in flour. Place in buttered tin, about 1/2 inch thick. Mark with a fork. Bake at 325 degrees until a light brown, or about 30 to 40 minutes.

— Miss Kate Friskin, Former Faculty

GERMAN PANCAKE

- | | |
|---------------|----------------|
| 3 eggs | 1/2 cup milk |
| 1/2 tsp. salt | 2 Tbsp. butter |
| 1/2 cup flour | |

Beat eggs until light. Add flour and milk still beating. Butter pan well. Bake 20-30 minutes in hot oven.

— Margaret Taylor Stainton, 1919

NORWEGIAN PANCAKES — Plate Size

4 cups milk	½ tsp. salt
3 eggs	¼ cup melted butter
2 cups flour	

Mix ingredients with beater until smooth. Pre-heat griddle or skillet and grease lightly. Brown lightly on both sides. Roll and serve with sugar, lingonberries or jam.

— Luetta Robertson Kolflat, 1946

DILLY BREAD

2 Tbsp. chopped onion	2 Tbsp. sugar
1 Tbsp. butter	2 tsp. dill seed
1 pkg. active dry yeast	1 tsp. salt
¼ cup warm water	1 tsp. soda
1 cup large-curd cream-style cottage cheese, heated lukewarm	1 egg
	2½ cups sifted all-purpose flour

Cook onion in butter till tender. Soften yeast in water. Combine in mixing bowl cottage cheese, sugar, onion, dill seed, salt, soda, egg, and softened yeast. Mix well. Add enough flour to make a stiff dough, beating well after each addition. Cover; let rise until double, about 1¼ hours. Stir down. Turn into well-greased 2-quart casserole, or 9½" x 5" x 3" loaf pan. Let rise till light, about 40 minutes. Bake in moderate oven (350°) for 55 minutes. Brush with soft butter and sprinkle with salt.

— Louise Day Cook, 1956

ENGLISH YULE BREAD

2 pkg. yeast (compressed or dry)	2 tsp. salt
¼ cup lukewarm water	½ tsp. nutmeg
1 cup milk	4 eggs, beaten
½ cup shortening	1 cup raisins or currants
¼ cup sugar	½ cup mixed, chopped candied fruit
½ cup corn syrup (light)	4 cups sifted flour

Soften yeast in lukewarm water. Scald milk and add shortening, sugar, corn syrup, salt and nutmeg. Cool to lukewarm. Add two cups flour and mix well. Add eggs and the softened yeast and beat well. Add remaining flour, mixing thoroughly. Beat 5 minutes. Put in a large greased bowl, cover and let rise in a warm place until double in bulk (1½ hours). Stir down. Add raisins and candied fruit. Mix well. Pour into two greased loaf pans (4½" x 8½"). Let rise until double in bulk (1 hour). Bake in a moderate oven 350° about 45 minutes.

If baked in pyrex, bread is firmer and has brown sides. If baked in tin, bread is light and soft. Yield is two loaves, or two loaves and 1 small one. Toasts nicely.

— Emily House Maidment, 1927

BANANA-NUT BREAD

1/3 cup shortening	½ tsp. soda
½ cup sugar	½ tsp. salt
2 eggs	1 cup mashed ripe banana
1¾ cups sifted all-purpose flour	½ cup chopped walnuts
1 tsp. baking flour	

Cream shortening and sugar. Add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Put into well-greased standard loaf pan. Bake at 350° about 45 minutes or until done. Remove from pan; cool on rack.

— Mary Blair Zuckerman Hirshfield, 1948

FRUIT CAKE

"Marvelous" "Best fruit cake I have ever had, but a lot of bother to make."

- | | |
|--|---|
| 12 eggs, separated
4 cups bread flour
1 lb. butter
1 lb. brown sugar
4 lbs. fruit (raisins, dates, currants, candied cherries, candied pineapple)
1 lb. citron, cut thin
1 lb. pecans, quartered | 1 lb. blanched almonds
1/2 tsp. nutmeg
1 tsp. mace
1 tsp. cinnamon
1/4 cup lemon juice (canned)
1/4 cup Apricot brandy
1/2 cup tart jelly (currant or grape)
1/2 cup cream |
|--|---|

Place fruit and nuts in large mixing bowl. Sift flour measure and sift with spices over fruit. Stir until well-coated. Cream butter, add sugar gradually. Add beaten egg yolks and jelly. Next stir in floured nuts and fruit alternately with fruit juice then cream. Fold in beaten egg whites. Butter pans lightly and cover with wax paper. Fill almost to top of pan. Bake in 250° to 275° oven three or more hours. Cool on wire rack without removing paper. Soak in half grape juice and half brandy, heated slightly together. Wrap in white cloth and saran wrap.

— Deborah Redfield Smith, 1950

DATE AND NUT BREAD — An Old Yankee Recipe

"Good for P.T.A. cake and cookie sales!"

- | | |
|---|---|
| 1 pkg. dates — cut up into 3rds
1 1/2 cups hot water
1 1/2 cup sugar
2 Tbsp. butter, melted
2 eggs beaten
3 cups flour | 1 tsp. salt
2 tsp. soda
2 tsp. vanilla
1 cup nutmeats chopped—
not too fine |
|---|---|

Bring dates and water to a boil and boil for a few minutes (1-2) and cool. Add remaining ingredients. Pour into a greased loaf pan. Bake at 350° for about 1 hour.

— Gail Sullivan Fleming, 1946

MEXICAN SPOON BREAD

- | | |
|---|---|
| 1 cup yellow corn meal
2 cups cold milk
2 tsp. salt
3 tsp. sugar
1 Tbsp. butter or oleo | 1 medium can creamed corn
1/2 cup cheddar cheese, grated
1/2 small can green chili, mashed
3 well-beaten eggs
1 Tbsp. baking powder |
|---|---|

Dissolve cornmeal in milk in heavy saucepan — heat to scalding, simmer 3 minutes until thick. Add next six ingredients. Allow to cool for five minutes. Add eggs and baking powder. Pour into greased two quart casserole. Bake at 350° for 45 minutes.

— Katherine Blunt Polsby, 1929

PUMPKIN BREAD

- | | |
|---|---|
| 3 cups sugar
1 cup Wesson or Mazola Oil
4 eggs
1 1/2 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg | 2/3 cup water
1 can pumpkin (size 303)
3 1/3 cups flour
2 tsp. soda
1 cup nutmeats (optional) |
|---|---|

Beat eggs, add sugar, oil and pumpkin. Sift flour with spices, salt and soda. Add to egg mixture alternately with water. Grease pans. Bake at 350° for 1 hour 15 minutes (in pyrex pan bake at 325°). Makes two loaves.

— Paula Slifer Zandstra, 1957

LEMON BREAD

1/3 cup melted butter	1 tsp. salt
1 cup sugar	1/2 cup milk
2 eggs	1 Tbsp. grated lemon peel
1/4 tsp. almond extract	1/2 cup chopped nuts
1-1/2 cup sifted flour	3 Tbsp. fresh lemon juice
1 tsp. baking powder	1/4 cup sugar

Blend well the butter and 1 cup sugar; beat in eggs one at a time. Add extract. Sift together the dry ingredients; add to egg mixture alternately with milk. Blend just to mix. Fold in peel and nuts. Turn into greased 8 1/2" x 4 1/2" x 2 3/4" pan. Bake in slow oven (325°) about 70 minutes or until loaf tests done in center. Mix lemon juice and 1/4 cup sugar; immediately spoon over hot loaf. Cool 10 minutes. Remove from pan; cool on rack. Do not cut for 24 hours (it will slice easily). Makes one loaf.

— Paula Flowers Schopps, 1949

SPICED BLUEBERRY TEA SQUARES

"Not sweet, my family likes this during the summer months with Sunday breakfast."

1 3/4 cups sifted all-purpose flour	2 large eggs
2 tsp. double acting baking powder	2/3 cup milk
1/2 tsp. salt	1 1/2 cups fresh blueberries
1/2 tsp. ground ginger	(or frozen without syrup)
1/2 tsp. ground nutmeg	2 Tbsp. flour
1/3 cup shortening	1 Tbsp. sugar
1 cup sugar	

Sift first 3 ingredients together and set aside. Mix spices with shortening. Blend in sugar. Beat in eggs, one at a time. Add flour mixture alternately with milk. Mix last three ingredients together and carefully stir into batter. Pour into well-greased lightly floured 9" x 9" x 2" pan. Bake at 375° for 35 to 40 minutes. Cut into squares.

— Marion Badoian Emmanuel, 1954

BLUEBERRY MUFFINS

1/2 cup butter	2 tsp. baking powder
2 cups flour	1/2 tsp. salt
1 1/4 cups sugar	2 1/2 cups blueberries
2 eggs	2 tsp. sugar for tops
1/2 cup milk	

On medium speed, cream butter and sugar till fluffy. Add eggs one at a time. Mix until blended. Sift dry ingredients. Add alternately with milk. Mash 1/2 cup of berries and stir in by hand. Add rest of blueberries whole and mix by hand. Grease pan with butter. Top surface also. Pile mix high and sprinkle with sugar. Bake at 375° for 25 to 30 minutes. Makes 12 cupcakes.

— Deborah Redfield Smith, 1950

BLUEBERRY CRISP

"Good and easy. Apples can be used instead of blueberries"

1 cup sugar, half white and half brown	salt — add to taste
1 cup flour	nutmeg — add to taste
1/4 lb. butter	Blueberries, fresh or canned

Mix together with fork — spread over fresh or canned and drained blueberries. Bake at 375°-400° for 20 to 30 minutes.

— Aagot Hinrichsen Cain, 1944

A GOOD DESSERT

1 pkg. frozen strawberries, thawed	1/3 cup sugar
1/2 pint sour cream	1 1/2 Tbsp. lemon juice

Put mixture in a blender and whiz it around. Freeze in freezer, stirring once or twice. Can be made same day or day ahead.

— Cornelia McMurray Brooks, 1943

CURRIED FRUIT

"make a day ahead"

- | | |
|---------------------------------------|-------------------------------------|
| 1 large can pear halves | 10 maraschino cherries—red or green |
| 1 large can peach halves | 1 cup brown sugar |
| 1 large can apricot halves with skins | 1 stick butter |
| 1 large can pineapple chunks | 2 Tbsp. curry powder |

Place fruits in large casserole (deep or flat). Cover with curry mixture. Continue in layers. Sugar, butter and curry powder should be mixed over a low flame. Bake at 350° for one hour. Store in refrigerator. To serve, heat at 350° till it bubbles. Taste often.

— Maxine Seidel Lindemuth, 1952

FOOLPROOF FUDGE

"Too rich to eat much, fortunately"

- | | |
|----------------------------|----------------------------|
| 12 oz. pkg. chocolate bits | 4 cups sugar |
| 2¼ lb. sticks margarine | 25 large marshmallows |
| 1 cup chopped nuts | 1 1/3 cups evaporated milk |
| 2 tsp. vanilla | |

Combine bits, margarine, nuts and vanilla in a large bowl. Cook sugar, marshmallows, and milk in a saucepan. Boil 7 to 8 minutes stirring constantly. Pour cooked mix over bowl mix. Stir until margarine melts, pour into buttered pan, cool, cut into small pieces if you expect to have any left by morning.

— Ann Cutler Brecheen, 1935

LEMON PUDDING

"This is a good recipe for those on salt-free diet!"

- | | |
|---------------|--------------------|
| 1 cup sugar | 2 eggs, separated |
| 3 Tbsp. flour | 1 lemon (juice of) |
| 1 cup milk | |

Combine sugar, flour, milk, egg yolks, and juice of lemon. Beat egg whites until stiff. Fold these into first mixture. Turn into a buttered casserole, place in a pan of hot water, and bake in a slow oven, 275° for one hour or until cake leaves sides of dish. Serve warm or cool.

— Nancy Kimball Fowle, 1927

PAPAYA PUDDING

- | | |
|------------------------------|------------------------------|
| 1½ Tbsp. plain Knox gelatine | 2 cans papaya juice (12 oz.) |
| ¾ cup sugar | 1½ tsp. lemon juice |
| ½ tsp. salt | ½ pint heavy cream |

Combine gelatine, sugar, salt, lemon juice, and 1 can, plus 2 to 4 oz. of juice from 2nd can. Place over heat and stir until dissolved. Chill until consistency of white of egg. Add heavy cream that has been whipped. Shredded coconut may be added if desired. Pour into a mold. Chill at least 4 hours. Unmold. Serves 8.

Papaya juice remaining from 2nd can may be put in a bowl and used as a sauce.

— Emily House Maidment, 1927

LUSCIOUS CUSTARD SPONGE

- | | |
|------------------------|-----------------------------|
| 3 Tbsp. butter | 3 or 4 (1 use 4) egg whites |
| 1/3 cup enriched flour | dash of salt |
| 1½ cups milk | ¼ cup sugar |
| 3 egg yolks | 1 tsp. vanilla |
| ¼ cup sugar | |

Melt butter, blend in flour — stir in milk, gradually — cook until thick, stirring constantly. Beat egg yolks with ¼ cup sugar until thick and light. Add first mixture gradually, mixing well. Beat egg whites with salt, ¼ cup sugar and vanilla until stiff. FOLD into egg yolk mixture. Pour into 1½ qt. casserole — set in shallow pan of hot water. Bake in moderate oven 350° for one hour, or until set. (It doesn't take an hour). Makes 6 to 8 servings.

SAUCE — BUTTERSCOTCH

In double boiler combine one well-beaten egg yolk, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup water, $\frac{2}{3}$ cup brown sugar, and $\frac{1}{3}$ light corn syrup. Cook until thick, stirring frequently. Beat before using. Makes $1\frac{1}{4}$ cups.

— Helene Hardy Bobst, 1916

QUATRE QUART DI CHOCOLAT

"A cook we had years ago in St. Briac in Brittany used to make this wonderful dessert."

$\frac{1}{2}$ lb. sugar	4 Tbsp. flour
$\frac{1}{2}$ lb. butter	4 egg yolks
$\frac{1}{4}$ lb. grated cooking chocolate	4 egg whites

Cook all ingredients except egg whites over low heat until chocolate is melted and ingredients blended. Add egg whites which have been beaten stiff. Pour into small loaf pan (buttered) and set in a larger pan which contains water and bake at 350° for 35-40 minutes. Cool. Serve with whipped cream or ice cream. One serving is guaranteed to add at least 1 inch to your hips — but it is delicious.

— Elizabeth Hollis Sutton, 1928

CHOCOLATE MOUSSE

1 pkg. (6 oz.) semi-sweet chocolate pieces	1 Tbsp. rum (or $\frac{1}{2}$ tsp. rum or vanilla extract)
$\frac{1}{4}$ cup strong black coffee	4 egg whites
4 well-beaten egg yolks	1 cup heavy cream

Melt chocolate pieces with coffee in a double boiler over hot, not boiling, water. Cool. Blend in egg yolks, reserving whites, and rum. Beat egg whites until stiff; whip 1 cup cream. Fold egg whites and cream into chocolate mixture. Pour into 5-6 serving cups. (I use a silver serving bowl.) Chill 3 hours or until firm.

— Maxine Seidel Lindemuth, 1952

CREME BRULEE

"Easier than most, as it bakes!"

1 quart cream	2 tsp. vanilla
2 Tbsp. sugar	$\frac{1}{4}$ cup light brown sugar
8 egg yolks	Preheat oven to 325°

Heat 1 quart cream in double boiler till hot. Add sugar and dissolve. Beat 8 egg yolks till light and add to the hot cream with vanilla. Strain into shallow dish and bake until set (put dish in hot water). Cool and put in refrigerator for several hours. Place dish surrounded by ice cubes and covered with brown sugar sifted on top of custard under broiler. Turn dish till sugar caramelizes. Put back in refrigerator to chill. It has a marvelous crust and is always a big hit. Serves 8.

— Mimi Beckman Huidekoper, 1943

LEMON POUND CAKE

1 pkg. Betty Crocker yellow cake mix	4 eggs
1 small pkg. lemon jello	$\frac{1}{2}$ cup Wesson Oil
$\frac{3}{4}$ cup water	1 tsp. lemon extract

Put all ingredients in large bowl of electric mixer at once and beat until smooth. Grease and flour tube pan or bundt pan. Bake at 350° about 40 to 50 minutes. Cool about an hour before removing from pan.

— Marjorie Coll Fields, 1938

ANGEL CAKE CHOCOLATE SUPREME

- Store-bought angel cake
1 small pkg. Nestle's chocolate bits
two eggs, separated
- 1/2 pt. heavy cream, whipped, or 1 pkg.
dream whip

Break up enough of angel cake into pieces size of a walnut to cover bottom of a shallow dish, approximately 12" x 7". Melt in double boiler the bits and add to this the two egg yolks which have been beaten. Beat the egg whites and mix with the chocolate mixture. When mixture has cooled, blend in beaten half pint of cream or dream whip. Pour over angel cake pieces and put in refrigerator overnight. Not in freezing compartment.

— Marguerite Hearsey, Principal Emeritus

A SPONGY TEA CAKE

"moist and good"

- 1 Duncan Hines lemon cake mix
4 eggs
1 cup apricot juice
- 1/2 cup sugar
1/2 cup oil

Blend ingredients. Bake in a ring mold or angel cake pan at 350° for 45-55 minutes. Frost as desired or sprinkle with powdered sugar.

— Cornelia McMurray Brooks, 1943

APPLE COFFEE CAKE

- 1 1/2 cup flour
2 tsp. baking powder
1/2 tsp. salt
1/2 cup sugar
1 egg, beaten
- 3 Tbsp. melted shortening or corn oil
1/2 cup milk
1/4 cup sugar
1/2 tsp. cinnamon
3 medium apples, sliced

Sift together dry ingredients. Mix egg, shortening and milk and add to dry mixture. Pour in a teflon pan or a greased and floured 11" x 7" x 1 1/2" pan. Cover batter thoroughly with the sliced apples. Mix sugar and cinnamon and sprinkle over the apples. Bake at 400° for 25 minutes. Best served warm.

— Connie Abbott Schwab, 1938

LEMMY — LEMON CAKE

"This is the best cake going — and so easy"

- 1 pkg. yellow cake mix
3/4 cup water
1 pkg. lemon jello
- 3/4 cup vegetable oil (liquid)
4 eggs

Put all ingredients in large bowl of mixer and beat until smooth. Pour batter into greased 9" x 13" x 2" pan. Bake at 350° for 30-35 minutes. While still warm poke holes all over with fork and pour the following mixture over cake. 2 cups confectioners sugar mixed with juice of 2 lemons and a little grated lemon rind.

— Pat Jaffer Abernethy, 1947

APPLE SAUCE CAKE

"This is very popular at buffet suppers"

- 2 cups all purpose flour
1 1/2 cups sugar
1 1/2 tsp. soda
1/2 tsp. baking powder
1 tsp. cinnamon
1 tsp. cloves
1 tsp. all spice
1 tsp. nutmeg
- 1/4 tsp. salt
2 Tbsp. cocoa
1/2 cup shortening (I use Crisco)
1 1/2 cups unsweetened apple sauce
2 eggs
3/4 cup raisins (seeded)
1/2 cup walnut meats

Sift dry ingredients and add remaining ingredients. Bake for 1 1/2 hours at 325° in a loaf pan. If you use canned apple sauce, substitute 1/4 cup sugar for the 1 1/2 cups. I frost it with a confectioner's sugar icing.

— Grace Nevens, Housemother

ANGEL CUSTARD ROYALE

- | | |
|------------------------------|--------------------------------|
| 1 10-inch angel cake | 1/4 cup water |
| 6 egg yolks beaten | 1 envelope unflavored gelatin |
| 3/4 cup sugar | 6 egg whites stiffly beaten |
| 3/4 cup lemon juice | 3/4 cup sugar |
| 1 1/2 tsp. grated lemon rind | few drops yellow food coloring |

Trim crust from angel cake and tear cake into medium pieces. Combine egg yolks, 3/4 cup sugar, lemon juice and rind. Cook over hot water (not boiling) until mixture coats spoon. Remove from heat. Add gelatine dissolved in 1/4 cup water (cold). Cool until partially set. Fold in egg whites beaten stiff with remaining sugar. Add yellow food coloring. Arrange 1/3 of cake pieces loosely in the bottom of a 10-inch tube pan. Pour 1/3 of custard mixture over cake so it will run between pieces. Continue until there are 3 layers. Chill until firm.

To serve: Run knife around pan. Invert tube pan on platter. Fill center and sides with flavored whipped cream. Serves 12.

— Helene Hardy Bobst, 1916

DOBOSCH TORTE

- | | |
|---|--|
| 2—4 oz. bars of Baker's sweet chocolate | 2 Tbsp. of strong liquor (i.e., rum or brandy) |
| 1/4 cup of already made coffee | 2 cups of heavy cream |
| | 1 Sara Lee frozen pound cake |

Cut pound cake in 6 layers about 1/2 inch thick each. Melt chocolate bars in coffee, then add liquor and cool. Whip the cream. Fold in above chocolate mixture with cream. Spread the mixture between each cake layer and around sides and top. Garnish with cherries and shredded bitter chocolate. Chill for several hours.

— Ann DiClemente Ross, 1958

HUNGARIAN PLUM CAKE

"this one is easy"

- | | |
|--------------------|------------------------------------|
| 1/2 cup shortening | 1 tsp. double acting baking powder |
| 1/2 cup sugar | 1/2 tsp. salt |
| 2 eggs | 1 tsp. cinnamon |
| 1 cup flour | 1/2 tsp. lemon extract |

Mix all ingredients together. Pour batter into a 9" round dish, about 2" deep (or its equivalent). Top with a mixture of the following: 10 plums, halves or quarters, 1/2 cup sugar, 1 Tbsp. cinnamon. Bake at 375° about 30 to 40 minutes.

— Marion Badoian Emmanuel, 1954

MELACHRINO

"A very rich Greek treat"

- | | |
|--|------------------------|
| 1 1/2 cups flour | 1/2 tsp. baking powder |
| 1 cup zweiback | rind of one lemon |
| 1 cup nuts (walnuts, pecans or whatever suits you) | 1/2 lb. butter |
| 1 tsp. cinnamon | 2 cups sugar |
| 1 tsp. cloves | 6 eggs |
| | 1/2 cup milk |

Mix together flour, zweiback, nuts, cinnamon, cloves, baking powder, and lemon rind and set aside. In a separate bowl beat butter, add sugar and beat for 5 minutes. Add eggs and mix. Gradually add the initial mixture. Add milk, at room temperature. Pour mixture into greased 10" x 15" or 12" x 12" pan, bake at 350° for 40 minutes or longer. When melachrino is removed from oven, pour sugar syrup over it, cover and let stand for 1/2 hour. Cut into diamond shaped wedges and serve.

Syrup: 2 cups sugar, 2 cups water and lemon peel. Heat to dissolve sugar. Let cool. It's handy to make this first. (Note: Honey makes a nice substitute.)

— Marion Badoian Emmanuel, 1954

GLAZED STRAWBERRY PIE

1 qt. strawberries (or blueberries) 1 cup sugar
¾ cup water 1 tsp. lemon juice
3 Tbsp. cornstarch ½ pint whipping cream

Line baked shell with 1 quart berries reserving one cup. Simmer the one cup of berries with ¾ cup water for 3 or 4 minutes. Combine 3 Tbsp. cornstarch with 1 cup of sugar and add to cooked fruit, cooking until syrup is thick and clear. Add 1 tsp. lemon juice. Cool slightly and pour over the berries in the baked shell. Whip ½ pint cream and put around the edge of pie.

— Mildred Akerly Browning, 1915

LEMON PARFAIT PIE

Baked 8" pie shell 1 tsp. grated lemon rind
1 pkg. lemon flavored gelatin 3 Tbsp. lemon juice
1 ¼ cups hot water 1 pt. vanilla ice cream

In a 2 quart saucepan dissolve gelatin in hot water, add lemon rind and juice. Add ice cream by spoonfuls, stirring until melted. Refrigerate until thickened, but not set. (25-30 minutes). Turn into shell. Refrigerate until firm — 25-30 minutes. A nice garnish is lemon slices, mint leaves or fresh strawberries.

— Nancy Donnelly Bliss, 1954

NO APPLE PIE

"This really is a delicious pie and does taste like apples — do try it!"

2 cups water butter size of walnut
1 ½ cups sugar sprinkle of cinnamon and/or
2 tsp. cream of tartar nutmeg
1 tsp. lemon juice

Combine all ingredients in a saucepan and bring this to a good boil, then drop in 25 Ritz crackers. Boil hard for 3 or 4 minutes and break up crackers. This will get thick. Cool. Pour into unbaked pie crust, sprinkle with cinnamon and nutmeg. Dot with butter. Add top crust of pie shell. Bake at 450° for 10 minutes, then 350° for 20 minutes.

— Joan Belden McDonough, 1941

PECAN PIE

"This recipe turns out a perfect pecan pie that is not too sticky or sweet."

3 eggs 1 cup sugar
½ cup heavy cream ½ tsp. vanilla
½ cup dark corn syrup 2 Tbsp. soft butter or margarine
¼ tsp. salt 1 ½ cups pecans
¼ tsp. cinnamon

Preheat oven to 400°. Place ingredients in blender in listed order. Cover and blend on high speed until nuts are coarsely chopped (3 sec.) Pour into an unbaked pie shell. Bake 35 minutes or until crust is browned and filling puffed. Cool before serving.

— Alexandra Crane Frishman, 1960

WALNUT WAFERS

"My mother's 'special' — for dessert or tea when entertaining — probably served when Abbot friends — students or faculty members visited in our home in Andover."

2 eggs 3 rounded Tbsp. flour
1 cup brown sugar ½ tsp. baking powder
¼ tsp. salt 1 cup broken walnut meats

Beat eggs, add sugar gradually, fold in, add salt to sugar. Add gradually flour mixed and sifted with baking powder. Add walnut meats last. Butter tin about 8" x 12". Bake at 350° for 20-25 minutes. Shrinks from side when done. Cut into 24 oblongs. Place on rack to cool.

— Mariatta Tower Arnold, 1933

CRISP MOLASSES COOKIES

1/2 cup shortening	1/4 tsp. cloves
1/2 cup sugar	1 egg, unbeaten
1/2 tsp. salt	1/4 cup molasses
1 tsp. ginger	2 cups flour
1/2 tsp. cinnamon	1 tsp. soda
1/2 tsp. nutmeg	1 tsp. vanilla

Cream shortening and sugar. Add salt, spices and egg, then add molasses, flour (sifted before measuring) and soda. Add vanilla. Drop from teaspoon on buttered sheet and flatten with bottom of glass covered with damp cloth. Bake at 350° for 12 to 15 minutes. Makes 5 dozen.

— Emily McMurray Mead, 1944

OATMEAL COOKIES

1 cup vegetable shortening	1 1/4 cup sifted flour
1 cup brown sugar	1 tsp. baking powder
1 cup sugar (granulated)	1/2 tsp. cinnamon
1/2 tsp. vanilla	3 cups oatmeal
2 eggs, unbeaten	1/2 cup nuts — optional

Beat shortening, brown sugar, sugar, vanilla and eggs together in a large mixing bowl. Sift together the dry ingredients and add to the first mixture. Add oatmeal and nuts. Beat all together. Batter is very thick. Drop by tsp. on ungreased cookie sheet. Bake in 350° oven for 10 minutes. Makes about 5 dozen (crisp cookies).

— Connie Abbott Schwab, 1938

SIERRA COOKIES

"A power packed cookie for lunches and snacks on backpacking or skiing trips.

1 cup shortening	2 cups flour
1 cup brown sugar (packed)	1 tsp. soda
2 Tbsp. vanilla	1 tsp. salt
2 tsp. nutmeg	1/2 jar glazed fruit
1 tsp. cinnamon	1/2 box raisins
2 eggs	1/2 pkg. sliced walnuts
2/3 cup milk	4 cups oatmeal.

Combine first 7 ingredients in large bowl. Mix at medium speed, then add flour, soda, and salt. Mix at slow speed, clean off beaters, then mix in by hand the fruit, raisins and walnuts. Mix thoroughly, then blend in oatmeal by hand. Press down in greased 12" x 18" cookie pan with back of spoon (wet back of spoon). Bake in 350° oven for 20 minutes. Cut into 24 squares. Wrap in aluminum foil. Note: the fruit-nut-raisin mixture can be varied with other "flavors" to add variety.) Makes 2 dozen.

— Barbara Hill Kennedy, 1942

SPICE DROPS

1 cup white sugar	1 tsp. cinnamon
1 cup brown sugar	1 tsp. soda
1 cup butter	2 Tbsp. water
3 eggs, slightly beaten	1 lb. dates
3 cups flour	1 cup raisins
1 tsp. cloves	1 1/2 cups chopped walnuts
1 tsp. nutmeg	

Cream butter and sugars together and add eggs. Sift flour with cloves, nutmeg and cinnamon. Add this alternately with soda which has been dissolved in water. Put dates and raisins through meat grinder and add this along with walnuts. Drop by spoonful on cookie sheet. Bake at 350° for 12-14 minutes.

— Eleanor M. Tucker, Acting Principal

Beverages

MINTED FRUIT PUNCH — Serves 30-35

Pour 4 cups boiling water over 10 tsp. good tea, and let stand to cool.

Make a syrup of 2 cups sugar and 2 cups water and pour over a large handful of mint (either spearmint or peppermint), simmer 5 minutes. When both liquids are cool, strain together and add 1 large can orange juice and one of lemon (frozen may be used). Add a large bottle of ginger ale and pour all over ice in punch bowl.

SUMMER COFFEE

Pour into punch bowl two quarts of iced Cott's Coffee Sparkle. Add a dozen ice cubes. Then put in 1 gallon coffee ice cream. Pour over enough Coffee Sparkle to almost fill punch bowl. Stir coffee ice cream into the Sparkle. It will become a thin frappe. Serve in punch cups.

CRANBERRY TEA

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| 1 quart cranberries | 6 whole cloves |
| 1 quart water | Boil together until red hots are melted. Remove cloves. |
| Cook berries until they break, press through colander. | Mix all of the above with |
| 1 quart water | 4 quarts water |
| 3 cups sugar | 1 can concentrated orange juice |
| 1/2 cup red hots | 1 can concentrated lemon juice (unsweetened) |

This makes 30 cups. Serve hot or cold. Store in refrigerator. Keeps a long time.

— Margaret Taylor Stainton, 1919

PELTONBROOK TEA

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| 6 mint tips | 1 orange quartered |
| 7 level tsp. tea | 1 lemon quartered |
| 1 cup sugar | 2 quarts rapidly boiling water |

Let stand half an hour. DO NOT STIR. Strain into pitcher. Keep at room temperature; if you refrigerate it, it will cloud.

— Betty Colson Tierney, 1944

LIME SHERBET PUNCH

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| 2 1/2 cups sugar | 2 1/2 cups pineapple juice |
| 2 1/2 cups water | 1 qt. gingerale |
| 1 qt. orange juice | 1 1/2 qts. lime sherbet |
| 1 1/2 cups lemon juice | |

Boil sugar and water for 5 minutes and cool. Add juices and blend. Chill thoroughly. Pour juice mixture over ice cubes. Add gingerale and lime sherbet. Serve at once. — Yield: About 60 servings.

Recipes for a Dinner for Six

Serve with a dry white wine — Berncasteler Riesling

POULET A LA PROVENCALE (serves 6)

4 lbs. cut up frying chicken, skinned and dried in a towel	1 or 2 cloves garlic (put through press)
1 stick butter	1 tsp. basil
1 cup dry white wine	1 tsp. thyme
2 Tbsp. cognac	salt and pepper
2 Tbsp. tomato paste	

Heat butter, then turn the chicken pieces for 10 minutes. Add the wine, cognac, tomato paste, garlic, basil and thyme and cook for 30 minutes covered. Shortly before serving remove chicken pieces and add 1 tsp. cornstarch mixed with a little water or wine to the sauce. (Add cornstarch at the last minute. If you freeze the chicken, don't add the cornstarch until you have reheated the chicken and are ready to serve.)

TOMATOES

Remove stems of six tomatoes and cut them in half crosswise. Melt $\frac{1}{2}$ stick butter in a saucepan. Add tomatoes, 2 cloves garlic (put through press) and salt, pepper, and cook for 10 minutes covered.

BRAISED CARROTS

2 lbs. carrots, peeled and sliced VERY THIN 1 big onion (minced)

Melt $\frac{1}{2}$ stick butter, brown the onion, add the carrots, cover, and cook slowly until the carrots are tender (about one hour). Add salt and pepper.

If you think you need moisture, add only 1 Tbsp. at a time. (If heat is low enough you won't need it).

FRENCH DRESSING

4 Tbsp. Olive Oil	1 tsp. Dijon mustard
$\frac{1}{2}$ Tbsp. wine vinegar	Big pinch pepper
$\frac{1}{8}$ tsp. salt	1 Tbsp. green herbs (tarragon, chives)

QUEEN OF SHEBA CAKE

350° oven	2/3 cup sugar
1 buttered and floured 8" layer cake pan	Cream together
4 oz. semi-sweet chocolate	3 egg yolks
2 Tbsp. rum	Beat into sugar-butter mixture until well-blended.
Melt together over simmering water.	3 egg whites
1 stick butter	$\frac{1}{4}$ tsp. cream of tartar

Beat with cream of tartar until soft peaks are formed. Then add 1 Tbsp. sugar and beat until stiff peaks are formed. Blend with a rubber spatula the chocolate into the butter-sugar mixture and stir in the flour, almonds and almond extract.

$\frac{3}{4}$ cup sifted cake flour
 $\frac{1}{3}$ cup pulverized almonds
 $\frac{1}{4}$ tsp. almond extract

Stir in $\frac{1}{3}$ of egg whites. Then fold in remaining whites. Pour into greased and floured 8" layer pan; pushing batter up to the rim. Bake 25 minutes. Center should be gooey. Cool 10 minutes before removing from pan. When cake is cold, frost with Chocolate-Butter icing.

CHOCOLATE BUTTER ICING

1 oz. or square semi-sweet baking chocolate	1 Tbsp. rum
	3 Tbsp. butter

Stir chocolate and rum in top of double boiler until very smooth. Remove from heat and add the butter, a tablespoon at a time. Then beat over cold water until a spreading consistency is formed. Spread over cake and decorate with whole or slivered almonds. This cake is only about $1\frac{1}{2}$ inches high.

— Betty Colson Tierney, 1944