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STATE LICENSE NO. _____

DRIVER'S LICENSE NO. _____

YEAR _____ MOTOR NO. _____

TYPE _____ MAKE OF VEHICLE _____

CYLINDERS _____ SERIAL NO. _____

WEIGHT _____ MODEL _____

DATE BOUGHT _____

TIRE RECORD

NAME OF TIRES _____ NUMBER OF TIRES _____

SERIAL NOS. _____

PUT ON - DATE _____ SPEEDOMETER
MILEAGE _____

TAKEN OFF - DATE _____ SPEEDOMETER
MILEAGE _____

CAR INSURANCE

AGENT _____

ADDRESS _____

CITY _____ STATE _____ PHONE _____

LIABILITY

COLLISION

FIRE AND THEFT

SERVICES

	Name	Telephone
Airport		
Attorney		
Baby Sitter		
Bakery		
Bank		
Beauty Shop		
Bus Lines		
Carpenter		
Church		
Cleaner		
Club		
Coal Dealer		
Dentist		
Doctor		
Doctor		
Dress, alter		
Druggist		
Electrician		
Electric Co.		
Farm Suppliers		
Filling Station		
Fire Dept.		
Florist		
Game Warden		
Garage		
Gas Co.		
Grocer		
Hardware		
Hospital		

BIRTHDAY STONES AND FLOWERS

Month	Flowers	Stone
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli



Serving by serving . . . foods provide for daily needs

Stars on this page give a very rough idea of how servings from groups of familiar foods contribute toward dietary needs.

A serving that rates 5 stars provides more than 50 percent of the day's need for a nutrient. A 4-star serving provides about 40 percent; 3-star serving, 30 percent; 2-star serving, 20 percent; 1-star serving, 10 percent. Smaller amounts of nutrients are not shown. These ratings are based on daily allowances of nutrients for a moderately active man as recommended by the National Research Council. Some foods within a group have more of a nutrient, some less; but in a varied diet, which is common in this country, a group is likely to average as shown.

Kind of food	Size of serving	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Leafy, green, yellow vegetables.	½ cup...			★	★★★★				★★	30
Tomatoes, tomato products.	½ cup...			★	★★★			★	★★★	35
Potatoes.....	1 medium.			★		★		★	★	105
Sweetpotatoes.....	1 medium.			★	★★★★★	★		★	★★★	165
Other vegetables...	½ cup...								★	40
Citrus fruits.....	½ cup...								★★★★★	55
Other fruits.....	½ cup...				★				★	70
Milk, cheese, ice cream.	1 cup milk.	★	★★★		★	★	★★			170
Meat, poultry, fish..	4 ounces.	★★		★★	★	★★	★	★★★		225
Eggs.....	1 egg...	★		★	★		★			80
Dry beans and peas, nuts.	¾ cup beans cooked.	★★	★	★★★		★★	★	★★		215
Baked goods, flour, cereals.	2 slices bread.	★		★		★	★	★		130
Butter, fortified margarine.	1 pat....				★					50
Other fats (includes bacon, salt pork).	2 tablespoons.									230
Sugar, all kinds.....	2 teaspoons.									35
Molasses, sirups, preserves.	2 tablespoons.			★						115

★★★★★ More than 50 percent of daily need.

★★★ About 30 percent of daily need.

★★★ About 40 percent of daily need.

★★ About 20 percent of daily need.

★ About 10 percent of daily need.



Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

MEAT	Amount to buy per serving
Much bone or gristle . . .	1/2 to 1 pound
Medium amounts of bone	1/3 to 1/2 pound
Little bone	1/4 to 1/3 pound
No bone	1/5 to 1/4 pound

POULTRY dressed weight ¹	
Chicken:	
Broiling	1/4 to 1/2 bird
Frying and roasting . . .	3/4 to 1 pound
Stewing	1/3 to 3/4 pound
Ducks	1 to 1 1/4 pounds
Geese	3/4 to 1 pound
Turkeys	2/3 to 3/4 pound

POULTRY ready-to-cook weight ¹	Amount to buy per serving
Chicken:	
Broiling	1/4 to 1/2 bird
Frying, roasting . . .	2/3 to 3/4 pound
Stewing	1/4 to 2/3 pound
Ducks	3/4 to 1 pound
Geese	2/3 to 3/4 pound
Turkeys	About 1/2 pound

FISH	
Whole or round	1 pound
Dressed, large	1/2 pound
Steaks, fillets	1/4 pound

¹ Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

FRESH	Size of serving	Servings per pound ²	FRESH	Size of serving	Servings per pound ²
Asparagus:			Apricots.....	2 medium	5-6
Cut.....	1/2 cup	4	Berries, raw.....	1/2 cup	4-5
Spears.....	4-5 stalks	4	Cherries, pitted,		
Beans, lima.....	1/2 cup	³ 2	cooked.....	1/2 cup	2
Beans, snap.....	1/2 cup	6	Plums.....	2 large	4
Beets, diced.....	1/2 cup	4	Rhubarb, cooked...	1/2 cup	4
Broccoli.....	2 stalks	3-4			
Brussels sprouts.....	1/2 cup	5-6	For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound.		
Cabbage:			DRY		
Raw, shredded...	1/2 cup	7-8	Dry beans.....	3/4 cup	9
Cooked.....	1/2 cup	4-5	Dry peas, lentils....	3/4 cup	7
Carrots:			CANNED		Per can
Raw, shredded...	1/2 cup	8	8-ounce can.....	1/2 cup	2
Cooked.....	1/2 cup	5	No. 2 can.....	1/2 cup	4-5
Cauliflower.....	1/2 cup	3	No. 2 1/2 can.....	1/2 cup	6-7
Celery, cooked....	1/2 cup	3-4	No. 3 cylinder		
Collards.....	1/2 cup	2	(46 oz.).....	1/2 cup	11-12
Corn, cut.....	1/2 cup	⁴ 2	FROZEN		
Eggplant.....	1/2 cup	4	Family-size		Per package
Onions, cooked....	1/2 cup	4	packages.....	1/2 cup	3-4
Parsnips.....	1/2 cup	4	Juices, concentrated,		
Peas.....	1/2 cup	³ 2	6 fluid ounces....	1/2 cup	6
Potatoes.....	1/2 cup	4-5			
Spinach.....	1/2 cup	3-4			
Squash.....	1/2 cup	2-3			
Sweetpotatoes....	1/2 cup	3-4			
Turnips.....	1/2 cup	4			

Cereals and cereal products

	Size of serving	Servings per pound		Size of serving	Servings per pound
Flaked corn cereals..	1 cup	18-24	Oatmeal.....	3/4 cup	13
Other flaked cereals.	3/4 cup	21	Hominy grits.....	1/2 cup	20
Puffed cereals.....	1 cup	32-38	Macaroni and		
Corn meal.....	3/4 cup	16	noodles.....	3/4 cup	12
Wheat cereals:			Rice.....	1/2 cup	16
Coarse.....	3/4 cup	12	Spaghetti.....	3/4 cup	13
Fine.....	3/4 cup	16-22			

² As purchased. ³ In pod. ⁴ In husk.

COMMERCIAL CAN SIZES

<i>Can Size</i>	<i>Weight</i>	<i>Cups</i>
8 oz.	8 oz.	1
No. 1	11 oz.	1½
No. 1½	16 oz.	2
No. 2	20 oz.	2½
No. 2½	28 oz.	3½
No. 3	33 oz.	4
No. 10	106 oz.	13

TABLE OF LEVEL MEASURES AND WEIGHTS

3 teaspoons	—1 tablespoon	16 tablespoons	—1 cup
2 tablespoons	—½ cup	2 cups	—1 pint
4 tablespoons	—¼ cup	4 cups	—1 quart
8 tablespoons	—½ cup	4 quarts	—1 gallon
12 tablespoons	—¾ cup	2 cups liquid	—1 pound
2 cups	granulated sugar	—1 pound	
3 cups	confectioners sugar	—1 pound	
2½ cups	brown sugar	—1 pound	
3½ cups	powdered sugar	—1 pound	
4 cups	all-purpose flour	—1 pound	
5 cups	cake flour	—1 pound	
1 cup	grated cheese	—½ pound	
6	egg yolks	—½ cup	
5-6	egg whites	—½ cup	
10	eggs in shell	—1 pound	

ABBREVIATIONS

tsp. or t.	—teaspoon	pt.	—pint
tbsp. or T.	—tablespoon	oz.	—ounce
c.	—cup	min.	—minute
lb.	—pound	hr.	—hour
qt.	—quart	f.g.	—few grains

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.
1 cup butter or margarine for shortening	$\frac{3}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus $\frac{1}{2}$ teaspoon fat.
1 teaspoon double-acting baking powder	$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.
1 cup whole milk	$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	$\frac{3}{8}$ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

Tips

Fidelity Bonds—Indemnify employers for losses resulting from embezzlements of money or property by employees.

Bankers Blanket Bonds—Protect banks against dishonesty of officers and employees, burglary, robbery, misplacement, mysterious disappearance and many other causes of loss or damage. Similar protection also is available for savings and loan associations, insurance companies, stockbrokers, investment bankers and credit unions.

Contract Bonds—Guarantee the fulfillment of the terms of contracts for both public and private construction work, for rendering service and for furnishing supplies.

Court Bonds—Enable litigants to secure the undertakings required by law in order to pursue the remedies available through the processes of courts.

Fiduciary Bonds—Guarantee an honest accounting and the faithful performance of duties by administrators, trustees, guardians, executors, receivers and other fiduciaries.

Public Official Bonds—Guarantee faithful performance on the part of all officials in positions of public trust and an honest accounting of all public funds which they handle.

Public Employees Blanket Bonds—Enable departments, agencies and offices of a state, and other governmental units such as counties, cities, towns, etc., or divisions thereof, to obtain blanket protection against the risk of dishonesty or unfaithful performance on the part of their employees.

License and Permit Bonds—Commonly required by state law, municipal ordinance or by regulation as a condition precedent to the granting of licenses or permits to firms, corporations or individuals desiring to engage in certain lines of business or to exercise certain privileges.

Comprehensive Dishonesty, Disappearance and Destruction Policy—A single, flexible contract that provides merchants, manufacturers and certain other types of insureds with a convenient and economical means of protecting themselves against practically all risks of loss to money and securities.

Money and Securities Policy—Covers losses of money and/or securities occasioned by disappearance, destruction or wrongful abstraction. Available to all types of commercial and industrial enterprises.

Personal Property Floater Policy—A comprehensive form of insurance covering personal property wherever located, against fire, burglary, theft, holdup, larceny, vandalism and many other causes of loss or damage.

Comprehensive Personal Liability Policy—Provides protection against claims for bodily injuries or property damage sustained by others while on the policyholder's premises, or which result from the personal activities of the policyholder or other members of his family, or are caused by his family's pets.

Burglary and Robbery Insurance—Available in many different forms to meet the specific needs of banks, merchants, manufacturers, householders and all other classes of property-owners.

Check Forgery Insurance—Provides reimbursement for losses occasioned by the forgery or alteration of checks, drafts and various other instruments of that character.

Glass Insurance—Provides for the prompt replacement of glass when broken in commercial or residential properties.

INTEREST CALCULATIONS

Rule.—Multiply the principal by as many one-hundredths as there are days, and then divide as follows:

Per cent.....	2	2½	3	3½	4	5	6	7	8	9	10	12
Divide by....	180	146	120	104	90	72	60	52	45	40	36	30

Table Showing the Number of Days from Any Date in One Month to the Same Date in Any Other Month

From To	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Jan.....	365	31	59	90	120	151	181	212	243	273	304	334
Feb.....	334	365	28	59	89	120	150	181	212	242	273	303
March.....	306	337	365	31	61	92	122	153	184	214	245	275
April.....	275	306	334	365	30	61	91	122	153	183	214	244
May.....	245	276	304	335	365	31	61	92	123	153	184	214
June.....	214	245	274	304	334	365	30	61	92	122	153	183
July.....	184	215	243	273	304	335	365	31	62	92	123	153
Aug.....	153	184	212	243	273	304	334	365	31	61	92	122
Sept.....	122	153	181	212	242	273	303	334	365	30	61	91
Oct.....	92	123	151	182	212	243	273	304	335	365	31	61
Nov.....	61	92	120	151	181	212	242	273	304	334	365	30
Dec.....	31	62	90	121	151	182	212	243	274	304	335	365

Example.—How many days from May 5 to Oct. 5? Look for May at left hand and October at top; in the angle is 153. In Leap-Year add 1 day if Feb. is included.

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters				Month					Dominical Letter										
Year of the Century	Centuries				January, October Feb., Mar., Nov. Jan., Apr., July May June February, August Sept., Dec.					A	B	C	D	E	F	G			
	*Denote Leap-Years	1700, 2100	1800, 2200	1900, 2300	2000, 2400	1	8	15	22	29	D	E	F	G	A	B	C		
0	*28	*56	*84	C	E	G	A	1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
1	29	57	85	B	D	F	G	2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
2	30	58	86	A	C	E	F	3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
3	31	59	87	G	B	D	E	4	11	18	25		W	Tu	M	Su	Sa	F	Th
*4	*32	*60	*88	E	G	B	C	5	12	19	26		Th	W	Tu	M	Su	Sa	F
5	33	61	89	D	F	A	B	6	13	20	27		F	Th	W	Tu	M	Su	Sa
6	34	62	90	C	E	G	A	7	14	21	28		Sa	F	Th	W	Tu	M	Su
7	35	63	91	B	D	F	G												
*8	*36	*64	*92	G	B	D	E												
9	37	65	93	F	A	C	B												
10	38	66	94	E	G	B	C												
11	39	67	95	D	F	A	B												
*12	*40	*68	*96	B	D	F	G												
13	41	69	97	A	C	E	F												
14	42	70	98	G	B	D	E												
15	43	71	99	F	A	C	B												
*16	*44	*72		D	F	A	B												
17	45	73		C	E	G	F												
18	46	74		B	D	F	G												
19	47	75		A	C	E	F												
*20	*48	*76		F	A	C	D												
21	49	77		E	G	B	C												
22	50	78		D	F	A	B												
23	51	79		C	E	G	A												
*24	*52	*80		A	C	E	F												
25	53	81		G	B	D	E												
26	54	82		F	A	C	D												
27	55	83		E	G	B	C												

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January 1, 1876*, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

WEIGHTS AND MEASURES

Apothecaries' Weight

20 grains.....	1 scruple
3 scruples.....	1 dram
8 drams.....	1 ounce
12 ounces.....	1 pound
Ounce and pound same as in Troy Wht.	

Avoirdupois Weight

27-11/32 grains.....	1 dram
16 drams.....	1 ounce
16 ounces.....	1 pound
25 pounds.....	1 quarter
4 quarters.....	1 cwt.
2,000 lbs.....	1 short ton
2,240 lbs.....	1 long ton

Troy Weight

24 grains.....	1 pwt.
20 pwt.....	1 ounce
12 ounces.....	1 pound
For weighing gold, silver and jewels.	

Square Measure

144 sq. inches.....	1 sq. foot
9 sq. feet.....	1 sq. yard
30¼ sq. yards.....	1 sq. rod
40 sq. rods.....	1 rood
4 roods.....	1 acre
640 acres.....	1 sq. mile

Cubic Measure

1,728 cu. inches.....	1 cu. foot
27 cu. feet.....	1 cu. yard
128 cu. feet.....	1 cord (wood)
40 cu. feet.....	1 ton (shipping)
2,150.42 cu. in.....	1 standard bushel

231 cu. in.....	1 U.S. standard gallon
1 cu. foot.....	about 4/5 of a bushel

Dry Measure

2 pints.....	1 quart
8 quarts.....	1 peck
4 pecks.....	1 bushel
36 bushels.....	1 chaldron

Liquid Measure

4 gills.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon
31½ gallons.....	1 barrel
2 barrels.....	1 hogshead

Long Measure

12 inches.....	1 foot
3 feet.....	1 yard
5½ yards.....	1 rod
40 rods.....	1 furlong
8 furlongs.....	1 sta. mile
3 miles.....	1 league

Surveyor's Measure

7.92 inches.....	1 link
25 links.....	1 rod
4 rods.....	1 chain
10 sq. chains or 160 sq. rods.....	1 acre
640 acres.....	1 sq. mile
36 sq. miles (6 miles sq.).....	1 township

Paper Measure

24 sheets.....	1 quire
20 quires.....	1 ream (480 sheets)
2 reams.....	1 bundle
5 bundles.....	1 bale

METRIC EQUIVALENTS

Linear Measure

1 centimeter.....	0.3937 inch
1 inch.....	2.54 centimeters
1 decimeter.....	3.937 inches
1 foot.....	3.048 decimeters
1 meter.....	39.37 inches
1 yard.....	0.9144 meter
1 dekameter.....	1.9884 rods
1 rod.....	0.5029 dekameters
1 kilometer.....	0.62137 m.
1 m.....	1.6093 kilometers

1 sq. foot.....	9.2903 sq. decimeters
1 sq. meter.....	1.196 sq. yards
1 sq. yard.....	0.8361 sq. meters
1 acre.....	3.954 sq. rods
1 sq. rod.....	0.2529 acre
1 hectare.....	2.47 acres
1 acre.....	0.4047 hectare
1 sq. kilometer.....	0.386 sq. m.
1 sq. m.....	2.59 sq. kilometers

Square Measure

1 sq. centimeter.....	0.1550 sq. inch
1 sq. inch.....	6.452 sq. centimeters
1 sq. decimeter.....	0.1076 sq. foot

Weights

1 gram.....	0.03527 ounce
1 ounce.....	28.35 grams
1 kilogram.....	2.2046 lbs.
1 lb.....	0.4536 kilogram
1 metric ton.....	1.1023 English tons
1 English ton.....	0.9072 metric ton

APPROXIMATE METRIC EQUIVALENTS

1 decimeter.....	4 inches
1 meter.....	1.1 yards
1 kilometer.....	¾ of a mile
1 hectare.....	2½ acres
1 stere, or cu. meter.....	¼ of a cord

1 liter.....	1.06 qts. liquid
1 hektoliter.....	2½ bus.
1 kilogram.....	2 1/5 lbs.
1 metric ton.....	2,200 lbs.

Appetizers

Canapes

Pickles

Relishes

APPETIZERS*CANAPES*PICKLES*RELISHES****

PICKLED FIGS - Mrs. Kate Pinkham

1 pt. vinegar 3 lbs. sugar
1 tbsp. whole cloves 3 sticks cinnamon
Bring to boil then drop 6 lbs. figs in it and let them
lay in syrup overnight. Remove figs from syrup and
bring the syrup to a boil; put figs back in and can.

RAW TOMATO RELISH - Livonia Stearns

8 qts. ripe tomatoes 1 c. salt
2 heads celery 2 c. light sugar
6 onions 1 c. mustard seed
5 c. vinegar 4 green peppers
Chop all vegetables; add 1 c. salt. Place in cloth bag
and drain overnight. Add sugar, mustard seed, and vine-
gar; stir well. Seal cold in jars.

Bread

Rolls

Beverages

Bread

Rolls

BEVERAGES*BREAD*ROLLS****

PUNCH FOR 75 SERVINGS - Ida Clymore

Boil together for 10 minutes 4 c. sugar and 2 c. water.

Add:

2 c. strong black tea	2 c. lemon juice
2 c. orange juice	2 #2 cans pineapple juice
3 gallons water	2 qts. gingerale

Maraschino cherries for color.

BISCUITS SUPREME - Mrs. Smith Peters

2 c. flour	1/2 c. shortening
1/2 tsp. salt	2/3 c. milk
2 tsp. sugar	4 tsp. baking powder
1/2 tsp. cream of tartar	

Sift dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add milk all at once and stir until dough follows fork around bowl. Pat or roll 1/2 inch thick on lightly floured surface and cut.

Bake in oven, 450 degrees, for 10 to 12 minutes. These exceptionally tender biscuits are well suited for afternoon tea or to use as a base for creamed foods. Makes 16 medium biscuits.

HOME MADE NOODLES - Livonia Stearns

1 c. flour	1 egg
1 tsp. baking powder	1 tbsp. water

salt

Sift dry ingredients; add water to egg and beat. Mix and knead to make a very stiff dough. Roll out as thin as possible (paper thin). Cover with tea towel and let stand half an hour. Roll dough as a jelly roll and cut across making noodles the desired width. Shake out, sifting a little flour through. Cook in rapidly boiling water or broth about 15 minutes or until tender. These are much better than packaged ones.

BAKING POWDER BISCUITS - Mrs. Sandee Thomas

2 c. flour	1 tsp. salt
3 heaping tbsp. shortening	
1 c. milk	3 tsp. baking powder

Sift together flour, salt and baking powder. Cut in shortening. Add milk to make a soft dough. Place on lightly floured board and knead lightly. Roll out to 1/2 inch thickness and cut. Place in baking pan that has been previously greased with butter or margarine. Bake in very hot oven,

450 degrees, until golden brown, about 12 to 15 minutes. Makes about 24 small biscuits.

GERMAN POTATO PANCAKES. -Hattie Douglas

Grate 4 potatoes; pour off liquid. Add 2 eggs. Add 1 1/2 tbsp. flour with 1 tsp. salt and 1/2 tsp. baking powder. Fry each pancake over half fried bits of bacon. Turn and fry in plenty of bacon drippings.

POPOVERS - Hattie Douglas

2 eggs
1 c. sifted flour
Heat oven to 400 degrees. Heavily butter 8 custard cups; put on baking sheet for easy handling. Slide into oven while mixing batter. Beat eggs slightly. Add remaining ingredients. Beat batter briskly for 1/2 minute or longer. Batter will be creamy and thin. Pour into heated custard cups, filling each 1/3 full. Bake in hot oven, 400 degrees, for 50 minutes or until popped, crisp and golden. Makes 8 large popovers. DO NOT peek during baking or they may fall. Serve hot with butter or jam.

SEVEN-UP DATE NUT LOAF - Addie Kee

1 c. chopped dates
1 tsp. baking soda
Bring dates and 7-Up to a boil; add baking soda and set to cool. Add:
1 c. sugar
2 tbsp. butter
1 egg
pinch of salt
1 7-oz. bottle 7-Up
1 1/2 c. flour
1/2 c. chopped nuts
1 tsp. vanilla
Beat very well. Pour into loaf pan (5x9x3")
Bake one hour in 350 degree oven. Good served with whipped cream.

BANANA BREAD - Helen Barnett

1/3 c. shortening
1 egg
1/4 tsp. soda
2 c. flour
1 c. sugar
1 c. ripe banana pulp
1 tbsp. sour milk
1 tsp. salt
Bake at 350 degrees one hour.

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CANDIES*COOKIES*CAKE**ICINGS****

OLD FASHIONED POPCORN BALLS - Mrs. Vera Steere

Pop 1 1/2 c. of popcorn. Make a syrup of:

1/2 c. molasses 1/2 c. white sugar

1/2 c. light corn syrup

Soon as it strings, pour it over popped corn. Oil hands and make balls soon as possible. Or it can be spread on a cookie sheet. Use wax paper between layers.

FRUIT DROPS - Willa May Green

1 c. sweetened condensed milk 1 tsp. salt

1 c. shredded coconut 1/4 tsp. salt

1 c. fruit mix 1 tsp. vanilla

1 c. chopped nuts

Combine ingredients and drop from teaspoon onto a greased baking sheets. Bake at 350 degrees about 12 minutes until delicately browned.

CANDIED FRUIT BARS - Lois Harbison

1/2 c. gran. sugar 1/2 c. brown sugar

2/3 c. corn syrup 1/3 c. water

Cook to firm ball. Add:

8 oz. coconut 4 oz. candied fruits

1/2 tsp. salt 1 tsp. vanilla

1 c. walnuts

Sprinkle oiled pan with 2/3 c. walnuts. Pour mixture over the walnuts. Sprinkle with more coconut. Chill, covered, overnight. Cut in squares. Keep covered.

SEE'S FUDGE - Creola Ray

4 1/2 c. sugar 1 large can evap. milk

1 8-oz. jar marshmallow whip

3 small pkgs. chocolate chips

2 tsp. vanilla 1/2 lb. butter or margarine

2 c. chopped nuts

Mix sugar and milk in large saucepan. Bring to a boil. Boil 12 minutes. Put whip, chips, butter, vanilla in a large bowl. Pour sugar mixture over this and stir until chips and butter are melted. Add nuts and beat until thick and ready to spread. Yield: 5 lbs.

CANDY-DATE NUT ROLL - Esther Welch

2 c. gran. sugar 1 c. sliced dates

1 c. brown sugar, 1 c. chopped nuts

packed 1 tsp. vanilla

1/4 c. butter 1 c. milk

Combine sugars, milk, butter, and dates in heavy saucepan. Cook. Stir occasionally to soft ball stage (236 deg.) when tested in cold water. Remove from heat and stir in nuts and vanilla. Beat until creamy and firm. Knead and shape into a roll. Wrap in cloth wrung out in cold water, to shape roll. Remove cloth and wrap in waxed paper. Chill. Cut into slices as needed. Makes 1 1/2 lbs. candy.

CHILD'S DELIGHT - F. Curtin

1/2 c. honey
1/2 c. milk
1 tsp. vinegar

1 c. sugar
1/4 tsp. salt

Stir in narrow 2 qt. saucepan. Stir until sugar is dissolved. Cook until hard ball test in cold water. Pour on greased platter. When it is cool enough, pull until it is firm. Cut in one inch lengths; wrap in wax paper. Store in cool place.

SUGARED WALNUTS - Barbara Santa Maria

1 c. sugar
1 dash cream of tartar
vanilla and cinnamon to taste

2 c. walnuts
1/4 c. water

Boil sugar and water and cream of tartar until clear. Add nuts, vanilla, cinnamon and mix thoroughly. Remove from fire and let cool.

GINGER DROP COOKIES - F. Curtin

Mix together 1/4 c. soft shortening and 1/2 c. sugar. Beat in 1 egg and 1/2 c. molasses. Sift together:
1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon

1 tsp. ginger
1/2 tsp. cloves

Stir into shortening with 1/2 c. hot water in which is dissolved 1 tsp. soda. Chill then drop on greased sheet about 2 inches apart. Cook about 8 minutes in hot oven. If desired, ice while still warm with Quick Icing.

Quick Icing:

1/2 c. powdered sugar
1 tbsp. milk or cream

1 tsp. vanilla

DATE COOKIES - Coleen Dee Griffith

1 c. soft shortening
2 c. brown sugar - packed
2 eggs
1/2 c. sour milk
3 1/2 c. sifted flour

1 tsp. baking soda
1 tsp. salt
1 - 1 1/2 c. broken pecans
2 c. cut up dates

Mix well shortening, brown sugar, eggs. Add sour milk. Sift flour, soda, salt and stir in. Mix in pecans and dates. Chill. Heat oven to 400 deg. F. Drop with teaspoon 2 inches apart on greased baking sheet. Bake 8 to 10 minutes.

PEANUT BUTTER COOKIES - Blanche Jibson

1/2 c. butter or shortening	1/2 tsp. vanilla
scant 1/2 c. white sugar	1 egg
3/4 c. brown sugar	1 tsp. soda sifted with
1/2 c. peanut butter	1 1/2 c. flour
1/2 tsp. salt	

Roll dough into little balls and flatten with fork, leaving considerable space between them on cookie sheet, as they spread. Bake 15 minutes at 375 deg. F.

MEXICAN WEDDING CAKE COOKIES - Mrs. Patsy Frew

1 c. butter	4 level tbsp. powdered sugar
2 c. sifted cake flour	2 tsp. vanilla
3/4 c. nuts or nuts & coconut	

Cream butter and sugar then add flour and vanilla and nuts. Roll in small balls; bake in oven 350 deg. F. for 15 minutes. When you first take them from oven, roll in powdered sugar while still hot.

SUGAR COOKIES FILLED - Mrs. Patsy Frew

1 c. sugar	2 eggs
1/2 c. butter	1/2 tsp. nutmeg
1 tsp. lemon extract	2 tbsp. milk
1/2 tsp. soda	1 tsp. baking powder
2 c. flour	

Cream butter and sugar. Add the rest of ingredients and roll thin. A little more flour might have to be added to roll out.

Filling: Grind 1/2 lb. figs and set on stove; add a little water and cook for 5 minutes. Add sugar as desired. When in paste form, spread between cookies and then frost with any white frosting desired.

NUCOA COOKIES - Blanche Wickham

1 lb. nucoa	3 eggs
2 c. sugar	1 tsp. soda
(1 c. white-1 c. brown)	1/2 tsp. cinnamon
1 tsp. vanilla	6 c. flour

Cream Nucoa, sugar and add eggs. Sift flour, soda, cinnamon. Roll in rolls. Place in refrigerator at least overnight. Cut and bake as needed, 350 deg. F. Add nuts and/or coconut as desired.

CARROT COOKIES - Blanche Wickham

Cream together:

3/4 c. soft shortening 3/4 c. sugar
(half butter) 1 tsp. vanilla
1 c. cooked mashed carrots 2 beaten eggs

Sift in:

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

Blend well. Drop by teaspoon on greased cookie sheet. Bake 12-15 minutes at 350 F.

Frosting:

2 tbsp. melted butter 2 1/2 tbsp. orange juice
1/2 tsp. grated lemon rind 1 1/2 c. powdered sugar

Makes 3 1/2 dozen cookies.

SAUCE PAN CHOCOLATE COCONUT BARS - Clarice Griffith

1 cube (1/2 c.) butter 1/3 c. granulated sugar
1/3 c. brown sugar - packed 2 tbsp. water
1 c. sifted flour 1 1/4 tsp. baking powder
1 egg 1 tsp. vanilla
1/2 c. chopped nuts 1/2 c. shredded coconut
6 oz. semi-sweet chocolate
pieces

Rub bottom of a 9 inch square pan with butter. Melt butter in a sauce pan. Remove from heat; add water and sugar, blend. Stir in flour and baking powder. Add egg and vanilla. Beat well. Add nuts, coconut and chocolate pieces and stir lightly to combine. Pour into prepared pan. Bake in a moderate oven, 350 F. about 30 minutes. Do not over bake. Cool in pan. Cut into bars at serving time.

CHOCOLATE COOKIES - Dixie Griffith

Pre-heat oven to 375 F.

Sift:

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

Set aside. Blend:

1 c. soft butter or shortening 3/4 c. granulated sugar
3/4 c. brown sugar- 1 tsp. vanilla
packed tight 1/2 tsp. water

Beat in eggs. Add flour mixture and mix well. Stir in one 12-oz. pkg. semi-sweet morsels (2 cups), 1 c. coarsely chopped nuts. Drop by well rounded half teaspoonfuls on greased cookie sheet. Bake at 375 deg. F. for 10 to 12 minutes.

PINEAPPLE DROP COOKIES - Irene Dreher

1/3 c. butter
1/2 c. sugar
1 egg - beaten
1 c. flour
2 tbsp. hot water

1/4 tsp. salt
1/4 c. crushed pineapple -
do not drain
1/4 tsp. soda

Cream butter and sugar very thoroughly. Add beaten egg. Sift flour and salt together. Alternately beat in flour and pineapple, then dissolve soda in hot water and mix thoroughly with the batter.

Drop small spoonfuls well apart on an oiled baking sheet. Bake at 375 degrees about 10 minutes. Cool on wire rack. Good without icing, but you may ice with a bit of powdered sugar, crushed pineapple and melted butter and a dash of lemon juice.

DATE PINWHEEL COOKIES - Irene Dreher

1 1/8 c. chopped dates
1/2 c. white sugar
Cook dates, sugar and water about 5 minutes. Cool. Add nuts.
1/2 c. butter
1 c. brown sugar
2 small eggs

1/2 c. nuts - chopped
1/2 c. water
2 c. flour
1/4 tsp. soda

Cream butter, sugar and add beaten egg, sifted dry ingredients. Chill dough. Roll out. Spread with date mixture. Roll as for jelly roll. Chill; slice. Bake at 350 degrees about 10 minutes on greased cookie sheet.

PERSIMMON COOKIES - Mrs. Mary Booth

1/2 c. shortening
1 c. sugar
2 1/2 c. flour
1 egg
1 c. raisins

1/2 tsp. each cinnamon, cloves,
nutmeg and salt
1 c. persimmon pulp mixed with
1 tsp. soda
1 c. nut meats

Cream shortening and sugar. Mix other ingredients in order. Add nuts and raisins last. Drop by teaspoons on a greased cookie sheet. Bake at 400 deg. F. for 15 minutes.

CHOCOLATE CHIP OATMEAL COOKIES - Mrs. Mary Booth

3/4 c. shortening
3/4 c. brown sugar
3/4 c. white sugar
2 c. oatmeal
1 c. nut meats

1 tsp. hot water
1 tsp. vanilla
2 eggs
1 6-oz. pkg. chocolate chips

Sift together:
1 1/2 c. flour
1 tsp. soda

1 tsp. salt

Mix well. Drop by teaspoons on greased baking sheet 2 inches apart at 375 deg. F. for 10 to 12 minutes.

DANISH APPLE CAKE - Gerly Swallow

3 c. dry bread crumbs 8 green apples
butter 1 pt. whip cream
red raspberry jelly

Make applesauce from apples. Sweeten to taste; let cool. Brown crumbs in butter in heavy skillet. Place alternate layers of crumbs and applesauce in greased casserole, starting and ending with crumbs. Bake in slow oven for 1 hour. Let stand over night. Turn onto plate. Frost with whip cream. Decorate with jelly.

BANANA CAKE - Mrs. Iualle Parks

3 c. sifted cake flour 3/4 c. milk
1 tsp. soda 2 eggs - slightly beaten
1 c. shortening 1 1/2 c. mashed banana (3 or 4)
1 c. sugar *1/2 tsp. salt*

Line bottom of 8x12 inch pan. Resift flour with soda and salt. Cream shortening thoroughly; add sugar gradually. Cream until light and fluffy. Add 2 tbsp. milk, then eggs. Add dry ingredients and remaining milk alternately, beating thoroughly after each addition. Fold in mashed bananas. Pour into pan. Bake at 350 degrees for 40 to 50 minutes.

Ice with Cream Cheese Frosting:

1 3-oz. pkg. cream cheese 3 c. powdered sugar
1/4 c. cream 1/2 tsp. vanilla
Cream cheese, add sugar gradually, then cream. Spread over cake.

BITTERSWEET CHOCOLATE FROSTING - Helen Haskell

4 sqs. unsweetened chocolate 1 c. granulated sugar
1 1/2 c. milk 3 tbsp. cornstarch
2 tbsp. cold water 2 tbsp. butter or margarine
1 tsp. vanilla flavoring

Melt chocolate in top of double boiler. Add sugar, milk and cornstarch which has been mixed with cold water. Place over direct heat and cook until thickened, stirring constantly. Remove from heat. Add butter and vanilla. Cool and spread on cake.

FAMOUS WESSON FRUITCAKE - Gladys Chaney

A recipe over 40 years old.
1 c. Wesson oil 1 c. thinly sliced citron

- | | |
|---|------------------------------------|
| 1 1/2 c. brown sugar -
firmly packed | 1 1/2 c. whole candied
cherries |
| 4 eggs | 1 c. chopped candied pineapple |
| 3 c. sifted all purpose flour | 1 c. chopped figs |
| 1 tsp. baking powder | 1 c. seedless raisins |
| 2 tsp. salt | 3 c. coarsely chopped nuts |
| 2 tsp. cinnamon | 1 c. orange juice |
| 2 tsp. allspice | |
| 1 tsp. cloves | |

Heat oven to 275 degrees. Line two 9x5x3" pans with lightly greased brown paper.

Combine Wesson oil, sugar and eggs; beat 2 minutes. In a large bowl, combine 1 c. flour with fruit and nuts. Sift remaining flour with baking powder, salt and spices. Stir into Wesson mixture alternately with orange juice. Pour batter over fruit mixture; blend well.

Turn into prepared pan. Place a pan of water on lower oven rack. Bake for 2 1/2 to 3 hours or until done. Cool on wire racks, remove from pans. Glaze top and decorate. Chill for easy slicing.

For Glaze: Boil 2 tbsp. brown sugar, 1 tbsp. corn syrup and 2 tbsp. water. Simmer 2 minutes; brush over cake.

CHOCOLATE CAKE - Roma Nichols

A moist, heavy cake - very good.

- | | |
|---|---------------------|
| 2 1/2 c. brown sugar -
firmly packed | 3 eggs |
| 1/2 c. butter | 3 sq. chocolate |
| 2 tsp. soda | 1/2 c. buttermilk |
| 1/2 tsp. salt | 1 c. boiling water |
| 2 tsp. vanilla | 2 1/4 c. cake flour |

Cream sugar and butter. Add eggs, one at a time. Add melted chocolate. Sift soda, salt and flour together. Add alternately with buttermilk, beginning and ending with buttermilk. Have pans greased and floured. Add the hot water and pour into the pans immediately. Bake at 350 degrees. Yield: 2-9 inch layers.

MARVELOUS CHOCOLATE CAKE - Addie Kee

In a small bowl mix:

2 tbsp. red food coloring with 3 tbsp. sweet milk chocolate, powdered.

Cream together:

- | | |
|---------------------------------|------------------|
| 1/2 c. shortening | 1 1/2 c. sugar |
| 2 well beaten eggs | |
| Add the coloring and beat well. | Add alternately: |
| 1 c. buttermilk | 1/2 tsp. salt |

1 tsp. vanilla
2 1/2 c. flour
In a cup mix 1 tbsp. vinegar with 1 tsp. soda. Pour into cake mixture; stir.
Bake in layers, 350 degrees for 25 to 30 minutes. Do not over bake.

Icing: Cook 3 tbsp. flour and 3/4 c. milk until real thick; set aside to cool. Cream:

3/4 c. sugar
1/3 c. oleo
1/3 c. shortening
salt
1 tsp. vanilla

Mix with flour and milk and beat well.

MAYONNAISE CAKE - Mrs. Clark Looney

1 c. raisins or dates
1 tsp. soda
1 c. nutmeats - chopped
1 c. boiling water

Combine above ingredients and let stand.

2 c. flour
1 c. mayonnaise
1 c. sugar
3 tbsp. cocoa (or 2 sq. chocolate)
1 tsp. vanilla

Combine dry ingredients and mayonnaise. Stir raisin and nut mixture and add. Mix thoroughly to dampen all flour.

Bake in greased and floured tube pan at 325 degrees. Check at 20 minutes. Continue baking until cake shrinks from side of pan and toothpick comes out dry.

CHOCOLATE REFRIGERATOR CAKE - Mrs. David L. Morgan

30 lady fingers

Put in double boiler:

2 sq. chocolate
1/2 c. sugar
1/4 c. water

Stir until mixture is smooth. Add 4 well beaten egg yolks, very gradually. Cook until thick and smooth, stirring constantly. Remove from fire and cool.

Cream 1 c. butter with 1 c. powdered sugar. Add chocolate mixture then fold in the stiffly beaten whites of 4 eggs.

Line mold with 1/2 the lady fingers. Pour 1/2 of custard mixture into mold; cover with layer of lady fingers then pour in remaining half of mixture and cover with lady fingers.

Season in refrigerator 24 hours. Serve with whipped cream.

APPLE CAKE DELUXE - Mrs. Joseph A. Tutini

2 1/2 c. sifted all purpose flour
2 tsp. baking powder
1/4 tsp. salt
3/4 c. soft butter
1 1/2 c. sugar
3 eggs-beaten
1/2 c. fresh orange juice
5 green apples
grated rind of 1 orange

3 tbsp. sugar 1/2 tsp. cinnamon
 3/4 c. cut up dates 1/2 c. chopped walnuts
 Sift together flour, baking powder and salt. Cream butter and sugar till light and fluffy. Beat in eggs, one at a time. Add dry ingredients alternately with orange juice and grated rind, beginning and ending with dry ingredients.
 Pare and cut apples into thin slices. Pour half of batter into greased 13x9x2 inch pan. Lay apple slices over batter; sprinkle with the 3 tbsp. sugar mixed with the cinnamon. Strew dates and nuts over apples, then add remaining batter.
 Bake at 350 deg. about 45 minutes or until done. Serve warm or cold.

CRAZY CAKE - Hattie Douglas

1 1/2 c. flour 1 c. sugar
 3 tbsp. unsweetened cocoa 1 tsp. baking soda
 1/2 tsp. salt 6 tbsp. oil
 1 tbsp. vinegar 1 tsp. vanilla
 1 c. cold water

Sift flour, measure. Sift with sugar, cocoa, soda and salt into an ungreased 8 inch square pan. Make three impressions in the dry ingredients. Into one put the oil; into second put the vinegar; into third, put vanilla. Pour cup of cold water over all. Stir with fork; do not beat.

Bake at 350 degrees for 30 minutes. Cut in squares and serve from pan. Yield: 16 2-inch squares.

MARSHMALLOW CAKE - Mrs. John C. Weston

2 c. sifted flour 12 marshmallows-chopped
 2 1/2 tsp. baking powder 1/2 c. semi-sweet chocolate bits
 1/2 tsp. salt
 1/2 c. shortening 1/4 c. brown sugar
 1/4 tsp. butter flavoring-optional 2 tbsp. butter
 1 c. sugar 1/2 c. chopped almonds
 1 tsp. vanilla 1 egg
 3/4 c. sour milk

Cream shortening and sugar until light. Add egg and beat well. Sift flour, baking powder and salt together. Add with sour milk and vanilla. Fold in marshmallows and chocolate bits. Pour the batter into greased and floured large loaf pan. Combine brown sugar, butter and nuts. Sprinkle over batter. Bake for 40 minutes at 350 degrees.

CRUMB CAKE - Olive M. Wright

2 c. flour 1 c. sugar
 1/2 c. butter or oleo

Mix these together and save 1 tablespoonful. Add 1 c. sour milk, 1 tsp. soda, 1 egg, 1 tsp. cinnamon, 1 tsp. cloves. A little salt then sprinkle the crumbs that you saved and bake. Bake at 350 F.

APPLESAUCE CAKE - Helen Barnett

1 c. hot applesauce	1 c. sugar
1/2 c. butter	1 tsp. soda
1 tsp. baking powder	2 1/2 c. sifted flour
1/4 tsp. cloves	1/2 tsp. cinnamon
1/4 tsp. nutmeg	1/2 tsp. salt
1 c. raisins	

Combine dry ingredients. Combine applesauce, butter and sugar. Combine the two mixtures. Butter baking dish and place over medium heat until butter begins to brown. Put batter in pan and bake at 300 F. for 50 minutes.

DATE - BAIT BARS - Mrs. Kenneth Looney

2/3 c. dark brown sugar	1/2 c. shortening
firmly packed	2 eggs
1/2 tsp. vanilla	1/2 c. flour
1/2 tsp. baking powder	1/2 tsp. salt
2 c. dates-chopped	1 c. nuts-coarsely chopped

Beat together sugar, shortening, eggs and vanilla. Add sifted flour, baking powder and salt. Mix with spoon. Stir in dates and nuts. Pour in greased 9-inch pan and bake at 325 degrees, 25 to 30 minutes. Makes 16 to 20 chewy cooky bars.

QUICK GERMAN CHOCOLATE CAKE - Vera Hysel

1 pkg. white cake mix
1 pkg. instant chocolate pudding
Mix together. Add 2 c. milk, 2 whole eggs and 1 tsp. vanilla. Beat 2 minutes with electric beater. Bake in greased and flour-ed utility dish at 375 F. for 30 to 35 minutes.

Topping:

6 tbsp. butter or oleo	1 c. brown sugar
1/4 c. milk	1/2 tsp. vanilla
1 c. coconut	

Mix and spread on cake. Put under broiler until brown.

ORANGE CUP CAKES - Mrs. J. M. Roberts

Beat yolks of 4 eggs until creamy. Add 1 c. sugar and beat again. To this add 1/3 glass orange juice and 1 c. sifted flour and 1 tsp. baking powder. Last add egg whites which are beaten stiff. Bake in slow oven about 30 minutes.

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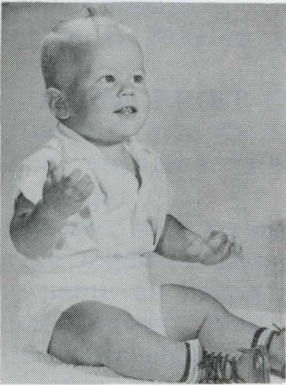
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ALMOND ICE BOX CAKE - Mrs. J. M. Roberts

1 1/2 doz. lady fingers 1 1/2 doz. macaroons

1/2 c. butter-creamed

Add 1 c. powdered sugar slowly. Add beaten yolks of 3 eggs,

1/2 c. almonds, chopped fine; 1/4 tsp. almond extract. Last

fold in 3 egg whites which have been beaten stiff.

Line pan or mold with lady fingers then add part of mixture,
then layer of macaroons and continue another layer same way.

Last cover whole with mixture and place in ice box overnight.

CARROT CAKE - Creola Ray

1 c. salad oil 2 c. sugar

3 eggs 1 tsp. vanilla

Blend the above together and add:

1 sm. can crushed pineapple 3 c. flour

1 c. chopped dates 1 tsp. soda

2 tbsp. orange rind 1 tsp. salt

2 c. grated carrots 1 tsp. cinnamon

1/2 c. coconut 1 c. chopped nuts

Mix well. Bake in angel food pan 75 minutes at 325 F.

FIRELESS FRUIT CAKE - Mrs. Olive Watson

Grind and mix thoroughly:

2 lbs. seedless raisins 2 lbs. dates

1 lb. figs 3 lbs. well roasted peanuts

(Can use part walnuts)

Grind together and mix thoroughly. Knead on a mixing board

the same as bread and when thoroughly blended, form into

small loaves. Wrap in waxed paper and store in cool spot.

Slice thin when serving as this is very rich. Allow a little

time for ripening.

FIG CRUMBLES - Mrs. Olive Watson

2 eggs 1/2 c. sugar

2 tbsp. flour 1/2 tsp. baking powder

1/4 tsp. salt 1 tsp. vanilla

1/2 c. chopped figs 1/2 c. chopped almonds

Whipped cream or marsh-
mallow topping

Beat the egg whites stiff and add the beaten yolks. Combine
the remaining ingredients and fold into the eggs. Pour into
a large, shallow, well buttered pan and bake very slowly at
300 degrees for 40 minutes. Remove at once from pan and
cool. To serve, crumble in sherbet glasses and top with whip-
ped cream or marshmallow topping.

MILDRED'S POUND CAKE - Mildred Smith

1/2 lb. (1 cup) butter or oleo
1 1/2 c. sugar
pinch salt
2 tsp. vanilla
2 c. flour
1 tsp. baking powder
6 eggs
3/4 tsp. mace

Cream butter; add sugar, salt, baking powder, mace. Alternate eggs and add vanilla. Bake in tube cake pan one hour in oven 350 deg. F.

OATMEAL CAKE - Lois Harbison

1 1/2 c. boiling water
1/2 c. butter
1 c. granulated sugar
1 c. quick oats
1 c. brown sugar
2 eggs

Combine above and cool. Mix:

Add cooled oat mixture and:
1 1/3 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. cinnamon

Bake in oven 35 minutes at 350 F.

Topping:

6 tbsp. butter - melted
1 c. coconut
1/2 c. brown sugar
1/4 c. canned milk

Spread over cake. Broil.

PRUNE LUNCH BOX CAKE - Lena McClaflin

1 c. cut-up, pitted uncooked prunes
1 1/2 c. sugar
1 1/4 tsp. soda
1/2 c. cooking oil
2 eggs
1 c. hot water
2 c. sifted flour
1 tsp. salt
1 tsp. each cinnamon, nutmeg, cloves
1 c. chopped nuts

Sift dry ingredients.

Heat oven to 350 F. Simmer prunes and hot water 5 minutes. Blend thoroughly 1 minute. Pour into greased and floured pan, 8 1/2 x 13 1/2 x 2 inches. Bake about 35 minutes. Cool and cut into bars.

GERMAN'S CHOCOLATE CAKE - Gladys Chaney

1 4-oz. bar Baker's German's sweet chocolate
2 c. sugar
1 tsp. vanilla
1/2 tsp. salt
1 c. buttermilk
1/2 c. boiling water
1 c. butter
4 egg yolks-unbeaten
2 1/2 c. sifted cake flour
1 tsp. baking soda
4 egg whites-stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time and beat well after each. Add melted chocolate and vanilla. Mix well. Sift together flour, salt and soda. Add alternately with buttermilk to chocolate mixture, beat well. Beat until smooth. Fold in egg whites. Pour into 3 deep 8 or 9 inch layer pans, lined on bottom with paper. Bake in moderate oven, 350 deg. F. 30 to 40 minutes. Cool. Frost tops only.

Coconut Pecan Frosting:

Combine:

1 c. evaporated milk	1 c. sugar
3 egg yolks	1/2 c. butter
1 tsp. vanilla	

Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/3 c. flaked coconut and 1 c. chopped pecans. Beat until thick enough to spread.

DOUBLE ORANGE CAKE - Mrs. David L. Morgan

2 large oranges	2 c. all purpose flour
1 tsp. baking powder	1/4 tsp. salt
3/4 c. butter	1 1/2 c. sugar
2 eggs	1 c. raisins - ground
1 c. buttermilk	

Squeeze oranges for juice and reserve. Grind rind. Sift together flour, soda and salt. Cream butter with 1 c. sugar. Add eggs and mix well. Stir in raisins and orange rind. Add flour mixture and buttermilk alternately, mixing well after each addition.

Bake in 9 1/4" x 13 1/4" x 2" pan in a moderate oven, 350 deg. 40 minutes.

Remove from oven. Pour orange juice mixed with remaining sugar over the hot cake. Cool. Serves 12.

CINNAMON ROLLS - Mildred Smith

1 cake compressed yeast	1/4 c. shortening
1/8 c. lukewarm water	1/2 tsp. salt
1/2 c. milk	1 egg - well beaten
1/8 c. sugar	2 1/2 c. flour - sifted

Soften yeast in lukewarm water. Scald milk (do not boil). Add shortening, sugar and salt. Cool to lukewarm. Add flour to make a thick batter. Add yeast and egg. Beat well. Add enough flour to make a soft dough.

Turn out on lightly floured board and knead until smooth and satiny. Place in greased bowl, cover and let rise to double in size, about 2 hours. When light, punch down and let rise again,

about 1/2 to 3/4 hour. Roll dough to about 1/4 inch. Spread with melted butter and sprinkle with sugar and cinnamon. Roll and pinch ends together. Cut in 1/2 inch strips. Place in slightly greased cake pan and let rise to double in size. Bake in oven at 375 F. for 20 to 25 minutes. Spread each roll with icing made of powdered sugar, butter and a little milk, enough to moisten sugar and butter. Mix until smooth and texture to spread. Makes 20 rolls.

SOFT GINGERBREAD - Frances McClafflin

1/2 c. sugar
1/2 c. shortening

Cream this and add:

1 c. molasses
1 tsp. ginger
1 tsp. cloves
1 tsp. cinnamon
2 1/2 c. flour

Stir well. Add 1/2 tsp. soda dissolved in 1 c. boiling water. Mix and lastly fold in 2 well beaten eggs. Put in greased, shallow pan. Sprinkle sugar on top and bake in moderate oven, 30 minutes or until done.

THREE RECIPES FOR DIETERS who can have neither milk nor eggs.

MOLASSES COOKIES - Jessie S. Fisher

1/2 c. molasses
1/4 tsp. soda
1/2 tbsp. ginger
1 tbsp. water
1/2 tsp. salt
4 tbsp. shortening
4 tbsp. sugar
1 1/4 to 1 1/2 c. flour

Sift soda, salt, sugar and ginger with 1 1/4 c. flour. Rub in shortening. Mix water and molasses and add enough flour to make stiff dough. Roll out thin; cut in shapes and bake. Dough may be rolled into marbles, placed on greased tin and patted to flatten them.

WHEATSWORTH APPLE SAUCE CAKE - Jessie S. Fisher

1/2 c. shortening
1 1/2 c. wheatsworth flour
1 c. brown sugar-packed
1 tsp. cinnamon
1 c. applesauce
1/2 tsp. salt
1 tsp. baking soda in sauce

Cream sugar and shortening well. Add applesauce and soda mixed together. Sift dry ingredients together and stir into mixture. Beat thoroughly. Bake in loaf tin at 350 deg. F.

EGGLESS RAISIN CAKE - Jessie S. Fisher

1 c. sugar
1 heaping c. thick applesauce
1/2 c. shortening
1/2 tsp. baking soda

1 tsp. cinnamon

1 large c. raisins

1/2 tsp. cloves

2 c. flour

Sift dry ingredients. Cream sugar and shortening well. Mix applesauce and baking soda together. Add alternately dry ingredients and applesauce mixture to creamed mixture. Bake in loaf pan at 350 degrees.

Pies

Pastries

Puddings

Desserts

Pies

Pastries

Puddings

DESSERTS*PIES*PASTRIES*PUDDING***

BRANDIED PUMPKIN CHIFFON PIE - Evelyn Schwartz

- | | |
|---------------------------|---------------------------|
| 1 env. plain gelatin | 3 eggs-separated |
| 3/4 c. cold milk | 1/4 tsp. cream of tartar |
| 3/4 c. brown sugar-packed | 1/3 c. granulated sugar |
| 1 1-lb. can pumpkin | 3 tbsp. Brandy |
| 2 tsp. pumpkin pie spice | orange spice pastry crust |
| 1/2 tsp. salt | brandied whipped cream |

Orange Spice Pastry Crust:

- | | |
|----------------------------|----------------------|
| 1 1/2 c. all purpose flour | 1/2 tsp. orange peel |
| 1/4 c. sugar | 1/4 tsp. salt |
| 1/2 tsp. pumpkin pie spice | 2/3 c. shortening |
| | 2 tbsp. water |

Brandied Whipped Cream:

- | | |
|------------------------|--------------------|
| 1/2 pt. whipping cream | 1 tsp. orange peel |
| 1/4 c. sugar | 1 tbsp. Brandy |

Soften gelatin in cold milk. Heat to boiling, stirring constantly, until gelatin is dissolved. Remove from heat. Stir in sugar, pumpkin, pumpkin pie spice and salt. Beat egg yolks until fluffy. Blend into pumpkin mixture. Return to heat. Cook, stirring constantly, until mixture comes to a boil; boil one minute. Remove from heat and cool until mixture thickens and mounds on a spoon. Meanwhile, beat egg whites until stiff. Gradually beat in cream of tartar, then sugar very slowly. Lastly, beat in Brandy. Fold into thickened pumpkin mixture until smooth. Turn into baked Orange Spice Pastry Crust. Chill 2 to 3 hours. Serve topped with Brandied Whipped Cream. Makes one 9-inch pie.

Orange Spice Pastry Crust: Combine flour, sugar, pumpkin pie spice, orange peel and salt in a large bowl. Cut in shortening until mixture resembles the texture of small peas. Gradually work in water. Turn pastry out onto a lightly-floured board. Roll out into a circle to fit a 9" pie plate. Place in plate, fluting edges. Prick bottom and sides of crust. Bake in a very hot oven (425 F.) 20 minutes until golden. Cool before filling.

Whip cream with sugar and orange peel until stiff. Gradually beat in brandy.

PECAN PIE - Nancy Santa Maria

- | | |
|-----------------|-----------------------|
| 1/2 c. sugar | 1 tbsp. melted butter |
| 1 c. corn syrup | 1 c. pecans |
| 3 eggs | 1/8 tsp. salt |
| 1/4 tsp. nutmeg | |

Beat eggs lightly; add sugar; stir well. Add other ingredients and pour into unbaked pie shell. Bake about 45 minutes at 350 degrees.

ORANGE PIE - Olive M. Wright

Grate the rind of 1 orange. Use the juice of 2 oranges, juice of 1/2 lemon. Stir together large cup sugar and 1 heaping tbsp. flour. Add to this the well beaten egg yolks of 3 eggs, 2 tbsp. melted butter, 1 1/2 c. water.

Cook in double boiler until thick. Let cool. Pour in baked pie shell and use 3 egg whites, beaten stiff for top. Brown in oven.

PUMPKIN PIE - F. Curtin

1 1/2 c. pumpkin	1 sm. can evaporated milk
3 eggs - separated	1/2 tsp. nutmeg
1 c. brown sugar	1 tsp. cinnamon
1/4 tsp. salt	1/4 tsp. cloves - if desired
1 c. milk	(9 inch pie pan)

Pre-cook crust until it begins to brown. Beat egg whites and add to mix just before baking. Fill pie crust with mix and bake about 40 minutes. Temp: about 375 F.

GREEN TOMATO PIE - Olive M. Wright

Peel and slice enough green tomatoes to fill unbaked pie crust. Add 1 red tomato for color. Sprinkle with a little salt, cinnamon and nutmeg. Add 1 c. sugar, 1 1/2 tbsp. vinegar to give a tart taste. Sprinkle top of tomatoes with flour and add chips of butter. Bake in oven, 350 F., about 30 or 40 minutes.

SUNSHINE HI-HO APPLE PIE - Mildred Smith

(No apples required)

2 c. cold water	1 1/2 c. sugar
2 tsp. cream tartar	24 Hi-Ho crackers
nutmeg	cinnamon
butter	pinch salt

Bring sugar, cream tartar and water to boiling point. Add Hi-Ho crackers and boil 2 minutes. Do not stir. Pour into unbaked pie shell and season with nutmeg, cinnamon, butter and salt. Add to crust and bake in moderate oven until brown.

CHESS PIE - Lois Harbison

2 eggs	1/2 c. melted butter
1 c. sugar	1/2 c. cream (canned milk)
1 c. raisins	1/2 c. walnuts
1 tsp. vanilla	1/8 tsp. salt

Beat eggs; add all other ingredients. Pour into unbaked pie crust. Bake 350 deg. until custard is set. Serve with whipped cream.

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LEMON MERINGUE PIE - Willa May Green

1/2 c. sifted flour	1/2 tbsp. butter
1 1/4 c. sugar	2 lemons (1/4 c. juice)
1 c. boiling water	grated rind of lemon
1/3 c. milk	1 baked 9" pie shell
3 egg yolks	1 egg white-beat with yolks

Mix flour and sugar in top of double boiler. Add boiling water, stirring constantly, then milk. Cook mixture over hot water until thick and smooth, stirring constantly. Add eggs gradually. Add butter, lemon juice and rind. Continue cooking until mixture drops in thick sheets from spoon. Cool mixture and pour into baked pie shell.

Make meringue of 2 egg whites, stiffly beaten, 4 tbsp. sugar and 1/4 tsp. salt and cover pie. Bake in slow oven, 300 F. 12 minutes.

SURPRISE LEMON PUDDING - Addie Kee

(A tender cake on top, a creamy pudding underneath.)

1 tbsp. butter	2 egg yolks
3/4 c. sugar	3 tbsp. flour
4 tbsp. lemon juice	1 c. milk
1 tsp. lemon rind	2 egg whites

Cream butter and sugar together thoroughly. Add lemon rind and juice; blend. Add and blend beaten egg yolks, flour and milk. Fold in stiffly beaten egg whites. Pour into oiled baking dish. Set dish in pan of water. Bake pudding for 1 1/4 hour at 350 degrees.

PARADISE PUDDING - Charlotte Cones

Drain well 1 No. 2 can fruit cocktail and 1 10¢ bottle of maraschino cherries. Beat well 1 egg and add:

1 c. sugar	1 c. sifted flour
1 tsp. soda	1/4 tsp. salt

Add fruit to this and spread on a well buttered pan, 7x9".

Top with:

1/2 c. brown sugar	1/2 c. chopped nuts
--------------------	---------------------

Bake in 300 deg. oven for one hour. Serve with whipped cream on top. Serves 8 or 10.

CARROT PUDDING - Blanche Gibson

1 c. shortening	1 tsp. soda
1 c. sugar	1/2 tsp. each cloves, nutmeg
1 1/2 c. grated carrots	1 tsp. each salt & cinnamon
1 c. grated potatoes	1/2 c. raisins
1/2 c. flour	

Have small coffee cans or baking powder cans with tight covers, well greased. Pack dough in firmly. Set in container of

hot water and boil 2 1/2 hours. Serve warm with butter sauce or hard sauce or whipped cream. Serves 6 or 8.

PARADISE PUDDING - Blanche Gibson

Drain well 1 #2 can fruit cocktail and 1 10¢ bottle maraschino cherries. Beat 1 egg well and add:

1 c. sugar
1/4 tsp. salt

1 tsp. soda
1 c. sifted flour

Add fruit to this and spread on a well buttered pan, 7x9". Top with 1/2 c. dark brown sugar and 1/2 c. chopped nuts. Bake 1 hour in 300 F. oven. Serves 8 or 10. Whipped cream on top when serving,

DRIED PEACH CRUMB PUDDING - Ida Clymore

3/4 c. cooked dried peach pulp
2 tbsp. butter
1/2 c. sugar
pinch of salt

2 c. hot milk
1 c. soft bread crumbs
2 eggs
1 tbsp. lemon juice

Add the crumbs, butter and sugar to hot milk and cool. Stir in peach pulp and lemon juice. Fold in beaten eggs. Now pour into a buttered baking dish and bake until firm. Serve with sauce made from peach juice.

LIME & PINEAPPLE JELLO SALAD - Mrs. Vera Steere

3 pkgs. lime jello
1 can crushed pineapple - drained

1 carton small curd cottage cheese
1 c. salad dressing

1 c. miniature marshmallows

Prepare jello; add marshmallows when 1/2 cooled, to partially dissolve them. Chill. When thickened, add rest of ingredients and mix thoroughly.

Use pineapple juice, as part of water to prepare jello. Easier to serve if oblong dish is used and cut into squares. Nuts and maraschino cherries can be added to mixture or used as decoration on top.

YAM-APPLE-PINEAPPLE CASSEROLE - Mrs. Robert L. Steere

2 red apples-uncooked, sliced
1 can chunk pineapple-drained

Topping:

1 c. brown sugar
1 tsp. salt
1/2 tsp. nutmeg

3 tbsp. flour
1 tsp. cinnamon

Arrange a layer of yams on the bottom of the casserole, then a layer of apples and a layer of pineapple. Sprinkle the topping mixture over the top and dot with lumps of butter. Pour on 3

tablespoons pineapple juice. Bake 1 hour at 350 degrees. Before the last 10 minutes, place marshmallows on top and return to oven.

Note: For a larger casserole, repeat the layers.

VELVET CHOCOLATE SYRUP - Livonia Stearns (Stores indefinitely)

1 c. sugar	1 tsp. vanilla
1/4 c. cocoa	1 tbsp. butter
1 c. milk	

Combine sugar and cocoa; add milk. Boil slowly without stirring, about 10 minutes, or until slightly thickened. Remove from heat. Add butter, vanilla if liked. Cool and store in refrigerator. Makes 1 1/2 cups, ready to serve over ice cream, pudding, etc.

SWEDISH ICE BOX DESSERT - Creole Ray

1/2 lb. butter	3 c. powdered sugar
4 eggs - well beaten	1 c. nuts - chopped
2 9-oz. pkgs. vanilla wafers	1 pt. whipped cream
2 large cans crushed pineapple - drained	

Cream butter, powdered sugar and eggs. Put layer of wafer crumbs in baking dish. Cover with butter mixture. Cover with pineapple and nuts. Spread on whipped cream carefully, then put on remainder of crumbs. Chill in refrigerator 24 hours.

STRAWBERRY SWIRL - Creola Ray

1 c. graham cracker crumbs	1 tsp. sugar
1/4 c. butter or margarine - melted	2 c. fresh strawberries - sliced *
1 3-oz. pkg. strawberry gelatin	1 c. boiling water
1/2 lb. marshmallows	1/2 c. milk
1 c. whipping cream - whipped	

Mix crumbs, sugar and butter. Press firmly over bottom of 9x9x2 inch baking dish. Chill until set. Sprinkle 2 tbsp. sugar over fresh berries. Let stand for 1/2 hour. Dissolve gelatin in boiling water. Drain strawberries using juice. Add water to make one cup. Add gelatin; chill until partially set. Meanwhile, combine marshmallows and milk. Heat and stir until marshmallows are melted. Cool thoroughly then fold in whipped cream. Add berries to gelatin then swirl in marshmallow mixture, to marble. Pour into crust and chill. Chill until set. Cut in 9 or 12 squares.

*Or use two 11-oz. pkgs. frozen sliced strawberries, thawed.

FOOD FOR THE GODS - Joy Griffith

2 c. chopped walnuts- very fine 1/2 lb. dates - chopped
2 c. sugar
7 tbsp. graham cracker crumbs-rolled very fine 2 tsp. baking powder
6 eggs-beaten until light

Add graham cracker crumbs and baking powder to beaten eggs and sugar, nuts and dates. Bake at 400 degrees for 1/2 hour. Cut in squares and serve with whipped cream. (Do not over cook.)

ROYAL FRUIT DESSERT - Emma Clause

1 13 1/2-oz. can pineapple chunks 3 bananas
2 oranges
3 cored unpared apples 1/2 c. coarsely chopped walnuts
1/2 c. miniature marshmallows 1 c. heavy cream- whipped

Drain pineapple reserving 3 tbsp. juice. Into bowl, dice bananas, oranges, apples. Add drained pineapple, reserved juice, walnuts and marshmallows. Refrigerate several hours. Fold in whipped cream before serving. Makes 6 servings.

FRUIT COCKTAIL DESSERT - Ida Clymore

Mix together:

1 c. flour 1 c. sugar
1 tsp. soda 1/2 tsp. salt

Beat 1 egg and add to 1 #2 can fruit cocktail, fruit and juice. Mix in flour mixture. Grease pan. Place dough in pan; sprinkle 1/2 c. nuts then 1/2 c. brown sugar over top. Bake 1 hour at 300 deg. F. Serve with whipped cream.

JELLO DESSERT FOR FIFTEEN PEOPLE - Emma Clause

2 pkgs. fruit jello (black raspberry, or any kind) 1 #2 can crushed pineapple
1/2 c. sugar
1/4 lb. butter or oleo 2 eggs-separated
1 c. chopped nuts 30 graham crackers

Drain pineapple, use juice in jello and put in refrigerator to congeal, (not too thick). Cream butter, sugar and beaten egg whites. Lay 15 graham crackers on the bottom of pan or dish. Top with pineapple mixture, then lay another layer of 15 crackers, on the pineapple mixture and then top with the congealed jello. Place in refrigerator until firm. To serve, cut in 15 pieces and top with whipped cream.

CRANBERRY STAR MOLD - Ester Welch

(No cranberries in it.)

9 oz. drained crushed pineapple 1 pkg. raspberry Jello

Dissolve jello with 3/4 c. hot water. Then add juice drained from pineapple (total of 1 1/4 cups liquid). Set partially. Fold in 1 c. diced oranges and the drained, crushed pineapple. Fold in 1/2 pt. whipped cream. (2-qt. mold, star shaped)

WHOLE CRANBERRIES - Ester Welch

1 box (lb.) cranberries 2 1/4 c. sugar
1 1/2 c. hot water

Put in 3 qt. pan; stir. Let stand 5 minutes, then boil 5 minutes. Take from fire and let stand 5 minutes. Then cook 5 minutes. Leave undisturbed till cool. Fresh uncooked cranberries will keep months in freezer.

RASPBERRY CREAM - Minnie E. Dawson

1 pkg. raspberry jello 1 c. hot water
1 pkg. unthawed frozen 1/2 pt. vanilla ice cream
raspberries

Dissolve gelatin in the hot water; stir in the unthawed raspberries and the ice cream. Refrigerate until set. Serves 6.

SURPRISE DESSERT - Vera Hysel

Beat until stiff 3 egg whites and 1 tsp. baking powder. Add:
1 c. white sugar 12 graham crackers-crushed
1/2 to 1 c. broken nutmeats 1 tsp. vanilla

Put in 10-inch pie or cake plate. Bake 25 minutes at 350 F. Cover with whipped cream or Dream Whip. Put in freezer. Remove 30 minutes before ready to use.

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Honey has a magical ability to *absorb and retain moisture*. Cakes, cookies, desserts, and candies *dry out slowly* and may even improve upon standing. For example.

Honey Date Bars at first they are a bit "chewy," but a batch sent to that boy or girl away at school will arrive mellow and soft. Using honey, you can do your baking *ahead of time*—and not be afraid of staling.

Another fine attribute of honey is that it seems to blend all other flavors better. Meats and vegetables have a much richer taste when honey is used.

Remember, honey is a *safe* food, the year round. Its concentration of wholesome sugars is so high that bacteria cannot live in it.

TO STORE HONEY: Keep liquid honey in a dry place. Since it absorbs moisture, do not put it in the refrigerator but keep it on a pantry or cupboard shelf. Freezing does not injure color or flavor but may hasten granulation. If honey has granulated or solidified, simply place the container in a bowl of warm, not hot, water until the crystals are melted.

TO MEASURE HONEY: Use the same measuring cup in which you have first measured shortening. By doing this you will not waste honey.

TO COOK WITH HONEY: Follow honey recipes as carefully as you would any other recipe, using accurate measurements. Remember, you may bake your cakes and cookies a full day ahead when cooking with honey and be sure of a moist, rich, flavorful product.

TO REPLACE SUGAR WITH HONEY: In cake or cookie recipes calling for sugar, use the same amount of honey. Reduce liquid by $\frac{1}{4}$ cup for each cup of honey used. For example, if the recipe calls for 1 cup sugar and $\frac{1}{2}$ cup liquid, use 1 cup honey and $\frac{1}{4}$ cup liquid.



JAMS*JELLIES*PRESERVES*FROZEN FOODS***

PEAR HONEY - Frances McClaflin

3 lbs. ripe peeled pears (9 cups)

grated rind & juice of 1 lemon

5 c. sugar

Cook pears until tender and mash with potato masher.

Measure 9 cups of mashed pears; add juice and rind of lemon.

Add 1 box Sure Jell and cook together. Add the 5 c. sugar and

cook until well mixed. Add 1 c. (1 can) crushed pineapple. Cook

20 minutes. Can in sterilized jars.

ORANGE, CARROT MARMALADE - Lois Harbison

3 c. carrots-grated

3 c. ground orange

1 lemon - ground

1/2 lemon juice

1 c. water

1 pkg. MCP pectin

Bring to boil and add 9 c. sugar. Boil 6 minutes, then pour in jars and seal.

MOCK CHERRY JAM - Emma Clause

Wash and pit Setsuma plums and cut in small pieces. For every

cup of plums add 1 c. sugar and set over night. Cook this mix-

ture until it thickens. Put in sterilized jars (pint) and to each

pint jar stir in 1/2 tsp. vanilla and seal.

Meats

Poultry

Sea Food

Wild Game

MEATS*POULTRY*SEA FOOD*WILD GAME***

DIXIE PORK CHOPS - Irene Dreher

8 pork chops	4 tart apples-cored & sliced
1/2 tsp. salt	1 c. hot water
1/2 tsp. sage	1 tbsp. vinegar
1/4 c. brown sugar	1/2 c. seedless raisins
2 tbsp. flour	

Brown chops in hot fat; sprinkle with salt and sage. Place in baking dish; top with apple rings. Sprinkle with sugar. Add flour to fat in skillet; stir constantly until brown. Add water and vinegar. Cook thick. Add raisins; pour over chops. Bake at 350 degrees for one hour. Serves 6 or 8.

HAM HOT DISH - Mrs. John C. Weston

1 can chopped ham	1/2 lb. cheddar cheese -
1/4 of an onion	mild Tillamook
18 soda crackers	

Grind together these ingredients; add 2 beaten eggs and 1 pt. milk. Mix all together.

Bake in 9x9" pan one hour at 350 degrees. Can be mixed night before and kept in refrigerator. Serves 8.

AMERICAN CHOP SUEY - Mrs. Olive Watson

2 lbs. pork-cut very thin & about 2" long & 1/2" wide slices
Allow the same amount of bean sprouts.

2 c. onions-cut in shreds
2 c. bamboo shoots-cut into tiny pieces
2 c. mushrooms

Put all ingredients into a frying pan with enough oil to fry nicely, and cook for 10 minutes, stirring well. Add enough water to cover and simmer for 15 minutes. Add Chinese gravy, heat thoroughly and serve at once.

Chinese gravy is made by using 1 cup of primary soup stock (a stock made of chicken and lean pork-although veal may be used); heated and thickened with 1 tsp. cornstarch seasoned with 1/2 tsp. Chinese sauce, salt and sugar to taste and a few drops of sesame seed oil.

INDIAN CURRY - Mrs. Olive Watson

1 large onion-chopped	1 large apple- chopped
5 large stalks celery-chopped	4 tsp. curry powder
4 c. cooked lamb - stewed	2 tbsp. seeded raisins
3 egg yolks	3 tbsp. milk

Freshly grated cocoanut,
almonds & chutney

Saute onion, apple and celery in butter until tender, but not browned. Add curry powder and cook one minute more. Add lean lamb, seeded raisins and enough stock to cover. Simmer for 20 minutes.

Beat yolks of 3 eggs in the milk. Warm slightly and add to curry just before ready to serve. Serve on freshly steamed rice and pass dishes of freshly grated cocoanut, shredded almonds, and chutney for guests to serve themselves. This recipe serves four.

CHOW MEIN HOT DISH - Frances McClaflin

1 c. celery-diced	1/2 c. diced onions
1 c. leftover meat, * chicken or tuna	3 oz. chow mein noodles
1/2 c. water	1 can mushroom soup
	1 small can mushrooms

Mix all together and sprinkle top with noodles. Bake in oven at 375 F. for 40 minutes.

PORK CHOPS WITH GLAZED CHERRIES - Mrs. D. L. Morgan

Saute medium thick pork chops until brown on each side. Then cover with water, add a saute'd onion. Cover the pan and bake or simmer until the chops are very tender. Season and thicken the gravy slightly. Put one cup of juice from a can of sour cherries into saucepan. Add 1 cup sugar. Cook until it is reduced about half, then add cherries from the can and simmer until nearly all the juice is cooked away and the cherries are glazed. Spread over chops and serve.

CRANBERRY MEAT LOAF - Mrs. D. L. Morgan

1 lb. ground chuck	1 1/2 c. cooked rice
1/2 c. tomato juice	1 egg - lightly beaten
1/4 c. minced onion	1 tbsp. brown meat sauce
1 1/2 tsp. salt	1 1-lb. can whole cranberry sauce
1/3 c. light brown sugar	

Combine beef, rice, tomato juice, egg, onion, meat sauce and salt. Mix well. Shape into round loaf in a lightly greased 9x9x2 inch baking pan. Mash cranberry sauce; combine with brown sugar. Spoon sauce over meat loaf. Bake at 350 F. for one hour. Spoon pan drippings over loaf two or three times during baking. Yield: 4 to 6 servings.

SPANISH CROQUETTES - Mrs. Richard Looney

1 large can tuna-drained OR any leftover chicken or meat	1/2 small onion
3/4 c. milk	1 egg
1 c. bread crumbs	7 slices bread oil for frying

Chop onion and fry slowly in a small amount of oil. Add the drained tuna and cook slowly for a minute or so. Add the milk to the beaten egg. Trim the crusts from the bread. Dip one slice at a time in the milk mixture and put on bread board and flatten with the hand until quite thin. Put a tablespoon of the tuna-onion mixture in center of slice, then pull the sides of the bread up around mixture, sealing to make a round patty. Roll in bread crumbs and fry in oil until golden brown, then turn gently and fry on other side. Serve hot. (These can be made up ahead of time and stored in refrigerator and fried just before serving.)

SPARERIBS ALOHA - Mrs. Mary Booth

Cut 3 lbs. spareribs in strips. Brown ribs quickly in 1 tbsp. oil. Cover and simmer 30 minutes. Drain off oil. Put ribs in baking pan. Add 2 tsp. salt and 1 c. hot water. In saucepan combine 4 tbsp. cornstarch and 1 tbsp. sugar. Add 1 tbsp. vinegar, 3 tbsp. soy sauce and 1 c. pineapple juice. Stir until smooth. Heat to steaming. Add 4 slices pineapple cut in 1 inch pieces and 1 c. green peppers cut in 1 inch pieces. Pour over ribs. Bake uncovered in 350 F. oven 45 minutes. 6 servings.

SPANISH MEAT BALLS - Olive M. Wright

3 1/2 lbs. ground beef 2 c. cracker meal
2 eggs 2 c. milk

Season to taste (pepper, salt, a little cayenne pepper and poultry seasoning).

Spanish Sauce:

3 onions 1/2 green pepper
2 c. chopped celery 2 cans tomato sauce
1 clove garlic salt & pepper
1 tsp. sage 1/2 tsp. ground cloves
1 tsp. chili powder 1 tbsp. sugar

Brown onion, green pepper and garlic in fat. Add tomato sauce, some water and simmer together. Then thicken with a little flour. Pour mixture over meat balls and bake in a medium oven about 1 hour.

BAKED CHICKEN - Minnie E. Dawson

1 frying chicken-disjointed, salted

Roll in Bisquick. Melt 1/2 c. butter in 1/2 c. hot water. Place chicken in buttered dish; pour over the melted butter and water. Bake 1 hour at 400 F. uncovered.

CHILI - Mrs. Emma Clause

2 lbs. ground round	2 onions-chopped
1 clove garlic-minced	salt & pepper
Fry until browned. Add:	
1 can chili beans	3 cans tomato sauce
3 cans water	1/2 tsp. paprika
1/2 tsp. powdered cumin	1/2 tsp. chili powder
red coloring	

Cook until it thickens.

SALSA SAUCE - Ida Clymore

1 clove garlic-chopped very fine	2 onions - chopped fine
2 small cans green chilies-chopped	2 qts. tomatoes-partly drained
2 tsp. sugar	2 tsp. vinegar
	2 tbsp. oil
Mix well,	salt & pepper to taste

MEAT LOAF - Lena McClafflin

1 lb. ground meat	
Dice:	
1 med. onion	2 stalks celery
1/2 green pepper	
Add:	
1 egg-unbeaten	1 small can tomato sauce
2 c. toasted bread crumbs	1 tsp. salt
1 tsp. Season All	

Mix well and put in a greased baking dish, 9 1/2 x 6 x 2".
Cover with foil and bake in oven, 450 F. for 45 minutes.
Uncover and bake 15 minutes longer.

VEAL BIRDS - Livonia Stearns

Buy veal steak for these. Cut in pieces and pound thin.
Make birds by wrapping the pieces of meat around a half
strip of bacon and a very thin slice of lemon, unpeeled.
Fasten with 2 toothpicks, simulating legs. Brown in oil or
bacon fryings. Add a little water and steam over low heat
till tender. If desired, make a thickened gravy.

HAMBURGER NOODLE BAKE - Creola Ray

2 3-oz. pkgs. softened white cream cheese	1/2 c. evaporated milk
1/4 tsp. garlic salt	2 tsp. lemon juice
1/2 c. chopped onion	1 tsp. Worcestershire sauce
1/4 c. green pepper	5 c. cooked broken noodles
1 lb. ground beef	1 tbsp. margarine
1 8-oz. can tomato sauce	1/2 c. catsup

First mix until smooth: softened white cream cheese, evaporated milk, lemon juice, garlic salt and Worcestershire sauce. Mix these ingredients with the 5 cups noodles in greased, 11x7 inch baking dish.

Cook in large skillet chopped onion, green pepper and margarine until tender. Add 1 lb. ground beef; stir now and then until brown. Stir in tomato sauce and catsup. Cook over medium heat 12 minutes until mixture thickens. Spread over noodles and bake in 375 F. oven for 10 minutes, until bubbly hot. Makes 8 servings.

CHICKEN ALMOND - Frances McClafflin

Fry 2 lbs. sausage; cook until gray. Add:

1 green pepper-chopped 2 onions-chopped

1 small bunch celery-chopped

When vegetables are soft, pour off all fat. Do not add salt.

Add:

2 c. uncooked rice

1 c. almonds-blanchd

9 c. water

3 pkgs. Lipton's chicken

1 tsp. Worcestershire sauce

noodle soup

Mix all together and bake 1 1/2 hour at 350 F.

May be cut into squares and served either plain or with cream of mushroom soup. Makes 2 pans, 7x12". Serves 6 nicely.

CHICKEN 'N DUMPLINGS - Esther Welch

Cut up and clean 1 large chicken for stewing. Roll in flour to which salt has been added. Brown in butter, 1/2 cube, in pressure cooker and 1/2 cube in large fry pan (brown both pans at once). Put all chicken with all fat and brownings in pressure cooker 20 to 30 minutes. When tender, drain off liquid into large round pan that has a tight lid. Get liquid to boiling and add dumplings by teaspoonfuls. Cover with lid for 12 minutes. Do not uncover. Serve with a tablespoon of liquid over each dumpling.

DUMPLINGS - Esther Welch

2 c. all purpose flour

2 tbbsp. butter

4 tsp. baking powder

2 large eggs-slightly beaten

1 tsp. salt

1/2 to 3/4 c. milk

Sift together dry ingredients. Cut in butter; add 2 beaten eggs and milk so batter is of consistency firm, moist and can drop from spoon and still stay in shape of a ball. Never lift cover of pan for 12 minutes.

MEAT LOAF - Willa May Green

2 lbs. ground beef

5/8 c. Minute tapioca

1/2 small onion-finely chopped

2 c. canned tomatoes-strained

2 1/2 tsp. salt 1/4 tsp. pepper
 Add all ingredients and mix thoroughly. Bake in bread pan in moderate oven (350 F.) 45 minutes. Serve hot or cold.
 Serves 8.

SALSA

CHICKEN-ALMOND - Frances McClain
 Fry 2 lbs. sausage, brook with gray. Add:
 1 green pepper-chopped, 1/2 onions-chopped, 1 small bunch celery-chopped.
 When vegetables are soft, pour off all fat. Do not add salt.
 Add:
 2 c. uncooked rice
 1 c. almonds-bleached

Mix all together and bake 1 1/2 hour at 350 F.
 1 tsp. Worcestershire sauce
 3 eggs, 1/2 cup chicken fat
 1/2 cup water

CHICKEN IN DUMPLINGS - Esther Welch
 Cut up and clean 1 large chicken for stewing. Roll in flour to which salt has been added. Brown in butter, 1/2 cup, in grease. Add 1/2 cup chicken fat and 1/2 cup chicken stock. Cook 20 to 30 minutes. When tender, drain off liquid into a large round pan that has a tight lid. Get liquid to boiling and add dumplings by teaspoonfuls. Cover with lid for 12 minutes. Do not uncover. Remove with a tablespoon of liquid every 10 minutes. Turn dumplings and a minute team to avoid the fat. Fry by 2nd side. Turn dumplings and a minute team to avoid the fat. Fry by 2nd side. Turn dumplings and a minute team to avoid the fat. Fry by 2nd side.

2 c. all-purpose flour
 4 tsp. baking powder
 1/2 to 3/4 c. milk
 1 tsp. salt

Mix together dry ingredients. Add 1/2 cup butter and 1/2 cup egg and milk. Substitute as consistency firm, moist and can drop from spoon and still stay in shape of a ball. Never lift cover. Bake for 12 minutes. Turn dumplings every 10 minutes. Turn dumplings and a minute team to avoid the fat. Fry by 2nd side.

MEAT LOAF - Willie May Green
 2 lbs. ground beef, 2 1/2 c. Minute Tapioca, 1/2 small onion-finely chopped, 2 c. canned tomatoes-strained, 1/2 cup water, 1/2 cup chicken fat, 1/2 cup chicken stock, 1/2 cup water.

1/2 small onion-finely chopped, 2 c. canned tomatoes-strained, 1/2 cup water, 1/2 cup chicken fat, 1/2 cup chicken stock, 1/2 cup water.

Vegetables

Soups

Salads

Dressing

VEGETABLES*SOUPS*SALADS*DRESSING***

ROQUEFORT CHEESE DRESSING - Gerly Swallow

3 oz. pkg. cheese-mashed 1 c. sour cream
1 c. mayonnaise 1/2 c. buttermilk
1 tsp. Worcestershire sauce 1/8 tsp. salt or garlic salt
Combine ingredients and beat until well blended.

CHICKEN CASSEROLE - Mrs. Beth Di Stefano

1 1/2 c. uncooked rice 1 pkg. Lipton's dry onion soup
1 fryer chicken-uncooked mix
1 can cream of chicken soup 2 cans water
1 can cream of celery soup
Place rice in baking dish; put fryer on rice. Mix soup and water and onion mix. Pour over chicken and rice. Bake 1 1/2 hour at 350 degrees.

ALASKA NUGGETS - Julie Bogie

1 1/2 c. salmon-fresh or 1/2 c. cooked, mashed
 canned potatoes
1 tbsp. minced celery 1 tbsp. minced onion
1 tbsp. butter 1/2 tsp. salt
pepper to taste 1 tsp. Worcestershire sauce
1/2 lb. sharp cheddar cheese- 1 egg - beaten
 in 1/2 inch cubes 1 c. sifted bread crumbs

Remove all bones and skin from salmon and mix well with potatoes. Cook the celery and onion in butter until tender; mix with salmon. Add seasonings and shape in balls the size of walnuts. Push in cube of cheese into center of each ball and reshape the balls. Then roll in the bread crumbs and fry in enough fat to cover at 375 deg.

BARBECUED BEANS - Mrs. Wm. Santa Maria

3/4 c. light brown sugar 2 to 3 tsp. liquid smoke
1/2 c. catsup 1 med. onion-diced
1/3 c. dark corn syrup 3 cans (1 lb. 4 oz.) large
4 strips bacon lima beans-drained

Combine sugar, smoke, catsup, syrup. Add beans, onions; mix well. Pour into baking dish; put bacon on top. Bake one hour at 350 degrees. Serves 8.

SWEET POTATOES - Blanche Wickham

3 large sweet potatoes- 3 large red apples-sliced with
 cooked & sliced peel on
3 slices of pineapple 1 c. brown sugar
1 1/2 tbsp. flour 2 tbsp. pineapple juice
1/2 tsp. nutmeg 1 tsp. salt

1/4 lb. butter

1/4 lb. marshmallows

First place a layer of apples in a buttered dish. Sprinkle over apples a mixture of flour, salt, sugar and nutmeg. Next place a layer of the potatoes. The last layer is the pineapple and pineapple juice. Continue the layers in the above order until the remainder of the ingredients are used up. Place marshmallows on top. Cover and bake 1 1/2 hour in a slow oven.

GRATED POTATO PUDDING - Mrs. Joseph A. Tutini

6 large potatoes

1/4 small onion-chopped fine

3 eggs-well beaten

1/2 tsp. baking powder

1 c. hot milk

6 tbsp. butter-melted

salt to taste

1/4 c. minced parsley

Pare potatoes and place in cold water until ready to grate. Dry potatoes and grate. Stir in chopped onion, beaten eggs, baking powder, hot milk, melted butter and salt. Pour in well-buttered shallow baking dish. Bake at 350 deg. for 1 1/4 hour. Sprinkle parsley over top. Makes 8-10 servings.

BAKED BEANS - Gerly Swallow

2 large cans pork & beans

1 1/2 c. brown sugar

2 tsp. dry mustard

6 slices bacon-cut up

1 c. catsup

Put one can of beans in casserole; sprinkle with 3/4 c. brown sugar and 1 tsp. mustard. On top of this place the second can of beans and sprinkle with 3/4 c. brown sugar and 1 tsp. mustard then cover with cut up bacon and catsup. Bake in slow oven, 325 degrees, for 2 hours 30 minutes. Serves 12.

RICE AND CHEESE CASSEROLE - Emma Clause

2 c. cooked rice

2 bell peppers

1 c. cheddar cheese -

butter to taste

cut in pieces

salt and pepper

Cut peppers in inch squares and parboil in small amount of salted water. Save water. Mix all together and moisten with pepper water. Heat in 350 degree oven until cheese melts.

CHEESE STUFFED CHILIES - Joan Russell

(Chili Relleno Con Queso)

6 large green chili peppers (use Ortega chilies-they are roasted and peeled)

1/2 lb. Monterey cheese

2 eggs

2 tbsp. fat

1/2 tsp. salt

1/4 tsp. black pepper

If you do not use the canned chilies, then blister the chillies in broiler, peel and carefully remove the stems and seeds.

Tear as little as possible. Stuff chilies with 1/2" cheese wedges. Roll each chili in flour and dip one by one in well beaten egg. Fry in deep fat to a light golden color. Drain and lay in warm oven until ready to serve. Have rice with this. Serves 4 to 6.

CHICKEN CASSEROLE - Vera Hysel

1 4 to 5 lb. stewing chicken- cut up

Cook until tender. Cool. Remove from bones. (Add a little salt to the water when cooking.)

2 #2 cans chow mein noodles 1 (1/2 lb.) can whole cashew

2 c. chopped celery nuts - rinsed

2 cans cream mushroom soup 1 1/2 c. chicken broth

3/4 c. chopped onion

Mix all together and bake in covered casserole at 350 F. for 1 hour. Reserve some noodles and nuts for garnish. (I also prefer chicken breasts to the stewing chicken.)

HOT CHICKEN OR TUNA SALAD - Adeline Santa Maria

2 c. chicken or tuna 2 tsp. grated onion

2 c. thinly sliced celery 1 c. mayonnaise

1/4 c. chopped toasted almonds 2 tbsp. lemon juice

1/2 tsp. salt

Heat thoroughly; pile into 6 individual or one casserole.

Sprinkle with 1/2 c. grated cheese and 1 c. finely crushed potato chips. Bake 10 minutes at 450 degrees.

PORK CHOP & POTATO SCALLOP - Vera Hysel

4 thick pork chops 1 can cream mushroom soup

1/2 c. sour cream 1/3 c. water

2 tbsp. chopped parsley 4 c. thinly sliced potatoes

salt & pepper

In skillet, brown chops; remove and blend soup, sour cream, water and parsley. In 2 qt. casserole, alternate layer of potatoes, sprinkled with salt and pepper and sauce. Top with chops. Cover and bake at 375 F. for 1 1/4 hour.

EGGPLANT CASSEROLE - Blanche Gibson

1 1/2 lb. unpared eggplant- 2 med. onions - chopped

cut up 2 tbsp. butter

1 egg 1/2 c. yellow cheese-cut or

1 tsp. salt grated

1 c. dry bread crumbs

Cook vegetables in boiling water 20 minutes. Drain. Add other ingredients. Pour into buttered casserole. Bake in moderate oven, 30 or 45 minutes. Serves 6.

TUNA CASSEROLE - Mrs. Patsy Frew

1 large can tuna
1 can mushrooms-cut up
(canned)
1/8 lb. butter

1 large pkg. potato chips
4 hard boiled eggs
1 pt. milk
2 tbsp. flour

Pour boiling water over tuna and drain. Make a white sauce of butter, flour and milk, then add tuna, hard boiled eggs, cut in pieces and cut up mushrooms.

Butter dish and put in layer of tuna and egg mixture then layer of crushed potato chips and so on ending with a layer of crushed potato chips. Place in oven, 300 F. until thoroughly heated.

SWEET POTATO CASSEROLE - Minnie Dawson

3 large sweet potatoes -
peeled & sliced

3 raw apples-sliced with skins
on (red preferred)

3 slices broken pineapple
1 cube butter

1 c. brown sugar
1/2 tsp. nutmeg

1 1/2 tbsp. flour
1/4 lb. marshmallows

2 tbsp. pineapple juice

Mix flour, sugar and nutmeg together. Layer of apples on bottom, some flour, etc., then marshmallows, pineapple, sweet potatoes and sliced apples. Bake in covered dish 1 1/2 hour at 350 F.

VICTORY CASSEROLE - Minnie Dawson

1 8-oz. pkg. noodles
2 small onions-chopped
1 bell pepper-diced or chopped
1/4 tsp. Worcestershire sauce
1/4 c. grated cheese

3/4 lb. pork sausage
2 c. diced celery
1 can condensed tomato soup
and 1 can water

Cook noodles; rinse. Brown sausage in skillet. Add onions, celery and green pepper. Cook until tender. Season. Alternate noodles and meat in casserole. Pour over the soup, can of water, Worcestershire sauce and sprinkle with cheese. Bake at 325 F. about 45 minutes.

SALMON MACARONI CASSEROLE - Joan Russell

4 oz. elbow macaroni
2/3 c. evaporated milk
1/4 c. finely cut pimiento
1 c. grated American cheese

1 can condensed celery soup
1 lb. can salmon-drained &
broken in pieces

Cook macaroni according to package directions. Drain but do not rinse. Reserve. Combine celery, soup and evaporated milk. Add macaroni, salmon, pimiento and 1/2 c. grated cheese. Turn into a greased 1 1/2 quart casserole. Sprinkle remaining cheese around the edge. Bake in moderate oven, 350 F.

for 25 minutes. If desired, garnish with additional pimientos. Yields 4 to 6 servings.

SOUFFLE POTATOES - Hattie Douglas

Cut Idaho potatoes into slices about 1/5 inch thick. Fry in deep fat, 250 degrees, about 5 minutes.

Drain on paper towel. Allow to cool and refrigerate if you wish. Then fry again by plunging into 425 deg. F. When puffed and brown, drain. Salt and pepper. Serve hot. If some potatoes refuse to puff, cool and fry again.

SOUFFLE - Helen Haskell

4 slices bread - buttered

Place sliced American cheese on each slice of bread. Make two sandwiches. Cut each sandwich in quarters. Place quartered sandwiches in fairly deep baking dish. Beat 3 eggs; add 1 pt. milk and beat again. Salt to taste. Pour milk and egg mixture over sandwiches. Place dish in a pan of warm water (like for custard). Bake in 375 degree oven for 35 minutes or until all puffed up and light brown. You may use 2 slices of bread if bread is sliced thick.

EGGPLANT CASSEROLE - Mrs. Eveline Kee

1 large eggplant

1 c. cracker crumbs

1 egg

1/2 c. grated Longhorn cheese

salt, pepper, butter for seasoning

Peel eggplant and boil until soft. Mash and mix with the egg, cracker crumbs and grated cheese. Salt and pepper to taste. Add butter and put in casserole. Sprinkle bread or cracker crumbs on top and bake at low heat for 1/2 hour or until top is browned.

STRING BEAN CASSEROLE - Vera Hysel

Cook 3 pkgs. frozen French green beans. Mix with:

3/4 lb. grated cheddar cheese 1/8 tsp. Tabasco sauce

2 tsp. soy sauce 1/2 tsp. salt and pepper

1 tsp. Accent 1 can water chestnuts-drained and sliced

Add this to:

2 c. creamed sauce

8 oz. can sliced mushrooms

1 large minced onion (saute in 1/2 c. butter or oleo)

Pour into casserole; sprinkle with 1/2 to 3/4 c. slivered almonds. Bake 20 minutes in 350 F. oven. If prepared ahead cook 35 to 40 minutes to heat through. Delicious.

HARVARD CARROTS - Mary Locke

1/2 c. sugar	1 1/2 tbsp. cornstarch
1/4 c. vinegar	1/4 c. water
4 c. cooked carrot sticks - short and thick	2 tbsp. oleo

Mix cornstarch and sugar. Add water and vinegar. Cook until thick, stirring constantly. Add cooked carrots and oleo. Mix gently and let stand over low heat 5 to 10 minutes. Serves 6.

PINEAPPLE AND CUCUMBER SALAD - Livonia Stearns

The cucumber in this tastes like some kind of tropical fruit.

cucumber	1/4 c. vinegar
1/2 c. crushed pineapple	1 tbsp. tarragon vinegar (may be omitted)
1 1/4 tbsp. gelatin	
1/4 c. cold water	2/3 c. pineapple syrup
1/4 c. boiling water	1 tbsp. lemon juice
2 tbsp. sugar	speck of salt

Pare cucumber and chop in quarter inch pieces, discarding coarse seeds to make 1/2 cup. Combine with drained pineapple. Soften gelatin in cold water, dissolve in boiling water. Add other ingredients, except fruits. When it starts to congeal, add fruit. Pour into mold rinsed in cold water. Chill. Serve on shredded lettuce with a dressing made of mayonnaise combined with the amount of whipped cream. Garnish with pimienta or parsley.

TWENTY FOUR HOUR SALAD - Dolores Pettit

Fruit:

- 2 c. white cherries-halved and pitted
- 2 c. diced pineapple
- 2 c. fresh orange sections
- 2 c. marshmallows-quartered (1/2 lb.)
- 2 large red, unpeeled apples - diced

Dressing:

2 eggs-slightly beaten	2 tbsp. sugar
1/4 c. all purpose or coffee cream	juice 1 lemon
	1 c. heavy cream - whipped

Prepare fruit first, then in top of double boiler over hot water (do not boil), cook eggs beaten with fork, sugar, cream and lemon until mixture thickens; stir constantly. Cool.

Fold in fruit. Last, fold in whipped cream. Pour into oiled 7 or 8 inch ring mold. Refrigerate 24 hours. Be sure to drain all fruit well.

CREAMY WALDORF SALAD - Mildred L. Smith

1 3-oz. pkg. cream cheese	2 tbsp. vinegar
1/4 c. canned milk	2 c. diced apples-unpared

2 tsp. sugar	2/3 c. diced celery
3/4 tsp. salt	1/4 c. chopped nuts
dash pepper	

Put cream cheese in bowl and gradually stir in milk, mixing well. Add sugar, salt, pepper and vinegar. Beat until smooth and fluffy. Chill.

Just before time to serve, add apples, celery and nuts. Toss lightly with fork. Serve on lettuce leaf. Makes 4 servings.

APRICOT JELLO SALAD - Lena McClafflin

2 small or 1 family size pkg. apricot Jello	1 lg. can fruit cocktail
2 bananas	1 med. can crushed pineapple
	1/2 c. miniature marshmallows (optional)

Drain fruit well and add to Jello. Let set. Cook together: 1/2 c. fruit juice, 1/2 c. sugar, 1 egg and 2 tbsp. cornstarch. Then add while hot 1 pkg. cream cheese. Cool. When cool, add 1 pkg. Dream Whip. Spread over jello after it is set and the cheese is cooled. This makes a large pan.

THREE DAYS AHEAD SALAD - Vera Hysel

1 #2 1/2 can Mandarin oranges	1 #2 can pineapple chunks
Drain very thoroughly. Add:	
3 c. miniature marshmallows	3 pts. sour cream
Put in utility dish and keep in refrigerator.	

THREE LAYER ALL-SEASON JELLO SALAD - Esther Welch

Pineapple-Lime Layer:

1 pkg. lime Jello	1 c. hot water
1 9-oz. can sliced pineapple	2 tbsp. lemon juice

Dissolve Jello in hot water. Drain pineapple, reserving syrup. Add lemon juice to syrup and enough water to make 3/4 cup. Add to dissolved Jello. Chill to partially set. Cut sliced pineapple into thirds. Arrange in S design in bottom of 10x5x3 inch loaf pan. Pour small amount of Jello mix over pineapple. Chill until set. Then add rest of Jello mix. Chill firm.

Lemon Cream Cheese Layer:

1 pkg. lemon jello	1 c. hot water
2 3-oz. pkgs. cream cheese	1/3 c. mayonnaise

Dissolve jello in hot water. Chill until thick, then whip until light. Blend cheese and mayonnaise and fold into Jello. Pour mixture over lime jello and chill until firm.

Raspberry Banana Layer:

1 pkg. raspberry Jello	1 7/8 c. hot water
2 fully ripe bananas	

Dissolve Jello with hot water. Slice bananas over lemon layer. Pour dissolved Jello over all. Chill until firm. Makes 12 servings.

GOLDEN SUNSHINE SALAD - Mrs. John C. Weston

1 pkg. lemon Jello	1 #2 can crushed pineapple- drained
1 pkg. orange Jello	
2 c. boiling water	2 bananas - diced
1 1/2 c. cold water	40 miniature marshmallows

Dissolve both packages of Jello in boiling water. Add cold water, chill until syrupy. Stir in the fruit and marshmallows and pour into a 9x13 inch dish. Chill.

Topping:

1 egg - beaten	1 c. Dream Whip or whipped cream or D-Zert
2 tbsp. flour	
2 tbsp. butter	1/2 c. shredded cheese
1/2 c. sugar	
1 c. pineapple juice	

Combine first five ingredients; cook and stir until thick. Cool. Whip cream and fold into custard. Spread over Jello. Sprinkle on cheese. Chill. Serves 12-16.

OVERNIGHT PINEAPPLE and CHEESE SALAD - Vera Hysel

Mix together:

1/2 lb. marshmallows	1/2 lb. grated cheddar cheese
1 #2 1/2 can drained, crushed pineapple	

Cooked Dressing:

2 eggs-beaten	1/4 tsp. salt
1 tsp. cornstarch	1/2 c. pineapple juice
juice 1 lemon	1/4 c. sugar

Cook until thick, then cool. Add 1/2 pt. whipping cream, whipped. Combine this with pineapple, cheese and marshmallow mixture. Put in dish or mold. Garnish with nuts and let stand in refrigerator for 12 to 14 hours. It takes that much time for this salad to set properly.

FRUIT SALAD - Helen Barnett

1 c. canned Mandarin oranges	1 c. chunk pineapple
1 c. flaked cocoanut	1 c. small marshmallows
1 c. sour cream	

Drain oranges and pineapple. Mix all together. Put in refrigerator until served.

VEGETABLE SOUFFLE SALAD - Mrs. Joseph A. Tutini

1 3-oz. pkg. lime gelatin	1 c. hot water
1/4 c. cold water	1 tbsp. vinegar
1/4 tsp. salt	1/8 tsp. pepper
1/2 c. mayonnaise	1 c. finely shredded carrots
1 c. finely shredded cabbage	1/4 c. diced cucumber-drained
1 tbsp. finely chopped onion	

Dissolve gelatin in hot water; add cold water, vinegar, salt, pepper and mayonnaise. Beat with rotary beater; set in shallow pan in freezer 15 to 20 minutes, until almost firm 1" from edge, but soft in center.

Whip with rotary beater until fluffy. Fold in remaining ingredients. Pour into 1 qt. mold; chill. Serves 6.

SALAD DRESSING - F. Curtin

2 eggs	2 tsp. mustard
1 c. vinegar	2 tbsp. melted butter
1 can condensed milk	

Beat eggs and add other ingredients. Set aside to thicken. Store in refrigerator.

BEET SALAD - Mrs. D. L. Morgan

Drain juice from 1 lb. shoestring beets. Add water to juice to make 1 3/4 cups. Soften 1 envelope plain gelatin in 1/4 cup of the liquid. Heat remaining liquid to boil; add gelatin and stir until dissolved. Add 1/4 c. vinegar, 1 tsp. each horseradish and grated onion and 1/2 tsp. salt. When gelatin begins to thicken, add beets. Makes 4 to 6 servings.

BEAN SALAD - Creola Ray

1 can French style green beans	1 can kidney beans
1 can yellow wax beans	

Empty above in colander and rinse with cold water. Drain well and add:

1/2 c. chopped onion	1/2 c. chopped green peppers
1/2 c. salad oil	1/2 c. vinegar
3/4 c. sugar	1 tsp. salt
1/2 tsp. pepper	

Put above in glass or plastic container. (Do not use metal.) Store in refrigerator at least 8 hours before serving.

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