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 Republican Candidate  
 for  
**County Commissioner**

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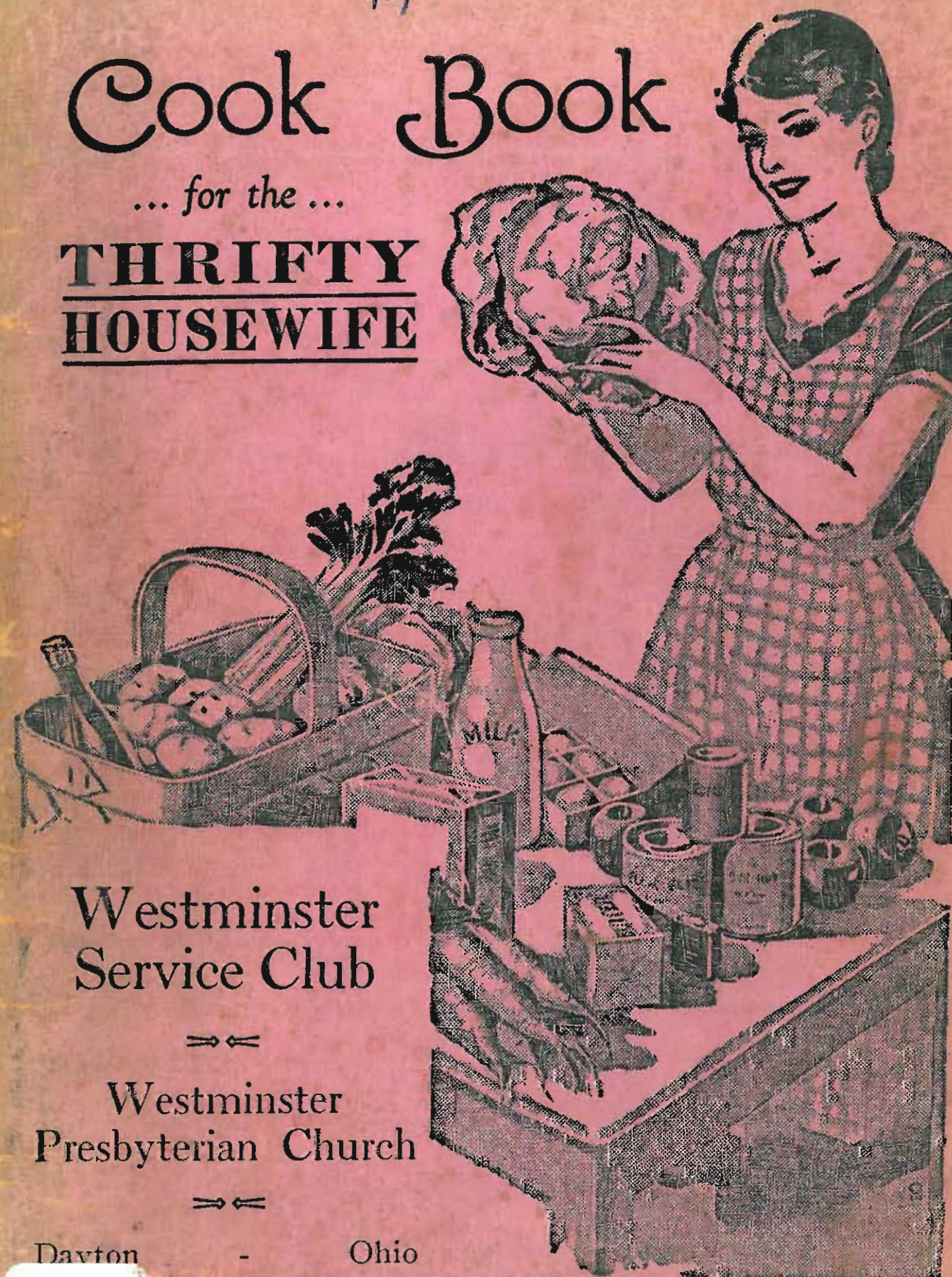
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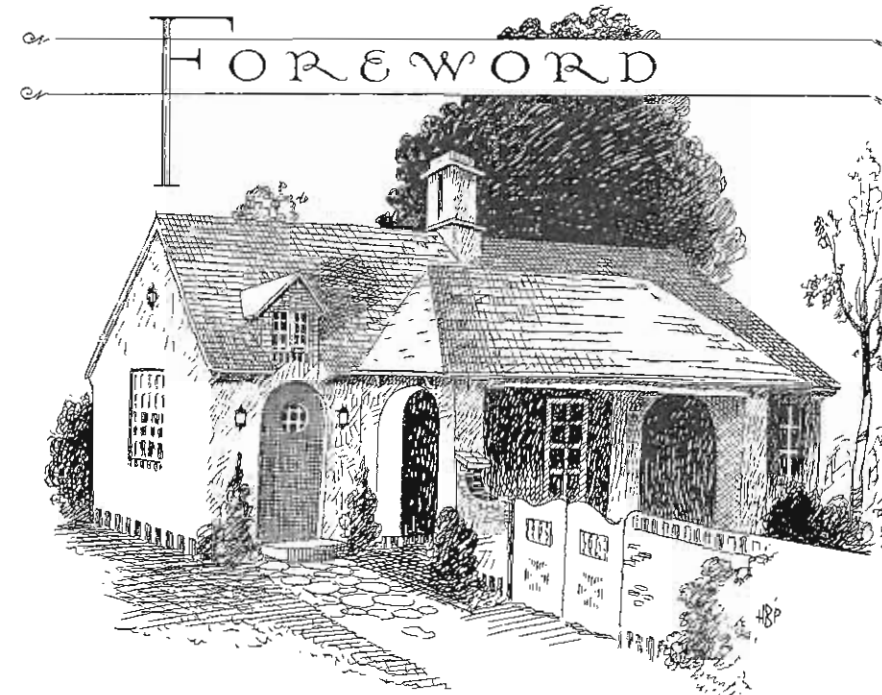
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Republican Candidate  
—for—  
**SHERIFF**



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**R. N. BRUMBAUGH,**  
Chairman Campaign Committee



ORE and more we are convinced that digestion is one of the great secrets of life and happiness, and that character, virtue and all moral qualities are powerfully affected by soups, meats and palatable desserts. The home is the balance wheel of society and the state, and so home making is after all the highest of all professions, the real masterpiece of every woman. ¶It is an incontrovertible fact that the best food for any family, is that which is prepared in the home. The better hotels and restaurants when they wish to make a particularly strong claim for the qualities of their food advertise, "Home Cooked Meals." ¶Through the proper preparation of food, it is within the power of every mother to raise a family of red-cheeked, rugged and mentally alert youngsters, who will have a decided advantage in their start in life over children less fortunate. ¶Improperly prepared foods WILL NOT nourish children, or adults for that matter, sufficiently to provide the energy necessary for work and life. ¶Poor food STUNTS the physical, as well as mental growth, and there can be no progress when good food is absent.

*"What you are tomorrow depends upon what you eat today"*

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**Elmer F. Tinnerman**

Republican Candidate

— for —

County Commissioner



*"Now good digestion wait on appetite, and health on both"*

#### CAVIAR CANAPES

To a Russian caviar, add half as much lemon juice. Spread on toast and garnish with stuffed olives or pickles. Sift over with riced hard boiled eggs. Dot with pear onions.

#### CHICKEN CANAPES

Sprinkle mustard over buttered toast and cover with minced chicken. Garnish with stuffed olives, capers or minced truffle.

#### LOBSTER CANAPES

Cut bread in circular pieces and saute in butter. Soften finely chopped well seasoned lobster meat to a paste with creamed butter and Worcestershire sauce. Make mounds of this mixture on the rounds of bread and garnish with olives.

#### CHEESE CANAPES

One cup grated cheese to 6 slices bread. Salt and pepper to taste. Sprinkle cheese over bread cut in any shape desired. Toast until cheese is melted. Serve hot.

#### TOMATO AND BACON CANAPES

Cut bread in circular pieces. Toast and butter. Place in layer of sliced tomatoes and strips of fried bacon on each piece. Spread with a little mayonnaise and garnish with cross strips of red and green pepper.

#### SARDINE CANAPES

Shape slices of bread with a circular fluted cutter, saute in butter and spread each piece with sardine butter which is made by smashing the sardines with a fork and mixing with creamed butter. Season with lemon juice and cayenne. Garnish each canape with finely chopped egg white and tiny shred of pimento. In the center of each put half a stuffed olive.

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## MINT COCKTAIL

Juice of 1 lemon, 1 cup hot water, 1 cup sugar, mint to flavor (extract or fresh), green coloring. Put lemon juice over sugar and let stand 1 hour. Pour hot water over this; add mint and coloring and let cool. Pour over shaved ice in cocktail or sherbert glasses. Served with lamb dinner.

## FRUIT COCKTAIL

Six oranges diced, same amount pineapple diced, 6 tb. powdered sugar sprinkled over, 2 tb. chopped mint, 1 tb. each of lemon, pineapple and orange juice. Serve with Maraschino cherries.

## PINEAPPLE COCKTAIL

On each glass plate place a slice of canned pineapple, which has been cut in several places without losing its shape. Lay a smaller slice of orange, also cut in several places, on top of each slice of pineapple and pile halves of seeded grapes in the center. Sprinkle with powdered sugar and serve. Any fruits, such as apples, plums, pears, may be used in this way.

## SHRIMP COCKTAIL

Mix together the strained juice of ½ lemon, ½ t. vinegar, 8 drops Tobasco sauce, ½ t. horseradish, ½ t. tomato catsup. Add 8 oz. of shrimp and serve in chilled cocktail glasses.

## OYSTER COCKTAIL

(Serve 6 Persons)

One-half dozen small oysters for each cocktail. Mix well 1 tb. grated horseradish, 1 tb. vinegar, 2 tb. lemon juice, 1 tb. Worcestershire sauce, 4 tb. tomato catsup, 1 t. salt, 4 drops Tobasco sauce. Chill thoroughly and pour 1½ tb. of mixture over each cocktail.



Wesley O. Pease

Republican Candidate for

County Surveyor

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*"May the joys of today be those of tomorrow,  
The goblet of life holds no days of sorrow."*

—Foreman.

### BOILED COFFEE

Measure coffee, which should be ground medium, allowing 2 tb. for each cup of cold water. Add to the grounds  $\frac{1}{2}$  cup of the cold water, a little of the white of 1 egg and crushed egg shell. Turn into coffee pot, pour in rest of cold water and boil 3 minutes. Let stand on the back of the stove for ten minutes and serve.

### DRIP COFFEE

Have coffee pot hot before making the coffee. For drip coffee the coffee should be ground exceedingly fine. Place grounds in the proper compartment, allowing 2 tb. for each cup of boiling water. Pour boiling water over grounds and allow to drip through. Remove the coffee grounds container, cover pot and serve at once. In case cloth bag is used for grounds, let bag stand in cold water each time after washing.

### TEA

Scald tea pot with boiling water. Add tea, allowing 2 t. tea or 1 or 2 tea bags for each pint of boiling water, and pour over it the boiling water. Let stand where it will keep warm from three to five minutes.

### BREAKFAST COCOA

Mix 1 heaping t. cocoa and 1 of sugar and a few grains of salt, add little hot water and let boil 5 min., add milk and heat to boiling point. Serve with generous spoon of Marshmallow creme.

### VANILLA MILK SHAKE

One cup milk, 2 t. sugar,  $\frac{1}{4}$  t. vanilla. Shake well and serve at once.

### EGGNOG

Beat one egg well, add  $\frac{3}{4}$  tb. sugar and beat again, add  $\frac{3}{4}$  c. milk or cream,  $\frac{1}{2}$  t. vanilla and a little nutmeg. Beat all thoroughly and serve very cold in glass. This serves one.

Fruit Eggnog can be made the same way, using the one egg, 2 tb. sugar,  $\frac{1}{4}$  cup water,  $\frac{1}{4}$  cup chopped ice and 2 tb. fruit juice.

### BERRY JUICE

Berry juices are delicious for fruit punches and are easily made. Just warm the berries slowly and press out the juice. Add one cupful of sugar to each quart of juice, bring to a boil, pour quickly into jars or bottles and seal.

Strawberries, raspberries, blackberries, currants, are all good and a combination of currants and raspberries is delicious



*"One morning in the garden bed,  
The onions and the carrots said  
Unto the parsley group,  
'O, when shall we three meet again,  
In thunder, lightning or in rain?'  
'Alas,' replied in tones of pain,  
The parsley—'In the soup.'"*

#### **POTATO SOUP**

Slice four medium sized potatoes into one quart of boiling water. When done add one quart of milk; into this slice 1 onion. Thicken just before serving with one egg rubbed into as much flour as it will moisten. Season to taste.

#### **VEGETABLE SOUP**

One-quarter head cabbage, 3 large onions, 1 turnip, 3 large potatoes, 2 tb. cooked beans. Boil all together till tender. Pour off all water, then add one gallon of stock. Add tomatoes if desired.

#### **TOMATO SOUP**

Put on soup bone early to boil. Have 2 qts. of liquor on the bone. When done, remove the bone from kettle; put 1 can tomatoes through a sieve; add to the liquor; then immediately add  $\frac{1}{2}$  t. soda, a small lump of butter, 1 tb. sugar, 1 heaping tb. of flour mixed with  $\frac{1}{2}$  cup of cream or milk. Salt and pepper to taste. After flour is in, let boil up 3 times and serve.

#### **CREAM OF TOMATO SOUP**

One qt. can tomatoes, 1 tb. sugar, 2 medium sized onions, pinch baking soda. Season to taste. Cook thoroughly the tomatoes, onions, sugar and seasoning. Make a cream sauce by rubbing butter and flour into smooth paste and add scalding milk. Stir until smooth and rather thick over slow fire. To the tomato mixture add the pinch of soda and as it sizzles, rub through the sieve into the cream sauce, stirring until smooth. Allow to come to boil. Season. Serve with croutons.

#### **CORN SOUP**

Cover a soup bone with water and boil 1 hour. Add some cabbage and onion, cut fine. Boil 2 hours longer. Add 12 ears of grated sweet corn. Season to taste.

#### **PEA SOUP**

One can peas, mashed and strained; add milk and cream to thin; season to taste; use a little sugar. Serve with 1 spoon whipped cream and parsley leaf.



*"Let the person prepare it who loves the flowers, the big white clouds and the brook a singing down the valley."*

#### **BOILED MACKEREL**

Soak about 2 hours in cold water and rinse good; put in boiling water and cook about 30 min. Put on platter. Put butter on it while it is hot. Pepper. Serve with cream sauce.

#### **PLANK FISH**

Soak in salt water. Have plank 1 inch thick and have board hot. Butter with melted butter. Put fish on board and spread with melted butter. Sprinkle with cayenne pepper. Bake 8 min. to lb. Serve with mashed potatoes and Hollandaise sauce.

#### **CODFISH (BAKED)**

Soak in water several hours, flake into coarse flakes and put in buttered baking dish. Dot with butter. Pepper. Sprinkle with cracker crumbs. Turn in a cupful of cream sauce, add a chopped boiled egg. One t. onion juice, 1 t. chopped celery leaves (if desired). Sprinkle with grated cheese and bake about 15 min.

#### **CREAMED CODFISH**

Soak one package of codfish 2 hours, shred—not too fine, boil 10 min. and drain, then cook until tender and drain again. Make cream sauce and put codfish into it and cook until it comes to a boil. Beat one egg and mix with the creamed codfish, but do not cook. Put in butter and pepper and serve immediately.

#### **SCALLOPED TUNA FISH**

One large can tuna fish—broken up, 6 hard boiled eggs—chopped, 1 small green pepper or pimento—chopped. Stir this into white sauce. Sprinkle bread crumbs and cheese on top and bake in moderate oven until brown.

#### **SALMON OR TUNA FISH ROLLS**

Mix 1 can flaked salmon with 1 cup cooked rice. Season. Divide into 8 parts. Roll each part in cabbage leaves. Fasten together with toothpicks. Cook until tender in steamer.

#### **CREAMED SALMON OR TUNA FISH ON FRENCH TOAST**

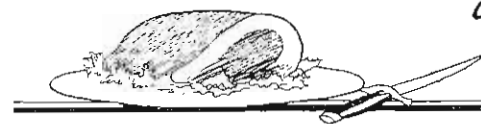
Cut thick slices of bread and fry in butter. Make cream sauce, into which put salmon or tuna fish and serve on the bread.

#### **SALMON CUTLETS**

Melt 3 tb. butter, 3 tb. flour, 1 c. boiling milk, 1 can pink salmon. Stir until thick and season. Add 2 raw eggs. Cool—shape into cutlets, roll in flour then in beaten egg diluted with milk. Dip in cracker crumbs and fry in deep fat. Serve with tomato sauce.



# Meats - Poultry and Sauces



*"Some have meat that canna eat,  
And some would eat that want it;  
But we hae meat and we can eat,  
So let the Lord be thanked."*

—Robert Burns.

## POT ROAST OF BEEF

One chuck roast, 2 small onions, 2 carrots, pepper and salt. Have bone taken from roast. Sear quickly on both sides in heated pot. Add other ingredients, putting cloves in each onion. Pour boiling water over to nearly cover the meat. Cover not tightly and let water come to a hard boil, then simmer for several hours. Strain the gravy, taking off all fat, brown  $\frac{1}{2}$  t. sugar, pour on gravy and thicken with flour. Pour over meat and serve with carrots around meat.

## SOUTHERN BEEF AND VEGETABLE ROAST

Use a round steak cut thick. Rub with salt, pepper and flour. Bake about one hour. When meat is tender, put one bunch of carrots (which have been cut in small pieces and cooked until tender) and 1 can peas—over the meat and baste with broth from meat. When moisture is absorbed and vegetables are tender, serve. Put the vegetables on the platter around the roast.

## SWISS STEAK

Buy thick piece of round steak and have it pounded with cleaver. Pound flour and salt into it. Put in roaster with water over it and let bake slowly for two hours.

## BAKED ROUND STEAK

Two lbs. round steak 1 inch thick,  $\frac{1}{2}$  cup flour, salt, pepper, tb. butter, 1 pt. water,  $\frac{1}{2}$  pt. milk. Melt butter in pan. Dredge meat with flour to which butter and salt have been added. Brown quickly on both sides. Put meat in baking pan. Brown rest of flour in butter left in pan. Add water and milk. Let it come to boil. Then pour over meat and bake 2 hours in slow oven. An onion may be cooked in the butter to flavor.

## ROUND STEAK WITH TOMATOES

Pound steak and flour. Salt and pepper. Fry in hot grease until brown. Pour can of tomatoes over meat and let simmer until tender and tomatoes are cooked down.

## STEAK A LA BORDELAISE

Have steak cut from  $1\frac{1}{2}$  to 2 in. thick. Any cut of steak may be used. The first cut of the round is good. Cut through the connective tissue in several places around the edges, so the steak will not curl while cooking.



### SPANISH NOODLES

Required: 2 packages of Mrs. Kelley's Noodles, boiled. Boil  $\frac{3}{4}$  level cup butter, one small onion, minced, 1 green pepper, minced,  $1\frac{1}{2}$  cups tomato puree, 1 level teaspoon salt.  $\frac{1}{8}$  level teaspoon paprika  $\frac{1}{2}$  cup dried mushrooms, if desired.

Put butter into a pan, melt, add onion and pepper and brown very lightly; add tomato and seasoning and bring to boiling point. Pour this sauce over noodles and heat over slow fire for at least 20 minutes. If mushrooms are used add just a few minutes before serving.

Note: Mrs. Kelley's Noodles when used in place of macaroni, spaghetti, etc., in any recipe makes a richer looking, tastier and finer flavored dish.

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Sear in a hot pan on both sides, then pour over it 2 tb. of Worcestershire sauce, dot plentifully with butter, season with salt and pepper, then cover with a layer of sliced onions, then a layer of sliced green peppers, then a layer of sliced or canned tomatoes. Cover closely and place in a hot oven for 10 min. Then lower the temperature of the oven and cook slowly for 1 hr. No basting is required if the meat is closely covered. Pour the liquor in the pan over the meat before serving and garnish with parsley.

#### FLANK STEAK

Score steak, flour and brown in hot skillet as though to fry. Cover with water when steak is sufficiently browned and cook in oven or top of stove. When almost tender put in pint of tomatoes, one medium sized onion, let cook until done and tomatoes and onions form a sauce. Salt and pepper to taste.

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#### BEEF LOAF

Take 1 lb. of ground beef and  $\frac{1}{2}$  lb. of ground pork, 2 eggs, 15 rolled crackers, enough milk to form into a loaf and bake an hour.

#### ROAST BEEF

Five lbs. (Delmonico). Heat oven. Put piece of fat on top and on bottom of meat. Salt. Pour top fat and add lump of butter after  $\frac{1}{2}$  hour. Pour on 1 c. water. Baste occasionally. Roast  $1\frac{1}{4}$  hours.

#### TIMBALE OF MEAT

One and one-half pint cold meat (3 cups), salt, pepper, 1 c. stock or milk,  $\frac{1}{2}$  c. bread crumbs, 1 tb. butter, 2 eggs. Put butter in pan and heat. Add crumbs and put in liquid and thicken. Pour over meat and mix. Put eggs in. Pack in pan and set in pan of water with paper in bottom; do not have oven very hot. Cook until center is firm. Butter pan. Loosen from pan and let set. Serve with tomato sauce.

#### STUFFED PORK CHOPS

Have chops cut thick and sliced almost in half lengthwise. Make dressing (as for chicken) and put between the slices and fasten together. Bake for one hour.

#### PORK CHOP DELIGHT

Put 6 pork chops in skillet. On top of each chop put slice of onion and 1 tb. cooked rice, butter, pepper, salt. Pour over this 1 can of tomatoes,  $\frac{1}{2}$  c. water. Bake in medium oven about  $1\frac{1}{2}$  hours and do not cover. Add more water if necessary.

#### PORK ROAST WITH TOMATO DRESSING

Three lbs. pork loin. Rub with salt, pepper and flour. When almost done put 1 can tomatoes (which have been strained and thickened with one large tb. flour) over the pork and bake in moderate oven. Potatoes peeled and halved may be cooked with the meat and served around it.

#### PORK LOAF

Two lbs. fresh pork, 1 lb. ham, 1 c. bread crumbs, 2 eggs, salt. Milk enough to moisten well.

#### BAKED SPARERIBS WITH APPLES

Wipe fresh spareribs carefully with a cloth which has been wrung out of hot water. Arrange the meat in a dripping pan and place in a hot oven which should have the temperature lowered gradually. Baste with drippings occasionally. When meat is well browned place apples which have been cored in the pan with the meat. Fill the cavity of each apple with brown sugar and let bake until soft. In serving, arrange the apples as a border around the spareribs.

#### SAUSAGE IN POTATOES

Peel potatoes (either Irish or sweet potatoes), scrape out the inside of potato, leaving thin shell, put sausage in potato and fasten together. Bake in moderate oven about an hour.

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### SAUSAGE TURNOVERS

Make pie crust and roll out thin. Roll stuffed sausage in crust. Bake  $\frac{1}{2}$  hour in moderate oven. Either little pig or large sausage may be used.

### SAUSAGES BAKED WITH APPLES

One dozen link sausages or sausage cakes, little sugar, 3 sour apples. Wipe, pare and cut in eighths (the apples), arrange in a baking pan, cover with the sugar and put sausages over them. If link sausages are used, pierce each one several times with a fork. When apples are soft and sausages brown, they are ready to serve.

### BAKED HAM

Thick piece of ham. Rub with sugar and pepper,  $\frac{1}{2}$  t. mustard and stick cloves around it. Cover with milk and bake in oven until tender.

### CHICAGO HAM

Mix t. brown sugar with 2 t. dry mustard and rub into a slice of ham 1 inch thick that has been gashed lightly. Mix 2 t. vinegar and  $\frac{1}{2}$  c. water. Pour over the ham and bake rather slowly in greased pan about 45 min. Watch carefully, it burns easily.

### HAM TIMBALES

One c. ground cooked ham,  $\frac{1}{3}$  c. soft bread crumbs,  $\frac{1}{4}$  t. salt, 1 egg,  $\frac{1}{2}$  c. milk,  $\frac{1}{4}$  t. paprika. Mix and pour into well buttered molds. Place in pan of hot water and bake 30 min.

### HAM PIE

Line pan with pie crust, dice ham and potatoes (cut ham with scissors), put a layer of ham and potatoes in crust, sprinkle with flour, cut strips of dough and cover this, then another layer of ham and potatoes. Put over this enough milk and water to keep moist. Cover dough and bake slowly.

### HAM AND RICE

Cut ham in serving portions. Put in casseroles and pour a cup of raw rice over it. Fill about half full with milk and water. Salt and let bake until the ham and rice are done. Pour milk over as needed while baking.

### FRESH HAM BARBECUE

Have your butcher prepare a fresh ham, by making a deep pocket in the meat. Stuff pocket with whole pickling spice. Rub rest with 1 tb. salt and  $\frac{1}{2}$  t. pepper. Put in roaster and pour 1 tb. vinegar over meat. Roast slowly, allowing 30 minutes to each pound. Baste often.

### HAM LOAF

One lb. smoked ham, 2 lbs. fresh ham (ground fine), 1 pt. milk, 10 crackers. Mix into loaf. Roll cracker crumbs. Put in uncovered dish and bake 2 hours in moderate oven.



### PRESSED MEAT

One veal shank, 1 beef shank, 2 lbs. veal breast or shoulder. Salt to taste. Cook beef two hours over a slow fire, then put veal into same vessel. Continue cooking until meat falls off the bones. Cook until you can work with it, remove bones, gristle and most of fat. Press into a porcelain or glass dish retaining all the gelatin. Looks and tastes like pressed chicken and is excellent for picnics.

### BRAIN OR SWEETBREAD CROQUETTES

Two c. brains or sweetbread (chopped fine), 1 c. bread crumbs, well beaten egg, 1 tb. lemon juice. Mold in small cakes. Dip in egg and cracker crumbs and fry in deep fat.

### SCRAPPLE

Two lbs. pork, 2 lbs. liver, 2 lbs. beef, 1 small heart. Boil all until thoroughly cooked; take up and chop while warm, put into broth (altogether you will have 2½ or 3 gallons), then make quite thick with corn meal. Cook ½ hour. Put in pans to mold. Season meat while cooking with salt, pepper and sage. Cut in thin slices and fry.

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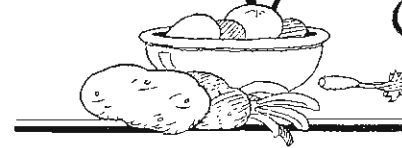
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Sacksteder's Arcade Market

# Vegetables



*"Lettuce then be up and doing,  
Turnip on the wrongs of life;  
Beet your rivals, still pursuing,  
Cabbage honors in the strife."*

### BOSTON BAKED BEANS

One qt. beans, ½ lb. salt pork, ¼ t. pepper, ½ t. dry mustard, 2 tb. molasses. Wash and soak beans over night; put one-half into bean pot; wash salt pork, and place in the center; add remainder of beans, salt, pepper, mustard, molasses and 4 c. cold water and cover. Put into slow oven and bake 8 hours. Add more water if needed.

### CABBAGE COOKED WITH APPLES

Two good sized apples, same quantity of onions. Fry in butter slowly. Have cabbage cut fine. Mix all together and pour on enough boiling water to cover. Cook 1 hour, then add 2 tb. sugar, ½ to ¾ cups vinegar, salt and pepper to taste. Cook 1½ hours.

### LUNCHEON DISH

One-fourth pound bacon cut fine, 1½ cups boiled macaroni, 3 tomatoes, ¼ lb. cheese. Fry bacon, add tomatoes and cook. Add macaroni. Cook 5 minutes, then add grated cheese, and serve immediately.

### BAKED CORN

One can corn (fine is better), ½ cup milk, 1 egg, 1 t. salt, 1 tb. sugar, 1 tb. butter, 1 t. corn starch. Mix corn starch in milk, beat egg into mixture and bake slowly at least one-half hour in greased pan.

### ESCALLOPED POTATOES

Peel and slice raw potatoes, place layer of potatoes in buttered baking dish, then salt, pepper, butter, layer of bread or cracker crumbs; repeat until all are used. Cover with milk and bake in slow oven. When done remove lid and let brown.

### SWEET POTATO CROQUETTES

Mash sweet potatoes after they are well cooked and season with salt, plenty of butter and make pretty thin with cream. Mold when cold, roll in crushed shredded wheat biscuit and well beaten egg, then fry in deep fat. These can be molded the day before.

### RED CAP POTATO CONES

One c. mashed potatoes seasoned with salt and butter, just enough milk to keep them stiff as they will hold their shape, (if too soft add 1 t. flour), mix with ½ c. grated American cheese. Mold into cone shaped mounds 1½ in. at the base. Roll carefully in more grated cheese and sprinkle top with paprika. Bake till light brown. Garnish with parsley.

### **FRIED CANNED TOMATOES**

Take a can of tomatoes, cutting large pieces to make uniform size; flour with salt, pepper and butter, mix enough cracker crumbs to thicken well, pour into skillet well greased with butter or bacon fat, brown on both sides.

### **CREAMED PEAS**

Cook peas until tender, cream with 2 tb. flour mixed with a little milk. Then add salt, pepper, 1 pt. milk and butter.

### **FRENCH FRIED ONIONS**

Slice Spanish onions thin, soak in cold water a little while, then drain. Drop in deep hot fat and fry until brown. These are very fine.

### **TURNIP CUPS**

Have small turnips, pare and take out center. Put in boiling water and let simmer (not boil). Do not cover. cook 40 min. When tender take out and turn upside down to drain.

FILLING—One can peas, 1 tb. butter,  $\frac{1}{2}$  t. sugar,  $\frac{1}{2}$  t. salt, pepper. Heat and fill cups. Serve with white sauce.

### **FREYOLE**

One can red kidney beans, heat  $\frac{1}{2}$  lb. N. Y. cream cheese—cream with beans,  $\frac{1}{2}$  can pimientos (chop fine), generous lump of butter, cayenne pepper, salt. Cook together and serve on toast.

### **CELERY IN WHITE SAUCE**

Wash, scrape and cut celery stalks in 1 in. pieces, cook 20 minutes in boiling salt water, drain and to 2 cups celery, add 1 cup white saucc.

### **CREAMED BRUSSELS SPROUTS AND CELERY**

Remove wilted leaves from 1 qt. Brussels sprouts and soak sprouts in cold water 15 minutes. Drain and cook in boiling water 20 min. or until tender. Drain. Cut mashed celery in small pieces,  $1\frac{1}{2}$  cup. Melt 2 tb. of butter, add celery and cook 2 min., then add 3 tb. flour and pour on gradually  $1\frac{1}{2}$  cups of scalded milk. Bring to boiling point, add sprouts, season with salt and pepper. Serve as soon as sprouts are reheated.

### **BAKED RICE AND PIMENTOES**

Cook  $\frac{3}{4}$  cup rice, while hot add 1 cup grated cheese, 1 can pimientos, cup milk. Bake  $\frac{1}{2}$  hr. in moderate oven.

### **NUT LOAF WITH VEGETABLES**

Two large potatoes boiled with skins on them, mash. Two stocks celery (chopped) or 1 tb. celery salt, 1 large onion, 1 hard boiled egg, 1 raw egg,  $\frac{3}{4}$  c. cracker crumbs,  $\frac{3}{4}$  c. English walnuts (chopped fine), 1 tb. butter, salt. Chop ingredients fine—mix well—adding raw egg last. Make into loaf, put in greased pan, adding  $\frac{1}{2}$  c. cold water. Cook 40 min. Serve with tomato sauce or gravy.





*'Here is bread, which strengthens man's heart and therefore is called the staff of life.'*

### YEAST BREAD

Boil 1 pt. of milk, add 1 pt. of water; when liquid is luke warm add 1 cake compressed yeast dissolved in a little warm water, 1 tb. lard, 1 tb. sugar, 1 tb. salt. Add flour just sufficient to knead. Knead lightly 15 or 20 min.; place in bowl, grease top with lard or butter and place in a warm even temperature to rise until it doubles itself (about 3 hrs.), mold into loaves, let stand about an hour and then bake  $\frac{1}{2}$  to 1 hr., depending upon the size of loaf. This can be made with 2 potatoes cooked instead of milk if preferred.

### GRAHAM BREAD

Three c. Graham flour, 1 c. white flour, 3 t. soda,  $2\frac{1}{2}$  c. sour milk, 1 t. salt, 1 scant c. molasses, nuts, raisins or dates as desired. Mix and bake as cake slowly, 1 hour.

### WHOLE WHEAT BREAD

Scald  $\frac{1}{2}$  pt. milk, add  $\frac{1}{2}$  pt. water and  $\frac{1}{2}$  t. salt. When luke warm add 1 compressed yeast cake dissolved in warm or cool water. Now add 3 half pint cups of sifted whole wheat flour and beat for 5 minutes. Cover and let it stand in a warm place for 2 hours. Then add slowly 3 more half pints and knead for 10 minutes. Divide into two loaves, put in greased pans, cover and let rise for 1 hour or until light. Bake for 45 minutes.

### STEAMED BROWN BREAD

Two cups sour milk, 1 cup molasses (Duff's), salt, 1 t. soda,  $\frac{1}{2}$  box raisins. Thicken with Graham flour. Put in greased cans and steam for two hours. This makes three loaves.

### BOSTON BROWN BREAD

One qt. Graham flour, 1 cup Duff's Orleans molasses, 1 cup raisins, 1 pt. buttermilk, 1 t. salt, 1 t. baking powder, 1 t. soda. Put salt and baking powder in flour, add raisins, then molasses, then the milk in which the soda has been dissolved. Stir well, put in pound baking powder cans and bake 1 hour in slow oven. This makes 4 loaves.

### CORN BREAD

One qt. sour milk, add to this 1 heaping t. soda dissolved in a little water, 1 egg, 2 tbs. lard, 1 t. salt, 2 tb. sugar, 1 cup wheat flour, enough cornmeal to make cake like dough.

### CORN BREAD

One egg, 1 t. soda to 1 pt. milk,  $\frac{1}{2}$  teacup flour, a little salt, add cornmeal until thick. Bake in buttered pan.

# Louis F. Berk

## Funeral Director

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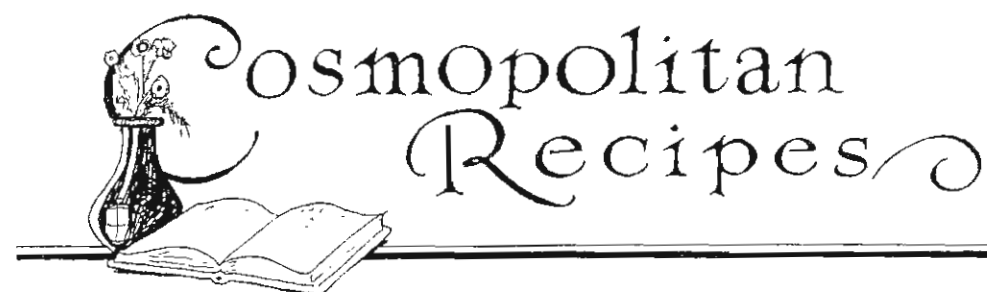
# Wm. C. Wiseman

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NEW ENGLAND—

### NUT BREAD

One-half c. sugar,  $1\frac{1}{2}$  c. milk, 4 c. flour, 6 t. baking powder, 2 t. salt, 1 c. chopped walnuts. Mix ingredients and allow to stand 20 minutes. Bake in a moderate oven  $\frac{3}{4}$  of an hour. Sufficient for medium sized loaf.

### NEW ENGLAND CORN MUFFINS

One c. cornmeal,  $\frac{3}{4}$  c. flour, 3 t. baking powder, 1 t. salt,  $\frac{1}{4}$  c. molasses, 2 tb. sugar, 1 c. milk, 1 egg, 1 tb. melted butter. Sift together the cornmeal, flour, baking powder, sugar (if used) and salt. Mix thoroughly milk and molasses (if used in place of sugar). Add to dry ingredients slowly, then add egg and melted butter. Bake in muffin tins 5 minutes. Sufficient for 12 muffins.

### NEW ENGLAND GINGERBREAD

One c. molasses, 1 tb. lard (large) melted, 3 tb. water, salt, 1 t. soda, 1 t. ginger, flour to pat out as soft as can be handled. Mix in the order given, spread a little milk over the top to make the gingerbread shine, score if you like, and bake in a rather quick oven—about 350 to 400 degrees.

### BAKED NEW ENGLAND INDIAN MEAL PUDDING

Two c. milk, 4 tb. (heaping) cornmeal, 1 c. cold water,  $\frac{1}{2}$  c. sugar,  $\frac{1}{2}$  c. molasses,  $\frac{1}{2}$  t. salt, 2 beaten eggs,  $\frac{1}{2}$  t. ginger, 1 t. cinnamon. Scald the milk in double boiler. Then add the yellow cornmeal which has been mixed with the cup of cold water. Stir wet meal into the hot milk, stirring until meal is thick like mush; add to this the sugar, molasses, salt, eggs, ginger and cinnamon. When baked  $\frac{1}{2}$  hour pour into the pudding 1 c. cold milk. Bake 2 hours longer. Serve warm with whipped cream; raisins may be added if so desired. The genuine Indian pudding is of curds and whey. If your finished pudding is too moist be not alarmed, for the dish is true to the historic corn meal of the Indian days.

### NEW YORK HOT CROSS BUNS

One c. milk (scalded),  $\frac{1}{4}$  c. sugar,  $\frac{1}{2}$  yeast cake dissolved in  $\frac{1}{4}$  c. luke-warm water,  $\frac{3}{4}$  t. cinnamon, 3 c. flour, 2 tb. butter,  $\frac{1}{2}$  t. salt, 1 egg,  $\frac{1}{4}$  c. raisins or currants. Add butter, sugar and salt to the milk. When luke-warm, add dissolved yeast cake, cinnamon, flour and well beaten egg. When thoroughly mixed add raisins (which have been seeded and quartered), cover and let rise over night. Then shape into forms of large biscuits, place in pan 1 inch apart, let rise, brush over with beaten egg and bake 20 minutes. Cool, and with white icing make a cross on top of each bun.

### SOUTHERN— VIRGINIA SPOON BREAD

One pt. of sweet milk, 1 c. corn meal, 3 eggs (beaten), 1 t. salt, 2 tb.



or, 1 pt. of boiling water. Make a mush with the water and meal (salt), 5 minutes. Beat the butter and half of the cold milk into the mush, add, beat well, add rest of milk slowly. Put in well buttered dish, bake  $\frac{1}{2}$  in hot oven. Serve in baking dish at once.

### BUTTERMILK BISCUITS FROM VIRGINIA

Three and one-fourth c. flour,  $\frac{1}{2}$  c. lard, 1 heaping t. baking powder, 1 c. buttermilk,  $\frac{1}{2}$  t. soda,  $\frac{1}{2}$  t. salt. Sift baking powder and salt with flour. Solve soda in buttermilk. Cut lard into flour with 2 knives until as fine as meal. Pour in the buttermilk and mix lightly, taking care not to work much. Roll out and cut and bake in a hot oven.

### SOUTHERN CORN DODGERS

One qt. cornmeal, 1 pt. cracklings, 1 t. salt, boiling water. Mix the meal and salt. Pour over this mixture enough boiling water to moisten, not enough to make a mush. When this has cooled work in cracklings the fingers, form into cakes about 4 inches long, 2 inches wide and 1 inch thick. Bake 30 minutes. This should be eaten very hot and without butter.

### MISSISSIPPI PECAN MUFFINS

One-third c. sugar, 4 tb. shortening,  $2\frac{1}{2}$  c. flour,  $\frac{1}{2}$  t. salt, 3 t. baking powder, 3 tb. cornmeal, 1 c. milk,  $\frac{1}{2}$  c. finely chopped pecan nuts. Cream sugar and shortening together, add the yolks of the eggs and beat well. Add together the flour, salt, baking powder and cornmeal and add to the first mixture alternated with milk. Beat until smooth, then fold in the chopped nuts and the whites of the eggs beaten stiff. Bake in well greased muffin pans at 25 minutes in a hot oven.

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*"One can taste the sturdy sunlight in the heart of lettuce, sunset flush in the tomato, and the mild breath of southwind in the pineapple, all held together by a creamy spray and the sparkling zest of lemon groves."*

### MEAT SALAD

One c. cold chicken, veal, tuna fish or salmon, 1 c. boiled eggs, diced, 1 c. cracker crumbs,  $\frac{1}{2}$  c. salad dressing. Mix just before serving.

### HAM LUNCHEON SALAD

One c. cold boiled ham (cut in cubes),  $\frac{1}{2}$  c. celery (cut fine),  $\frac{1}{2}$  c. green pepper (cut fine),  $\frac{1}{2}$  c. dill pickle (cut in pieces), 1 c. peas (fresh or canned), 1 t. minced onion. Season with salt and pepper, mix with mayonnaise or relish spread and serve cold on lettuce leaves. Garnish with bits of tomato, pickled beets or sliced hard boiled eggs.

### CHICKEN SALAD

One quart cold boiled chicken, 1 pt. finely cut celery, 2 hard boiled eggs, 1 c. mayonnaise dressing, 6 olives. Mix chicken which should be very tender, with celery, seasoning, and 1 egg cut into small pieces; marinate with a little French dressing, and let stand in a cold place 1 hour. Serve on lettuce leaves and spread mayonnaise over top. Garnish with olives and remaining egg cut into slices, dust with paprika.

### TUNA FISH SALAD

One medium size can tuna fish, 3 hard boiled eggs,  $\frac{1}{2}$  c. English walnuts, 1 c. celery. Mix with oil (uncooked) mayonnaise. Serve in tomatoes (with pulp scooped out), or serve in ring of tomato aspic, or with slices of tomato on top.

### CRAB MEAT SALAD

(For four)

One can crab meat, 1 stalk celery, 2 sweet pickles, 8 stuffed olives, mayonnaise. Dice celery, pickles and olives; shred crab meat, mix with mayonnaise, serve on lettuce leaf, decorate with water cress or parsley and dot with capers. Very good if made with an excellent quality of mayonnaise.

### SHRIMP AND PINEAPPLE SALAD

One and one-half c. fresh cooked or canned shrimp,  $1\frac{1}{2}$  c. pineapple, cut in pieces, salt and paprika. Remove the black line from shrimp and cut in pieces, marinate and chill. Mix the shrimp, pineapple, seasoning and mayonnaise and serve on crisp lettuce leaves. Garnish with slices of stuffed olives.

### SALAD JAPANESE

One and one-half c. cooked rice,  $1\frac{1}{2}$  c. salmon, salt, paprika, 2 tb. chopped green pepper, 4 tb. chopped celery. Mix cold rice, flaked salmon, celery, green pepper, seasoning, relish spread. Serve on crisp lettuce leaves.

# Casserole Dishes



## MEAT BALLS

One lb. veal steak, 1 lb. round steak,  $\frac{1}{2}$  lb. pork steak, 1 egg, 1 c. bread crumbs, salt, pepper, cold water. Grind the meat together. Mix it with the egg, bread crumbs, seasonings and cold water till soft and fine. Make into small balls and fry. Put cup of cold water and a good sized piece of butter in casserole and put balls in as fried. Then rinse frying pan with water over meat for gravy. Bake in oven 1 hour or more. Take out balls and thicken the gravy, pour over balls which are on the platter and serve at once. This makes about 20 small balls. A little chopped onion and green peppers may be added.

## ROUND OF BEEF EN CASSEROLE

One lb. round steak cut very thick. Then cut in pieces of suitable size for serving. Season with salt and pepper. Dredge with flour and brown on all sides in a frying pan. Remove meat to a casserole. Make a brown or tomato sauce and pour over meat. Cook in oven 2 to 3 hours, having a very low fire. If desired, vegetables, as onions, carrots, etc., may be added the last hour of cooking. The time required depends on the quality of the meat, and any meat can be made tender and palatable if prepared in this way.

## PORK CHOPS EN CASSEROLE

Six pork chops, 2 c. cracker crumbs, 1 egg (beaten), 1 can Baker's corn, 1 small green pepper,  $\frac{1}{2}$  c. milk, 1 tb. butter, salt and pepper to taste. Roll pork chops in egg then in crumbs. Fry to golden brown. Season. Add chopped green pepper and 1 c. cracker crumbs to corn. Season and pour over chops in casserole. Add milk and small pieces of butter. Bake in moderate oven  $\frac{3}{4}$  hour.

## ESCALLOPED VEAL OR CHICKEN

Grind cold cooked veal or chicken. Arrange in alternate layers in a greased baking dish with boiled rice. Pour over any left over gravy. If not enough use hot water and butter. Season to taste. Cover top with buttered bread crumbs and bake in oven about  $\frac{1}{2}$  hour at 150 degrees.

## VEAL CUTLETS EN CASSEROLE

Cut 2 lbs. of veal in small pieces, brown quickly in hot fat. Turn into a casserole and cover while hot. Make a smooth paste of 2 tb. flour,  $\frac{1}{2}$  t. salt,  $\frac{1}{4}$  t. pepper and paprika mixed with a little stock. Add 1 c. thick sour cream. Stir until thick. Add 1 tb. onion juice, 1 c. chopped mushrooms. Pour over meat in casserole and cover, bake in slow oven 1 hour.

## MEAT SOUFFLE

One c. seasoned cream sauce, 1 c. cold cooked meat, chopped, 2 egg yolks. Cook all these together. When cool add the stiffly beaten whites of eggs. Bake 20 minutes in buttered dish, surrounded by water, in a moderate oven. Serve at once with mushroom sauce or plain.



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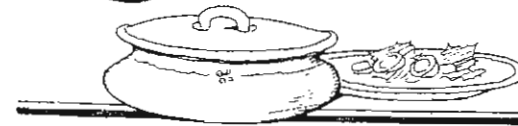
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DAYTON, OHIO

# Cheese & Egg Dishes



*"I will make an end of my dinner,  
There's pippins and cheese to come."—Shakespeare.*

## CHEESE CROQUETTES

Three tb. butter,  $\frac{1}{4}$  c. flour,  $\frac{2}{3}$  c. milk, yolks 2 eggs, 1 c. mild cheese, cut in very small cubes,  $\frac{1}{2}$  c. grated Gruyere cheese, salt and pepper, few grains cayenne. Make a thick white sauce, using butter, flour and milk, add yolks of eggs without first heating and stir until well mixed, add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper and cayenne. Spread in a shallow pan and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg and crumbs again, fry in deep fat and drain on brown paper.

## CHEESE SOUFFLE

Three eggs separated,  $\frac{1}{4}$  c. grated cheese,  $\frac{1}{2}$  c. scalded milk, 2 tb. butter, 3 t. flour, salt. Make a white sauce of butter, flour and milk. Add salt and cheese. Remove from fire, add well beaten eggs and whites beaten stiff and dry. Pour into a buttered baking dish or individual dish. Place in pan of water and bake 40 minutes at moderate temperature.

## CHEESE BALLS

One and one-half c. grated mild cheese, 1 tb. flour,  $\frac{1}{4}$  t. salt, few grains cayenne, whites 3 eggs, cracker dust. Mix cheese with flour and seasoning. Beat white of eggs until stiff, and to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat and drain on brown paper. Serve with salad course.

## CHEESE BALLS

One c. grated cheese,  $\frac{1}{2}$  c. crumbs, pepper, salt, 1 egg. Mix and roll in balls. Drop in cracker crumbs and fry in deep fat in basket. Keep hot until ready to serve. Serve with pie.

## RICE AND CHEESE CROQUETTES

One-half c. rice,  $\frac{1}{2}$  c. boiling water, 1 c. scalded milk,  $\frac{1}{2}$  t. salt, yolks of 2 eggs, 1 tb. butter, 2 tb. grated cheese. Wash rice, add to water with salt, cover and steam until rice has absorbed water. Add milk, stir lightly with fork, cover and steam until rice is soft. Remove from fire, add cheese and stir slightly until cheese is melted, add egg yolks and fat. Put in shallow pan to cool. Shape in balls, roll in crumbs, dip in eggs, again in crumbs and fry in deep fat. Drain and serve with tomato sauce.

## MACARONI AND CHEESE

Two c. macaroni (cooked), 2 c. white sauce for creamed dishes, 1 c. grated cheese,  $\frac{1}{2}$  c. buttered crumbs. Combine macaroni, cheese and sauce in layers in buttered baking dish and sprinkle crumbs over top. Bake in moderate oven until browned.

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# Preserves Marmalades and Jellies

*"Wilt please your honor, taste of these conserves?"*  
 —Shakespeare.

Preserves are made of equal weights of sugar and fruits. The fruit should be ripe, fresh and sound.

Jams are made of whole small fruits or large fruits cut fine and cooked in an equal weight of sugar.

Jellies are made of equal parts of clear fruit juice and sugar—1 c. of juice, 1 c. sugar, boil 10 minutes.

## SUNSHINE PRESERVES

Equal parts of fruit and sugar, boil 1 minute, then put on porcelain dish or big platter. Put out of doors in sunshine for 3 days, then put into glasses as you would jelly, but do not heat again. Fine for cherries and strawberries. Do not leave red raspberries out quite so long.

## STRAWBERRY PRESERVES

One pint of sugar with enough boiling water to cover. Cook until it threads. Stir in carefully a heaping pint of dark red strawberries; when that comes to a boil add a second pint of sugar; when that boils, a second pint of berries: when this boils, cook exactly 10 minutes longer. Let it get perfectly cool before canning.

## APPLE JELLY

Ten qts. of sour apples stewed very soft in sufficient water to cover the fruit; drain over night through a flannel bag without pressing; add 1 pt. of sugar to each pint of juice, and three sliced lemons; boil 20 minutes; strain into glasses.

## CRABAPPLE JELLY

Boil the apples, with just enough water to cover them, until tender; mash with a spoon and strain out the juice. Take a pint of juice to a pound of sugar; boil 30 minutes and strain through a fine sieve.

## FRESH STRAWBERRY JAM

Wash and hull 1 qt. fresh strawberries, crush with a wooden masher. To 2 c. of crushed berries add 3 c. of sugar and mix thoroughly. Boil for one minute, stirring constantly, and add  $\frac{1}{4}$  c. Certo. Boil for one minute. Remove from the fire and let stand for a few minutes to cool slightly and pour into sterilized glasses.

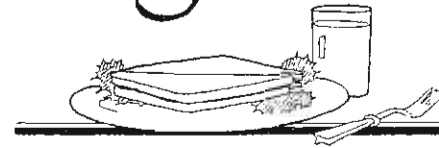
## TOMATO BUTTER

To 1 qt. of tomato add 1 pt. of apple; put both through sieve, 1 qt. of sugar, some ground cinnamon. Cook until it begins to look like preserves.

## PEACH BUTTER

Nine lbs. of peeled and sliced peaches, 4 lbs. of sugar, 1 pt. vinegar. Cook until thick.

# Sandwiches



*"Make your sandwiches out of the golden grain, garnished with the joy of the garden, and the green banks of the rippling brooks."*

## A FEW RULES FOR SANDWICHES

Bread for sandwiches should be at least 24 hours old.

Cream butter before spreading.

Do not have filling too moist.

If sandwiches are not to be used immediately, wrap in damp cloth and place in cool place.

Paraffine or wax paper helps to keep sandwiches fresh for the picnic or lunch basket.

## HAM SANDWICHES

One-half lb. of baked or boiled ham, 6 sweet pickles, 2 hard boiled eggs, put through food chopper. Mix with salad dressing until creamy. Spread between slices of bread.

## DRIED BEEF SANDWICH

For 1 dozen sandwiches—Soak  $\frac{1}{2}$  lb. of dried beef in cold water for  $\frac{1}{2}$  hour. Then take out and press out all water, roll in flour and fry in butter. Place between thin slices of buttered toast.

## CHICKEN SANDWICH

Cook chicken until tender. Put through food chopper with two or three sweet pickles. Mix mayonnaise dressing. Pimento may be added. Spread between thin slices of buttered bread.

## LOBSTER SANDWICH

Finely chopped boiled lobster meat. Moisten with French dressing. Spread one side of bread with green pepper butter, the other side with lobster mixture. Garnish with parsley.

## GREEN PEPPER BUTTER

Four green peppers,  $\frac{1}{2}$  c. butter, salt, cayenne. Remove seeds and white portion from peppers and cook in boiling water until soft. Drain well and rub through sieve. Cream butter and add pulp gradually, stirring constantly. Season with salt and cayenne. Spread over broiled fish, steak, chops, or on bread for meat sandwiches.

## BACON AND EGG SANDWICH

Fry strips of bacon and grind bacon and hard boiled eggs. Mix with sweet mayonnaise. Spread between slices of buttered bread.

## CHEESE DELIGHT

One brick of pimento cheese, 1 green pepper (chopped fine). Spread 1 slice of bread and toast.



### CHEESE AND HORSERADISH SANDWICH

One lb. Philadelphia cream cheese, 1 small glass horseradish. Mix well. Spread on white bread. Makes 80 small sandwiches.

### CHEESE AND JELLY SANDWICH

To 1 pound of cottage cheese take 1 small glass of jelly. Mix well. Spread on white bread.

### COTTAGE CHEESE SANDWICH

One cup dry cottage cheese,  $\frac{1}{3}$  cup fine chopped nuts,  $\frac{1}{3}$  cup chopped orange juice to make it moist. Mix thoroughly. Place between slices of buttered white or brown bread.

### OPEN BROWN BREAD SANDWICH

Spread pimento cheese on slices of brown bread. Place one slice of olive in center.

### TOASTED CHEESE SANDWICH

Two packages of Philadelphia cream cheese, 1 egg. Mix together. Add salt and pepper. Spread on slices of bread. Then place on mixture slices of bread. Toast. Serve hot.

### PEANUT BUTTER SANDWICH

Mix peanut butter and mayonnaise dressing. Use enough dressing to make a creamy filling. Spread on slices of buttered bread.

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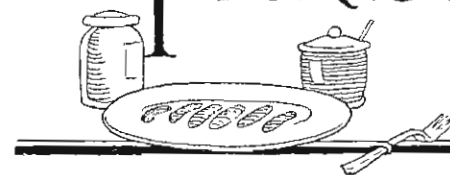
The S-W-S Chevrolet Co.

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DAYTON, OHIO

## Pickles and Relishes



*"Peter Piper picked a peck of pickled peppers."*

—Mother Goose.

Pickling is an important branch of home preparedness for the winter months. Pickles have little food value, but they give a flavor to a meal which is liked by many. They should not be given to children.

In pickling, vegetables are usually soaked over night in a brine made of 1 c. of salt and 1 qt. of water. This brine removes the water of the vegetable and so prevents weakening of the vinegar. In the morning the brine is drained off.

A firm product is obtained if the vegetables are not cooked too long or at too high a temperature.

Spices, unless confined in a bag, give a dark color to the pickles.

Enameled, agate or porcelain-lined kettles should be used when cooking mixtures containing vinegar.

Pickles put in crocks should be well covered with vinegar to prevent molding.

Instructions for some of the most commonly used methods are given herewith.

### CATSUP

Two qt. ripe tomatoes, boil and strain, add 2 tb. salt, 2 c. vinegar,  $\frac{2}{3}$  c. of sugar, 1 t. of cayenne pepper. Boil until thick. Pour into hot sterilized bottles. Put the corks in tightly and apply hot paraffin to the top with a brush to make an airtight seal.

### CHOW CHOW

Two pts. cucumbers (1 pt. to be small one), 1 cauliflower soaked in salted water for 1 hour, 2 green peppers, 1 qt. onions. Chop the above in small pieces. Sprinkle 1 c. of salt over them and let stand all night. Drain well in the morning.

The sauce for chow chow is made as follows: Two qts. vinegar,  $\frac{1}{4}$  lb. mustard, 1 tb. of tumeric,  $\frac{2}{3}$  c. of sugar,  $\frac{1}{2}$  c. of flour. Make a paste of the mustard, tumeric, sugar, flour and a little vinegar. Stir this into the warm vinegar and boil until thick. Then add the vegetable and simmer for  $1\frac{1}{2}$  hrs. Stir to prevent burning. Put in cans while hot.

### CUCUMBER PICKLES

One doz. cucumbers, 1 doz. small onions,  $\frac{1}{2}$  doz. sweet peppers (red and yellow). To 1 c. vinegar use  $\frac{3}{4}$  c. sugar. Pare good size cucumbers and cut in good sized rings. Cut pimientos in strips, clean onions, and place all in jar in salt water and let stand 3 hrs. Put vinegar, sugar and a bag of mixed spices in kettle and heat to boiling point. All vegetables and cook 20 minutes. Place in sterilized jars and seal.



*"O weary mothers, mixing dough,  
Don't you wish that food would grow?  
Your lips would smile, I know, to see,  
A cookie bush or a doughnut tree."*

### ROCKS

One and one-half cups brown sugar, one-half cup butter, 1 cup raisins, 1 cup chopped nuts, 3 cups pastry flour, one-half cup warm water, 3 eggs beaten separately, 1 scant teaspoon soda, 1 teaspoon cinnamon, and 1 teaspoon alspice. Drop from spoon.

### FILLED OATMEAL COOKIES

Cream 1 cup brown sugar with  $\frac{2}{3}$  cup butter and lard mixed, add  $\frac{1}{2}$  cup sour milk mixed with 1 teaspoon soda dissolved in 1 teaspoon hot water, then add 2 cups rolled oats and 2 cups flour. Roll very thin, cut with medium sized cutter, spread some with filling, cover with the plain ones and press edges together.

FILLING—One lb. dates chopped fine,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup water. Boil filling until smooth. These cookies are cut with small cutter and put together with filling when cold.

### CRISPETTES

Beat 2 eggs and stir into them a cup of white and brown sugar, mixed, and 4 tb. of sifted flour, then a pinch of salt and a t. of vanilla. Beat thoroughly and add a cup of English walnuts chopped fine. Drop the dough by the teaspoon into buttered pans, allowing 3 inches for the cakes to spread. These are delicious for afternoon tea or when served with fruit for dessert.

### NELL'S COOKIES

Two c. brown sugar, 1 cup lard (generous), 2 eggs, 1 c. buttermilk or sour milk, 1 t. soda, 1 t. baking powder, pinch of salt. Flavor with vanilla or a t. of nutmeg, 1 cup raisins. Flour enough to make a soft mixture. Roll and cut out.

### POUND CAKE COOKIES

Two c. sugar,  $\frac{1}{2}$  lb. butter, 3 eggs, 3 c. flour (heaping), 1 c. nuts (any kind),  $\frac{1}{4}$  t. salt, juice and rind of orange, lemon or nutmeg. Roll thin, cut and sprinkle with vinegar. If dough is soft, use more flour. Easier to handle when dough is chilled.

### GINGER SNAPS

One-half cup butter, 1 c. sugar, 1 egg (beaten), 1 t. cinnamon, 1 tb. ginger, 1 tb. soda dissolved in  $\frac{1}{2}$  c. water. One t. salt, 1 c. molasses. Mix butter, sugar and egg together, then add the rest. Make very stiff with flour, roll thin and bake in quick oven.

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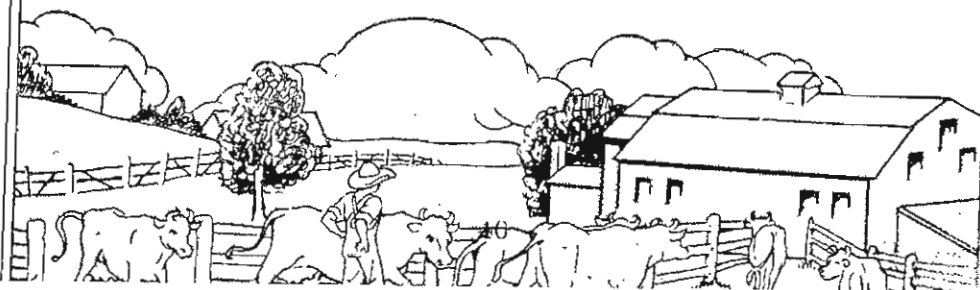


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## Puddings and Desserts

*"The proof of the pudding lies in the eating."*

### BREAD PUDDING

Beat 2 eggs well. Mix with this  $1\frac{1}{2}$  pts. milk,  $\frac{1}{2}$  c. sugar,  $\frac{1}{2}$  c. raisins, 1 t. vanilla. Pour in baking dish. Spread stale bread well with butter and place in milk. Let this stand for 2 or 3 hours so bread will be well soaked. Bake in medium oven until thickened, then brown with quick fire. Serve with sauce made of 1 c. brown sugar, 2 tb. flour, butter, 2 c. hot water. Serves 6.

### CHOCOLATE BREAD PUDDING

Two c. stale bread crumbs, 1 qt. scalded milk, 3 egg yolks,  $\frac{1}{4}$  c. sugar, 3 egg whites, 2 tb. cocoa or 2 squares bitter chocolate,  $\frac{1}{4}$  t. soda dissolved in 1 t. hot water,  $\frac{1}{4}$  t. salt. Pour hot milk over bread crumbs, let stand 20 minutes, beat sugar and yolks of eggs together, melt chocolate and soda, then add to milk and bread, also the beaten whites of eggs. Bake 50 minutes. Serve with hard sauce. Two c. powdered sugar,  $\frac{1}{2}$  c. butter, beat until creamy, flavor with vanilla. This will serve 10 people.

### CARROT PUDDING

Chop 1 c. raisins, 1 c. raw potatoes, 1 c. raw carrots in food chopper. Combine this mixture with  $2\frac{1}{2}$  c. flour, 1 c. sugar, 1 c. currants, 2 t. baking powder,  $\frac{1}{2}$  t. cloves. Steam 3 hours. Serve with hard sauce.

### CARROT-SUET PUDDING

One c. chopped raw potato, 1 c. chopped raw carrots, 1 c. chopped suet, 1 c. sugar, 1 c. raisins, 1 c. currants, 1 c. nuts, flour, 1 t. soda dissolved in a little hot water or molasses,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  t. cinnamon, pinch of cloves. Put carrots, potatoes and suet through food chopper, mix all ingredients in a large bowl with your hands. Steam 6 hours. Will serve 12 or 15. Serve with hard sauce or melted grape jelly.

### ORANGE PUDDING

Peel and slice 4 or 5 large oranges (remove white skin and seeds). Put a layer of sliced orange in banking dish. Sprinkle sugar over it, then another layer of oranges and sugar. Cook in a double boiler until thick, then pour over oranges. One pt. of milk, 1 c. of sugar, 1 round tb. flour, 3 eggs (just yolks). Beat the whites of the 3 eggs stiff. Add 1 tb. sugar, pour this over the pudding and put in oven to brown.

### PLUM PUDDING

Two lbs. of raisins seeded, 1 lb. currants, 1 lb. of suet, 1 pt. of milk, 1 t. salt,  $1\frac{1}{2}$  c. sugar, 1 whole nutmeg, 4 eggs. Flour to stiffen until spoon will stand straight without falling. Put in bag and boil 4 hours. Sauce hard or liquid.



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## Frozen Desserts



*"Take the goods the gods provide."*

### PEANUT BRITTLE MOUSSE

One pt. whipping cream—whip and add  $\frac{1}{2}$  lb. peanut brittle (rolled fine). Put in quick freezing tray. This will make ten servings.

### GRAPE MARLOW

One cup Welch's grapejuice—heat in double boiler and add 15 marshmallows—dissolve and let mixture cool—then add  $\frac{1}{2}$  pt. whipping cream (whipped). This will make six servings.

### GRAPENUT MOUSSE

One pt. whipping cream—whip and add  $\frac{1}{2}$  cup sugar, 1 cup Grapenuts, 1 tablespoon black walnut flavoring. Put in quick freezing tray. This will make ten servings.

### ORANGE CREAM

Three-quarters cup evaporated milk, 1 tablespoon lemon juice, 1 cup orange juice, 1 cup sugar. Whip milk with lemon juice until stiff—add sugar and orange juice. Put in quick freezing tray.

### VANILLA ICE CREAM

( $1\frac{1}{2}$  qts.)

One pt. milk, 6 oz. sugar, 1 pt. cream, 2 eggs, 1 tb. cornstarch, 1 t. vanilla. Mix sugar, cornstarch, yolks of eggs. Add milk and scald. Whip whites of eggs and cream together. Add to milk mixture and freeze.

### CHOCOLATE ICE CREAM

Three tb. grated chocolate,  $\frac{1}{2}$  pt. cream, 1 pt. milk, 2 eggs, 1 c. sugar, 1 tb. vanilla. Dissolve chocolate in a little milk and boil for 1 minute. Beat eggs and mix with sugar. To this add rest of milk, cream, vanilla, dissolved chocolate. Freeze.

### STRAWBERRY ICE CREAM

One qt. strawberries,  $1\frac{1}{2}$  pt. cream. Crush berries, sweetened, sweeten cream to taste. Combine. Freeze.

### PEACH ICE CREAM

( $1\frac{1}{2}$  qts.)

One and one-half pt. pure cream, 8 medium sized peaches. Pare and seed peaches, grind if solid, mash if soft. Sweeten. Add to sweetened cream. Freeze.

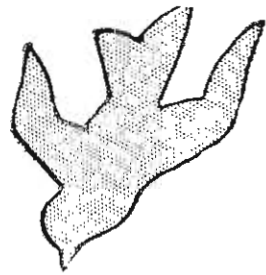
### PEPPERMINT ICE CREAM

One-half lb. peppermint stick candy,  $1\frac{1}{2}$  pt. cream. Dissolve most of candy in the cream. Strain. Freeze. Let stand  $2\frac{1}{2}$  hours. Break rest of candy in small pieces and put in the cream 1 hour before using. This is better if let stand all night.

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*"Who dares deny the truth, there's poetry in pie?"—Longfellow.*

### PIE PASTRY

Two cups flour, 2 heaping tb. lard, salt, enough water to hold together.  
This is enough for 2 pies.

### NEVER FAIL PIE CRUST

Eight heaping tb. flour, 2 heaping tb. lard, 4 tb. water, salt. Mix well,  
but do not knead on board, press together, then roll out.

### DELICIOUS APPLE PIE

Cut apples up finely and put in the crust as usual. Cook together 1 large  
cup light brown sugar, 1 large t. flour, butter, a little salt and water, enough  
to moisten good. When it gets syrupy but not thick, take off the fire. While  
still warm pour over apples and add top crust. Bake. This takes less time  
to bake.

### BANANA PIE

Line a deep plate with a rich crust and bake a delicate brown. Filling—  
One scant cup of sugar, 2 tb. of flour, 1 t. of butter creamed into this. Two  
egg yolks beaten in next, 1 cup of boiling water, a pinch of salt. Cook until  
thick, stirring, add a little vanilla and cool. Put in crust a layer of sliced  
bananas, then layer of cream, making 2 layers of each. Beat the whites of  
the eggs with 2 t. of sugar, spread on top and brown slightly.

### BUTTERSCOTCH PIE

One cup brown sugar, 2 tb. cornstarch, 2 tb. butter, pinch of salt, yolks  
of 2 eggs, 1 tb. vanilla, 2 c. milk, 1 c. water. Blend all these together and  
cook in double boiler until thick. Pour into baked crust, using the whipped  
egg whites for meringue.

### BUTTERSCOTCH PIE

One tablespoon butter, 1 cup brown sugar, 1 tb. flour, 1 cup milk, 1 egg.  
Melt butter in skillet, add the sugar and 4 tb. of the milk. Cook 5 minutes,  
then add the flour, milk and yolk of egg which has been previously stirred  
smooth together. Cook until it thickens, stirring all the time. Pour in baked  
crust and make meringue of egg white and brown sugar and place on top  
and brown.

### BERRY PIE (TWO CRUST)

Sprinkle bottom pie crust with sugar and a little butter and add, well  
blended, 1 pt. berries, 1 t. flour, 1 c. sugar and 1 t. butter.

### CAKE PIE

One cup of sugar, 2 tb. flour, 1 tb. butter, 2 egg yolks, 1 cup of milk, 1  
lemon, the juice and a little of the grated rind. Two well beaten egg whites  
stirred in last. Pour into crust and bake about 30 minutes as you would  
a crusted pie.



*"With weights and measures just and true,  
Oven of even heat,  
Well buttered tins and quiet nerves,  
Success will be complete."*

### ANGEL FOOD

Delicate flavor and texture depends on light and deft handling of mixture, low baking temperatures, and fine ingredients.

One cup sifted cake flour, 1 cup egg whites (8 to 10 eggs),  $\frac{1}{4}$  teaspoon salt,  $\frac{3}{4}$  teaspoon cream of tartar,  $1\frac{1}{4}$  cups sifted fine granulated sugar,  $\frac{3}{4}$  teaspoon vanilla,  $\frac{1}{4}$  teaspoon almond extract.

Sift flour once, measure, and sift four more times. Beat egg whites and salt on large platter with flat wire whip. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar, two tablespoons at a time. Fold in flour the same way; then flavoring.

Pour batter into ungreased Angel Food Pan and bake in very slow oven (275° F.). After 30 minutes increase heat slightly (325° F.). Bake at least one hour. Remove from oven and invert pan for one hour or until cold.

### BUTTER CAKE

Mastery of this recipe will insure success in making a great variety of other cakes. Two cups sifted cake flour, 3 teaspoons baking powder,  $\frac{1}{2}$  cup butter or other shortening, 1 cup sifted sugar,  $\frac{2}{3}$  cup milk, 3 egg whites, beaten light. Prepare pan, sift flour once, measure, add baking powder and sift together 3 times. Cream shortening until light and fluffy, then add sugar gradually and cream together thoroughly. Add sifted flour and baking powder to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth, add vanilla. Fold in egg whites. Bake in loaf or layer in moderate oven.

### HICKORY NUT CAKE

One cup sugar, 2 cups cake flour,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 eggs, 1 cup hickory nut meats, 3 teaspoons baking powder, vanilla. Use same method of preparation as buttercake. (Walnuts can be substituted for hickory nuts).

### POUND CAKE

One and one-half cups flour,  $1\frac{1}{2}$  cups sugar, 1 cup (scant) butter, 1 cup or six eggs,  $\frac{1}{2}$  teaspoon baking powder, pinch salt,  $\frac{1}{4}$  teaspoon nutmeg. Beat whites, drop in yolks, beat, add half of sugar, beat. Cream butter and other half of sugar. Combine and add flour. Citron can be used to flavor.

### DATE CAKE

One lb. dates, 1 lb. walnuts, 4 eggs, 1 cup sugar, 1 cup flour, 1 teaspoon



vanilla,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder. Beat the egg yolks and add sugar, dates and nuts. Add  $\frac{1}{3}$  of the beaten egg whites, flour, baking powder and vanilla. Fold in remainder of the egg whites. Bake in a loaf and serve with whipped cream.

### SUNSHINE CAKE

Whites and yolks of seven eggs, beaten separately. One cup flour, one cup sugar,  $\frac{1}{4}$  teaspoonful cream of tartar. Flavor. Add sugar to beaten whites, then yolks, then flour. Bake thirty minutes.

### SPONGE CAKE

Three eggs, well beaten,  $1\frac{1}{4}$  cups sugar, little salt,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup hot water, flavoring. Beat eggs until thick, add sugar and beat again. Sift flour, salt and baking powder three or four times and add to eggs and sugar. Add flavoring and lastly the boiling water. Bake thirty minutes.

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*"My mission in life is a sweet one, I claim,  
For the children's eyes brighten at hearing my name."*

### CHOCOLATE CARAMELS

One cup golden syrup,  $\frac{1}{2}$  cup grated chocolate, 1 cup brown sugar, 1 tablespoon glycerine, one ounce butter, 1 cup milk. Boil all ingredients together stirring briskly all the time. Add the glycerine, and again boil quickly for a few minutes. Remove from fire and stir in the chocolate. Boil again until it forms soft ball in water. Pour into oiled tins, cut in squares.

### PERFECT FUDGE

Two cups sugar, 1 cup of milk, 2 tablespoons cocoa, 1 teaspoon butter, 1 teaspoon vanilla. Boil first three together until it forms soft ball. Do not stir. Put in butter and vanilla. Get absolutely cold. Stir with wooden spoon—mold.

### DATE ROLL

Four cups sugar, 1 cup milk, 1 pound dates, 1 cup nut meats. Put sugar and milk on to boil. When starts to boil add dates and nuts. Boil until it forms a soft ball in water. Beat until stiff and roll in dampened cloth in a long roll. Cut in small slices.

### PEANUT BUTTER FUDGE

Two cups white sugar,  $\frac{2}{3}$  cup milk, 4 tablespoons peanut butter, few grains salt, 1 teaspoon vanilla,  $\frac{1}{3}$  cup raisins. Bring sugar and milk to boiling point and let boil until a soft ball forms, when mixture is tried in cold water. Remove and add peanut butter, salt and vanilla. Beat until creamy, add raisins (seeded) and cut in pieces—turn into buttered pan to  $\frac{3}{4}$  in. in depth, cool and cut into squares.

### NOUGAT

Three cups granulated sugar, 2 egg whites, 1 cup nut meats,  $\frac{1}{2}$  cup water, 1 cup corn syrup. Boil sugar, syrup and water until it forms a soft ball in water. Then add beaten egg whites and nut meats. Beat until stiff enough to pour.

### DUTCH BOBBLERS

Two cups brown sugar, small  $\frac{1}{2}$  cup vinegar, butter size of egg, nuts if desired,  $\frac{1}{2}$  cup water. Cook until it becomes brittle in cold water. Add nut meats, cool and pull.

### PEANUT BRITTLE

One cup granulated sugar,  $\frac{1}{2}$  cup white Karo syrup,  $\frac{1}{2}$  cup water. Boil until it threads. Pour in 1 cup peanuts (raw). Boil very slowly 6 minutes. Put in 1 teaspoon vanilla and heaping teaspoon soda. Butter plate and drop and spread on it like pan cakes.

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# Poultry

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Roast Turkey	Egg Noodle Soup	Brown Gravy
	Cranberry Sauce	
	Whole Jellied Apples	
	Macaroni, Chicken Livers and Mushrooms	
	Hearts of Lettuce with Mayonnaise	
	Pumpkin Pie with Whipped Cream	
Nuts	Raisins	Candy
	Coffee	

## TO CLEAN AND DRESS POULTRY

Singe by holding chicken over a flame from gas, alcohol or burning paper.

Cut off the head, turn back the skin, and cut the neck off quite close; take out windpipe and crop, cutting off close to the body. Remove pin feathers with the point of a sharp knife. Remove oil bag from the tail.

If internal organs have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should be removed together; care must be taken that the gall bladder which lies under the liver not be broken; it must be carefully cut away from the liver. The lungs and the kidneys lying in the hollows of the backbone must be carefully removed. Cut off the tip of heart and cut open to extract any blood. Cut gizzard through to the inner coat, half way around, take off the outer coat and throw the inner bag away. The gizzard, heart and liver are known as the giblets, and are prepared in various ways and are frequently used for making gravies and dressings for roasted poultry. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Scald feet with boiling water and pull off the skin. Place in soup kettle with giblets and other meats for soup.

Clean the chicken thoroughly inside and out. Stuff and truss for roasting or cut into pieces for stew or fricasee.

## TABLE FOR COOKING POULTRY

Clean poultry. Wash thoroughly. Stuff with bread-crumbs filling. Press the legs and wings close to the body and tie them in place. Place pieces of lard or pork over the breast. Rub in a little salt and pepper to get the seasoning into the meat. Put into a baking pan with one and one-half cups of water for a turkey. Half a cup for a chicken or duck. Two tablespoons for squab. Roast according to the following table. Baste the larger fowl every ten minutes, the smaller oftener.

Turkey	.....15 minutes to the pound	Chicken	.....15 minutes to the pound
Goose	.....20 minutes to the pound	Duck	.....15 minutes to the pound
Capon	.....15 minutes to the pound	Guinea hen	.....15 minutes to the pound
	Squab.....15 minutes to the pound		

# Food Portions in Quantity




---

## FOOD PROPORTIONS TO SERVE 100 PEOPLE FRUIT COCKTAIL

One and one-half dozen grapefruit, eight No. 2 cans shredded pineapple, eight pounds grapes, two dozen oranges, one dozen bananas, sugar to taste.

## MEATS

Thirty-five pounds of pork, ham, beef, sausage or steak.  
Buy roasts in fifteen pound pieces.  
Ten beef tongues. (One tongue cuts in twenty slices).  
One three-pound chicken, roasted or fried, serves six.  
One three-pound chicken, creamed, serves eight.  
Oysters, escalloped, ten quarts.

## FRUIT SALAD

Four pounds white grapes, four pounds blue grapes, six No. 1 cans shredded pineapple, one-half dozen lemons, three dozen oranges, three pounds marshmallows (diced), one-third crate iceberg head lettuce. Make dressing of one and one-half dozen eggs, fruit juice and four quarts whipping cream.

## CORN BREAD FOR FIFTY SERVINGS

One quart buttermilk, four eggs, one cup lard and butter (mixed), one cup sugar, two cups flour, five cups corn meal, three level teaspoons soda (sifted in flour), salt. Repeat four times for 100.

## ESCALLOPED TOMATOES

(Twelve Servings)

One and one-half cans tomatoes (large size), one-half cup sugar, one pint milk, one dozen crackers, season with salt, pepper to taste. Bake light brown.

Sandwiches—One loaf of sandwich bread makes twenty sandwiches.

Ham—Seven pounds of ham, boiled and ground, mixed with one quart of mayonnaise dressing will make 350 sandwiches.

Butter—One pound will make fifty sandwiches.

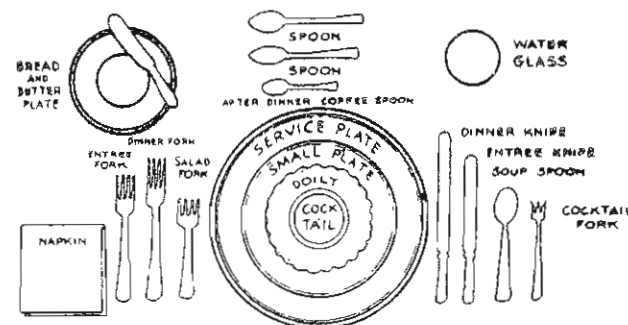
Cake—One medium sized cake will serve twenty people.

Ice Cream—One gallon for twenty people, and one quart of brick cream for eight people.

Coffee—One-half gallon made from one-half pound best coffee for twenty cups and one and one-half pints of cream.

Tea—One-half gallon for twenty-five cups.

Cocoa—One-half pound for one gallon and this will serve twenty-eight cups.



# THE RED WING CORPORATION

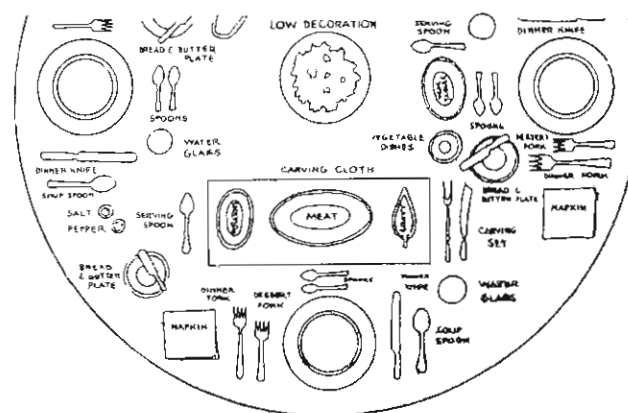


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### COLD-PACK METHOD

In the cold-pack method of canning the food material is blanched, that is, cooked for a certain length of time in boiling water or steam, and is then cold dipped, that is, quickly dipped into cold water. It is then packed into clean hot jars. Hot water or syrup is usually added, the rubbers and tops adjusted so as partially to seal, and the cans are placed in hot water which completely covers them 2 to 3 inches. They are boiled for the required length of time and sealed. It is this method that is recommended and that is described in this bulletin. The advantages of this method are:

1. It does not require long standing over a hot stove.
2. The blanching in some cases reduces the bulk so that more may be packed in a can.
3. The quick change in temperature between the boiling and the cold water in the blanching and cold dipping process is supposed to create a condition favorable to the death of micro-organisms.
4. It is a safe method for canning vegetables.

## EQUIPMENT

It is convenient and rather an encouragement to do canning to have set aside a few utensils to be used for this one purpose. The list should include the following: Half-pint measuring cup, paring knife, basin, tablespoons, teaspoons, kettle.

A colander or a wire frying basket may be helpful.

A duplex fork or coal tongs is best for lifting cans out of the hot water.

A strong wire may be bent with a hook at one end to use with the spring top jars or a pancake turner may be bent so as to slip under the jars and thus lift them.

Cheesecloth or some other thin cloth is needed for blanching and cold dipping, if the wire basket is not used.

Cans and rubbers and the canner, or sterilizer, complete the outfit.

## HOME MADE HOT WATER BATH

This kind of a canner can be prepared in any home and with little expense. There must be a container with a close fitting cover and a false bottom. The container may be a wash boiler, a lard can, a new garbage can, or any straight sided pail. The false bottom is required to keep the cans off the bottom of the container so as to allow a free circulation of water about them. It may be constructed of laths uailed together with cross pieces, or it may be of perforated cake tins. Wire broilers or cake coolers serve the purpose nicely. The tinner can make a good one by cutting a piece of galvanized tin a little smaller than the size of the bottom of the canner, perforating this with one-inch holes, and soldering on the under side some points that will raise it up one inch. Two strips of tin may be fastened at opposite sides,



made a little shorter than the height of the canner, and when hooked at the top act as handles with which to lift the false bottom.

Screw top jars have tops to be screwed on. The kind which has a screw band and a separate glass top is much better than the old style of one-piece top.

Spring top jars have glass tops that are clamped down by metal wires.

Vacuum sealed jars have metal tops with a rubber-like material on the edges that eliminate the use of rubber rings. During sterilization the tops are held in place by light clamps.

RUBBERS—All rubbers should be elastic and not too thick. When purchased, they should be tested to see how much “pull” they have. Their color makes no difference in the quality. Good rubber is not injured by several hours boiling.

TERMS USED IN CANNING

BLANCHING means boiling to remove objectionable flavors, to reduce bulk, to help kill bacteria.

COLD DIPPING means dipping quickly into and out of cold water to make handling easier and to help kill bacteria.

SCALDING means dipping into hot water long enough to remove the skin.

PROCESSING OR STERILIZING means heating long enough to kill micro-organisms.

FRUIT AND VEGETABLE CANNING CHART

Products to be Canned	Preparations	Boiling Water or Syrup	Processing or Cooking Period
<b>Soft Fruits</b> Strawberries, dewberries, blackberries, blueberries, peaches, apricots, sweet cherries.	Grade, rinse, stem, pack whole.  Grade, rinse, seed, skin or pit. Pack cherries whole, peaches and apricots pack in halves.	3 cups sugar to 2 cups water, boil for 4 min. or until 219° Centigrade or 219° Fahrenheit is registered.	Hot water bath, strawberries 8 min., other fruits 8 to 12.
<b>Sour Berry Fruits</b> Currants, gooseberries, cranberries, sour cherries.	Stem, pit, rinse, blanch in hot water 1 minute. Dip quickly into cold water. Pack whole closely.		Hot water bath, 10 minutes.
<b>Hard Fruits</b> Apples, pears, quinces.	Grade, blanch 1½ min. in hot water, dip quickly into cold water. Skin, core, pack whole, quartered or sliced. Not necessary to blanch.		Hot water bath, 20 minutes.
<b>Vegetable Greens</b> Asparagus, spinach, cauliflower, Brussels sprouts, beet tops, Swiss chard, kale, French endive, dandelion.	Blanch in steam from 15 to 20 min. Dip into cold water. Cut in convenient sizes. Pack tight, season to taste.	Fill jar with boiling water. Add ½ teaspoon salt to 1 pint jar, or 1 teaspoonful to 1 qt. jar.	Hot water bath, 90 min., except cauliflower 45 minutes.
<b>Tomatoes</b>	Scald long enough to loosen skins. Dip quickly into cold water, core and skin. Pack whole.	Add 1 teaspoon of salt to 1 quart jar or ½ teaspoon salt to 1 pint jar.	Hot water bath, 20 minutes.
<b>Corn</b>	Blanch on cob from 3 to 5 min. Dip quickly into cold water. Cut from cob with sharp knife. Pack loosely.	Fill jar with boiling water. Add 1 teaspoon salt to 1 quart jar or ½ teaspoon salt to 1 pint jar.	Hot water bath, 4 hours.
<b>Legumes</b> Peas, Lima beans, string beans, lentils.	Cull, string, grade. Blanch from 2 to 5 min. in boiling water. Pack whole.	Fill jar with boiling water. Add 1 teaspoon salt to 1 quart jar or ½ teaspoon salt to 1 pint jar.	Hot water bath, 2 hours.
<b>Roots</b> Beets, carrots.	Cleanse thoroly. Scald till skin is loose. Dip quickly into cold water. Remove skins. Pack whole or in cubes.	Fill jar with boiling water. Add 1 teaspoon salt to 1 quart jar or ½ teaspoon salt to 1 pint jar.	Hot water bath, 90 minutes.

A syrup made of 3 cups of sugar to 2 cups of water and boiled 4 minutes or until it reaches the temperature of 104° Centigrade or 219° Fahrenheit can be used in the canning of all fruits. The sugar should be well dissolved before placing on the fire, and the time counted when it begins to boil throughout.

Variations may be made to meet the individual tastes and kind of fruits. If a thinner and lighter syrup is desired do not boil sugar and water more than 2 to 3 minutes. If a thicker, heavier syrup is desired, boil the sugar and water not more than 5 minutes.

# INVALID COACH SERVICE

BY APPOINTMENT ONLY

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### WEIGHTS AND MEASURES

1 quart flour	1 pound	1/2 pint	1 cupful
1 pint butter	1 pound	1 quart	4 cupfuls
8 large eggs	1 pound	3 teaspoonfuls	1 tablespoonful
2 cupfuls milk	1 pound	1 gill	1/2 cupful
2 cupfuls sugar	1 pound	4 gills	1 pint
2 cupfuls butter	1 pound	2 pints	1 quart
1 cupful crumbs	1/4 pound	4 tablespoonfuls	1 wineglassful
1 cupful chopped suet	1/4 pound	60 drops	1 teaspoonful
1 square chocolate	1 ounce	4 wineglassfuls	1 cupful
4 cupfuls whole wheat flour	1 pound	4 quarts	1 gallon
4 1/2 cupfuls graham flour	1 pound	2 tablespoonfuls sugar	1 ounce
1 cupful chopped nut meats	1/4 pound	4 tablespoonfuls flour	1 ounce
2 2/3 cupfuls corn meal	1 pound	2 tablespoonfuls butter	1 ounce

### BAKING TIME TABLE

The following table gives approximately the time for baking biscuits, cookies, pies, puddings and cakes. The time will vary according to the state of the oven, and the quantity to be cooked.

Biscuits	10 to 20 minutes	Cake, Sponge	35 to 60 minutes
Cookies	8 to 12 minutes	Cake, Loaf	40 to 60 minutes
Pies	30 to 45 minutes	Cake, Layer	15 to 25 minutes
Pudding, Bread	20 to 45 minutes	Gingerbread	30 to 60 minutes
Pudding, Indian	3 to 4 hours	Cake, Plain	26 to 40 minutes
Pudding, Plum	4 to 6 minutes	Cake, Thin	15 to 30 minutes
Rolls	15 to 20 minutes	Bread, White	45 to 60 minutes
Fritters	3 to 5 minutes	Bread, Graham	35 to 50 minutes
Muffins	10 to 20 minutes	Bread, Nut	50 to 60 minutes
Doughnuts	3 to 5 minutes	Whole Wheat Gems	25 to 30 minutes
Cake, Fruit	2 hours	Popovers	15 to 35 minutes

### LIST OF UTENSILS AND HELPS FOR THE MODERN KITCHEN

White kitchen paper for covering cakes, etc.	1 can opener
1 baking board	3 pie tins
1 rolling pin	1 pair scissors
1 chopping board	1 apple corer
3 wooden spoons	1 doughnut cutter
1 flour sifter	1 vegetable brush
1 pastry brush	Pudding molds
2 biscuit pans	1 sugar thermometer
2 bread pans	Saucepans
6 to 8 cake tins	1 frying pan and basket
1 sugar sifter	1 tray
1 double boiler	3 cake racks
5 bowls	1 flour bin
1 Dover egg beater	Teaspoons
1 wire egg beater	1 pot rest
2 measuring cups	
1 waffle iron	
Gem pans	
Muffin pans	
1 strainer	
Forks and knives	
1 palette knife	
1 lemon squeezer	
1 kettle	
1 steamer	
1 grater	
Scales and weights	
Tablespoons	
Cookie cutters	

### TIME TABLE FOR COOKING VEGETABLES

Asparagus	15 to 30 minutes	Dandelion Greens	20 to 35 minutes
Beans, string (young)	30 to 45 minutes	Green Corn	7 to 12 minutes
Beans, string (old)	60 to 90 minutes	Onions	30 to 45 minutes
Beets (young)	35 to 40 minutes	Peas	17 to 25 minutes
Beets (old)	2 to 4 hours	Potatoes (white)	35 to 45 minutes
Brussels sprouts	15 to 30 minutes	Potatoes (sweet)	30 to 35 minutes
Cabbage	13 to 20 minutes (20 to 30 if steamed)	Spinach	30 to 35 minutes
Carrots	20 to 40 minutes	Squash (summer)	15 to 40 minutes
Cauliflower	29 minutes	Squash (winter)	50 to 60 minutes
Celery	20 to 30 minutes	Tomatoes	15 to 20 minutes
		Turnips	35 to 45 minutes

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*“Smile awhile, and while you smile, another smiles;  
And soon there’s miles and miles of smiles;  
And life’s worth while, because you smile.”*

One of the primary and most important “home helps” is a smile. A spontaneous and sincere smile if possible, if a grouch has got you—try a mechanical grin; if you can’t grin, a silly simper will soon have you laughing at your own ridiculousness. A little of this “Polly-Anne” propaganda, discreetly practiced, will prove a “home help” worth cultivating. Try it once!

## KITCHEN

Pare onions under water and they will not irritate the eyes.

Remove pin feathers from a fowl with a strawberry huller.

To prevent burning saucepan when boiling milk, sprinkle bottom of the pan with granulated sugar. Let it get hot, then pour in the milk. It also keeps milk from boiling over.

To remove odors, such as onions, fish, etc., from the hands, wash hands and before drying them rub on about a teaspoon of dry mustard.

A pinch of soda added to any boiled syrup will keep it from crystalizing.

A few cloves added to vegetable soup will give it a delicious flavor.

Heat lemons well before squeezing and there will be double the quantity of juice.

A few grains of rice placed in the bottom of a salt celler will keep salt from sticking in damp weather.

Add  $\frac{1}{4}$  teaspoon soda to cranberries while cooking and they will not require much sugar.

To keep juice from running out of fruit pies, insert a small cornucopia of white paper into the center of the pie so that it is about twice the height of the pie.

When separating eggs, if you drop a portion of egg yolk into the whites, moisten a cloth with cold water, touch to yolk and it will adhere to it.

In making fancy shaped sandwiches, cut bread lengthwise instead of across the loaf and there is less waste.

After freezing ice cream, empty cracked ice into sack. Ice will melt, leaving salt which can be used again.

In placing dishes on ice, place rubber ring from fruit jar under dishes. Ring will adhere to both ice and dish.

Don’t stick your fork, when baking a roast, again and again into the meat, and so let out the juices and flavor.

When a custard pie shrinks from the crust, it has been baked in too hot an oven. The oven should be hot for the first eight or ten minutes in order to bake pastry so that it will not become soaked with liquid. Then reduce the heat or the custard will boil.

If an egg is strictly fresh it will, when placed in a pan of water, lie on its side at the bottom of pan. If stale, it will stand on end, and if very old, it will rise to the surface.

If a chicken is rubbed inside and out with a cut of lemon before it is cooked, it will make the meat white, juicy and tender.

When cooking such vegetables as carrots, spinach, turnips and cauliflower, cook twice the amount needed for one meal. Half may be served plain the first day and the other half creamed the second day.

Salt meats, such as ham, tongue and beef, which are to be boiled, should be put in cold water and allowed to heat slowly.

When using canned asparagus be sure to open the can at the bottom so that the stalks may be removed without injuring the tips.

Season mashed potatoes and place in well-buttered muffin pans. Sprinkle a little grated cheese over the top and bake in the oven until brown. Remove carefully with a spatula and surround a broiled steak or fish with them.

When separating egg yolks from the whites, break them over a funnel and the whites will pass through, leaving the yolks in the funnel.

A pinch of powdered sugar and another of cornstarch beaten in with the yolks of eggs will keep an omelet from collapsing.

Unsifted flour is "packed." Always sift it before measuring or you will spoil a careful recipe by using too much.

Remove bread and biscuits from the baking pan as soon as they are taken from the oven or "sweating" will spoil the crispness of the bottom crust.

Remember to handle baking powder dough as little as possible. Sour milk and soda products are improved by adding a little baking powder.

Sour pickles, cut in bits, adds to potato salad.

Carrots put through the food chopper and cut up celery make a good raw vegetable salad.

Half a eup of ground nuts added to custards forms a crust that when baked is delicious.

Prunes cooked in sweet pickle syrup are tasty and quite different.

One qt. of vinegar can make two by adding an equal amount of boiling water. Bottle and let stand for a few days.

A fish dinner or luncheon should be followed with a salad, French dressing, wafers, cheese and coffee. Sweets should never be served with fish.

Beef kidney with round steak, onions, carrots and potatoes make a delicious soup to stew.

To cut marshmallows, dip scissors in cold water and they will not stick.

CARE OF THE REFRIGERATOR

Health demands a spotless refrigerator. Food keeps better and longer when cleanliness is assured.

Clean ice chamber and drainage as well as the food chamber.

Place all foods in porcelain or glass.

Vegetables and fruits should be washed before placing in refrigerator.

The most perishable food should be placed nearest the ice chamber.

TABLE OF CALORIES  
Twelve Hundred Calories a Day Will Keep Fat Away  
TABLE OF CALORIES OF 100 AND MORE

Meats

Lean meats, 5 or 6 oz.....	300	C
Drief beef, 4 by 5 in.....	100	"
Oysters (12) moderate sized (cooked).....	100	"
One egg .....	80	"
Bacon, crisp, 2 slices .....	100	"
Butter, 1 pat .....	100	"

Vegetables

Large serving lettuce or cabbage.....	100	"
1 large dish tomatoes, carrots, turnips, string beans or greens.....	25	"
Potatoes, 1 medium.....	100	"
Beans, baked, 3 tb. ....	150	"
Beets, 5 medium sized.....	25	"
Tomato, 1 large.....	50	"
Peas, 1 helping.....	50	"
Mayonnaise or oil, 1 tb. ....	100	"
Olives, 5 .....	100	"

Fruits

1 large orange, 2 medium apples, ½ large grapefruit, 1 small cup berries, ½ large canteloupe, 2 medium figs, 5 prunes, 1 small banana .....	100	"
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Nuts

5 peanuts or large walnut, 5 almonds .....	50	"
10 raisins .....	50	"

Bread and Pastries

1 medium slice bread, 1 corn muffin, 1 slice whole wheat bread, 1 roll, 4 soda crackers, 2 small cookies.....	100	"
1 piece pie .....	350	"

Cereals

1 shredded wheat, 3 t. grape nuts, with cream, 3 tb. corn flakes, with milk .....	100	"
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Milk and Cheese

10 oz. skim or buttermilk.....	100	"
1 tb. cream .....	50	"
1 pat cheese .....	50	"

1200 CALORIES A DAY

Breakfast

1 egg .....	80	C
1 toasted bread .....	100	"
¼ pat butter .....	25	"
Coffee .....	48	"

Total .....	250	C
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Lunch		
Baked beans, 3 lb. ....	150	C
1 large tomato .....	50	"
1 small cup berries .....	50	"
Total.....	250	C
Dinner		
Meat, 3 oz. ....	100	C
1 medium sized potato .....	100	"
Lettuce or cabbage.....	00	"
1 dish stewed tomatoes, squash, onions or spinach.	25	"
Cream or sugar .....	50	"
Cake, pie or ice cream.....	350	"
Coffee or tea .....	00	"
Total.....	625	C
Grand total .....	1080	C
Leaving for extras.	120	"
	1200	"

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