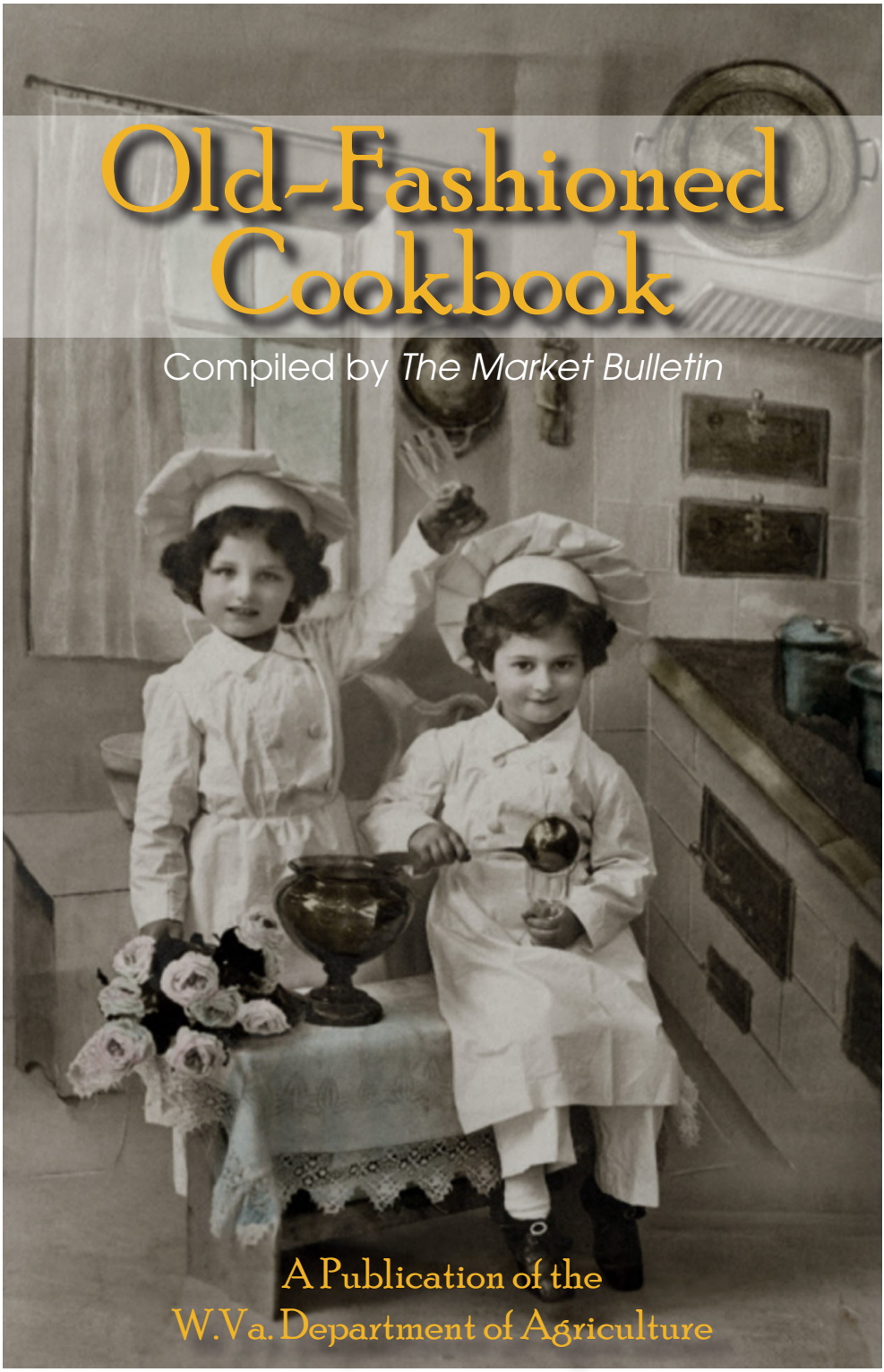
Old-Fashioned Cookbook

Compiled by *The Market Bulletin*



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Introduction

Food has been one of the major ingredients of history since the beginning of time. Wars have been fought over farmland, and the search for more and better food has been a major guiding force in man's development. Even in our own country where we think of food as always being on plentiful supply, it was partly the shortage of farmland that started the great movement west.

The way man has been able to eat has also depended on his ability to store for future use the food he is able to collect or grow. In today's modern market when any food of any season can be had by just picking up a frozen carton or tin can, it is hard to imagine the time when foods were limited to those that could be stored as they were harvested.

In this "Land of Plenty" with modern methods of preservation and transportation, people are still interested in their food, especially better ways to prepare it. Here in West Virginia there is a great deal of pride taken in the "good old days". These two facts together are responsible for this cookbook.

Each year, many requests come to offices of the State Department of Agriculture for recipes no longer in general use. In our files, we are usually able to find the answer. Because of the ruthless march of time, many of the hearty dishes that nourished our founding fathers can no longer be enjoyed. This cookbook was conceived with the idea of preserving for future generations a few of the wonderful foods that came across the mountains with our forefathers.

The recipes presented number only about 150. More than 5,000 were screened in their selection. Most of the recipes were submitted for our consideration by *Market Bulletin* readers. Still others come from the aged pages of The *Market Bulletin* itself, and others were collected during our research for this book.

We have tried to make the recipes that appear here the average of those from which we had to choose. This is not to say that any and all were not good. It should be remembered that recipes are only guides; all can be modified to suite the individual taste. From time to time, we will suggest minor modifications and these notes will be indicated by ( ) to show that the remarks were not a part of the original recipe.

Many of the recipes submitted are well over 100 years old; however, they have no doubt been modified a great deal in this period. The English pound cake is one of the oldest and in those early days had to be made with whole grain flour. Starting in the latter part of the 19th century, white flour became available. However, it was perhaps in the early part of this century before this new product became generally available in West Virginia. White flour is used almost universally now, and it is understandable that most all recipes have been changed in this respect.

History also marches across these pages – from the "Yorkshire Pudding" of Old England to the "Johnny Cake" which was one of the staples of the Confederate soldiers. In early America, corn was practically the only cereal generally available to all classes. It was widely used in many dishes; and it, too, like flour, was at the time whole-grain meal rather than the product which we use today. This is not a book for the weight-watcher unless he or she is willing to be content with sampling. The food found here for the most part are high in calories – concocted and eaten by early Americans who had to work hard and needed the energy to build a country now enjoyed by all of us.

The "Old-Fashioned Cookbook" has been one of the Department's most requested publications for years. We hope the new generation of readers will enjoy it as much as those who have requested it in the past. Use fresh West Virginia grown ingredients whenever possible.

Sincerely,

Walt Helmick
West Virginia Commissioner of Agriculture

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Cakes

Old-Fashioned Applesauce Cake

⅔ cup soft shortening, 1¼ cups granulated sugar, 1 cup brown sugar (packed), 3 eggs, 1¾ cups thick unsweetened applesauce, ½ cup water, 3 cups sifted flour, ⅓ teaspoon baking powder, 1¾ teaspoons soda, 1¼ teaspoons cinnamon, ½ teaspoon cloves, ¾ teaspoon allspice, ¼ teaspoon nutmeg, 1¾ teaspoons salt, 1½ cups cut dates, raisins or half of each and 1½ cups broken walnuts.

Cream shortening, sugars and eggs. Add applesauce, mixing well. Stir in sifted dry ingredients, mixing alternately with water. Blend fruit and nuts into batter. Grind dates and raisins if desired.

Pour into greased and floured 9x13-inch pan and bake in moderate oven (350ºF) for 55-60 minutes. Frost if desired.

Hickory or Walnut Cake

2 cups sugar, ½ cup butter, ¾ cup milk, 3 cups sifted flour, 2 teaspoons baking powder, 1 level tablespoon mace, I cup hickory nut or walnut meats (chopped) and 1 cup raisins.

Cream sugar and butter and add milk; then add dry ingredients. Fill the cake pans with a layer of cake batter, a layer of raisins, then a layer of nuts until all batter is used. Pans should be lined with buttered paper. Bake about 1 hour and 40 minutes at 300ºF. (This is very delicious and keeps well.)

Fudge Cake

1 cup sugar, ¾ cup cocoa, 1 egg and 1 cup milk.

Combine sugar and cocoa. Add well beaten egg and milk. Cook in double boiler until thick and smooth. Cool.

Cake – ¾ cup shortening, 1 cup sugar, 2 eggs, 2 cups cake flour, 1 teaspoon soda, ⅛ teaspoon salt, ½ cup milk and 1 teaspoon vanilla.

Cream shortening and sugar. Add well beaten eggs and beat thoroughly. Sift flour and measure, then sift with baking soda and salt. Add alternately with milk to creamed mixture; add flavoring and cool cocoa mixture. Mix only until blended. Pour into two 9-inch cake pans lined with waxed paper and bake in moderate oven (350ºF) for 25-30 minutes.

Old-Fashioned Devil's Food Cake

2 eggs, 1 cup shortening, ¾ cup cocoa, 3 cups flour, 2 cups sugar, 1 cup sour cream, 1 cup boiling water, 2 teaspoons vanilla and 2 teaspoons soda.

Mix all ingredients together in a bowl and bake in slow oven for 30 minutes. Use loaf pan.

Scripture Cake

1 cup Judges 5:25, 3½ cups of Exodus 29:2, 2 cups of Nahum 3:12, 1 cup Genesis 24:17, 1 teaspoon of Exodus 16:31, 2 cups of Jeremiah 6:20, 2 cups of Samuel 30:12, 1 cup of Numbers 17:8, 6 cups of Isaiah 10:14, 1 pinch of Leviticus 2:13 and 3 teaspoons of Amos 8:14. Season to taste with 1 Kings 10:2, follow Solomon's prescription for a good boy in Proverbs 23:14 and bake.

Each scripture verse contains one or more ingredients used in making a cake. Follow carefully.

Tilden Cake

1 cup butter, 2 cups sugar, 4 eggs, 3 cups flour, ½ cup cornstarch, 2 teaspoons baking powder, ½ teaspoon salt, 1 cup milk and 2 teaspoons lemon extract.

Cream butter and sugar. Add eggs, one at a time, beating well. Sift dry ingredients together and add alternately with milk. Add lemon extract. Bake in two 9-inch layer cake pans at 350ºF for 30-40 minutes.

(A glimpse into history reveals that Samuel J. Tilden, Democratic candidate for President in 1876, lost to Republican Rutherford B. Hayes by one electoral vote. Mr. Tilden was prominent enough to have a cake named for him.)

Loaf Hickory Nut Cake

Cream ½ cup butter and 1½ cups sugar until fluffy. Sift 2 cups cake flour with 2 teaspoons baking powder and ¼ teaspoon salt. Add alternately with ¾ cup milk; beat well after each addition. Add 1 cup chopped hickory nuts, then fold in 4 stiffly beaten egg whites. Pour into buttered cake pan and bake at 350ºF for 45 minutes.

Lady Biltmore Cake

½ cup shortening, 1 cup sugar, whites of 3 eggs, ½ cup milk, 1 teaspoon vanilla extract or ½ teaspoon almond extract, l¾ cups flour and 2 teaspoons baking powder.

Cream shortening; add sugar and unbeaten white of one egg; add milk very slowly, beating between each addition. Add flavoring; then add flour which has been sifted with baking powder; lastly fold in beaten whites of 2 eggs. Bake in square greased layer tins in hot oven, about 15 minutes. Use desired filling and cover top and sides of cake with white icing.

Burnt Sugar Cake

⅔ cup butter, 1½ cups sugar, 3 well beaten eggs, 3 cups all-purpose flour, 3 teaspoons baking powder, ¼ teaspoon salt, 1 cup water, 1 teaspoon vanilla and ½ cup caramelized sugar syrup.

Cream butter and sugar thoroughly. Add well beaten eggs and mix well. Add flour and other dry ingredients (sifted together 3 times); add water alternately. Add vanilla and the caramelized syrup last. Bake in 3 greased 9-inch layer pans and use caramel frosting between layers and on top and sides. Bake in 350ºF oven for 35 minutes.

Dried Apple Cake

1 cup chopped dried apples, 1 cup sorghum molasses, 1 teaspoon soda, pinch of cinnamon, nutmeg, cloves, ginger and allspice, 2 cups all-purpose flour, 1½ cups white sugar, ½ cup each lard and butter and 1 cup sour milk or buttermilk.

Cook apples and molasses together on very low heat until well saturated, then cool. Sift soda and spices into the flour and add this to the apples that have been cooked in the sorghum. Cream sugar, lard and butter; add milk. Pour in greased pan and bake in 350ºF oven until done. Use any good white frosting.

Chess Cakes

¾ cup butter or margarine, 1½ cups sifted flour, 3 tablespoons granulated sugar, 2¼ cups dark brown sugar, 3 egg yolks, 1 cup pecans (coarsely chopped), ½ teaspoon vanilla and 3 egg whites.

Cream butter or margarine (but do use butter if you can). Add slowly the sifted flour and granulated sugar. Pat into a long rectangular biscuit pan with 1½-inch sides. Bake 20-30 minutes in a moderate oven (375ºF) or cook until the crust is golden brown. Meanwhile, make the filling by mixing the dark brown sugar with the beaten egg yolks. When thick and spongy, add the pecans. Add vanilla and fold in the stiffly beaten egg whites. Spread filling evenly over the crust. Return pan to oven and cook 25-30 minutes longer or until the filling sets. Do not cook too long, as the filling should be transparent and semi-soft, never hard or chewy. Dust with powdered sugar and when cool, cut into 1½-inch squares.

Molasses Cake

1 cup butter, 1 cup sugar, 3 eggs, 1 teaspoon bread (baking) soda, 1 cup molasses, 3 cups flour, 1 teaspoon ginger, ¼ teaspoon nutmeg, ¼ teaspoon ground cloves and 1 cup milk.

Cream butter and sugar; beat in eggs. Add soda to molasses. Sift dry ingredients together. Add alternately milk, molasses and dry ingredients to butter, sugar and egg mixture. Bake in large loaf pan for 45 minutes at 350ºF.

Grandma's Vinegar Chocolate Cake

4½ cups flour, 3 cups sugar, 1½ teaspoons salt, 3 teaspoons soda, 9 tablespoons cocoa, 3 tablespoons vinegar, 3 tablespoons vanilla, 3 cups cold water and 15 tablespoons melted butter or margarine.

Sift all dry ingredients in large mixing bowl. Mix vinegar, vanilla and water; add to dry mixture, mixing at medium speed. Last, add melted butter and mix well. Pour in ungreased bread pan and bake at 350ºF until done. Ice with your favorite icing.

Fifteen Cent Cake

1 egg, sweet cream, 1 cup granulated sugar, pinch of salt, 1½ cups flour, 1½ teaspoons baking powder and 1 teaspoon vanilla.

Beat egg in teacup and fill up with sweet cream. Add sugar and beat thoroughly. Add sifted dry ingredients, mixing thoroughly; then add vanilla. Bake in moderate oven about 30 minutes.

Ginger Bread

1 cup molasses, 1 cup hot water, ½ cup butter, ½ cup sugar, 1 egg, 2½ cups flour, ½ teaspoon soda, ½ teaspoon salt, ½ teaspoon nutmeg, ¼ teaspoon cloves, ½ teaspoon allspice, ½ teaspoon cinnamon and ½ teaspoon ginger.

Combine molasses and water and add to creamed butter and sugar. Mix in sifted dry ingredients. Bake in a moderate oven. Test with straw to see when done. (This recipe is 100 years old).

Robert E. Lee Cake

10 eggs (beaten separately), 2 cups sugar, 1 teaspoon lemon juice, 1 teaspoon orange juice, grated rind of 1 lemon, 2 cups flour and ½ teaspoon salt.

Beat the egg yolks until lemon-colored; add the sugar, fruit juices and lemon rind. Fold in the stiffly beaten egg whites; lastly, add the flour sifted with salt, by sprinkling the flour gently by the handfuls. Bake in round ungreased pans, making 3 medium layers or 4 thin layers. Ice with a boiled icing. (Or a lemon icing with coconut and orange and lemon rind to flavor. An old Williamsburg recipe calls for an uncooked lemon and orange juice filling made by combining fruit juices with sugar and grated rinds. Grated coconut is added and sprinkled over cake.)

(This is said to have been the favorite cake of the South's most beloved general. It is simply a 3- or 4-layer sponge cake put together with a boiled icing, lemon jelly filling or a lemon cheese filling, as they call it in Old England, where it undoubtedly originated-then frosted with an orange-lemon icing.)

Boiled Icing

3 cups sugar, 1 cup water, 1 tablespoon lemon juice, 3 egg whites (beaten until stiff), grated rind of 1 lemon and 1 cup grated coconut.

Fruit Filling

Grated rind and juice of 2 oranges and lemons. Strain juice into 1 pound of pulverized sugar. Add grated coconut and the whites of 1 egg, lightly beaten.

Mayonnaise Cake

3 cups mayonnaise, 1 cup sugar, 2 cups flour, 3 teaspoons soda, 1 teaspoon salt, 3 tablespoons cocoa and 3 cups milk.

Mix all ingredients but do not beat. Bake in a moderate oven.

Lebkuches

¾ cup honey, ¼ cup brown sugar, ½ cup white sugar, 2 eggs (beaten), 2½ cups sifted flour, ¼ teaspoon salt, ¼ teaspoon cloves, ⅛ teaspoon allspice, 1¼ teaspoons cinnamon, ¼ teaspoon soda, ½ cup chopped citron and ¾ cup chopped almonds.

Bring honey to boiling point in large heavy saucepan. Cool. Blend in sugars. Add eggs and beat well. Sift dry ingredients and add to mixture, beating well after each addition. Stir in fruit and nuts. Spread dough in well greased jelly roll pan (10½x15½-inch) and bake at 350ºF for 25 minutes.

Lemon Icing

3 cups powdered sugar, 1 tablespoon grated lemon rind, 3 tablespoons milk or light cream.

Blend all ingredients. When cake is cool, spread with lemon icing and cut diagonally to form diamonds. This will also ice 3 dozen cookies.

1-2-3-4 Cake

2 cups sugar, 1 cup butter, 4 eggs (separated), 3 cups flour, 2 heaping teaspoons baking powder and 1 cup milk.

Cream sugar and butter. Add egg yolks, one at a time, beating constantly. Sift flour and baking powder and add alternately with milk to mixture. Flavor to taste. Fold in stiffly beaten egg whites. Bake in moderate oven.

Black Joe Cake

½ cup butter, ½ cup cocoa, ½ teaspoon salt, 2 cups brown sugar, 1 teaspoon soda, ½ cup boiling water, 1 cup sour milk, 2½ cups sifted flour and 1 teaspoon vanilla.

Blend first 4 ingredients together; dissolve soda in water; add this, milk and flour to mixture. Add vanilla and mix well. Bake in loaf pan at 350ºF for 30 minutes. Frost or serve warm with whipped cream.

General Washington Cake

Cream ¾ pound each butter and sugar. Add five eggs, one by one, beating constantly; then add nutmeg and cinnamon to taste, 1 pound flour (sifted twice), 1 gill* cider or orange juice (colonial ladies used wine), ½ teaspoon soda dissolved in 1 gill cream and 1 pound currants or seeded raisins.

Mix thoroughly and bake in a loaf in a moderate oven for an hour or more. (*One gill is equal to 2 ounces or ¼ cup).

Grandma's Pound Cake

10 eggs (1 pound), 2 cups (1 pound) butter, 2 cups (1 pound) sugar and 4 cups (1 pound) flour.

Beat the yolks and whites separately. Cream the butter, cream and sugar. Add egg yolks and mix well. Add stiffly beaten egg whites alternately with flour. Long beating of air into this mixture is the success of the cake. Bake for 2 hours; begin baking in warm oven, gradually increasing the heat to moderate.

Abraham Lincoln Marble Cake

Light – 1 cup white sugar, ½ cup butter, ½ cup sweet milk, 2 cups flour, whites of 3 eggs, 1½ teaspoons baking powder and 1 teaspoon vanilla.

Dark – ½ cup brown sugar, ¼ cup butter, ½ cup molasses, ¼ cup sweet milk, ½ teaspoon nutmeg, ½ teaspoon allspice, 1 teaspoon cinnamon, 1½ teaspoons baking powder, 3 egg yolks and 2 cups flour.

Mix batters separately. Butter a deep cake pan and turn in alternately the light and dark batter in ribbons or put in by tablespoonfuls. Bake 40-60 minutes in a moderate oven.

Jelly Roll

4 egg yolks, ¾ cup sugar, 1 teaspoon vanilla, 4 egg whites, ¾ cup flour, ¾ teaspoon baking powder and ¼ teaspoon salt.

Beat egg yolks until light. Add sugar; beat until creamy. Add vanilla. Sift before measuring the flour. Resift with baking powder; add to egg mixture and beat until smooth. Whip until stiff but not dry the egg whites to which the ¼ teaspoon salt has been added. Fold lightly into the cake batter. Line a 15x10-inch pan with heavy greased brown paper. Spread the dough on it and bake in moderate oven (250ºF) for about 15 minutes. While hot, invert pan on towel sprinkled with confectioners sugar. Cut off hard edges. Spread cake with jelly. Roll it up and wrap in waxed paper. Before serving, sprinkle with confectioners sugar.

Penuche Frosting

Combine 1 cup brown sugar (packed), ¼ cup milk and 3 tablespoons butter in top of double boiler. Cook over rapidly boiling water for about 3 minutes. Cool to lukewarm. Add 1 teaspoon vanilla. Beat in enough sifted confectioners sugar to make of spreading consistency (about 1½ to 2 cups).

Blackberry Jam Cake

4 eggs, 3 cups flour, 2 cups sugar, 1 cup buttermilk, 1 cup butter, 1 teaspoon baking powder, 1 teaspoon soda, 1 teaspoon allspice, 1 teaspoon cinnamon and 1 teaspoon nutmeg.

Mix all ingredients together; put in layer pans and bake in a moderate oven (350ºF) for 1 hour. Spread with blackberry jam.

Pork Cake

½ box raisins, 1 pound currants, 2 cups brown sugar, ½ teaspoon salt, ½ teaspoon baking powder, 1 teaspoon soda, 3 cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, 1 pound fresh pork, 1 cup boiling coffee, 1 cup nuts and 1 pound candied cherries.

Wash raisins, currants and dry well. Sift all dry ingredients together. Melt finely ground pork in boiling coffee, then mix all ingredients together. Bake at 350ºF for 1½ hours.

Broken Glass Cake

1 package cherry gelatin, 1 package lime gelatin, 1 large can crushed pineapple, 1 package lemon gelatin, ½ pint whipping cream, one 39¢ jelly roll and a small package of nuts (pecans or English walnuts.)

Dissolve cherry and lime gelatin in 1½ cups hot water each and chill until set; do not freeze. Drain pineapple and add sufficient water to juice to make 1½ cups. Heat in a saucepan and dissolve lemon gelatin in this. Put in a bowl in refrigerator and chill until syrupy enough to whip. Add crushed pineapple, red and green gelatins which have been cut into small cubes. Fold all together with whipped cream (which has been whipped). Cut jelly roll into enough slices to go around sides of pan (use angel food or springform pan) standing up. Fill inside with whipped cream, pineapple and gelatin mixture. If you care for nuts, you may grind a few and sprinkle on top. Put in refrigerator and let stand for several hours before serving.

Solid Coconut Cake

½ pint butter, 1½ pints sugar, 1 cup sweet milk, 4 cups flour (sifted 4 times), 4 teaspoons baking powder, 1 small coconut (grated) and whites of 10 eggs (beaten stiff).

Cream butter and sugar together. Put in sweet milk, then dry ingredients which have been sifted together; then add coconut and egg whites. Bake in moderate oven until done as shown by a straw.

Hot Milk Cake

4 eggs, 2 cups sugar, 2 cups cake flour, 1 teaspoon baking powder, ¼ teaspoon salt, 1 cup sweet milk (boiled), 1 stick butter, 2 tablespoons lemon juice, 1½ teaspoons grated lemon peel (yellow part only).

Beat eggs and sugar. Gradually add 1 cup flour with baking powder and salt, then second cup of flour. Add boiled milk, butter and lemon. Mix well. Bake 30 minutes in a tube cake pan.

Raisin Cake

Boil together for 5 minutes: 2 cups white sugar, 2 cups water, 2 heaping tablespoons shortening and ½ box raisins. Sift together 1 heaping teaspoon soda, 1 teaspoon salt, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon allspice, teaspoon ginger and 3 cups flour. Add to raisin mixture and mix thoroughly. Bake in moderate oven until done.

Hickory Nut Cream Cake

4 eggs, 2 cups sugar, ½ cup butter, 2½ cups flour, 2 teaspoons baking powder and 1 cup milk. Mix all ingredients and bake in two layers.

Cream together 2 eggs, 1 cup sugar, 2 heaping teaspoons cornstarch, 1 cup chopped hickory nut meats and 1 pint milk.

Beat eggs, sugar, cornstarch and nuts together and stir into the pint of milk while boiling. Let it cook as thick as custard. When cool, spread between the layers and on top of the cake.

Date Cake

1 cup brown sugar, ½ cup butter, 3 eggs, 1 cup chopped dates, 1 cup chopped nuts, 1 teaspoon baking powder, 1 teaspoon vanilla and ½ cup flour.

Cream together sugar and butter. Add unbeaten eggs, then all other ingredients. (Flour dates and nuts before adding.) Mix well and pour into small pan; bake at 325ºF for 30 minutes.

War Cake

2 cups light brown sugar, 1½ cups raisins, 1 cup butter or lard, 2 cups boiling water, ½ teaspoon salt, 1 teaspoon each cloves, nutmeg and cinnamon.

Boil all of these ingredients together for three minutes. Let cool and mix 3 cups flour, 1 teaspoon soda dissolved in ½ cup warm water and 1 teaspoon baking powder. (You may add any other fruits or nuts if desired). Bake in a moderate oven about 1 hour.

Blackberry Cake

1 cup butter or shortening, 1½ cups sugar, 4 eggs (beaten), 3 cups cake flour, 1 teaspoon nutmeg, 2 teaspoons allspice, 2 teaspoons cloves, 2 teaspoons baking powder, 1½ teaspoons soda, 1 cup sour milk, 1 cup berries and ½ cup berry juice.

Cream shortening, sugar and eggs, beating well. Sift flour with all dry ingredients except soda. Dissolve soda in milk and add alternately with flour. Add berries and juice last. Pour into three 9-inch layer pans and bake in 350ºF oven for 25-30 minutes.

Applesauce Stack Cake

2½ cups sifted cake flour, 1 cup granulated sugar, 2 teaspoons baking powder, ½ teaspoon cinnamon, ¼ teaspoon nutmeg, 1 teaspoon salt, ¼ teaspoon soda, ¼ teaspoon mace, ¼ teaspoon cloves, ½ cup brown sugar, ½ cup shortening, 2 unbeaten eggs, 1 teaspoon rum flavoring and 1¼ cups milk.

Sift dry ingredients, except brown sugar, into large mixing bowl. Add brown sugar, shortening, eggs, flavoring and 1 cup of milk and mix thoroughly. Then add ¼ cup milk and beat 2 minutes or until batter is smooth and light.

Pour batter ¼-inch thick into two 8-inch layer cake pans which have been greased, floured and lined with waxed paper. Spread evenly. Bake in preheated 400ºF oven for about 13 minutes or until brown. Turn out on plate and spread each layer with applesauce which has been sweetened and flavored with desired flavoring. Leave top layer plain. If decoration is desired, use maraschino cherries.

Lemon Jelly Cake

2 cups sugar, ½ cup butter, 3 egg yolks, 1 cup milk, 3 cups flour and 2½ teaspoons baking powder.

Cream sugar and butter. Add yolks of eggs and milk. Sift flour and baking powder and add to creamed mixture. Put in 5 layer plans (thin layers).

Lemon Jelly

2 lemons (grated rind and juice), 1 cup sugar, 1 egg, ½ cup water, 1 teaspoon butter and 1 tablespoon flour mixed with a little water. Boil until thickened. Put between layers of cake.

Butterscotch Cake

2¼ cups cake flour, 3 teaspoons baking powder, 1 level teaspoon salt, 2 cups brown sugar (packed), ½ cup butter, ½ cup white sugar, 4 egg yolks, ¾ cup milk, 4 egg whites (beaten), ½ teaspoon lemon juice and 1 teaspoon vanilla.

Mix all ingredients together and bake 30-40 minutes. Makes 2 large- or 3 small-layer cakes.

Eggless, Milkless, Butterless Cake

1 cup brown sugar, 1¼ cups water, 1 cup seeded raisins, 2 ounces citron (cut fine), ⅓ cup shortening, ½ teaspoon salt, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 2 cups flour and 5 teaspoons baking powder.

Boil sugar, water, fruit, shortening, salt and spices together in saucepan for 3 minutes; when cool, add flour and baking powder which have been sifted together; mix well. Bake in greased loaf pan in moderate oven about 45 minutes.

Honey Cake

2 eggs, 1 cup honey, ½ cup melted butter or shortening,¾ cup cocoa (optional), 2½ cups sifted all-purpose flour, 2 teaspoons soda, ½ teaspoon salt and 1 cup hot water.

Mix eggs (beaten), honey and shortening. Sift dry ingredients together. Add water to honey mixture and dry ingredients at different times. Add nut meats and raisins if you desire. Bake in moderate oven.

Candies

Sea Foam

2 cups light brown sugar and ¾ cup water.

Boil ingredients until mixture forms a soft ball in cold water; then pour slowly, beating constantly, into a stiffly beaten egg white. Continue beating until quite stiff. Drop by teaspoonfuls onto waxed paper or greased plate. (May be flavored with vanilla or ½ cup nuts just before it is put out on paper.)

Horehound Honey Taffy

2 cups white sugar, ½ cup horehound tea (strength you desire) and ½ cup strained honey.

Combine all ingredients and cook, stirring only until sugar is dissolved, to hard ball stage (256ºF). Turn onto buttered platters. As edges begin to harden, turn them into center with a spatula. When cool enough to handle, pull with tips of fingers, stretching into long rope. When light, cut and wrap in waxed paper. Can also be turned onto buttered and sugared platters. When still warm enough to stick, sprinkle sugar on top and let cool. Crack into pieces. Store in tight containers until needed.

Butterscotch Nut Fudge

¼ cup butter or margarine, 1 cup brown sugar, 1 cup granulated sugar, ¾ cup sour cream, 1 teaspoon vanilla, ½ cup chopped black walnuts or other nut meats.

Melt butter in heavy saucepan. Add brown sugar and heat to boiling. Add granulated sugar and sour cream. Cook over low heat, stirring until sugar dissolves, to soft ball stage (236ºF). Cool at room temperature, without stirring, until lukewarm (110ºF). Beat until mixture holds its shape, then add vanilla and nuts quickly. Spread in greased pan. Cool. Cut in squares. Makes 2½ dozen pieces. Garnish with nut halves.

Old-Fashioned Peanut Brittle

Grease a cake or pie pan with butter. Spread in 1 cup peanuts and set side. Mix together ½ cup water and a heaping cup of light brown sugar, a little cream of tartar and a tablespoon of vinegar. Boil for 10 minutes, then add 2 tablespoons butter and continue boiling until a little of the mixture dropped in cold water hardens like glass. Take from fire and pour over peanuts. When cold, break in pieces.

Popcorn Balls

3 quarts popped corn, 1½ cups molasses, ½ cup sugar, ¼ cup water, 2 teaspoons vinegar, ½ teaspoon salt, 2 teaspoons vanilla and 5 tablespoons shortening (butter or margarine).

Discard all hard grains of corn. Combine molasses, sugar, water, vinegar and salt. Cook slowly, stirring constantly, until a hard ball forms in cold water. Remove from heat; add vanilla and shortening. Pour over corn. Grease hands and shape corn into balls.

Molasses Taffy

4 cups molasses, 1 cup brown sugar, ½ cup water, 4 tablespoons butter, ½ teaspoon baking soda and ⅛ teaspoon salt.

Combine molasses, sugar and water in a large (heavy) kettle. Cook slowly, stirring frequently, to 272ºF, or until a small amount of the mixture cracks when dropped in cold water. Remove from heat; add butter, soda and salt, stirring just enough to blend. Pour into large shallow greased pan and allow to stand until cool enough to handle. Oil fingers slightly and gather taffy into a ball. Pull candy, using tips of fingers, until it is firm and light yellow in color. Stretch out into long rope; twist slightly and cut with scissors into 1-inch lengths. If not used at once, wrap in waxed paper. Makes about 50 pieces. (The harder you pull, the lighter it gets.)

Cookies

Ice Box Cookies

1 cup butter, 2 eggs, ½ teaspoon salt, 2 cups brown sugar, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon vanilla, 4 cups raisins and 1 cup nuts.

Mix ingredients; form mixture into rolls and chill before cutting off to bake.

Ammonia Cookies

½ ounce (about 2 tablespoons pulverized) ammonium carbonate, 1 cup milk, ½ cup shortening, 1¼ cups sugar, 1 egg (well beaten), ½ ounce (1 tablespoon) oil of lemon or 1 ounce (2 tablespoons) lemon extract and 5 cups sifted enriched flour.

Pulverize ammonium carbonate with rolling pin; add milk; let stand ½ hour or until dissolved, stirring often. Cream shortening and sugar; add egg, lemon flavoring and milk mixture. Stir in flour. Chill. Roll ¼-inch thick on floured board . Cut into 3-inch squares. Prick with floured fork. Bake on greased baking sheets in moderate oven (350ºF) for 15 minutes or until lightly browned. Makes 3½ dozen. (Sometimes called Lemon Crackers, Lemon Cookies or Lemon Biscuits.)

Trilby Bars

Cook in saucepan: 1 tablespoon cornstarch mixed with 1 cup brown sugar, 1 cup water, 1 package cut dates or 1 cup raisins and 1 tablespoon lemon. Cook until thick. Set aside to cool.

Sift together 1½ cups flour, 1 teaspoon salt, 1 teaspoon baking powder in mixing bowl. Add 1 cup brown sugar and 1¾ cups quick oats. Cut in ¾ cup shortening. Pat one half of this mixture in a 9x11 inch pan; pour on the cooked mixture and spread evenly. Add the other half of the oatmeal mix and spread evenly; press down lightly. Bake in 350ºF oven for about 30 minutes. Let cool; remove from pan and cut in squares.

Old-Fashioned Molasses Cookies

2½ cups cake flour, 1 teaspoon cinnamon, 1 teaspoon ginger, teaspoon soda,⅓ cup shortening, ½ cup sugar, 1 egg (beaten), ½ cup molasses, ½ cup raisins and ½ cup sour milk.

Sift flour; add spices and soda; sift again. Cream shortening and add sugar gradually. Add egg and molasses. Beat well. Add raisins, milk and dry ingredients alternately. Drop by teaspoonfuls 2 inches apart on greased cookie sheet. Bake in moderate oven (350ºF) for 10 minutes. Store in stone jar.

Mincemeat Drop Cookies

¾ cup shortening, 1½ cups white sugar, 3 eggs (well beaten), ¾ teaspoon salt, 1 teaspoon soda, 3 cups flour (unsifted), one 9-ounce package mincemeat or 1 cup homemade mincemeat, 3 tablespoons water and 1 cup broken nut meats (optional)

Cream shortening and sugar. Add eggs. Mix salt and soda in flour and add mincemeat and water. Add nut meats last.

Drop by teaspoonful onto cookie sheet. Dip glass in cinnamon and white sugar and press on cookies. Bake at 350ºF for about 10 minutes. Makes about 4 dozen.

Sugar Cookies

1 cup shortening, 2 eggs, 1 teaspoon vanilla, 1 level teaspoon soda, ¾ cup buttermilk, 2 cups sugar, 4 or 5 cups flour, 2 level teaspoons baking powder and 1 teaspoon salt.

In deep mixing bowl, cream butter and shortening. Add eggs (unbeaten) and mix thoroughly. Add vanilla. Stir soda in milk until dissolved and add to mixture. Sift flour, baking powder and salt together. Stir in enough flour to make a stiff batter and knead a small amount of dough at a time. Roll out to ⅛-inch thickness and cut into rounds or with fancy cutter. Bake in hot oven (475ºF).

Oatmeal Drop Cookies

¾ cup shortening, 1 cup sugar, 2 eggs, 1 cup plus 2 tablespoons flour, 1 teaspoon baking powder, ¼ teaspoon salt, ⅓ cup milk, 1 teaspoon cinnamon, 1 teaspoon vanilla, 1 cup seedless raisins and 3 cups oats.

Mix all ingredients thoroughly. Drop by teaspoonfuls onto greased cookie sheet and bake at 375ºF for 15 minutes. Makes 4 dozen. (Try adding dried or candied fruit for variety.)

Gingersnaps

1 cup molasses, 1 cup sugar, 1 cup shortening, 2 eggs, 1 tablespoon soda, 2 tablespoons ginger and 4 cups sifted flour.

Mix ingredients in the order given, to a stiff dough. Roll into marble-sized balls. Bake in moderate oven (350ºF). Makes 4 dozen.

Grandma Wallace's Pepper-Nuts

Mix 6 eggs (well beaten), 1¼ pounds brown sugar, 1¼ pounds white sugar, ½ pound citron or candied orange peel (chopped fine), 1 teaspoon cinnamon, a little allspice, 1 teaspoon soda and flour to make stiff dough to roll in palm of hands (dough should be size of marbles). Bake at 350ºF. (Try candied fruits used for fruit cake. Fruit must be chopped fine. Recipe is 100 years old.)

Old-Fashioned Soda Cookies

2 cups sugar, 1 cup shortening, 1 egg, 1 cup buttermilk, 1 teaspoon vanilla, ½ teaspoon nutmeg, 1 teaspoon salt, 1 teaspoon soda, 2 teaspoons baking powder and enough flour for stiff dough.

Cream sugar and shortening. Add the egg then milk, flavoring, nutmeg and salt. Mix the soda and baking powder with a little flour and stir into mixture. Add flour until dough is stiff. Turn out on a well floured board and knead well, adding more flour if necessary. When enough flour has been added, the dough will not stick to a dry board. Roll rather thick. Cut out and press a few raisins in top. Do not bake too quickly or too brown.

Stonewall Jackson's Favorite Peanut Butter Cookies

½ cup shortening, ⅓ cup peanut butter, 1 cup sugar, 1 egg (well beaten), ½ teaspoon salt, 1½ cups cake flour, 1 teaspoon soda and ½ teaspoon vanilla.

Cream shortening, peanut butter and sugar together. Add egg. Sift dry ingredients together and add to first mixture. Add vanilla and mix well. Form into small balls and place on cookie sheet. Flatten with fork and bake at 350ºF for 12 minutes.

Filled Cookies

Filling: 1 egg, 1 cup sugar, 1 lemon (juice and grated rind) and 1 cup ground raisins.

Beat egg and sugar together. Stir in juice and grated rind. Add raisins and cook over low heat for 5 minutes, stirring constantly.

Dough: 1 cup sugar, ½ cup butter or shortening, ½ cup buttermilk, 1 level teaspoon soda, 1 egg and 1 teaspoon vanilla.

Sift large mixing bowl of flour and pour mixture in slowly and mix like biscuit dough. Make dough stiffer than biscuits. Roll out thin and cut with cookie cutter. Put 1 teaspoon of filling on top of each cookie and top with another cookie. Press edges down with fork to seal. Punch two small holes in top and bake in moderate oven. (Recipe is 100 years old.)

Applesauce Cookies

1 cup sugar (either white or brown), ½ cup shortening, 1½ cups unsweetened applesauce, 2 teaspoons soda, 2¼ cups flour, ½ teaspoon ground cloves, 1 teaspoon cinnamon, ½ teaspoon salt, 1 cup raisins and ½ cup nut meats.

Cream together sugar and shortening. Add applesauce in which soda has been dissolved. Sift in the flour, spices and salt; add raisins and nut meats and drop several inches apart onto a greased baking sheet. Bake slowly (300ºF) about 15 minutes. Makes 30 cookies.

Honey Cookies

⅔ cup shortening, 1 egg (well beaten), 1½ teaspoons vanilla, ¼ cups honey, 2½ cups sifted flour, 3 teaspoons baking powder, ¼ teaspoon salt. Cream shortening and add egg, vanilla and honey. Beat well, then add dry ingredients. Form in balls and flatten with fork. Bake in 350ºF oven.

Relishes

Grapevine Pickles

Any size cucumbers can be used. Wash and place in stone jars, alternating layers of cucumbers and grape leaves. Cover with salt brine (1 cup salt to 2 gallons of water). Will be ready to eat in about 3 weeks.

Pickled Beans and Corn

Prepare green beans and cook until beans will mash when pressed between fingers. Shuck and silk corn that is well filled and boil about 1 minute (on the cob). Drain and cool beans and corn. Remove corn from cob. Pack a layer of beans and a layer of corn in large stone jar. Dissolve 1 pint coarse salt to 10 quarts water and cover beans and corn. Weight down and cover with clean cloth. Set in warm place until sour. May be taken out and put in glass jars after they have become sour.

Corn Salad

12 ears sweet corn, 12 onions, 1 head cabbage, 3 cups sugar, 3 pints vinegar, 3 green peppers, 3 red peppers, 1 tablespoon salt, 1 tablespoon mustard seed, 1 tablespoon celery seed and ¼ teaspoon tumeric (add a little at a time to taste).

Mix all ingredients together and cook 20 minutes. Makes 9 pints.

Bean Salad

One peck green beans. 6 large onions, 1 gallon cucumbers (chopped), 1 quart green tomatoes (chopped), 2 quarts sweet corn, ½ gallon vinegar, 2 pounds sugar, spices and salt to taste. Cook beans until nearly tender, then add all other ingredients.

Cook until all are tender and seal while hot.

Ramp Salad

Take West Virginia mountain ramps, cut fine; cook until tender, but do not parboil. Season with salt, ham fryings and vinegar and garnish with sliced hard-boiled eggs. Serve warm as a salad.

Garden Relish

Prepare recipe for "Garden Relish Syrup" and let cool. Grind 12 medium onions, 8 carrots, 4 red sweet peppers, 4 green sweet peppers, 4 hot peppers and 1 medium head cabbage together; add ½ cup coarse salt. Let stand in ice water 2½ hours. With hands, squeeze the mixture as dry as you can. Pour cooled syrup over mixture and mix well; put in cans and seal.

Garden Relish Syrup – Boil I quart vinegar, 2 tablespoons celery seeds, 2 tablespoons mustard seed and 6 cups sugar together and let cool.

Pickled Cabbage

Quarter cabbage and let stand in salt water 24 hours. Then cook in clear water until you can pierce with a straw. Mix 1 pound brown sugar, 2 gallons vinegar, 1 tablespoon mace(or nutmeg), 1 tablespoon mustard, 1 tablespoon ginger, 1 tablespoon horseradish and 1 teaspoon tumeric.

Let stand for 24 hours; mix with cabbage and put in stone or glass jars. (Some recipes call for coarsely shredded cabbage.)

Sweet Pickled String Beans

Use young tender beans. Remove stems and tips and boil the beans in slightly salted water until they can be pierced with a broom straw. Pack them in cans and pour over them the following, boiling hot: 1 quart vinegar, 2 pounds brown sugar, 2 teaspoons each ground cloves and cinnamon, tied in clean cheesecloth bag. Seal.

Vegetable Relish

2 quarts sweet corn (cut off the cob), 2 quarts chopped cabbage, 1 quart green beans, 1 quart chopped cucumbers, 3 hot peppers, 3 sweet peppers, 1 large onion, 2 quarts vinegar, 2 cups sugar, ½ cup dry mustard and salt to taste.

Cook at simmering temperature for 3 minutes, then bring to a rapid boil. Pour at once into sterilized jars and seal. (Try adding chopped carrots and green tomatoes, cut in wedges.)

Pickled Cantaloupe

Wash cantaloupes. Put in same salt brine used for pickles. (Try 1 cup coarse salt to each gallon of water.) After one week, take cantaloupes out of brine. Cut with sharp knife from stem to end. Make another cut from top to stem end and lift out slice, which should be almost one fourth of cantaloupe. Scoop out seeds; fill with prepared horseradish; replace slice and put back in brine. At the end of 3 weeks, they are ready to eat.

Indian Relish

14 ripe tomatoes, 12 sour apples, 7 small onions, 1 sweet red pepper, 2 tablespoons salt, 1 cup raisins, 1 cup sugar and 1 pint vinegar. Chop all together: tomatoes, apples, onions, pepper and salt. Add raisins, sugar and vinegar. Let cook until thick and clear. Pour into sterilized jars and seal.

Pickled Beans

(Vinegar-Brined)

½ bushel (14-15 pounds) snap beans, 1½ gallons water, 1½ cups vinegar and 1 cup salt.

Wash beans; remove tips and strings. Leave whole or cut in 1-inch pieces. Place in boiling water and let stand 5 minutes. Cool promptly by dipping in cold water.

Pack beans in a 3-gallon crock or stone jar to within 4 or 5 inches of the top. Cover beans with two or three layers of thin, white cloth and tuck the edges down against the inside of the jar. Cover with a plate or paraffined board that fits loosely inside the jar. Weight with a paraffined brick or stone.

Mix water, vinegar and salt; stir until salt is dissolved. Pour brine over beans until it just covers plate or board. Keep at room temperature (about 70ºF). Remove scum every few days and wash plate, cloth and weight. Let beans ferment for about 2 weeks.

To store, pack beans well in clean jars to within 1 inch of top. If there is not enough brine, make additional amount by recipe above.

Set jars in pan of cold water; water should come to shoulder of jar. Bring water slowly to boiling, then remove jars. Wipe off jar rims and adjust lids. Boil jars in a boiling-water bath, 25 minutes for pints and 30 minutes for quarts. (Be sure water covers jars.) Remove jars; complete the seals. Makes about 10 quarts.

Pickled Corn On Cob

Husk and silk corn and boil about 5 minutes. Take out of water and put in churn or 10-gallon jar. Dissolve 1 cup salt per gallon of fresh water. Be sure corn is well covered. Weight down with plate or some other suitable weight. Tie cloth over vessel to cover. Let set for 2 or 3 weeks. Keep mold dipped off as it forms so that corn will not be musty. Corn can be cut off the cob and cold packed after it is pickled.

Uncooked Cabbage and Pepper Relish

1 pint sweet pepper, 1 pint sweet red pepper, 1 quart cabbage, 1 pint white onions (first 4 ingredients chopped fine), 4 tablespoons mustard seed, 2 teaspoons celery seed, 4 cups sugar, 1 quart vinegar, 2 or 3 hot peppers and 5 tablespoons salt.

Mix all together in granite pan or jar and let stand overnight. In the morning, pack into sterilized jars and seal at once.

Green Tomato Relish

2 pecks green tomatoes, 2 or 3 red peppers, 1 dozen green peppers, 1 peck onions, ½ gallon cider vinegar, 5 pounds brown sugar and 1 box mixed spices.

Slice tomatoes, peppers and onions thin and put in alternate layers in earthen crock or jar. Salt each layer generously and cover crock with plate to weight tomatoes down. In the morning, drain and squeeze. Heat vinegar, sugar and spices. Add tomato mixture. Cook about 3 hours and seal.

Wild Grape Catsup

Cover two quarts ripe wild grapes with vinegar; cook and strain out seeds and skins. Add 1 cup sugar, 1 tablespoon cinnamon, 1 teaspoon cloves and ¼ teaspoon red pepper. Cook until thick.

Dill Green Tomato Pickles

Use small, firm green tomatoes. Pack in sterilized jars. To each quart, add 1 bud garlic, 1 stalk celery and a quartered green pepper.

Make a brine of 2 quarts water, 1 quart vinegar, 1 cup salt and 2 tablespoons dill seed.

Boil brine about 5 minutes and pour hot into packed jars. Seal at once.

Chow Chow

Chop or grind 1 peck green tomatoes, ½ peck ripe tomatoes, 6 onions, 3 small heads of cabbage and 1 dozen green peppers (remove seeds); sprinkle with salt and put in coarse cotton bag. Hang up bag and let drain overnight. Squeeze the bag in the morning to remove any juice left. Put vegetables in a porcelain kettle with 2 pounds brown sugar, ½ cup grated horseradish, 1 tablespoon ground black pepper, 1 tablespoon white mustard seed, 1 tablespoon celery seed and 1 tablespoon mace. Cover with vinegar and boil until it turns clear. Seal in jars. (Taste to see if sweet enough.)

Grandmother's Tomato Ketchup

1 gallon tomato juice or pulp (1 peck of tomatoes makes gallon juice), 1 pint sharp vinegar, 6 tablespoons salt, 4 tablespoons allspice, 2 tablespoons mustard, 1 tablespoon powdered cloves, 1 teaspoon black pepper and ¼ teaspoon red pepper.

Put tomato juice into kettle and bring to a boil. Mix spices and vinegar in a bowl. Add to hot juice and let simmer until it is thick. The mixture must be constantly stirred or the spices will settle on the bottom and burn. If made from concentrated tomato juice, an hour and a half of simmering is sufficient; but if made from canned tomatoes, the mixture should be allowed to slowly simmer for 4 hours. When the kettle is removed from the fire, let the mixture stand until cold. Then stir and pour into small-necked bottles. If a half-inch of olive oil is poured into each bottle and the bottle is then corked, the ketchup will keep indefinitely in a cool place. It is better if chilled before serving.

Bread And Butter Pickles

25 or 30 medium-sized cucumbers, 8 large white onions, 2 large peppers, ½ cup salt, 5 cups cider vinegar, 5 cups sugar (2½ pounds), 2 tablespoons mustard seed, 1 teaspoon tumeric and ½ teaspoon cloves.

Wash cucumbers and slice as thin as possible. Chop onions and peppers; combine with cucumbers and salt. Let stand 3 hours and drain. Combine vinegar, sugar and spices in large preserving kettle and bring to a boil. Add drained cucumbers and heat thoroughly, but do not boil. Pour into hot, sterilized jars and seal.

Sweet Watermelon Pickle

Pare all pink and green from the melon and cut into squares. Put the rind into your kettle and cover with clear, hot water; into this, put a few pieces of ginger and boil until tender (will take about 2 hours of boiling).

When the rind is tender, put into a colander and drain. Clean the kettle thoroughly and put into it the vinegar, sugar and spices and boil 10 minutes*. Then add the rind to this and boil 30 minutes. It is then ready to put into jars.

*To 7 pounds of rind, take 1 quart of good vinegar, 5 pounds granulated sugar, 1 ounce each of mace, stick cinnamon and ginger.

Old-Fashioned Sandwich Spread

12 large cucumbers (peeled and seeds removed), 3 medium-sized onions, 6 sweet red peppers and 6 green sweet peppers. Put all ingredients through food chopper. Pour boiling water over; let stand 10 minutes and drain. Add 1½ cups vinegar, 2 cups brown sugar, 3 level tablespoons salt and boil for 10 minutes. Make a paste of 5 tablespoons prepared mustard and 6 tablespoons flour. Thin with a little water; add to mixture and boil 5 minutes. Add 1 quart salad dressing; bring to a boil; fill jars and seal. (Some recipes would substitute green tomatoes for cucumbers.)

Beet Relish

2 pints beets, 2 pints cabbage, ½ pint horseradish (run first 3 ingredients through food chopper), 1 tablespoon celery seed, 1 teaspoon salt, 1 pint vinegar and ½ cup sugar. Mix all together and cook 10 minutes.

Breads

Yorkshire Pudding

3 eggs, 1 cup flour, ¼ teaspoon salt and 1 cup milk.

Beat eggs well. Add flour and salt, which have been sifted together and mixed well. Add milk gradually and beat for 2 minutes with a rotary egg beater. Prepare pudding in time to pour into pan 45 minutes before beef has finished roasting. Remove beef from roasting pan. Pour off all fat except about ¼ cup. Tip pan to grease sides well. With pan still very hot, pour in pudding to the depth of ½ inch. Set beef over it on a rack so that meat juices will drip down over pudding. Return to hot oven (425ºF) for 15 minutes. Reduce heat to moderately hot (375ºF) and continue cooking for another 30 minutes. Cut in squares and serve at once. Serves 6.

Yorkshire pudding may be baked separately in an oblong pan, heated very hot and well greased with beef drippings.

Preston County Buckwheat Cakes

1 quart lukewarm water, ¼ cake large household yeast, thicken to stiff batter with 2½ cups buckwheat flour and ½ cup wheat flour. Cover and let rise overnight.

Next morning dissolve 1 teaspoon soda, 2 teaspoons sugar in ½ cup milk and enough warm water to make batter thin enough to bake. Bake what is needed to serve and place rest in the refrigerator as a starter.

To renew at night (or at least three or four hours before use), add 1 cup lukewarm water to starter, 1 cup buckwheat flour and ¼ cup wheat flour. When ready to serve, do as above. (Dissolve 1 teaspoon soda, 2 teaspoons sugar in ½ cup milk and enough warm water to make batter thin enough to bake the second time.)

One does not need to use more yeast for several mornings, then use only a pinch (about ¼ teaspoon).

Squash Pancakes

1 cup squash, ½ teaspoon soda, 2 eggs, 1 pint milk, pinch of salt and enough flour to make batter fry on hot griddle. Serve with butter and honey.

Hush Puppies

2 cups cornmeal, 1 tablespoon flour, ½ teaspoon soda, 1 teaspoon baking powder, 1 teaspoon salt, 3 tablespoons chopped onion (fine), 1 cup buttermilk and 1 whole egg.

Mix all dry ingredients together. Add onion, then milk and last the beaten egg. Drop by the spoonful into the pan or kettle in which fish is being fried. Fry to a golden brown. Drain on paper the same as fried fish. If a deep kettle is being used, the hush puppy breads will float when done.

(Hush puppy is a southern dish cooked at all fish frys and on hunting trips. At first they were made to feed the hungry, howling Hounds or hunting dogs to keep them quiet, hence "hush puppy." Later they were more carefully made and eaten by the entire party. This old colonial custom has been handed down to the present day.)

Potato Pancakes

3 pounds raw potatoes, 3 eggs (separated), ⅓ cup flour, pepper, ½ tablespoon salt, 1 large sour apple (peeled and grated), 1 teaspoon grated onion and lard for frying.

Peel potatoes; wash and let stand in water. Remove from water and grate quickly; drain, and mix egg yolks, flour, pepper, salt, grated apple and onion. Fold in beaten egg whites. Heat lard very hot and cook 3 to 4 thin potato pancakes in the pan at one time. Potato pancakes should be brown and crisp. Do not cover them before serving. Applesauce is excellent as an accompaniment. Serves 6.

Civil War Corn Bread

¾ cups sifted flour, 2 tablespoons sugar, 1 teaspoon baking powder, 1 teaspoon salt, 1½ cups yellow cornmeal, 2 eggs (beaten), 1¼ cups milk and ¼ cup melted shortening.

Sift flour, sugar, baking powder and salt together. Stir in cornmeal. Combine eggs and milk. Add to flour mixture and blend. Stir in shortening. Pour into greased and floured 9-inch square pan. Bake at 425ºF for 25 to 30 minutes. Yields 6 to 8 servings.

(This recipe has been used along the Mississippi River since Civil War days.)

Johnny Cake

1 rounded teaspoon soda, cornmeal, 1 teaspoon salt, 1 teaspoon sugar (optional), 2 well beaten eggs, 2 cups sour milk and 1 tablespoon melted butter.

Sift soda with a cup of cornmeal; mix with salt and sugar.

Mix well beaten eggs with the sour milk, then mix in the dry Ingredients, adding more cornmeal to make a batter as for layer cake.

Stir in melted butter and turn into greased drippings pan. Bake 25-30 minutes in hot oven.

Sourdough Bread

½ cup cake yeast, 3 cups lukewarm water, 4 cups flour and 2 tablespoons sugar.

Dissolve yeast in water and add other ingredients. Beat to a smooth batter. Set in warm place 8-12 hours to sour. Batter must have a strong odor before it is ready. Then add 1½ teaspoons soda and 1 tablespoon salt. Put in enough dry flour to make a soft dough. Shape into small biscuits; place in greased pan and set in warm place to rise. When biscuits have doubled in size, bake in hot oven 12-15 minutes.

Raw Potato Pancakes

You need 1 pound of grated potatoes to make this recipe, usually 3 average-sized ones or one large one. Use old potatoes.

1 small onion (grated), 1 medium-sized apple (grated), 3 medium-sized raw potatoes (1 pound grated potatoes), 2 to 4 tablespoons flour (or more if needed), 1 egg (well beaten), 1 teaspoon baking powder, 1 teaspoon salt, ⅛ teaspoon black pepper, ½ teaspoon sugar and bacon drippings, vegetable shortening or lard to fry pancakes.

Peel and grate onion, apple and potatoes. Add flour, egg, baking powder and all other ingredients. Mix well. Drop by tablespoonfuls onto a 10-inch skillet containing 2 tablespoons of melted grease and fry 4 or 5 cakes, as you would pancakes or corn fritters, letting the fritter brown on one side, turning, and adding more fat as needed. They must not be cooked too quickly over too high a flame, but browned and cooked thoroughly over a low flame. It is well to make a test fritter. If mixture is too thick, thin with a little milk; if too thin, add a bit more flour. Do not be alarmed if the potato batter turns blackish. Raw potatoes always change color when they stand. The flavor of the pancake is not harmed one bit.

Old-time Flat Cake Bread

3 cups all-purpose flour, 3 teaspoons baking powder. ½ teaspoon soda, 1 teaspoon salt, ⅓ cup shortening and buttermilk.

Sift together the dry ingredients. Cut in the shortening using an ordinary table fork. Add enough buttermilk to make a medium thick dough. Turn out onto floured board and knead very lightly (just enough so that dough sticks together). Pat out lightly with hands (do not use rolling pin) to an oval or rectangular shape about ½-inch thick. Place on large baking sheet (ungreased) and bake in preheated 475ºF oven until golden brown. Break into serving size chunks; place in napkin-lined heated crock and serve at once.

Cornmeal Dumplings

1 cup boiling water, 2 cups sifted cornmeal and 1 teaspoon salt.

Pour the boiling water over the meal and salt. Add more water if the meal swells too dry. While hot, mold into dumplings the size of walnuts, dipping hands in cold water to keep from burning. Drop into fresh pork broth. Cook 15-20 minutes, closely covered. (These are very good at butchering time.)

Spoon Bread

2 cups boiling water, 1 cup white meal, 1 tablespoon butter, 1 teaspoon salt, 2 cups milk, 2 eggs and 2 teaspoons baking powder.

Pour boiling water over meal, stirring constantly, and boil five minutes. Remove from the fire; add butter, salt and milk. Mix well. Beat eggs light; add to mixture; sift in the baking powder; mix well. Pour into greased baking dish and bake in moderate oven for 30 minutes. Serve from dish in which it was baked.

Lemon Nut Bread

¾ cup sugar, 3 tablespoons soft butter, 2 eggs, 2¼ cups sifted all-purpose flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 cup finely chopped walnuts and 3 tablespoons grated lemon rind.

Cream sugar, butter and eggs. Add sifted dry ingredients alternately with milk. Blend well. Stir in walnuts and lemon rind. Pour into Greased 9x5x3-inch loaf pan. Let stand 20 minutes. Bake at 350ºF for 55-60 minutes. Remove from pan immediately. Cool.

Pumpkin Pone

Pint pumpkin, ½ cup lard, 1 quart sour milk, 2 eggs, 1 teaspoon soda, 1 teaspoon salt, 1 tablespoon sugar and enough meal to make stiff batter. Bake in hot oven 45 minutes.

Hoe cake

1 teaspoon salt, 4 cups cornmeal and boiling water. Mix salt and meal. Add enough boiling water to make a stiff batter. Moisten hands with cold water. Take a tablespoon of batter in your hands and press into thin cake. Bake in front of open fire or on a griddle on top of fire. When done, pull apart; butter and eat while hot.

Salt Rising Bread

In the evening, take 3 tablespoons cornmeal, ½ tablespoon sugar, ½ tablespoon salt and ½ raw potato; scrape fine and scald with enough water to make quite a thin mush. Set in a warm place until morning. Combine 1 pint flour, ½ teaspoon salt and enough lukewarm water to make a thick batter, then add the mush made the night before and stir for a minute or two. Set in warm place. When light, stir down and let rise a second time. When risen, put 4 or 5 quarts of flour in a bread bowl; make a hole in the center and pour in 3 pints of warm water. Then add your rising; knead and when light, shape into loaves. When risen to top of pans, bake. This makes 3 loaves.

Corn Pone

1½ cups cornmeal, 2 tablespoons granulated sugar and 1 quart cold water.

Mix the meal and sugar into the cold water and cook to a thick mush, stirring constantly.

Pour the mush into a gallon-size crock or mixing bowl and let set until lukewarm. Then add 1 quart of warm water and enough meal to thicken. Sprinkle a little dry meal over the top. Cover and let stand overnight.

Next morning, add 1 cup flour, 1 cup brown sugar, 1 tablespoon salt, 1 tablespoon baking powder, 1 cup buttermilk and 1 level teaspoon soda (stir soda into milk before adding).

Bake at 400ºF uncovered until crust is light brown. Then cover and reduce heat to 350ºF for remainder of time. Baking time is about 1¼ hours.

Old-time Corn Pone

2½ cups white or yellow cornmeal, 1⅓ cups boiling water, ½ cup Molasses, ½ cup bacon drippings, 1 cup sour milk or buttermilk, ½ cup cold water, ¼ teaspoon baking soda, 2 eggs (beaten), 1¼ cups flour, 2 teaspoons baking powder and 1 teaspoon salt.

Place cornmeal in a bowl and pour boiling water over. Add the molasses and drippings; cool. Combine milk, cold water and soda and stir in mixture. Add beaten eggs, flour, baking powder and salt; beat thoroughly. Pour into a large, well greased hot baking pan. Bake in 400ºF oven for 25-30 minutes. Cut in squares and serve hot.

Old-fashioned Crackling Bread

1½ cups cracklings or chopped bacon, 1 teaspoon salt, 1 teaspoon soda, 3 tablespoons flour, 1½ cups white meal, 2 cups buttermilk and 1 egg (beaten).

Mix cracklings with dry ingredients. Add buttermilk and beaten egg. Beat until combined and pour into hot, greased skillet. Bake at 450ºF about 25 minutes or until light brown. Serve hot. (Cracklings are the pieces of meat that remain after lard has been rendered from pork.)

Huckleberry-nut Bread

2 eggs, 1 cup sugar, 3 tablespoons melted shortening, 1 cup milk, 3 cups sifted flour, 1 teaspoon salt, 4 teaspoons baking powder, 1 cup fresh huckleberries (or canned, well drained) and ½ cup broken walnut meats.

Beat eggs and add sugar gradually. Mix thoroughly. Add melted shortening and milk. Sift flour with salt and baking powder. Add to huckleberries and walnut meats. Combine with egg-milk mixture, mixing only until dry ingredients are moistened. Pour into greased 5x12-inch loaf pan and bake at 350ºF for 50-60 minutes. Fine for sandwiches.

Apple Pone

3 cups cornmeal, 1 egg, 1 teaspoon soda, 1 tablespoon baking powder, 2 tablespoons sugar, 2 cups sour milk and 2 cups finely chopped apples.

Combine the ingredients the same as for corn bread. Add the chopped apples last. Bake in hot oven until brown. Serve hot with butter.

Cornmeal Biscuits

1½ cups all-purpose flour, 2½ teaspoons baking powder, ½ teaspoon salt, ½ cup yellow cornmeal, ⅓ cup shortening and ⅔ cup milk.

Sift flour, baking powder and salt into mixing bowl. Blend in cornmeal and shortening, then add milk all at once.

Stir lightly with fork, just enough to moisten all the flour. Knead gently, about ½ minute on lightly floured board. Roll dough ¾-inch thick. Cut with 2-inch cutter and place on lightly greased baking sheet. Bake at 450ºF 12-15 minutes. Makes 12 biscuits.

Cornmeal Mush

1 tablespoon salt, 1 tablespoon sugar, 6 cups water, 2 cups yellow cornmeal and ¼ cup flour.

Boil salt and sugar in water. Sift meal and flour in, stirring constantly. Cook 15 minutes. Pour in 8x8x2-inch pan. When cold, slice and fry brown on both sides. (Good with corncob syrup.)

Potato Bread

(Parker House Rolls)

Mix ¾ cup lard, 1 cup mashed potatoes, 1 cup flour, ½ cup sugar, ½ teaspoon salt, 2 well beaten eggs, 1 cup scalded milk and 1 small cake yeast dissolved in ½ cup water.

Set to rise for about 2 hours. Add 6 cups flour (approximately) and mix. Let rise about 1½ hours; knead, roll and cut with biscuit cutter. Fold over like Parker House Rolls; place in greased pan and let rise about 1½ hours. Bake in hot oven about 20 minutes.

Rice Griddle Cakes

1 cup boiled rice, 1 cup milk, 1 tablespoon shortening, 1 teaspoon salt, 1 egg, 1 cup flour and 2 teaspoons baking powder.

Mix rice, milk, melted shortening, salt and well beaten egg. Stir in flour and baking powder which have been sifted together; mix well. Bake on hot, slightly greased griddle, turning only once.

Sweet Dishes

Apple And Raisin Marmalade

6 large apples, 1 cup raisins, sugar, 1 teaspoon cinnamon, ¼ teaspoon cloves, 1 teaspoon salt, 2 tablespoons vinegar and water.

Wash, pare, core, drain and cover apples. Add enough water to peel and core to barely cover, then cook slowly until tender. Drain and save liquid. Put apples through food chopper or cut into small pieces. Chop raisins. Measure liquid in which peel was cooked and chopped apples. Add ½ cup sugar for each cup liquid and apples. Mix all ingredients and boil to gelling point and pour, boiling hot, into hot jars. Seal at once.

Peach Leather

(The process for its making was brought from Africa by early slaves; and for generations, it has been made by the old Negro mammies of the South.)

Clean a peck of ripe peaches (preferably freestone); pound and press them through a coarse sieve. To each 4 quarts of this pulp, add and mix a pound of brown sugar. Cook for 15 minutes and spread on plates. Set in the sun every day until thoroughly dried, so that the paste may be rolled up like leather. While being dried, protect it from flies by using mosquito netting. Dust with granulated sugar; roll up and store in large jars.

Beet Preserves

Peel raw beets and cut into thin strips. To 2 pounds of beets, add 3 pounds of sugar, ½ cup water and 3 lemons (sliced thin). Cook very slowly, stirring often. When preserves begin to get thick, add 2 cups chopped pecans and ginger to taste.

Pumpkin Chips

7 pounds pumpkin, 5 pounds of sugar and 4 lemons. Peel and slice pumpkin in 1-inch squares, ¼-inch thick. Pack down in sugar; let stand overnight. Drain off syrup; bring to boil and skim. Add chips and lemons (sliced thin); cook until clear and transparent and syrup is thick.

To Crystallize Fruit

Fruit to be candied should be washed, peeled or pared, if necessary, cut in slices and dropped into boiling water for two or three minutes. Drain well; cover with a syrup made by boiling together one pound of sugar and one cup of water for each pound of fruit. Add fruit; boil rapidly for fifteen minutes; remove from the fire and allow to stand overnight. Next morning, boil again for 10-15 minutes, repeating the heating and cooling for four to six days. The time depends on how rapidly the water is drawn out and the syrup absorbed. The fruit plumps slowly and the gradual increase in the density of the syrup caused by the many cookings insures tender fruit which is filled with the syrup. After the fruit is transparent and bright, lift from the syrup and dry in the sun or in a cool oven. Fresh trays and constant turning are necessary. Sometimes the fruit is rolled in sugar and wrapped or placed in layers on waxed paper.

Pumpkin Butter

Pare a pumpkin. Remove seeds and soft spots; cut in small pieces and steam until tender. Cut 3 other pumpkins and cook. When quite soft, put into a cheesecloth bag and press out the juice. (If pumpkins are not plentiful, this pulp may be used for pies.) Add the juice to the first pumpkin. Simmer on the back of the stove or set the kettle on bricks. Reduce to the consistency of apple butter. When half done, add a little sugar, salt and spices to taste.

Carrot Marmalade

2 cups cooked carrots, 1 orange, 1 lemon and 4 cups sugar.

Chop or grind the carrots. Add the fruit juice and grated rinds. Add sugar; cook slowly about 30 minutes. Pour into clean jelly glasses; seal immediately with hot paraffin. Makes 6 jelly glasses full.

Crystallized Grapefruit Peel

Cut peel into strips and boil until tender. By changing the water several times, the bitter is removed. Make a syrup of equal weights of sugar and water; boil until it spins a thread. To this, add peel equal to the amount of sugar used; boil until the peel is transparent. If the syrup becomes too thick before peel is clear, add one or two tablespoons of boiling water to thin the syrup; continue cooking. When clear (transparent), lift out and drain well, then roll in granulated sugar; let dry slightly and it is ready to serve or pack. A good test when cooking the peel is to bend one strip and place on a plate. If it stays bent, the cooking is sufficient; if it opens, continue cooking. It is quite a nice idea to color some of the peel pink, green or red. Add a few drops of coloring to the syrup. Let the coloring be very delicate; vivid coloring is not attractive. Orange peel may be used instead of grapefruit peel.

Carrot Honey

1 cup grated raw carrots, juice of 1 lemon, grated rind of ¼ lemon and 1 cup sugar.

Combine ingredients and heat to just above simmering point; cook until carrots are well done and color is clear yellow. Pour into glasses. Makes delicious spread.

Tomato Jam

Fill stone jar with tomatoes and sugar (½ pound of sugar to 1 pound of tomatoes) and let stand 24 hours. Take the juice off and strain it. Put it in a porcelain kettle and bring to a boil, then skim. Put in tomatoes with handful of stick cinnamon tied in a clean cloth. Stir constantly about 10 minutes. Remove from fire; take out cinnamon and add teacup of good vinegar to each gallon of jam. Boil in jars until it will not separate.

Tomato Butter

Scald ripe tomatoes and remove skins. Simmer tomatoes with a piece of cinnamon and a few cloves. Press the tomatoes through a sieve to remove seeds. To each quart of tomato pulp, add ⅔ quart light brown or granulated sugar. Simmer slowly until thick. Store in sterilized crocks.

Wild Grape Jelly

Clean 1 gallon grapes; add 3 quarts water and boil until well done. Strain juice and for each 5 cups of juice, use 5 cups sugar. Boil until 2 or 3 drops cling to spoon. Remove from fire and pour into glasses, then pour wax on top.

Watermelon Rind Preserves

Mix 10 cups watermelon rinds (cut in chunks, cubes or slices) with 10 cups sugar and let stand overnight. In the morning, add 10 tablespoons chopped orange peel; cook until thick, clear and a rich yellow color.

Pies

Trunk Pie

(Camp-meeting Pie)

Years ago, camp meetings were events which were planned from one summer to the next. They were held after the crops were all gathered, including vegetables, which entailed the making of preserves, pickles, relishes and the "jarring" of vegetables. On the appointed date, families arrived at the designated site, pitched camp and got ready for the two weeks of preaching, visiting and "courting." Some families took their cows in order to have fresh milk. Milk was put in jars and kept in the creeks and springs. They cooked all the food at home that was possible and packed it in trunks. Since there was no ice, they had to choose foods that would keep. This lemon pie was quite a favorite.

Mix 1½ cups sugar and 2 tablespoons flour. Beat 3 eggs and add to the dry ingredients. Next, add ½ cup boiling water, ½ cup melted butter and the juice of 2 lemons. Pour into an unbaked pie shell. Bake in a moderate oven until well set.

Old-Fashioned Lemon Pie

½ cup butter or margarine, 1 cup sugar, 2 whole eggs, 2 egg yolks, 6 tablespoons lemon juice, 1 or 2 teaspoons grated lemon rind (yellow part only), 1 baked pastry shell and coconut meringue.

Cream butter and sugar together in top of double boiler. Add whole eggs, egg yolks and lemon juice. Mix well. Place over hot water and cook until thick, stirring constantly. Stir in lemon rind. Chill. Pour into cooled, baked pastry shell. Top with coconut meringue and bake at 400ºF in oven for 7 minutes or until a golden brown. (Be careful to grate only outer oil cells of lemon.)

Chess Pie

1 pound sugar, 12 egg yolks (well beaten) and ¾ pound butter.

Beat sugar with eggs. Wash salt out of butter and cream nicely. Grated rind and juice of 1 lemon may be added if desired. Put in unbaked crust and bake.

Rhubarb-Strawberry Pie

Preheat oven to 425ºF (makes a 9-inch pie).

Prepare and mix: 2 cups strawberries, 3 cups rhubarb (cut in small cubes). 1½ cups sugar and 4 tablespoons quick cooking tapioca. Set aside and prepare pie shell.

Fill shell with strawberry-rhubarb mixture and dot top of mixture with butter. Roll remaining dough to rectangle, about 12x9 inches; cut into 11 strips, 12 inches long and about ¾ inches wide. Moisten the rim of pie plate with water. Twist and weave a crisscross topping using 8 strips (4 each way); trim ends and press to moist rim to seal.

Twist remaining strips (one at a time) around rim of pie to form spiral edge. Bake in hot oven 35 minutes or until rhubarb is tender, but not mushy, when tested with a fork. For best flavor, cool pie before serving to allow juice to thicken, but do not chill.

Muskmelon Pie

To 1 cup stewed muskmelon (yellow), add ½ cup sugar, 2 tablespoons cornstarch, ½ teaspoon nutmeg, 1 tablespoon butter and 1 egg yolk (well beaten). Cook until thick, then pour into unbaked pie crust and bake until crust is done. Cover with meringue and brown in oven.

Orange Crumb Pie

2 beaten egg yolks, ⅛ teaspoon salt, ½ cup flour, ¾ cup sugar, 1½ cups milk, 1 cup orange juice and 1 teaspoon grated orange rind.

Mix egg yolks, salt, flour and sugar well. Add milk, orange juice and orange rind. Cook in double boiler 15 minutes or until thickened, stirring frequently. Cool. Pour into crumb-crust pie shell. Cover with meringue. Bake 15-20 minutes in a slow oven to set meringue. When cold, serve with whipped cream if desired.

Walnut Pie

Melt 1 cup sugar in pan until golden brown; add 1½ cups milk, boiling hot. When cooled, add 1 cup raisins, 3 egg yolks and 3 tablespoons flour moistened with milk. Cook all together in double boiler until thick. Add pinch of salt, a little vanilla and a dash of cinnamon. Remove from fire and add nuts. Pour into pastry shell; cover with meringue and sprinkle with chopped nuts.

Elderberry Pie

1½ cups sugar, 1 tablespoon flour, 2-3 cups elderberries, ½ teaspoon lemon juice, ½ teaspoon nutmeg and ¼ teaspoon salt.

Put part of sugar and flour in bottom of crust; fill moderately full with nicely steamed and mashed elderberries, to which lemon juice has been added. Add remainder of sugar, nutmeg and salt and top with crust. Better if made sweet and use plenty of nutmeg.

Sweet Potato Pie

½ recipe plain pastry, 1½ cups hot mashed sweet potatoes, 3 eggs (slightly beaten), ½ cup firmly packed brown sugar, ½ teaspoon salt, ¼ teaspoon cinnamon, ¼ teaspoon allspice, ¼ teaspoon ginger, ½ cup milk, ¼ cup brandy and 2 tablespoons butter (melted).

Line 8-inch pie plate with pastry. Mix other ingredients in order given; turn into pie shell and bake for 10 minutes in 450ºF oven. Reduce heat to moderate 350ºF and bake 25-35 minutes longer or until knife inserted in pie comes out clean.

Angel Food Pie

4 egg whites, ½ cup sugar, 1 teaspoon vanilla, pinch of salt and unbaked pastry shell.

Beat egg whites until light but not stiff. Add sugar, about 2 tablespoons at a time, beating well between additions. Add vanilla and salt. Pour into pastry shell and bake in a slow oven (300ºF) until filling is set, about 30-40 minutes. Cool thoroughly and top with slightly sweetened strawberries, red raspberries or whipped cream or marshmallow creme.

Molasses Pie

½ cup flour, ½ cup brown sugar, ½ teaspoon allspice, ½ teaspoon cinnamon, ½ teaspoon salt, 1 teaspoon soda, 1 cup sour milk, ¾ cup molasses, 2 eggs and 2 tablespoons melted butter.

Sift all dry ingredients together except soda. Dissolve soda in sour milk; mix in the molasses and add to dry ingredients. Add beaten eggs, then melted butter or margarine, and beat until smooth. Line a pie pan with flaky pastry; pour in filling and bake at 375ºF until pie begins to brown. Reduce heat to 350ºF and bake until the crust is brown and filling is firm. Egg whites may be reserved for meringue if desired or pastry may be used instead. Use pastry as cutouts or latticework.

Jeff Davis Pie Filling

3 eggs (beaten separately), 1½ cups granulated sugar, 2 tablespoons melted butter, 3 tablespoons cornstarch, 2 teaspoons vanilla, enough milk for 2 pies and 3 egg whites.

Mix all ingredients, except egg whites, together. Beat egg whites until stiff and fold into mixture. Pour into unbaked pie shell and bake at 350-400ºF until filling is set and top is brown. Test as for custard pie.

Confederate Pie

½ cup butter, ⅔ cup sugar, 2 heaping tablespoons tart jelly (about ¼ cup), 3 egg yolks, ½ cup cream, 1 heaping tablespoon flour, 3 egg whites, 6 tablespoons sugar and ½ cup chopped pecans for meringue.

Cream butter and ⅔ cup sugar and add jelly. (Grape jelly is delicious in the filling.) Beat to a froth. Add egg yolks and beat again. Add cream mixed to a smooth paste with flour. Beat once more. Pour into a precooked pie crust and set in a moderate oven (375ºF), cooking 25-30 minutes or until custard sets. Do not overcook. Make a meringue of the 3 egg whites and 6 tablespoons of sugar and put on top of custard. Dust with chopped pecans and run under the flame to brown slightly; have the grill cold when the pie is put in and keep the door open while the pie cooks, because it burns easily.

Butterscotch Pie

1 cup brown sugar, ⅓ cup flour, 2 cups scalded milk, ⅛ teaspoon salt, 3 eggs (separated), 1½ tablespoons butter, 1 teaspoon vanilla and 1 baked pastry shell.

Combine the brown sugar with the flour and then add milk, gradually, stirring constantly to make a smooth mixture. Add salt and cook in top of double boiler for 15 minutes, stirring occasionally until thickened. Pour part of the hot mixture slowly onto well beaten egg yolks, stirring constantly. Pour back into double boiler; mix well and cook no more than 3 minutes, stirring almost constantly. Add butter; stir until melted. Cool. Add vanilla; pour into baked pastry shell and cover with meringue, using the remaining egg whites; brown in slow oven (300ºF) for 20-25 minutes. This fills one 9-inch pastry shell.

Irish Potato Pie

3 cups mashed potatoes, 1 cup butter, 2 cups sugar, 6 eggs, 4 cups milk and vanilla flavoring.

Mix ingredients together and pour into pastry shell. Bake in 400ºF oven for 10 minutes, then 350ºF until done. Makes 4 pies.

Burnt Brown Sugar Pie

1 tablespoon cornstarch, 1½ cups milk, 1 cup brown sugar (firmly packed), 2 eggs (separated), 1½ tablespoons melted butter, 1 teaspoon vanilla, 1 baked pastry shell and 4 tablespoons sugar.

Mix cornstarch and a little cold milk to a smooth paste. Melt and lightly brown the sugar in a skillet, stirring constantly to prevent burning. Carefully add balance of milk (which has been scalded) and cook, stirring constantly, until caramel mixture is smooth and creamy. To this mixture, add the cornstarch-milk paste, beaten egg yolks and the butter. Cook, stirring carefully, until mixture is thickened. Remove from heat and add vanilla. Cool slightly and pour into baked 8-inch pastry shell. Cover with meringue made by adding 4 tablespoons sugar and a pinch of salt to the two stiffly beaten egg whites. Bake until browned in a 350ºF oven about 10 minutes.

Green Tomato Pie

½ cup water, 1 quart sliced green tomatoes (¼-inch thick), ½ cup raisins that have been seeded, 1 cup sugar, 2 tablespoons flour, ¾ teaspoon cinnamon, ½ teaspoon ginger, ¼ teaspoon nutmeg, 2 tablespoons butter, grated rind of one lemon and 1½ tablespoons lemon juice.

Pour water over tomatoes and let simmer 5 minutes or until tomatoes have absorbed most of the water and seem tender. Add the raisins and cook a little longer. Drain off any remaining juice and save it. Dump the tomatoes and raisins into a 9-inch pie pan lined with uncooked pie dough. Sprinkle with the sugar and flour mixed; add the spices. Dot the surface with the butter. Add the grated rind and lemon juice. If the pie will hold it, add a few tablespoons of the tomato juice or enough to moisten the tomatoes well. Top with a slashed solid crust or crisscross strips; reduce heat to 375ºF and bake 30 minutes longer or until crust is brown.

Shoofly Pie

1 cup molasses, ½ cup boiling water and ⅔ teaspoon soda.

Combine molasses and boiling water in which soda has been dissolved. Pour into unbaked pastry shell.

Pastry shell: 1½ cups sifted flour, ⅔ cup brown sugar and ⅔ cup shortening. Combine flour and brown sugar. Blend in shortening until size of tiny crumbs. Place crumbs on top of molasses filling. Bake in hot oven (425ºF) for 30-35 minutes. Serves 8. (Try homemade cane molasses.)

Pieplant Pie

3 cups pieplant (diced), 1 cup sugar, 1 tablespoon flour and 1 teaspoon butter.

Wash the pieplant, do not skin; cut in small pieces. Mix sugar and flour. Put half on the lower crust of pastry; add the pieplant. Pour over the remaining half of sugar; dot with butter and cover with upper crust. Bake from 40-45 minutes. (Pieplant is rhubarb.)

Vinegar Pie

2 tablespoons butter, ½ cup sugar, 3 tablespoons flour, 2 teaspoons cinnamon, ½ teaspoon cloves, ½ teaspoon allspice, 1 whole egg, 2 tablespoons vinegar and 1 cup water.

Cream the butter and sugar. Add the flour, cinnamon, cloves, allspice, egg, vinegar and water in the order given. Cook in double boiler until thick. Pour into pastry shell that has been baked 2-3 minutes. Bake in moderate oven. (Try leaving out spices and replace with one teaspoon lemon extract.)

Mincemeat

2 pounds lean pork or beef, 1 gallon peeled apples, 2 pounds white sugar, 1 cup molasses, 1 cup vinegar, 2 boxes raisins, 1 box currants, 2 cups candied fruit, 1 large can crushed pineapple, 1 tablespoon ground cinnamon, 1 tablespoon ground cloves, 1 tablespoon ground nutmeg, 1 teaspoon pepper and 2 tablespoons salt.

Grind cooked meat and apples. Add all ingredients and cook a long time, until thick enough for pies.

(In early days, hog's head was often used. Fruits were those that could be purchased dried or sugared along with those that were produced on the farm. When fresh fruits are used, more molasses and some sugar should also be added.)

Green Tomato Mincemeat

1 peck green tomatoes, salt to taste, 3 lemons, 1 quart sliced apples, 1 pound chopped suet, 1 pound seedless raisins, 2½ pounds brown sugar, 1 teaspoon cinnamon, nutmeg and cloves.

Wash tomatoes and slice thin. Sprinkle with salt. Let stand overnight. Drain. Cook with small amount of water for 30 minutes, stirring frequently. Add lemon juice and 1 grated rind. Add apples, suet, raisins, sugar and spices. Cook at low heat, stirring frequently until tomatoes and apples are tender and flavors are blended. Pack in sterilized jars and seal. Use as needed.

Carrot Pie

1½ cups cooked carrots, 1 cup milk, ½ cup sugar, 2 tablespoons flour or cornstarch, 1 egg and some nutmeg.

Cook carrots and rub through sieve. Add milk, sugar and flour or cornstarch. Cook for a while, then add beaten egg and nutmeg. Pour in unbaked pie crust and bake until done.

Colonial Innkeeper's Pie

1½ squares unsweetened chocolate, ½ cup water, ⅔ cup sugar, ¼ cup butter or margarine, 2 teaspoons vanilla (divided), 1 cup sifted all-purpose flour, ¾ cup sugar, 1 teaspoon baking powder, ½ teaspoon salt, ½ cup soft shortening, ½ cup milk, 1 egg, 1 unbaked 9-inch pie shell with high rim and ½ cup chopped walnuts.

Melt chocolate in water; add ⅔ cup sugar. Bring to boil, stirring constantly. Remove from heat. Stir in butter and 1½ teaspoons vanilla. Set aside. Mix and sift flour, ¾ cup sugar, baking powder and salt. Add shortening, milk and ½ teaspoon vanilla. Beat 2 minutes. Add egg; beat 2 minutes. Pour batter into unbaked pie shell. Stir chocolate sauce and pour carefully over batter. Sprinkle top with nuts. Bake in moderate oven (350ºF) 55-60 minutes or until cake tester stuck in center comes out clean.

Rhubarb Cream Pie

1½ cups sugar, 3 tablespoons flour, 1 teaspoon nutmeg, 1½ tablespoons butter, 2 eggs (well beaten), 3 cups cut rhubarb and pastry for double-crust pie.

Blend sugar, flour, nutmeg and butter. Add eggs; beat until smooth; pour over rhubarb in 9-inch pastry-lined pie pan. Top with pastry. Bake at 450ºF for about 30 minutes.

Prune Pie

2 cups cooked prunes, 1 orange, ½ cup brown sugar, ¼ teaspoon salt, 2 tablespoons cornstarch, 1 cup liquid from prunes, 2 tablespoons butter, baked pastry shell and meringue flavored with a few drops lemon extract.

Pit prunes and cut in half. Peel orange and remove white fiber or inner peel completely and dice. Combine sugar, salt and cornstarch. Add prune liquid and bring to a boil, stirring constantly until thickened. Add prunes, orange and butter. Continue cooking for 10 minutes, stirring occasionally. Pour into baked pie shell and cover with meringue. Brown in oven.

Raisin Cream Pie

1 cup raisins, ⅓ cup sugar, 1½ teaspoons flour, ½ teaspoon salt, 1 cup milk, 2 eggs (separated), one 8-inch baked pastry shell and 4 tablespoons sugar.

Cover raisins with water and boil until tender; drain liquid from them. Combine ⅓ cup of sugar, flour, salt and gradually stir in milk. Add raisins; cook and stir over hot water for five minutes. Add beaten egg yolks and cook until thickened, stirring constantly. Pour into shell. Cover with meringue made by beating egg whites until stiff, adding 4 tablespoons sugar gradually. Brown in moderate oven (350ºF).

Grape Pie

4 cups blue grapes, ¾ cup sugar, 1½ tablespoons lemon juice, tablespoon grated orange rind, 2 tablespoons cornstarch and enough dough for a 2-crust pie.

Pulp grapes (and save skins); cook pulp until seeds loosen. Strain. Combine pulp and skins. Add sugar, lemon juice, orange rind and cornstarch. Cook until thick. Line pie pan with pastry. Put in filling and place crisscross strips of pastry on top. Bake in 450ºF oven for 10 minutes or until crust is baked.

Buttermilk Pie

1 tablespoon butter, 4 tablespoons flour, 3 egg yolks, 1 cup sugar, 2 cups buttermilk, 1 teaspoon lemon extract and pastry for 2 pies.

Blend butter and flour; add egg yolks and sugar beaten together, buttermilk and extract. Line 2 pie pans with pastry; pour in filling and bake in a very hot oven (425ºF), 10 minutes; reduce to moderate (350ºF) and continue baking 20-25 minutes or until set. Remove from oven; cover with meringue and brown in oven. (Try using more sugar and some grated lemon rind.)

Coconut Meringue

Beat 2 egg whites until foamy. Gradually add 4 tablespoons sugar. Beat until stiff and spread over pie. Sprinkle ½ cup moist shredded coconut over top. Brown in oven at 400ºF.

Soups

Potato Soup

12 large potatoes, ½ teaspoon salt, ⅓ teaspoon black pepper, 1 can corn, 1 can peas, 3 small onions, 1 small head cabbage, 1 can tomatoes and 6 slices pork (cut in small pieces and fried).

Combine all ingredients and cook 35 minutes.

Tomato Soup

2 gallons ripe screened tomatoes, 6 onions, 1 cooked and screened pepper,1 block (1 pound) margarine, 1 cup sugar, 2 tablespoons salt and ½ cup flour paste.

Place tomato juice on stove. Add onions, pepper, margarine, sugar and salt. When ready to boil, add flour paste.

Vegetable Soup For Canning

Scald, peel and mash 1 peck ripe tomatoes; cut 2 heads of cabbage, 1 dozen medium-sized carrots and 1 gallon of onions through food chopper and mince three stalks of celery. Boil 1 dozen ears of corn on cob. Cut off and scrape.

Mix all together; add salt and pepper. Boil until done; seal while hot. Water may be added if mixture is too dry. When wanted for use, add a few diced potatoes and heat in rich beef broth.

Buttermilk Soup

1½ quarts buttermilk or sour milk, ½ quart sweet milk, 2½ tablespoons tapioca, 1 piece cinnamon, 3 slices lemon, 1 cup sugar and a pinch of salt.

Combine buttermilk or sour milk, sweet milk, tapioca, cinnamon and lemon; cook slowly for 1 hour, stirring frequently. Add sugar and salt to taste. Serve hot or cold. Serves 6.

Potato Soup With Onion

8-10 medium potatoes, 6-8 medium onions, 2 quarts water, ½ cup cream, salt and pepper to taste and 2 tablespoons butter (or other fat).

Peel and cut potatoes in half. Peel and slice onions. Put potatoes and onion on to boil in 2 quarts water until soft (30-40 minutes). Sieve mixture and return to fire. Add cream and season to taste. If you wish to be a little extravagant, add a few dabs of butter just before serving. (This is a perfectly delicious rich soup that is simple to make.)

Vegetable Soup

1 pint canned cabbage, 1 pint canned corn, 1 pint carrots, 1 pint potatoes (chopped fine), 1 quart tomato juice, 1 large onion (chopped fine), 2 slices pork meat (chopped fine), 1 tablespoon salt, 2 tablespoons sugar and pepper to taste.

Combine all ingredients in a kettle and add enough water to make one gallon of soup.

Old-Fashioned German Bean Soup

Wash 1-2 cups (or as many as needed for your family) of marrow fat beans in cold water and soak overnight.

The next day, cook beans and small end of ham or ham hock with plenty of water to cover. Add salt and pepper to taste. Add a few celery leaves or chopped celery stalks, 2 carrots (cut in slices), 1 whole onion, couple of whole allspice and a bay leaf. Cook until vegetables are tender, then melt a small amount of bacon drippings or other meat drippings in frying pan. Put in a small amount of flour and paprika and fry until quite brown. Add water and cook until thick. Add to soup and cook a few minutes longer. Have noodles cooked separately and drained. Put a few in each soup dish and spoon soup over them.

Plain Calf's Head Soup

Put a well cleaned calf's head and knuckle of veal in a large porcelain vessel. Put 1 tablespoon sweet marjoram, 1 tablespoon sweet basil and 1 large onion in a clean cloth. Cook in at least 4 quarts of water. (It must be started as early as 8 a.m. if you wish it for a I p.m. dinner.)

Let it boil steadily but not too rapidly. Salt and pepper well. About noon, remove from fire and pour it through a colander. Pick out all meat; chop very fine and return it to the soup. Put soup back on fire and add 4 hard cooked eggs (chopped fine), 1 lemon (sliced very thin) and a wine glass of wine.

Corn Soup

9 large ears corn, 12 tomatoes, 2 cups milk, 2 tablespoons butter, 1 teaspoon salt and pepper to taste. Remove husks and silks from corn; rinse ears in cold water; cut corn from cob, scraping after cutting off grains. Plunge tomatoes in boiling water and then in cold water. Peeling will then wipe off; cut out stem end. Put tomatoes and corn together through a food chopper. Put into large stew pan and add 2 quarts cold water. Cover and simmer slowly for 2 hours. Ten minutes before serving, add other ingredients and simmer until ready to serve. Serves 6.

Italian Bean Soup

2 cups dried lima beans, 2 cups ground onion, 2 medium carrots, 3 stalks celery, 2 medium potatoes (diced), 1 cup canned tomatoes, 1 cup canned (or 2 cups fresh) corn, 1 cup cooked rice, 2 tablespoons butter and salt and pepper to taste.

Soak lima beans overnight in cold water. In morning, remove skins after draining off water. Cover beans again with cold water and cook gently for about 2 hours or until the beans are very tender. There should be enough water to keep beans covered all the time. Place the onions, carrots, celery, potatoes, tomatoes and corn in a saucepan with sufficient water to cook tender. Add the vegetables and the rice to the beans and cook gently for 20 minutes, adding sufficient water to thin to a chowder or thick soup consistency; add butter. Season to taste with salt and pepper. Serve with crisp crackers or toasted hard rolls.

Peanut Soup

¼ pound of butter, ¼ pound peanut butter, 2 tablespoons flour, 1 quart chicken broth, salt to taste, ¼ teaspoon chicken baze, ½ cup hot coffee cream and 1 tablespoon butter (extra).

Melt butter in a gallon-size pot; add peanut butter and stir 3 minutes. Add flour and stir until golden brown. Add chicken broth, season with salt to taste. Add chicken baze. Cook 25 minutes at a slow boiling point. Strain. Add hot coffee cream and 1 tablespoon butter. Stir and serve hot.

Main Dishes

Scrapple

Use one hog's head from which most of the meat has been cut. Cut the head in 4 parts. Cook heart, liver, tongue and milt in salted water until tender. While still warm, remove all bones and skin. Put all in a large kettle with the liquid in which the meat was cooked. Salt and pepper to taste. To this boiling mixture, add slowly, stirring constantly, 1 part cornmeal, 1 part buckwheat flour and 1 part wheat middlings. Cook 10-15 minutes or until as thick as desired. Turn out in loaf pan and cool. Can be sliced and fried brown or eaten while still warm. (Some recipes use only cornmeal and omit buckwheat flour and wheat middlings. Remove brains and eyes from hog's head.)

Fried Green Tomatoes

Slice ¼-inch thick large, firm, green, unpeeled tomatoes (green throughout); discard end and stem slices. Sprinkle with salt, pepper and sugar. Dip in cornmeal or flour and fry in a skillet containing enough bacon drippings or melted butter to be ¼-inch deep in the skillet. Have the fat hot when the tomatoes are added, then reduce the flame and brown on one side. Turn with a pancake turner and brown on the other. (Red tomatoes diced a little thicker may be cooked the same way.)

Pickled Pig's Feet

Quarter or halve pig's feet; cook until tender and pack in jars. Have vinegar hot. To each quart, add 1 tablespoon salt and a few spices. Pour in vinegar and seal.

Sauerkraut

Put one teaspoon salt in the bottom of a quart jar, then fill jar with cut cabbage. On top of each filled jar, put 1 teaspoon salt, 1 teaspoon sugar and 1 teaspoon vinegar. Then cover with boiling water and seal tight. When opened for use, kraut will be white and crisp. (Ready to use in a few weeks.)

"Schnitz Un Kepp"

Boil a 3-pound piece of ham for about 2 hours. Soak 1 quart of dried apples in enough water to cover. When meat has boiled for stated time, add the apples and water in which they have soaked and continue to boil ham for another hour.

Prepare dumpling batter as follows: 2 cups flour, 1 teaspoon salt, 4 teaspoons baking powder, ¼ teaspoon pepper, 1 egg, 3 tablespoons melted shortening and 4 tablespoons milk.

Sift together dry ingredients and mix the dough with egg which has been well beaten, then the shortening and milk. Drop batter by spoonful into the boiling juice of the ham and apples. Cover tightly and cook 20 or more minutes. Serve on large platter steaming hot.

Liver Pudding

One pound liver, ½ hog's head (try a shoulder or uncured ham), 1 large onion, salt, red pepper, mace and sage to taste. Dress and cook liver and hog's head until very tender. Remove meat from the head and grind with liver and onion. Add seasoning; press into mold and chill. May be served with grits, hominy or as sandwich filling.

Tomato Dumplings

Melt 1 tablespoon butter in a saucepan. Add 1 onion (sliced) and fry without browning by stirring constantly. Add 1 pint cooked tomatoes and bring to boil. Add ¼ teaspoon soda and 1 pint scalded sweet milk to tomatoes. Season with salt, pepper and 2 tablespoons butter. When it comes to a boil, add dumplings made as follows:

Sift together 1 cup flour, 1½ teaspoons baking powder and ½ teaspoon salt. Add sweet milk to make batter stiff enough to drop from spoon. Wet a spoon in the tomatoes and cut the dumplings small. Drop into the boiling tomatoes and cook uncovered at low heat for 15 minutes.

Shepherd's Pie

1½ pounds lean raw lamb, salt, pepper, flour, 2-3 tablespoons fat, 1 onion (minced), 3 cups diced turnips, 1 green pepper (chopped), 1-2 tablespoons flour (if needed), seasoned mashed potatoes, baking powder (optional) and egg (optional).

Shoulder, neck, flank and shank are all good for "Shepherd's Pie." Cut the meat in 1-inch cubes; sprinkle with salt, pepper and flour and brown in 2-3 tablespoons fat. Add onion and water to cover. Simmer for 1½ hours or until meat is tender. Then add turnips and green pepper and cook until they are tender. If the stew is not thick enough, mix 1-2 tablespoons of flour to a smooth paste with an equal amount of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste.

When the stew is done, put it into one large baking dish or individual baking dishes. Put on a "lid" of seasoned fluffy mashed potatoes and bake until the pie is hot throughout and browned on top. A small quantity of baking powder or a well beaten egg adds to the lightness of the mashed potatoes.

Baked Sauerkraut

½ pound sausage, 1 can kraut, 1 cup bread crumbs and 1 cup cooked potatoes (diced).

Fry sausage until brown. Drain away fat and mix all together. Sprinkle part of bread crumbs on top. Pour ¾ cup of milk on top and bake 45 minutes.

Corn Fritters

3 eggs (separated), 1⅔ cups cooked or canned whole grain corn, ½ teaspoon salt, ½ teaspoon pepper, ¼ cup sifted all-purpose flour and 6 tablespoons fat or salad oil.

Beat egg yolks until light, then add the corn, seasoning and flour; fold in stiffly beaten egg whites last. Drop by spoonfuls into hot fat in skillet. Cook on both sides until brown. Serve with butter and syrup or jam.

Chicken Noodles

2 eggs, 4 tablespoons cold water and ¼ teaspoon salt.

Add all ingredients with enough flour to make a stiff dough. Roll out to dry. Turn over to dry other side. When dry enough, roll up and cut in small strips. Drop in boiling chicken broth and cook until tender.

Dried Corn

1 gallon corn (cut from cob), ½ cup sugar and ½ cup cream. Salt to taste and boil until moisture is all out. Spread out to dry.

Corned Beef

For home corned beef, the cuts of the beef carcass that are generally used are the plate, shoulder, flank, chuck, rump and cross ribs. Cut the meat in 6- or 8-inch squares. Use 10 pounds Morton smoke salt for each 100 pounds of meat. Pack meat alternately with salt, using layer of salt first until all meat is used. Boil 4 gallons of water with 2 ounces baking soda, then let cool. Twenty-four hours after meat is packed, cover completely with water and weight down. Leave in brine until all is used.

Fried Pumpkin Bloom

Gather fresh pumpkin bloom and remove green portion at base of bloom. Dip in a seasoned milk and egg batter and roll in flour, cornmeal or fine bread crumbs. Fry in a heavy skillet until light brown.

Fried Carrots

Fry a few slices of bacon, cut into small pieces (or use ½ lard and ½ butter). Add 2 medium, finely cut onions. Fry until brown. Add a quart of sliced carrots (if fresh, about 12 medium-sized ones), 1-2 diced potatoes and season to taste. A little water may be added. Cover tightly and cook over a slow fire for 2 hours or until carrots are tender. Variations may be added to suit taste. Sweet peppers or pimentos may also be added.

Lye Hominy

This is a wonderful old-time dish that our pioneer fathers lived on before the days of cornflakes. This is the cheapest food in the world if we don't count fuel or labor because with corn at forty cents per bushel, a man could get enough to eat of this food at a cost of one cent per day. It has the distinction of being the only method by which dry whole corn (ordinary field corn) can be made into a palatable human food.

Making hominy was pretty much an all day job, and its preparation in grandmother's day was an event like making soap or rendering lard. She prepared enough of it to last a while-usually in cold water, so it could be frozen and so preserved. It was warmed up as needed and served with milk or fried in a skillet with butter. This lye hominy contains the rich nutty flavor and more valuable food elements of the germ, or heart of the corn, which is not available as human food in any of the commercial corn meals, grits, cornflakes or hominy now on the market. (Above comments from an Iowa Market Bulletin release.)

Pick out nice sound ears of corn and shell them. Put the grain into a large kettle, using not more than one fourth as much dry corn as the capacity of the kettle. Fill with water and add a can of ordinary kitchen lye to every three gallons of water. Boil until the hull of the corn loosens and comes free from the grain. Now turn the corn into a large vessel and rinse several times with cold water. Stir and rub with your hands until all of the hulls are separated from the corn. These hulls will float and can be removed as you wash the corn. Put the hulled corn back on the stove and boil again. Change the water several times and soak in water over at least one night. By the time you get all the lye out of the corn, it will be cooked. (The following reduced proportions will work if the above procedure is followed.) 3 quarts of yellow field corn covered with water in which 6 teaspoons of soda have been added.

Potato Pofers

2 tablespoons shortening, 6 potatoes, 1 onion, 1 egg, salt and pepper.

Melt shortening in skillet. Grate raw potatoes and onion together. Beat egg slightly and add to potato mixture. Add salt and pepper to taste. Spread evenly in skillet and fry. When one side is done, put a plate on top, turn skillet upside down, so the pofers are on the plate. Gently slide pofers back into the skillet to cook on the other side. Cut into pie wedges to serve.

Southern Chicken Pie

3-4 pound stewing chicken, cut into pieces. Stew chicken until tender; add salt and pepper to taste. Remove the skin and bones; cut or break up into bite-size pieces. Peel 3 medium potatoes; cut into ½-inch cubes and cook until tender.

Line a 3-inch deep iron skillet with your favorite pie crust. Add a layer of chicken and the potatoes. Thicken the broth to gravy thickness; add 5 tablespoons broth to the pie. Add top crust and bake until a golden brown. Cut into servings and pour the rest of gravy over pie.

Leather Breeches (Leatherbritches)

Clean and prepare green beans as for cooking. With a needle and strong thread, string beans on the thread. Hang up to dry. May be stored as they are or placed in a paper or cloth sack. Cook and season as other beans until done.

Rabbit Pie

1 rabbit, 1 can peas, 1 can carrots, 1½ cups potatoes (diced), teaspoon salt, 1 teaspoon pepper, biscuit dough and butter (melted).

Clean and dress rabbit and soak it overnight in salted water. Cook and bone rabbit. Combine peas, carrots and potatoes in large dish; add rabbit, salt and pepper. Roll dough. Fit half of dough in 9x9-inch pan. Pour in rabbit mixture; cover with remaining dough. Brush with butter; bake at 350°F for 30 minutes. Yields 6 servings.

Fried Bean Cakes

Mash leftover beans and combine with enough bread crumbs to take up juice. Shape into cakes; roll in flour and fry.

Pork Pot Pie

2 pounds cubed pork, ¼ cup all-purpose flour, 1 large onion (diced), 2 tablespoons lard, 2 cups water, 1 teaspoon salt, ½ teaspoon black pepper, ½ teaspoon thyme, 2 cups diced potatoes, ½ cup chopped celery, ½ cup carrots (sliced) and 8 baking powder biscuits (your favorite recipe).

Coat pork cubes with flour. Lightly fry pork and onion in skillet until pork is brown and onion is tender. Add water, salt, pepper and thyme and simmer 1½ hours. Add potatoes, celery and carrots and simmer for 20 minutes. Place in casserole. Prepare baking powder biscuits as if to bake; lay on top of hot mixture (do not crowd). Bake at 425°F about 25 minutes or until biscuits are done.

Head Cheese

Trim all meat from the head and soak overnight in water containing a little salt, then cook with heart, tails, tongue and feet or any other trimming. Cook until meat falls from the bones. Dip off broth and chop meat fine. Return to large kettle and season with salt and pepper.

Cover with broth and boil 15 minutes. Pour into shallow pan and cover with cheesecloth and weight down. When cold, slice and serve without further preparation. (Some also add sage to the above.)

Burgoo

4 pounds cubed beef stew meat or 2 pounds beef and 2 pounds chicken, 6 cups water, 2 teaspoons salt, pepper, 5 slices bacon, 1 quart tomatoes, ½ cup chopped onions, 1 cup cubed carrots, ½ cup chopped celery, 1 cup cubed potatoes, ½ cup chopped green pepper, ¼ teaspoon crushed red pepper, ½ clove garlic (minced), 2 cloves, 1 bay leaf, 3 ears corn, 1 pint butter beans, ½ cup flour and parsley.

Combine meat, water, salt and pepper and cook until meat is tender. Fry bacon, retaining grease and crumble. Add tomatoes, onions, carrots, celery, potatoes, green and red peppers, garlic and spices. Simmer at least 1 hour; remove bay leaf and cloves. Crush and add corn and undrained beans. Simmer 30 minutes. Blend flour and bacon grease; add to pot and simmer and stir until Burgoo thickens. Add additional salt if necessary. Garnish with parsley and crumbled bacon.

Souse

Reserve the head, feet and ears of one hog. Slit head in half. Remove eyes and brains. Wash and scrape thoroughly and remove excess fat. Singe, wash and scrape pig's feet. Wash and clean ears thoroughly with hot water and boil until meat drops from the bone. Remove bones. Drain meat and season with 1 teaspoon each of salt, black pepper and sage for each quart. Place meat in a mold or bowl. When cool, souse will be firm and gelled. Serve cold with vinegar or dip in beaten eggs and bread crumbs and brown in hot fat. (A little vinegar can be added to the souse.)

West Virginia Ramps

Cut cleaned ramps into one-inch pieces; parboil in plain water. While ramps are boiling, fry bacon in large iron skillet to the point just before they become crisp. Cut bacon in small pieces. Drain parboiled ramps and place in hot bacon fat. Season with salt and pepper to taste and fry until done. Serve garnished with boiled egg slices. (Ramps are often cooked without boiling. Some cooks break eggs over the ramps during the final seconds of cooking and stir slightly; remove and serve when eggs are done.)

Fried Cornmeal Mush

4 cups water, 1 teaspoon salt and 1 cup yellow cornmeal.

Boil 3 cups of water; add salt and cornmeal to 1 cup of cold water. Stir resulting mixture into hot water and cook until thick. Reduce heat and simmer 20-30 minutes. Pour in greased loaf pan. Cover with waxed paper and chill. When cold, slice and fry in butter or bacon grease.

Fried Apples

3 tablespoons butter, 6 tart apples (sliced), ¼ cup sugar and pinch of salt.

Melt butter in skillet. Add sliced apples, sugar and salt and cook rapidly (turning often), uncovered, until water is evaporated from apples. Reduce heat and cook an additional 5 minutes or until brown. Serve.

Salads

String Bean Salad

1 pound string beans, 1 small onion, ½ cup bacon fat, ½ cup vinegar, 1 teaspoon salt and 1 head lettuce.

Wash and cook string beans until tender; cool. Cut crosswise in 1-inch pieces. Chop onion very fine and mix with bacon fat and vinegar; add salt to taste. Pour over string beans; serve on lettuce leaves.

"Libmors's" Spanish Lima Bean Salad

2 cups cooked green lima beans, 2 teaspoons chopped parsley, I clove garlic (chopped), salad oil, I teaspoon vinegar, salt to taste, I Spanish onion, tomatoes, onion rings and paprika for garnish.

Mix first 3 ingredients together with a fork. Gradually add salad oil until mixture is well marinated. Add vinegar, drop by drop. Chill thoroughly and add seasoning. Serve in a salad bowl with peeled and quartered tomatoes around edges of bowl. Garnish with onion rings and paprika. When fresh lima beans are used, rinse with cold water immediately after cooking. Serves 4.

Mother's Cole Slaw

1 head cabbage, 1 cup sugar, 1 teaspoon mustard, 1 teaspoon salt, pepper, 2 eggs, 1 cup top milk and 1 cup vinegar.

Cut cabbage in quarters and soak in cold water until crisp. Drain and shred fine. Mix sugar, mustard, salt and dash of pepper. Add eggs and mix well, then add milk. Add vinegar slowly and cook over low heat, stirring constantly until thickened. Chill. Pour over the cabbage and serve.

Kidney Bean Salad

1 small bunch celery, 3 cans kidney beans (drained), 3 hard-boiled eggs, 1 small jar pickle chips, 1 cup mayonnaise and a dash grated onion.

Cut up celery; mix with all other ingredients and serve on lettuce. Serves 8.

Guspacha Salad

Slice cucumbers and onions very thin; peel tomatoes. Fill a glass dish with alternate layers of this mixture, sprinkle bread crumbs (stale) over each layer. Cover all with French dressing and garnish with lettuce. Serve icy cold.

Turnip Slaw

4 medium turnips (grated as for slaw), 1 sweet pepper and ½ teaspoon mustard seed.

Combine all ingredients and mix in salad dressing, salt and pepper to taste.

German Potato Salad

½ gallon potatoes,¼ pound bacon (cut in small cubes},large onion, ¾ cup vinegar, ½ cup water, 2 tablespoons sugar, 1 teaspoon celery seed, salt and pepper to taste. Boil potatoes with skins on until done and fry bacon. Combine skinned, sliced potatoes, diced onion and bacon; cook.

Combine vinegar, water, sugar, celery seed, salt and pepper. Bring to a boil, then pour over hot potato mixture. Let set for 1 hour before serving.

Other Desserts and Sweets

Apple Dumplings

2 cups sugar, 2 cups water, ¼ teaspoon nutmeg, ¼ teaspoon cinnamon, ⅓ cup butter, 6 firm apples, 2 cups flour, ½ teaspoon salt, 2 teaspoons baking powder, ¾ cup shortening and ½ cup milk.

Make a sauce by mixing together the sugar, water, nutmeg and cinnamon. Cook 5 minutes and then add butter. Peel and core the apples.

Sift flour; measure and resift with the salt and baking powder.

Cut in shortening until texture looks like the size of small peas. Then add the milk and stir until moistened.

Roll out on lightly floured board until ¼-inch thick. Cut in 6 squares, each about 5 inches.

Place an apple in each and sprinkle each with additional sugar and spices and dot of butter. Fold up corners and pinch edges together.

Place about an inch apart in greased pan or baking dish. Pour sauce over them and bake 30-35 minute in a 375°F oven.

Serve with cold cream or top milk while hot. Serves 6.

Indian Pudding

¼ cup cornmeal, 2 cups hot milk, ¼ cup sugar, ⅛ teaspoon baking soda, ¼ teaspoon salt, ¼ teaspoon ground ginger, ¼ teaspoon ground cinnamon, ¼ cup molasses, 1 cup cold milk, whipped cream and nutmeg.

Stir cornmeal, a little at a time, into the hot milk and cook in the top of a double boiler, stirring constantly, for 15 minutes or until thick. Remove from heat. Mix together sugar, baking soda, salt, ginger and cinnamon, then stir into the cornmeal mixture. Add molasses and cold milk, mixing thoroughly. Pour into a 1-quart casserole dish and bake in a preheated 275°F oven for 2 hours. Serve warm with whipped cream and a light sprinkling of freshly grated nutmeg.

Corncob Syrup

1¼ gallons red corncobs, cut into 2-inch pieces. Cover with water and boil ½ hour. Strain water and use enough brown sugar with water to make syrup. (Has maple syrup flavor.)

Lincoln and Lee Pudding

Bring to a boil: 1 cup brown sugar, ¼ cup butter, 2 cups water and ¼ teaspoon vanilla.

Mix together 1 cup flour, ⅓ teaspoon salt, 1 teaspoon baking powder and ¼ cup white sugar. Mix to a thick batter with 1 cup milk; add 1 cup nut meats and ¼ cup raisins. Drop batter mixture by spoonfuls in boiling mixture and then bake in moderate oven for 20 minutes. (Serve with whipped cream or ice cream.)

Squash Doughnuts

2 tablespoons shortening, 2 cups sugar, ½ cup cooked mashed squash, ½ cup sour milk, ¾ cups flour, ½ teaspoon soda, 3 tablespoons cornmeal, 4 teaspoons baking powder, ½ teaspoon salt, ¼ teaspoon nutmeg, 1 egg (beaten) and ½ teaspoon vanilla.

Cream shortening. Add sugar and squash to sour milk. Add ⅔ cup flour and other dry ingredients; then add the beaten egg. Stir well. Add vanilla and remainder of flour. Cover and let stand at least 1 hour. Roll out to about ⅓ inch and cut with doughnut cutter. Fry in deep fat, 370°F, for 3 minutes. Makes 3 dozen.

Brown Betty

2 cups chopped apples (tart), ¼ cup sugar, 2 teaspoons butter, 1 teaspoon cinnamon and 1 cup bread crumbs.

Butter a baking dish and put a layer of chopped apples in the bottom. Sprinkle with sugar, a few bits of butter and cinnamon. Cover with bread crumbs, then more apples. Proceed in this way until dish is full, having layer of crumbs on top. Cover closely and steam 45 minutes in hot oven. Uncover and brown quickly. Eat warm with sugar and cream.

Biro's Nest Pudding

Pare and core as many apples as will stand in a dish. Fill the holes with sugar.

Make a custard of 1 quart milk, 8 eggs and ¼ pound of sugar. Pour over apples; grate a little nutmeg over the top and bake one hour.

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