

THE LUTHERAN BROTHERHOOD BOND

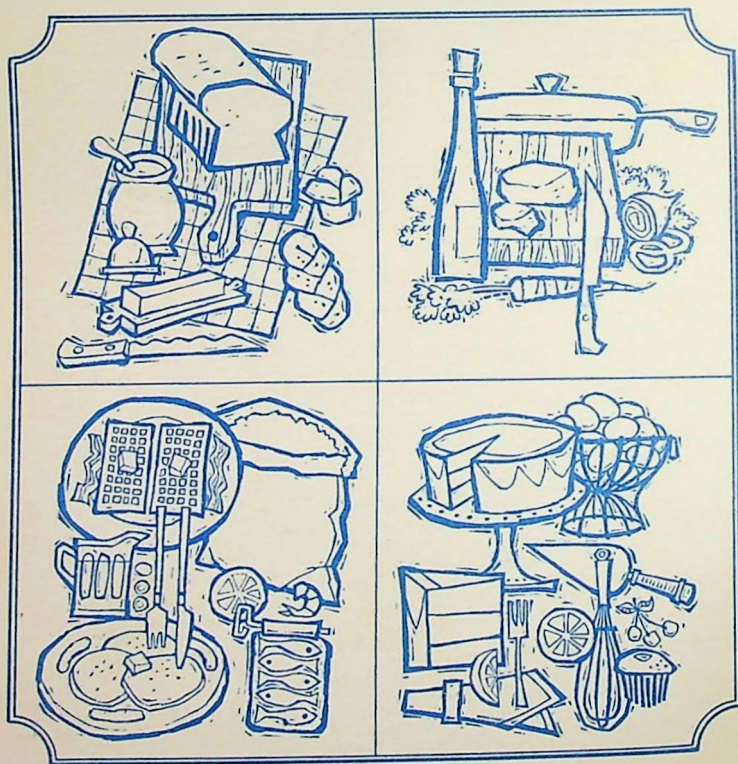
# KITCHEN KORNER



*Golden Anniversary*

# RECIPES





THE LUTHERAN BROTHERHOOD BOND

KITCHEN KORNER



RECIPES

LUTHERAN BROTHERHOOD

701 SECOND AVENUE SOUTH • MINNEAPOLIS, MINNESOTA 55402

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It's amazing when one really thinks about it. We home-makers can take some of the most ordinary things from our kitchen shelves and transform them into the most *extraordinary*, delectable foods to be enjoyed by family and friends.

All of us have pleasant memories centered about foods. A favorite pie . . . rolls just out of the oven . . . cookies that strike our fancy.

Sharing these favorite recipes is really an act of love for others—wanting them also to enjoy what we find especially satisfying.

The recipes in this book are favorites of Lutheran families. They have already been shared widely through the pages of the Lutheran Brotherhood BOND; a new, treasured recipe has been presented each month. These make up a legacy of good eating and are gathered into this Kitchen Korner Cookbook.

  
Gretchen M. Pracht  
Editor

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# BEVERAGES



## HOT CIDER PUNCH

—Elizabeth Westberg

4 cups cider  
2 cups unsweetened pineapple  
juice

$\frac{1}{2}$  cup dry mint leaves  
1 bottle (28 oz.) dry ginger ale

Put cider, pineapple juice and mint leaves into kettle and bring slowly to a boil. Strain out leaves. Bring back to boil when ready to serve and add ginger ale the last minute. Makes about 12 punch cup servings.

## FRUIT PUNCH

—Mrs. Alvin R. Zeilinger

6 packages strawberry Kool-Aid  
1 46-ounce can of pineapple juice  
2 large cans of frozen  
orange juice

1 6-ounce can of lemon concen-  
trate or frozen lemon juice  
2 46-ounce cans red Hawaiian  
punch  
Ginger ale (optional)

Make up Kool-Aid with sugar and water required for 4 packages but use 6. Add rest of ingredients. Serves 50-60 people.

## HOLIDAY ICE CREAM PUNCH

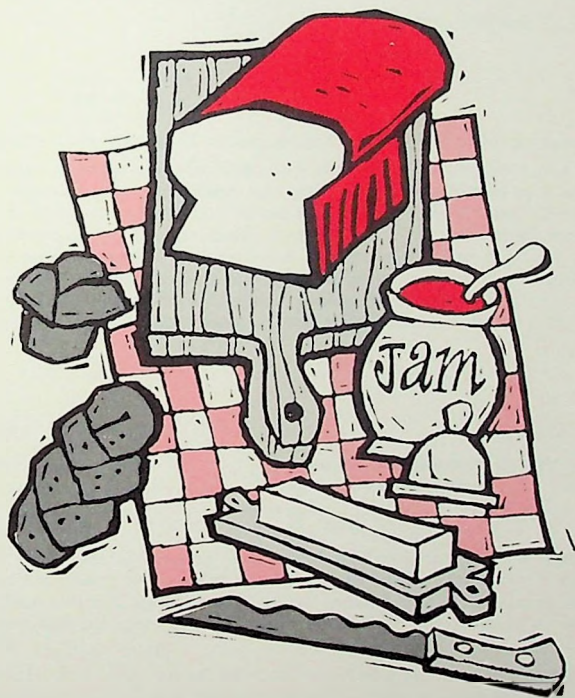
—Mrs. Ralph J. Jalkanen

10 cups chilled pineapple juice  
 $1\frac{1}{2}$  pints orange sherbet

$3\frac{1}{2}$  cups vanilla ice cream  
1 quart ginger ale

Combine pineapple juice, sherbet and ice cream in bowl. Using an electric mixer or hand beater, beat until well mixed. Gently stir in ginger ale. Serve immediately. Makes about 36 punch cup servings.

# BREADS



## NEVER-FAIL ROLLS

—Mrs. James M. Amundson

|                       |                            |
|-----------------------|----------------------------|
| 1 cup scalded milk    | ½ cup vegetable shortening |
| 1½ packages dry yeast | ½ cup lukewarm water       |
| ½ cup sugar           | 1 teaspoon salt            |
| 3 well-beaten eggs    | 5 cups enriched flour      |

Mix, cover and let rise in greased bowl until size doubles or more. Divide dough into three equal parts and roll into circles ½-inch thick on floured board. Cut each circle into quarters and each quarter into thirds. Begin at large end and roll. Place on greased cookie sheet and let rise until size doubles. Bake about 30 minutes in 375-degree oven until golden brown. Brush tops with butter. Yield: 3 dozen.

## DINNER ROLLS

—Mrs. William G. Fisher

|                                                                         |                 |
|-------------------------------------------------------------------------|-----------------|
| 1 cake yeast                                                            | ¼ cup sugar     |
| ½ teaspoon sugar                                                        | 1 teaspoon salt |
| ¼ cup warm water                                                        | 1 egg           |
| 1 cup scalded milk                                                      | 3½ cups flour   |
| 4 tablespoons shortening (2 tablespoons butter and 2 of lard suggested) |                 |

Mix softened yeast, sugar and water in a cup and set aside. Then mix scalded milk, shortening, ¼ cup sugar and salt. Cool this mixture to lukewarm and add it to the yeast mixture. Then add the egg and 2 cups sifted flour and mix thoroughly (electric mixer preferable). Then add remaining flour; by now dough must be beaten by hand. Stir in more flour if needed. Cover dough and let rise about 2 hours. Shape into rolls, placing on greased pans. Let rise for 1 hour more or until about double size. Bake in oven pre-heated to 375 degrees until lightly browned. This makes about 4 dozen rolls.

## REFRIGERATOR ROLLS

—Mrs. Guy Jarvis

|                  |                                    |
|------------------|------------------------------------|
| 1 cup hot milk   | 2 packages compressed or dry yeast |
| 1 cup shortening | 1 cup lukewarm water               |
| ¾ cup sugar      | 3 eggs                             |
| 2 teaspoons salt | 8 cups flour                       |

Pour hot milk over shortening. Add sugar and salt and cool to lukewarm. Add dissolved yeast, well beaten eggs and half of the flour. Beat well. Add rest of flour and mix until dough can be handled easily. Put it in greased bowl, cover and refrigerate. This dough keeps 4 or 5 days and can be used as needed.

When ready to use, cut off amount needed and put on floured board and roll out ½-inch thick. Cut or shape as desired. Place on greased baking sheet and let dough rise 2 hours in warm place. Bake at 400 degrees for 20 minutes.

Variations can be made by sprinkling with poppy or sesame seeds after brushing with milk or egg white.



### "NEVER-FAIL" SWEET RYE BREAD

—Mrs. J. Vincent Nordgren

½ cup molasses  
½ cup white Karo syrup  
½ cup brown sugar

2 cups milk  
2 tablespoons fat

Scald and cool. Then add:

2 cups rye flour  
1 tablespoon salt

2 yeast cakes dissolved in ½ cup warm water

To this mixture add approximately 6 cups white flour to make a stiff dough. Place in greased bowl and cover with damp cloth. Let rise until doubled in bulk, about 3 hours. Knead 100 times, using as little flour as is necessary. Shape into 2 loaves and place in greased pans. Cover and let rise until doubled in bulk.

Bake at 425 degrees for 15 minutes, then 35 more minutes at 325 degrees. When done, remove from pans to a rack to cool. Brush lightly with cream while still warm.

### SWEDISH RYE BREAD

—Mrs. William S. Petersen

Mix into a paste and let stand:

2 packages dry yeast  
1 teaspoon sugar

1 cup warm water  
1½ cups white flour

Mix separately and scald:

2 cups milk

1 cup water

Add:

5 tablespoons margarine  
½ cup brown sugar  
¼ cup white sugar  
4 teaspoons salt

½ cup light molasses  
3 tablespoons dark Karo syrup  
1 teaspoon caraway seed  
½ teaspoon anise seed

Cool to lukewarm and add:

3 cups rye flour

1 cup white flour

Mix well and add yeast mixture. Add 2 cups white flour. Put 3½ cups white flour on board. Dump rye mixture and fold in; knead until flour is used up. Place in a large greased pan and let rise until it doubles in bulk. Make into 4 loaves and let them rise until double-sized. Bake at 325 degrees for 1 hour or slightly longer. Brush tops of warm loaves with butter.

### SWEDISH RYE BREAD

—Lutsen Resort

3 cups water  
1 tablespoon salt  
½ cup packed brown sugar  
½ cup molasses

3 tablespoons shortening  
2 yeast cakes  
1¼ cups dark rye flour  
8 to 10 cups white flour

Mix and let rise until double in bulk. Knead down. Let rise again and form loaves. Makes 4 loaves. 1½ teaspoons anise seed can be added if desired.

## HERB BREAD

—Mrs. John H. Fray

|                         |                        |
|-------------------------|------------------------|
| ½ cup butter            | ¼ teaspoon paprika     |
| ¼ teaspoon dried savory | ½ teaspoon dried thyme |
| ¼ teaspoon salt         | 1 loaf bread           |
| Dash of cayenne         |                        |

Cream butter until soft. Add seasonings, herbs and cream together. Let stand at room temperature for several hours to permit the flavors to blend. (Whole or ground herbs may be used.) Slice bread fairly thick and spread the herb mixture rather thickly on the slices. Put slices together to make a loaf and place in a bread pan or in a "pan" made of aluminum foil. Heat in a 350-degree oven until hot all the way through—20 minutes or more.

## HIENO-LEIPA (Finnish Flat Bread)

—"Trinity Treats" Cookbook  
Trinity Lutheran Church, New York Mills, Minn.

|                                 |                                 |
|---------------------------------|---------------------------------|
| 1½ quarts milk                  | 5 tablespoons sugar             |
| 1 package fast rising dry yeast | 4 teaspoons salt                |
| 12 cups flour                   | 3 tablespoons melted shortening |

Scald milk and cool to lukewarm. Soak yeast in ½ cup of lukewarm water for 10 minutes. To the cooled milk, add the yeast, sugar, salt, and 8 cups flour.

Beat well for about 5 minutes. Add the shortening and beat well. Add the remaining 4 cups flour gradually and knead dough. Place in a greased pan to rise for 2½ hours. Knead down and let rise 1 hour. Divide dough into 6 parts and roll out with a rolling pin on a floured board to 1-inch thickness.

Set on a towel sprinkled with flour to rise 1½ hours. Transfer carefully to baking sheet. Bake in 325 degree oven until golden brown.

## WHOLE WHEAT BREAD

—Mrs. Fredrik A. Schiotz

Soften

1 package active dry yeast in ¼ cup lukewarm water (potato water)

Add

1 tablespoon sugar

Blend

|                               |                                |
|-------------------------------|--------------------------------|
| 2 cups lukewarm liquid (milk) | 1 tablespoon salt              |
| 2 tablespoons shortening      | 2 cups whole wheat flour       |
| 2 tablespoons sugar           | ½ cup soybean flour (optional) |
| 1 tablespoon honey            |                                |

Add

2 eggs and yeast

Add 5 to 6 cups white flour, mixing with spoon then with hand. Knead and let rise. Punch down when dough is doubled. Let rise again until dough is almost doubled. Then mold the loaves. Brush top of loaf with egg white and sprinkle with sesame seed.

Place in greased loaf pans; let rise until doubled. Bake in moderate oven (375 degrees) 50 minutes.

## CHRISTMAS STOLLEN (Fruit Bread)

—Mrs. Philip Fry

- |                             |                  |
|-----------------------------|------------------|
| 1½ cups milk scalded        | 1 package yeast  |
| ½ pound butter or margarine | 5 cups flour     |
| ½ cup sugar                 | ½ pound currants |
| 2 eggs                      | ½ pound peel     |

Scald milk, add butter, sugar, salt. Let cool till lukewarm, add eggs and yeast which has been dissolved in ¼ cup lukewarm water. Stir well. Add flour, currants and peel. Knead well. Set in warm place to rise, form into loaves and bake at 375 degrees.

## JULEKAGE (Christmas Bread)

—Egekvist Bakeries

- |                                   |                               |
|-----------------------------------|-------------------------------|
| ½ cup melted shortening           | 1 teaspoon salt               |
| ½ cup hot scalded milk            | 1 tablespoon honey            |
| 1 package compressed or dry yeast | 1 egg                         |
| ½ cup lukewarm water              | 3½ to 4 cups sifted flour     |
| ¼ cup sugar                       | 1 cup raisins                 |
| ¼ teaspoon ground cardamon        | ½ cup citron or candied fruit |

Mix shortening and hot milk. Cool to lukewarm. Soften yeast in lukewarm water in mixing bowl. Add sugar, cardamon, salt, honey, egg and the cooled shortening-milk mixture. Gradually add flour, beating well after each addition. Add raisins and citron. Mix until evenly distributed in dough. Cover. Let rise in warm place (85 to 90 degrees) until doubled in bulk, about 1½ hours.

Turn out on floured board. Toss dough until coated with flour and not tacky. Divide in half. Shape into 2 round loaves and place on greased baking sheet. Cover and let stand 15 minutes.

Cut 1 inch deep into each loaf, about 1 inch up from baking sheet. Continue cutting all around base of each loaf to make a complete circle. Punch down the center of each loaf with hand. This gives the julekage its typical shape. Brush with slightly beaten egg. Let rise in warm place until doubled in bulk, 30 to 45 minutes. Bake in moderate oven (350 degrees) 30 to 35 minutes. Makes 2 medium loaves.

## OLD VIRGINIA SPOON BREAD

—Dr. Charles B. Foelsch

- |                            |                            |
|----------------------------|----------------------------|
| 2 eggs                     | ½ tablespoon melted Crisco |
| 5½ cups milk               | 1 cup white corn meal      |
| 1½ teaspoons baking powder | ½ teaspoon salt            |

Beat eggs and salt together well. Add baking powder to meal before sifting.

Pour Crisco, meal, baking powder, and half of the milk with eggs and salt. (It is best to heat the milk a little before mixing.) Whip together with wire whip until well mixed. Add the rest of the milk and mix together. Pour recipe into hot greased pan, and cook in 300 degree oven 35 to 40 minutes.

Serve warm from dish, with lots of butter! Ah! Eat it with a spoon—that is why it is called spoon bread!

## JUNE BERRY COFFEE CAKE

—Mrs. Erling Paulson

$\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup shortening  
1 egg  
 $\frac{1}{2}$  cup milk  
2 cups sifted flour

2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
2 cups fresh Juneberries or other  
fresh, or canned and drained,  
berries

### Topping:

$\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup sifted flour

$\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  cup butter

Mix sugar and shortening. Add egg. Sift flour, baking powder and salt. Add with milk. Blend in Juneberries. Spread in 9-inch square pan and sprinkle with topping. Bake at 375 degrees for 25-30 minutes.

## APPELTAART (Holland Apple Cake)

—Mrs. B. A. Nelson

1 cup sifted flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons sugar  
 $\frac{1}{3}$  cup shortening  
1 egg, beaten

$\frac{1}{4}$  cup milk  
4 cups sliced, peeled, cored tart  
apples  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
2 tablespoons butter

Sift flour, baking powder, salt and 2 tablespoons sugar. Cut in shortening. Add combined egg and milk, and mix well. Spread on bottom and sides of greased 10x6x2-inch baking pan. Arrange apple slices in overlapping rows on batter, pressing cored edges down slightly. Sprinkle with mixture of remaining 2 tablespoons sugar and spices. Dot with butter. Bake in hot oven, 400 degrees, 40 minutes or until apples are tender. Serve with cream while still warm if desired.

## CINNAMON COFFEE ROLLS

—Mrs. Thomas Kerr

2 cups sifted pastry flour  
4 teaspoons baking powder  
1 teaspoon salt

2 tablespoons granulated sugar  
4 tablespoons margarine  
 $\frac{1}{2}$  cup milk

### Filling:

$\frac{1}{3}$  cup margarine  
1 cup brown sugar packed

1 tablespoon cinnamon  
 $\frac{1}{3}$  cup currants, washed and dried

Sift the flour, baking powder, salt and sugar together. Cut in the 4 tablespoons margarine and add milk to form a soft dough. Roll out into a long rectangle  $\frac{1}{8}$  inch thick. Cream the margarine, brown sugar and cinnamon well. Spread a teaspoonful in the bottom of each small muffin tin. Spread the rest over the dough. Sprinkle on the currants. Roll up and cut into slices. Place in tins cut edge down. Bake in 350-degree oven approximately 20 minutes. Remove at once from tins, turning rolls gently to pick up sugar coating. Makes 18 rolls. Serve hot.



## NO-BEAT POPOVERS

—Miss Henriette Lund

2 eggs  
1 cup milk

1 cup flour  
½ teaspoon salt

Break eggs into bowl, add milk, flour and salt. Mix well with spoon (disregard lumps). Fill greased muffin pans or pyrex custard cups  $\frac{3}{4}$  full. Makes 5. Place in oven and set control at 450 degrees. Bake 30 minutes. The secret is to start with a cold oven and not to peek for a full 30 minutes, at which time your success is ready to serve among cheers!

## DATE NUT BREAD

—Mrs. Hans Jersild

1 teaspoon soda  
1 cup chopped dates  
1 cup boiling water  
1 beaten egg  
2 cups flour

1 teaspoon baking powder  
½ teaspoon salt  
1 scant cup sugar  
1 teaspoon vanilla  
½ cup nutmeats

Sprinkle soda over chopped dates. Pour boiling water over them and let this mixture cool. Add the beaten egg. Sift together and add the flour and baking powder, salt and sugar. Add vanilla and nutmeats. Let stand 15 minutes. Bake 1 hour or until done at 300 degrees. Let loaf ripen for 12 hours before slicing.

## ISINKWA SOMBILA (Green Corn Bread)

—Mrs. Carl N. H. Otte

2 cups ground corn pulp  
2 teaspoons sugar  
¾ teaspoon salt

1 tablespoon melted butter or  
margarine  
1 ½ teaspoons baking powder

Grind, in the food grinder, green corn which is a little past the milk stage. Mix all ingredients and beat well.

Grease baking powder tins or molds as for Boston brown bread. Fill  $\frac{3}{4}$  full. Put on lids. Steam or boil in water in the tins 1 ½ hours. Pressure cook in steam bath at 10 pounds pressure ½ hour. Isinkwa Sombila, green corn bread, may be served hot as a vegetable, or as a meat substitute. It is a delicious snack sliced cold, spread with butter.

## CHEESE BREAD STICKS

—Mrs. G. Loken

Bread or bun dough  
Mild cheddar cheese

Powdered skim milk cheese

Using your own bread or bun recipe, spread as much dough as you desire on a greased surface when it is at the stage of being formed into shape. Dough should be about ½-inch thick. Cover fairly liberally with cheddar cheese, which has been broken into very small pieces or grated. Press this into the dough. Cut the dough into strips about ½-inch wide. Roll these gently in the powdered cheese. Place on greased tins and let rise until almost double in size. Bake in 400-degree oven until golden brown.

## CHEESE BISCUITS

—Mrs. John H. Baumgaertner

2 cups flour  
½ cup butter or oleo  
1 teaspoon baking powder  
¼ teaspoon salt

½ cup grated cheddar cheese  
½ cup and 1 tablespoon  
commercial sour cream

Mix flour and butter or oleo with fingers until well blended and crumbly. Add baking powder, salt and cheese and stir with a fork until blended. Add the sour cream gradually, continuing to stir with a fork. Knead this mixture lightly in the bowl until it clings together and forms a ball.

Pat a portion of the dough to ½-inch thickness on a lightly floured board and cut small circles with the small hole of a doughnut cutter. Place the circles on a greased cookie sheet and brush tops with 2 egg yolks which have been beaten with 2 teaspoons water. Sprinkle with grated parmesan cheese and a dash of paprika.

Bake in preheated oven at 400 degrees for approximately 12 minutes. Serve biscuits warm as hors d'oeuvres. The recipe yields about 40 biscuits.

## LEFSE

—Norwegian-American Historical Museum  
Luther College, Decorah, Iowa

Two cups well-seasoned mashed potatoes, hot or cold. Add about 1 cup flour to make a dough stiff enough to roll. Shape into a long roll. Cut off a small amount and roll very thin on a lightly floured board, keeping each cake as round as possible. Bake slowly on ungreased, moderately hot griddle, or heavy frying pan, turning to brown both sides. The cakes will blister and brown in spots. Remove from griddle and fold across the middle twice to form a quarter circle. Serve as bread, or with fish dinner (especially "lutefisk"). This recipe makes approximately 12 cakes.

## PIRAGI (Latvian Christmas Rolls)

—Mrs. Alex Liepa

2 cups lukewarm milk  
2 packages yeast  
1 pinch salt  
1 teaspoon sugar

1 bar (¼ pound) melted butter  
1 heaping teaspoonful cardamon  
(about 10 seeds)  
3 cups flour

Mix yeast in lukewarm milk and add other ingredients. Knead dough for about 15 minutes, then let it rise to double the original size.

1 pound lean bacon  
1 chopped onion

1 pinch salt  
1 pinch pepper

Chop bacon into small pieces and add onion, salt and pepper. Mix well and fry lightly. Let it cool off.

Form the dough into small balls, insert 1 teaspoonful chopped bacon mix in each; knead balls with bacon inside into finger-length half-moons and brush each with beaten egg. Bake in oven at 350 degrees 10 to 15 minutes until the piragi are lightly brown and crisp. Serve warm if possible, although most people like them cold just as well.

## HJORTEBAKKELSE

—Mrs. Elias Rasmussen

½ cup butter (melted)

¼ cup milk

1 cup sugar

¼ teaspoon cardamon

4 eggs

1 teaspoon salt of hartshorn (baking ammonia from drugstore)

Cream butter and sugar until white. Add well-beaten eggs. Mix hartshorn salt in milk. Add flour enough to make dough as for bread. Knead it well and roll in hands to small, fancy shapes. Fry in deep lard as for doughnuts.

## DANISH KLEJNER

—Mrs. Marinus Jacobsen

2 whole eggs

½ cup melted butter

2 egg yolks

1 teaspoon baking powder

½ cup sugar

Flour (about 3 cups)

½ cup cream

Beat eggs and sugar together. Add the melted butter and cream. Sift flour and baking powder together, adding more flour if needed when rolling out the dough. Roll very thin and cut into strips 3 to 4 inches long and about 1½ inches wide. Cut slit in center and tuck end through. Drop into hot fat and fry like doughnuts until lightly brown. Sprinkle with powdered sugar before serving if desired.

## DROP DOUGHNUTS

—“Tried Recipes” Cookbook  
Grafton Lutheran Church, Grafton, N. D.

3 eggs, well beaten

½ cup cream

1 cup sugar

3½ cups flour

1 cup sweet milk

1 teaspoon vanilla

2 teaspoons baking powder

Dash of nutmeg

¼ teaspoon lemon extract

Mix together in order given. Drop from tablespoon into hot fat, 350 degrees.

## ANGEL FOOD DOUGHNUTS

—Mrs. Claude A. Barndt

½ cup sour cream

½ teaspoon soda

½ cup sour milk

¼ teaspoon nutmeg

1 cup sugar

2 teaspoons baking powder

3 eggs

¼ teaspoon salt

1 teaspoon vanilla

Flour to make a soft dough (about 4 cups)

Beat cream and milk together until foamy. Add sugar and beat again. Add eggs, 1 at a time, beating well after each addition. Add vanilla. Sift 2 cups of flour with the other dry ingredients and add to the first mixture. Then add enough additional sifted flour to make a soft dough. Knead lightly. If possible, let stand at least 1 hour before rolling out, ⅓-inch thick. Cut with doughnut cutter and fry in deep fat (385 degrees).

**POTATO PANCAKES (Kartoffel Pfannkuchen)** —Mrs. William A. Poehler

|                             |                 |
|-----------------------------|-----------------|
| 2 cups raw potatoes, grated | 2 eggs          |
| 2 tablespoons flour         | 1 teaspoon salt |
| 2 tablespoons cream or milk |                 |

Drain off excess water from grated potatoes. Add flour, cream or milk, salt and beaten egg yolks. Fold in beaten egg whites. Drop by spoonfuls into frying pan after vegetable oil or shortening has been heated.

Fry until golden brown and crisp on one side, turn, and fry on the other side. Recipe is sufficient for 4 servings.

**DANISH PANCAKES**

—J. K. Jensen

|                                              |                 |
|----------------------------------------------|-----------------|
| 1 cup flour                                  | 1½ cups milk    |
| 1 large egg (beat white and yolk separately) | ½ teaspoon salt |

Mix flour, milk, salt and egg yolk, adding egg white last. Batter should be about the consistency of thick cream.

Bake on a very hot fire, preferably in an 8- or 9-inch aluminum skillet greased with a little melted butter. Be sure the skillet is hot before putting enough batter in to cover skillet (about 2 tablespoons). Fry to a light brown, then turn and fry other side. Serve them directly from skillet onto individual plates. After butter and syrup or brown sugar have been put on the first cake, put second cake on top of first and roll the two to keep them warm. Serve with bacon.

**ALMINNELIGE VAFLE (Sweet Waffles)**

—Mrs. Irvin C. Johnson

|                                                          |                                                   |
|----------------------------------------------------------|---------------------------------------------------|
| 4 eggs, beaten                                           | 4 cups sifted flour                               |
| 2 cups sugar                                             | 1 tablespoon melted butter (if cream is not used) |
| 4 cups sweet milk                                        |                                                   |
| 1 teaspoon soda dissolved in a little sour milk or cream |                                                   |

Mix in order named. Makes from 20 to 24 waffles. May be eaten warm but are especially good cold, served with butter, jam or jelly.



# CAKES



### DATE-WALNUT CAKE

—Mrs. C. H. Zeidler

3 eggs, beaten  
1 cup sugar  
3 generous tablespoons flour  
1½ teaspoons baking powder  
1 cup walnuts, chopped  
¼ teaspoon salt

Grated rind of two lemons  
1 7-ounce package of dates, cut  
up with a fine sprinkling of  
flour over them  
1 teaspoon vanilla

Beat eggs thoroughly. Gradually add sugar, stirring well after each addition. Add salt and grated rind. Sift flour and baking powder and add slowly, mixing and stirring. Add dates, nuts and vanilla. Spread in greased coffee cake pan, not too large. Bake at 325 degrees from 30 to 40 minutes. Cut in squares and serve with whipped cream.

### DATE CAKE

—Mrs. Kenneth Strecker

2 cups flour  
¾ cup butter  
1 teaspoon soda  
1 cup buttermilk  
¼ teaspoon salt

1 cup sugar  
1 egg, slightly beaten  
1 cup chopped dates  
½ cup chopped nuts

Mix together flour, sugar, butter and salt, reserving ⅔ cup of this mixture, which will be used for topping. To the remaining mixture, stir in the egg and set aside. Sprinkle 1 teaspoon soda over the chopped dates, add buttermilk and nuts. Stir well. Blend this mixture with that which was set aside. Spread in a long pan and sprinkle with the topping. Bake at 350 degrees for 25 to 30 minutes.

### FRUIT COCKTAIL CAKE

—Mrs. Paul J. Renz

1 cup flour  
1 cup sugar  
1 teaspoon soda  
1 egg

Pinch of salt  
1 cup fruit cocktail  
½ cup brown sugar  
½ cup nuts

Put all ingredients together in mixer, including the drained fruit cocktail. Beat 3 minutes. Put in square cake pan. Over top put half cup of brown sugar and half cup of chopped nuts. Bake 45 minutes at 350 degrees. Top with whipped cream. Serves 6.

### CHRISTMAS NUT FRUIT CAKE

—Mrs. Arthur C. Wangaard, Jr.

1 cup walnuts  
1 cup Brazil nuts  
1½ cups sugar  
1 package dates (16 ounces)  
4 eggs

1 8-ounce jar maraschino cherries,  
cut in half  
½ teaspoon salt  
1½ cups flour  
2 teaspoons baking powder

Sift dry ingredients, add nuts (whole) and fruit. Beat eggs, add cherry juice to dry ingredients. Mix the cherries with a little of the flour, combine. Pour in greased loaf pans and bake 1 hour at 350 degrees. Makes 2 loaves.

## NAVY FRUITCAKE

—Julius Harvath and Chef Malcolm Pavlik

|                                   |                          |
|-----------------------------------|--------------------------|
| 1½ pounds candied mixed fruit     | 3 cups sifted flour      |
| ½ pound walnuts, coarsely chopped | 1 teaspoon cinnamon      |
| ½ pound seeded raisins            | ¼ teaspoon cloves        |
| ½ pound dried currants            | ¼ teaspoon nutmeg        |
| ½ pound butter (1 cup)            | ½ teaspoon soda          |
| ¾ cup brown sugar                 | 1 teaspoon baking powder |
| ¾ cup honey                       | ¾ cup orange juice       |
| 4 eggs, beaten                    | 1 tablespoon vanilla     |

Combine fruits and nuts with 1 cup of the flour and set aside. Cream butter and gradually add brown sugar. Beat until light and fluffy. Blend honey with beaten eggs. Sift remaining dry ingredients together. Add to the butter and sugar mixture alternately with the honey and egg mixture. Pour batter over the fruit and nut mixture. Blend together lightly, adding orange juice and vanilla. Divide the mixture into two well-greased 9x5x3-inch loaf pans. Bake at 250 degrees until done, approximately 2½ hours. For easy slicing, wrap in foil and store in refrigerator.

## UNBAKED FRUIT CAKE

—Mrs. Art Oestmann

|                                             |                            |
|---------------------------------------------|----------------------------|
| 1 pound dates, cut fine                     | 1 cup English walnut meats |
| 1 pound marshmallows, cut in bits           | 1 pound golden raisins     |
| 1 pound red and green gumdrops, cut in bits | ½ cup sugar                |
| 1 pound graham crackers                     | 1 cup cream, whipped       |

Crush crackers into crumbs. Mix fruits, nuts, marshmallows and gumdrops—all finely chopped—together. Add sugar and whipped cream, blending well.

Put in loaf pans. Pack until well pressed together. Refrigerate for 2 weeks. Remove from tin and pack in plastic bag. Slice and serve either plain or with whipped cream.

## HONEY CAKE

—Mrs. George Kohls

|                 |                                                   |
|-----------------|---------------------------------------------------|
| 1 egg           | 2 cups flour                                      |
| ½ cup sugar     | 1 teaspoon each: cinnamon, ginger and baking soda |
| ¼ cup honey     | Just a bit of salt                                |
| ¼ cup butter    |                                                   |
| ½ cup hot water |                                                   |

Beat the egg and add sugar and honey, the melted butter and slowly, also, the other ingredients. Stir well. Put into cake pans and bake in moderate heat approximately 35 minutes.

When cold, cut the cake into any type of pieces you like. Give it a sugar or chocolate icing.

Several other possibilities with the same basic recipe: Instead of the ½ cup water, use ½ cup strong coffee or ½ cup orange juice and the grated rind of ½ an orange.

## SOUR CREAM CAKE

—Mrs. Alvie Johnson

|                            |                                |
|----------------------------|--------------------------------|
| 1 cup sugar                | ½ cup nuts                     |
| ½ cup vegetable shortening | 2 cups flour                   |
| A little salt              | 1 orange, rind and all, ground |
| 2 whole eggs               | together with 1 cup seedless   |
| 1 cup thick sour cream     | raisins                        |
| 1 heaping teaspoon soda    |                                |

Cream sugar, shortening and salt. Add the unbeaten eggs, 1 at a time. Add the sour cream which has been mixed with the soda. Add the ground orange and raisins. Add the flour and then the nuts. Bake in a loaf pan in moderate oven.

## Caramel Frosting:

|                     |                      |
|---------------------|----------------------|
| ¾ cup brown sugar   | ¼ cup cream          |
| ⅓ cup melted butter | 1 cup powdered sugar |

Heat together first 3 ingredients until it comes to a good boil. Then cook for 1 minute. Beat in powdered sugar until creamy, and spread.

## SOUR CREAM COFFEE CAKE

—Mrs. Marvin Prehn

Sift together:

|                       |                           |
|-----------------------|---------------------------|
| 1 ½ cups sifted flour | 2 teaspoons baking powder |
| 1 cup sugar           | ¾ teaspoon salt           |

Beat:

|                        |                 |
|------------------------|-----------------|
| 1 cup thick sour cream | 2 unbeaten eggs |
| ½ teaspoon soda        |                 |

Beat cream, soda and eggs well. Add sifted ingredients. Beat batter until smooth. Spread in lightly greased 8x10-inch pan. Mix ⅓ cup sugar with ½ teaspoon cinnamon and sprinkle on top of batter. Finely chopped nuts can be sprinkled on top too. Bake 30 to 40 minutes at 350 degrees.

You can bake coffee cake plain, and while hot, sprinkle with powdered sugar and nuts.

## ANGEL FOOD CAKE

—Mrs. Donald Brostrom

|                            |                               |
|----------------------------|-------------------------------|
| 1 cup sifted cake flour    | ½ teaspoon almond extract     |
| ⅞ cup sugar                | 1 ½ teaspoons cream of tartar |
| 12 egg whites (large eggs) | 1 ½ teaspoons vanilla         |
| ½ teaspoon salt            | ¾ cup sugar                   |

Sift together four times the flour and ⅞ cup sugar. Beat egg whites, cream of tartar, salt and flavorings, using a wire whip. When mixture is foamy, gradually add the ¾ cup sugar, 2 tablespoons at a time. Continue beating until mixture holds stiff peaks. Sift flour and sugar gradually over egg white mixture and fold in gently. Place batter in an ungreased 10-inch tube pan. Cut through batter with a knife to remove air bubbles. Bake in pre-heated oven at 350 degrees for 35-45 minutes. Invert pan to cool.



### FRU MONSON'S KAKE

—Mrs. Carroll Hinderlie

½ cup butter  
½ cup sugar  
1 cup sifted flour

3 eggs, separated  
½ teaspoon baking powder

Cream butter and sugar. Add well-beaten egg yolks. Stir in the sifted flour and baking powder, and last, the beaten egg whites. Spread the batter on buttered pans to the depth of one inch. Sprinkle the top with coarse granulated sugar (pound out some loaf sugar if you have it) and shredded almonds.

Bake in a moderate oven until light brown. Cut into diamond-shaped pieces with a sharp knife. Return to a slow oven and allow to dry until texture is almost like a rusk.

### FYRSTEKAKE — THE DUKE'S CAKE

—Mrs. Kjell Jordheim

#### Dough:

½ pound butter  
2 cups flour  
2 teaspoons baking powder

½ cup sugar  
1 egg  
½ teaspoon almond extract

#### Filling:

½ pound scalded ground almonds  
2 cups confectioners sugar  
1 teaspoon flour

1 egg white  
A few drops of lemon

Mix the dry ingredients, butter and eggs quickly by hand. Divide the dough into two parts and roll out. Cover bottom of 9-inch round layer cake or pie pan which has been greased, with one-half of the dough. Mix all the ingredients for filling and spread over dough.

Take the second part of dough, cut into ½-inch or broader strips with a cookie cutter and place lattice-wise over the filling. Flute edge as for a pie. Bake at 350 degrees for 50 minutes.

### GERMAN SWEET CHOCOLATE CAKE

—Cookbook from Our Savior's  
Lutheran Church, Colfax, N. D.

1 package Baker's German sweet  
chocolate  
½ cup boiling water  
1 cup butter  
2 cups sugar  
4 egg yolks, unbeaten

1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon vanilla  
2½ cups sifted cake flour  
1 cup buttermilk  
4 egg whites, beaten stiff

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time and beat well after each addition. Add the cooled melted chocolate and vanilla. Mix well. Sift together salt, soda and flour. Add alternately with buttermilk to chocolate mixture, beating until smooth. Fold in beaten egg whites. Pour into three 8- or 9-inch layer pans, lined with waxed paper. Bake at 350 degrees from 30 to 40 minutes. Cool.

## CRUMB CAKE

—Mrs. John N. Stauffer

2 cups brown sugar  
2 cups flour

½ cup butter  
1 teaspoon cinnamon

Mix these ingredients together until they have the texture of very fine crumbs. Remove one cup of the mixture to be used later. Then add:

1 egg, beaten  
1 cup sour milk, to which has been added 1 teaspoon soda

Beat at moderate speed about three minutes. Pour mixture into a greased flat cake pan and sprinkle the cup of crumbs over the top. Bake at 375 degrees for about 35 minutes.

## ORANGE DELIGHT SPONGE CAKE

—Mrs. Louis Hull

7 eggs (separate yolks from whites)  
1½ cups sugar  
2 tablespoons grated orange rind

5 tablespoons orange juice  
1 cup cake flour  
½ teaspoon cream of tartar  
½ teaspoon salt

Beat egg yolks until thick and lemon colored, then beat in ¾ cup sugar gradually. Beat in grated orange rind and juice. Sift flour before measuring and beat into yolk mixture. Beat egg whites until frothy; add cream of tartar and salt; beat until egg whites will hold point. Beat in remaining ¾ cup sugar a little at a time. Gently fold egg yolk mixture into this egg white meringue. Pour into a deep 10-inch ungreased tube center pan and bake at 325 degrees for 1 hour. Invert pan until cake is entirely cold.

### Orange Custard Filling and Icing:

3 eggs yolks  
¼ cup sugar  
1 tablespoon cake flour  
¼ cup orange juice, strained  
2 teaspoons grated orange rind

1 teaspoon lemon juice, strained  
1 cup whipped cream  
½ cup blanched almonds (optional)

Beat egg yolks until thick and lemon colored. Blend in sugar and flour (mixed together), orange juice and rind. Cook over hot water, stirring constantly until mixture thickens. Cool. Fold in lemon juice and stiffly whipped cream. Split cake in two, midway between top and bottom. Fill and ice.

## MAYONNAISE CAKE

—Mrs. Virgil Juliot

1 teaspoon soda  
1 cup hot water  
1 cup chopped dates  
1 teaspoon vanilla  
½ cup chopped nuts  
2 cups flour

1 cup sugar  
2 tablespoons cocoa  
1 teaspoon cinnamon  
¼ teaspoon salt  
1 cup mayonnaise

Combine soda, water and dates and let stand a few minutes. Sift dry ingredients and then stir together all ingredients. Bake in loaf pan at 350 degrees for 40-50 minutes. Serve with whipped cream and a cherry.

## UPSIDE DOWN PINEAPPLE CAKE

—Mrs. Henry J. Whiting

### Topping:

3 tablespoons Crisco  
1 cup brown sugar

Small can pineapple slices

Melt Crisco in bottom of baking pan, add sugar, blend and spread evenly.

Arrange pineapple slices with cherry in center, cover with batter and bake in moderate oven (350 degrees).

### Batter:

¼ cup shortening  
¾ cup sugar  
½ teaspoon salt  
½ cup pineapple juice

1 egg  
1 ½ cups flour  
2 teaspoons baking powder

Blend shortening with sugar and egg. Add dry ingredients alternately with juice. Beat until smooth.

## BANANA NUT CAKE

—Mrs. Lewis Larson

### Sift together:

2 ½ cups sifted flour  
1 ½ cups sugar  
1 ¼ teaspoons baking powder

1 ¼ teaspoons soda  
1 teaspoon salt

### Add:

¾ cup shortening  
¾ cup buttermilk  
1 ¼ cups mashed bananas

2 unbeaten eggs  
1 cup nuts, chopped

Grease pans. Bake in two layers, 30 to 35 minutes at 350 degrees. Fill and frost as desired.

## POORMAN'S CAKE

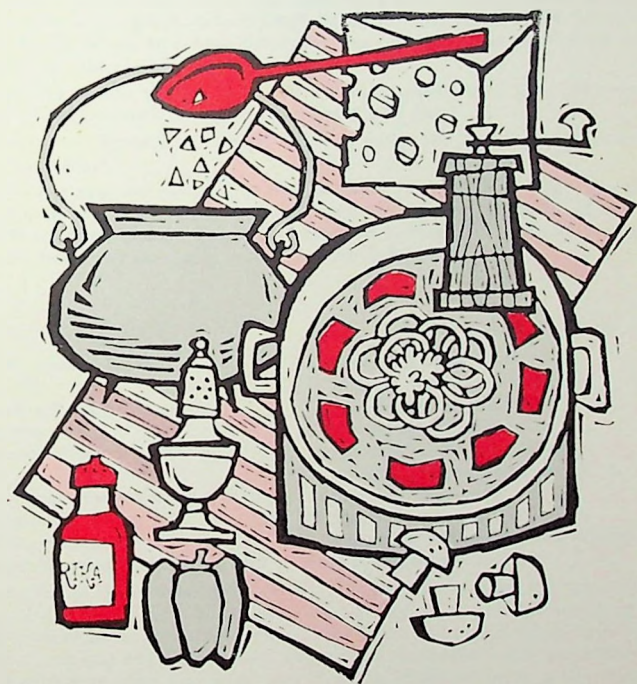
—Mrs. Raider A. Olson

2 cups sugar  
1 cup shortening  
2 cups water  
2 cups raisins  
2 teaspoons cinnamon

¼ teaspoon ground cloves  
1 teaspoon soda  
1 teaspoon salt  
3 cups flour  
1 cup chopped walnuts (optional)

Combine first four ingredients in a saucepan and bring almost to a boil. Simmer 15-20 minutes, until raisins are soft. Put aside until cool. Mix flour and spices and add to thoroughly cooled raisin mixture. Pour into a greased and floured 13x9x2-inch pan. Bake at 350 degrees until cake springs back at the touch, about 35 to 40 minutes. A creamy frosting may be used. Keeps well for shipment overseas if made in a coffee can and not frosted.

# Casseroles & Main Dishes





## MEAT BALLS

—Mrs. J. A. Aasgaard

1½ pounds round steak  
½ pound veal steak  
½ pound lean pork steak  
(meats ground finely)  
1 pint heavy cream  
3 egg yolks, beaten

2 tablespoons cornstarch or  
potato meal  
Salt to taste; small amount of  
pepper  
¼ teaspoon ground ginger  
A little scraped onion may be  
used

Start the mixer at slow speed, gradually adding 1 pint cream. A potato masher can be used to mix ingredients. You may need a little more cream after the mixer has run for 10 minutes. Set up the speed of the mixer until all is well blended.

The consistency should be quite sticky when you try a little between your fingers. Make a broth to boil the meat balls in, using bouillon cubes if you do not have a soup broth. To form meat balls, use a dessert spoon. Dip the spoon in the broth, take a small portion of the meat, about the size of a small egg. Work this with the spoon back and forth in the hollow of your hand into the shape of an egg.

Drop into slowly boiling broth. Boil about a dozen at a time. Be sure they are boiled through. Never let the broth boil hard.

If you like "kjodkaker" (meat cakes), shape the mixture into cakes and fry in butter.

This may also be used in stuffed cabbage. Cut off the large leaves from cabbage and lay aside to use for covering. Scoop out inside of cabbage. Fill with the meat; cover with leaves of cabbage, tie up with string or cheese cloth; boil slowly in salt water for 2 hours.

## BEEF BALLS STROGANOFF

—Mrs. Don F. Thomas

1 pound ground beef  
½ cup milk  
½ cup dried bread crumbs  
1 teaspoon salt  
¼ teaspoon freshly ground  
black pepper  
1 tablespoon minced fresh parsley  
3 tablespoons butter or  
oleomargarine  
1 medium-sized onion, diced fine

½ green pepper, diced fine  
¼ pound mushrooms, sliced  
½ teaspoon paprika  
2 tablespoons flour  
1 cup beef stock or 2 beef  
bouillon cubes dissolved in 1  
cup boiling water  
½ cup sour cream  
1 teaspoon Worcestershire sauce  
Salt and pepper to taste

Combine ground beef, milk, dried bread crumbs, salt, pepper and parsley. Blend well and shape into 1-inch balls. Melt butter or oleomargarine to sizzling in a large, deep skillet and brown beef balls well on all sides. Remove meat from pan and put onion, green pepper and mushrooms into the skillet. Saute. Sprinkle paprika and flour over contents of skillet, pour in the beef stock, stirring constantly, and cook until mixture thickens. Blend in the sour cream, return beef balls to fry pan and add Worcestershire sauce, salt and pepper. Heat thoroughly but gently. Serve with buttered noodles or rice. Yield: 4-5 servings.

## HAMBURGERS

—"My Husbands' Favorites" Cookbook  
St. Paul Lutheran Church, Lime Springs, Iowa

$\frac{3}{4}$  cup catsup  
1 teaspoon chili powder  
Put into sauce pan and boil 7 minutes.

1 cup water

Add:

2 pounds hamburger  
1 large onion—chopped  
2 teaspoons salt

1 teaspoon salad mustard  
Dash of pepper

Stir until hamburger is broken up and simmer 20 minutes. Fill hamburger buns.

## BEEF STROGANOFF (Steak Stretcher)

—Virginia Mulcahy

2 pounds top sirloin  
 $\frac{1}{4}$  pound butter  
1 pound sliced onion  
1 pound mushrooms

2 tablespoons tomato paste  
2 cups sour cream  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon coarse ground pepper

Cut beef in thin strips, saute in butter until browned. Saute onions in butter 10 minutes. Combine onions and beef. Saute mushrooms (add chopped chive for more zest) and add to above. Add tomato paste and then the cream, stirring constantly. Serve as is or over rice.

## BEEF STROGANOFF

—Mrs. Louis C. Smith

Cut round steak, stewing beef or chuck into cubes and shake in seasoned flour. Brown  $\frac{1}{2}$  cup minced onion in  $\frac{1}{4}$  cup butter or margarine. Remove from pan.

Brown meat and remove from pan.

Add  $\frac{1}{4}$  cup water and stir all the browned particles from bottom of pan. Add meat and onion; simmer for 15 minutes.

Add 1 cup boiling water, 2 cubes of chicken bouillon and 1 medium can mushrooms. Cook until meat is very tender, about  $1\frac{1}{2}$  to 2 hours.

Just before serving, stir in 1 cup sour cream; thicken if desired. Serve with buttered noodles and sprinkle with slivered almonds and poppy seeds.

## BEEF STROGANOFF

—Mrs. Clarence Moll

4 pounds round roast cut into  
2-inch pencil-like strips  
2 garlic buds, minced  
4 medium onions, chopped  
4 cans tomato soup

4 6-ounce cans mushrooms  
1 tablespoon Worcestershire sauce  
 $\frac{1}{2}$  teaspoon Tabasco sauce  
1 to 2 cups sour cream

Dredge beef strips in paper bag containing mixture of  $\frac{1}{2}$  cup flour, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper. Brown in skillet in bacon drippings or other fat. Remove. Fry onions and garlic gently in fat; add soup, mushrooms, Tabasco sauce, Worcestershire sauce. Blend and simmer meat in sauce 35 minutes. Add sour cream just before serving over fluffy white rice, whole grain desirable. Serves about 10.

## CHERRY MEAT MUFFINS

—Ray Schweigert

- |                          |                             |
|--------------------------|-----------------------------|
| 2 packages (12 ounces)   | 1 egg, well beaten          |
| Schweigert's super slice | 2 tablespoons brown sugar   |
| luncheon meat, ground    | 1 teaspoon prepared mustard |
| 1 cup soft bread crumbs  |                             |

Combine all ingredients, mixing thoroughly. Pack mixture into 10 medium-sized muffin cups, filling  $\frac{3}{4}$  full. Bake in a slow oven, 300 degrees, 30 to 45 minutes or until done. Serve with Cherry Sauce. Yields 4 servings.

### Cherry Sauce:

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 16-ounce can sour pitted cherries | 1 tablespoon corn starch |
|                                     | $\frac{1}{4}$ cup sugar  |

Drain cherries, reserving liquid. Add enough water to make one cup. Mix cornstarch and sugar and stir in cherry liquid. Cook, stirring constantly until mixture thickens and is clear. Add cherries and serve hot over Meat Muffins.

## BLUE RIBBON SWISS STEAK

—Mrs. Philip Nygard

- |                                                                 |                                                    |
|-----------------------------------------------------------------|----------------------------------------------------|
| $\frac{1}{4}$ cup flour                                         | 3-pound round steak cut $1\frac{1}{2}$ -inch thick |
| 2 teaspoons salt                                                |                                                    |
| $\frac{1}{4}$ teaspoon pepper                                   | $\frac{1}{4}$ cup cooking oil                      |
| $1\frac{1}{2}$ teaspoons dry mustard                            | $\frac{1}{2}$ cup water                            |
| 1 can mushroom soup or 3-ounce can of whole mushrooms (drained) | 1 tablespoon Worcestershire sauce                  |

Combine flour, salt, pepper and dry mustard. Sprinkle mixture over steak and pound into meat. In heavy skillet brown steak in cooking oil on both sides. Add water and Worcestershire sauce to meat and simmer in covered skillet  $1\frac{1}{2}$  to 2 hours. Pour mushroom soup over meat and cook 10 minutes longer. Serve on platter and garnish with parsley. Skim off excess fat and serve meat juices with steak. Serves 6 to 8 generously.

## MEAT LOAF

—Mrs. Ray Wilks

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 2 pounds ground beef          | 2 slices finely chopped onion and |
| 2 teaspoons salt              | 1 tablespoon chopped green        |
| $\frac{1}{2}$ teaspoon pepper | pepper (more if desired)          |
| $\frac{1}{2}$ cup oatmeal     | 2 eggs                            |
|                               | $\frac{1}{2}$ cup water           |

Beat egg into water. Place meat, seasonings, onion and green pepper in bowl. Add oatmeal and mix. Add egg water mixture. If, after mixing, it seems too dry, add a little more water. Allow to absorb moisture for 15 minutes. Shape into loaf in low pan or iron skillet. Bake 1 hour at 350 degrees. Allow 15 minutes before slicing. Good cold also. Serves 6 to 8 persons.

## MEAT LOAF

—Mrs. Dean Lufkin

- |                            |                               |
|----------------------------|-------------------------------|
| 1 ½ pounds hamburger       | 1 egg                         |
| 1 cup cracker crumbs       | 1 tablespoon dried onion or ¼ |
| 1 8-ounce can tomato sauce | cup chopped fresh onion       |
| ½ cup milk                 | Salt and pepper to taste      |

Mix ingredients well and place in pan. Make a sauce of ¼ cup catsup, 3 table-  
spoons brown sugar and 1 teaspoon mustard. Spread over the meat loaf.  
Bake 45 minutes to 1 hour at 375 degrees.

## "CAMPER'S SPECIAL"

—Mrs. Ira Angstadt

- |                                  |                       |
|----------------------------------|-----------------------|
| 1 pound ground beef              | ½ cup catsup          |
| 3 cups diced potatoes, precooked | 1 onion, medium-sized |
| 1 15½-ounce can baked beans      |                       |

Brown chopped onion in shortening; add and brown ground beef. Season to  
taste with salt and pepper and add beans, stirring while mixture heats.  
Continuing to stir, add potatoes and catsup. When thoroughly heated,  
"Camper's Special" is ready to be served.

## COLORADO CHILI

—Mrs. Lyle C. Burns

- |                           |                           |
|---------------------------|---------------------------|
| 2 pounds ground beef      | 2 teaspoons cumin seed    |
| 2 cans brown beauty beans | 1 teaspoon oregano leaves |
| Chili powder, to taste    | 1 can tomatoes (small)    |
| 1 clove garlic            | About 7 cups water        |
| 1 onion, cut fine         |                           |

Brown meat, onions in Spry. Add rest of ingredients. Cover and cook slowly  
about 3 hours.

## IRISH STEW

—Mrs. James E. Fish

- |                                |                          |
|--------------------------------|--------------------------|
| 1 ½ pounds stewing beef, cubed | ½ stalk celery           |
| 4 or 5 potatoes                | 1 No. 2½ can tomatoes    |
| 6 to 8 carrots                 | Salt and pepper to taste |
| 2 onions                       |                          |

The secret in this recipe is to boil the beef in the tomatoes until tender,  
then add remaining ingredients—first, potatoes and onions; later, carrots,  
and finally, celery, as it requires the least cooking time. This recipe can  
easily be adapted by using more or less vegetables, etc. Good for a busy  
day made in the pressure cooker. Serve with crusty bread, mixed greens.

## PASTY

—Mrs. William T. Harjus

- |                        |                       |
|------------------------|-----------------------|
| 1 cup carrots, grated  | ½ pound ground beef   |
| 2 cups potatoes, diced | ¼ cup onions, chopped |

Mix ingredients together well and place in a pie crust shell, dotting the top  
with butter. Bake pie about 60 minutes at 400 degrees.



## HUNGARIAN PORK CHOPS

—Mrs. Orville L. Varland

|                         |                               |
|-------------------------|-------------------------------|
| 6 pork chops, cut thick | 1 cup celery, chopped         |
| 1 medium onion, chopped | 6 tablespoons rice, uncooked  |
| ¼ green pepper, chopped | 1 can tomatoes, reserve juice |

Brown chops in fry pan, then lay in shallow casserole and salt and pepper to taste. Reduce heat and lightly brown onion, green pepper and celery. When vegetables are transparent and slightly brown, spoon over chops. Brown rice in remaining meat drippings and distribute over meat and vegetables. Spoon tomatoes over meat and bake at 350 degrees for 1 hour, adding tomato juice as meat becomes dry.

## KOLDOMAS

—Mrs. Ralph Thorp, Jr.

|                       |                 |
|-----------------------|-----------------|
| 1 pound ground beef   | Salt and pepper |
| 1 egg                 | Milk            |
| ¼ cup raw rice        | Cabbage leaves  |
| Grated onion to taste |                 |

Mix ingredients, add milk to meat ball consistency. Parboil cabbage. Roll each patty of beef mixture in cabbage leaf. Place in baking pan.

|                       |                     |
|-----------------------|---------------------|
| 1 No. 2½ can tomatoes | 1 teaspoon sugar    |
| 1 teaspoon salt       | 1 tablespoon butter |

Blend ingredients. Thicken with 2 tablespoons cornstarch. Boil together. Pour over cabbage and beef rolls. Bake 1 hour at 350 degrees.

## SPAGHETTI SAUCE

—Mrs. Rocky Lavalie

|                                                                                    |                                                                        |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Brown a quarter of a pound of salt pork                                            | Simmer over low heat for ½ hour                                        |
| Add one large onion diced                                                          | Add 1 can Italian tomato paste (with 3 cans of water)                  |
| Add 2 cloves of garlic (leave whole or dice as desired)                            | Add meat balls and simmer 2½ hours                                     |
| Brown a half pound of boneless pork and season to taste (brown until golden brown) | Add 1 teaspoon sugar and a pinch of oregano or sweet basil if desired. |
| Add one large can of Italian plum tomatoes (put through sieve)                     |                                                                        |

### Meat Balls:

|                                                  |                                               |
|--------------------------------------------------|-----------------------------------------------|
| 1 pound of beef and pork mixed (season to taste) | 2 heaping tablespoons Italian Parmesan cheese |
| Sprig of chopped parsley                         | 1 cup of wet bread crumbs                     |
| 2 cloves of garlic (chopped)                     | 1 egg                                         |

Mix ingredients and roll into small balls. Brown and add to the sauce.

## ROAST PORK BAVARIAN

—Mrs. John F. Roth

- |                                                       |                              |
|-------------------------------------------------------|------------------------------|
| 1 6-pound pork loin (about 4 chops)                   | 1 small onion, minced        |
| 1 can (about 1 pound) sauerkraut, drained and chopped | ½ cup seedless raisins       |
| 2 cups slightly dry bread cubes (4 slices)            | ½ teaspoon salt              |
| 1 medium size apple, diced                            | ½ teaspoon poultry seasoning |
|                                                       | ¼ teaspoon caraway seeds     |
|                                                       | ⅛ teaspoon pepper            |
|                                                       | Brown gravy                  |

Place meat on board, rib ends up, meat side toward you. Slit each chop through to bone to make pockets for stuffing. Mix remaining ingredients, except gravy, in large bowl; put about ½ cup stuffing in each pocket, packing well. Tie roast with string. Place on rack in shallow roasting pan, fat side up. If using meat thermometer, insert bulb into center of meat without touching bone. Do not add water or cover pan. Roast in slow oven (325 degrees), allowing 35 to 45 minutes per pound—about 4 hours. Thermometer should register 185 degrees.

Place roast on heated serving platter; cut away string. Carve into chops—each will have its own stuffing. Serve with brown gravy. Wrap leftover meat with stuffing and chill for pork hash bake for another meal. Recipe makes about 12 servings.

### Brown Gravy:

Remove rack from roaster pan. Tip pan and let fat rise in one corner; skim off into a cup, leaving juices in pan. Return 4 tablespoons fat to pan; blend in 4 tablespoons flour. Cook, stirring constantly, only until mixture bubbles. Slowly stir in 2 cups water. Continue cooking and stirring, scraping baked-on juices from bottom and sides of pan until gravy thickens and boils 1 minute. Season to taste with salt and pepper. If desired, stir in a few drops of gravy coloring. Makes 2 cups.

## DANISH "FRIKADELLER"

—Mrs. Jorgen Vittoft

- |                         |                               |
|-------------------------|-------------------------------|
| ½ pound veal            | 2 tablespoons flour           |
| ½ pound pork            | 1 egg                         |
| 1 medium onion          | ½ cup milk (warm)             |
| ¼ teaspoon white pepper | ½ pound butter for pan frying |
| 1 teaspoon salt         |                               |

Grind veal and pork through meat grinder twice (once coarse, once fine). Place ground meat in mixing bowl and add finely chopped onion. Salt and pepper. Mix in by hand one whole egg, then the flour and finally the milk. The milk should be lukewarm. Heat ¼ pound butter in heavy skillet until the butter is ready to brown. Spoon the butter into skillet with a tablespoon. (If spoon is dipped in hot butter the batter will not stick to spoon.) Turn patties to make sure they are golden brown on both sides. When the patties are nice and brown, place in an oven-proof dish and bake in a 300-degree oven for 15 minutes. Serve with potato and a vegetable.

## VEAL BIRDS

—Mrs. Wayne Dittloff

Veal steaks  $\frac{1}{4}$ -inch thick  
Salt  
Pepper  
4 onions  
1 cup bread crumbs

Parsley  
 $\frac{1}{4}$  pound Swiss cheese  
1 carrot  
1 cup bouillon  
Butter

Cut veal steaks lengthwise so each strip is approximately  $2\frac{1}{2}$  inches wide, and pound to a thickness of  $\frac{1}{8}$ -inch. Top each veal slice with 1 teaspoon of onion (grated and cooked in butter), then add bread crumbs and chopped parsley. Top all this with grated Swiss cheese. Press on firmly, so all the ingredients stick to the meat. Roll the meat and secure with toothpicks. Brown on each side in butter. Add onion, sliced carrots and bouillon. Put in oven for 1 hour at 350 degrees. Do not cover. Baste often. Serve with rissole potatoes and watercress.

## NEW ENGLAND BOILED DINNER

—Mrs. Lawrence A. Arnold

Place in kettle a 4-5 pound corned brisket of beef. Cover with water. Bring slowly to boiling point. Boil 5 minutes, remove scum, cover and cook at a low temperature until tender, 4-6 hours. About 45 minutes before beef is done, skim off excess fat.

Add:

8 pared turnips (small)  
8 pared potatoes, cut in medium pieces  
8 whole carrots

Cover and cook about 25 minutes then add  
1 green cabbage quartered and cored

Cover and cook until vegetables are tender (25 minutes). Parsnips, onions and beets may be used with, or in place of the other vegetables. If beets are used, they are cooked separately. To serve, put meat onto large platter and surround with vegetables. Eight servings.

## CHUCK CREOLE

—Mrs. David M. Delo

Sear a large chuck roast, season with salt and pepper. Put into covered roasting pan. Add 2 large cans of tomatoes, 1 can of tomato paste, 2 large onions, 1 chopped green pepper. Bake in a slow oven (250 degrees). Baste every half hour. This is important, for the fat from the meat adds richness to the sauce and the sauce flavors the meat and keeps it moist. A 10-pound roast should cook about 6 hours. It should almost fall apart, but not be stringy. The rich creole sauce needs no thickening, but should be the consistency to serve.

### BIRIBAUER CHOW MEIN

—Mrs. Frank Biribauer

- |                                   |                          |
|-----------------------------------|--------------------------|
| 2 pounds pork cut in small pieces | 2 cans bean sprouts      |
| Large bunch of celery             | 2 tablespoons soy sauce  |
| 4 large onions                    | Salt and pepper to taste |
| 3 tablespoons cornstarch          |                          |

Brown pork in heavy kettle, cut onions and celery in small pieces and add to the pork. Mix and add just enough hot water to cover. Continue cooking until celery is soft—about 1 hour. Add bean sprouts which have been drained and soy sauce and seasonings. Bring to a boil. Mix cornstarch in a little water, add to the mixture, continue cooking until thick. Serve over Chinese noodles with rice. Serves 6-8 people.

### PASTOR WENG'S CASSEROLE DISH

—Mrs. Armin G. Weng

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 cups cooked noodles     | ½ cup unsweetened condensed milk |
| 1 7-ounce can corned beef |                                  |
| ½ cup minced onion        | 1 cup grated cheese              |
| 1 can mushroom soup       |                                  |

Mix all. Pour into 1½-quart greased casserole. Top with 1 cup crushed potato chips. Bake 15 minutes in a 425-degree oven. Garnish with parsley. Serves 4.

### FAVORITE HAM LOAF

—Mrs. Carl H. Amelung

- |                               |                  |
|-------------------------------|------------------|
| 1 pound ground beef           | 1 egg            |
| 1 cup ground cooked ham       | ½ cup milk       |
| 3 slices day-old bread, cubed | ½ onion, chopped |
| ½ cup oatmeal                 | Salt and pepper  |

Mix all the ingredients, shape into a loaf, and bake at 350 degrees for 1 hour.

### HAM LOAF WITH MUSTARD SAUCE

—Mrs. Ludwig J. Hauser

- |                              |                  |
|------------------------------|------------------|
| 2 pounds ham                 | 1 cup dry crumbs |
| 2 pounds fresh pork shoulder | 1 teaspoon sugar |
| 1½ cups milk                 | ¼ teaspoon salt  |
| 2 eggs                       |                  |

Mix all ingredients together in large bowl. Shape into loaf. Bake 1 hour at 375 degrees.

#### Sauce:

- |                          |                     |
|--------------------------|---------------------|
| 1 tablespoon dry mustard | 2 tablespoons flour |
| 1 cup brown sugar        |                     |

Mix these dry ingredients together. Add 3 beaten eggs, ½ cup water into which 1 beef cube has been dissolved, and ½ cup vinegar. Cook until thick as salad dressing.



A Tribute  
to  
Lutheran Brotherhood's  
Charter Members





## Who Wears the Golden Crown?

Many people are eligible to wear the symbolic crown designed to indicate that Lutheran Brotherhood has served Lutherans well for more than 50 years.

The insurance society was the dream of J. A. O. Preus and Herman L. Ekern. It was they who had the courage to propose the formation of such an organization at a church convention, though aware they would be accused of lacking faith in God and his protecting and providing care. Surely the golden crown could appropriately be worn by them—were they here today.

Others who took hold of the dream of providing for their loved ones were the more than 500 charter members of the fledgling organization, now grown to become one of the largest fraternal societies.

This recipe book is dedicated to all of Lutheran Brotherhood's charter members. Recipes in this section are very special—favorites of men and women who, in 1917 and 1918, were ahead of the thinking of their day. Truly, the golden crown is theirs.



## Life's Recipe

- 1 cup of good thoughts
- 1 pound of kind deeds
- 1 cup of consideration for others
- 2 cups of sacrifice for others
- 3 cups of forgiveness
- 2 cups of well-beaten faults

Mix these thoroughly, add tears of joy and sorrow, and sympathy for others. Fold in 4 cups of prayers and faith to lighten other ingredients and raise the texture to a great height of Christian living. After pouring all this into your daily life, bake well with the heat of human kindness. Serve with a smile.

*Mrs. Adolph G. Helgeson of Canton, Minn., finds this is a recipe that never fails . . . and the ingredients are always at hand!*



## GOLDEN ANNIVERSARY CAKE

Sift together into a large mixing bowl:

- 3½ cups cake flour
- 2 cups granulated sugar
- 1 teaspoon salt
- 5 teaspoons baking powder

Add the following ingredients and beat with electric mixer for 2 full minutes at medium speed.

- 1 cup butter (room temperature)
- 1 cup milk
- ½ cup water
- 2 teaspoons vanilla

Then add and continue beating for 2 more minutes:

- ¾ cup egg whites

Bake in three 8-inch or two 9-inch greased and floured layer cake pans at 350° for approximately 30 minutes.

*Served at the June 13, 1967, Lutheran Brotherhood Golden Anniversary observance at the Fraternal Insurance Society's Home Office: 701 Second Avenue S., Minneapolis.*



# BREADS



## DELICIOUS COFFEE CAKE

3 cups flour  
6 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{2}$  cups sugar

$\frac{1}{2}$  cup butter or margarine  
(or half and half)  
2 eggs beaten  
2 teaspoons banana flavoring  
1 cup milk

Sift together dry ingredients. Cut in the butter with a mixer. Combine beaten eggs, flavoring and milk, and add to dry ingredients. Pour half the batter into a 10- x 14-inch pan. Add half of filling (recipe below), then remaining cake batter, topping with rest of filling. Bake at 350 degrees.

### Filling:

1 cup brown sugar  
3 teaspoons cinnamon  
4 tablespoons flour  
4 tablespoons melted margarine  
 $\frac{1}{4}$  teaspoon coconut flavoring

$\frac{1}{2}$  teaspoon burnt sugar  
flavoring\*  
 $\frac{1}{2}$  cup chopped nuts  
1 cup coconut  
1 cup chopped dates

Blend sugar, cinnamon and flour, and cut in margarine. Then add other ingredients.

\*To "burn" sugar—melt small quantity of sugar in a heavy pan over low heat until it is clear and golden brown. Shake pan to prevent scorching.

*Many of Mrs. Harvard Larson's best recipes were lost when their house burned in 1956. This is a special one she remembers, however, and to use her own words, the filling is "simply delicious!" The Larsons now live in Boyd, Minn.*

## BEST EVER HOTCAKES

2 eggs, beaten well  
2 tablespoons sugar  
1 quart buttermilk

1 teaspoon soda  
Pillsbury's Hungry Jack  
buttermilk hotcake mix

Use enough pancake mix to make a thin batter. Mix well and fry on a hot griddle.

*"I like to think of myself as being active and productive, not just living," writes Arnold Hasle, an LB charter member now living*

in Camarillo, Calif. He raises avocados and lemons, plays golf, and fishes along with many other activities.

"My grandsons love these 'best you ever et' hotcakes, and call for more," he says, "but secretly ask their grandma if this is the only thing grandpa can cook."

### NIPPY CHEESE NIBBLERS

- |                                                         |                                |
|---------------------------------------------------------|--------------------------------|
| 1 6-ounce package Nippy or<br>other sharp cheese spread | 1/8 teaspoon paprika           |
| 1/2 pound butter or margarine                           | dash of cayenne pepper         |
| 1/4 teaspoon salt                                       | 2 cups pre-sifted pastry flour |

Let cheese and shortening stand until very soft. Add salt, paprika and pepper and mix well. Blend in flour thoroughly. While mixture is still soft, form into rolls about 1-inch in diameter, as for ice box cookies. Chill well and slice 1/4-inch thick. (A fancy carrot cutter works well for this.) Bake on an ungreased cookie sheet at 350 degrees for 8-10 minutes until lightly browned, and serve hot.

A roll may also be pressed flat to about 1/4-inch thickness and sliced into sticks about 1/2-inch wide, or made into balls around a stuffed olive or piece of wiener, baked, and used for appetizers. Dough may be frozen, but is best freshly baked . . . so slice off just what is needed from a slightly hawed roll and return rest to freezer. Makes about 5 dozen.

*"Miss LB of 1917," Karen Marie Sperati, recalls the day when Luther Union (forerunner of LB) moved from Augsburg Publishing House to a small suite of offices in the Security Building and she became its first secretary.*

*"I remember taking dictation in Norwegian from the Rev. Thor Eggen, and answering many letters from troubled and doubting clergymen wanting to know about this new company that presumed to urge men to gamble their lives and the Lord's plans for them.*

*"My husband, Pete, and I were married for 34 years, and during our long residence in California were active in the 'Good Sports Club,' companion club to the 'Indoor Sports,' an organization of the physically handicapped. We helped plan outings, parties and other pleasant and useful activities for those unable to get about without help.*

*"Now I am an 'indoor sport,' confined to a wheelchair, doing what I can to help myself and others around me, and grateful to those who make my life useful and interesting. I am a resident of the Decorah Retirement Center.*

*"During our last years in California, my husband and I lived in a mobile home on a beautiful beach a few miles from Carlsbad-by-the-Sea. It was easy to serve these cheese nibblers to friends who dropped by for coffee."*

# CAKES



## GRANDMOTHER'S OLD-FASHIONED APPLE CAKE

1 cup sugar  
½ cup butter  
2 eggs  
2 cups flour

1 cup milk  
3 teaspoons baking powder  
¼ teaspoon salt  
1 teaspoon lemon flavoring

### Topping:

2 medium apples  
Sugar and cinnamon to taste

Butter

Cream butter and sugar, add beaten egg yolks. Alternate addition of flour, salt and baking powder mixed with milk so that batter stays smooth and creamy. Add flavoring. Fold in beaten egg whites. Pour into greased and floured baking tin. Cover top of batter with peeled and thinly sliced apples. Sprinkle generously with sugar and cinnamon. Dot with butter. Bake at 350 degrees for half an hour. For extra taste appeal garnish with whipped cream, flavored with powdered sugar and lemon extract.

*Pastor Moe recalls buying his first insurance policy almost 50 years ago from Inga Holm, then at the front desk of the Society which was known at that time as Luther Union. Later, when juvenile policies were sold, the Moe children held numbers 11, 12 and 13, and as three more children were born they, along with Mrs. Moe, all become owners of policies, to make one of the first 100% LB families.*

*Since retiring from the pastorate at Colfax, Wis., Pastor and Mrs. Moe have lived in Tacoma, Wash., where they are house parents in a boys' dormitory at Pacific Lutheran University. Pastor Moe also serves as associate Pastor of the student congregation. They return each year to spend summer vacations at their home on Long Lake, near Rice Lake, Wis.*

## FAVORITE CHOCOLATE CAKE

- |                                                  |                    |
|--------------------------------------------------|--------------------|
| 1 cup sugar                                      | 1 teaspoon soda    |
| 1 egg                                            | 1½ cups flour      |
| ½ cup sour cream                                 | Pinch of salt      |
| 2 squares chocolate melted in<br>½ cup hot water | ½ teaspoon vanilla |

Cream sugar, egg and sour cream, and add chocolate in hot water. Sift soda three times with flour, and blend into first mixture, adding salt and vanilla, beating well. Bake in 2 layers or a single cake, slicing across to split it.

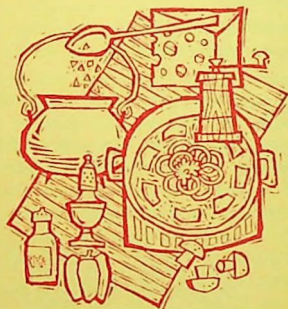
### Filling:

- |                  |                       |
|------------------|-----------------------|
| 1 cup sugar      | 1 egg, beaten         |
| 1 cup sour cream | ½ cup chopped walnuts |

Add sugar to beaten egg and continue beating until sugar is dissolved. Add cream and nuts and use as filling between well-cooled layers of cake. Filling may be chilled in refrigerator to thicken it.

*Mrs. Ella Larson, Colorado Springs, Colo., says of the recipe she sent, "This is a favorite recipe that I have used all the 50 years I have been a member of Lutheran Brotherhood. I have had real good luck with this chocolate cake."*

## Casseroles & Main Dishes



### HAM BALLS

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 pound ground ham              | 1 cup milk                   |
| 2 pounds ground fresh lean pork | Small dash of pepper—no salt |
| 1 cup cracker crumbs            | 1 can tomato soup            |
| 2 eggs slightly beaten          |                              |

Mix all together well, except soup, and make into balls about 2½ inches in size. Drop into boiling water to cover and boil slowly 1 hour. Add tomato



soup to remaining liquid in kettle . . . less liquid if a thicker sauce is desired. Ham balls may also be browned lightly and served without sauce. Makes approximately 18 balls.

*Mrs. William G. Fisher (Elsie Ekern), wife of LB's chairman of fraternal activities, says: "Our entertaining has always been quite informal—much of it at Farm Alverne—summer picnics, barbecues, potluck out in the open and smörgasbord and buffet suppers around the fireplace on cold wintry nights. This ham recipe, which dates back to my university days in Madison, was a favorite of my mother's about the time of the granting of my charter member policy No. 96 in 1917. It is easily prepared in advance."*

## HAM LOAF

Grind together:

1 pound ham  
1 pound pork  
1 pound veal

Then add:

|                      |                          |
|----------------------|--------------------------|
| 1 cup cracker crumbs | 1 cup milk               |
| 3 eggs (beaten)      | Salt and pepper to taste |

Shape all into a loaf or press into loaf pan. Pour 1 cup tomato soup over it and bake slowly at 300 degrees.

*"I guess nothing unusual has happened to me in my life," commented Cornelius Ask, Colorado charter member. "but I am very thankful that I became one of Lutheran Brotherhood's first policyholders. This recipe for ham loaf is one that our family has always enjoyed, and I for one just love it."*

## BEAN CASSEROLE

|                            |                                 |
|----------------------------|---------------------------------|
| 1 can lima beans           | 1 cup brown sugar               |
| 1 can kidney beans         | 2 tablespoons vinegar           |
| 1 can butter beans         | ¼ teaspoon mustard              |
| 1 large can pork and beans | 1 large onion (cut up in rings) |
| ½ pound bacon (diced)      |                                 |

Drain liquid from beans. Mix all ingredients together in 2-quart casserole. Bake in slow oven (325 degrees) for 1½ hours.

*"Bean casserole is one of our favorite recipes, and our friends praise it whenever it is served," wrote Donald Haugen of Decorah, Iowa.*

*Mr. and Mrs. Haugen recall many visits to LB . . . "perhaps the best one was when we saw for the first time the new building with that beautiful garden right in the heart of downtown Minneapolis. We wish God's continued blessing for the Society."*



## HAM LOAF WITH MUSTARD SAUCE

|                     |                   |
|---------------------|-------------------|
| 2 pounds ground ham | ¼ teaspoon pepper |
| 1 pound ground pork | Pinch of salt     |
| 1 cup crumbs        | 1½ cups milk      |
| 2 eggs              |                   |

Bake in greased loaf pan at about 350 degrees for 1 hour. It can be put in two smaller pans for shorter period of time. This loaf slices well even though hot.

### Sauce:

|                |                                |
|----------------|--------------------------------|
| ½ cup bouillon | 2 egg yolks or 1 whole egg     |
| 1½ cups sugar  | ½ cup (scant) prepared mustard |
| ½ cup vinegar  | ¼ cup melted butter            |

Cook slowly until thick. It will keep for months if refrigerated.

*Mr. and Mrs. W. C. Benson, Northfield, Minn., recently celebrated their 53rd wedding anniversary. Mrs. Benson writes that they are both in good health, even though Mr. Benson has been confined to a wheelchair for two years. "He enjoys reading, and especially the companionship of many friends who drop in nearly every day," Mrs. Benson said. "His morale is wonderful and we are really enjoying life." The Benson's ham loaf recipe includes a tasty mustard sauce.*

## CHICKEN CASSEROLE

1 large stew chicken, cooked until tender

### Dressing . . . toss together:

|                           |                           |
|---------------------------|---------------------------|
| 1½ quarts bread crumbs    | ¼ cup cream or broth      |
| ¾ cup melted butter       | 2 teaspoons chopped onion |
| (chicken fat may be used) | 1 egg                     |
| 1½ teaspoon powdered sage |                           |

### Gravy . . . cook together until thick:

|                       |                     |
|-----------------------|---------------------|
| 1 quart chicken broth | 4 tablespoons flour |
|-----------------------|---------------------|

Place a layer of boned chicken on bottom of flat pan. Cover with a layer of dressing, and pour gravy over the top. Bake 35 minutes at 350 degrees.

*In sharing with us her recipe for chicken casserole, Mrs. B. A. Johnson of Decorah, Iowa, adds, "I am reminded of one time when I served chicken. Several pastors were staying at the parsonage during a circuit convention. I had invited them to have dinner with us that evening, and one of our members brought some chickens in a sack and placed them on the floor.*

*"I had supposed they were ready for the boiling pot, so you can imagine my surprise when I returned to the kitchen and found the sack moving around. Having been brought up on a farm, I knew how to behead and defeather a chicken, so luckily dinner was ready when the pastors arrived."*

## QUICK CHICKEN CASSEROLE

- |                                                   |                                                 |
|---------------------------------------------------|-------------------------------------------------|
| 1 8-ounce package wrinkled egg noodles            | 1 10¾-ounce can Campbell's minestrone soup      |
| 1 15¼-ounce can Swanson's chicken in golden gravy | 1 10½-ounce can Campbell's cream of celery soup |
| 1 5-ounce can Swanson's boned chicken             | 1 tablespoon parsley flakes                     |

### Topping:

Cracker crumbs and 1 tbsp. butter

Cook noodles as directed on package and drain. Add other ingredients to noodles and heat. Do not dilute the soups. When hot, place in casserole, sprinkle with cracker crumbs, dot with butter, and brown under broiler. Serves 6-8.

*"Mrs. Erickson was always asked to bring this quick chicken dish when the group in her department at work had pot luck lunches. It is her original recipe, and one the grandchildren especially like, too," wrote Walter F. Erickson of Colorado Springs, Colo.*

## SAN FRANCISCO STEW

- |                              |                  |
|------------------------------|------------------|
| 3½ pounds round steak        | 1 can onion soup |
| 1 can cream of mushroom soup |                  |

Cut steak into serving-size pieces and place in an uncovered flat baking pan. Pour the soups over the meat and bake at 300 degrees for 3½-4 hours. Do not salt, brown, or do anything else to the meat . . . it will cook itself and be fork-tender.

*The Rev. Richard M. Vordale, now living in Los Angeles, Calif., has celebrated the 50th anniversary of his ordination. For 25 years he served in the Luverne Circuit of Minnesota, and since his retirement in 1956 has traveled thousands of miles doing interim work in churches in Wisconsin, Minnesota, Nevada, and California, where he became a permanent resident in 1960.*

*What does a pastor do? Pastor Vordale quotes an article giving at least 25 duties, then concludes, "In between times he prepares a sermon and preaches it on Sunday to those who don't happen to have any other engagement, then on Monday he smiles when some jovial chap roars, 'What a job—one day a week!'"*

*His wife, Florence Stoeve Vordale, who taught public school for several years in St. Paul and spoke often in churches in North Dakota in connection with Lutheran Welfare, sends a Sunday-dinner recipe you can have ready when you return from church.*

## BAKED PHEASANT

2-4 pheasants (with skin—  
quartered or cut in half)

Salt and pepper

Flour

(Celery salt and herbs if additional seasoning is desired)

Butter or margarine and oil

1½ cups chicken broth

½ cup sherry

1 cup coffee cream

Dip the pheasants in salt, pepper and flour and brown in butter and oil in a Dutch oven or iron fry pan. Add chicken broth, cover and steam for 10 minutes. If you are using 4 pheasants you may need to use more broth. Remove and add sherry; place in oven without cover, and bake 45 minutes at 350 degrees. Add coffee cream and bake 5-10 minutes. Add additional cream if needed for gravy.

### Serve with Sweet Red Pepper Jelly

10 sweet red peppers

1 hot red pepper

5½ cups sugar

1½ cups cider vinegar

1 stick cinnamon

½ cup lemon juice

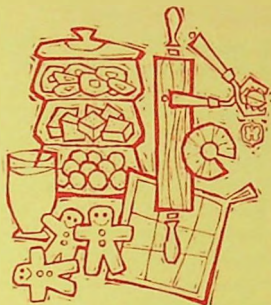
1 bottle Certo

Remove seeds from peppers and put through food grinder. Add sugar, vinegar and cinnamon. Boil hard for 5 minutes. Remove from fire and let stand 15 minutes. Boil hard again for 2 minutes, stirring in lemon juice. Remove from heat and mix in Certo, stirring for 5 minutes. Put in sterilized glasses and let stand for 2 weeks before using or sealing with paraffin. Makes 8 glasses.

*Owning his own Ruhmkill game farm, Selmer Ellertson has had the fun of experimenting with many recipes for partridge, duck and pheasant, including this one for baked pheasant with sweet red pepper jelly. The jelly, he assures us, is every bit as important to the pheasant as mint is to lamb, and should be made at least two weeks in advance. He says it "sets" better if made on a sunny day.*

*Mr. Ellertson is president and treasurer of Ellertson Associates, Inc., industrial photographers, Minneapolis, and lists among his many hobbies movie-making, golf, flying his own plane, and operating a 52-foot houseboat which he built for his family to enjoy each summer on the St. Croix.*

# cookies & bars



## SUGAR COOKIES

- |                                            |                                |
|--------------------------------------------|--------------------------------|
| $\frac{3}{4}$ cup shortening (part butter) | 2 cups flour (sifted)          |
| 1 cup powdered sugar                       | $\frac{1}{4}$ teaspoon salt    |
| 1 egg                                      | $\frac{1}{4}$ teaspoon vanilla |
| $\frac{1}{2}$ teaspoon soda                | Chocolate star candies         |
| $\frac{1}{2}$ teaspoon cream of tartar     |                                |

Mix together in order given. Form into balls. Flatten with glass dipped in granulated sugar. Bake at 350-375 degrees on greased sheet 10-12 minutes. After 5 minutes of baking press chocolate star on top of each.

*Mr. Fremont R. Appen of St. Paul, Minn., remembers these chocolate star sugar cookies as one of his mother's favorites.*

## SCOTCH SHORTBREAD

- |                              |                                |
|------------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter     | 1 cup flour                    |
| 3 tablespoons powdered sugar | Sugar and cinnamon for topping |
| 1 teaspoon vanilla           |                                |

Cream butter and sugar, add vanilla and work in flour until smooth. Pat into large diamond shape to about  $\frac{1}{2}$ -inch thickness on board. Roll smooth to about  $\frac{1}{4}$ -inch thick and using a sharp knife, cut into small diamonds. Sprinkle tops with sugar and cinnamon mixture. Bake 30 to 40 minutes in a slow oven, 225 degrees.

*"As a charter member of LB, I am interested in all the activities of the organization, and look forward to the 50th anniversary celebration years," commented the Rev. O. John Nesheim of Viroqua, Wis.*

*Now 79, Pastor Nesheim retired from pastoral activities in 1965, after serving congregations in South Dakota and Wisconsin for 35 years. He has spent 10 years as superintendent and chaplain at the Bethel Home for the Aged in Viroqua. His favorite cookie recipe, as given us by Mrs. Nesheim, is for Scotch shortbread.*



## BORDSTABELBAKKELS

|                        |                        |
|------------------------|------------------------|
| 2 eggs                 | 4 cups flour           |
| 2 tablespoons cream    | ½ pound almonds        |
| 1 cup sugar            | ½ pound powdered sugar |
| 1 cup butter (washed)* | 3 egg whites           |

Mix eggs and cream and add sugar gradually. Beat well. Add the butter and sifted flour alternately. Roll thin. Cut in strips about 1½x5 inches with a pastry wheel. Bake in a moderate oven (350 degrees) to a light yellow. Remove from oven and spread with mixture of stiffly beaten egg whites, finely chopped almonds and powdered sugar. Return to oven to dry and brown slightly. Watch carefully.

\*Use either unsalted butter or wash butter by squeezing out excess liquid and salt under cold, running water.

*Almost 60 years ago the Rev. Odd Gornitzka came to St. Olaf College, Northfield, Minn., directly from Oslo, Norway. He tells of meeting a student at the school who became his future "help-mate and companion." His wife's pastor, upon meeting Pastor Gornitzka the first time, told his father-in-law, "Odd must be a Polak." "Well," said the father-in-law, "Dom er vel folk dem og." (They are as good as we.)*

*During the years to follow, Pastor and Mrs. Gornitzka served in three parishes, and for 30 years he taught at the Lutheran Bible Institute. They have 4 children, 16 grandchildren, and 3 great-grandchildren, all of them very fond of Norwegian bakery "goodies" such as these bordstabelbakkels.*

## SUGAR CRISP COOKIES

|                      |                          |
|----------------------|--------------------------|
| 1½ cups sugar        | 1 teaspoon baking powder |
| 1 cup butter         | 1 teaspoon soda          |
| 2 eggs beaten        | Pinch of salt            |
| 1 cup ground raisins | 1 teaspoon vanilla       |
| 3 cups flour, sifted |                          |

Cream sugar and butter. Add beaten eggs and ground raisins. Sift flour, baking powder, soda and salt. Add to first mixture, blending thoroughly. Add vanilla. Break off bits of dough, size of a walnut, and roll in hands. Flatten balls with tongs of fork dipped in sugar. Bake in 350-degree oven until light brown. Slide off cookie sheet while still hot. Yields 6 dozen.

*Presently visitation pastor for Our Redeemer Lutheran Church, Minneapolis, the Rev. M. B. Tollefsrud is an active LB member. From 1945-1965 he served as chaplain at the Veteran's Hospital in Minneapolis, having been retired from the Army Reserve in 1953 with the grade of lieutenant colonel. He recommends this recipe for sugar crisp cookies, one of his favorites.*

## KRUMKAKE

3 eggs, well beaten

½ cup sugar

1 teaspoon almond extract

½ teaspoon vanilla extract

¾ stick margarine

½ cup regular flour

Add sugar to beaten eggs and mix well. Add the extracts and continue beating at medium speed. Add the margarine, then the flour, mixing until well blended. Bake in krumkake iron. Working quickly, roll on a krumkake roller, or even a lead pencil. Makes a firmer, easier-to-eat cookie than one rolled on a larger pin.

*"We might call the Rev. Jacob H. Preus of Mt. Vernon, Wash., one of Lutheran Brotherhood's first part-time agents, although he modestly denies that he 'sold much business.'"*

*"I was a student at Luther Seminary, St. Paul, at the time, and trying to earn a little expense money as an agent. But being a student took so much of my time that I sold just a few policies to classmates who were not afraid of insurance," he relates.*

*"Pastor Eggen was LB president then and Karen Marie Sperati and her cousin, Inga Holm, the entire office staff.*

*"During my 46 years in the ministry I have watched with a great deal of pride the fabulous growth of the Society, and am happy to contribute a favorite recipe for the Golden Anniversary cookbook."*

## DESSERTS



### CHOCOLATE DESSERT

1 cup milk

1 pound marshmallows

2 ounces grated baking chocolate

1 pint cream, whipped

2 cups graham cracker crumbs

About ½ cup melted butter

Mix butter and cracker crumbs and pat into 9x12-inch cake pan, reserving ½ cup of crumbs for topping. Heat milk and marshmallows over low fire or in a double boiler until marshmallows are melted. Cool. Fold grated chocolate into the whipped cream and then combine this with the cooled marshmallows and milk. Pour over crumb layer and sprinkle remaining crumbs on top. Chill 24 hours.

*From charter member Mrs. Lydia M. Skordahl, Northwood, N. D., comes this delicious chocolate dessert.*

## OLD-FASHIONED ENGLISH CHRISTMAS PLUM PUDDING

|                           |                                                |
|---------------------------|------------------------------------------------|
| 4 cups flour              | 1 cup finely cut suet                          |
| 5 teaspoons baking powder | $\frac{3}{4}$ cup candied lemon rind, cut fine |
| 1 teaspoon salt           | 1 cup raisins, chopped                         |
| 1 teaspoon nutmeg         | $\frac{3}{4}$ cup currants                     |
| 1 cup brown sugar, packed | 2 cups milk                                    |

Mix the flour, baking powder, salt and nutmeg, sifting thoroughly. In a large mixing bowl, combine all ingredients, slowly adding the milk last. Beat to mix thoroughly. Pour into a well-greased baking dish and steam for 3 hours. Then put the dish in a pan with some water and bake in a moderate oven for 1 hour. When cooled, wrap in waxed paper or aluminum foil. The pudding will keep for 3 or 4 weeks. Reheat before serving.

### Sauce for Plum Pudding:

|                                 |                                        |
|---------------------------------|----------------------------------------|
| $\frac{1}{4}$ cup melted butter | 7 cups water                           |
| 6 tablespoons flour             | $\frac{1}{2}$ cup brown sugar, packed  |
| $\frac{3}{4}$ teaspoon salt     | $1\frac{1}{2}$ tablespoons lemon juice |

Brown the butter and flour to a light brown; add sugar and water slowly, stirring continually until all is used. Add lemon juice and boil 5 minutes or more. Sweeten to taste. You may want to double this recipe if you like lots of sauce.

*It was in the "horse and buggy days" of 1904 when a young pastor—Olaf Lysness—and his wife left their new home, the parsonage of Upper Wolf Lutheran Church in northeastern Kansas, to travel by train to St. Louis for the World's Fair.*

*"We saw so many wonderful things," Mrs. Lysness recalls, "including gifts made to Queen Victoria of England, which she had loaned to the exhibit. We especially enjoyed a London band, the members dressed in striking red and blue uniforms . . . and an organ recital by a French musician whose opening selection was in praise to God for a 'safe trip from his homeland.'*

*"It was a grand trip, but you know, one of the biggest thrills of all was in coming back to the friendly people we had come to serve."*

*The Rev. and Mrs. Lysness were interested in Lutheran Brotherhood from the very beginning. Both charter members, they lived in South Dakota, Illinois and Wisconsin before settling in St. Paul, Minn.*

*Mrs. Lysness' recipe for old-fashioned English Christmas plum pudding was always a family favorite. She is now 92 and wrote it from memory.*

## FLOTEGROT (Cream Mush)

|                                   |                             |
|-----------------------------------|-----------------------------|
| 2 cups whipping cream             | 4 teaspoons sugar           |
| 5 tablespoons flour               | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{2}$ cups milk, scalded |                             |

Boil cream 4 or 5 minutes in a heavy aluminum kettle on slow heat. Add flour gradually, stirring all the time. Keep stirring until the butter separates

out. (A flat wire egg beater is handy to use.) Skim off 4 tablespoons of butter and keep to put on top of mush later. Add scalded milk gradually to cream mixture; boil after each addition of milk, stirring all the time and adding sugar and salt. Pour into a bowl, sprinkle with cinnamon and sugar and spoon on the reserved butter. Some like brown sugar. Serve at once or keep warm in a slow oven. (Vary according to taste . . . using more flour, more milk, for a mush that is less rich.) Serves 4-5.

*Pastor and Mrs. N. J. Njus of Benson, Minn., count cream mush as one of their favorite dishes, and often plan a meal around it, adding dried beef, cheese or salmon sandwiches.*

*In olden times in Norway, flötegröt was always served at festive occasions, including weddings, and it was customary for neighbors to bring a bowl to a sick friend. One story is told in Gudbrandsdalen of a humble woman who came to call, leaving her grot outside the door, saying, "I have brought some with me, but it is really a shame." On going to fetch it, she found a pig had finished the bowl. Since that time, the tale concludes, Gudbrandsdalsots have been without shame, because "the pig ate all the shame."*

*Pastor Njus served three congregations in the community of Norway Lake for over 40 years, and now enjoys fishing and reading.*

#### **RHUBARB CREAM PIE**

|                                  |                     |
|----------------------------------|---------------------|
| 3 eggs, separated                | ½ teaspoon salt     |
| 2 cups sweet cream               | 1¼ cups sugar       |
| 2 cups diced rhubarb             | 2 tablespoons flour |
| 6 tablespoons sugar for meringue |                     |

Beat egg yolks; add cream. Mix salt, 1¼ cups sugar and the flour together and add to egg mixture, then pour over rhubarb. Place in an unbaked pie crust and bake at 400 degrees for 10 minutes, 350 degrees for 40 minutes. Beat egg whites until frothy, add 6 tablespoons sugar and beat until it holds peaks. Spread over pie. Brown at 300 degrees.

*"One day in 1915 a young salesman drove into our yard selling insurance recommended by the Lutheran church," reminisced Olaf J. Rustad of Lanesboro, Minn., of the times when he was a young man living on a farm in southeastern Minnesota. "LB needed 500 policyholders in order to obtain a charter. Church-approved insurance was a little unusual in those days, but I thought it sounded like a good idea, and bought policy No. 418.*

*"Before too long the 500th policy was sold, and Lutheran Brotherhood was in business. From scratch to nearly three billion insurance in force is a super achievement. Our family is 100% Lutheran Brotherhood, including grandchildren.*

*"We still have varied business interests and Mrs. Rustad has been organist for Highland Lutheran church for 23 years. We enjoy experimenting with new recipes . . . however, rhubarb cream pie is one of our old standbys."*



## STEAMED SUET PUDDING

|                     |                 |
|---------------------|-----------------|
| ½ cup molasses      | ½ cup raisins   |
| ½ cup sweet milk    | ¼ cup currants  |
| ½ cup suet or       | ¼ teaspoon soda |
| ¼ cup melted butter | 1 ¼ cups flour  |

Mix ingredients as listed. If suet is used, grate it fine before adding to the molasses and milk. Steam for 2 hours in a double boiler with the water just at simmer, adding additional water, as needed, as it boils away.

### Foamy Sauce:

|               |                          |
|---------------|--------------------------|
| ½ cup sugar   | 1 egg white, beaten      |
| Pinch of salt | ½ teaspoon vanilla       |
| ½ cup milk    | ½ teaspoon lemon extract |
| 1 egg yolk    |                          |

Mix sugar and salt. Add milk and egg yolk. Cook in a double boiler until the mixture thickens a little. Stir constantly during the cooking. Fold in the beaten egg white and beat again for a minute. Add flavorings and serve warm.

*"I remember long, lazy summer days on the prairie and cold winter days, when it was so good to get home after a walk across town from school and get a slice of hot homemade bread with butter and sugar on it," recalls Mrs. Agnes Hilleboe, Minneapolis charter member. "Our mother had a reputation for making the best bread in town. Hers was the kind with the yeast set the night before and it took most of the next day to bake the enormous loaves that came out of our wood-burning range.*

*"My current activities are so many and so varied that I have no favorite. There are not hours enough in a day nor days enough in a week to do all the things I would like to do. One of the favorite desserts our mother made was steamed suet pudding with foamy sauce."*

## LEMON MERINGUE PIE (Chiffon)

Cook and stir in double boiler until thick and smooth:

|             |                     |
|-------------|---------------------|
| 4 egg yolks | 2 tablespoons flour |
| 1 cup sugar | 3 tablespoons water |

Cool these ingredients. Whip until stiff the rind and juice of 1 large lemon, ½ teaspoon salt and 2 egg whites. Fold egg white mixture into custard and fill a baked 9-inch pie shell.

### Meringue:

|                              |                                                     |
|------------------------------|-----------------------------------------------------|
| 2 teaspoons water (optional) | 4 tablespoons granulated or<br>confectioner's sugar |
| ½ teaspoon salt              | ½ teaspoon vanilla                                  |
| 2 egg whites                 |                                                     |
| ¼ teaspoon cream of tartar   |                                                     |

Add water and salt to egg whites, whipping until frothy. Add cream of

tartar; whip until stiff, but not dry. Beat in a small amount of sugar at a time, then the vanilla. Cover pie with meringue and bake in slow oven (300 degrees) for 15-20 minutes.

*The Rev. Daniel Borge of Decorah, Iowa, contributes a recipe for lemon chiffon pie, adding, "My good wife, Rosa, was a splendid cook and I remember one of her most delightful desserts was this pie. I hope others will find it worth trying."*

### EASTER PUDDING

|                                    |                           |
|------------------------------------|---------------------------|
| 1 envelope Knox plain gelatin      | 1½ cups sugar             |
| ½ cup cold water                   | Juice of 3 lemons         |
| 7 eggs (separate yolks and whites) | Whipped cream for topping |

Soak gelatin in water and set aside. Beat egg yolks in top of double boiler. Add sugar and lemon juice and cook over slowly boiling water, stirring in one direction until mixture makes a soft custard. Take off fire and add softened gelatin. Fold in stiffly beaten egg whites and set in cool place. Serve with a topping of whipped cream. Berliner kranser cookies make a tasty addition to this dessert.

*From Northfield, Minn., comes a traditional Easter pudding recipe which has long been a favorite in Mrs. Martin Hegland's family. With its attractive daffodil color it is a very delicious addition to any meal any time of the year.*

*Dr. Martin Hegland was head of the department of religion at St. Olaf College, Northfield, Minn., and Director of Radio Station WCAI from 1919-1953. Before that he served as president of Waldorf Lutheran College, Forest City, Iowa, and as president of the Young People's Luther League. He is the author of a number of religious publications, including "In the Holy Land," co-authored with Mrs. Hegland after a trip to Palestine.*

*Dr. Hegland says that an incident in connection with his Palestine trip may fit here. "On a stop in Rome on the way to the Holy Land, the travelers were waiting for a belated supper at the railroad station in a room where the most conspicuous object was a statue of Romulus and Remus being nursed by the she-wolf. After a long period of silence in the weary, hungry group, one man, looking at the statue, languidly remarked: 'Boys, I know how you felt.' Here is hoping that the owners of this unique cookbook will find it helpful when they are hungry."*

# SOUPS & SALADS



## APPLE JELLO SALAD

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 package strawberry gelatin  | 1 bottle chopped maraschino |
| 1 cup boiling water           | cherries                    |
| 1 apple, finely chopped       | 1 cup coffee cream          |
| 1 small can crushed pineapple |                             |

Dissolve gelatin in water. Stir in fruit. When gelatin is cool, add cream. Refrigerate until firm.

*"When J. A. O. Preus and Herman Ekern, insurance commissioners in Minnesota and Wisconsin, proposed a Legal Reserve insurance company for Lutherans, the idea appealed strongly to my brother, Emil, and to me," relates Gustave Gilbertson, Minneapolis. "We are highly pleased with the growth of LB and the way in which the funds of the Society are used to enhance the spiritual and cultural values of the organization and our country."*

*Growing up on the prairies of eastern North Dakota, Mr. Gilbertson remembers being sent by his mother on "Summer Day" (Midsonmarsdagen) to invite the neighborhood bachelors in for a meal of rommegröd (cream mush). And, when the children asked Mother to make "klub" she always obliged.*

## TWENTY-FOUR HOUR SALAD

- |                                       |                                                 |
|---------------------------------------|-------------------------------------------------|
| 1 No. 2 can pineapple                 | 1 pound tokay grapes, seeded                    |
| 30 marshmallows (cut in small pieces) | and quartered (or, 1 No. 2½ can white cherries) |
| ¼ cup pecans                          |                                                 |

### Dressing:

- |                  |                      |
|------------------|----------------------|
| 4 egg yolks      | ¼ teaspoon mustard   |
| Juice of 1 lemon | 1 cup cream, whipped |
| ½ teaspoon salt  |                      |

Combine all ingredients. Fold into fruit and let stand in the refrigerator for 24 hours.

*As the wife of a Lutheran minister, Mrs. Bessie Hellekson made this 24-hour salad often for parish dinners. It became so popular that she has donated the recipe to several cookbooks, and now to our Golden Anniversary edition. Her present address is Bethany Manor, Story City, Iowa.*

## SCHINKENNOODLE

—Mrs. C. H. Zeidler

Bring 2½ quarts of water to a rapid boil and add 1 tablespoon salt. Add half of a 10-ounce package of egg noodles slowly and stir often. Cook until tender, being careful not to overcook. Drain thoroughly and blanch (rinse with hot water). Place noodles in a buttered casserole dish.

Put 2½ cups cooked or baked ham through a food grinder with 1 medium-sized onion, using the finest wheel of the grinder. Mix with noodles. Beat 4 eggs with 4 tablespoons milk and add to casserole. Stir until well mixed. Top with crushed corn flakes and 4 walnut-sized chunks of butter. Bake at 350 degrees for 30 minutes or until brown crust forms around and on top of dish.

## FRUIT GLAZED HAM

—Mrs. Arne Christianson

Bake ham at 300 degrees for 20 minutes per pound or until it tests 170 degrees with meat thermometer. During last 40 minutes of baking, baste at 10-minute intervals with a mixture of: ½ cup honey, 1½ cups brown sugar and juice and rind of three oranges and one lemon.

Decorate ham 30 minutes before end of baking time. Make radius cut through thin orange slices, twist and fix ends to ham with half of toothpick. Cover exposed ends of picks with green cherries. Be sure to give ham its final basting after removing from oven.

West Coast families like sherbet with meals. Spring sherbet is a perfect complement to ham:

### Spring Sherbet:

|                    |                             |
|--------------------|-----------------------------|
| 1 banana           | Juice of one orange and one |
| 1 cup strawberries | lemon                       |
| 1 scant cup sugar  | 1 cup rich milk             |

After mashing banana and strawberries, mix all ingredients and freeze. An ice cream freezer is best but an ice cube tray will do.

## ROAST GOOSE with FRUIT DRESSING

—Mrs. Oscar Lyders

|                                                          |                                                   |
|----------------------------------------------------------|---------------------------------------------------|
| 1 12- to 14-pound goose                                  | 1 to 2 cups tenderized prunes                     |
| ¾ cup goose fat or butter                                | 3 tablespoons frozen orange juice                 |
| 5 cups bread crumbs or cubes                             | 2 teaspoons sage (vary amount according to taste) |
| 5 cups chopped or ground tart apples, unpeeled           | Salt and pepper                                   |
| ¾ cup sugar (vary amount depending on tartness of fruit) | 1 cup Brazil nuts, left in fairly large pieces    |
| 1 cup light raisins, washed in hot water and drained     | 1 cup chopped onions                              |

Melt fat. Mix bread crumbs, apples, onions, prunes, raisins, nuts and seasonings. Moisten with orange juice and melted fat. Fill the goose very loosely with stuffing and fasten shut with poultry pins. Truss and place on rack in open pan. Bake at 325 degrees, 20 to 25 minutes per pound. (Drumstick should move easily when done.) Pour off fat as it accumulates. It is unnecessary to baste.

Gravy is made from the drippings in the pan plus flour and stock from cooking neck and giblets in salted water. Add minced giblets if desired.



## INDIAN CURRY (American Version)

—Mrs. Rudolph L. Leeman

- |                                    |                          |
|------------------------------------|--------------------------|
| 2 tablespoons shortening           | 2 medium onions, chopped |
| 2 heaping tablespoons curry powder | 4 cups water             |
| 1 green pepper, chopped            | Steamed rice             |

Simmer pepper, onion and curry powder in shortening until onions are glossy, not brown. Add water slowly and then add meat balls. Bring mixture to a boil and continue to boil gently for 30 minutes. Serve over steamed rice with a tablespoon of jam on top. Serve with meat balls. Bananas or stewed tomatoes are good served as side dishes. Recipe yields 6 portions.

### Meat Balls:

- |                      |            |
|----------------------|------------|
| 2 pounds ground lamb | 1 egg      |
| ½ cup bread crumbs   | ¼ cup milk |

Combine and form meat balls. Fry in separate pan until well done.

## AFRICAN TURKEY CURRY

—Mrs. Virginia Meves

- |                                                                                                                             |                      |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------|
| 3 cups chopped turkey meat<br>(chicken, shrimp, lobster, lamb,<br>crab, chicken livers or fresh fish<br>may be substituted) | 6-8 hard cooked eggs |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------|

### Curry Sauce:

- |                                                               |                                    |
|---------------------------------------------------------------|------------------------------------|
| ½ cup butter (or peanut oil)                                  | ½ cup sifted flour                 |
| 3 tablespoons chopped onion                                   | 2½ teaspoons curry powder          |
| 3 tablespoons chopped green<br>apple (or ripe or green mango) | ½ teaspoon monosodium<br>glutamate |
| 12 peppercorns or pepper to taste                             | ¼ teaspoon sugar                   |
| 1 bay leaf                                                    | ⅛ teaspoon nutmeg                  |
| 3 tablespoons chopped celery                                  | 2½ cups milk                       |

Heat butter in heavy 2-quart saucepan. Add onion, celery, green apple, pepper and bay leaf. Cook over medium heat until lightly browned, stirring occasionally. Blend in mixture of flour, curry powder, monosodium glutamate, sugar and nutmeg. Heat until mixture bubbles. Remove from heat and add milk gradually, stirring constantly. Return to heat and bring rapidly to a boil, stirring constantly until the mixture thickens. Cook 1 to 2 minutes longer. Remove from heat.

### Add:

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 teaspoons lemon juice          | ½ teaspoon Worcestershire sauce |
| Return to heat and blend in:     | 2 teaspoons sherry              |
| ¼ cup cream (or evaporated milk) |                                 |

Add turkey meat and whole, shelled, hard-cooked eggs. Cook over medium or low heat 2 or 3 minutes until mixture is thoroughly heated. Serve with rice and any or all of the following condiments served in small dishes: fresh chopped coconut, toasted fresh coconut, chopped oranges, pineapple, green or red pepper, onion, banana, chopped peanuts, tomato, celery, carrot, chutney. Serves 6 to 8.

## INDIAN CHICKEN CURRY

—Mrs. Kristofer Hagen

Cut one chicken into small pieces. Slice and saute one large onion in vegetable fat, remove onion from pan and add chicken. Brown until golden colored. Return onion to pan and add:

- |                |                              |
|----------------|------------------------------|
| 1 cup water    | 1 small piece stick cinnamon |
| 2 bay leaves   | 2 whole cardamons            |
| 3 whole cloves | 2 teaspoons salt             |
| 6 peppercorns  |                              |

Cover and simmer 15 to 20 minutes. Then add:

- |                                                      |                         |
|------------------------------------------------------|-------------------------|
| 1 cup water                                          | ¼ teaspoon cayenne      |
| 2 tablespoons curry powder (more or less as desired) | ⅓ teaspoon black pepper |

Simmer until chicken is tender and then thicken gravy slightly with a paste of flour and water. Serve over a mound of fluffy white rice. A curried vegetable and hot chutney are often included on the menu.

## CHICKEN AND RICE CASSEROLE

—Mrs. Harold H. Lentz

In a 1½-quart casserole, blend 1 can cream of chicken soup and ½ cup milk. Stir in a 5-ounce can of boned chicken, 3 cups cooked rice, 1 cup shredded cheese, 1 cup cooked peas and ¼ cup chopped pimento. Add salt and pepper.

Bake at 375 degrees for about 25 minutes. Recipe yields about 6 portions.

## CHICKEN A LA KING

—Beldin H. Loftsgaarden

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 medium fat stewing hen  | 2 tablespoons butter             |
| Salt and pepper to season | 1 large green pepper             |
| 1 teaspoon Accent         | 1 can stems and pieces mushrooms |
| 2 cups milk               |                                  |
| Flour                     |                                  |

Cut chicken at joints and split breast and back. Place in kettle, add water to cover. Add salt, pepper and Accent. Cover kettle and boil slowly 2½ to 3 hours, until meat can easily be removed from bones. Remove chicken from bones and dice in medium-sized cubes.

Boil stock fast to reduce its contents to about half. Turn off heat and add 1 cup milk. Mix enough flour in other cup milk to thicken stock as desired; add to stock slowly, stirring until boiled for several minutes. Add butter.

Cut green pepper into squares and boil in small amount of water. Add mushrooms and boil fast for a few minutes to reduce amount of liquid. Add mushrooms and pepper and juices to stock. Add diced chicken and stir slowly while cooking for 3 to 5 minutes. Serve on creamy mashed potatoes or toast.

## CORN BREAD STUFFING FOR TURKEY

—Mrs. Irvin Grimland

3 cups dry bread  
1½ to 2 cups corn bread  
3 eggs  
1 onion

1½ to 2 teaspoons salt

¼ teaspoon pepper

⅛ teaspoon poultry seasoning

1 cup cream or evaporated milk

1 cup milk

2 cups turkey stock and juice from turkey after it has baked for a while (may be obtained from boiling the giblets)

Place dry bread and corn bread into large bowl, add finely chopped onion, seasonings and liquid and some finely chopped giblets. Add eggs, stir all together until mushy. A little more or less liquid could be used depending on the dryness of bread used. May be used as turkey stuffing or baked separately.

Bake 1 to 1½ hours at 350 to 375 degrees (depending on size of baking dish and thickness of dressing if baked separately from turkey).

## CHOP SUEY

—Mrs. Robert Lowe

1 pound round steak and 1 pound  
pork steak (cut in bite-size  
pieces)

1 No. 2 can tomatoes (strained)

1 No. 2 can bean sprouts

2 tablespoons soy sauce

2 tablespoons steak sauce

1 can mushrooms

1 cup diced celery

1 small onion

Flour for thickening (about 1  
tablespoon)

Salt and pepper to taste

Brown round steak, pork and onion. Add celery and tomato juice, salt, pepper and bean sprouts. Cover with water and simmer 3 hours. Add mushrooms, soy sauce and steak sauce about 10 or 15 minutes before serving. Thicken slightly with flour. Serve on rice and top with chow mein noodles.

## ESCALLOPED OYSTERS AND CELERY

—"Let's Eat" Cookbook  
Our Savior's Lutheran Church, La Crosse, Wis.

¾ cup bread crumbs  
¾ cup cracker crumbs  
1 pint oysters  
1 cup chopped celery  
1 teaspoon salt

⅛ teaspoon pepper  
½ cup minced parsley  
½ cup butter  
4 tablespoons oyster liquid  
¾ cup light cream

Butter a shallow baking dish and cover bottom with ⅓ of the crumbs. Add a single layer of oysters and half the celery. Sprinkle with half the salt, pepper and parsley. Now cover with more crumbs and dot with half the butter. Add remaining oysters, celery, parsley, salt and pepper. Top with remaining crumbs and dot with rest of butter. Pour the oyster liquid and cream over the top. Bake 30 minutes at 375 degrees and brown 5 minutes under direct flame in the broiler. Makes 6 servings.

## WILD RICE CASSEROLE

—Mrs. Harold Myers

1 cup wild rice  
About 6 pork sausages  
1 large onion, cut fine

1 can cream of celery soup  
1 can cream of mushroom soup  
Chow mein noodles

Wash the rice thoroughly in warm water, draining and repeating about three times. Drain and cover with about 4 cups boiling water. Add salt. Boil until rice is tender, being careful not to overcook. Drain.

Fry pork sausages until lightly browned. Remove meat and saute onions in the fat. Mix this with cooked rice in a casserole dish. Add the cans of soup and mix lightly. Cover with noodles and place in moderate oven for about 45 minutes. Recipe serves 8.

## CHICKEN TREMENDOUS

—Mrs. Alf M. Kraabel

In bottom of buttered baking dish place:

1 package onion soup (dry)  
1 layer of rice (dry)  
1 layer of chicken pieces (fresh  
or frozen)

1 can cream of chicken soup (thin  
to soup consistency and pour  
over all)  
Season to taste

This casserole should have enough moisture to keep from sticking or burning on bottom. Bake in 350-degree oven until chicken pieces are tender.

## WILD RICE AND MUSHROOM CASSEROLE —Mrs. Ruth Andre Krause

2 cups wild rice  
½ cup butter or margarine  
1 cup seasoned chicken broth  
1 or 2 packages fresh mushrooms  
2 cups thinly sliced onions

½ cup butter for sauteing  
1 teaspoon salt  
¼ teaspoon pepper  
1 teaspoon Accent

Wash the wild rice thoroughly in cold water; drain in large wire strainer. Place the rice in a 2- or 3-quart saucepan, add boiling water to cover rice and let stand 15 minutes. Add boiling water several times and the rice will swell and become fluffy. Melt the butter or margarine in heavy skillet and add fluffed rice, turning to coat with butter. Brown lightly over medium heat, turning occasionally. Add 1 cup broth and simmer, stirring occasionally. Add more broth, a half cup at a time, as rice absorbs it. Cook until just tender, 15 to 30 minutes. Do not overcook. (For plain cooked rice, simmer fluffed rice in hot broth until just tender. Season to taste with salt, pepper and Accent.)

While rice is cooking prepare the fresh mushrooms—wash, slice stems crosswise and leave buttons whole. Saute the onions and mushrooms in butter in covered skillet for 5 minutes. Remove cover and cook another 5 minutes, stirring occasionally. Add salt, pepper and Accent. Combine this mixture with cooked rice in a casserole, placing large whole mushrooms on top. Serve immediately or bake at 350 degrees for 15 to 20 minutes.



## TUNA CHEESE SOUFFLE

—Miss Lajla Glasoe

8 slices white bread (remove crusts)  
 $\frac{3}{4}$  pound Old English cheese (grated)

$\frac{1}{2}$  cup melted butter  
1 average can tuna fish  
1 can mushroom soup

Mix:

5 eggs

1 pint milk

Butter bread on both sides. Put 4 slices on bottom of baking pan. Break up tuna fish over bread slices; then grated cheese. Top with the other 4 slices of bread and cover with egg and milk mixture. Let stand at least 3 hours before baking. Set baking dish in a pan of hot water. Bake 1 hour or until firm at 325 to 350 degrees. Serve with mushroom sauce. Yields 6 to 8 servings.

## CHEESE FONDUE

—Mrs. L. M. Stavig

Scald:

1 cup milk

2 tablespoons butter

Combine:

1 cup bread cubes

3 beaten egg yolks

$\frac{1}{4}$  pound cheese (cut in pieces)

Add scalded milk and cool

Beat:

3 egg whites stiff with salt to taste. Fold into first mixture.

Bake in a greased casserole, set in a pan of water, one hour or more at 350 degrees. Slice and serve with mushroom soup topping. This can be left in the oven on low heat until guests arrive. Serves 4.

## SHRIMP CREOLE

—Mrs. Paul L. Wetzler

2 tablespoons fat

2 cups tomatoes

2 onions, sliced

2 cups peas

4 stalks celery, chopped

1 tablespoon vinegar

1 tablespoon flour

1 teaspoon sugar

1 teaspoon salt

$1\frac{1}{2}$  cups cooked shrimp

1 cup water

2 teaspoons chili powder

Cook onions and celery until brown in the fat, add flour, seasonings, and slowly add the water. Cook 15 minutes.

Add tomatoes, peas, vinegar, sugar and shrimp. Continue cooking 10 minutes more or until shrimp are thoroughly heated. Serve with molded rice ring. Serves 7.

## FISKE GRATIN (Fish Souffle)

—Mrs. Marie Dettmer

$1\frac{1}{2}$  pounds cooked, boned fish

1 teaspoon salt

$\frac{1}{4}$  pound butter

$\frac{1}{4}$  teaspoon pepper

$\frac{3}{4}$  cup flour

$\frac{1}{4}$  teaspoon nutmeg

1 quart milk, heated

4 eggs, separated

Make cream sauce of butter, flour, milk, salt, pepper and nutmeg. Fold in flaked fish, and then beaten egg yolks, and last, stiffly whipped whites.

Pour into greased baking dish which has been dusted with bread crumbs. Bake for 1 hour at 350 degrees. Serve immediately.

## BAKED FISH WITH TABASCO STUFFING

—Bonnie Mohler

3 to 5 lb. fish, cleaned  
salt and pepper to taste  
1 pkg. (8 oz.) stuffing mix  
2 teaspoon Tabasco sauce  
2 tablespoons chopped onion  
¾ cup diced celery leaves  
2 tablespoons chopped parsley  
4 tablespoons butter  
4½ teaspoons lemon juice

Sprinkle cut surface of fish with salt and pepper. Melt half the amount of butter suggested in package directions for dry and crumbly stuffing. Add 2½ teaspoon Tabasco sauce, onion, celery and parsley; cook until tender but not brown. Add half of liquid called for in stuffing recipe. Bring to a boil and stir into stuffing. Stuff fish; bake at 500 degrees for 10 minutes, then reduce heat to 400 degrees and bake, allowing an additional 10 minutes per pound. Fish is done when easily flaked with fork but still moist. Make a sauce by mixing melted butter with lemon juice, remaining Tabasco sauce and parsley; serve over fish.

## DEVILED SHRIMP

—Mrs. Frederick M. Binder

¾ cup butter  
2 tablespoons flour  
1½ teaspoons salt  
½ teaspoon paprika  
1½ teaspoon nutmeg  
6 cups milk  
6 teaspoons chopped parsley  
3 tablespoons lemon juice  
6 teaspoons Worcestershire sauce  
2 pounds cooked shrimp  
1 cup buttered bread crumbs

Melt butter and add flour, salt, paprika and nutmeg. Stir until smooth. Add milk slowly and stir over low heat until sauce thickens and boils. Add parsley, lemon juice, Worcestershire sauce and shrimp (cleaned). Mix well and pour into a greased baking dish. Sprinkle with crumbs.

Bake in a moderate oven about 350 degrees for ½ hour or until crumbs are golden brown. Recipe serves 10 persons.

## ROLLED BEEF FLANK (Rullepølse)

—Mrs. William M. Wittig

On a flank of beef or mutton, arrange small pieces of lean meat and fat. Add salt, pepper, cloves and chopped onions. Roll together in the shape of sausage and sew up firmly. Lay in salt brine for two or more days. To make the brine, add enough salt for an egg to float. Wind string around meat before boiling. Boil until tender, remove from water and lay between two plates with a weight on top. When chilled, remove string and slice thinly for sandwiches.

## HOT HAM AND CHEESE ROLLS

—Mrs. Philip A. R. Anttila

1½ pound sliced boiled ham  
cut in small pieces  
½ pound cheddar cheese (or American cheese) cut into small cubes  
Combine ¼ cup sliced green onions or scallions  
2 hard-boiled eggs, sliced  
⅓ cup thinly sliced stuffed pimiento olives  
Toss together with 3 tablespoons of mayonnaise blended with ½ cup chili sauce

Spread mixture thickly on sliced hot dog bun, wrap bun in aluminum foil, secure ends, and bake 10 minutes in a hot oven (400 degrees).

## MAIKAI VEALETTES

—Helen Wischmeyer

2½ pounds veal steak (about  
½ inch thick)  
1 bottle Wishbone Tahitian Isle  
spicy sweet dressing  
1 teaspoon salt  
1½ cups coarse bread crumbs  
1 can (3½ oz.) French fried onions  
1 teaspoon celery salt  
¼ teaspoon thyme  
½ teaspoon sage

¼ teaspoon black pepper  
6 tablespoons butter  
1 can (7 oz.) whole cranberry  
sauce  
1 teaspoon soy sauce  
1 can (1 lb. 1 oz.) apricot halves,  
drained, reserving liquid  
4-ounce bottle maraschino  
cherries  
Sprigs of parsley

Marinate veal for several hours in dressing. Drain off dressing and reserve. Cut veal into 8 pieces and remove bone. Pound with edge of heavy plate to flatten meat to ¼-inch thickness, then sprinkle with salt. Moisten bread crumbs with some of apricot syrup and combine with onions, celery salt, thyme, sage, pepper and butter. Distribute bread crumb mixture on pieces of meat, rolling it into center of each piece and tying with string. Using two large pieces of heavy aluminum foil, wrap 4 vealettes in each, sealing tightly. Grill 1 hour over charcoal. During the last 15 minutes of cooking, slit top of foil and baste with mixture of cranberry sauce, reserved dressing, apricot syrup and soy sauce. Allow meat to brown. Remove to hot serving platter and garnish with apricot halves topped with parsley and stemmed cherries.

## VEAL-NOODLE HOT DISH

—Mrs. Karl Kamps

8-oz. package noodles  
1 pound veal steak  
1 onion, chopped  
1 can mushrooms and liquid  
1 teaspoon paprika

Salt to taste  
1 cup bread crumbs  
¼ cup butter or margarine  
1 cup sour cream

Cook noodles. Cube and brown veal in small amount of shortening. Mix meat, onion, mushrooms, paprika and salt. Add enough water to make moist. Mix in noodles and put in casserole. Pour 1 cup sour cream over top and sprinkle with bread crumbs which have been browned in butter. Bake 1 hour in moderate oven.

## PAPRIKA POTATOES

—Mrs. Robert Shems

2 cups meat broth  
6 medium potatoes, boiled  
2 tablespoons butter  
¼ cup chopped onion  
2 tablespoons flour

1 teaspoon paprika  
½ teaspoon salt  
1 cup sour cream  
2 tablespoons tomato paste

Heat butter and onions in heavy skillet. Blend in flour, paprika and salt, cooking until mixture bubbles. Remove from heat and add meat broth. Cook 1 to 2 minutes, stirring constantly. Remove from heat and add mixture of sour cream and tomato paste in small amounts while stirring vigorously. Gently mix potatoes into sauce and cook over low heat 3 to 5 minutes, turning constantly. Garnish with parsley if desired.

### **BROILED SANDWICHES**

—Mrs. John A. Price

- |                         |                    |
|-------------------------|--------------------|
| 1 can luncheon meat     | 3 tablespoons milk |
| ¼ pound American cheese | Minced onion       |
| 3 tablespoons catsup    |                    |

Grind meat and cheese. Mix and spread on split buns. Broil 2 to 4 minutes.

### **BAKED CORN BEEF HASH SANDWICHES**

—Mrs. W. P. Langhaug

- |                        |                              |
|------------------------|------------------------------|
| 6 slices white bread   | 2 ripe tomatoes              |
| 1 can corned beef hash | 1 can cream of mushroom soup |

Place bread on broiler pan or cookie sheet. Cover each slice with a layer of corned beef hash, 1 slice tomato and 2 tablespoons undiluted soup. Bake at 375 degrees for ½ hour.

### **GREEN BEAN CASSEROLE**

—Mrs. Albert Hautamaki

- |                                                 |                                      |
|-------------------------------------------------|--------------------------------------|
| 2 or 3 packages frozen French-style green beans | 1 can (8-ounce size) water chestnuts |
| 2 cans condensed cream of chicken soup          | 1 can French-fried onions            |

Slightly cook frozen beans and drain well. Salt before cooking. Add the cream of chicken soup and the water chestnuts (slice or chop small). Put a layer of this in a greased casserole. Add a layer of French-fried onions then spoon the rest of the soup mixture and more onions on top. Just before serving bake in 350-degree oven 20-25 minutes or until bubbly.

### **PIT BAKED BEANS**

—Mrs. R. H. Gerberding

- |                       |                    |
|-----------------------|--------------------|
| 1 pint navy beans     | Brown sugar        |
| ½ teaspoon soda       | Salt pork or bacon |
| 2 medium-sized onions |                    |

Soak beans overnight in warm water with soda added. Then boil until skin of beans crack when blown upon. Dig hole in ground 2x2x2 feet. Build a fire from oak or maple wood until hot coals and ashes fill hole up to three inches from surface level.

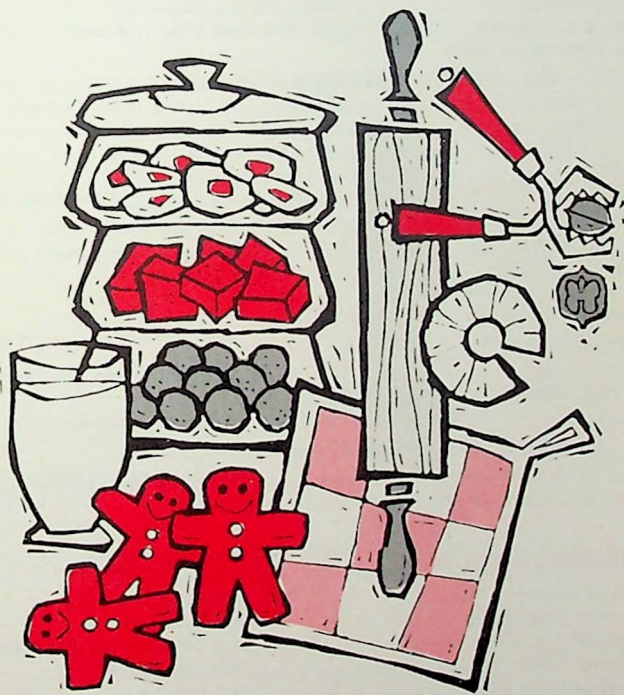
Place layer of sliced onion on bottom of covered clay pot. Add one inch layer of cooked beans and cover with sliced pork or bacon, filling chinks with brown sugar. Repeat layers of onion, beans, pork and sugar until pot is full. Cover with final layer of pork and be sure that lid is secure.

Dig hole in center of coals in pit to within 6 or 8 inches from dirt bottom and place pot in this area. Cover with hot coals at least 4 inches thick and cover whole pit with earth, 2 inches if clay and 6 inches if sand.

Let beans bake overnight and leave undisturbed until noon or evening meal. Dig pot from earth and serve this camper's delight.



# cookies & bars



## ROLLED OATMEAL COOKIES

—Mrs. Robert Brock

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 ¼ cups shortening (part butter) | 1 teaspoon cinnamon     |
| 2 cups brown sugar                | ½ teaspoon salt         |
| 2 eggs beaten                     | 2 cups raisins (ground) |
| ¾ cup sour milk                   | 4 cups oatmeal          |
| 1 teaspoon soda                   | 3 cups flour            |
| 2 teaspoons vanilla               |                         |

Mix in the order given and roll out thin. Cut with a cookie cutter and bake at 350 degrees for 8 to 10 minutes or until nice and brown.

## SPRITZ COOKIES

—"Lutheran Favorites" Cookbook  
St. Paul's Lutheran Church, Osceola, Neb.

- |                       |                           |
|-----------------------|---------------------------|
| ¾ cup sugar           | ½ teaspoon baking powder  |
| 1 cup butter          | ⅛ teaspoon salt           |
| 1 egg or 3 yolks      | 1 teaspoon almond extract |
| 2 ½ cups sifted flour |                           |

Cream butter and sugar. Add egg, then sifted dry ingredients and extract. Force through cookie press on an unbuttered cookie sheet. Bake in hot oven 10 minutes.

## OATMEAL COOKIES

—Mrs. Stan Tollefson

Mix:

- |                     |                       |
|---------------------|-----------------------|
| ½ cup shortening    | 1 tablespoon molasses |
| 1 teaspoon salt     | 1 cup sugar           |
| 1 teaspoon cinnamon | 1 egg, unbeaten       |
| 1 teaspoon vanilla  |                       |

Mix together:

- |               |                 |
|---------------|-----------------|
| 1 cup flour   | ¾ teaspoon soda |
| 1 cup oatmeal |                 |

Chop:

- ½ cup raisins, ½ cup dates, ½ cup nuts

Mix all ingredients. Drop by spoon and bake on greased cookie sheet 10 to 15 minutes at 350 degrees.

## PERSIMMON COOKIES

—Mrs. Elwin D. Farwell

- |                          |                                          |
|--------------------------|------------------------------------------|
| 1 cup sugar              | 1 teaspoon cinnamon                      |
| ½ cup shortening         | ½ teaspoon cloves                        |
| 1 egg                    | 1 cup persimmon pulp (put through sieve) |
| 2 cups flour             | 1 cup raisins                            |
| ¼ teaspoon soda          | 1 cup nuts, chopped                      |
| 1 teaspoon baking powder |                                          |

Cream sugar and shortening together. Add egg and beat thoroughly. Sift dry ingredients together and add alternately with persimmon pulp. Stir in raisins and chopped nuts. Drop onto greased cookie sheet and bake at 340 degrees for 20 to 25 minutes.

## WHITE ROLLED COOKIES

—Mrs. S. C. Blockhus

|                                  |                                  |
|----------------------------------|----------------------------------|
| 1 cup sugar                      | 1 teaspoon soda (level)          |
| 1 cup butter                     | 3 cups flour                     |
| 2 eggs                           | $\frac{1}{4}$ teaspoon salt      |
| 3 tablespoons sour milk or cream | 1 teaspoon vanilla or any flavor |

Cream shortening and sugar. Add beaten eggs. Mix soda in milk and add flavoring, flour and salt. Chill dough several hours for easier handling. Roll thin and bake at 375 degrees for 5 to 10 minutes. Watch cookies carefully to prevent burning!

## SUGAR COOKIES

—Mrs. Arthur O. Lee

Sift together into a bowl: 3 cups sifted flour, 1 teaspoon salt, 1 teaspoon soda, and 1 teaspoon baking powder. Cut into the flour mixture with a pastry blender until the consistency of corn meal: 1 cup butter (must be butter).

Beat until light: 2 eggs. Add gradually:  $1\frac{1}{2}$  cups sugar; add 1 teaspoon vanilla.

Combine flour and egg mixture, working together so that the mixture is well blended. Chill in refrigerator a few hours. Roll very thin. Cut with a cookie cutter into desired shapes. Place on lightly greased baking sheet. Bake in a quick moderate oven (375 degrees) for 6 to 8 minutes.

Use a pastry cloth and a covered rolling pin. It is best to leave the mixture in the refrigerator, taking out only enough dough to roll at one time. This is a big recipe, making between 80 and 100 thin cookies.

## SUGAR COOKIES

—Mrs. Joseph Thompson

Mix thoroughly:

|                                        |                    |
|----------------------------------------|--------------------|
| $\frac{1}{2}$ cup butter               | 1 beaten egg       |
| $\frac{1}{2}$ cup vegetable shortening | 1 teaspoon vanilla |
| 1 cup sugar                            |                    |

Sift together and stir in:

|                                        |                             |
|----------------------------------------|-----------------------------|
| 2 cups sifted flour                    | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ teaspoon cream of tartar | $\frac{1}{4}$ teaspoon salt |

Roll in balls and press down with glass dipped in water and sugar. Bake in 400-degree (moderate hot oven) 6 to 8 minutes until delicately golden.

## GINGERBREAD BOYS

—Mrs. Willmar Thorkelson

|                             |                             |
|-----------------------------|-----------------------------|
| 1 cup shortening            | 2 teaspoons soda            |
| $\frac{3}{4}$ cup sugar     | 1 teaspoon ginger           |
| 1 cup molasses              | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup sour milk | $2\frac{1}{2}$ cups flour   |

Cream shortening and sugar. Add molasses and milk. Sift and add dry ingredients. It may be necessary to add a little more flour. Mix thoroughly and chill. Roll dough thin. Bake in a 375 degree oven.

### AMMONIA COOKIES

—Mrs. Ed Rochlitz

- |                    |                                                                 |
|--------------------|-----------------------------------------------------------------|
| 2 cups sugar       | 1 heaping teaspoon ammonium carbonate, crushed (baking ammonia) |
| 1 cup lard         |                                                                 |
| 1 teaspoon vanilla |                                                                 |
| 1 good-sized egg   | A pinch of salt                                                 |

Add enough flour to the ingredients to knead well. Roll in a small ball and bake in a rather slow oven, allowing the cookies to crack across the top and become hollow.

### MALLOW FUDGE PARTY SQUARES

—Mrs. Samuel J. Hillis

- |                               |                                |
|-------------------------------|--------------------------------|
| 2 cups sugar                  | 1 cup chopped walnuts          |
| 1 cup rich milk               | 24 marshmallows, cut in bits   |
| 1 tablespoon butter           | 3 cups crushed graham crackers |
| 2 squares chocolate, cut fine | 1 teaspoon vanilla             |

Boil sugar, milk, butter and chocolate to soft ball stage. Beat while cooling a little.

Mix together marshmallows, graham crackers, nut meats and vanilla; add to chocolate mixture. Pour into greased pan, about 9x13 inches. Bake and cut in squares. Makes 24.

### DATE FINGERS

—Mrs. Ray Cline

Melt one stick of butter or margarine. Add 1 cup white sugar, 1 cup finely chopped dates,  $\frac{1}{2}$  cup finely chopped pecans and 1 beaten egg. Cook for 10 minutes over low heat, stirring so mixture does not scorch. Remove from heat and add 1 teaspoon vanilla. Pour syrup over  $2\frac{1}{2}$  cups rice krispies and mix.

Shape into fingers and roll in mixture of  $\frac{3}{4}$  cup coconut and  $\frac{1}{2}$  cup chopped nuts. Place on sheet of waxed paper, refrigerate at least an hour and store in a sealed tin. Keeps well.

### PORCUPINE BALLS

—Mrs. Alfred Werner

- |                       |                                  |
|-----------------------|----------------------------------|
| 37 graham crackers    | 1 tin Eagle Brand condensed milk |
| 1 bag chocolate chips | 1 package fine coconut           |

Roll graham crackers fine. Place in bowl and add chips and milk. Mix well and form in small balls.

Roll in coconut and store in cool place until firm.

### PRALINES

—Mrs. James R. Cox

- |                  |                                |
|------------------|--------------------------------|
| 3 cups sugar     | 3 cups nuts                    |
| 1 cup buttermilk | 4 tablespoons butter           |
| 1 teaspoon soda  | $\frac{1}{2}$ teaspoon vanilla |

Add soda to buttermilk. Combine with sugar. Cook to soft ball stage. Remove from the fire. Add butter, nuts and vanilla. Beat until creamy. Drop by teaspoon on waxed paper.



## PINEAPPLE BARS

—Mrs. Harold A. Smith

### Filling:

|                                   |                     |
|-----------------------------------|---------------------|
| 1 cup crushed pineapple and juice | 1 tablespoon butter |
| 2½ tablespoons cornstarch         | 1 cup water         |
| 1 cup sugar                       |                     |

Combine in saucepan and cook until thick.

### Mix together:

|                     |                 |
|---------------------|-----------------|
| ½ cup soft butter   | 1¼ cups oatmeal |
| 1¼ cups brown sugar | 1 teaspoon soda |
| 1¼ cups flour       |                 |

Divide in half and line bottom of pan. Pour in filling and put remainder on top. Bake at 350 degrees 30 to 35 minutes.

## NUT BARS

—Mrs. Harold A. Smith

### Melt:

½ cup butter with  
3 squares Baker's German sweet chocolate

### Blend with:

|             |                    |
|-------------|--------------------|
| 1 cup sugar | 1 teaspoon salt    |
| 2 eggs      | 1 teaspoon vanilla |

### Stir in:

½ cup flour  
1 cup chopped mixed salted nuts

Bake at 350 degrees 20 to 25 minutes. Cut in squares and dip in powdered sugar.

## FATTIGMAN

—Mrs. Gene Samuelson

|                           |                            |
|---------------------------|----------------------------|
| 6 egg yolks               | ½ teaspoon salt            |
| 3 tablespoons sugar       | ½ teaspoon ground cardamon |
| 6 tablespoons thick cream | 2 tablespoons brandy       |
| 3 egg whites, beaten      |                            |

Beat well together the egg yolks, sugar, cream. Add whites, salt, cardamon and brandy. Add enough flour to make a fairly stiff dough and roll thin. Cut into oblong lengths, make slit in center and pull one end through slit. Fry in hot fat until golden. Dust with powdered sugar.

## KRUMKAKE

—Mrs. Audrey L. Hagen

3 eggs, beaten well  
1 ½ cups sugar  
1 cup butter, melted  
1 ½ cups milk

1 teaspoon baking powder  
1 teaspoon vanilla  
2 scant cups flour

Bake on Krumkake iron—roll while hot.

## KRUMKAKER

—Mrs. James Opsal

4 eggs  
1 cup sugar  
2 cups white flour (sifted)

½ pound butter—melted  
1 teaspoon vanilla  
4 crushed cardamon seeds

Beat eggs and sugar for about 15 minutes with electric beater at high speed. Stir, do not beat, in melted butter. Add flour and flavoring. Put one dessert spoon of batter in the Krumkaker iron for each cake. Bake until light brown, then remove from iron and shape while hot on a cone-shaped wooden form or one made out of brown wrapping paper. Slide them off when they are cool and use form over again. This batter makes about 50 cookies. Store them carefully in a tight container so they stay crisp.

## ENGLISH TOFFEE

—Mrs. Ross Dunford

½ pound milk chocolate  
2 cups butter  
2 tablespoons white corn syrup  
1 teaspoon vanilla

2 cups salted almonds  
2 cups sugar  
6 tablespoons water

Cut chocolate fine and melt in double boiler over lukewarm water (115 degrees). Stir occasionally. Slice 1 cup of the almonds in half lengthwise and coarsely chop the remainder. Melt butter in heavy frying pan, add sugar, almond halves, corn syrup and water. Stir until sugar is blended and no undissolved sugar sticks to sides of pan. Cook very slowly until a small amount in water separates into hard, but not brittle threads (290 degrees). Stir occasionally. Add vanilla. Pour ¼-inch thickness into a 10x15x1-inch buttered pan. When cool, spread melted chocolate evenly over top. Sprinkle with remaining chopped nuts. When hard, break into pieces and store in tightly covered container between waxed paper layers. Makes 3 pounds.

## HAND-DIPPED CHOCOLATES

—Karen Olson

1 can Borden's Eagle Brand milk  
2 tablespoons butter  
2 tablespoons corn syrup  
3 pounds powdered sugar

½ cake paro-wax  
¾ pound (12 squares) semi-sweet chocolate

Mix well and divide into batches to flavor as desired. Here are three suggestions: 1) chopped walnuts and maple flavoring; 2) vanilla flavoring with a whole maraschino cherry rolled inside ball of above mixture; 3) peppermint flavoring.

The candy can be shaped into balls or squares. Chill in refrigerator. Melt chocolate and paro-wax. Using a toothpick, dip each candy into the hot chocolate mixture, then place candies on wax paper to cool. Store in a cool place.

# DESSERTS



## VIENNA TORTE

—Mrs. Earl P. Zimmerman

### Cake Layers:

|                            |                                         |
|----------------------------|-----------------------------------------|
| 6 eggs                     | 1 cup sugar (sifted several times)      |
| ¼ teaspoon salt            | 1 cup cake flour (sifted several times) |
| ½ teaspoon cream of tartar |                                         |

Add salt to egg whites and beat until foamy. Add cream of tartar and beat until stiff. Add sifted sugar gradually to beaten egg whites. Beat egg yolks until creamy and add to sugar and egg white mixture. Fold in sifted flour. Pour into three buttered 8-inch cake tins. Bake about 15 minutes at 350 degrees. Cake is done when a toothpick inserted into cake comes out clean.

### Filling:

|                        |                                  |
|------------------------|----------------------------------|
| 3 eggs yolks           | ½ cup butter                     |
| 3 teaspoons cornstarch | 1 cup powdered sugar             |
| ½ cup sugar            | 1 teaspoon vanilla               |
| 2 cups milk            | 1 square melted baking chocolate |

Beat egg yolks, cornstarch and sugar well. Add milk. Boil in top of double boiler until thick, stirring constantly. Let mixture cool. Cream butter, add powdered sugar and vanilla. Add to cooled custard and cream well. Add chocolate to ½ of the filling and frost top of second layer. Divide the remaining plain custard and frost top of bottom layer with half of this. Add nuts (if desired) to remaining plain custard for top of torte.

## CHERRY CUSTARD TORTE

—Mrs. Obed Michaelson

|                  |                     |
|------------------|---------------------|
| ½ cup shortening | 2 tablespoons sugar |
| 1¼ cups flour    |                     |

Crumble above and pack in ungreased 9x6 pan. Bake for 25 minutes at 400 degrees.

### Sauce:

|                          |                                 |
|--------------------------|---------------------------------|
| ½ cup sugar              | Juice of 1 can of sour cherries |
| 2 tablespoons cornstarch |                                 |

Cook until thick. Add cherries and cool.

Prepare 1 package of vanilla pudding according to directions. Cool and spread on crust. Top with sauce. Serve with whipped cream.

## BLUEBERRY TORTE

—Mrs. Walter Cover

### Crust:

|                    |                     |
|--------------------|---------------------|
| 20 graham crackers | ¼ cup melted butter |
| ½ cup sugar        |                     |

### Cheese Filling:

|                    |                              |
|--------------------|------------------------------|
| 2 eggs             | ½ cup sugar                  |
| ½ teaspoon vanilla | 1 8-oz. package cream cheese |

Beat eggs. Add softened cheese, sugar and vanilla. Beat well. Fill into crust and bake at 350 degrees 20 minutes. Cool. Add 1 can blueberry or cherry pie mix. Refrigerate. Serve with whipped cream.



## CHOCOLATE NUT TORTE

—Mrs. Ed Blanco

1 cup finely chopped dates  
1 cup boiling water  
1 teaspoon baking soda  
1 ¾ cups sifted flour  
2 tablespoons cocoa  
½ teaspoon salt

1 cup shortening  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
1 cup chopped nuts  
1 6-ounce package chocolate chips

Mix dates, water and soda; let cool. Sift together flour, cocoa and salt. Cream shortening, sugar, eggs and vanilla. Combine the three mixtures, beating until well blended. Pour into 9x13-inch greased and floured pan. Top with chopped nuts and chocolate chips. Bake 40 minutes at 300 degrees. Serve plain or with whipped cream or vanilla ice cream.

## MERINGUE DESSERT

—Mrs. Byron Falk

3 egg whites  
½ teaspoon cream of tartar  
1 cup sugar

1 teaspoon vinegar  
½ teaspoon vanilla

Combine egg whites and cream of tartar, beating until soft peaks form. Add gradually the sugar. Add vinegar and vanilla and let beat in electric mixer for 15 minutes; this is the shiny, stiff-peak stage.

Cover 2 baking sheets with heavy paper; draw 12 cup-sized circles on one, 12 smaller circles on the other. Spread meringue thinly in each circle. Make peaks from remaining meringue for garnish. Bake in slow oven 300 degrees for 20 minutes, reduce heat to 250 degrees for 15 minutes more. Turn off heat and leave meringues to dry in oven or heat oven to 400 degrees, put in meringues and turn heat off, leaving meringues all night. To serve, arrange layers of meringues with ice cream between. Garnish with fresh berries. Serves 10 to 12.

## COMPANY DESSERT

—Mrs. Carl Johansson

1 cup shortening  
1 ½ cups sugar  
4 eggs  
1 teaspoon vanilla

1 cup flour  
1 teaspoon baking powder  
¼ teaspoon salt  
5 tablespoons milk

Cream shortening and ½ cup sugar. Add egg yolks and vanilla. Sift dry ingredients together and add to batter alternately with milk. Spread in two greased 8-inch pans.

Beat egg whites until stiff. Gradually add remaining 1 cup sugar. Spread over each layer. Bake 30 minutes in 325-degree oven. Cool. Put layers together with custard filling.

### Custard Filling:

2 teaspoons sugar  
1 tablespoon cornstarch  
Pinch salt

1 egg yolk  
1 cup milk

Beat egg yolk and add milk, mixing thoroughly. Mix dry ingredients together and add gradually to milk. Cook, stirring constantly, until thickened. Serve with whipping cream if desired.

## PEACH TORTE

—Mrs. T. O. Burntvedt

|                    |                             |
|--------------------|-----------------------------|
| ½ cup sugar        | 2 teaspoons baking powder   |
| ½ cup butter       | 1 cup cake flour            |
| 4 egg yolks        | 1 teaspoon almond flavoring |
| 3 tablespoons milk |                             |

Cream butter and sugar. Add well-beaten egg yolks and mix thoroughly. Sift flour and baking powder and add to mixture, alternating with milk. Add flavoring. Pour mixture into 2 round 8-inch layer pans.

### Meringue:

|                            |                             |
|----------------------------|-----------------------------|
| 4 egg whites               | 1 teaspoon almond flavoring |
| 1 teaspoon cream of tartar | 1 cup sugar                 |

Beat egg whites until stiff and add sugar, cream of tartar, and flavoring and spread meringue on the uncooked cakes. Sprinkle shredded almonds on top of meringue. Bake 45 minutes at 325 degrees. Allow to cool gradually and then remove from pan. Place 1 layer, meringue side down, on a large cake plate.

### Filling:

|                               |                                      |
|-------------------------------|--------------------------------------|
| 1 cup whipped cream           | 1 cup sliced canned or fresh peaches |
| 1½ tablespoons powdered sugar | ¼ teaspoon vanilla                   |

Whip cream, add sugar, drained fruit and vanilla. After spreading this on the cakes, cover it with the other layer; place meringue side up.

## ANGEL FOOD CAKE DESSERT

—Mrs. Russell Shook

|                              |                               |
|------------------------------|-------------------------------|
| 1 angel food cake            | ½ pint whipping cream         |
| 1 cup boiling water          | 1 package frozen strawberries |
| 1 package strawberry gelatin |                               |

Slice angel food cake into three layers. Dissolve gelatin in boiling water and add strawberries. Chill until firm. Whip cream and add to strawberry mixture. Spread between layers of cake and chill until ready to serve. Cake will retain its shape better if returned to the pan while chilling. This can be made a day in advance. Serve plain or with whipped cream.

## FOOD FOR THE GODS

—Mrs. Earl S. Erb

|                     |                           |
|---------------------|---------------------------|
| 4 eggs              | 2 teaspoons baking powder |
| 1½ cups sugar       | 2 cups chopped nuts       |
| 4 tablespoons flour | 2 cups chopped dates      |

Beat eggs well, add sugar, sift in flour and baking powder, add nuts and dates. Bake in greased pan 30 to 40 minutes at 300 degrees. Cut in squares while warm. Serve with whipped cream.

(For holidays and special occasions use fruit and nut ice cream in place of whipped cream.)

## BUTTERSCOTCH-NUT TORTE

—"Sweets and Treats" Cookbook  
Milwaukee Lutheran High School Guild

6 eggs, separated  
1½ cups sugar  
1 teaspoon baking powder  
2 teaspoons vanilla

1 teaspoon almond extract  
2 cups graham cracker crumbs  
1 cup broken nut meats  
1 pint whipping cream

Beat egg yolks well, add sugar, baking powder and flavoring. Beat egg whites enough to hold a peak. Fold into yolks. Then add crumbs, then nuts. Line two 9-inch layer pans with wax paper. Pour in cake batter, and bake at 325 degrees for 30 or 35 minutes. Cool cake. Whip 1 pint whipping cream sweetened with 3 tablespoons powdered sugar, and put between layers, on top and sides.

### Sauce:

1 cup brown sugar  
¼ cup butter  
¼ cup water  
1 tablespoon flour

¼ cup orange juice (1 medium  
orange)  
1 well-beaten egg  
½ teaspoon vanilla

Mix well; cook, stirring constantly until thickened. When cool, pour over whipped cream.

## FLUFF DESSERT

—Mrs. O. A. Benson

3 cups whole milk  
rounded tablespoon Knox  
gelatin

½ teaspoon vanilla  
1 cup sugar  
3 egg yolks

Put gelatin into the milk and boil in a double boiler for 15 minutes. Stir together sugar, egg yolks, and vanilla. Put all together and boil for 5 minutes in double boiler. Beat egg whites and put into the mixture. Cool and put into the refrigerator. Serve with whipped cream.

## PEACH COBBLER

—Mrs. Chalmer Hileman

1¼ cups sugar  
3 tablespoons tapioca  
½ teaspoon cinnamon  
1 cup water  
2 tablespoons butter  
2 tablespoons lemon beverage  
base

5 cups sliced, pared, fresh  
peaches  
1½ cups biscuit mix  
¾ cup light cream  
½ teaspoon lemon extract

Set oven at 450 degrees. Blend 1 cup sugar, tapioca dessert and cinnamon in large saucepan. Stir in water and bring to boil, stirring constantly. Remove from heat and add butter, beverage base and peaches. Pour into shallow baking dish. Combine biscuit mix and two tablespoons sugar. Blend in cream and lemon extract with a fork. Drop dough in six mounds around edge of baking dish. Sprinkle remaining sugar on dough. Bake 25 minutes or until peaches are tender and biscuits golden. Serve warm with cream. Makes 6 to 8 servings.

## UNCOOKED FREEZER ICE CREAM

—Mrs. L. D. Frenzel

This basic recipe is for a 1½-gallon freezer. At right are proportions for a 1-gallon freezer.

|                                                  |                         |
|--------------------------------------------------|-------------------------|
| 5 well beaten eggs                               | 4 well beaten eggs      |
| 2½ cups sugar                                    | 2 scant cups sugar      |
| 3 level tablespoons flour                        | 2¼ tablespoons flour    |
| 2 tablespoons vanilla                            | 1½ tablespoons vanilla  |
| 2 cans evaporated milk (not sweetened condensed) | 1½ cans evaporated milk |

Mix flour and sugar and add to eggs. Add vanilla. Put in freezer and add enough whole milk to fill freezer to within 3 or 4 inches of top.

## PERFECT CHEESE CAKE

—Mrs. Norman G. Schneider

### Pastry:

|                                |                           |
|--------------------------------|---------------------------|
| 1 cup sifted all-purpose flour | ¼ teaspoon vanilla        |
| ¼ cup sugar                    | ¼ cup butter or margarine |
| 1 teaspoon grated lemon rind   | 1 egg yolk                |

Mix flour, sugar, lemon rind and vanilla with pastry cutter in medium-sized bowl; cut in butter or margarine; stir in egg yolk. Shape into mound; wrap in wax paper. Chill at least 1 hour. Heat oven to 400 degrees. Remove side from 9-inch springform pan. Place ⅓ of dough on ungreased bottom of pan; cover with floured wax paper. Roll or pat dough to fit pan bottom; remove paper. Bake in hot oven (400 degrees) 10 minutes or until golden. Remove from oven; turn oven temperature to 500 degrees. Cool pastry, leaving it on pan bottom. Grease side of spring-form pan; fit over cooled base. Form remaining dough into thick rectangle, cut in half lengthwise; line side of pan, patting and stretching dough to fit. Patching won't hurt, but dough must be paper thin and cover side completely.

### Cheese Filling:

|                                 |                              |
|---------------------------------|------------------------------|
| 5 8-oz. packages cream cheese   | ½ teaspoon grated lemon rind |
| 1¾ cups sifted granulated sugar | ¼ teaspoon vanilla           |
| 3 tablespoons all-purpose flour | 5 whole eggs, unbeaten       |
| ¼ teaspoon salt                 | 2 egg yolks                  |
| ½ teaspoon grated orange rind   | ¼ cup heavy cream            |

Soften cream cheese in large bowl; beat until fluffy. Mix sugar, flour, salt, orange and lemon rinds and vanilla; add very slowly to cheese, beating until smooth. Add eggs and egg yolks, one at a time, beating well after each addition; stir in cream. Turn into pastry-lined pan. Bake in 500-degree oven 12 minutes. Do not open oven door; reduce oven temperature to 200 degrees; bake cake one hour longer. Remove from oven; set pan on wire rack, away from draft. Cake will shrink slightly as it cools. When cool, loosen cake from pan with spatula; remove side of pan; chill cake. It is wise to make the cake a day before it is to be served since it takes a long time to chill. Serve with fresh fruit if desired. Makes 16 generous servings.



## RUM PUDDING

"What's Cooking at St. Paul's?" Cookbook  
of St. Paul's Lutheran Church, Lynwood, Calif.

|                                 |                           |
|---------------------------------|---------------------------|
| 3 egg yolks                     | 2 tablespoons rum extract |
| 6 tablespoons sugar             | 1 cup whipping cream      |
| 1 tablespoon unflavored gelatin | Salt                      |
| $\frac{3}{4}$ cup cold water    |                           |

Beat eggs and sugar well. Add flavoring. Soak gelatin in cold water. Dissolve over hot water and add to the eggs. When mixture begins to thicken, add whipped cream. Serve with a sauce made with sweetened fruit juice.

## APPLE CRUNCH

—Mrs. Norman Maass

Mix together like pie crust:

|                          |                             |
|--------------------------|-----------------------------|
| 1 cup flour              | 2 tablespoons butter        |
| 1 cup sugar              | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon baking powder |                             |

Then add 1 beaten egg to moisten. Sprinkle mixture on apples which have been peeled and sliced into a buttered pan. For richer flavor a little brown sugar may be added to apples before topping is sprinkled. Bake one-half hour in moderate oven. Cool, turn upside down and serve with whipped cream or ice cream. Makes from 9 to 12 servings.

## ORANGE PARTY DESSERT

—Mrs. Kenneth Sorenson

|                          |                          |
|--------------------------|--------------------------|
| 1 package lemon jello    | 1 pint whipping cream    |
| 1 cup hot water          | 1 cup sugar              |
| 1 cup fresh orange juice | Grated rind of 2 oranges |

Add hot water to jello and stir to dissolve. Add orange juice. Place in refrigerator until slightly set. Whip cream. Add grated orange rind and sugar. Fold jello mixture, which has been slightly set, into cream mixture. Place in refrigerator for several hours. Serve in sherbet glasses and top with maraschino cherry. Serves 10

## GRAHAM CRACKER JELLO DESSERT

—Mrs. Alvin R. Zeilinger

Cream together:

|                          |             |
|--------------------------|-------------|
| $\frac{1}{2}$ cup butter | 1 cup sugar |
|--------------------------|-------------|

Add:

|                               |                 |
|-------------------------------|-----------------|
| 3 well-beaten eggs            | 1 cup nut meats |
| 1 cup pineapple, well drained |                 |

Mix well.

Place 1 layer of graham crackers (whole) in 9x13-inch cake pan. Spread half of filling. Add another layer crackers. Spread remainder of filling. Add another layer crackers.

Have 2 boxes cherry or strawberry Jello made so it has jelled some before putting on crackers. Pour over crackers. Place in refrigerator until set. Serve plain or with whipped cream.

## CHOCOLATE CRUNCH

—Mrs. Lyle Raverty

- |                           |                                                   |
|---------------------------|---------------------------------------------------|
| ½ cup butter              | 1 ½ 1-ounce squares unsweetened chocolate, melted |
| 1 cup confectionery sugar |                                                   |
| 3 well-beaten egg yolks   | 3 stiffly beaten egg whites                       |
| ½ teaspoon vanilla        |                                                   |

Thoroughly cream butter and sugar, add egg yolks. Add chocolate and vanilla. Mix well. Fold in stiffly beaten egg whites. Line bottom of 9-inch square pan with vanilla wafer crumbs. Spread mixture over crumbs and top with more wafer crumbs. Chill in refrigerator overnight.

## APPLE STRAWBERRY DELIGHT

—Mrs. Henry Scherer

- |                                    |                               |
|------------------------------------|-------------------------------|
| 8 medium apples, peeled and sliced | ¼ cup sugar                   |
| ½ cup water                        | 1 package frozen strawberries |
| ½ the juice of average-sized lemon | Whipping cream                |

Place apples, water, lemon juice and sugar in saucepan. Cook slowly until apples are done. Add strawberries and simmer two minutes. Let cool. Top with whipped cream and serve as dessert. Also delicious as a side dish complementing turkey or chicken.

## STEAMED FRUIT PUDDING

—Mrs. Dorothy Stairs

- |                              |                         |
|------------------------------|-------------------------|
| 2 cups fine dry bread crumbs | 1 cup sour milk         |
| ½ cup flour                  | 1 teaspoon soda         |
| ½ teaspoon cinnamon          | ½ cup molasses          |
| ½ teaspoon cloves            | 1 cup raisins           |
| ½ cup sugar                  | 1 ounce shredded citron |

Mix ingredients in order given. Pour into greased mold. Soup cans can be used, greasing them inside and filling them  $\frac{3}{4}$  full; the can-shape permits slicing for serving. Place molds or cans into a steamer and steam 2½ hours. After pudding has thoroughly cooled, slide it out of cans, wrap in tinfoil and store in refrigerator. Serve with this hot sauce:

### Hot Sauce:

- |                      |                          |
|----------------------|--------------------------|
| 2 tablespoons butter | 1 ½ cups boiling water   |
| 1 tablespoon flour   | Dash nutmeg              |
| 1 cup sugar          | ½ teaspoon rum flavoring |

Melt butter and blend in flour. Add sugar and mix with boiling water. Add nutmeg and rum flavoring. Cook to the consistency of honey.

## HOLIDAY FRUIT CUP

—Mrs. Walter C. Beglau

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 2 grapefruit                  | 1 8-ounce jar maraschino cherries |
| 1 No. 2 can crushed pineapple | 6 oranges                         |

Juice grapefruit and oranges and remove seeds but do not strain. Grind or cut up fine the cherries and add with the cherry juice to the grapefruit and orange juice. Last, add can of crushed pineapple. Chill at least 8 hours to thoroughly blend flavors.

## CHERRY PIE

—Mrs. William Schoeler

Mix 3 tablespoons of instant tapioca with  $\frac{1}{2}$  cup cherry juice and let mixture stand for 15 minutes. Add  $\frac{1}{2}$  cup white sugar,  $\frac{1}{3}$  cup brown sugar, 2 cups cherries,  $\frac{1}{2}$  to 1 teaspoon almond extract and a dash of salt.

Mix. Fill pastry-lined pan, dot with butter and cover with top crust, plain or lattice. Bake pie in hot oven, 425 degrees, about 10 minutes. Reduce heat to 350 degrees and bake a remaining 30 minutes.

## FRESH COCONUT PIE

—Mrs. E. Bryan Keisler

- |                                             |                             |
|---------------------------------------------|-----------------------------|
| 1 small coconut, grated (about 2 cups)      | 3 eggs                      |
| 2 cups coconut milk mixed with regular milk | $\frac{3}{4}$ cup sugar     |
|                                             | $\frac{1}{4}$ teaspoon salt |

Beat eggs slightly. Add sugar, salt, milk and coconut. Pour into a 10-inch chilled, unbaked pastry shell. Bake at 450 degrees about 10 minutes, then at 325 degrees about 45 to 50 minutes. Center of pie should be firm and top lightly browned.

## ORANGE CHIFFON PIE

—"Kitchen Kapers" Cookbook  
of St. Mark's Lutheran Church, Waukegan, Ill.

- |                                                                   |                          |
|-------------------------------------------------------------------|--------------------------|
| 1 6-ounce can frozen orange juice diluted ( $1\frac{1}{2}$ pints) | 7 tablespoons cornstarch |
| 2 cups sugar                                                      | 4 eggs separated         |
|                                                                   | 2 baked pie shells       |

Mix sugar and cornstarch, add orange juice. Bring to a boil, stirring constantly; boil 2 minutes. Beat egg yolks slightly. Add to cooked mixture. Cook for another minute. Remove from heat and when cooled, pour into baked pie shells. Beat egg whites, adding  $\frac{1}{2}$  cup sugar and continue beating until stiff. Add  $\frac{1}{2}$  teaspoon vanilla. Pile on the 2 pies and bake in slow oven (325 degrees) for 15-18 minutes or until the meringue is brown. Makes two 7-inch pies.

## STRAWBERRY CHIFFON PIE

—Mrs. Garfield Raymond

### Vanilla Wafer Crust:

- |                                          |                    |
|------------------------------------------|--------------------|
| $1\frac{1}{4}$ cups vanilla wafer crumbs | 1 tablespoon sugar |
| $\frac{1}{4}$ cup butter                 |                    |

Mix together and pat into 10-inch pie plate. Chill one hour before filling.

### Filling:

- |                                 |                       |
|---------------------------------|-----------------------|
| $\frac{1}{4}$ cup cold water    | 1 cup strawberry pulp |
| 1 tablespoon gelatin            | 3 egg whites          |
| $\frac{1}{2}$ cup boiling water | 3 tablespoons sugar   |
| $\frac{3}{4}$ cup white sugar   | 1 cup whipping cream  |

Pour cold water into bowl. Sprinkle gelatin on top. Let set 5 minutes. Add hot water. Stir until gelatin dissolves, then add sugar and strawberry pulp. Let cool. When it begins to jell, fold in mixture of stiffly beaten egg whites and 3 tablespoons sugar. Add  $\frac{1}{2}$  of the whipped cream. Put filling in shell. Chill. Serve with remaining whipped cream and garnish with strawberries.

## LEMON SPONGE PIE

—Mrs. Stanley Hesse

|                        |                             |
|------------------------|-----------------------------|
| 1 cup granulated sugar | 2 egg yolks                 |
| ½ teaspoon salt        | 3 tablespoons melted butter |
| 2 tablespoons flour    | 1 cup milk                  |
| Rind of 2 lemons       | 2 egg whites beaten stiff   |
| Juice of 2 lemons      |                             |

Mix ingredients in order given. Fold in beaten egg whites. Pour into 9-inch pastry-lined (unbaked) pie pan. Bake at 425 degrees for 15 minutes, then reduce heat to 375 degrees for another 45 minutes. Top will be golden brown.

## LEMON MERINGUE PIE

—Mrs. Sigurd Anderson

|                 |                          |
|-----------------|--------------------------|
| 1½ cups sugar   | 4 tablespoons cornstarch |
| ¼ teaspoon salt | 1½ cups water            |

Mix and boil until transparent. Add 3 egg yolks (slightly beaten with a fork) to above mixture and boil. Add ¼ cup lemon juice and rind of 1 lemon and boil a little. Take off stove and add a pat of butter. If your egg yolks are too light in color, add a little yellow coloring.

### Meringue:

|                            |                     |
|----------------------------|---------------------|
| 3 egg whites               | 6 tablespoons sugar |
| ¼ teaspoon cream of tartar |                     |

Add cream of tartar to whites, beat until frothy throughout; start adding sugar, a little at a time. Beat well after each addition. Beat until stiff peaks are formed. When beater is withdrawn, the meringue should form pointed peaks that do not curl. Place on pie, so it touches crust, to prevent shrinking. Bake at 400 degrees—about 10 minutes.

## PEACH PETAL TARTS

—Mrs. Merrill Bivens

### Pastry Shells:

|                      |                                |
|----------------------|--------------------------------|
| 2 cups flour, sifted | ¾ cup lard or other shortening |
| 1 teaspoon salt      | ¼ cup water                    |

Combine flour and salt in mixing bowl. Cut in shortening. Sprinkle water over top, a tablespoon at a time. Mix dough until it nearly cleans the sides of the bowl by itself. Shape dough into firm ball with hands and divide into two portions. Roll out each half on lightly floured cloth-covered board and cut out circles with 2-inch round cutter. Place one circle in bottom of each of 12 muffin or custard cups. Overlap 4 circles along sides of cup. Moisten each edge and press together firmly. Prick sides and bottom to prevent shrinking. Bake at 475 degrees for 8 to 10 minutes. Cool 5 minutes before removing.

### Filling:

|                                |                          |
|--------------------------------|--------------------------|
| 1 quart sliced peaches, peeled | ¼ teaspoon salt          |
| ¾ cup sugar                    | 1 tablespoon lemon juice |
| 2½ tablespoons minute tapioca  | 1 tablespoon butter      |

Cook over low heat until mixture boils and peaches become tender. Soften one 3-ounce package cream cheese with peach juice. Spread in bottom of tart shells. Spoon in peach filling and top with additional cream cheese.



## MOM'S PUMPKIN PIE

"Adventures in the Kitchen" Cookbook  
of Waverly Lutheran Church, Truman, Minn.

2 cups canned pumpkin  
1 teaspoon cinnamon  
½ teaspoon ginger  
3 eggs

1 cup brown sugar  
½ cup cream  
½ teaspoon salt  
2 cups milk

(Canned milk, no water added, is good instead of milk and cream.) Beat eggs slightly, add spices to sugar, combine ingredients. Bake in deep 10-inch unbaked crust until set—about 1 hour—10 minutes at 425 degrees and 50 minutes at 350 degrees.

## SOUR CREAM PIE

—Mrs. Adolph Erickson

¾ cup sugar  
⅛ teaspoon salt  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 teaspoon cloves

1 egg  
1 cup sour cream  
1 tablespoon lemon juice  
½ cup raisins  
1 tablespoon butter

Mix dry ingredients. Beat egg and add to sour cream. Blend the two mixtures and add the lemon juice and raisins. Pour filling into a 9-inch, unbaked pie crust, dot with butter and cover with lattice crust. Bake in a hot oven, 400 to 450 degrees, for 20 minutes and then decrease heat to 350 degrees. Bake until inserted knife comes out clean. Cool and serve.

## HERSHEY PIE

—Mrs. Richard A. Thompson

Heat ½ cup milk and 15 marshmallows in a double boiler until melted. Add:

4 plain Hershey bars and ½ cup walnuts

Cool this mixture and then add 1 cup whipping cream. Pour into an 8x8-inch pie plate which has been lined with a graham cracker crust. Sprinkle part of the cracker mixture over the top.

### Graham Cracker Crust:

½ cup butter, melted  
1 tablespoon powdered sugar

18 graham crackers, crushed

## SUNDAY PIE

—Mrs. Edgar M. Carlson

Make pastry shell and bake. Soak 1 tablespoon gelatin and ⅓ teaspoon salt in 3 tablespoons of cold water.

Mix in double boiler:

3 egg yolks  
1 ½ cups milk

½ cup sugar  
¼ teaspoon nutmeg

Cook until the mixture is slightly thickened, or until it coats a silver spoon, stirring frequently. Beat with a rotary beater if not smooth. Add the softened gelatin to the hot custard, and cool until nearly set. Fold in 3 stiffly beaten egg whites and 1 teaspoon vanilla. Fill baked pie shell. Chill until set. Serve with slightly sweetened whipped cream and sprinkle with grated chocolate.

## FRUIT COBBLER PIE

—Mrs. Henry Schmidt

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup sugar               | ½ cup melted butter             |
| 1 cup flour               | 1 pint fresh peaches, sweetened |
| ½ teaspoon salt           | without stirring, or a No. 303  |
| 2 teaspoons baking powder | can drained boysenberries       |
| 1 cup milk                |                                 |

Mix all dry ingredients. Add milk. Melt butter in pyrex loaf baking dish. Pour dough into dish. Place fruit over dough. Bake at 375 degrees for about 45 minutes. Dough will rise and cover fruit while baking. Cut and serve warm.

## FRESH STRAWBERRY GLACE PIE

—Mrs. Bjarne Olsen

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 quart hulled strawberries | 1 cup sugar                 |
| washed and drained          | 1 teaspoon lemon juice      |
| ¾ cup water                 | 1 cup heavy cream (whipped) |
| 3 tablespoons cornstarch    | 1 package cream cheese      |

Line cooled pastry shell with cream cheese, softened with thin cream to spreading consistency, then berries. Reserve 1 cup berries for glaze.

Simmer 1 cup berries and water 3 or 4 minutes. Add cornstarch and sugar (mixed together) to cooked fruit.

Cook until syrup is thick and clear, stirring constantly. Add lemon juice—cool slightly. Pour over berries in pastry shell.

Chill thoroughly. Decorate with border of sweetened whipped cream.

## HAWAIIAN LIME PIE

—“Favorite Recipes” Cookbook  
of Concordia Lutheran Church, Eveleth, Minn.

### Chocolate Crust:

- 1½ cups chocolate cookies, crushed  
4 tablespoons melted butter

Press into pan and chill in refrigerator.

### Filling:

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 can (9 ounces) crushed pineapple | ¼ cup lemon juice          |
| ¼ teaspoon salt                    | 1 package lime jello       |
| ½ cup sugar                        | ¼ teaspoon cream of tartar |
| 2 eggs, separated                  | ¼ cup sugar                |
|                                    | ½ cup whipping cream       |

Combine undrained pineapple, salt, ¼ cup sugar and beaten egg yolks in top of double boiler. Place over boiling water and stir frequently. Cook about 15 minutes or until slightly thickened. Remove from heat, add jello and stir until dissolved. Stir in lemon juice. Chill until partially set. Beat egg whites with cream of tartar until whites hold soft peaks. Gradually add ¼ cup sugar, beating until mixture is stiff and glossy. Fold egg whites and whipped cream into jello mix. Pour into shell and chill until firm.

## CHERRY CHEESE PIE

—Gloria Bates

1 pie shell or graham cracker  
crust

1 small (3 oz.) package cream  
cheese

$\frac{1}{2}$  cup powdered sugar

$\frac{1}{2}$  teaspoon vanilla

1 cup whipping cream

1 can (1 lb. 5 oz.) prepared  
cherry pie filling

Mix cream cheese, sugar and vanilla together until creamy and smooth. Whip cream and fold in carefully. Pour into pastry or graham cracker crust and cover with cherry filling. Chill before serving.

# SOUPS & SALADS





## APRICOT-PINEAPPLE SALAD —“Circle 12 Recipe Roundup” Cookbook of Our Savior’s Lutheran Church, Audubon, Iowa

- |                                      |                                            |
|--------------------------------------|--------------------------------------------|
| 1 No. 2½ can apricot halves          | 2 cups boiling water                       |
| 1 No. 2½ can crushed pineapple       | 1 cup mixed apricot and<br>pineapple juice |
| 1 package orange-flavored<br>gelatin | ¾ cup tiny marshmallows                    |
| 1 package lemon-flavored gelatin     |                                            |

Drain apricots and pineapple, saving juices. Cut apricots into small pieces. Dissolve both packages of gelatin in boiling water and add 1 cup combined fruit juices, saving the remainder for the topping. Chill mixture until it is partially congealed and then fold in fruit and marshmallows.

### Topping:

- |                        |                      |
|------------------------|----------------------|
| 1 cup sugar            | 1 cup juice          |
| 2 tablespoons flour    | 2 tablespoons butter |
| 1 egg, slightly beaten | 1 cup whipped cream  |
- Cook until thickened, cool and fold in cream. Sprinkle grated cheese over top.

## SWEETHEART SALAD OR DESSERT

—Mrs. Reuben D. Groehler

- |                                                        |                                            |
|--------------------------------------------------------|--------------------------------------------|
| 1 package lemon Jello                                  | 1 cup Miracle Whip                         |
| 24 marshmallows                                        | 1 cup whipping cream (not<br>whipped)      |
| 2 cups liquid (water added to<br>juice from pineapple) | 1 No. 2 can crushed pineapple<br>(drained) |
| 3 3-ounce packages Philadelphia<br>cream cheese        | 2 packages cherry Jello                    |

Heat liquid, marshmallows and lemon Jello together in 2-quart saucepan until dissolved. Let cool. Cream together cream cheese and Miracle Whip. Add whipping cream and pineapple to the creamed mixture. Combine with cooled liquid. Pour into 9x12-inch cake pan and refrigerate until firm. Prepare cherry Jello according to directions on packages and pour carefully over refrigerated mixture. Refrigerate until firm. Serve as a dessert topped with whipped cream or as a salad on a crisp lettuce leaf topped with salad dressing.

## PERFECTION SALAD

—Mrs. Robert O. Beard

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 can pineapple                   | 1 bag miniature marshmallows |
| 1 can pears                       | 3 egg yolks                  |
| 1 can apricots                    | ½ cup sugar                  |
| Juice of ½ lemon                  | ½ cup fruit juice            |
| 1 can Royal Ann cherries (seeded) | 1 pint whipping cream        |

Drain and cut fruit in rather large pieces. Add marshmallows. Mix together egg yolks, sugar and fruit juice and cook until thick. When cool, add to fruit mixture. Fold in whipped cream. Let stand in refrigerator 24 hours. (Whipping cream may be omitted and fruit served topped with vanilla ice cream.)

This is also nice to serve company. It would make about 20 small servings if served with cake.

### PINEAPPLE FRUIT SALAD

—Mrs. William A. Buege

- 2 large cans fruit cocktail
- 4 bananas

- 1 fresh pineapple, diced
- ½ pound miniature marshmallows

In top of double boiler, mix 3 beaten whole eggs and ½ cup sugar. Add ½ cup lemon juice and ½ cup pineapple juice. Cook over boiling water until thick. Cool and then pour over marshmallows, and all drained fruit except the bananas. Refrigerate until ready to serve. Add sliced bananas and serve in hollowed-out fresh pineapple shells.

### SHOESTRING SALAD

—Mrs. Vincent D. Williams

- 1 cup shoestring potatoes (canned)
- 1 cup shredded carrots
- ¼ cup minced onion
- 1 cup diced celery

- 1 cup diced chicken, tuna or salmon
- ½ cup salad dressing
- Prepared mustard and vinegar to taste
- Cream

Vegetables can be prepared ahead of time and refrigerated in plastic bag. Mix salad dressing, mustard and vinegar. Thin to desired consistency with a little cream. Mix dressing with vegetables and meat. Just before serving, add 1 cup shoestring potatoes and toss all together.

### SILD SALAT (Herring Salad)

—"Smorgasbord Cookbook"  
of University Lutheran Church of Hope, Minneapolis

- 1 cup salt herring, chopped
- 1 cup boiled veal, chopped
- 2 cups boiled potatoes, diced

- 1 cup boiled beets, diced
- ½ cup onion, chopped

Mix carefully, using 2 forks, and marinate with the following dressing:

#### Dressing:

- 1 cup mayonnaise
- 2 tablespoons sugar

- ½ cup vinegar

Serve on large platter garnished with hard-cooked eggs (yolks and whites which have been put through a sieve separately) and sprays of parsley. Particles of yolks can be sprinkled in center and whites in a circle around edge. Serves 12.

### SHRIMP SALAD SUPREME

—"Kitchen Favorites" Cookbook  
of Concordia Lutheran Church, Duluth, Minn.

- 1 can cleaned, broken shrimp
- 3 hard-boiled eggs
- 1 tablespoon chopped onion
- 1 tablespoon green pepper
- ½ cup celery
- ½ cup walnuts

- ½ cup whipped cream
- ½ cup mayonnaise
- ¼ teaspoon salt
- 1 package lemon jello
- 1 cup hot water

Place lemon jello in the water called for and set until firm enough to whip. Chop boiled eggs fine and add to the shrimp, onion, peppers, celery and walnuts. Whip cream and add salt and mayonnaise. Blend with other ingredients and whipped jello mixture. Set in individual molds. Recipe yields about 6 generous servings.

### **CURRIED RICE SALAD**

—Carol Beglau

- |                           |                        |
|---------------------------|------------------------|
| 1½ cups cooked rice       | 2 teaspoons salt       |
| ¼ cup finely minced onion | 1 cup diced celery     |
| 1 tablespoon vinegar      | 2 cups cooked peas     |
| 2 tablespoons salad oil   | (tiny, frozen is best) |
| ½ teaspoon curry powder   | ¾ cup salad dressing   |

Toss rice with vinegar, oil, curry powder and salt. Put in refrigerator for a minimum of 3 hours. Add celery, peas and dressing and refrigerate until ready to serve. Good with ham or chicken.

### **LIME PINEAPPLE SALAD**

—Nina Paulsen

- |                        |                                |
|------------------------|--------------------------------|
| 1 package lime gelatin | 1 small can crushed pineapple  |
| 1½ cups hot water      | 1 package (3 oz.) cream cheese |
| 8 large marshmallows   | ½ cup diced celery             |
| 1 cup whipping cream   | ½ cup chopped walnuts          |

Pour hot water on gelatin and add marshmallows, stirring until dissolved. Beat with electric beater; put in refrigerator until it starts to set, then whip again. Whip cream and fold into mixture. Add pineapple, cheese, celery and nuts. Pour into mold, if desired, and chill in refrigerator until well set. Serve on lettuce.

### **LIME CUCUMBER SALAD**

—Carol Beglau

- |                                 |                        |
|---------------------------------|------------------------|
| 1 package lime gelatin          | 1 teaspoon onion juice |
| ¾ cup boiling water             | ½ cup salad dressing   |
| ¼ cup lemon juice               | ½ cup sour cream       |
| 1 cup chopped unpeeled cucumber |                        |

Dissolve gelatin in boiling water; let cool to lukewarm. Add dressing and sour cream. Cucumber can be chopped in a food blender by adding lemon juice with the pieces of cucumber and whipping just a few seconds. Add to gelatin mixture and pour into molds. Chill until firm and serve on lettuce.

## RED, WHITE AND BLUE LAYER SALAD

—Mrs. Robert M. Lamparter

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 package cherry gelatin      | 1 14½-ounce can blueberries |
| 2 packages lemon gelatin      | ½ pint sour cream           |
| 1 package raspberry gelatin   | 2 cups milk                 |
| 1 small can crushed pineapple | 3 cups boiling water        |

**BOTTOM LAYER:** Dissolve cherry gelatin in 1 cup boiling water. Cool. Add pineapple. Pour in bottom of mold.

**MIDDLE LAYER:** Dissolve lemon gelatin in 1 cup boiling water. Cool. Beat together milk and sour cream. Combine cooled lemon mixture and milk mixture. When bottom layer is firm but slightly sticky to the touch, gently pour on middle layer.

**TOP LAYER:** Dissolve raspberry gelatin in 1 cup boiling water. Cool. Add blueberries. Pour into mold when middle layer is firm but slightly sticky to the touch.

## RELISH SALAD

—Mrs. Jacob A. O. Preus

- |                          |                              |
|--------------------------|------------------------------|
| 1 can French green beans | 1 green pepper, cut fine     |
| 1 can tiny peas          | 1 small can of pimentos, cut |
| 1 cup celery, cut fine   | 1 medium onion, cut fine     |

Drain these ingredients into a bowl. In a second bowl, mix the following and add to vegetables:

- |                   |                 |
|-------------------|-----------------|
| 1 cup vinegar     | 1 teaspoon salt |
| 1 cup sugar       | ½ cup oil       |
| ½ teaspoon pepper |                 |

Allow all to stand 24 hours, drain and serve.

## PUGET SOUND CHOWDER

—"Favorites from Central Lutheran Kitchens" Cookbook, Portland, Ore.

- |                              |                                   |
|------------------------------|-----------------------------------|
| ¼ pound diced salt pork      | ¼ teaspoon basil, crushed         |
| ¼ pound diced bacon          | 1½ teaspoons thyme                |
| 2½ cups diced raw potatoes   | 3 peppercorns                     |
| 1 cup diced onion            | 1½ teaspoons salt                 |
| 1 cup diced carrots          | 1 quart chopped clams             |
| ½ cup diced celery           | 1 quart clam liquid and water     |
| ½ clove garlic, chopped      | 1 tablespoon Worcestershire sauce |
| Small piece bay leaf         | 1 quart rich milk or cream        |
| ¼ teaspoon rosemary, crushed |                                   |

Brown bacon and pork until crisp. Carefully fry onions until delicately browned. Add vegetables and garlic, cover and simmer for 10 minutes. Add seasonings. Add liquid, water and clams. Cook gently until vegetables are done. Add 1 quart rich milk or cream.



### **KAKITAMAJIRU SUIMONO (Scrambled Egg Soup)** —Mrs. Henry Ushijima

|                        |                                              |
|------------------------|----------------------------------------------|
| 2 eggs                 | 2 teaspoons salt                             |
| 5 cups soup stock      | 1 piece crushed green onion or<br>lemon rind |
| 2 teaspoons cornstarch |                                              |
| 2 teaspoons soy sauce  |                                              |

Add soy sauce, salt, cornstarch to soup stock and bring to boil.

Beat eggs and spread slowly on the surface of the boiling soup. The egg will float like threads.

Garnish with chopped onions, or lemon rind.

### **SWEDISH FRUIT SOUP**

—Otto Leonardson

|                                                |                                        |
|------------------------------------------------|----------------------------------------|
| 1 package (12 oz.) dried apricots              | 1 tablespoon currants                  |
| or 6 ounces each dried apricots<br>and peaches | 1 pound small prunes                   |
| 2 cups white raisins                           | 4 teaspoons tapioca or potato<br>flour |

Cut apricots and peaches in quarters or halves, depending on size. Boil these, raisins and currants in 1 gallon of water from 45 minutes to 1 hour. Cook prunes separately, sweeten and add to rest of fruit after it has been thickened with tapioca.

|                                                |                                                                 |
|------------------------------------------------|-----------------------------------------------------------------|
| 1 can (14 oz.) crushed pineapple<br>or tidbits | 1 can (14 oz.) fruit cocktail                                   |
| 1 small can Royal Anne cherries                | Segments of 2 fresh grapefruit or<br>2 cans grapefruit segments |
| 1 small can orange juice                       |                                                                 |

Add remaining ingredients. Serve hot or cold for lunch, cocktail or dessert. Fresh berries in season or bananas may be added when serving for lunch. This will keep several days in refrigerator.

### **SPLIT PEA SOUP**

—Recipe Book

from Our Savior's Lutheran Church, Park Falls, Wis.

Rinse and soak overnight 1½ cups split peas in 2½ quarts water.

Add:

|                       |                      |
|-----------------------|----------------------|
| 1 ham bone            | ¾ cup chopped celery |
| 1 large onion, diced  | 1 parsley sprig      |
| ¾ cup chopped carrots | Salt and pepper      |

Bring slowly to boiling point and then simmer, covered, 4 to 5 hours. Skim off excess fat and season. Dilute with milk if desired.

### **BARBECUE-TERIYAKI SAUCE**

—Mrs. Henry Ushijima

|                            |                          |
|----------------------------|--------------------------|
| ¾ cup soy sauce            | 1 teaspoon grated ginger |
| 1 tablespoon sherry (saki) | 1 clove garlic grated    |
| ½ cup sugar                | ½ teaspoon MSG (Accent)  |

Chicken, spare ribs, beef, shrimp or fish cut into bite-size pieces are soaked for 1 hour in the thoroughly mixed teriyaki sauce and broiled over charcoal or in the broiler until well cooked.

## CHILI SAUCE

—Mrs. A. R. Kretzmann

½ bushel ripe tomatoes  
1 large stalk celery  
10 medium-sized onions  
10 green peppers  
5 sweet red peppers  
3 cups sugar

3 tablespoons pickling spices  
½ cup salt, not iodized  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
3 cups white vinegar

Scald and peel tomatoes. Cut into small pieces. Clean celery, peppers and peel onions, cut all into small pieces. Put pickling spices into piece of cheese cloth, tie shut securely. Put all ingredients into large kettle or roasting pan. Bring to boil and boil slowly about 3 hours. This must be stirred very frequently to prevent burning. Place into hot sterile jars at once and seal.

## STEAK SAUCE

—Mrs. John Baumgaertner

Juice of 3 lemons  
3 whole scallions, chopped fine  
1 tablespoon chopped green pepper

¼ teaspoon salt  
2 tablespoons chopped fresh mint leaves  
¼ cup olive oil

Mix all the ingredients thoroughly and let the mixture stand in the refrigerator for 24 hours. Serve with steak.

## BARBECUE SAUCE

—Mrs. H. F. Treptow

2 medium-sized onions  
½ cup butter  
½ teaspoons mustard  
½ teaspoons salt  
2 teaspoon chili powder

2 cups catsup  
3 tablespoons lemon juice  
3 tablespoons vinegar  
½ teaspoon Worcestershire sauce  
A dash of onion salt

Boil the onions with 1 cup of water until soft. Remove the onions. Add rest of ingredients to the onion water. Bring to a boil and cook for 5 minutes. Spread over meat or fish that is almost finished cooking on your outdoor pit. Yield: 2½ cups sauce.

## KETCHUP

—Mrs. Janis Aperans

Place the following ingredients in a large, heavy kettle and mix well:

1 tablespoon allspice  
¾ tablespoon cloves  
2 tablespoons ginger  
2 tablespoons and ¼ teaspoon dry mustard

1½ tablespoons cinnamon  
1 teaspoon black pepper  
1 tablespoon salt  
1½ tablespoons cornstarch

Add:

1½ cups vinegar  
9 8-ounce cans tomato sauce

1 13-ounce can tomato juice

Simmer for 30 minutes. This is a rather mild ketchup. The "hot" variety is prepared by omitting the cornstarch and tomato juice.



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