from

Your Neighbor's Kitchen

As Published In The

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Manchester Evening Herald

MANCHESTER, CONNECTICUT

PREFACE

Dear Readers:

The annual Herald Cookbook, according to many of our subscribers, is becoming as much a part of the traditional Christmas season as mistletoe, holly, carol sings and fruitcake.

Without our gracious contributors to Neighbor's Kitchen our "traditional" Thank You gift to our subscribers would not be possible and once again, we thank you all.

May the aromas emanating from your kitchen during the holiday season fill your home with fragrance.

Yours for a Christmas filled with joy and a New Year abounding with plenty.

Doris Belding

From Your Neighbor's Kitchen

by

Doris Belding

COOK BOOK ILLUSTRATIONS BY JOHN LACY

PHOTOGRAPHS BY SYLVIAN OFIARA, JOSEPH SATERNIS
AND REGINALD PINTO OF THE HERALD

as published in the

Manchester Evening Herald

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Breads and Rolls

Mrs. Joseph (Edith) Reynolds of 86 Niles Dr., has revived the art of bread making in her home and makes Swedish Rye Bread from an old family recipe. A native of Washington, D. C., she has lived in Manchester more than 21 years. She is a past president of Manchester Emblem Club and a member of the Past President's Association of Connecticut and Women's Club of Manchester.

★

Swedish Rye Bread

1 envelope active dry yeast
1 tablespoon sugar
¼ cup luke warm water
1 quart luke warm water
½ cup melted shortening
1 cup molasses
1 cup brown sugar, firmly packed
4 cups unsifted rye flour
8½ cups unsifted white four, (approximately)

Dissolve yeast and sugar in the one-fourth-cup of water. Add one quart water, shortening, molasses and brown sugar; mix well. Stir in rye, then white flour, adding additional flour necessary to form stiff dough. Knead on well-floured surface until smooth and elastic, 8 to 10 minutes. (Dough will be sticky and the hands should be well floured). Place in greased bowl, turning dough to grease top. Cover and let rise in warm place about two hours, until dough doubles in size. Punch down.

Divide dough into four equal pieces. Shape into loaves. Place in 9 x 5 x 3 loaf pans. Cover. Let rise until doubled, about two hours. Bake in 350-degree oven for 45 minutes. Yield: Four large loaves.

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MRS. ELDNA JOHNSTON

Mrs. Eldna Johnston of Tunnel Rd., Vernon, has a widely spread reputation as a "good cook." Pumpkin Bread is one of her holiday favorites. She is a member of Vernon Methodist Church, sings in its choir and directs its Junior Choir. She is on the executive committee of the WSCS at the church. She is president of the Chaminade Musical Club of Manchester.

★

Pumpkin Bread

4 eggs, beaten
1 cup cooking oil
3 cups granulated sugar
1 14-ounce can pumpkin
3½ cups flour
1 teaspoon baking powder
2 teaspoons baking soda
2 teaspoons salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice
⅔ cup water

Combine eggs with oil, sugar and pumpkin. Mix in other dry ingredients and lastly blend in water. Place dough in three greased loaf pans. Bake in 350-degree oven one hour, or until done.

★ ★ ★ ★ ★

Anadama Bread is a specialty of Mrs. James (Helen) Cunningham of 159 Branford St., who says she loves to bake and cook. She is a communicant of St. James' Church and a member of the Koffee Krafters of the YWCA.

★

Anadama Bread

½ cup cornmeal
2 tablespoon shortening
½ cup molasses
3 teaspoons salt
2 cups boiling water
2 yeast cakes
5 to 6 cups sifted flour

Combine cornmeal, shortening, molasses and salt in bowl. Pour boiling water over ingredients and stir until shortening dissolves. Let stand until lukewarm. Crumble yeast cakes into lukewarm mixture; stir until softened and well blended. Add five or six cups sifted flour, or enough to make stiff dough. Knead lightly and let rise until double in bulk. Knead again, divide in half; place in greased bread pans and let rise until about double in bulk. Bake 45 minutes in 375-degree oven. This recipe makes two large loaves of bread.

MRS. GARY CORNELL

Mrs. Gary Cornell of 120 Delmont St., wife of the associate pastor of South Methodist Church, brought a recipe for Beaten Biscuits with her from her native Kentucky. She sings in the church choir, teaches a Sunday School class of three-year-olds and does district work for children in Christian Education for the Methodist Church.

Beaten Biscuit

2 cups sifted all-purpose flour
½ teaspoon salt
1½ teaspoons sugar
½ teaspoon baking powder
⅓ cup shortening
½ cup milk and water, mixed half and half

Sift flour with other dry ingredients. Cut in shortening until mixture resembles coarse meal. Stir in liquid. Knead dough 30 seconds. Put dough through food chopper eight times using medium blade. Roll dough to one-quarter-inch thick and fold in half. Roll again to one-quarter-inch thickness. Cut out biscuits with one-inch biscuit cutter. Place in ungreased, shallow pan. Prick tops with fork. Preheat oven to 350-degrees and bake biscuits 25 to 30 minutes or until lightly browned. Biscuits may be served hot or cold.

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Apple-Cinnamon Muffins

1½ cups flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ cup soft shortening
1 egg
½ cup milk
1 cup grated or chopped unpeeled apple

Sift together dry ingredients and cut in shortening. Add egg, milk and apple and mix together with fork or blender. Stir just until ingredients are blended. Fill greased muffin tins or tins with paper liners, two-thirds full. Top with a mixture of one-third cup brown sugar, one-third cup chopped nutmeats and one-half teaspoon cinnamon, blended together. Bake in 400-degree oven about 25 minutes. This recipe makes a dozen muffins.

- - - Mrs. Kenneth E. Bensen

Cakes and Cookies

Christmas Pound Cake with Icicle Glaze is a favorite dessert in the home of Mrs. Howard E. Lappen of 53 Meadow Lane, South Windsor, not only during the holidays, but at any season. She is a member of St. Margaret Mary Church, South Windsor, and its Ladies Guild and of Ellsworth Middle School and Eli Terry PTAs.

★

Christmas Pound Cake

3 cups sifted all-purpose flour
½ teaspoon baking soda
½ teaspoon baking powder
¾ teaspoon salt
1 cup butter (2-sticks)
2 cups sugar
4 eggs
1 teaspoon vanilla
1 teaspoon lemon extract
1 cup buttermilk
1 cup candied red cherries, drained and chopped

Sift together twice flour, baking soda, baking powder and salt. Cream butter with sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Blend in flavorings. Add flour mixture to sugar and butter alternately with buttermilk, beating until smooth after each addition. Blend in chopped cherries.

Grease 10-inch tube pan with butter and line with brown paper. Pour batter into pan and bake in moderate, 350-degree oven, about one hour and ten minutes, or until a cake tester inserted in center of cake comes out clean. Remove from pan and cool. Spread with Icicle Glaze, letting it drip down sides. For Christmas decorate with red cherries and green citron.

★

Icicle Glaze

1½ cups sifted confectioners sugar
2 tablespoons milk
¼ teaspoon vanilla

Blend ingredients in small bowl until smooth.

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Mrs. Roger Kennedy of 27 Philip Rd., says "Carmel Topped Chocolate Loaf rates high with my family and guests." She is a member of the Parent's Club of East Catholic High School and a member and activity chairman of the New comer's Club of the Manchester YWCA.

★

Caramel Topped Chocolate Loaf

- 1⅔ cups sifted flour
- 1 teaspoon baking soda
- ½ teaspoon double action baking powder
- 1 teaspoon salt
- 1⅓ cups sugar
- ½ cup cooking oil or solid shortening
- 1 cup buttermilk or sour milk
- 3 squares (3 ounces) chocolate, melted and cooled
- 2 eggs, unbeaten
- 1 teaspoon vanilla

All ingredients should be at room temperature. If self-rising flour is used, baking powder and salt should be omitted and baking soda reduced to ½ teaspoon. If solid shortening is used (butter, margarine or lard), the total amount of milk should be reduced to ¾ cup.

Sift all dry ingredients together and add shortening (oil) and ⅔-cup buttermilk or sour milk and beat for two minutes until batter is well blended and glossy. If electric mixer is used, beat at low to medium speed for same period of time. Add remainder of milk, melted chocolate, unbeaten eggs and vanilla and beat for additional two minutes. Pour into lightly greased and floured 10 x 10 x 2 or 12 x 8 x 2-inch loaf pan. Bake in moderate, 350-degree oven, for 40 to 45 minutes or until center of cake springs back when touched. Cool before icing with Caramel Frosting

★

Caramel Frosting

- ⅓ cup sugar
- ⅓ cup hot water
- 3 tablespoons butter
- 3 cups sifted confectioners sugar

Place sugar in saucepan over direct heat until sugar begins to melt; reduce heat and stir constantly until sugar is light brown and melted completely. Add hot water slowly and simmer until all the caramel is dissolved. Cream the butter with confectioners sugar. Add caramel syrup gradually and beat well. Thin with cream if necessary. Spread on cooled cake.

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Mock Brownie Bars

- 1 cup graham cracker crumbs
- 1 cup (14-ounces) condensed milk
- 1 package chocolate chips

Place all ingredients in a large bowl and mix thoroughly. Pour into a greased pan. A brownie pan, loaf pan or any type baking pan may be used, according to Mrs. Lassow. Bake in 350-degree oven for 35 minutes. Let cool and cut into bars or squares.

These are good plain or served with vanilla ice cream and fudge sauce.

- - - Mrs. Arthur S. Lassow

MRS. CHARLES BETTINGER

Mrs. Charles Bettinger of 52 Devon Dr., enjoys making Oatmeal Cake and also loves the spicy fragrance which fills her kitchen when the cake is baking. She is a member of Center Congregational Church and Hope Chapter, OES, where she is an officer. She is also a member of the Nutmeg Division, Northeast Region, National Model Railroad Association, of which her husband is president.

★

Oatmeal Cake

1 cup quick-cooking oats
1¼ cups boiling water
¼ pound or ½ cup soft margarine
1 cup sugar
1 cup brown sugar
½ teaspoon salt
1 teaspoon vanilla
2 eggs, beaten
1½ cups presifted flour
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg

★

Topping

1 egg
¾ cup brown sugar
3 tablespoons margarine, melted
3 tablespoons milk
½ cup chopped nuts
1 cup flaked coconut

Mix oats and boiling water in bowl and let stand one-half hour. Cream brown and white sugar with margarine, add eggs and vanilla and stir well. Add oat mixture to sugar and other ingredients and mix. Gradually blend in flour, baking soda and spices. Pour batter in 13 x 9 x 2-inch greased pan.

Make topping by combining egg, sugar, melted margarine and milk. Pour this over batter then sprinkle with nuts and coconut.

Bake in 350-degree oven for 50 minutes.

Mrs. Emil W. (Millie) Lucek of 72 Bowers St., makes a fruitcake for, she says, "those previously not fond of fruitcake." She came to Manchester from Middletown and is an active member of the Newcomer's Club of the YWCA. She is a communicant of St. Bridget Church.

★

White Fruit Cake

1 cup crystalized cherries (mixed colors) cut in half
1 cup crystalized pineapple slices, cut in half
½ cup white seedless raisins
4 cups chopped pecans or walnuts
½ cup butter
5 eggs
1 small bottle (one-half ounce) vanilla extract
⅔ small bottle of lemon extract
1 cup sugar
2 cups flour
1½ teaspoons baking powder
½ teaspoon salt

Cream butter and sugar; sift together remaining dry ingredients and add to creamed mixture, alternately with eggs. Add extracts and mix. Combine fruits and nuts and add to batter. Mix well. Grease two loaf pans and line with wax paper which has been greased and flour coated. If making a Groom's Cake use graduated round cake pans, three quarters full. Bake in 250-degree oven about two to two and one-quarter hours. A pan of water should be placed on the bottom rack in the oven while cake is baking.

★

Instant Icing

1 pint medium cream
1 four ounce package instant chocolate pudding
1 teaspoon instant coffee (optional)

Beat all ingredients together until of spreading consistency, about three to five minutes. Vanilla pudding may be used in place of chocolate and garnish with pineapple tidbits or maraschino cherries.

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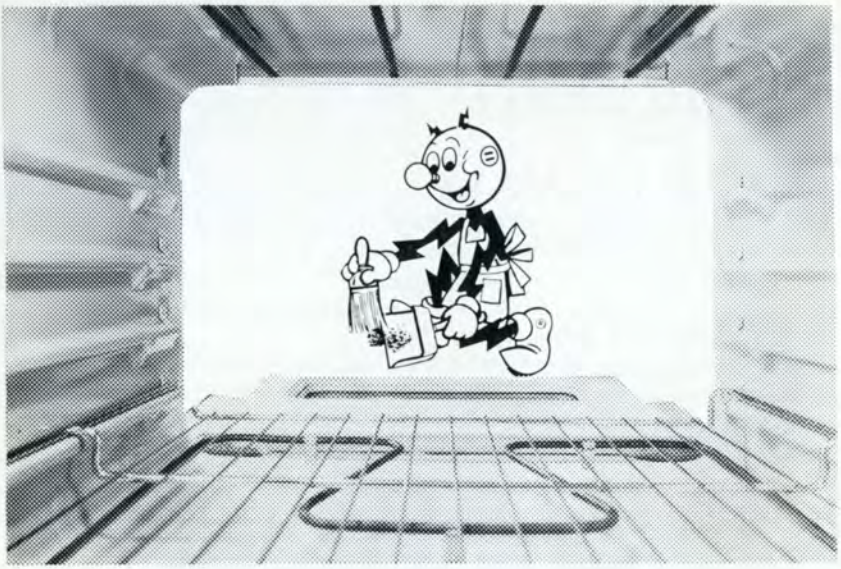

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Cheesecake Crust

8 whole graham crackers
¼ cup melted butter
¼ cup sugar

Crush graham crackers into fine crumbs. Mix with other ingredients and press on bottom and sides of well greased spring form pan. Chill.

Filling

3 eight-ounce packages cream cheese
4 eggs
1½ cups sugar
⅛ teaspoon salt
1 teaspoon vanilla

Blend cream cheese with sugar and beat in eggs, one at a time. Add vanilla and salt and beat until smooth. Pour into crust and bake in 350-degree oven for one hour.

Topping

½ pint sour cream
¼ cup sugar
1 teaspoon vanilla

Mix ingredients. Remove cake from oven and let cool for 15 minutes. Set oven at 450 degrees. Spread topping on cake and return cake to oven for 10 minutes. Remove cake and chill at least one hour before serving.

- - - Mrs. Charles Glade Jr.

★ ★ ★ ★ ★

Apple or Peach Cake

2 cups flour
½ cup sugar
2 teaspoons baking powder
1 egg
1 teaspoon salt
¾ cup milk
1 stick margarine (room temperature)
apple or peach slices

Mix ingredients, except fruit, together and pour into ungreased 9 x 15-inch pan. Place apple or peach slices on batter and sprinkle with topping and bake 30 minutes in 400-degree oven. Cake may be served warm or cold, plain or with whipped cream or ice cream.

Topping

1 cup sugar
4 tablespoons flour
4 tablespoons melted shortening
dash cinnamon

Mix all ingredients and sprinkle on cake.

- - - Mrs. Richard Mortimer

★ ★ ★ ★ ★

Ice Cream Wafers

½ cup vegetable shortening or butter
½ cup sugar
1 egg, well beaten
¾ cup flour
½ teaspoon salt
½ teaspoon vanilla

Blend shortening with sugar and mix until light and creamy; add beaten egg; stir in sifted flour and salt. Beat batter vigorously and mix in vanilla. Drop by teaspoonsful on greased cookie sheet. Do not place cookies too close together. Place a nut meat on each cookie and flatten. Bake in 325-degree oven for 10 to 15 minutes, or until lightly browned.

- - - Mrs. Paul Jacobson

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"A very special cake for very special occasions," is the way Mrs. James Bjorkland of 9 Hemlock Dr., Vernon, describes her Banana Ripple Cake. She is a communicant of Sacred Heart Church, Vernon, the Manchester Junior Women's Club, Inc., and Our Lady of Good Council Mothers Circle.

★

Banana Ripple Cake

½ cup chocolate bits
¼ cup water
2 cups flour
¾ teaspoon baking soda
½ teaspoon salt
¼ teaspoon baking powder
½ cup butter or margarine
1½ cups sugar
2 eggs, separated
1 cup mashed bananas
⅓ cup sour cream
1 teaspoon vanilla
½ cup walnuts, chopped

Melt chocolate bits in water until smooth; set aside to cool. In a separate bowl combine dry ingredients and set aside. In another bowl cream butter with one-cup of sugar; add egg yolks and beat until smooth.

Combine bananas, vanilla and sour cream; add to creamed mixture, alternately with dry ingredients. Stir in nuts.

Beat egg whites in separate bowl until they stand in soft mounds. Gradually add one-half cup sugar to egg whites and beat until stiff and fold into batter.

Grease tube cake pan. Place one-half of batter in pan and drizzle melted chocolate around the top of the batter. Add remaining batter by dropping on top of, and just covering, chocolate.

Place in 350-degree oven for 45 minutes. When baked remove from oven, cool and cover with Butter Glaze.

★

Butter Glaze

Brown two tablespoons butter in a saucepan. Blend in one-cup sifted confectionery sugar, one-half teaspoon vanilla and two to three tablespoons milk. Mix and pour over cooled cake.

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Wedding Cake

1 box (1-pound) seedless raisins
2 cups water
1 cup cold water
¾ cup shortening
2 cups sugar
4 cups sifted flour
1 tablespoon baking soda
1 pinch baking powder
1 teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon vanilla

★

Optional Ingredients

½ pound candied fruit
¼ cup wine or rum plus ½ cup flour
¼ cup chopped dates
¼ cup maraschino cherries
½ cup chopped nut meats, walnuts or pecans
1 teaspoon rose water

For a small-tiered wedding cake, Mrs. Merriman says she doubles this recipe and usually adds extra ingredients.

Place raisins and two-cups water in large (about four-quart) kettle; stew 15 minutes and add one-cup cold water, shortening and sugar. Mix dry ingredients and add to raisin mixture in kettle; add vanilla and mix. Optional (as many as preferred) ingredients may now be added.

(If basic cake is made batter may now be placed in two greased loaf pans and placed in 350-degree oven about one hour, or until cake springs back when depressed on top).

When making double recipe for wedding cake, batter is placed in 12-inch, 10-inch and 8-inch, greased and floured pans which have been lined on the bottom with a circle of brown paper. Cake is baked in 350-degree oven, which has been preheated.

The 12-inch pan should be placed on a rack about three inches from oven bottom and the 8-inch pan about four inches from the top. (The 10-inch pan is baked separately, about two hours). The eight-inch cake is done in about one-hour. The large cake takes about two hours. When small cake is removed, place large cake on rack in center of oven.

For making her large anniversary cake, Mrs. Merriman made the double recipe twice.

Cool the cake and frost with light sugar icing made of water, confectioners sugar and vanilla. This soaks up crumbs so they do not mar frosting. Mrs. Merriman uses cake cardboards and frosts each cake before putting together.

★

Outer Frosting

1⅓ cups soft butter
12 cups sifted confectioners sugar
¾ cup cream
2 tablespoons vanilla
¾ teaspoon almond flavoring
pinch of salt

For well iced cake this recipe should be doubled. Also, for white icing, use vegetable shortening instead of butter.

Sugar Bells

1 bell mold
1 pound granulated sugar
2 teaspoons water

Pack mixture in mold and place on covered board. Let dry for two hours. Scoop out center and remove from mold.

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Saucepan Brownies

⅓ cup shortening
2 squares unsweetened chocolate
½ teaspoon vanilla
1 cup sugar
2 eggs
¾ cup sifted flour
¼ teaspoon salt
¼ teaspoon baking powder
¾ cup chopped nuts

Melt shortening and chocolate in a saucepan over low heat, stirring constantly. Remove from heat and cool. Add sugar and vanilla and beat in eggs, one at a time, beating well after each addition. Add flour, which has been sifted with salt and baking powder, then add chopped nuts. Pour batter into 8 x 8 x 2-inch pan which has been buttered and lined with waxed paper. Bake in 325-degree oven for 25 minutes. Turn out on cake rack, remove paper; cool and cut into squares.

- - - Mrs. Elmore Hohenthal

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MRS. RAYMOND L. SMITH

Mrs. Raymond L. (Ruth) Smith of 51 Walnut St., purchased the recipe for Queen Elizabeth II Cake at a fund-raising recipe exchange and has been giving it away ever since. She is a member of South Methodist Church and its Percy Smith Circle and a member and welfare chairman of the Chaminade Musical Club.

★

Queen Elizabeth II Cake

1 cup chopped dates
1 teaspoon baking soda
1 cup boiling water
1 cup sugar
¼ cup butter (half of quarter-pound stick)
1 egg, beaten
1 teaspoon vanilla
1½ cups flour
1 teaspoon baking powder
1 teaspoon salt

Preheat oven to 350 degrees. Grease 9 x 12 x 2-inch pan. Place chopped dates and baking soda in bowl and cover with boiling water. Let stand until cool. Cream butter, sugar and egg; add remaining ingredients and blend. Add batter to date mixture. Place cake in greased pan and bake in 350-degree oven for 35 minutes. Remove from oven and spread with boiled topping.

★

Boiled Topping

5 tablespoons sugar
5 tablespoons cream or evaporated milk
2 tablespoons butter
1 cup chopped nuts (walnuts or pecans)
shredded coconut (optional)

Mix sugar, cream and butter in saucepan over medium heat and bring to boil for there minutes, stirring constantly. Remove from heat and spread quickly on warm cake. Sprinkle with chopped nuts and coconut. Mrs. Smith says the cake keeps well and may be stored for one week. She also mentioned it was "especially wonderful when served with vanilla ice cream."

Mrs. Lenwood Hill of Bolton Rd., Vernon, makes French Coffee Cake from a recipe which is a variation of the popular sour cream coffee cake. A graduate of the New England Hospital School of Nursing, Mrs. Hill is a part-time member of the nursing staff of Rockville General Hospital. She is a member of First Congregational Church, Vernon.

★

French Coffee Cake

¼ cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup dairy sour cream
2 cups flour, sifted
1 teaspoon baking powder
1 teaspoon baking soda

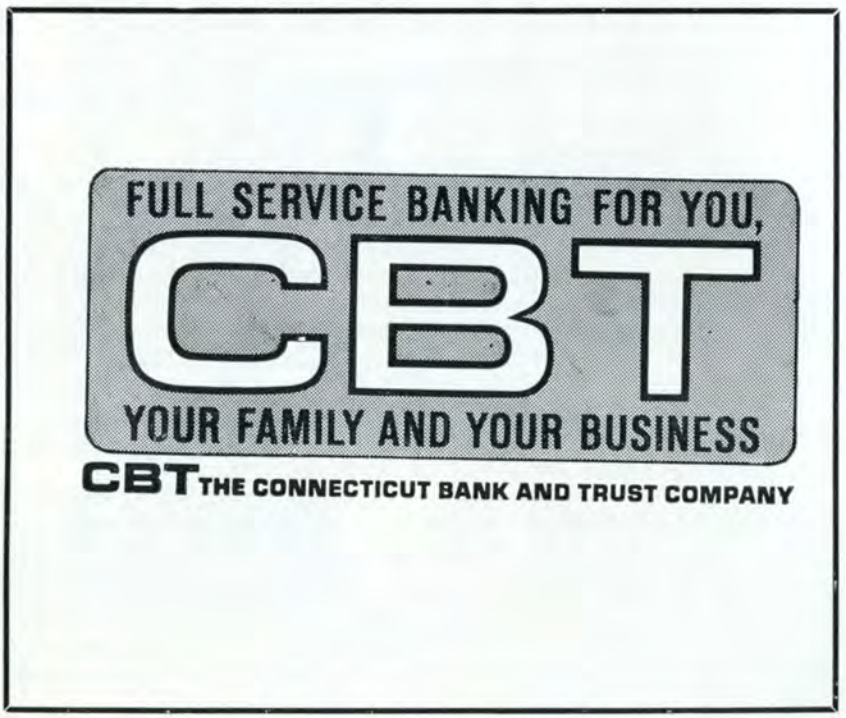
Filling

Mix:
1½ squares unsweetened chocolate, grated
¾ cup chopped nuts
¼ cup sugar

For cake, sift together dry ingredients and set aside. Cream together butter and sugar; add eggs, one at a time, beating well after each. Add dry ingredients to creamed mixture alternately with sour cream and beat well, at least two minutes, with electric mixer. Add vanilla last and mix.

Pour one-half of batter into a greased tube or loaf pan. Cover with about two-thirds of the filling and top with remaining batter. Cut through batter with knife for marbleized effect. Sprinkle remaining filling on top of batter.

Bake in 350-degree oven for 50 to 55 minutes.



Coconut Squares

20 graham crackers
1 stick margarine
1 can condensed milk
1 twin-pack of flaked coconut
4 small milk chocolate bars

Roll the crackers until they are in fine crumbs, and mix with margarine. Press into 11x7x1½-inch pan. Bake in 350-degree oven 15 minutes. Mix milk with coconut and spread on cracker crumb mixture. Return to oven and bake additional 15 minutes. Remove from oven and while still hot top with chocolate bars. Spread bars over top when they have melted. Cool and cut into squares.

- - - Mrs. Norman Cable

★ ★ ★ ★ ★

Bird's Nest Cookies

1 cup butter or margarine
½ cup brown sugar
½ teaspoon vanilla
¼ teaspoon salt
2 cups flour
2 egg yolks (unbeaten)
about 1¼ cups nuts meats, chopped, preferably walnuts or pecans
2 egg whites, (unbeaten)
jam, jelly or cherries

Cream butter; add sugar gradually and cream; add unbeaten egg yolks and mix well. Add vanilla, salt and flour; mix well. Roll dough in one-inch balls; dip in unbeaten egg whites; roll in chopped nuts and press center with thumb making an indentation to fill with jelly, jam or cherries.

Place on ungreased cookie sheet and bake in 350-degree oven for 12 to 15 minutes, until lightly browned

This recipe makes about 40 cookies.

- - - Mrs. Leonard Green

★ ★ ★ ★ ★

King Gustaf's Ginger Cookies

1¼ cups cream whipped to stiff foam
1 egg, beaten
1⅓ cups dark corn syrup
2 tablespoons powdered cinnamon
1 tablespoon ginger
½ tablespoon cloves
2 cups sugar, rounded
1 tablespoon baking soda
11 cups flour
1 pound butter

Add egg and syrup to cream and mix. Blend in cinnamon, ginger, cloves and sugar. Add baking soda to eight cups of flour, mix and thoroughly blend with butter. Stir the butter-flour mixture into the egg-cream and spice mixture and mix thoroughly until dough is very smooth. Place in refrigerator overnight. The following day, work three cups of flour, one at a time, into the dough. Roll dough very thin and cut into cookies. Place on cookie sheets and bake in 375-degree oven, 8 to 10 minutes, until done. This recipe make 250 cookies.

- - - Mrs. Eldna Johnston

MRS. MULREADY and GRANDSON

Mrs. James P. Mulready of 19 Preston Dr., is a member of the Parent's Association of Mansfield Training School. Her recipe for Coffee Bars is in a cookbook "Recipes to Count On," compiled and sold by the association. Proceeds will benefit the school. She is also a member of Manchester Association for the Help of Retarded Children, the Ladies Guild of the Church of the Assumption and a Catholic Mothers Circle. She is a teacher of religion at Assumption School.

Coffee Bars

1 cup raisins
1 cup strong coffee
1 teaspoon cinnamon
⅔ cup shortening
1 cup sugar
2 eggs
2 cups flour, sifted
½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
½ cup nut meats, chopped

Heat coffee to near boiling point, add raisins and cinnamon and let stand. Cream shortening and sugar; add eggs, one at a time, beating well after each addition. Add coffee-raisin mixture to creamed shortening and mix well. Measure and sift together dry ingredients and add to first mixture, beating well. Spread batter in greased, shallow pan, about 10 x 16 inches. Bake in moderate 350-degree oven for 20 to 25 minutes. While still warm, spread with glaze made by adding enough strong coffee to 1½ cups confectioners sugar to make a thin icing of spreading consistency. Cool and cut into bars.

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Jelly Balls

1 cup butter or margarine
¼ cup sugar
2 egg yolks
2⅔ cups sifted flour
raspberry and apricot jam

Heat oven to 350 degrees. Work butter in a bowl until creamy. Add sugar and beat until light and fluffy. Add egg yolks; beat well. Add flour gradually and mix until smooth. Shape level tablespoons of dough into balls. Place on greased cookie sheet. Press each ball with thumb. Drop a little jam into each depression. Bake 10 to 12 minutes until lightly browned. Cool on racks. Yield: Four dozen.

Strawberry Cake Roll

Sponge Cake
sliced, sugared strawberries
1 tablespoon rum
3 teaspoons unflavored gelatin
2 cups, plus two tablespoons of heavy cream

Make Latta's Sponge Cake, or any sponge cake recipe, in a 15 x 10 x 1-inch jelly roll pan which has been lined with buttered waxed paper. Bake in moderate 350-degree oven for 12 minutes, until cake tester comes out clean. Turn out cake, remove paper and cool slightly. Roll cake in a damp towel. Just before serving, unroll cake, remove towel and sprinkle with powdered sugar. Fill center with sliced strawberries, which have been sugared to taste and mixed with rum and one teaspoon of gelatin. Roll up cake as it would be rolled for a jelly roll.

Mix two tablespoons of heavy cream with two tablespoons gelatin. Whip remaining two cups of cream and sweeten to taste. Fold gelatin mixture into whipped cream and spread over cake roll.

Cake may be sprinkled with chopped pistachio nuts and decorated with whole berries.

- - - Mrs. James Early Jr.

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For June Brides on a budget Mrs. Raymond Merriman of 96 Norman St., suggests they make their own wedding cake from her inexpensive recipe. Mrs. Merriman is a member of South Methodist Church and the Koffee Krafters of the YWCA and South Windsor Garden Club.

★

Apple Slices

2 cups flour
½ teaspoon salt
½ tablespoon baking powder
¾ cup shortening
1 egg, well beaten
1 tablespoon lemon juice
5 tablespoons cold water
7 or 8 apples, pared and sliced

Sift together dry ingredients and cut in shortening. Add egg, lemon juice and water and mix and chill in refrigerator, preferably overnight. (If dough is not chilled it will be sticky. Mrs. Bensen says). When thoroughly chilled, roll out dough for top and bottom crust to fit a 10 x 15-inch jelly roll pan, using a little more than half of the dough for the bottom crust. Place apple slices on bottom crust and sprinkle with a mixture of:

1 tablespoon flour
¾ cup sugar
pinch salt
nutmeg, cinnamon and mace to taste

Cover with top crust and bake in 375-degree oven about 40 minutes. Remove from oven and drizzle with an icing of confectioners sugar thinned down with hot milk.

- - - Mrs. Kenneth E. Bensen

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Latta's Sponge Cake

6 eggs
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 cup, plus 2 tablespoons sugar
1 cup sifted all-purpose flour
pinch salt

Separate eggs; beat yolks slightly with fork and add lemon juice and rind. Beat egg whites with salt until they hold in soft peaks. Add sugar, a little at a time, beating constantly until all sugar has been used and meringue is stiff.

Fold one-fourth of meringue into egg yolk mixture, folding thoroughly. Pour mixture over remaining egg whites and sprinkle flour over top. Fold whites, yolks and flour together, gently but thoroughly until no large pieces of meringue remain.

Pour into buttered and lightly floured cake pans. Bake in 350-degree oven until nicely browned and surface is springy when touched. A tube pan will take about 35 or 40 minutes; a 13 x 9 x 2-inch pan or cupcake tin, 15 to 20 minutes and a 15 x 10 x 1-inch pan, 12 to 15 minutes. Cool cake in pan before removing.

- - - Mrs. James Early Jr.

MRS. ANDERSON and SHARON

Mrs. James (Pat) Anderson of 192 Hollister St., gives Halloween callers Trick or Treat Cookies with orange icing. She is a member of Trinity Covenant Church, its Choir and Women's Guild and publicity chairman of the guild. She and her husband are counselors of the Trailblazers, a group of Grade 4, 5 and 6 students at the church.

★

Trick or Treat Cookies

1 cup shortening (part butter)
¾ cup sugar
1 cup molasses
1 egg
3½ cups flour
1½ teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon salt
¼ teaspoon allspice

Cream together shortening, sugar, molasses and egg. Sift in flour, soda and spices and mix only until blended. Chill. Form into 1½-inch balls and roll in sugar. Place on ungreased cookie sheet. Flatten to one-quarter-inch thickness by pressing with sugar coated bottom of water glass. Bake in 375-degree oven about 10 minutes. Cool. Decorate with orange icing. Store in tightly covered container. This recipe makes about three dozen cookies.

★

Orange Icing

1 cup sifted confectioners sugar
4 teaspoons orange juice

Mix sugar and juice together until smooth. Place in decorating tube and make cat faces and jack-o-lanterns on cookies. For a brighter orange color, add yellow and red food coloring to the icing.

MRS. BENSON and GIRLS

Mrs. Kenneth E. (Doris) Bensen of 257 Ludlow Rd. has several ways of preparing apples when they are in season. Mint-Apple Frosty is one of these. She is a member of Emanuel Lutheran Church, its Ruth Circle, Emanuel Church Women, Lutherweds and a library committee; Bennet Junior High School PTSO and Highland Park School PTA.

★

Mint-Apple Frosty

1 can aplesauce or 1 pound fresh applesauce
¼ cup sugar
1½ tablespoons lemon juice
3 drops peppermint extract
green food coloring
1 cup heavy cream, whipped stiff

Mix all ingredients, except whipped cream, in large bowl and tint with green food coloring. Fold cream into applesauce mixture. Spoon mixture into freezing tray or muffin cups and freeze until firm. Garnish with cherry halves before freezing or with sprigs of mint after freezing. Freeze until firm. This may be served as a dessert or salad.

MRS. LEONARD GREEN

Mrs. Leonard (Grayce) Green of Loveland Hill, Rockville enjoys creating original recipes and has done so with Grapenut-Raisin-Lemon Gelatin. She is a longtime resident of Rockville and a member of St. John's Episcopal Church and past president of its Silver Cross Society, chairman of its mission supply committee and past financial secretary. She is a past matron of Hope Chapter, OES, Rockville and has served the chapter in many offices and chairmanships. She is also a past mother advisor of Rockville Assembly Order of Rainbow for Girls and past lecturer of Vernon Grange.

★

Grayce's Grapenut-Raisin-Lemon Gelatin

1 package lemon gelatin
½ cup grapenuts
½ cup raisins
½ cup chopped nuts, walnuts or pecans

Prepare gelatin as directed on package and while still hot add grapenuts and raisins, then add chopped nuts, which will float on top of the gelatin. Chill until firm. May be served topped with whipped cream or plain. This recipe serves six.

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Carnival Dessert

⅓ cup shortening
1½ cups sugar
2 eggs, beaten
2¼ cups flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup milk
1 No. 2 can sour cherries, well drained, reserve juice
½ cup chopped nuts, walnuts or pecans are preferred

Cream shortening and gradually add sugar and cream until fluffy. Blend in beaten eggs and mix. Sift together flour, baking powder, baking soda and salt and stir into creamed mixture, alternately with milk. Mix in drained cherries and nuts. Pour into greased 8 x 12-inch baking pan. Place in 350-degree oven and bake about 50 minutes. Serve warm with hot cherry sauce.

- - - Mrs. Henry Martin

Cherry Sauce

½ cup sugar
dash salt
2 tablespoons cornstarch
¾ cup cherry juice
1 cup water
¼ teaspoon almond extract

In saucepan, mix sugar, salt and cornstarch, and stir in cherry juice and water. Boil until mixture thickens and the starchy taste disappears, about 10 minutes. Stir constantly until sauce boils, then occasionally after it boils. Remove from heat and add almond extract.

- - - Mrs. Henry Martin

★ ★ ★ ★ ★

Frosty Mandarin Dessert

2 packages orange gelatin
1 can 11-ounces, mandarin oranges
2 cups boiling water
1 pint orange sherbet, softened

Dissolve gelatin in boiling water. Drain oranges and measure syrup, adding water to make one cup. Add to gelatin. Chill until slightly thickened. Blend in sherbet and mandarin oranges. Pour into one-quart mold. Chill until firm. This recipe make eight servings.

- - - Mrs. Richard Niese

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MRS. MARSHALL and CHILDREN

What to do with stale bread is no problem in the home of Mrs. Richard Marshall of 240 Lydall St. She makes it into Bread Pudding Extraordinarie from a recipe devised by her mother. She is a member of St. Mary's Episcopal Church and its St. Paul's Guild; a member of the Newcomer's Club of the YWCA and Buckley School PTA.

★

Bread Pudding Extraordinaire

1 cup brown sugar, loosely packed
4 slices buttered bread
3 eggs, slightly beaten
2⅔ cups milk
dash of salt
nutmeg

Place loosely packed brown sugar in top of double boiler, which has water in the lower half of the pan. Pile bread slices, one on the other and cube into small pieces and drop the bread onto the sugar. Mix the eggs, milk and a dash of salt and pour over bread cubes. Be especially careful not to disturb the brown sugar under the bread cubes. Make sure the bread is thoroughly soaked with egg mixture. Sprinkle generously with nutmeg until top is covered.

Cover pan and bring water in the lower half to boil. Boil slowly for about 1½ hours, or until silver knife blade comes out clean when inserted in the pudding.

Serve pudding in dessert dishes, alternating brown sugar-syrup with pudding when placing in dishes. The dessert may be served warm or cold and may be topped with whipped cream if desired.

MRS. LASSOW and HILERY

Dream Pie is a favorite hot weather dessert of Mrs. Arthur S. Lassow "because," she says, "it requires no baking." Cooking and gardening are her hobbies. She is a member of Manchester Chapter of Hadassah.

★

Dream Pie

½ cup instant cocoa mix
2 tablespoons sugar
3 tablespoons cornstarch
¼ teaspoon salt
2 cups milk
1 tablespoon butter
1 teaspoon vanilla
1 cup whipped cream
1 eight-inch baked pie shell

Sift together cocoa mix, sugar, cornstarch and salt into top of a double boiler. Add a small amount of milk to the mixture and stir until it forms a smooth paste. Add remaining milk and cook over boiling water until mixture thickens, stirring constantly. Add butter, cover and cook 15 minutes, stirring occasionally. When cool, add vanilla and mix together just once. Pour into pie shell and chill. Top with whipped cream before serving.

Lemon Chiffon Pie

1 thin 9-inch baked pie shell

Filling

5 tablespoons sugar
2 tablespoons water
3 egg yolks
3 tablespoons lemon juice
grated rind of one lemon

Egg White Mixture

⅛ teaspoon salt
3 egg whites
3 tablespoons sugar

Combine filling ingredients in top of double boiler and cook, stirring constantly, over boiling water until mixture thickens. Remove from heat and cool.

Place salt in egg whites and whip until stiff but not dry, gradually add sugar; fold meringue lightly into filling mixture and fill pie shell.

Brown in 400-degree oven for 10 minutes.

- - - Mrs. John McCandless

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Sour Cream Raisin Pie

1 cup raisins
1 cup sugar
water
1 cup sour cream
2 egg yolks, slightly beaten
2 tablespoons cornstarch
baked pie shell

Cook raisins and sugar with a little water, until raisins are plump and have absorbed all of the liquid. Add sour cream, egg yolks and cornstarch to raisins and cook over low heat until mixture is thickened. Pour into cooled pie shell and top with meringue. Place pie in pre-heated, 400-degree oven, until meringue is pale brown. Remove from oven and cool pie away from drafts to prevent meringue from collapsing. Make meringue by beating egg whites until they peak and slowly adding about one-third cup sugar and pinch of cream of tartar.

- - - Mrs. Adrian Krieger

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Hot Spiced Cider

½ cup water
10 cups cider
2 cinnamon sticks
2 whole cloves
4 tablespoons brown sugar
Peel of one lemon cut in
spiral

Bring all ingredients to boil and simmer 20 minutes.

- - - Mrs. James Anderson

Raspberry Angel Pie

1 pie shell, pastry, graham cracker or cookie crumb

Filling

½ cup sugar
⅓ cup water
2 egg whites, stiffly beaten
1 package unflavored gelatin
2 tablespoons cold water
⅛ teaspoon salt
1 tablespoon lemon juice
½ pint cream, whipped

Boil sugar and water to soft ball stage or to 235 degrees if using candy thermometer. Pour syrup in a fine stream over stiffly beaten egg whites, beating constantly. Soften gelatin in two tablespoons cold water; dissolve in pan over hot water. Combine dissolved gelatin with egg whites and beat one minute; add salt and lemon juice and set aside until cool. Reserve enough whipped cream to make a border on pie. Fold the remainder of the cream into gelatin-egg white mixture; pour into cool pie and chill until firm. Serve with whipped cream border and raspberry glaze in center, or glaze may cover the top of the pie and the whipped cream border may be added on top of the glaze.

Raspberry Glaze

1 cup fresh raspberries or 1 ten-ounce package frozen raspberries
water
⅓ cup sugar
1 tablespoon cornstarch

Press raspberries through sieve and add enough water to make one cup of combined fruit and liquid. Blend fruit mixture gradually into sugar and cornstarch in pan. Place over medium heat and stir constantly until mixture thickens and turn clear. Reduce heat and cook 10 minutes, stirring constantly. Cool and place on pie. If frozen raspberries are used the amount of sugar may be reduced.

- - - Mrs. Ludwig Hansen

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MRS. HOHENTHAL and GRANDCHILDREN

Cooking is one of the many hobbies of Mrs. Elmore Hohenthal of 44 Ridgewood St., and Strawberry Ice Cream Pie is one of her favorite desserts. She is a member of Center Congregational Church and its Bethany Group; Temple Chapter, OES; Chaminade Musical Club and the Simmons College Club of Hartford.

★

Strawberry Ice Cream Pie Crust

1 cup sifted flour
½ teaspoon salt
⅓ cup shortening
2 to 3 tablespoons cold milk

Sift together flour and salt. Cut in shortening until particles are the size of small peas. Sprinkle cold milk over mixture, tossing lightly with fork until dough is moist enough to hold together.

Form dough into ball and roll out on floured board or pastry cloth into 11-inch circle.

Place in pie plate and fold edge to form a standing rim. Flute edge. Pierce crust with tines of fork over entire surface.

Bake in 425-degree oven 10 to 12 minutes, until lightly brown. Cool.

★

Filling

1 package strawberry gelatin
1¼ cups hot water
1 pint strawberry ice cream
1½ cups sliced fresh or frozen strawberries

Place gelatin in two-quart saucepan and dissolve in hot water. Add ice cream by spoonfuls, stirring until melted. Chill until thickened but not set, about 15 to 20 minutes. Fold in drained strawberries. Turn into baked 9-inch pie shell. Chill until firm, about 20 to 25 minutes.

Garnish with whipped cream and whole berries if desired.

Key Lime Pie with Sour Cream Topping

2 eggs
1 can 15-ounces, sweetened condensed milk
½ cup lime juice (about 6 limes)
1 teaspoon grated lime rind
¼ teaspoon salt
green food coloring
baked nine-inch pie shell (pastry or cracker)
½ pint dairy sour cream
⅓ cup sugar
⅛ teaspoon salt
1 to 2 teaspoons grated lime rind

Place eggs in electric mixer bowl and beat slightly. Add condensed milk, lime juice, one teaspoon lime rind and one-fourth teaspoon of salt and beat about two minutes at medium speed. Add enough green food coloring to tint mixture a clear, pale green. Pour mixture into pie shell and bake in 350-degree oven for 10 minutes.

While pie is heating, mix together the sour cream, sugar and one-eighth teaspoon salt. Remove pie from oven and spread topping over the warmed pie. Turn oven heat to 425-degrees. Return pie to oven for five minutes to set topping. Remove pie from oven and sprinkle lime rind around edge. Chill pie before serving.

Pie may be frozen whole, or in serving portions. To freeze, wrap pie securely in moisture and vapor proof wrap. Pie may be served partially frozen or completely defrosted, as desired.

- - - Mrs. David Brenner

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MRS. SOMOZA and LISA

"Chocolate Mousse Pie," Mrs. Paul Somoza of 22 Philip Rd., says, "is a dessert I love to serve because it is so popular with my family and guests." A newcomer to Manchester, Mrs. Somoza is a member of the Newcomer's Club of the Manchester YWCA.

★

Chocolate Mousse Pie

2 packages chocolate whipped dessert mix
1 cup cold water
1 cup cold milk
2 eggs
2 packages ready melted unsweetened chocolate (equivalent to two squares unsweetened chocolate)
⅛ teaspoon cinnamon
½ teaspoon dry instant coffee
1 teaspoon vanilla extract
2 tablespoons bourbon
1 container heavy cream, whipped

Combine in bowl; dessert mix and one-cup water, beat one minute, add milk, eggs and chocolate. Beat one minute more and add cinnamon, coffee, vanilla and bourbon. Beat two minutes more and pour into baked pie shell. Top with whipped cream. Refrigerate at least four hours before serving.

MRS. CABLE and SON

Mrs. Norman (Shirley) Cable of 13 Scott Dr., Vernon, often serves Danish Puffs for women's gatherings at her home. She is a member of the First Congregational Church of Vernon and Manchester Junior Women's Club.

★

Danish Puff

1 cup flour
1 stick margarine
2 tablespoons water

Mix with hands as you would for pie crust, until mixture crumbles the size of small peas. Add water and form dough in ball. Cut dough in half. Flour hands and press each half of dough in a cookie sheet. Top with almond mixture.

★

Almond Topping

1 cup water
1 stick margarine
1 teaspoon almond extract
1 cup flour
3 eggs

In saucepan mix water and margarine and bring to boil. Add almond flavoring and remove from heat. Stir in flour and three eggs, one at a time, mixing well after each addition. Spread mixture on pastry and bake in 350-degree oven 50 to 60 minutes, or until golden brown. When puff cools it will flatten.

Cool and frost with confectioner's sugar icing and sprinkle with chopped walnuts or pecans. Mrs. Cable makes her icing with confectionery sugar, margarine, warm milk and vanilla. Cut puffs in oblong bars to serve.

Main Dishes

Mrs. George Gorra of 24 Elsie Dr., makes Shish Kabob a la Ruz from an authentic Near East recipe. She is a native of Willimantic and has lived in Manchester about 13 years. She is a member of the Syrian-Lebanese-American Women's Club, East Catholic High School PTO and Buckley School PTA.

★

Shish Kabob a la Ruz

2 pounds lamb
4 small onions
2 medium green peppers
1 pound cherry tomatoes

Cut lean meat from leg of lamb in one to one-and-one-half-inch squares (about six pieces of meat on each skewer). Slice onions in one-half-inch slices and peppers in two-inch squares. Place all ingredients alternately on 12 to 15-inch skewers. Cook on grill until brown. Turn occasionally during cooking and brush with a mixture of olive oil and vinegar if desired.

Leave on skewers and serve with steaming, buttered rice.

★

Rice

1 cup rice (not instant)
2½ cups boiling water
1 teaspoon salt
4 tablespoons butter

Saute rice in butter in a saucepan for about three minutes, add boiling water and salt; cover tightly and cook over low heat until all water is absorbed, about 25 minutes. Mrs. Gorra says she prefers Uncle Ben's rice.

This recipe serves six.

MRS. JONES and BRAD

Mrs. Robert W. (Pauline) Jones of 22 Trumbull St., developed an easy variation of her husband's favorite dish which she calls "Lazy Man's Pirogi." She is a communicant of St. James' Church and a member of the Ladies of St. James.

★

Lazy Man's Pirogi Filling

One part seasoned mashed potatoes to one part creamed cottage cheese. Sauerkraut may be used in place of the cheese. Chopped onions, fried golden brown, may be added.

★

Pasta

Any form of pasta may be used and should be boiled according to the directions on the package.

Stuff pasta with the filling of your choice and place in covered baking dish and bake in 375-degree oven for 25 minutes.

Mrs. Jones has given several variations; Manicotti, fill pasta with potato mixture; place in casserole, dot generously with butter and bake. When using macaroni, rigatoni or egg noodles, mix pasta with potato mixture and butter, cover and bake.

For lasagna-type easy pirogi Mrs. Jones makes alternate layers of lasagna noodles and potato mixture and tops with a generous amount of butter and bakes.

★ ★ ★ ★ ★

Easy Chicken Dish

1 stick margarine or butter
1 whole onion, peeled, or several small onions
chicken breasts and legs for four

Place margarine and whole onion in bean pot. Top with chicken cut in serving pieces. Cover and bake in 250-degree oven for three hours.

--- Mrs. Richard E. Niese

MRS. KURIEN and SON

Mrs. Abraham Kurien, the former Ruth Strickland, daughter of Mr. and Mrs. Marvin Strickland, of 71 Washington St., prepared Indian Chicken Curry for her friends and family last May while visiting in Manchester. She is the wife of Dr. Abraham Kurien and is now making her home in Mysore, India, with her husband and son, James Anand Kurien.

★

Indian Chicken Curry

1 stewing chicken
4 tablespoons shredded dry coconut
1 large tomato, diced
1 large onion, diced
2 cloves garlic, minced fine
¼ teaspoon ground ginger
1 teaspoon ground cinnamon
2 cloves, crushed fine
4 cardamoms, crushed fine
¼ teaspoon ground mint
2 tablespoons ground coriander and one teaspoon ground cayenne pepper or 2 tablespoons curry powder
2 teaspoons salt, or more if needed
2 ounces corn oil
3 cups water
squirt of lemon

Remove meat from bones of uncooked chicken and cut into small pieces. Mrs. Kurien says this is easy to do if the chicken is frozen while removing meat. Pour oil into large frying pan and place on low heat; add cinnamon, cloves and cardamom and saute for two or three minutes. Increase heat to medium and add diced onion and cook until onion is transparent. Lower heat, add ginger, garlic and tomato and cook for three minutes, stirring constantly. Add coriander and mint and continue cooking for three minutes, while stirring.

Add cayenne pepper and diced chicken meat and saute for four or five minutes, stirring gently. Add water and bring mixture to boil. Reduce heat and add coconut and salt. Reduce heat to simmer, cover and let simmer for 30 minutes. Up to two cups of milk may be added at this time to make the curry milder and to increase the amount of gravy. If desired, add milk and bring to boil, stirring thoroughly and boil for about one minute. Add squirt of lemon. Serve curry very hot over rice.

For company dinners Mrs. William Hoch of Olson Dr., Rockville, often serves Chicken Breasts and Ham in Wine Sauce. She is a Grade 1 teacher at Orchard Hill School, South Windsor. She is a member of the Presbyterian Church, the YWCA and its Newcomer's Club, both of Manchester and social chairman of the latter group.

★

Chicken Breasts and Ham in Wine Sauce

½ cup flour
dash of pepper
1½ teaspoons salt
½ cup butter
¼ cup finely chopped onion
1 cup medium dry white wine
1 cup light cream
1 cup milk
4 whole chicken breasts, split
4 slices boneless ham ¼-inch thick
1 avocado peeled and sliced

Mix one-fourth cup flour, one-half teaspoon salt and dash of pepper. Remove skin from chicken and lightly coat with flour mixture.

Melt half of the butter, add chicken and brown lightly on both sides. Sprinkle sparsely with salt and pepper. Add wine and cook over low heat 20 minutes, turning occasionally.

While chicken is cooking melt remaining butter in saucepan, add chopped onion and cook until onion is tender. Blend in with onion one-fourth cup of flour, one teaspoon salt and gradually add milk and cream. Cook over low heat, stirring constantly, until thickened.

Cut ham slices in half and arrange on bottom of shllaow baking dish. Place chicken breasts over ham.

Gradually stir wine mixture into cream sauce and heat until blended. Pour over meat. Dish may then be refrigerated until ready to bake. When ready to bake, place in 325-degree oven for 45 minutes. Remove from oven and arrange avocado slices over chicken. Return to oven for five minutes until avocado is heated.

This recipe may be made in advance and frozen. Breasts should be browned, cooled and frozen and sauce should be frozen separately.

★

Swiss Chicken

4 chicken breasts, boned
1 cup seasoned bread crumbs
½ teaspoon nutmeg
½ teaspoon ground cloves
1 egg, beaten
oil for frying

Dip chicken breasts in beaten egg, then roll in seasoned bread crumbs which have been combined with the nutmeg and cloves. Heat oil in skillet and brown chicken well on both sides. Remove to platter while you prepare sauce.

Pour off oil from skillet and add:

1 cup brown gravy
1 bouillon cube
½ cup water
2 tablespoons dry sherry
dash cloves

In a baking dish put a slice of ham on each chicken breast and top with a slice of Swiss cheese. Spoon some sauce over each and bake in 350-degree oven for 10 to 15 minutes.

- - - Mrs. Paul Somoza

Four-Step Chicken Casserole
First Step

1 three-pound fowl
3 or 4 stalks celery
piece of bay leaf
few sprigs parsley
1 teaspoon salt
1 teaspoon pepper

Cook fowl and remaining ingredients in pot until tender; cool in broth. Reserve broth (two cups are needed for casserole). Remove skin and bones from fowl and cut chicken into small pieces and slivers.

★

Second Step

½ cup cooking oil
2 large onions, diced
1 large green pepper, diced
½ cup canned tomatoes, using more pulp than juice
1 can mushrooms, stems and pieces

Brown onions and pepper in oil; add remainder of ingredients and simmer sauce one and one-half hours. Cool.

★

Third Step

Bring two cups chicken broth to boil and add three-quarters of a 14-ounce package of spaghetti. Cook until spaghetti is about two-thirds done, or until it has absorbed all of the broth. Do not rinse spaghetti after cooking in broth.

★

Fourth Step

Mix cooked spaghetti with chicken pieces, tomato sauce, one-half pound grated sharp or mild cheddar cheese, one-quarter cup chopped parsley and salt and pepper to taste. Place mixture in two-quart casserole and sprinkle with additional grated cheese. Bake in 300-degree oven for 1½ hours. This recipe, Mrs. Smith says, "sounds complicated but is actually quite simple to make."

- - - Mrs. Raymond Smith

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Mock Chow Mein

½ cup rice (regular)
2 cups boiling water
1 pound ground beef, browned
¾ cup chopped celery
2 tablespoons diced onion or 1½ teaspoon instant onion
1 tablespoon soy sauce
1 teaspoon salt
1 can mushroom soup, undiluted

Pour hot water over rice in 1½-quart casserole and let stand 10 minutes. Add celery, onion, browned meat, salt and soy sauce. Bake covered in 350-degree oven for one hour. Remove cover and pour soup over top of casserole and bake an additional 15 minutes, uncovered.

- - - Mrs. James Anderson

MRS. CORL and JULIE

Mrs. John (Kay) Corl of 292 Lake Rd., Andover, has a Swiss version of Pork Orientale. She is a member of the Newcomer's Club of the Manchester YWCA and the Andover League of Women Voters.

★

Pork Orientale

2½ pounds pork butt (shoulder steak) cut in bite-size pieces
¼ cup soy sauce
¼ cup salad oil
4 chicken bouillon cubes
2 cups boiling water
1 No. 2 can pineapple chunks
½ cup sugar
⅓ cup vinegar
2 tablespoons cornstarch
4 tablespoon cold water
2 green peppers cut in strips

Trim fat from pork cubes, dip pieces in soy sauce and brown in oil in fry pan. Drain pineapple chunks and reserve juice. Dissolve bouillon cubes in boiling water in small saucepan; add pineapple juice and stir in sugar and vinegar. Add hot mixture to meat, cover and simmer for 30 minutes. Mix cornstarch with cold water and gradually add to meat mixture, stirring until thickened. Stir in pineapple and green pepper and cook about five minutes. Serve on white rice.

When preparing recipe in advance do not add pineapple and green pepper until reheating for serving.

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Dieter's Meat Loaf

2 pounds lean ground chuck
1 envelope dry onion soup mix
1 can (8-ounce) tomato sauce
2 eggs

Mix all ingredients in bowl. Place in pan and bake about one hour in 350-degree oven.

- - - Mrs. James Cunningham

Beef and Rice Oriental is a specialty of Mrs. John (Gail) Hinchen of 56 Jean Rd. She attends Concordia Lutheran Church, is a volunteer nurse for the Red Cross Bloodmobile and is an active member of the Manchester Ski Club.

★

Beef and Rice Oriental

2 pounds lean beef, chuck or round, cut into ¾ x 1-inch cubes and trimmed of all fat

★

Marinade

¼ cup lemon juice
1 tablespoon cooking oil
1 tablespoon grated onion
1 teaspoon celery salt
1 clove garlic, peeled and crushed
¼ teaspoon powdered cinnamon

The day before serving beef mix ingredents for marinade in bowl. Add beef cubes and stir, making sure that each cube is covered with marinade. Cover bowl tightly with plastic wrap or aluminum foil to retain odors and refrigerate overnight.

On the day of preparing Beef Oriental, have on hand the following ingredients:

1 teaspoon instant meat tenderizer
1½ cups water
4 teaspoons soy sauce
2 teaspoons salt
1 tablespoon sugar
¼ teaspoon pepper
2½ to 3 tablespoons constarch
2 (one-pound) cans bean sprouts, drained
1 (five-ounce) can water chestnuts, drained and sliced thin
1 (five-ounce) can bamboo shoots, drained
2 (nine-ounce) packages frozen Italian green beans or frozen snow peas
1 ripe tomato, peeled and coarsley chopped
4 to 4½ cups hot, cooked rice

Stir meat in marinade and sprinkle meat tenderizer over beef. Pierce each piece of meat deeply and many times with a fork. Transfer meat and marinade to a three-quart kettle. Add water and seasoning. Simmer until just fork-tender, about one and one-half to two hours. Thicken slightly with a thin paste of cornstarch and cold water. Allow contents of kettle to boil one to two minutes.

Add bean sprouts, green beans, water chestnuts and bamboo shoots. Simmer 10 to 15 minutes. Green beans should be just crisp-tender and not overcooked. Add salt and pepper to taste.

Just before serving, sprinkle surface with chopped tomato. Serve over rice and pass extra soy sauce.

This recipe makes six generous servings.

Stuffed Roast of Pork

4 to 5 pound pork roast (approximately)
salt and pepper
poultry seasoning
flour, enriched
2 large onions
1 teaspoon poultry seasoning
1 teaspoon parsley flakes
dash of pepper
1 tablespoon onion, finely chopped

★

Stuffing

4 to 5 slices of bread, crumbled
½ teaspoon salt
¼ cup water (approximately)

Have butcher make a slit in pork roast by sawing along bone about two inches into meat. Season meat with salt and pepper, then rub all over, first with poultry seasoning, then with enriched flour. Slice large onion into thick slices, placing half of them on bottom of roasting pan. Mix the stuffing, fill the roast and place on top of onion slices, cover roast with remaining onion slices.

For a center loin cut weighing four to five pounds, Mrs. Hohenthal advises that she roasts in a 350-degree oven, allowing 35 to 40 minutes per pound. For an end cut roast weighing about four pounds, she roasts it in a 350-degree oven allowing about 45 to 50 minutes per pound.

Do not cover or add water to roasts. After removing meat, make gravy from pan drippings.

--- Mrs Elmore Hohenthal

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Chow Mein Casserole

1 chicken
2 carrots
1 stalk celery
1 tablespoon salt
butter
2 cups diced celery
¾ cup chopped onion
2 cans mushroom soup
chow mein noodles

Boil chicken, celery stalk, cut up carrots and onion and salt (first four ingredients) in water enough to cover for three-quarters of an hour. Cool, remove from broth and pull chicken into small pieces. Save broth. Brown diced celery and chopped onion in butter.

Mix 1½ cups broth with two cans undiluted soup. Add all other ingredients and mix well.

In large casserole, put a layer of chicken mixture, and layer of chow mein noodles. Repeat layers once ending with noodles.

Bake in 350-degree oven for one hour. Serve over rice. This serves eight generously.

--- Mrs. Ray E. Gardiner

Mrs. Alan L. (Marye Gail) Benford of 426 W. Middle Tpke., has devised a Hamburg Curry which, she says, "is an easy variation of the traditional Indian Curry." She also says, "we use a variety of condiments with the curry including chopped peanuts, chopped sweet green and red peppers, sweet pickles or relish, fried bacon, crumbled; shredded coconut and bananas and strive for a variety of color and flavor by placing some of almost every condiment on top of the sauce which is served on rice. She is a member of the YWCA Newcomer's Club, secretary of Manchester's Inter-Faith Council and an officer in the South Windsor American Field Service Committee.

★

Hamburger Curry

1 large onion, chopped
2 tablespoons fat
1 to 2 tablespoons curry powder
garlic to taste
2 teaspoons finely chopped peanuts
1 tablespoon lemon juice
1 teaspoon salt
1 pound hamburger
½ cup tomato sauce
1 cup coconut
1 cup boiling water

Saute onion in fat and then saute the hamburger. Stir in curry powder, garlic, chopped peanuts, lemon juice, salt and tomato sauce. Remove from heat. Stir coconut into boiling water and bring to boil for two minutes. Strain and pour liquid into other ingredients and return to heat. Cook on low setting at least one-half hour to blend flavors. Add water if necessary during cooking. Coconut should be discarded.

This recipe makes four medium servings. "Serve the curry on seasoned rice," Mrs. Benford said, "made by adding sauted onion, chopped parsley and beef bouillon cubes to the water while the rice is cooking." She also mentioned that packaged season rice could be used.

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Easy Beef Dish

1 pound cut-up stew beef
1 can mushroom soup, undiluted

Mix beef cubes with soup and place in casserole. Cover and bake in 325-degree oven for three hours. Serve with boiled noodles or mashed potatoes.

--- Mrs. Richard E. Niese

★ ★ ★ ★ ★

Jiffy Beef Stroganoff

3 medium minute steaks
2 tablespoons shortening
1 medium onion, sliced
1 can cream of mushroom soup, undiluted
1 cup sour cream
1 small can sliced mushrooms
2 tablespoons tomato catsup
2 teaspoons Worcestershire sauce

Cut steaks in strips and brown in hot fat, being careful not to overcook. Add onion and saute for five minutes. Combine soup, sour cream, mushrooms, catsup and Worcestershire sauce and mix well. Add mixture to meat and onion and heat thoroughly.

Serve over noodles, rice or whipped potatoes.

--- Mrs. William A. Aronson

Barbecue Chicken is one of the specialties of Mrs. Henry Martin of 36 Spring St., Rockville. A native of New Bedford, Mass., Mrs. Martin came to this area about three years ago. She is a member of the Mother of Twins Club of Greater Hartford.

★

Barbecued Chicken

- 1⅓ pounds broiler-fryer, split
- ¾ cup French dressing
- ¼ teaspoon garlic salt
- ¼ teaspoon paprika
- 1 tablespoon salad oil
- 1 four-ounce can mushrooms
- 1 medium onion, sliced
- 1 cup canned chicken broth
- 2 teaspoons cornstarch
- ¼ cup water
- 2 tablespoons butter
- salt and pepper

Preheat oven to 375 degrees. Place chicken halves, cut side down, on shallow baking dish. Shake and measure French dressing and let stand until oil rises to top. Pour off oil and reserve; pour remainder of dressing over chicken. Sprinkle with garlic salt and paprika.

Bake chicken, uncovered, in 375-degree oven 35 minutes. While chicken is baking, pour salad oil in small skillet; add mushrooms and onions and saute until golden. Add chicken broth to skillet and cornstarch, which has been mixed with water until it is smooth. Simmer until clear. Remove chicken from oven and spoon onion-mushroom mixture over it. Cover chicken with foil and bake 35 minutes in 375-degree oven.

This serves two and may be increased as needed.

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MRS. GRZYB and SONS

It is important for the mother of three young sons to have "do-ahead" recipes, according to Mrs. Joseph Gryzb of 106 Woodhill Rd., and Crab Meat Souffle Casserole is one of her favorites. She is a member of Emanuel Lutheran Church, Waddell School PTA and the Mother of Twins Clubs of Greater Hartford.

★

Crab Meat Souffle Casserole

12 slices white bread with crusts removed
mayonnaise
2 cans (7½-ounces) Alaskan king crab, drained
6 slices American cheese
8 eggs
3 cups milk
½ to 1 teaspoon of salt

Spread mayonnaise on six slices of bread and place in bottom of 13 x 9 x 2⅝-inch buttered casserole. Break drained crabmeat into pieces and heap on bread. Place a slice of cheese on top of each crabmeat-covered slice of bread. Cover with remaining bread. Seal together with toothpicks. Beat eggs, milk and salt and pour over sandwiches in casserole. Cover and refrigerate overnight, or for at least three hours before baking.

Before baking, remove from refrigerator and let stand at room temperature at least 30 minutes. Remove picks.

Place casserole uncovered in preheated 350-degree oven for 45 to 50 minutes, until golden brown and silver knife comes out clean when inserted in middle.

Let stand 10 minutes before serving.

This makes six generous servings when cut in six sandwich-sized squares. "A tossed salad and simple dessert make a very complete meal," Mrs. Gryzb says.

Maine Chicken Pie

1 whole stewing chicken (about 5 pounds)
1½ quarts water
2 teaspoons salt
1 small onion
1 carrot
¾ teaspoon monosodium glutamate
1 stalk celery
3½ cups chicken broth
½ cup sifted flour
½ teaspoon celery salt
½ teaspoon onion salt
few grains pepper
2 or 3 drops yellow food coloring
pastry

Place chicken in water in kettle and add one-half teaspoon monosodium glutamate, one teaspoon salt and cut-up onion, carrot and celery. Simmer until tender, about three hours. Remove chicken and place on rack. Strip meat from bones in large pieces. Cool and refrigerate.

Combine flour, onion salt, celery salt, pepper, one teaspoon salt and one-fourth teaspoon monosodium glutamate with one-half cup chicken broth. Mix until smooth. Heat three cups chicken broth to boiling; add flour mixture, beating with wire whip to prevent lumping.

Cook over medium heat, stirring constantly until mixture is smooth and thickened. Add food coloring if desired. Add chicken and mix thoroughly.

Line nine-inch deepdish pie pan with pastry. Fill with chicken mixture. Cover with pastry. Seal well and flute edges. Make several slits in top crust to allow steam to escape. Bake in hot 400-degree oven, for about 45 minutes or until browned.

This recipe serves six to eight. - - - Mrs. Howard E. Lappen

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MRS. JACOBSON and CHILDREN

When poultry is abundant and low in cost Mrs. Paul Jacobson of 25 Hillside Manor Ave., Vernon, often includes Chicken and Broccoli Casserole on her menu. She is a member of Trinity Covenant Church, Manchester and its Women's Guild and assists her husband as a Junior Hi-League counselor at the church.

★

Chicken-Broccoli Casserole

2 pounds fresh or 2 packages frozen broccoli, cooked and drained
2 cups medium white sauce
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
2½ cups cooked chicken, sliced
½ cup Parmesian cheese
½ cup crushed cereal flakes

Add lemon juice and Worcestershire sauce to white sauce. Arrange chicken on greased and shallow two-quart casserole or oblong baking dish; arrange broccoli on top of chicken and sprinkle it with half of the cheese. Pour white sauce over chicken and broccoli; top with remainder of cheese mixed with cereal flake crumbs. Bake in 350-degree oven for 25 minutes, or until well heated and lightly browned.

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Chocolate French Fries

2 pounds calf liver or baby beef liver
½ cup all-purpose flour
1 teaspoon salt
dash pepper
dash onion salt
deep hot fat

Have butcher slice liver in strips about the size of french fries, or slice it at home with a very sharp knife. This is easy to do if liver is partially frozen. Mix flour and seasonings and roll liver in the mixture until well coated. Have fat hot (about 360-degrees) and place flour coated liver strips in hot fat to cook, for about two minutes, until meat has browned. Drain liver strips on paper towels and serve immediately.

These are good, Mrs. Blaney said, served with regular french fries (or "vanilla," as she calls them) or parsley potatoes; buttered corn, tossed salad and hot French bread.

- - - Mrs. David Blaney

MRS. BIRDSALL and SON

Mrs. James A. Birdsall, wife of the vicar of St. Peters Episcopal Church, "cherishes the many recipes, mostly German, I inherited from my mother and grandmother." Sauerbraten is one of these. Besides her many duties as vicar's wife and mother of three, she is secretary of the Inter-Church Mixed Ten Pine Bowling League, United Thank Offering of the Hartford Archdeaconry and Clergy Wives.

Sauerbraten

3 pounds bottom round steak
1 cup water
1 cup vinegar
¼ cup sugar
dash pepper
2 large onions
1 teaspoon salt
3 bay leaves
6 cloves

Pour water and vinegar over meat; slice onions over meat and add remaining ingredients. Allow to stand 48 hours, turning several times. Remove from liquid and cook as you would a pot roast. Use some of the strained liquid to make gravy. A few crushed ginger snaps add flavor to the gravy.

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Crabmeat Casserole

2 large king crab legs
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
1½ cups milk
¼ cup sauterne cooking wine

Shell the two crab legs and place in two individual casseroles. Make cream sauce by melting butter, blending in flour and salt and gradually adding milk, stirring constantly and heating over medium heat until thickened. Add wine, mix and pour over crab meat. Top with cracker crumbs. Place dabs of butter on crumbs, sprinkle with chopped parsley and a dash of garlic salt. Bake in 350-degree oven until casserole bubbles, about one-half to three-quarters of an hour.

Mrs. Cable says she uses Ritz crackers for her crumbs. She also said this recipe may be doubled and placed in a large casserole instead of making the smaller amount. With the casserole, she serves baked potatoes, tossed salad with sour cream and string beans almondine. - - - Mrs. Norman Cable

MRS. CAIN and CHILDREN

Mrs. Herbert Cain Jr., of 86 Lockwood St., has an English pen pal, Miss Evelyn Harrison of County Durham, England, who sent her the recipe for Devonshire Chicken Casserole. Mrs. Cain came to Manchester about seven years ago from New York State. She is a piano teacher. She is a member of the Chaminade Musical Club and Waddell School PTA.

★

Devonshire Chicken Casserole

4 chicken joints or one small chicken, jointed
3 tablespoons butter or bacon fat
1 onion, chopped fine
1 stalk celery, sliced
2 strips bacon, chopped
2 tablespoons flour
pepper to taste
1½ cups chicken stock (made with chicken buillon cube)
3 tomatoes, peeled and quartered
cooked peas or chopped parsley

Fry chicken joints slowly in fat until golden brown. Remove from skillet and place in casserole. Place onion, celery and bacon in fat in skillet and cook gently for several minutes.

Add flour and pepper to chicken stock; stir until smooth; pour into skillet with onions and bacon and stir until mixture boils. Add tomatoes and stir and pour over chicken in casserole.

Cover and cook in moderate, 375-degree oven, for 40 to 45 minutes, or until chicken is tender. Serve garnished with peas or chopped parsley. This recipe serves four.

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Hot Crabmeat Canapes

½ can crabmeat, shredded
½ package cream cheese (small)
2 tablespoons sour cream
few drops of lemon juice
few drops of red hot pepper sauce

Combine ingredients and mix until smooth. Spread on croutons or crackers and broil five to 10 minutes. They are extra good, Mrs. Whitaker said, when served on onion or sesame crackers.

- - - Mrs. David Whitaker

Stuffed Flank Steak Rolls

1 flank steak
meat tenderizer
¼ cup soy sauce
¼ cup tarragon vinegar
¼ cup sherry wine
½ teaspoon freshly ground pepper
⅔ cup minced onion
1 cup fresh mushrooms, chopped
3 tablespoons butter
¼ cup chopped parsley
½ teaspoon salt
⅛ teaspoon pepper

Cut off narrow ends of flank steak; prick both sides with a fork and sprinkle with water, then sprinkle generously with meat tenderizer. Combine soy sauce, sherry, vinegar and pepper. Pour over steak and let stand at least two hours, turning steak occasionally.

Saute minced onion and pepper in butter until tender; add mushrooms, parsley, salt and pepper and saute five more minutes. Remove steak from marinade and arrange lengthwise on cutting board. Fill in center with vegetable mixture. Roll steak, starting with the long, lower side and hold securely with left hand. With right hand, cut meat slightly on bias in 1½ to two-inch slices. Wrap each roll-up tightly and string on skewers, being sure to carefully lace them up so stuffing will not fall out. Brush with marinade. Broil 10 to 15 minutes, depending on degree of rareness desired. Steak may be broiled in a range, or out-of-doors on a grill. Serve on skewers, or carefully remove steak to a hot platter.

- - - Mrs. James Early Jr.

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Chicken Breasts in Wine Sauce

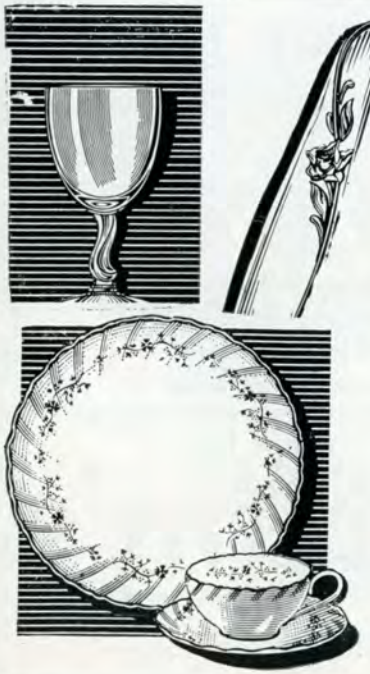
5 whole chicken breasts, split
3 tablespoons lemon juice
3 tablespoons olive oil
3 tablespoons butter
½ pound mushrooms, sliced
4 tablespoons flour
2 cups chicken stock
½ cup dry white wine
1 bay leaf
thyme
salt, pepper to taste

Well in advance of preparing, wash chicken breasts, dry well and sprinkle with lemon juice, salt and pepper and a generous amount of thyme. Cover breasts and store in the refrigerator.

When ready to prepare recipe heat olive oil to sizzling in a large, deep skillet. Pat chicken breasts dry and saute them, a single layer at a time, until golden. As chicken browns remove breasts to a deep casserole. After all are browned add butter to the skillet, melt it and add mushrooms; saute them and add flour, chicken stock and wine gradually, blending all until smooth. Stir constantly until mixture thickens, add bay leaf and pour sauce over chicken, making sure all the glaze from the pan is included. Mrs. Whitaker says the sauce may seem thick and not too ample but "it increases in volume and thins out as chicken simmers in the oven."

Cover casserole and bake in 325-degree oven about on hour or until chicken is tender. This recipe serves five or six.

- - - Mrs. David Whitaker



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Tuna Souffle is a festive recipe using an old standby, tuna and Mrs. Ronald (Sandy) Tasker of Rt. 87, Columbia, often serves it at luncheons and buffets. She and her family came to Columbia from Hartford about seven years ago. They attend Redeemer Lutheran Church, Lebanon.

★

Tuna Souffle

1 tablespoon lemon juice
1 cup tuna, flaked
4 tablespoons butter
4 tablespoons flour
½ teaspoon salt
1 cup milk
3 eggs, separated
½ teaspoon cream of tartar

Sprinkle lemon juice on tuna and set aside while making white sauce as follows: Melt butter, blend in flour and salt, making smooth paste, gradually stir in milk and cook over low heat until thickened and add flaked tuna. Beat egg yolks until thick. Remove from heat and slowly add egg yolks. Beat egg whites until frothy; add cream of tartar and beat until stiff. Fold egg whites into creamed mixture and pour into well greased casserole. Place casserole in pan of water and bake in 350-degree oven 50 minutes. Remove from oven and serve immediately. This recipe makes four or five servings.

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A recipe for City Chicken came to Mrs. David Blaney of 46 Berkeley Dr., Vernon, from her mother in Ohio. Mrs. Blaney is a member of the Church of the Nazarene, Manchester, and participates in church activities She is also a member of Lake St. School PTO.

City Chicken

1 pound boneless veal shoulder or rump
1 pound lean pork butt meat should be cut in 1½-inch cubes
½ cup all-purpose flour
1½ teaspoon salt
dash pepper
dash garlic powder
2 tablespoons hot melted margarine or cooking oil
1 tablespoon prepared onion soup mix
½ cup water

Place meat cubes on skewers about 4½ inches long, alternating veal and pork. Combine flour and seasonings. Place about two tablespoons of flour mixture on waxed paper or flat surface and roll meat in it until meat is well coated. Reserve remaining flour mixture for gravy. Brown meat slowly on all sides in hot margarine or oil in large skillet. Care should be taken not to burn margarine. Sprinkle prepared onion soup mix over meat; add water, cover tightly and simmer one hour. Mix remaining flour mixture with one and one-quarter cups water and add slowly to liquid in skillet, stirring until well blended. Cover skillet and simmer for an additional 30 minutes. This recipe makes six skewers of meat.

Mrs. Blaney said the meat may be skewered and frozen before cooking. She also said if there was too much grease in skillet after meat had cooked the first hour it should be drained off before preparing gravy.

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Salads

Chicken Salad Deluxe

3 cups cooked or canned chicken
1 cup diced celery
1 cup mandarin orange sections
1 9-ounce can (1 cup) pineapple tidbits, drained
2 tablespoons salad oil
½ cup slivered almonds, toasted
2 tablespoons vinegar
2 tablespoons orange juice
½ teaspoon salt
dash marjoram
½ cup mayonnaise or salad dressing

Combine first five ingredients. Blend salad oil, orange juice, vinegar and seasonings; add to chicken mixture. Chill one hour. Drain. Add mayonnaise and toss. This recipe makes eight servings.

The chicken salad, Mrs. Blaney says, is one she often serves for party buffets. It keeps well in the refrigerator for four or five days.

- - - Mrs. David Blaney

★ ★ ★ ★ ★

Mrs. Robert M. Bantly of 4 Garth Rd., serves Molded Beet and Cabbage salad often, especially when she is including ham on her menu. She is a member of South Methodist Church, past president of Manchester Green PTA, associate matron of Temple Chapter, OES, an officer in Chapman Court, Order of Amaranth, and a member of the Women's Auxiliary of Manchester Memorial Hospital.

★

Molded Beet and Cabbage Salad

1½ tablespoons unflavored gelatin
¼ cup cold water
⅔ cup sugar
1¾ cups boiling water
1 tablespoon vinegar
½ cup lemon juice
1½ tablespoons horseradish
½ teaspoon salt
¾ cup finely chopped cabbage
¾ cup finely chopped cooked beets

Soften gelatin in cold water; dissolve sugar in boiling water; add softened gelatin and mix well. Add lemon juice, vinegar horseradish and salt and chill until partially set. Fold in cabbage and beets. Place mixture in a mold which has been rinsed with cold water. Chill until firm. Serve on lettuce or other greens.

MRS. ARONSON and SONS

As the mother of young twins, Mrs. William A. Aronson of 3 Butler Rd., appreciates recipes which are fast to prepare. Jiffy Tomato Aspic is one of these. She is president of the Twins' Mothers Club of Greater Hartford, a member of Emanuel Lutheran Church, Waddell School PTA and the National Organization of Mothers of Twins Clubs.

★

Jiffy Tomato Aspic

1 can (1-pint 1½ ounces) tomato juice
1 package lemon gelatin
½ teaspoon salt
dash pepper
1½ tablespoon vinegar

Bring to boil one cup tomato juice; add gelatin and stir until dissolved. Pour mixture back into tomato juice can and blend well with remaining juice. Add salt, pepper and vinegar and mix thoroughly.

Chill until firm. To unmold, dip can in warm water and puncture bottom of can. Garnish with parsley or greens.

★ ★ ★ ★ ★

Meal-in-a-Salad is a cool main course for spring and summer days and an asset to buffets at any season of the year. Mrs. Ludwig Hansen of 92 Waranoke Rd., says it is one of her favorite salads. She has lived in Manchester most of her life and is a member of St. Mary's Episcopal Church and past president of its women's group. She is also a past treasurer of the Council of Churchwomen.

★

Meal-in-a-Salad

1 small head of lettuce
6 to 8 hard boiled eggs
¾ to 1 pound Kosher bologna
½ lb. strong cheese
4 to 6 tomatoes
salt and pepper to taste
mayonnaise

Cut up lettuce in pieces slightly smaller than for tossed salad. Dice eggs, bologna, cheese and tomatoes. Season to taste and toss, mixing all ingredients. This may be done well in advance of serving. When ready to serve, add mayonnaise to taste. This serves six to eight.

Mixed Vegetable Salad with Boiled Dressing is a summertime favorite of Mrs. David (Beverly) Brenner of 14 Lawton Rd., and her family. She is a member of the Newcomer's Club of the YWCA and its ways and means chairman. She is a graduate of the School of Business at Indiana University, Bloomington, and a member of Omicron Delta, business honorary society for women and Alpha Phi social sorority.

★

Mixed Vegetable Salad

1 package (ten-ounce) mixed frozen vegetables, cooked and drained
½ cup chopped celery
½ cup chopped green pepper
1 can (one-pound) kidney beans, drained and rinsed

★

Boiled Dressing

1 cup sugar
1 tablespoon flour
½ teaspoon salt
1 tablespoon (scant) prepared mustard
½ cup vinegar

Mix flour and sugar in saucepan; add vinegar, salt and mustard. Cook until thick and clear. Cool. Pour over mixed vegetables and mix. Dressing is best when prepared a day in advance of serving.

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Beet Salad

medium size cooked whole beets
1 medium onion, sliced thin
⅓ cup sugar
⅓ cup water
⅓ cup vinegar

Slice beets and place in bowl. Bring to a boil the sugar, water and vinegar and pour hot mixture over beets. Let stand to cool. Mix well and refrigerate. French-style green beans may be substituted for the beets.

- - - Mrs. James Birdsall

★ ★ ★ ★ ★

One-Cup Salad

1 cup mandarin oranges
1 cup pineapple tidbits
1 cup shredded coconut
1 cup miniature marshmallows
1 cup sour cream

Drain fruit; combine with other ingredients and chill over night before serving.

- - - Mrs. Emil Lucek

Soups and Stews

Mrs. Charles (Mary) Glade Jr., of 30 Castle Rd., says Oven Beef Stew is one of her family's favorite main dishes. A native of New Jersey, Mrs. Glade came to Manchester about eight years ago. She is a former elementary school teacher. She is active in the Waddell School PTA and Manchester Woman's Club.

Oven Beef Stew

- 2 pounds boned chuck cut in 2-inch cubes
- ¼ cup flour
- 3 tablespoons salad oil
- 1 teaspoon monosodium glutamate
- 1 teaspoon salt
- 3 tablespoons prepared mustard
- 2½ cups tomato juice
- 12 small onions
- 12 small, pared carrots quartered lengthwise
- 12 pared small potatoes

Heat oven to 350 degrees. Sprinkle meat with flour, reserving leftover flour. Put oil in skillet; heat and add meat. Brown meat well on all sides for about 15 to 20 minutes. Remove meat and place in three-quart casserole. Stir monosodium glutamate, salt, mustard and remaining flour into oil in skillet.

Add tomato juice slowly to mixture in skillet; stirring constantly and pour mixture over meat in casserole. Cover and bake one hour. Add onions, carrots and potatoes, cover casserole and bake another hour. Just before serving stir stew so that meat chunks will come to the top. This recipe serves six.

Mrs. James (Claudia) Early Jr., of Townsend Rd., Andover, has a menu which she often serves during the hot weather. Mushroom Vichysoisse is the first course.

Mushroom Vichysoisse

- ½ pound mushrooms, finely minced
- 1 cup hot mashed potatoes, well seasoned
- 1 tablespoon butter
- 3 tablespoons chives, minced
- 1 cup milk scalded
- 1 cup rich chicken stock
- dash dry mustard
- ¼ teaspoon curry powder
- ½ cup light cream
- minced parsley

Add butter and chives to hot, mashed potatoes in saucepan. Scald milk and slowly add to potatoes, beating with a whisk until thoroughly mixed. Simmer five minutes.

In a second saucepan, place mushrooms, chicken stock and spices and simmer ten minutes. Add potato mixture and simmer five minutes. Taste for seasoning and add cream and parsley. Remove to container and refrigerate covered until cold. Serves 4.

MRS. MORTIMER and TWINS

Nothing is quite so satisfying as a steaming bowl of homemade Vegetable Soup and it is surprising how few homemakers have a really good recipe for this classic soup. Mrs. Richard L. Mortimer of 19 Oakwood Dr., Wapping, makes this soup from a recipe used by her mother and grandmother. Mrs. Mortimer and her family came to this area from Pennsylvania about 12 years ago. She is a member of the Twins Mothers Club of Greater Hartford, Orchard Hill PTA, St. Margaret Mary Ladies Guild and the South Windsor Women's Club.

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Vegetable Soup

1 large soup bone
2 quarts water
2 tablespoons salt
1 medium cabbage, shredded
1 large can tomatoes (2½ cups)
2 onions, chopped
6 or 7 carrots, diced
2 pounds ground chuck, crumbled
leftover vegetables
salt and pepper to taste

Place soup bone, water, salt, cabbage, onion and tomatoes in soup kettle; cover, bring to boil, reduce heat and simmer about four hours. Remove soup bone and add remaining ingredients. Simmer about 45 minutes. Skim fat from top and serve piping hot.

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Add creamstyle corn (canned) to a thin white sauce and you'll have a nourishing soup for the family. Pass a peppermill at the table so the grownups can give their portion extra tang.

Cold Fruit Soup or Kalte Schale is a German soup which was made by Mrs. Joseph Sabatella Jr., of 81 Mountain Dr., South Windsor, as an appetizer for a dinner given by a Gourmet Club of which she and her husband are members. She is also a member of St. Margaret Mary Church, Wapping, and its Ladies Guild and the Manchester Junior Women's Club, Inc.

★

Cold Fruit Soup (Kalt Schale)

1 pound peaches
1 pound plums
1 quart water
1 quart red wine
1 pound sugar
1 2-inch stick of cinnamon
2 teaspoons powdered arrowroot
1 cup heavy cream, whipped

Wash fruit, cut in half; remove seeds and place in an enamelware kettle; cover with water and wine. Add sugar and cinnamon stick and cook on medium heat until fruit is soft enough to put through sieve. Remove from heat, cool and take fruit out of juice and put through sieve into bowl. Mix a small amount of sieved fruit with arrowroot and stir back into juice, in kettle. Boil about two minutes. Remove from heat and chill. Serve in large soup plates garnished with dollops of whipped cream. This recipe serves six.

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TIME SAVERS

COLORFUL COCONUT

Fine-grated coconut, perfect for folding into batters, ice cream or puddings, becomes a conversation piece when it is fruit-flavored and used as a topping for desserts.

SAVE THAT GRAVY

If you have leftover gravy, freeze it in an ice tray and you'll have the exact amount needed for individual hot sandwiches at a later date.

ONE-POTATO COOKER

An empty coffee tin can makes a perfect oven for baking one potato. Just put the potato in the tin, replace the cover and cook the potato over a low flame on top of the range.

Vegetables

Scalloped Eggplant, according to Mrs. John McCandless of 42 Echo Dr., Vernon, is a "special vegetable and a perfect complement to ham." She and her family came to this area last year. She is a member of the Newcomer's Club of the Manchester YWCA.

Scalloped Eggplant

1 large eggplant
1 large onion, chopped
¼ pound butter
dash of paprika
2 tablespoons chopped parsley
½ cup cream (or top milk)
1 package seasoned stuffing mix

Saute onion in butter, (to which paprika has been added) until clear but still firm and set aside.

Peel and cut eggplant into cubes and cook until transparent in about one cup of water, approximately five minutes. Stir with wooden spoon to lift cubes from bottom of pan and cook a few minutes more if necessary.

Drain eggplant thoroughly; return to pot and mash. Add onions and melted butter; parsley and cream. Add enough stuffing mix to make mixture the consistency of oatmeal.

Place in greased casserole and bake in 350-degree oven until heated through.

This recipe serves six. It may be made in advance and frozen.

If recipe is doubled, Mrs. McCandless said, use two separate pots as it tends to stick and scorch if pan is too full.

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Spinach Casserole

½ pound bacon
2 10-ounce packages frozen chopped spinach
2 eggs, lightly beaten
2 cups milk
1 teaspoon salt
⅔ cup provolone cheese, shredded
paprika

Dice bacon and fry or pan broil until crisp. Cook spinach according to directions on package and drain thoroughly. Blend milk and salt into the eggs. Stir in spinach, bacon, bread crumbs and half of cheese. Pour mixture in 1½ quart baking dish. Sprinkle remaining cheese around edge of casserole to form a two-inch border. Sprinkle with paprika and bake in 375-degree oven for 30 minutes or until heated thoroughly.

- - - Mrs. William Hoch

MRS. ROBERT HOWARD

Many cooks are interested in serving vegetable in new ways and Mrs. Robert (Carole) Howard of 192 Spring St., has several variations including String Bean Casserole and Fresh Asparagus with Mushroom Cheese Sauce. She came to Manchester from New Jersey, where she was an elementary school teacher. She attends South Methodist Church and is chairman of the Newcomer's Club of the YWCA.

★

String Bean Casserole

2 packages French style frozen green beans
1 can cream of mushroom soup, undiluted
¾ cup milk
½ cup grated parmesan cheese
1 package frozen French fried onion rings

Place string beans in one-half cup salted water in saucepan and simmer for about five minutes, or until beans are tender. Remove from water and drain well. Place in casserole with mushroom soup and milk, stirring until ingredients are well blended. Arrange layer of onion rings over beans and sprinkle all with parmesan cheese. Place in preheated 350-degree oven for 20 minutes, or until onion rings are golden brown.

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Cucumbers in Sour Cream

2 cucumbers about eight inches long
1 cup thinly sliced fresh onion rings.
¼ cup sour cream
1 tablespoon cider vinegar
1 tablespoon water
½ teaspoon salt
¼ tablespoon black pepper
2 tablespoons finely chopped fresh dill
2 hard-cooked eggs, sliced

Wash cucumbers; wipe dry and score down sides with tines of fork. Slice thin and combine with all ingredients except eggs and toss lightly. Garnish with hard-cooked eggs.

- - - Mrs. Robert Howard

MRS. WHITAKER and DOUGLAS

Mrs. David (Mary) Whitaker of 55 Teresa Rd., makes Baked Zucchini with cheese from a favorite recipe. She is president of the Nathan Hale PTA and member of the Women's Auxiliary of Manchester Memorial Hospital and works in the Penny Saver Thrift Shop.

★

Baked Zucchini with Cheese

1 small squash per serving
butter
soy sauce
Parmesan cheese
salt and pepper

Allow one small squash, per serving or two large ones, which make four servings. Scrub squash, cut into quarters and place in greased baking dish. Dot with butter and season lightly with salt and pepper. Bake in moderate, 325 to 350-degree oven, 15 minutes, then sprinkle with soy sauce and a generous amount of Parmesan cheese. Bake an additional 15 to 20 minutes, or until squash is tender and edges begin to brown.

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Kartofell Kloesse (Potato Dumplings)

6 medium potatoes, unpeeled
2 eggs, slightly beaten
¾ cup flour
½ cup bread crumbs
¼ teaspoon nutmeg
1 teaspoon salt
bread

Boil potatoes in jackets until cooked. Remove from water, peel and let cool. Put through ricer. Add eggs and remainder of ingredients, except bread and mix thoroughly. If mixture is too moist, add a little more flour.

Cut bread into small cubes and toast. Form potato mixture into medium sized balls and insert three or four bread cubes into each ball.

Drop potato balls into rapidly boiling, slightly salted, water. When balls float to top of water, begin to time cooking and let boil for 10 to 15 minutes. Remove with slotted spoon. Serve with sauerbraten or pot roast and gravy.

Left over Kartofell Kloesse may be sliced and sauteed in butter.

- - - Mrs. James Birdsall

MRS. ADAIR and SON

Mrs. Douglas Adair of 113 Helaine Rd., makes Zucchini Squash from a recipe given to her by an Italian friend. Mrs. Adair is a native of Kansas City, Mo. She and her husband came to Manchester four years ago. They are members of South Methodist Church. She is a charter member of Beta Xi Chapter of Beta Sigma Phi sorority and has served in many offices in the chapter.

★

Zucchini Squash

1 tablespoon olive or cooking oil
sprinkle of minced garlic
1 medium zucchini squash
1 egg, slightly beaten
1 eight ounce can tomato sauce, sprinkle of basil, sprinkle of oregano, salt and pepper to taste

Place oil in saucepan and add garlic. Brown lightly on medium heat. Add one tablespoon tomato sauce; cook one minute. Mrs. Adair says that this prevents the sauce from tasting bitter. Add remainder of tomato sauce, basil, oregano, salt and pepper.

Wash and quarter the squash and remove seeds but do no peel. Slice squash into sauce and cover and simmer until tender about 30 minutes. Just before serving pour beaten egg slowly into hot mixture, stirring all during the process.

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Fresh Asparagus with Mushroom-Cheese Sauce

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
⅛ teaspoon black pepper
¾ teaspoon salt
¾ cup grated Cheddar cheese
2 teaspoons lemon juice
½ cup sliced mushrooms
2 pounds fresh asparagus cooked

Melt butter or margarine in saucepan. Blend in flour; stir in milk and cook over medium heat until sauce is medium thick. Add all other ingredients, except asparagus and mix well until cheese is melted. Serve hot over cooked asparagus.

- - - Mrs. Robert Howard

Rotkohl (Red Cabbage)

1 medium head red cabbage
2 tart apples, grated
½ teaspoon salt
5 tablespoons brown sugar
4 slices bacon
½ cup cold water
¼ cup vinegar

Cut cabbage into sections. Remove hard core; shred cabbage and soak in cold water. Cut bacon into small pieces and saute in large cooking pot. Remove cabbage from water with your hands, leaving it moist. Place in the pot with bacon; add cold water, apples and salt. Stir ingredients, cover pot and simmer slowly 1½ hours. Stir occasionally and add more water if needed. Add vinegar and brown sugar and simmer 10 minutes or more.

Mrs. Birdsall advises that cabbage may be cooked in a pressure cooker, but if this method is used cooking time should be decreased and vinegar and sugar added after cooking. Cabbage should then stand for a few minutes to absorb flavor.

- - - Mrs. James Birdsall

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Hollywood Beets

1 cup sugar
½ cup seeded raisins
1 cup vinegar
2 tablespoons cornstarch
3 cups cooked beets, sliced

Mix cornstarch and sugar; add vinegar and cook in low heat until sauce becomes clear and transparent. Add raisins and beets and let stand warming for at least 15 minutes before serving.

- - - Mrs. Robert Bantly

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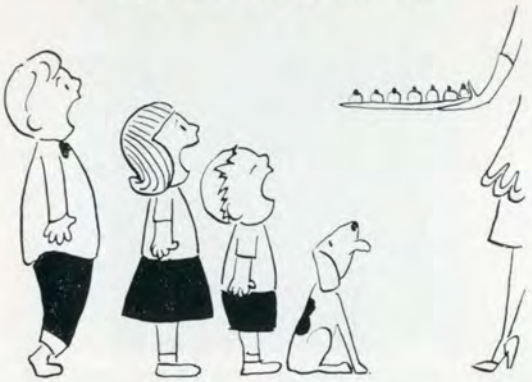
SPICY BEETS

1 can (1 pound) julienne beets
⅓ cup red wine vinegar
2 tablespoons dark brown sugar
1 tablespoon mixed pickling spice
(do not include pepper pod)

Into a strainer set over a pint measure, turn the beets to drain. Add the beets to a fairly shallow container and set aside. Into a 1-quart saucepan turn ½ cup of the beet liquid, vinegar, brown sugar and spice; bring slowly to a brisk boil—this should take about 10 minutes. Strain this spiced beet liquid (to remove spice). Refrigerate beets, covered, for several hours or overnight. Drain before serving. Makes 6 servings.

Hors d'oeuvres and Miscellaneous



Lobster Pick 'n Dip

2 frozen lobster tails cooked as directed on package
1 cup mayonnaise
1 tablespoon anchovy paste (optional)
½ teaspoon dry mustard
½ teaspoon Tabasco sauce
¼ teaspoon garlic salt
2 tablespoons vinegar or Italian dressing
2 hard cooked eggs, chopped
3 tablespoons stuffed olives, minced
3 tablespoons sweet pickle relish, minced
1 tablespoon chopped parsley
1 tablespoon minced onion

Remove cooked lobster meat from shell and chill. Cut in 24 to 30 small cubes. Rinse and save one empty lobster tail. Combine all ingredients except lobster meat and mix into paste. Put mixture into lobster shell. Place shell in the center of a large plate and surround with lobster meat which has a toothpick inserted in each cube.

--- Mrs. Norman A. Bjarkman Jr.

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Crabmeat Spread

1 eight-ounce package cream cheese
2 tablespoons minced onion
2 tablespoons horseradish, creamed type
2 tablespoons milk or cream
1 eight-ounce can crab meat
½ teaspoon lemon juice
Slivered almonds

Have cream cheese at room temperature and blend with onion, horseradish, milk and lemon juice. Cream well. Add crabmeat and mix well. Spoon into casserole and sprinkle with slivered almonds. Bake in 375-degree oven 15 or 20 minutes or until it bubbles. Serve hot. This may be served hot from chafing dish with toast thins, bread sticks or crackers.

--- Mrs. Norman A. Bjarkman Jr.

MRS. NORMAN A. BJARKMAN JR.

A recipe for a Cocktail Cheese Roll which Mrs. Norman A. Bjarkman Jr., of 28 Franklin St. uses for buffet suppers was given to her by a great-aunt in Sweden. Mrs. Bjarkman is a member of St. Mary's Episcopal Church and the Woman's Auxiliary of the Manchester Midget and Pony Football Association, Inc., of which she is a past president.

★

Cocktail Roll

1 pound strong, sharp cheese
1 clove garlic
1 cup nut meats, preferably walnuts
½ teaspoon minced chives
paprika

Grind cheese, garlic and nutmeats fine. Cream well with chives. Shape into two rolls about 1½ by two inches. Spread paprika on flat surface and roll cheese roll until completely covered and bright red in color. Refrigerate at least 24 hours. To serve, slice very thin and place on rye toast rounds or crackers. The cheese roll may be frozen and stored.

★

Shrimp Balls

1 pound shrimp, cooked and cleaned.
¼ cup celery
½ green pepper
1 hard cooked egg
3 tablespoons cream cheese
1 tablespoon chili sauce
1 teaspoon Worcestershire sauce
2 teaspoons horseradish
1 teaspoon lemon juice
1 tablespoon each chopped parsley and chives

Chop shrimp, celery, pepper and egg very fine. Blend in with remaining ingredients and season with salt and pepper. Mix well and roll into small balls. For variety, roll some in sieved egg yolk, some in chopped parsley and others in paprika. Serve with crackers or party rye bread.

- - - Mrs. Norman A. Bjarkman Jr.

MRS. RAY GARDINER

Early in December Mrs. Ray (Linda) Gardiner of Hebron Rd., Andover, and her friends gather to make Christmas Candy. She is a member and vice chairman of the Newcomer's Club of the YWCA and chairman of its handicraft group. She is also a member of the League of Women Voters and the Community Club of Andover. She attends Center Congregational Church, Manchester.

★

Christmas Candy

4 cups granulated sugar
1 cup water
1 cup light corn syrup
1 dram flavoring
food coloring

Flavorings used by the group are oil of cinnamon, peppermint, wintergreen, anise, spearmint, cloves and orange. They use red, pink, green, white, blue, purple and orange food coloring. Each batch is colored to complement the flavor.

Bring sugar, water and syrup to HARD CRACK on a candy thermometer or, if using the old method of testing, when candy is poured in water it should form a brittle thread. Remove from heat immediately. Add oil flavoring, stir well, then add coloring and mix. Pour in a thin stream onto cookie sheets covered with confectionery sugar. Let stand one or two minutes. Snip with sharp kitchen shears.

The candy resembles the colored pebbles used in fish globes. Mrs. Gardiner and her friends use it to fill decorative containers for Christmas gifts. "The candy," Mrs. Gardiner said, "could be made by two persons but is almost impossible to make alone because of the timing. Four is the perfect number for the project," she added.

One of the specialties of Mrs. Adrian Krieger of 19 Fairfield St., is Lefsa a Norwegian dish, which she especially likes during the winter. She s a member of Concorda Lutheran Church and teaches in its Sunday School and a member of Washington School PTA.

★

Lefsa

5 cups mashed potatoes
¼ cup cream
2 teasponns salt
1 stick margarine or butter
2½ cups flour

Mix cream, salt and margarine with mashed potatoes and cool thoroughly. This may be refrigerated overnight. When potato mixture is cool, add flour and mix. Make mixture into small patties and roll out very thin. Keep remaining dough cold while working with three or four patties. If dough does not roll easily, Mrs. kreiger said, add a little more flour. Fry in melted shortening in electric fry pan at 400-degree setting, or on moderately hot burner if regular skillet is used. A thin stick is needed to turn Lefsa, and Mrs. Krieger uses a stick from a window shade. The end of the stick is whittled thin and flat.

Lefsa may be buttered and sprinkled with sugar or covered with jam and rolled up. Mrs. Krieger also advises that she would be happy to answer any questions about the preparation of Lefsa.

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"Portuguese Clam Bake," Mrs. Richard E. (Alma) Niese of 219 Vernon St., "may be prepared indoors or outdoors and is wonderful wherever prepared and served." She is a member of Second Congrgational Church and assistant treasurer of its Women's Fellowship. She is also a member of Orford Parish, DAR and Ever Ready Circle of Kings Daughters.

★

Portuguese Clam Bake

2 medium heads lettuce or salad greens to make 2½ quarts when coarsely shredded with:
1 bunch celery, including leaves. Divide this into four parts
2 tablespoons salad oil or melted margarine
3 pounds ready-to-cook chicken in serving pieces
Salt
Poultry seasoning
Ground black pepper
½ cup fresh parsley, finely chopped
12 white onions, peeled
6 new potatoes, washed but not peeled
6 lobster tails, individually wrapped in corn husks
6 fish fillets, individually wrapped in foil (optional)
12 ears corn, husked
Steamer clams to serve six
Melted butter for individual servings.

Place oil or margarine in bottom of 10-quart or larger pot: Cover bottom with one part of lettuce mixture and with chicken pieces arranged on top of greens. Sprinkle with seasonings. Cover with another layer of greens topped with onions and potatoes. Place third layer of greens on potatoes and onions with lobster tails and fish filets arranged on top; cover with remaining lettuce mixture and top with corn and clams. Turn on medium hot heat and when steam begins to rise reduce to low and steam about one hour. Serve hot with melted butter. Sweet Italian sausages may be added in place of, or in addition to, fish fillets. This clam bake is for six. The clams are usually served first.

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