

RECIPES *from* OLD VIRGINIA

*More than 700 of the most famous
dishes of the Old Dominion*



The recipes of two centuries collected from the kitchens of Old Virginia, together with the latest recipes used by the foremost cooks—all tested and approved by

**THE VIRGINIA FEDERATION OF HOME
DEMONSTRATION CLUBS**



RECIPES

from

OLD VIRGINIA

Recipes from Old Virginia



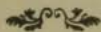
RECIPES
from
OLD VIRGINIA

Compiled by

THE VIRGINIA FEDERATION OF
HOME DEMONSTRATION CLUBS

Illustrated by

MRS. N. R. PERKINS



THE DIETZ PRESS, INCORPORATED
Richmond, Virginia

RECIPES

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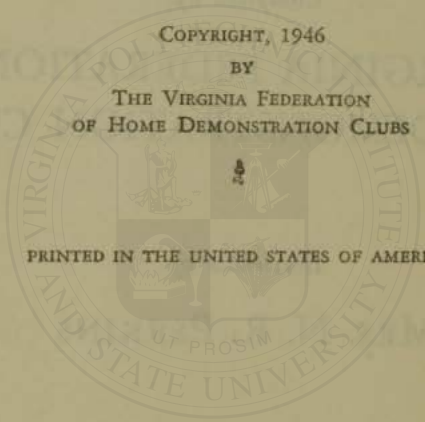
OLD VIRGINIA

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BY

THE VIRGINIA FEDERATION
OF HOME DEMONSTRATION CLUBS

PRINTED IN THE UNITED STATES OF AMERICA



PUBLISHER'S PREFACE

FOR years we have received hundreds of inquiries from persons in all parts of the world for a book comprising the famous Virginia recipes. Many of these inquiries stemmed from the fact that we had produced *The Williamsburg Art of Cookery*, *The Virginia Hambook*, the *Gay Nineties Cook Book*, *Samovar—A Russian Cook Book* and *The Puerto Rican Cook Book*. We have not, until now, published what may be modestly called a complete collection of old and new Virginia recipes.

The culmination of this volume is an achievement on the part of the women who followed it so closely to its conclusion.

More than eleven hundred members of The Virginia Federation of Home Demonstration Clubs contributed recipes—recipes that had been "passed down" from one generation to another—recipes that, in the past, had brought fame to the cooks and the kitchens of the Old Dominion.

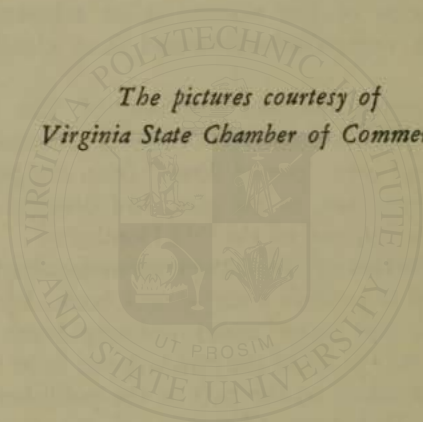
Simply a collection of more than seven hundred recipes was not sufficient to produce a *useful* cook book. Each recipe was tested time and again under ordinary home kitchen conditions, and the "proof of the pudding was in its tasting."

Especial appreciation on the part of the publishers is due Mrs. Alton S. Nicholson, Chairman of the Cook Book Committee, and Miss Mary Walker, County Home Demonstration Agent, who spent much of their time in planning, checking and proof-reading. They were assisted by a delightful and enthusiastic committee of Mrs. Frank S. Shomaker, Mrs. T. A. Harris, Mrs. W. L. Dunn, Mrs. E. J. Clifton, Mrs. Mary Thompson, and Miss Janet Cameron.

To all of these women, the publishers are deeply grateful. May the results of their labors be reflected in the future dishes that are served "unto the utmost corners of the earth." For to them Virginia owes its greatest collection of recipes!

THE PUBLISHERS.

*The pictures courtesy of
Virginia State Chamber of Commerce.*



TESTERS OF RECIPES

The following members and friends of the Virginia Federation of Home Demonstration Clubs have tested and approved the recipes in this book.

MRS. ARTHUR ANGLE.....	Franklin County
MRS. G. S. ATWELL.....	Westmoreland County
MRS. L. C. BEAMER.....	Montgomery County
MRS. GEORGE BILLUPS.....	Norfolk County
MRS. E. T. BONDURANT.....	Prince Edward County
MRS. D. L. BRINKLEY.....	Norfolk County
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MRS. E. S. BURNETT.....	Floyd County
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MRS. W. E. JENNINGS.....	Norfolk County

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MRS. M. L. KEESEE.....	Pittsylvania County
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MRS. G. C. WEST.....	Norfolk County
MRS. W. C. WEST.....	Charles City and New Kent Counties
MRS. E. WILKINS.....	Norfolk County

FOREWORD

TO YOU, who are interested in fine foods, The Virginia Federation of Home Demonstration Clubs presents this collection of recipes from country kitchens of the Old Dominion.

Choice recipes have been gathered from Virginia homemakers, who have long pleased their families and friends with delicious food.

To assure you a successful adventure into Southern cookery and to safeguard Virginia's reputation for good food, the recipes have been carefully tested and selected by members and friends of the Federation.

The Virginia Federation of Home Demonstration Clubs, an organization of more than thirty-one thousand rural women, is a working organization dedicated to the enrichment of home and family life.

Food is an important interest of this organization, but only one. Housing and clothing are of vital concern to us. Satisfying relationships within the family and the community are goals toward which we are striving.

Through affiliation with the National Home Demonstration Council and the Associated Country Women of the World, our interests and activities extend to the nation and to the world in an effort toward a more satisfying life for families living on the land.

As you enjoy the foods we like, we bespeak your interest and coöperation in our endeavor.

Virginia Federation of Home Demonstration Clubs'
Cook Book Committee:

MRS. ALTON S. NICHOLSON, Norfolk County, *Chairman*

MRS. FRANK S. SHOMAKER, Henrico County

MRS. T. A. HARRIS, Elizabeth City County

MRS. W. L. DUNN, Chesterfield County

MRS. E. J. CLIFTON, Washington County

Advisers:

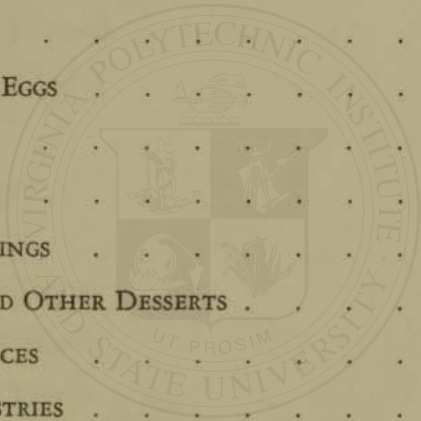
MISS JANET CAMERON, State Food and Nutrition Specialist

MISS MARY WALKER, County Home Demonstration Agent

MRS. MARY THOMPSON, Assistant State Food Specialist

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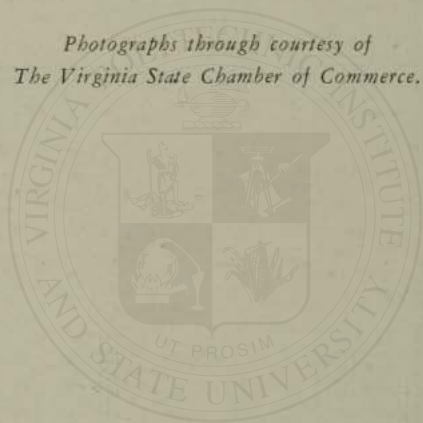
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HISTORIC OLD VIRGINIA



Governor's Mansion in Richmond.

*Photographs through courtesy of
The Virginia State Chamber of Commerce.*

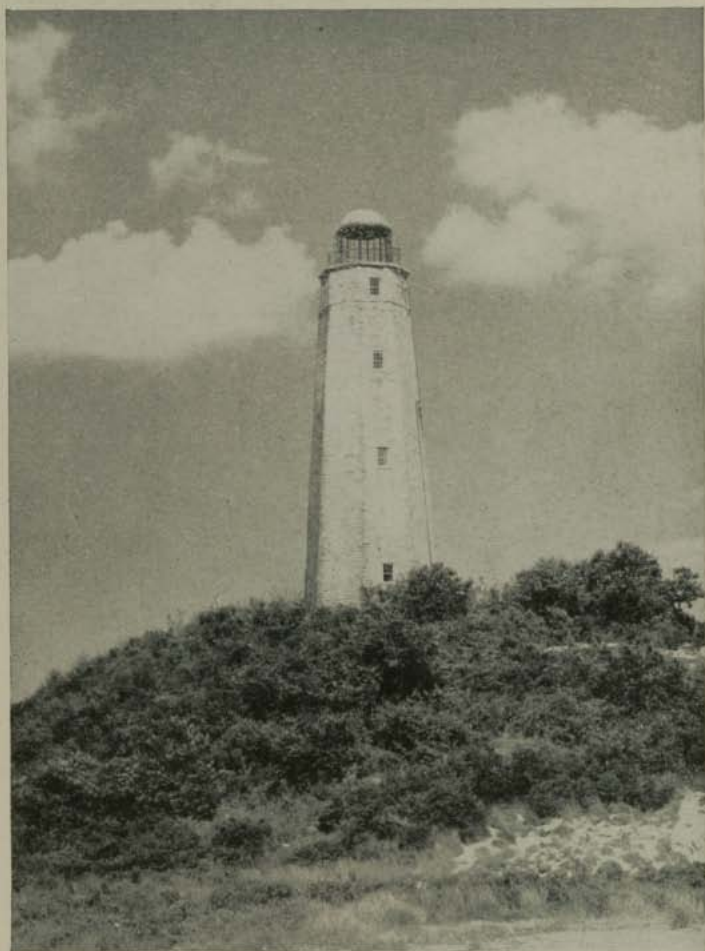




OLD SMOKE HOUSE, a typical Virginia outhouse where the famous hams have been smoked over hickory logs since colonial days.



NATURAL BRIDGE, one of the wonders of the world, in the mountains near Lexington.



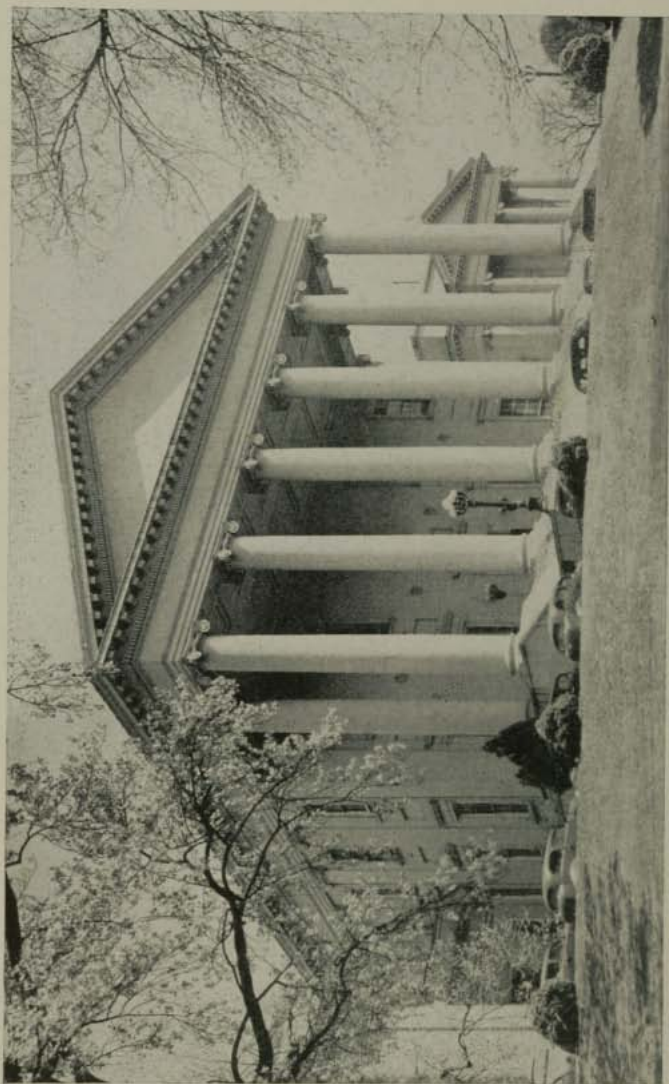
*CAPE HENRY LIGHTHOUSE, erected in 1791, the site where
the first English colonists planted a cross upon landing,
April 29, 1607.*



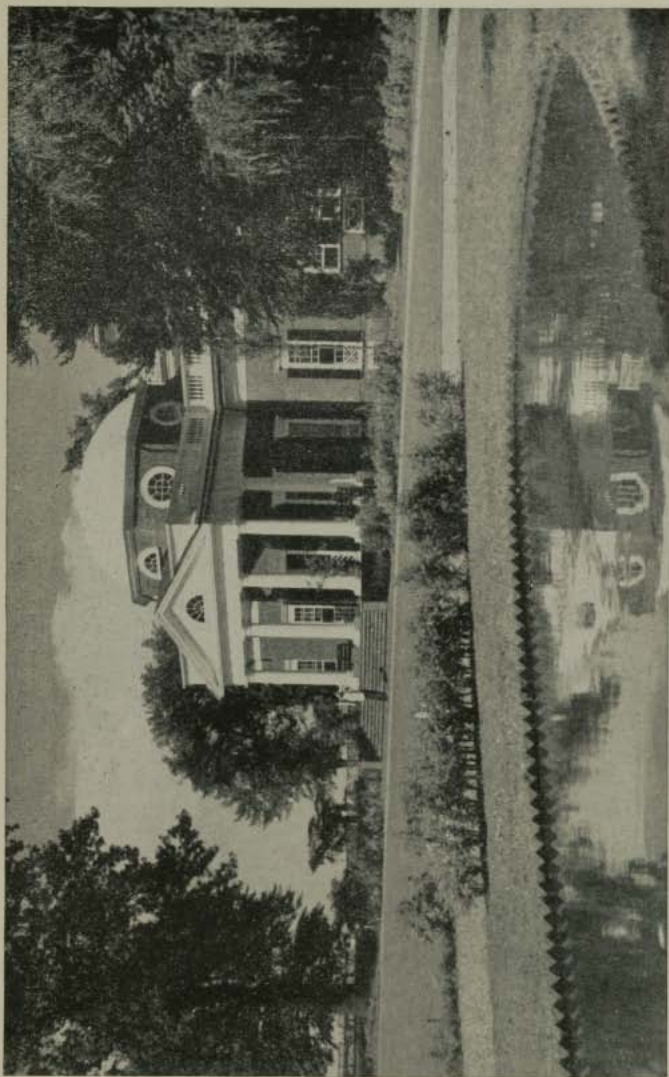
*BRUTON PARISH CHURCH, Episcopal, the "court church"
of Williamsburg in colonial days.*



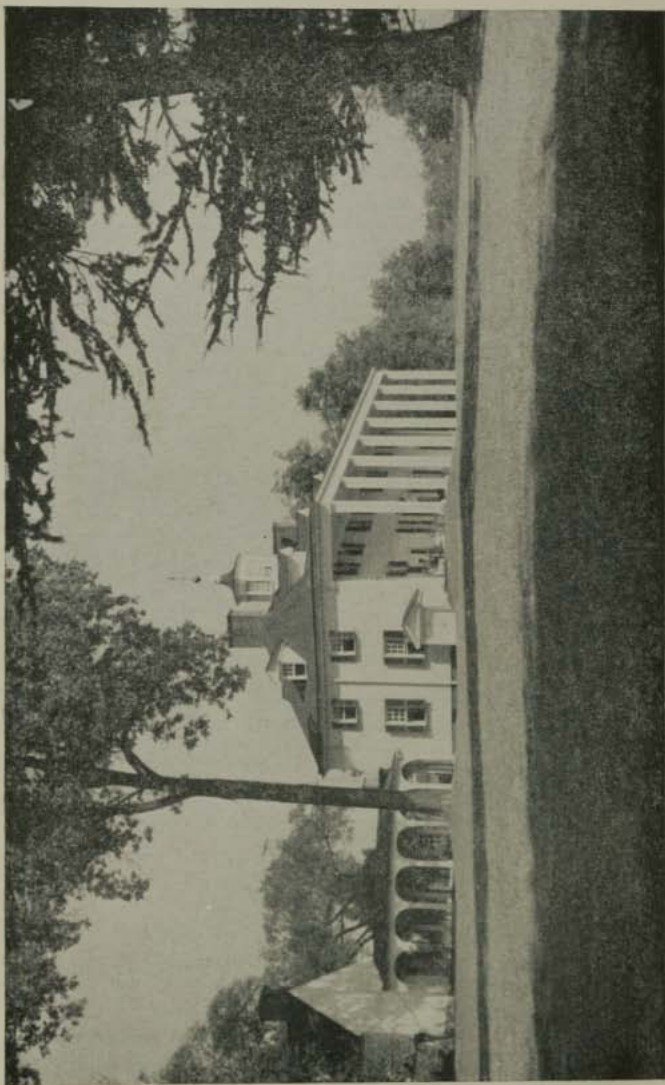
OLD ST. JOHN'S CHURCH in Richmond, where Patrick Henry made his famous "Give me liberty or give me death" speech.



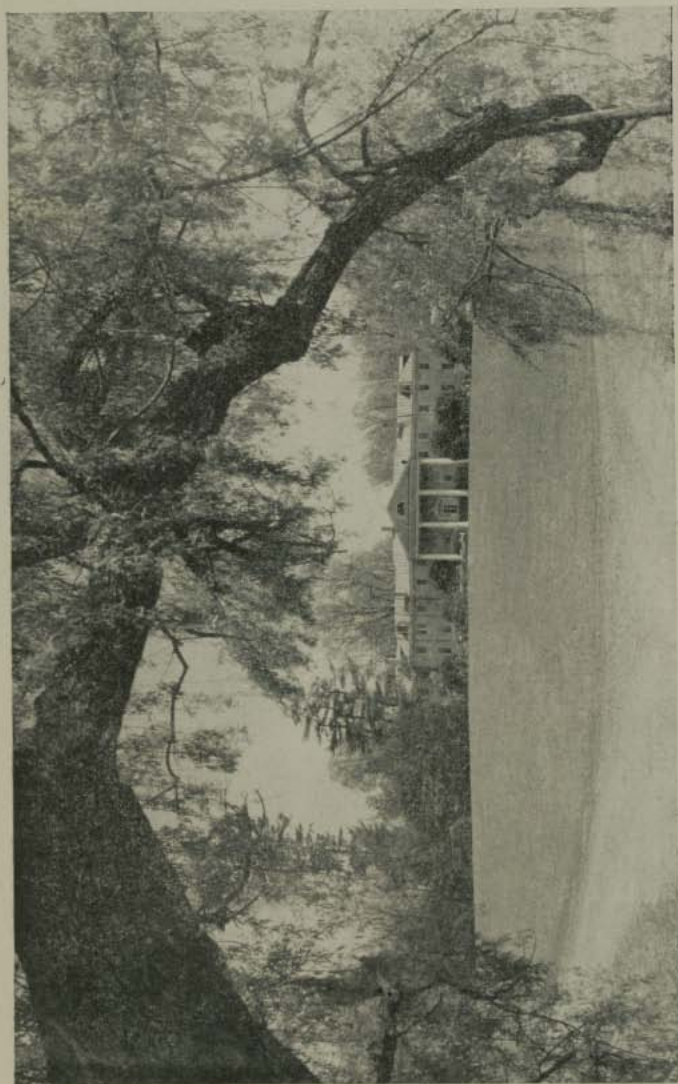
CAPITOL OF VIRGINIA in Richmond, adapted from a model of the Maison Carrée in Nîmes, France, brought over by Thomas Jefferson. One-time Capitol of the Confederacy.



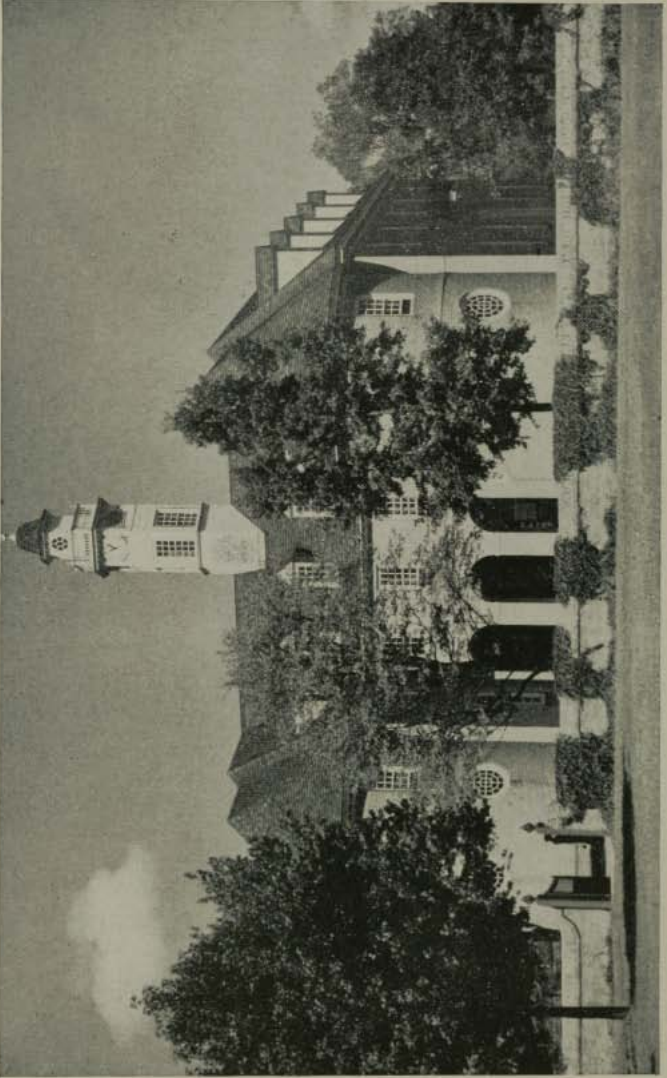
MONTICELLO, home of Thomas Jefferson in Albemarle County near Charlottesville and the University of Virginia.



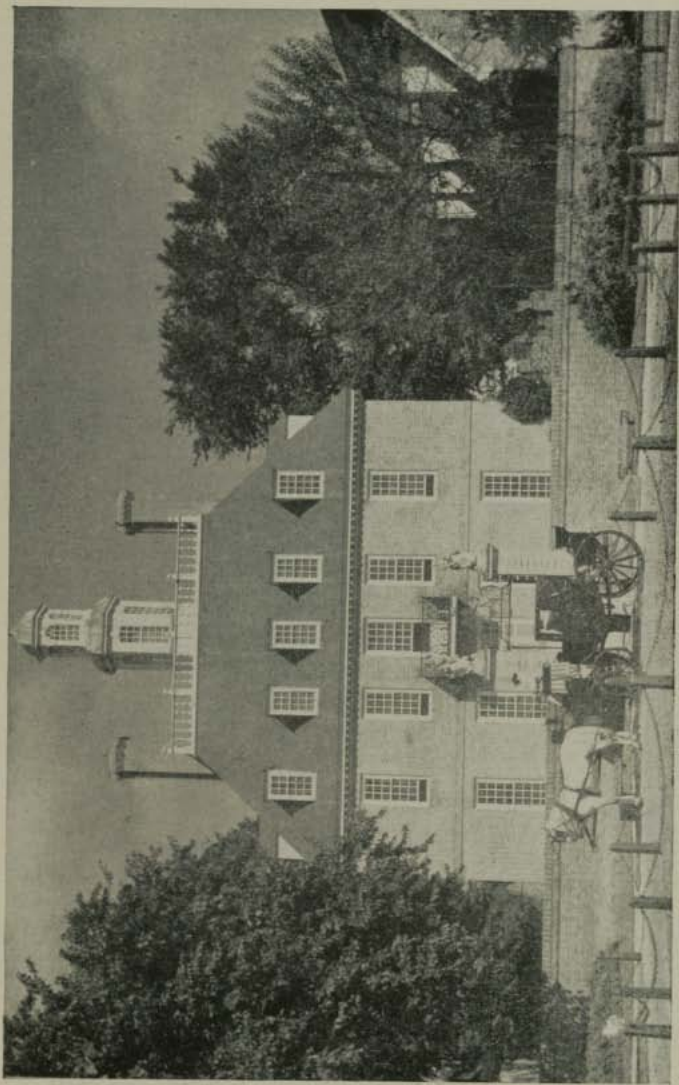
MOUNT VERNON, home of George and Martha Washington, on the banks of the Potomac River.



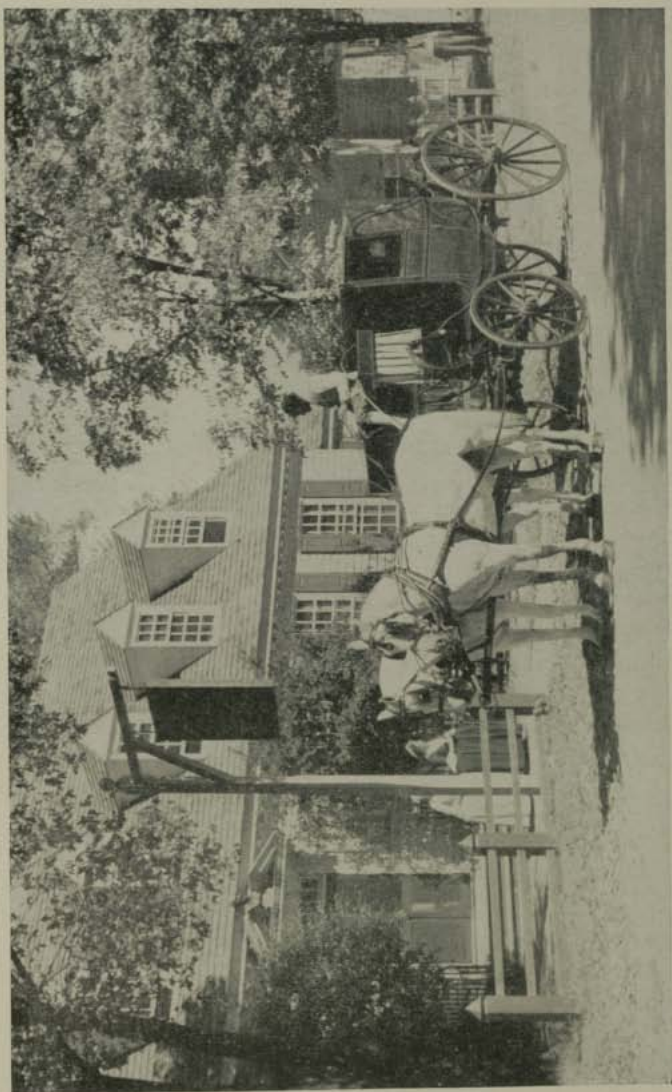
MONTPELIER, home of President James Madison, built in 1741 in Orange County.



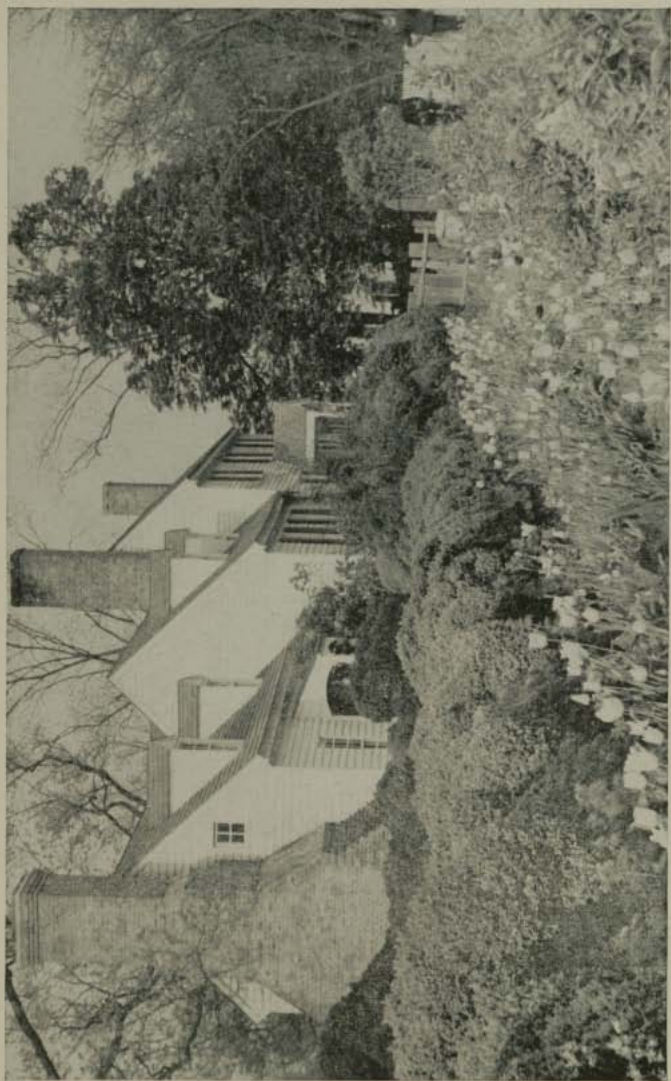
OLD COLONIAL CAPITOL, restored in Williamsburg, known as the "House of Burgesses."



GOVERNOR'S PALACE, restored in Williamsburg, home of colonial governors and the first two governors of free Virginia: Patrick Henry and Thomas Jefferson.



THE RALEIGH TAVERN, restored in Williamsburg, where Thomas Jefferson danced with his "fair Belinda", and the Phi Beta Kappa fraternity was founded.



GARDEN OF THE TUCKER HOUSE in Williamsburg; home of St. George Tucker and the many famous members of the "Tucker Family."

BEVERAGES and CANAPES



BEVERAGES
AND
CANAPES

BEVERAGES

Punch

Grape Juice

Chocolate

SANDWICHES

CANAPES

FRUIT PUNCH FOR A CROWD

(Makes about 4 gallons—60 large glasses, 120 small.)

2 quarts sugar	1 quart grape juice
1 quart water	1 quart grated pineapple or juice
2 quarts tea infusion	2¼ gallons iced water
1 quart lemon juice	1 cup strawberry slices
1 quart orange juice	2 cups fancy orange slices

Make syrup of sugar and 1 quart water. Make tea infusion by pouring 2 quarts (8 cups) boiling water over 5 tablespoons tea. Cool. Combine syrup, tea, fruit juices and water. Add strawberry slices and orange slices, which may be cut in fancy shapes or simply halved or quartered.

Punch may be strained before adding strawberry and orange slices but this will lessen quantity made. Less water may be used and punch poured over block of ice in punch bowl. When strawberry slices are out of season the strawberry slices may be replaced by another cup of orange slices. Recipe may be halved or quartered to serve a smaller group.

2 quarts ginger ale added just before serving makes a larger quantity and adds to the taste.

Mrs. C. G. Siebert, Norfolk County.

GINGER ALE DELIGHT

1½ cups water	¼ teaspoon cinnamon
1½ cups sugar	¼ teaspoon grated nutmeg
5 whole cloves	2 cups orange juice
1 cup pineapple or apricot juice	Juice of 1 grapefruit
3 pints ginger ale	¼ teaspoon allspice

Boil sugar and water together for 10 minutes. Add the spices to the hot syrup and allow to stand for an hour and a half. Strain through cheese cloth into the fruit juices, add the ginger ale and serve in glasses containing decorated ice cubes. Serves 12 to 14.

Elizabeth P. Weikel, Montgomery County.

GRAPE JUICE PUNCH

1 quart blue grape juice	1 pint white grape juice
Juice of 12 oranges	Juice of 12 lemons
2 quarts ginger ale	1 pint charged water
Sugar or syrup to taste	

Mix fruit and sugar. Add ginger ale and charged water and serve with chopped ice. This will serve 25 people.

Mrs. S. C. Lafon, Montgomery County.

SIX WAY PUNCH

Let set over night:

3 large oranges	2½ cups sugar
3 large lemons	3 cups water
3 bananas	3 large bottles of ginger ale

Mix all together except ginger ale, put in trays and freeze. When ready to serve put one cube of the frozen mixture in glass and pour the ginger ale over it. If you want a color scheme the frozen mixture may be colored any color desired, using cake coloring. This makes a delicious drink.

Mrs. Ronold B. Frye, Wythe County.

SPARKLING FRUIT PUNCH

3 limes	2 lemons	1 quart ginger ale
1 cup canned pineapple juice		1 orange

Combine all fruit juices and chill thoroughly. Add ginger ale just before serving. Also add ice cubes. No sugar is needed in this punch; the pineapple juice sweetens the whole drink. Makes 1½ quarts.

Mrs. Tom Robertson, Montgomery County.

SPICED PUNCH

10 teaspoons tea leaves	Grated rind of 1 lemon
½ teaspoon ground cloves	Grated rind of 1 orange
3 lemons (juice)	1 cup sugar
3 oranges (juice)	

Pour 10 cups boiling water over tea leaves. Steep 4 minutes. Strain; and add other ingredients. Serve hot or cold.

Mrs. Lasco Simms, Grayson County.

MINT PUNCH

Chop 1 dozen large stalks mint, and pound. Add ½ cup powdered sugar and the juice of 2 lemons. Let stand 2 hours; stir occasionally. Make a syrup of ½ cup sugar, 1 pint water, yellow rind of 2 lemons cut up, 6 or 7 sprigs mint, and boil 10 minutes. Chill, add to lemons and mint and strain. Serve with 1 quart cracked ice and 2 bottles ginger ale. This doubled six times serves 60 persons.

Mrs. W. A. Slurman, Orange County.

MINT—GRAPEFRUIT COOLER

Thinly peeled rind and juice of 2 oranges; 1 bunch fresh mint; 1 cup sugar; 2 cups water; juice of 3 lemons; 1 large can grapefruit juice; cracked ice. Combine orange rind and mint and pour over them the sugar and water which have been boiled together for five minutes. When cold, strain, add fruit juices and pour into glasses over cracked ice or ice-cubes.

Mrs. Kelly Lundy, Grayson County.

GOLDEN PUNCH

- #2½ can apricot halves
- 4 cups orange juice (8 or 10 oranges)
- 2 cups lemon juice (8 lemons)
- 4 quarts carbonated lime beverage (plain water may be used)

Press apricots with juice through strainer, then combine with orange and lemon juice. Just before using, pour over ice-cubes and add lime beverages or water. Makes 25 cups.

Mrs. J. H. McCann, Prince George County.

CRANBERRY PUNCH

- | | |
|-----------------------------------|-------------------|
| 2 cups sugar | 1 cup water |
| 1 bottle cranberry juice cocktail | 1 cup lemon juice |
| 2 cups orange juice | 1 quart ice water |
| 2 bottles ginger ale | 1 cup strong tea |

Make a syrup of the sugar and water by bringing to a boil. Cool and add the tea and fruit juices. Just before serving add the ice water and ginger ale.

Mrs. Alton Nicholson, Norfolk County.

CRANBERRY COCKTAIL

- | | |
|--------------------|--------------|
| 4 cups cranberries | 4 cups water |
| 2/3 cup sugar | |

Cook cranberries in water 5 minutes. Strain through cheesecloth, bring juice to boil. Add sugar. Cook until it boils 2 minutes. Serve cold. For future use put in sterilized bottles. Cork and seal.

Mable Massey, James City County.

WHOLE GRAPE JUICE

Put $1\frac{1}{2}$ pints of grapes in a $\frac{1}{2}$ gallon jar. Fill with $1\frac{1}{2}$ cups sugar boiled in enough water to fill the jar. Seal and store. In a month or 6 weeks the juice can be poured off the grapes and cold packed.

Mrs. Florence P. Hoover, Rockingham County.

GRAPE JUICE

Pick over and wash grapes. Place in kettle and barely cover with water. Boil until seeds are free. Strain and measure juice and bring to a boil. Add $\frac{1}{2}$ cup sugar to each quart of juice and let boil 5 minutes. Pour into jars and seal at once.

Mrs. H. A. Paytress, Mecklenburg County.

Mrs. H. A. Snapp, Frederick County.

BLACKBERRY VINEGAR

Put 2 quarts of berries into a stone jar. Pour over this 1 quart weak cider vinegar ($\frac{1}{3}$ water and $\frac{2}{3}$ vinegar). Cover and let stand two days. Then drain off the liquid without washing the berries. Pour this liquid over a quart of fresh berries, let stand 2 days as before. Strain through a muslin bag, add 1 pound sugar to each pint of juice. Boil slowly 5 minutes. Skim and let stand 15 minutes. Bottle and seal. When serving put three tablespoons of juice in glass of crushed ice filled with water. This is a delicious drink.

Mrs. H. R. Moore, Appomattox County.

RASPBERRY SHRUB

OR

RASPBERRY VINEGAR

Cover ripe red raspberries with good cider vinegar. Let stand 24 hours. Then scald in a granite pan and strain. To each pint of vinegar, add a pint of sugar. Boil fifteen minutes. Bottle and seal. Two tablespoons to a glass of cold water for a nice drink. Other berries may be substituted.

Gertrude Bliley, Chesterfield County.

BLACKBERRY ADE

When blackberries are in season, can the juice by placing 1 cup cleaned berries, together with 1 cup sugar in a quart jar. Fill with boiling water; seal and store in cool place. When ready to serve, strain, mix with juice of 2 lemons and pour over crushed ice. Serve, sprinkled with mint leaves.

Mrs. D. B. Alley, Montgomery County.

RHUBARB NECTAR

Cut 1 pound pink rhubarb in pieces. Mix with 1 cup water and 2 cups sugar. Simmer until tender. Put through ricer. Chill and add $\frac{1}{3}$ cup orange juice. Add a drop or two of pink cake coloring if juice lacks color. Serve cold in glasses adding a small amount of ginger ale if desired.

Mrs. Kelly Lundy, Grayson County.

RUSSIAN TEA

Grated rind of 2 oranges, juice of four
 Grated rind of 2 lemons, juice of four
 $1\frac{1}{2}$ cups sugar
 $1\frac{1}{2}$ cups water
 2 tablespoons whole cloves
 2 sticks cinnamon
 1 gallon tea, medium strength

Mix tea and set aside. Mix other ingredients and boil 15 minutes. Strain first mixture and mix with tea. Serve either iced or hot.

Mrs. V. P. Summers, Montgomery County.

SPICED HOT CIDER

1 quart cider	$\frac{1}{4}$ cup sugar
$\frac{1}{8}$ teaspoon salt	4 short sticks cinnamon
6 whole cloves	8 whole allspice

Heat all above ingredients to boiling point. Cool, let stand a few hours for flavor to blend. Before serving, reheat and strain out spices. One pint of orange juice may be added.

Mrs. V. P. Summers, Montgomery County.

EGG NOG

Six eggs beaten separately. Add $\frac{1}{2}$ cup sugar to yolks and $\frac{1}{4}$ cup sugar to whites. Mix and add one pint heavy cream and one pint sweet milk. Add slowly one pint brandy or whiskey. Sprinkle nutmeg over top.

Mrs. V. P. Summers, Montgomery County.

RECEPTION CHOCOLATE

1 quart milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup cocoa	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup flour	1 quart water
$\frac{1}{2}$ cup sugar	

Mix dry ingredients and make a smooth paste with some of the water. Pour on the remainder of the water and boil slowly for fifteen minutes. Combine with the milk, bring to the boiling point. Add vanilla. Serve with whipped cream. This is a very thick, rich cocoa which is improved by standing over hot water an hour or more.

Mrs. Oscar W. Smith, Madison County.

FATTIGMAND

3 eggs	3 tablespoons sour or sweet cream
Pinch of salt	3 tablespoons sugar
2 cups flour	Cardamon seed

Beat eggs until light and fluffy about 10 minutes by the clock. Add sugar, cream and salt, then flour and cardamon seed. Put dough in refrigerator until cold. Roll as thin as possible, cut in diamond shapes and fry in deep fat.

Mable Massey, James City County.

VARIATION: Use nutmeg in place of cardamon seed.

Mrs. David Orn, Southampton County.

SAUSAGE APPETIZERS

1 pint milk scalded	2 tablespoons butter
2 tablespoons sugar	1 teaspoon salt
1 yeast cake	Sausage
Enough flour to make a nice dough	

Let rise about 2 hours in warm place. Roll dough out $\frac{1}{2}$ inch thick and cover with sausage. Roll as you would a jelly roll. Chill 30 minutes. Slice $\frac{1}{2}$ inch and bake.

Mrs. Blanche Schooler, Bath County.

OPEN FACE SANDWICHES

Spread slices of bread with butter. Add to each a slice of raw tomato, $\frac{1}{4}$ cup grated cheese, 1 thin slice of bacon. Bake in hot oven until brown and crisp, and cheese melted.

Mrs. Leslie Gordon, Appomattox County.

ICE-BOX CHEESE WAFERS

$\frac{1}{2}$ pound grated cheese	Small pinch red pepper
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cups sifted flour
$\frac{1}{4}$ pound butter	

Cream together cheese, butter, salt, pepper; add flour and make into a roll. Wrap in wax-paper and place in refrigerator. When needed slice into thin wafers and bake in moderate oven. A pecan may be added for decoration. Nice for parties.

Mrs. E. J. Clifton, Washington County.

CHEESE BISCUITS

1 pound cheese	Dash salt
1 pound flour	1 egg
1 pound butter	

Grind cheese, then mix with butter, flour and salt. Roll about $\frac{1}{4}$ inch thick. Cut with small cutter, put on greased biscuit sheets and take egg that has been well beaten, and using a small brush, paint tops of each biscuit with egg, and last put on half pecan. Bake in moderate oven.

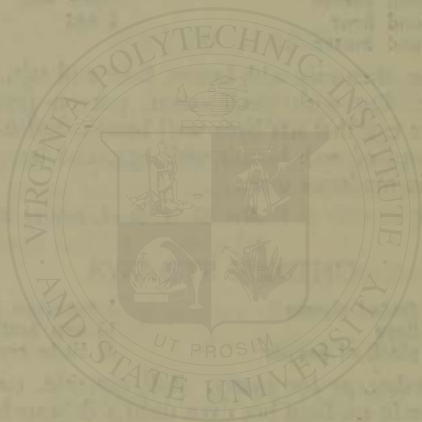
Mrs. G. A. Stark, Isle of Wight County.

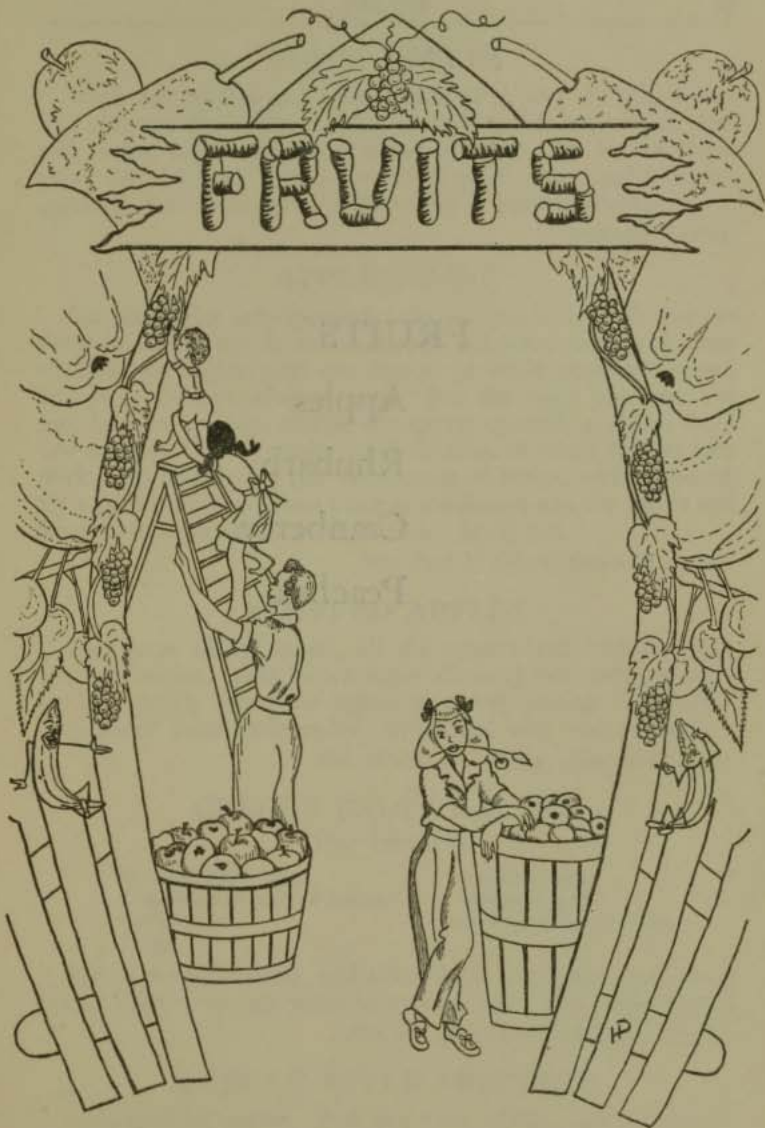
CHEESE STRAWS

1 cup grated cheese	1 teaspoon salt
1 cup flour	$\frac{1}{2}$ cup butter
Small pinch of pepper	A little cream

Put all together, as for pastry. Roll out thin, cut in narrow strips and bake in medium hot oven until a delicate brown.

Mrs. James Latane, Westmoreland County.





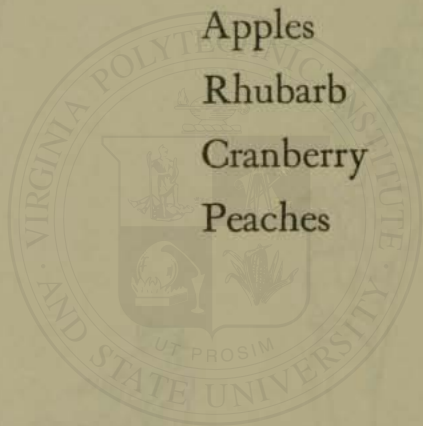
FRUITS

Apples

Rhubarb

Cranberry

Peaches



FRIED APPLES

Wash tart apples and slice (with skins on) in thin slices. Fry in bacon fat, covering the pan until apples are tender, then add brown sugar and white sugar to taste. The brown sugar gives the delicious flavor, the white makes the apples brown quickly. Add more grease if necessary to prevent sticking.

Frederick County.

APPLE TOAST

Cut six apples into quarters, take out the core, peel and cut them in slices; put in the sauce-pan an ounce of butter, then sprinkle the apples with two ounces of white powdered sugar, add two tablespoonsful of water. Put the sauce pan over the fire, let stew quickly, tossing the apples up with a spoon for a few minutes. When tender cut three slices of bread half an inch thick. Put in a frying pan two ounces of butter, add the bread, fry a golden brown. Then place in a dish and add the apples and sugar over them about an inch thick. Serve hot.

Mrs. Paul P. Glynn, Frederick County.

STUFFED APPLES

Core large sound apples, fill the centers with chopped figs, nuts and raisins. Add brown sugar allowing two tablespoonsful for each apple. Place the apples in a deep baking dish, add a little water; bake until tender. Serve cold with whipped cream.

Mrs. Walter D. Hunter, Charlotte County.

CREOLE FRUIT BATTER

(For fritters)

$\frac{1}{2}$ cup sifted flour	1 teaspoon sugar
1 tablespoon melted butter	$\frac{1}{8}$ teaspoon salt
Cold water	1 tablespoon lemon juice
1 egg	

Beat eggs until creamy, add sifted flour, salt, butter and lemon juice. Beat in enough water to make a batter like heavy cream.

Mrs. M. M. Sayre, Rockingham County.

CREOLE APPLE FRITTERS

Four medium apples. Peel and core, cutting out the center. Slice medium thick. Dip lightly into fine sugar, in which you

have grated the rind of a lemon. Then dip each piece into a batter, being sure that each piece is well covered. Fry in deep fat. Drain on paper and dust with powdered sugar.

Mrs. M. M. Sayre, Rockingham County.

SPICED APPLES

4 quarts apples (chopped)	1 box seeded raisins
2 quarts water	2 tablespoons cinnamon
2½ quarts sugar	3 tablespoons ground cloves
2 oranges (rind and pulp)	

Chop apples fine. Make a syrup of water and sugar. Boil 15 minutes. While boiling add rind and pulp of oranges, then raisins, spices and apples. Boil 15 minutes, or until it is thick. This makes an excellent sandwich spread, little pies, or even for sweets for table.

Mrs. James McConnell, Washington County.

STUFFED APPLES

6 medium-sized ripe apples
1 teaspoon ground cinnamon
2 teaspoons sugar (brown)

Wash apples, cut blossom end out. Cut into halves and core. Place on baking sheet and sprinkle with the cinnamon and sugar. Bake until tender.

Filling

2 cups mashed cooked sweet potatoes	1 tablespoon sugar
2 tablespoons butter	1 teaspoon vanilla
½ teaspoon salt (or to taste)	

Prepare the filling while apples are baking. After the apples are tender fill them with the sweet potatoes. Bake until brown and serve while hot.

Mrs. Shuler Johnston, Giles County.

PINEAPPLE RHUBARB

½ pound rhubarb	½ cup sugar
2 tablespoons water	½ can (small) sliced pineapple

Cut rhubarb in 1-inch pieces, add sugar and water, and cook in heavy pan until tender. Cool and mix with pineapple which has been cut into sections. A whole can of pineapple may be used if desired.

Mrs. Ellen Mason, Norfolk County.

CRANBERRY SAUCE—Whole Berries

After removing all soft berries, wash thoroughly. Place for about two minutes in scalding water, remove, and to every pound of fruit add three-quarters of a pound of granulated sugar and a half pint of water. Stew together over a moderate hot steady fire. Be careful to cover and not to stir the fruit, but occasionally shake the vessel if in danger of sticking or burning. If attention to these instructions are given, the berries will retain their shape, which adds to their appearance on the table. Boil from five to seven minutes. Sauce made by these directions will keep for a long while.

Mary Weir White, Wythe County.

CRANBERRY SAUCE

1½ cups water 2 cups sugar
4 cups cranberries

Add the water to the cleaned cranberries and place over the fire to cook in a closely covered kettle. As soon as the skins of the berries have cracked, add the sugar. Cook slowly for a few minutes or until the sugar is completely dissolved. Remove from the fire and cool before serving.

Mrs. G. L. Price, Montgomery County.

CRANBERRY RELISH

1 pound cranberries 2 oranges and juice of 1 orange
2 cups sugar

Grind cranberries and oranges in food chopper. Then add juice of one orange and sugar. Put in container and place in refrigerator. This relish is delicious served with all kinds of meats.

Mrs. Blanch Purcell, Westmoreland County.

CRANBERRY RELISH (With Apples)

2 pounds cranberries 2 red apples
2 oranges 3 cups sugar

Peel oranges and remove the seeds and white stringy pulp. Core the apples but do not peel. Grind apples, oranges, peel and pulp, and cranberries with medium grinder knife. Mix in sugar and store in cans and keep in refrigerator or a cool place. This keeps quite a while. If you do not care for the strong orange flavor, use only the peel of one orange.

Mrs. Florence Pittard Hoover, Rockingham County.

CRANBERRY RELISH (With Pineapple)

1 pound cranberries
3 oranges

1 can crushed pineapple (small)
3 cups sugar

Put cranberries and oranges through food chopper. Mix all ingredients and let stand 10 or 12 hours before using to have a good, even color. No cooking necessary.

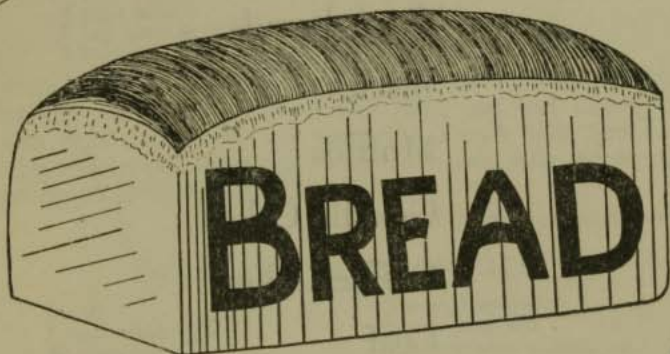
Ruth E. Wampler, Augusta County.

CANNED BAKED PEACHES

Select firm, unblemished peaches and wash to remove fuzz. Place in large shallow pans and half cover with syrup made of equal sugar and water. Bake in moderate oven until soft when stuck with toothpick. (If fruit is hard it may be necessary to turn peaches over.) Place in hot sterile jars. Cover with syrup and seal immediately.

To serve remove from can, place in shallow baking dish with part of syrup (save remaining syrup to sweeten juices, etc.). Dot generously with butter and bake until syrup thickens. Serve hot. This is a very good way to save time when canning large quantity of peaches, as pans may be baked in oven while processing in canner on top of stove. Also is especially good way to use smaller fruit and save peeling.

Mrs. Joseph B. Fray, Madison County.



YEAST BREAD

Rolls

Ice-Box Rolls

Salt Rising Bread

QUICK BREADS

Corn Breads

Biscuits

Muffins

Griddle Cakes

Coffee Cake

Loaf

Beaten Biscuits

SALLY LUNN

DOUGHNUTS

CORN PONES

- | | |
|---|------------------|
| 3 cups corn-meal | 1 teaspoon sugar |
| 1 teaspoon salt | ½ teaspoon soda |
| 1 teaspoon baking powder | |
| 3 tablespoons shortening (if desired) | |
| 2¼ cups liquid (half buttermilk and half water) | |

Sift dry ingredients. Add melted shortening and buttermilk. Form into ponies (cakes about the size of your hand). Put on baking sheet and bake in hot oven until brown.

Mrs. W. F. Carter, Norfolk County.

PLANTATION SPOON BREAD

- | | |
|-----------------|---------------------------|
| 4 cups milk | 2 or 3 eggs |
| 1 cup corn-meal | 1 tablespoon butter |
| 1 teaspoon salt | 2 teaspoons baking powder |

Heat 2 cups milk to boiling point. Add meal slowly, stirring constantly until thick. Remove from heat and add slowly to beaten eggs. Add butter and the other 2 cups milk. Sprinkle baking powder over top quickly. Stir into batter. Bake in greased casserole 55 to 60 minutes (350° F.)

Mrs. A. J. Meade, Scott County.

DELICATE CORN BREAD

- | | |
|---------------------------------|--------------------------|
| 2 eggs | 2 cups buttermilk |
| 1 cup sweet milk | 1 teaspoon salt |
| ¾ teaspoon soda | 3 tablespoons shortening |
| 5 heaping tablespoons corn-meal | |

Beat egg yolks well, add milk, salt and soda, then the corn-meal. Last fold in the well beaten egg whites. Pour into a well greased baking dish and cook in a moderately hot oven (350°) until firm. Serves 6.

Annie D. Horsley, Appomattox County.

EGG BREAD

- | | |
|------------------------|--------------------------------|
| 2 eggs | 2 cups sour milk or buttermilk |
| 1 teaspoon soda | 1 teaspoon salt |
| 1 tablespoon sugar | 1 tablespoon shortening |
| 1 cup sifted corn-meal | 2 cups sweet milk |

Beat eggs in bowl, add sour milk, soda, salt, sugar, shortening, meal, and mix thoroughly. Add sweet milk, and pour into hot well greased pan. Bake in moderate oven until done.

Mrs. R. B. Wilson, Prince Edward County.

MAMMY'S CORN BREAD

3 cups corn-meal	1 tablespoon sugar
2 cups buttermilk	1 cup thick sour cream
$\frac{1}{2}$ teaspoon soda, dissolved in buttermilk	
2 teaspoons baking powder	2 eggs

Beat eggs, add cream and buttermilk and soda. Add baking powder, salt and sugar to corn-meal. Mix and bake $\frac{1}{2}$ hour.

Mrs. L. L. Hotinger, Augusta County.

BATTER BREAD

2 eggs, well beaten	1 rounded teaspoon salt
3 cups buttermilk	$\frac{1}{2}$ cups corn-meal
1 scant teaspoon soda (depending more or less on acidity of milk)	

Mix well, and pour into a well greased sizzling hot pan. Bake in moderate oven 25 or 30 minutes.

Mrs. Grace M. Jordan, Stafford County.

SOUTHERN BATTER BREAD

1 cup corn-meal	1 tablespoon melted lard or butter
2 cups sweet milk	2 teaspoons baking powder
1 cup water	2 eggs
1 teaspoon salt	

Put the milk and water on in double boiler. Before boiling, add the corn-meal and salt, stirring briskly until it thickens, and boil 25 minutes. Separate eggs, beat the yolks until well mixed, and add to the mush. Beat vigorously three minutes, then add baking powder. Beat the whites of eggs until light and stir in lightly. Brush earthen or glass dish with lard or butter, and pour in mixture. Bake in moderate oven (350°) 35 or 40 minutes. Serve at once from dish in which it has been baked.

Mrs. Mollie S. Garrette, Appomattox County.

SPOON BREAD

1 cup hot water	2 tablespoons shortening
1 cup corn-meal	1 teaspoon salt
1 cup sour milk	$\frac{1}{2}$ teaspoon soda
1 tablespoon sugar	2 eggs

Add hot water to corn-meal, then shortening, sugar, and salt. When well mixed, add milk in which soda has been dissolved, lastly well beaten eggs. Bake 30 to 40 minutes in a moderate oven 375° . Serve hot from the pan with a spoon.

Mrs. Florence P. Hoover, Rockingham County.

VIRGINIA SPOON BREAD

$\frac{3}{4}$ cup corn-meal	1 cup sweet milk
1 teaspoon salt	2 teaspoons baking powder
2 tablespoons shortening	1 cup boiling water
2 eggs	

Mix meal, salt, shortening. Scald with the boiling water. Add well beaten eggs, sweet milk and baking powder. Bake in moderate oven.

Mrs. C. C. Hutcheson, Mecklenburg County.

GRANDMAMA'S CORN BREAD

1 pint buttermilk	1 teaspoon soda
2 cups corn-meal	1 teaspoon baking powder
1 cup flour	1 egg
Salt	2 tablespoons butter

Mix ingredients. Pour into hot greased iron skillet. Bake in hot oven about 20 minutes.

Mrs. Hubert Dod, Rockbridge County.

SPIDER CORN BREAD

1 egg	2 tablespoons sugar
2 cups milk	1 teaspoon salt
1- $\frac{1}{3}$ cups corn-meal	2 teaspoons baking powder
$\frac{1}{3}$ cup flour	1 tablespoon shortening, melted

Beat egg, add 1 cup milk, corn-meal, flour sifted with baking powder, salt, and sugar. Melt shortening in sauce pan, mix well. Pour into pan, pour one cup milk over, do not stir. Bake 25 minutes in moderate oven.

Mrs. D. W. Duncan, Nottoway County.

BATTER BREAD

1 slice bread or 1 roll	$\frac{3}{4}$ cup meal
$\frac{3}{4}$ cup buttermilk	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon soda	1 teaspoon salt
1 or 2 eggs	

Cover bread with warm water and soak until soft. Drain. Combine eggs, milk and bread and beat until smooth. Then combine with meal, baking powder, salt and soda. If mixture is not thin, add a little water. Have ready a hot greased pan, preferably a heavy frying pan, containing 2 tablespoons shortening. Pour mixture into pan and cook in a hot oven 500 degrees, until golden brown.

Mrs. J. B. DeBerry Crowder, Henrico County.

CORN STICKS

1½ cups corn-meal	1 cup buttermilk
¼ cup flour	2 tablespoons melted shortening
2 teaspoons baking powder	2 eggs, well beaten
1½ teaspoons salt	½ cup boiled left over rice (optional)
1/3 teaspoon soda (dissolved in boiling water)	

Put dry iron corn stick pans in oven before mixing batter. Sift dry ingredients together. Add soda water to buttermilk and add this with melted lard and butter to dry ingredients. Mash in rice if desired. Add well beaten eggs. Put in greased pans and bake in hot oven.

Eilene Ward Carpenter, Loudoun County.

DIXIE CORN BREAD WAFFLES

Corn bread baked on the waffle iron is excellent. This recipe can be prepared several hours in advance, stored in a cold place, then baked as needed.

1½ cups corn-meal	2 eggs
¾ cup bread flour	4 tablespoons melted shortening
3 teaspoons baking powder	1 teaspoon salt
½ teaspoon soda	2 tablespoons sugar
1½ cups buttermilk	

Sift all dry ingredients two or three times. Beat egg yolks well. Alternate dry ingredients with milk, folding in melted shortening and egg whites beaten stiff, last. Bake in preheated waffle iron and serve with a vegetable dinner.

Fairfax County.

BAKING POWDER BISCUITS

2 cups sifted flour	2 to 3 tablespoons shortening
3 to 4 teaspoons baking powder	¾ cup milk
1 teaspoon salt	

Sift together dry ingredients. Work in fat with tips of the fingers, or cut in with a spoon or two knives. Add the liquid gradually, mixing with spoon to a soft dough. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit cutter. Bake in hot oven (450° F.) 12 to 15 minutes.

Mrs. Randolph Eagle, Prince William County.

Hazel N. Landers, Westmoreland County.

HOMEMADE BISCUIT MIX

8 cups flour	4 teaspoons salt
$\frac{1}{4}$ cup baking powder	$1\frac{1}{2}$ cups lard or other shortening

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the fat until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.

Mrs. P. L. Guynn, Norfolk County.

Mrs. Perry B. Minga, Washington County.

CHEESE BISCUITS

2 cups flour	$\frac{1}{2}$ cup shortening
4 teaspoons baking powder	1 teaspoon salt
1 cup grated cheese	$\frac{2}{3}$ cup milk

Sift dry ingredients. Cut in fat and grated cheese. Add milk enough to make a soft dough. Roll dough thin and bake on greased pan.

Mrs. Latimer Warren, Isle of Wight County.

BUTTERMILK BISCUITS

2 cups flour	5 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	1 cup buttermilk
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon soda

Sift flour, salt, baking powder, and soda. Cut in shortening until mixture resembles coarse crumbs. Add buttermilk, and stir until dough follows fork around bowl. Turn out on floured surface and knead $\frac{1}{2}$ minute. Roll $\frac{3}{8}$ inch thick; brush with melted fat; fold over and cut with biscuit cutter. Bake in hot oven 450° 12 to 15 minutes. Makes 2 dozen small biscuits.

Mrs. Warren Curper, Montgomery County.

Mrs. Edward Bondurant, Prince Edward County.

APPLE SAUCE MUFFINS

1½ cups unsweetened apple sauce	1 egg, well beaten
1 cup white flour	½ cup raisins
1 cup graham flour	3 tablespoons melted shortening
¼ cup sugar	1 teaspoon soda
½ teaspoon salt	

Mix apple sauce and egg together. Add dry ingredients well mixed, then raisins and melted shortening. Bake in well greased muffin tin 20 minutes at 400°, or until done.

Mrs. L. H. Taylor, Loudoun County.

1 EGG MUFFIN RECIPE

1 egg, well beaten	3 teaspoons baking powder
2 cups sifted flour	3 teaspoons sugar
1 cup sweet milk	½ teaspoon salt
3 tablespoons shortening, melted	

Sift dry ingredients. Mix milk, shortening and egg. Add all at once. Stir just until dry ingredients are moistened. Drop into hot greased muffin pans. Bake in hot oven.

Mrs. Jacob F. Williams, Giles County.

MOLASSES MUFFINS

2 cups sifted flour	½ teaspoon soda
1 teaspoon baking powder	½ cup buttermilk
2 tablespoons melted fat	½ cup molasses
½ teaspoon salt	1 egg

Sift dry ingredients, add milk, egg, shortening and molasses. Stir until mixed. (Don't beat or stir too much.) Have greased muffin tin hot and add batter. Bake at 400 degrees for 25 minutes. Makes 12 muffins.

Gertrude Hill, Grayson County.

APPLE MUFFINS

2 cups flour	¼ teaspoon nutmeg
¾ teaspoon salt	1 beaten egg
4 teaspoons baking powder	1 cup milk
¼ cup sugar	1/3 cup melted shortening
¾ teaspoon cinnamon	¾ cup chopped apples

Sift dry ingredients. Mix the egg, milk, and shortening. Add dry ingredients to liquid until ingredients are just moist. Add apples. Mix. Fill greased pans 2/3 full. Bake in a hot oven 25 minutes. Makes 1 dozen.

Mrs. John W. Gunter, Appomattox County.

SCOTCH MUFFINS

1½ cups flour	½ teaspoon salt
3 teaspoons baking powder	4 tablespoons butter (or other shortening)
4 teaspoons sugar	¾ cup cold water

Sift together the flour, baking powder, sugar, and salt. Add shortening, and cut it into small pieces with the knife. Then further mix it in with the hands until the shortening disappears into the flour. Add the water slowly, and mix while adding, to make a soft dough. Drop pieces of this wet dough into clean, ungreased muffin tins. Divide the dough as nearly equally as possible. Bake 15 minutes, until golden brown in a hot oven (450° F.).

Mrs. P. L. Cole, Washington County.

CORN CAKES

2½ cups corn-meal	2 tablespoons flour
1 teaspoon salt	1 teaspoon baking powder
1 teaspoon soda dissolved in enough sour milk to make a thin batter—approximately 2 cups	1 egg

Mix corn-meal, flour, salt and baking powder. Add egg and sour milk. Bake on well greased hot griddle.

Mrs. William Burnshire, Shenandoah County.

RICE GRIDDLE CAKES

3 eggs, well beaten	3 cups cooked and salted rice
½ cup sifted flour	3 teaspoons baking powder
¼ cup sweet milk	½ teaspoon salt

Mix eggs and rice thoroughly, stir in flour, baking powder and salt sifted together. Add milk and beat well. Bake on hot greased griddle and serve hot with syrup and sausage or crisp bacon. These are good for any meal.

Mrs. M. H. Pannill, Orange County.

QUICK BUCKWHEAT CAKES

2 teaspoons soda	4 cups buttermilk
1 cup enriched all-purpose flour	2 teaspoons baking powder
1½ teaspoons salt	2 cups buckwheat flour

Mix milk, soda, baking powder and salt and then stir in the flour. Beat until thoroughly mixed and fry in hot pan well greased.

Mrs. Katy D. Nuckells, Grayson County.

RAISED BUCKWHEAT CAKES

2 cups buckwheat flour	1 teaspoon salt
$\frac{1}{2}$ cup corn-meal	$2\frac{1}{4}$ cups warm water
2 tablespoons molasses	$\frac{1}{2}$ yeast cake
or 1 tablespoon sugar	1 teaspoon soda

Dissolve yeast in the warm water, add salt and molasses, then the flour and meal, stir well and let rise over night. Stir mixture down and add soda, stir and bake on well greased griddle.

Miss Jo Fultz, Rockbridge County.

BREAD CRUMB PANCAKES

1 cup bread crumbs	2 teaspoons baking powder
1 cup milk	1 egg
$\frac{1}{2}$ teaspoon salt	A little flour

Roll stale bread into coarse crumbs with rolling pin. Set crumbs to soak over night in milk. In the morning add salt, well beaten egg and just enough flour mixed and sifted together with baking powder to make a soft batter. Beat together and drop, by tablespoonfuls on hot buttered griddle. Cook cakes until brown on one side. Then turn over and brown other side. Serve piping hot with drawn butter and syrup. A simple sugar syrup flavored with pineapple juice makes a different accompaniment.

Mrs. B. C. Childers, Appomattox County.

OLD VIRGINIA SALLY LUNN

4 eggs	1 yeast cake
1 cup butter	2 tablespoons sugar
2 cups warm milk	Flour to make thick batter (about 6 cups)

Add butter and sugar to milk. Beat in eggs. Dissolve yeast in small amount of the milk mixture, add to liquid, and stir in flour. Let rise until double in bulk. Beat down. Let rise second time. Stir and put in pan. Let rise to top of pan. Bake slowly.

Mrs. R. B. Vance, Washington County.

QUICK SALLY LUNN

$\frac{1}{2}$ cup shortening	4 teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ teaspoon salt
3 eggs, beaten without separating	1 cup milk
2 cups flour	

Cream well the shortening and sugar. Add the eggs and milk mixed together alternately with the dry ingredients which have

been sifted. Bake in a shallow pan which has been well greased. When baked, the Sally Lunn should be about $1\frac{1}{2}$ inches thick. Set the oven at 425 degrees, and bake about 25 minutes. Break or cut in squares and butter while hot. May be baked in small muffin tins. This serves about 10 squares or 18 small muffins.

Evelyn N. Potterfield, Loudoun County.

CRUMB CAKE

3 cups flour	1 cup milk
1 cup sugar	2 eggs
3 tablespoons melted butter	1 teaspoon vanilla extract and
2 teaspoons baking powder	dash nutmeg
$\frac{1}{2}$ teaspoon salt	

Mix and cream eggs, sugar and shortening; then add flour, milk, extract and nutmeg. Put in oblong baking pan about 8 x 12 inches long, then spread crumbs on top batter before baking. This is crumb mixture:

6 tablespoons sugar	4 tablespoons flour
4 tablespoons melted butter	1 tablespoon cinnamon

Mix these well together. Bake about one hour in moderate oven, or until done.

Mrs. W. R. Preddy, Orange County.

QUICK COFFEE CAKE

2 tablespoons shortening	$\frac{1}{3}$ cup sugar
1 egg, well beaten	$1\frac{1}{2}$ cups flour
2 teaspoons baking powder	$\frac{2}{3}$ cup milk
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup chopped nuts	1 tablespoon melted butter

Cream shortening and sugar, stir in well beaten egg, then the flour sifted with baking powder alternately with milk. Spread batter evenly in a greased 8-inch square baking pan. Brush with melted butter, sprinkle the brown sugar, cinnamon and nuts evenly over the top. Bake in moderate oven about half an hour. Serve warm.

Gertrude Bliley, Chesterfield County.

CINNAMON GOO

1 cup sugar	2 teaspoons baking powder
1 cup sweet milk	1 egg
$1\frac{1}{2}$ cups flour	1 tablespoon butter

Cream butter and sugar. Mix well beaten egg and milk. Add

to creamed mixture alternately with flour into which is sifted baking powder. Pour mixture into two pie pans. Dust over top with brown sugar and cinnamon. Make holes in batter and fill with butter. Bake 15 or 20 minutes in moderate oven. Cut like pie and serve with coffee.

Mrs. C. G. Summers, Montgomery County.

EM'S COFFEE CAKE

1/4 cup butter	1 teaspoon baking powder
1 cup sugar	1 1/2 cup flour
1 teaspoon salt	1 egg
1/2 cup milk	

Cream shortening and sugar, add egg, and then milk and flour alternately. Beat smooth after each addition. Bake in moderate oven in square pan. Butter top when done and sprinkle with cinnamon and sugar.

Mrs. Hubert Dod, Rockbridge County.

BROWN BREAD

1 cup white flour	1 egg
1/2 cup sugar	1 tablespoon vinegar
2 teaspoons soda	1 cup milk
1/2 teaspoon salt	1 cup molasses
1 1/2 cups graham flour	

Sift white flour then measure. Resift with sugar, soda, and salt. Add graham flour. Beat egg. Stir vinegar into diluted milk and add with molasses to beaten egg. Stir in dry ingredients. Pour into greased loaf pan. Bake slowly (300-350°) about 1 1/2 hours. Makes one good-sized loaf.

Mrs. E. M. Grove, Nottoway County.

BROWN BREAD

1 1/2 cups corn-meal	1 cup molasses
1 1/2 cups flour	2 cups buttermilk
1 teaspoon soda	Salt

Dissolve soda in molasses and mix all ingredients well. Pour in to two pans and steam 1 1/2 or 2 hours. Remove from steamer and bake in moderate oven 1/2 hour.

Mrs. F. G. Hall, Grayson County.

ORANGE BREAD

3 cups unsifted flour	2 eggs
1 teaspoon salt	1 cup milk
1 cup sugar	1 cup candied orange peel
3 teaspoons baking powder	

Grease and flour two pans 9 x 4½ x 2½.

Sift together dry ingredients. Add egg and milk. Beat until smooth. Add peel. Pour into pans, spreading from center to sides and corners. Let rise 30 minutes, and bake 40 to 60 minutes in a moderate oven 375° F. until a delicate brown and the bread leaves the sides of the pans. It should be firm to the touch. Turn on cooling racks. This makes delicious sandwiches with good butter, cream or cottage cheese filling. By using nuts instead of orange this same recipe is good for nut bread.

Mrs. Florence Pittard Hoover, Rockingham County.

NUT RAISIN BREAD

3 cups sifted flour	½ cup sugar
1½ teaspoons salt	¾ cup coarsely chopped nuts
1 cup seedless raisins	1½ cups milk
1 egg, well beaten	2 tablespoons melted shortening
4 teaspoons baking powder	

Sift together flour, baking powder, salt, sugar. Add raisins and nuts. Combine egg, milk and shortening. Stir liquid mixture into dry ingredients. Pour into a greased loaf pan and let stand at room temperature for 20 minutes. Then bake in 350° oven for approximately 1¼ hours. Remove from pan and cool on wire rack.

Mrs. E. T. Peters, Alleghany County.

QUICK RAISIN BRAN BREAD

1½ cups ready-to-serve bran	3 teaspoons baking powder
1/3 cup molasses	1½ teaspoons salt
1¼ cups milk	1 teaspoon soda
1 egg, beaten	½ cup sugar
2 cups flour	1 cup raisins

Add bran to combined molasses and milk. Let soak 15 minutes. Stir in egg. Sift flour, salt, soda, and baking powder together. To this add raisins. Then add flour mixture to bran mixture, stirring just enough to mix well. Turn into greased 9 x 5 x 3-inch loaf pan and bake for 1 hour at 375° F.

Mrs. Stanley A. Taylor, Prince George County.

NUT BREAD

3½ cups flour	1 cup chopped nuts
4 teaspoons baking powder	1 egg, beaten
1 teaspoon salt	1½ cups milk
1 cup sugar	2 tablespoons melted shortening

Mix in order given and pour into greased loaf pan. Let stand for 20 minutes and bake 1 hour in slow oven.

Ruth Haines, Fairfax County.

DATE AND NUT BREAD

1 cup dates, cut up	1¾ cups flour
1 teaspoon soda	1 cup sugar
¾ cup boiling water	¼ teaspoon salt
1 beaten egg	1 tablespoon melted butter
¾ cup walnut meats	

Combine the dates, soda, and water and let stand until cool. Add the remaining ingredients stirring thoroughly. Put into a greased loaf pan and bake in oven (375°) 45 minutes.

Mrs. Alton S. Nicholson, Norfolk County.

BEATEN BISCUIT

In making beaten biscuits, always put one teaspoon salt, a piece of lard the size of an egg, and a teacup of milk to a quart of flour, adding enough cold water to make a stiff dough. No other ingredients are advisable. Make the dough much stiffer than for other breads, beat steadily with a pestle (or a wooden potato masher or rolling pin) a half-hour by the clock. Cut with a biscuit cutter or shape by hand, making each biscuit not quite half an inch thick, as they rise in baking. Do not let them touch each other in the pan, and let the oven be very hot.

Miss Janet Cameron, Montgomery County.

OLD-FASHIONED DOUGHNUTS

1 cup milk (scalded)	½ cup shortening
1 yeast cake (compressed)	1 cup brown sugar
1 cup warm water	½ teaspoon salt
7½ cups flour	2 eggs, beaten

Cool milk to lukewarm, add yeast softened in water. Add 3½ cups flour and beat until smooth. Cover and let stand 3 hours in warm place. Thoroughly cream shortening, sugar, and

salt; add eggs and beat. Add to sponge with 4 cups flour. Knead lightly, cover and let rise in cool place over night. Knead and let rise until double in bulk. Roll $\frac{1}{3}$ inch thick on lightly floured surface. Cut with doughnut cutter. Let rise until double in bulk, about 45 minutes. Fry in deep fat 350° until brown. Drain on absorbent paper. Dust with 1 cup brown sugar mixed with 2 tablespoons cinnamon. Makes 3 dozen doughnuts.

Mrs. John Thomas, Loudoun County.

RAISED DOUGHNUTS

1 cup sweet milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup potato water	2 eggs
$\frac{1}{2}$ cup mashed potatoes	1 yeast cake, dissolved in $\frac{1}{2}$ cup
$\frac{1}{2}$ cup shortening	lukewarm water
$\frac{1}{2}$ cup sugar	7 to 8 cups flour

Sift flour; add salt and sugar. Beat eggs, add dissolved yeast. Mix all ingredients, using flour enough for stiff dough. Knead well for five minutes. Let this rise several hours, then roll out and cut as doughnuts. Let this rise at least one hour. Fry in deep fat, then dip in a syrup made of 2 cups sugar and 1 cup water, butter size of an egg and let come to a good boil. Flavor with vanilla.

Mrs. Irene Carson, Appomattox County.

DOUGHNUTS

4 cups sifted flour	2 eggs, well beaten
1 teaspoon soda	2 tablespoons shortening, melted
1 teaspoon salt	1 cup sour milk
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ teaspoon nutmeg
1 cup sugar	

Sift flour once, measure; add baking soda, salt and spices and sift again. Combine sugar, eggs, shortening, and sour milk. Add flour mixture. Beat well. Chill. Turn onto floured board. Roll $\frac{1}{4}$ inch thick. Cut with floured doughnut cutter. Fry in deep fat (375 degrees) turning once. Drain on unglazed paper and sprinkle with confectioner's sugar. Makes 3 dozen doughnuts.

Mrs. Katie Keller, Shenandoah County.

DOUGHNUTS

1 cup sugar	2 eggs
1 cup mashed potatoes	$\frac{1}{2}$ cup sweet milk
1 tablespoon melted butter	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	3 cups flour
Nutmeg, if desired	

Add sugar, butter and salt to potatoes. Mix well. Add eggs and beat. Add milk, baking powder, and flour. Roll out; cut with doughnut cutter. Fry in deep fat.

Miss Neta Ellinger, Augusta County.

Mrs. A. S. Runion, Rockingham County.

POTATO FRIED CAKES

1 cup hot mashed potatoes	4 cups flour
4 tablespoons butter	6 teaspoons baking powder
3 eggs	1 teaspoon salt
$1\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon vanilla
1 cup milk	$\frac{1}{4}$ teaspoon nutmeg

Add butter to hot potatoes and beat well. Beat eggs with sugar and stir into first mixture. Mix and sift flour, salt, baking powder and nutmeg and add alternately with milk to first mixture; add vanilla. Cover mixing bowl and let mixture chill for an hour or longer. Dust moulding board and rolling pin with flour and turn dough on to board. Roll lightly to $\frac{1}{2}$ inch thickness and cut with a floured cutter. Fry in deep fat and drain.

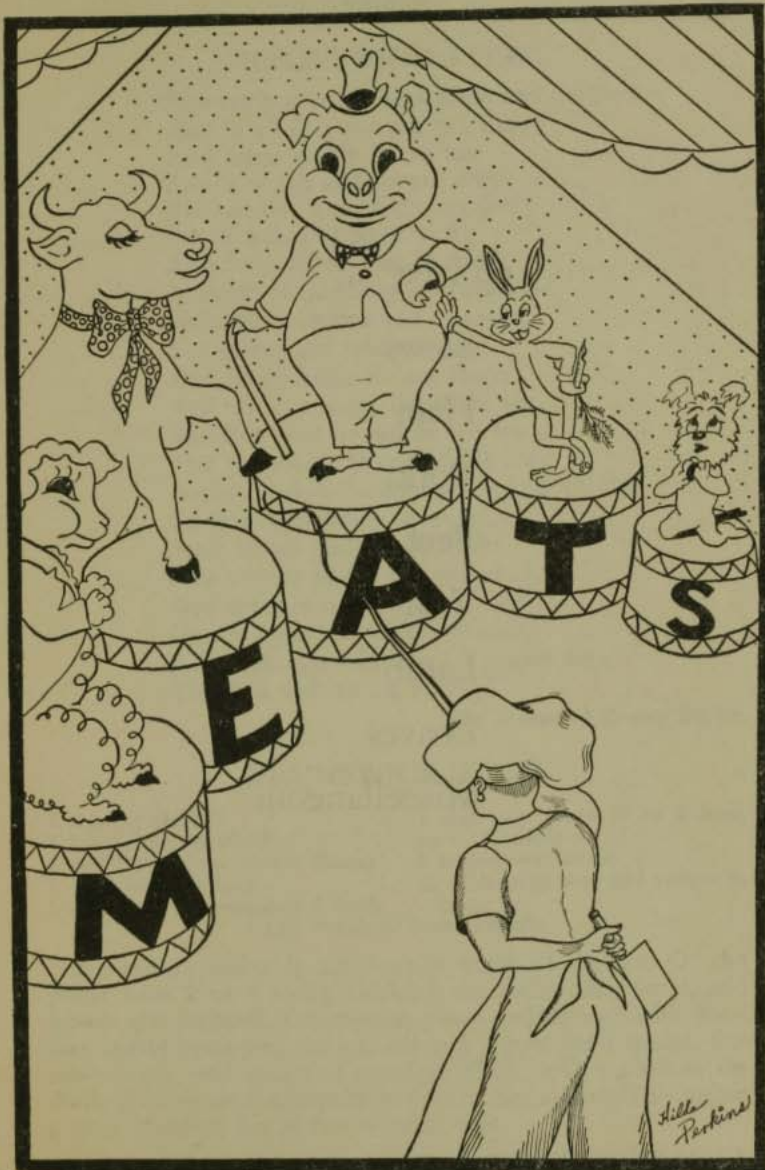
Susie E. Belding, Surry County.

DROP DO-NUTS

1 egg	$\frac{1}{2}$ teaspoon nutmeg
1 cup sugar	4 teaspoons baking powder
1 cup sweet milk	3 cups flour
$\frac{1}{2}$ teaspoon salt	

Beat the egg, blend with the sugar, add the milk, then the remaining dry ingredients sifted together. Drop by spoonfuls into hot fat. When brown drain on paper and when cool roll in granulated sugar.

Mrs. Mada Hawkins Wise, Augusta County.



MEATS

Stews

Ham

Pork

Beef

Veal

Lamb

Loaves

Miscellaneous

BRUNSWICK STEW

"First catch your chickens, clean and cut them.
 And in an iron pot you put them;
 And water nearly to the top
 And in it salt and pepper drop;
 Boil slowly. Your tomatoes peel;
 Put in a shin or so of veal;
 And for a flavor bear in mind,
 A chuck of middling with the rind.
 Next, some onions you throw in,
 The young and tender skin,
 And butter beans do not forget;
 And what is more important yet,
 The corn; but do not be too fast,
 This you must cut and add it last;
 For better than the flour you'll find it'll do.
 To give a thickness to the stew.
 Some lemon peel cut very thin
 May now be added and stirred in,
 And ere it is taken from the fire
 Give it a dash of Worcestershire,
 And soon you will hear its praises ring,
 This is a dish fit for a king."

Old Brunswick County Recipe.

BRUNSWICK STEW

1 stewing chicken	1 pint corn (canned) or 6 fresh ears (scraped)
4 Irish potatoes diced	1 tablespoon butter
1 pint butterbeans (green limas)	$\frac{1}{2}$ tablespoon salt and pepper to taste
1 or 2 onions sliced	
1 pint canned tomatoes or 8 fresh	
1 cup biscuit or bread crumbs	

Squirrel or rabbit is excellent in place of chicken. Or the pieces from 2 or 3 frying chickens, the backs, ribs, necks, and giblets may be used. Cut meat in pieces and simmer with potatoes, butter beans and onions, salt and pepper until tender. Remove bones, add corn and tomatoes. Cook until vegetables are done. Add butter and crumbs to thicken like a stew. This makes a huge kettleful, but is fine warmed over.

Mrs. Ellen Mason, Norfolk County.

OLD VIRGINIA STEW

1 pound beef, cut in 1-inch cubes	1/4 teaspoon pepper
2 1/2 cups boiling water (about)	1/4 teaspoon paprika
1 chopped onion	Dash of allspice
1 1/2 teaspoons salt	1 teaspoon sugar
1 cup sliced carrots	1/2 teaspoon lemon juice
1 cup cubed potatoes	1 cup diced celery
1/2 teaspoon Worcestershire Sauce	1/4 cup tomato juice

Brown meat in hot fat. Add hot water, onion, lemon juice, seasonings, tomato juice and simmer for 2 hours. Add more water if needed. Add vegetables and cook until done.

Mrs. Hubert Dod, Rockbridge County.

IRISH STEW

2 1/2 pounds lamb chops	1 pint lima beans
8 potatoes	1 quart cold water
4 turnips	4 carrots
4 small onions	Salt and pepper
1 pint green peas	

Chop vegetables and lamb, place them in stew pan in alternate layers of the vegetables and lamb. Add the quart of cold water; cover stew pan and stew slowly until the greater part of the gravy is absorbed. Serve hot.

Mrs. Paul P. Glynn, Frederick County.

BEEF SOUP

To one quart rich beef stock, add 1 1/2 cups canned tomatoes or 2 cups tomato juice. Bring to full rolling boil then add thickening made with 2 heaping tablespoons flour and 1 cup milk. Cook thoroughly, serve with crackers or croutens. Serves four.

Mrs. G. T. Grice, Montgomery County.

SMITHFIELD HAM

Wash ham thoroughly and cover with cold water. Allow ham to soak in water over night. Change water and cook slowly for three hours (10- to 12-pound ham). Let ham cool in water in which it cooked. Remove skin from the ham, sprinkle with brown sugar and brown in oven.

Mrs. Walter Chapman, Isle of Wight County.

BAKED HAM

12-pound ham 1 cup brown sugar 4 dozen cloves

Wash a ham thoroughly and place in kettle with cold water. Cook slowly until tender. Remove from kettle and remove outside skin. Sprinkle with brown sugar and dot with cloves about one inch apart. Bake about 1 hour in a moderate oven 350 degrees F., basting with cider and water.

Margaret Eason, Nansemond County.

GLAZES FOR BAKED HAM

When ham is well done, remove skin and cover with the following:

Jelly Glaze—combine 1 cup of jelly (grape, plum, or currant) and 1 cup ham gravy. Baste ham with mixture until brown.

Or

Cover ham with mixture of 1 cup brown sugar and 1 teaspoon ground mustard. Baste with 1 cup cider. Brown.

Or

Boil for 5 minutes:

½ cup corn syrup ½ cup brown sugar 1 cup orange juice

Stick cloves in ham, and baste with liquid mixture until well browned.

Alice B. Harris, Stafford County.

VIRGINIA SPICED HAM

1 slice ham ¾ inch thick 1 teaspoon mustard
2 tablespoons sugar 1 tablespoon vinegar

Mix the mustard and sugar and rub over the surface of the meat. Place in a baking pan. Pour the water and vinegar around it; cover, and bake in a 450 degree F. oven for twenty minutes.

Mrs. Jack Porterfield, Loudoun County.

BAKED SLICED HAM

Slice ham 1 inch thick. Stick in a few cloves, sprinkle with brown sugar. Add a little water, cover and bake slowly until tender and brown.

Mrs. Ted Lucas, Montgomery County.

MACARONI WITH HAM

¼ cup bread crumbs	2 eggs (beaten)
1 cup hot milk	2 cups cooked macaroni
3 tablespoons melted butter	1 teaspoon minced onion
1 cup chopped cooked ham	Salt
1 tablespoon chopped green pepper	

Mix crumbs and hot milk. Add all of the remaining ingredients. Place in a baking dish and bake in a moderate oven of (375 degrees F.) for 45 minutes. Serve with 1½ cups hot tomato sauce. Serves four.

Mrs. G. E. Rea, Henry County.

HAM AND RICE CASSEROLE

2 cups chopped cooked ham	1 cup milk
1 teaspoon salt	1 tablespoon shortening
¼ teaspoon pepper	4 cups cooked rice
1 egg	

Grease casserole with shortening. Mix salt and pepper with chopped ham. Beat egg slightly, add milk. Into casserole put half of rice spread over top half of ham mixture, pour over half of milk and egg mixture. Add balance of rice, cover over with the rest of ham mixture, pour balance of milk and egg over this. Bake in moderate oven 30 to 40 minutes. serves 8.

Mrs. W. A. Wheeling, Orange County.

HUNTER'S DINNER

1 pound of ham (cured)	1 can of spaghetti
1 pound breakfast bacon	1 can of lima beans
1 can of tomatoes	1 can of mushrooms

Cut ham and bacon in one inch squares. Fry bacon, remove from skillet, then fry ham in bacon grease. Next put both meats and all the grease in a large kettle and add the vegetables. Cook well and serve on toast. This dish when served with a fruit salad and a dessert makes a complete meal.

Nelle Eaton, Giles County.

CASSEROLE DISH

6 thick chops	1 green pepper
1 can corn	1 cup celery
1 egg	1 small onion
1 cup bread crumbs	3 tablespoons flour
Salt	1 cup milk

Chop celery, onion and green pepper, mix and fry to a golden

brown in butter. Add well beaten egg, corn and bread-crumbs. Season with salt and pepper. Make a thick cream sauce by blending flour in fat in which vegetables were browned and add milk. Place chops, which have been browned on both sides, in buttered baking dish. Spread corn mixture over the top and pour cream sauce over all. Bake in slow oven 45 minutes.

Mrs. E. L. Burton, Mecklenburg County.

PORK AND SAUERKRAUT

Take $1\frac{1}{2}$ pounds pork backbone and have it broken in small pieces for serving. Place in a roaster and cover with 3 pints sauerkraut. Cover and place in a moderate oven (350 degrees) for $1\frac{1}{2}$ hours. Make dumplings using 2 eggs, beaten and mixed with $\frac{1}{2}$ cup milk, adding $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder and 2 cups of flour or enough to make a very thin batter. Drop by tablespoons on the sauerkraut. Cover the roaster and bake for 15 minutes longer. Serve hot on a large platter. Serves 4 to 6.

Mrs. Clifford Cole, Washington County.

OLD SAUSAGE RECIPE

22 pounds sausage meat	3 tablespoons black pepper
$\frac{1}{2}$ pound salt	4 tablespoons sage
$1\frac{1}{2}$ teaspoons of red pepper	

Spread meat in large pans and sprinkle with seasoning. Work together thoroughly and grind sausage through mill. Work mass well, or grind again through mill if sausage is coarse.

Mrs. Ardelle W. Cogbill, Mecklenburg County.

OLD RECIPE FOR SEASONING SAUSAGE

For every pound of meat use the following:

$1\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{2}$ small red pepper pod, ground
$\frac{1}{2}$ teaspoon pepper (black)	2 teaspoons sage

For each 10 pounds of meat add 1 extra tablespoon of salt.

Mrs. Andrew Clark, Norfolk County.

SCRAPPLE FOR CANNING

4 hog faces

16 feet

Clean faces and feet, and cook until meat falls from bones. Remove bones and all liquid fat, but leave right much of the

other liquid. Season like sausage, and mix meat and seasoning well with liquid. Pack loosely in jars and process like other meat. When ready to use, heat, remove from jar, and boil at least 15 minutes. Thicken with meal, using about $\frac{1}{2}$ cup meal to one quart of meat mixture (fresh or canned). Chill. Cut in slices about $\frac{1}{2}$ inch thick, flour well and fry quickly in small amount of very hot fat.

Mrs. M. H. Pannill, Orange County.

VIRGINIA SCRAPPLE

1 hog's head 2 cups sifted corn-meal
Salt and sage to taste

Cook head, which has been thoroughly cleaned, until meat is easily removed from bone. Remove meat. Cook broth until reduced to $\frac{1}{2}$ gallon then cook corn-meal in it. Add finely chopped meat and seasoning. Pack in pans. Cool, slice and fry as needed.

Mrs. R. B. Wilson, Prince Edward County.

BRAIN OYSTERS

6 cups milk 6 sets hog brains
6 teaspoons butter Salt

Wash brains thoroughly removing all skin in cold water. Heat milk slowly. When hot, but not boiling, add brains, butter and salt. Cook slowly until brains are done. Serve with crackers or buttered toast.

Mrs. M. H. Pannill, Orange County.

SAUSAGE-POTATO SCALLOP

$\frac{1}{2}$ pound sausage, fresh or home canned 3 cups potatoes, thinly sliced
1 cup onions, thinly sliced 2 cups milk, scalded
3 tablespoons flour Salt and pepper
 $\frac{1}{2}$ tablespoon butter or margarine

If fresh sausage is used, fry out most of the fat and if canned sausage is used, scrap off as much fat as possible. Put layer of sausage in a $1\frac{1}{2}$ quart covered casserole. Continue making layers of sausage, potatoes, onions, with seasonings and flour between layers, until all ingredients are used. Pour hot milk over and dot with butter. Cover and cook in a slow oven (325 degrees) for $1\frac{1}{2}$ hours or until potatoes are tender, then brown lightly under broiler.

Mrs. Cecil Hite, Shenandoah County.

PORK CASSEROLE

1½ cups uncooked macaroni	2 tablespoons butter
2 cups canned tomatoes	¾ cup grated cheese
Dash pepper	4 tablespoons chopped onions
2 cups canned tenderloin	3 cakes fried sausage
1 teaspoon salt	

Cook macaroni in salt water and drain. Melt butter in a skillet. Add onions and cook until brown. Add tenderloin, salt, pepper and cook until meat is brown. Add macaroni and tomatoes. Turn mixture into a baking dish. Sprinkle cheese and crumbled sausage over top. Bake 350 degrees until cheese is melted and sausage is lightly brown.

Mrs. Ray Catron, Grayson County.

CASSEROLE OF CANNED PORK

1 quart canned pork (salt added when canned)	
1 teaspoon salt	3 tablespoons flour
2 cups water	¼ teaspoon sage

Place pieces of pork in baking dish, add flour, sage and salt and stir until meat has taken up the flour. Add cold water and place in oven and cook until only half the water remains. (2 diced Irish potatoes may be added for variety.)

Mrs. J. A. Martin, Nansemond County.

SMOTHERED STEAK

Beat steak on both sides. Beat in plenty of flour. Salt and pepper to taste. Put into a skillet part butter and part lard. Put steak into skillet and sprinkle ½ cup flour in skillet. Let brown well on both sides. When steak is real brown, cover all with hot water and bring to a boil. Stir gravy around in skillet to make it smooth. Cover and steam 45 minutes.

Mrs. Claude Williams, Grayson County.

SPANISH STEAK

Take a 2-pound round steak, sear on both sides in hot fat. Cut up a small onion and fry with it. Place the steak and onion in a deep casserole. Make gravy and pour over the steak, place in oven until tender. This is especially good where you have a tough steak.

Mrs. Lewis Keser, Scott County.

ONE-DISH MEAL

1 pint can of peas	4 tablespoons catsup or chili sauce
6 slices of beef or tenderloin	2 cups cooked rice

Put drained peas in a buttered baking dish. Cover with cooked rice. Put meat on top. Pour catsup and broth of canned peas over all. Bake in moderate oven (350 degrees) until all is hot and brown.

Mrs. Charles Burner, Shenandoah County.

SWISS STEAK

Round steak, cut $1\frac{1}{2}$ inch thick. Beat into this $\frac{1}{2}$ cup flour. Sear on both sides and place in roaster. On top of steak put: 1 large onion, 1 sweet pepper, $\frac{1}{4}$ pound butter, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 1 can tomato soup. Pour enough boiling water on to cover. Cover roaster and bake slowly $1\frac{1}{2}$ hours.

Carol Williams, Grayson County.

STEAK BIRDS

1 pound of thinly sliced steak	Salt and pepper
Bread dressing	Toothpicks

Cut the thinly sliced steak into three-corner pieces. Into the center of each triangle place a tablespoon of dressing. Fold corners and fasten with toothpicks. Bake in oven till done and then make a brown gravy. Cover with the brown gravy when serving.

Mrs. M. E. Stevens, Bath County.

HAMBURGER AND NOODLES

$\frac{3}{4}$ pound ground beef	1 onion
$\frac{1}{2}$ package egg noodles	1 can tomatoes or tomato juice
Cheese	

Sear steak well, separate into small pieces. Cook noodles and onion until tender. Drain. Pour half the noodles into greased baking dish. Add meat and then the remaining noodles. Pour tomatoes over all. Bake in moderate oven 350 degrees. If desired add cheese just before removing from oven and bake until browned.

Mrs. Caroline M. Rambo, Washington County.

STEAK AND LIMA CHILI

(A one-dish meal)

2 cups cooked dried limas	2 cups tomato sauce or strained
1 pound ground beef	tomatoes
1 tablespoon fat	$\frac{1}{2}$ teaspoon salt
1 onion, chopped	$\frac{1}{2}$ teaspoon chili powder

Heat fat, add onion, cook 5 minutes. Add meat, cook until brown, then add remaining ingredients. Simmer 20 minutes.

Mrs. Mollie S. Garrette, Appomattox County.

HOMINY PIE

$\frac{1}{2}$ pounds ground beef	1 teaspoon chili powder
1 tablespoon flour	$2\frac{1}{2}$ cups hominy
2 cups canned tomatoes	1 medium-sized onion, chopped
Salt and pepper	$\frac{1}{4}$ pound grated American Cheese

Brown meat in hot fat, add flour, tomato and seasonings. Brown hominy and onions in hot fat, add to meat mixture. Place in greased casserole, sprinkle with cheese, bake in moderate oven (350 degrees) 30 minutes. Serves 6.

Mrs. John G. Thomas, Loudoun County.

CHILI CON CARNE

1 pound hamburger	1 small can tomatoes
1 can red kidney beans	1 tablespoon chili powder
1 large onion	

Scramble hamburger and cut up onion in large frying pan, fry until brown. Add kidney beans, chili powder, tomatoes, salt, and pepper to taste. Cook with lid on for about $\frac{1}{2}$ hours. Chili powder may be omitted. Garlic may be added.

Mrs. E. A. Solomon, Chesterfield County.

NOODLES WITH MEAT BALLS

$\frac{1}{2}$ pound ground beef	$\frac{1}{2}$ pound ground pork
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Mix meat with $\frac{3}{4}$ cup soft bread-crumbs, 2 tablespoons minced onion, salt and pepper, $\frac{3}{4}$ cup evaporated milk. Stir until milk is absorbed. Shape into 18 small balls, wetting your hands in water. Roll in flour and brown on all sides in 4 tablespoons hot fat. Pour over the meat balls a $10\frac{1}{2}$ -ounce can condensed vege-

table soup and $\frac{3}{4}$ cup water, cook until meat balls are tender. In meantime cook 3 cups noodles (or macaroni) in 8 cups boiling water with 2 teaspoons salt, 20 minutes. Drain, place on platter with a round hole left in center. Place meat balls around noodles. Add $\frac{3}{4}$ cup evaporated milk to soup in pan. Heat and thicken with $1\frac{1}{2}$ tablespoon cornstarch mixed with 3 tablespoons water. Pour sauce in center of noodles, and serve hot.

Mrs. G. M. Banner, Scott County.

BEEF WITCHES

Prepare hamburger as for frying, omitting onion. Spread mixture on slices of bread. Place under moderate flame. Broil for 20 or 30 minutes, until brown. Remove from oven, place a slice tomato in center of each slice bread. Add a medium slice of onion on tomato. Sprinkle well with grated cheese. Return to oven and toast until brown. Serve at once. Serve with cole slaw and you will have a delightful lunch.

Mrs. H. B. Lyle, Alleghany County.

MOCK CHICKEN LEGS

1 pound veal 1 or 2 eggs (well beaten) Cracker crumbs

Have the veal cut in strips and roll on wooden sticks (either butcher skewers or sucker sticks) until all veal is used or until you have the amount needed for serving. Dip in egg that has been well salted. Roll in cracker-crumbs or cracker-meal. Fry slowly until veal is well done and nice and brown. Resembles a chicken leg. After meat has been eaten from the sticks wash the sticks and lay away until you need them again. They can be used again and again.

Mrs. W. E. Kashner, Bath County.

VEAL BIRDS

Have veal cut in small steaks (not quite as large as your hand). Roll the steaks and wrap a slice of bacon around the middle and fasten with a toothpick. Salt and pepper to taste. Bake slowly until thoroughly done.

Mrs. M. E. Stevens, Bath County.

VEAL FRICASSEE

2 pounds stew veal	2 teaspoons salt
2 small onions	Black pepper to taste
1/3 cup butter or oleomargarine	1 tablespoon flour
3 small potatoes	1 cup sweet milk

Cut veal in small pieces, melt butter in skillet, add veal and cook until brown. When brown, put in pot and cover with water. Add salt and pepper, then onions and potatoes, diced small. Cook over slow flame until tender. Make a paste of the flour and add to cup of milk. Stir into the veal mixture and cook for 3 or 4 minutes. (A delicious dish.)

Mrs. W. B. Kidd, Norfolk County.

CASSEROLE OF VEAL

1 pound veal, cubed	1/2 8-ounce package of noodles, cooked
1 onion, chopped	Salt
2 tablespoons cooking fat	Pepper
2/3 cup water	1 cup sour cream
	1/2 cup chopped mushrooms

Cook veal and onion in hot fat until brown, add water, cover. Simmer 1 hour, add mushrooms and noodles, season to taste. Pour into oiled baking dish and add sour cream. Bake in oven (350 degrees F.) 45 minutes.

Mrs. Robert R. Spencer, Henry County.

VEAL OYSTERS

Cut veal into small pieces, dip into egg and cracker-crumbs. Fry in deep fat until a nice brown. Heap into a baking dish, season with salt and pepper. Cover with sweet milk and bake from thirty minutes to an hour.

N. Lula Pope, Southampton County.

VEAL CUTLETS, RUSSIAN STYLE

Flour well 1 thick veal cutlet. Slice and saute in fat 2 medium-sized onions. Season with salt and pepper. Brown meat on both sides in fat. Pour over 3/4 cupful of sour cream. Cover, and simmer one hour, turning once.

Mrs. Hartley A. Soule, Elizabeth City County.

ROAST LAMB

Wipe leg of lamb with damp cloth. Dredge with salt, pepper, ground ginger, and flour. Melt 2 tablespoons shortening in heavy pan and saute a small onion, remove onion. Add 1 tablespoon of Worcestershire sauce, 2 tablespoons catsup, a pinch of sugar and 1 pint of boiling water. Place lamb in baking pan and pour sauce over all. The lamb may be garnished with slices of fresh tomato. Baste frequently and bake slowly until tender.

Fairfax County.

LEG-O-LAMB

Wipe leg of lamb with damp cloth. Powder with flour, salt and pepper. Cut row of five rather deep holes with point of knife along the top of the roast and insert a very thin slice of garlic in each hole. Place in roasting pan in a very slow oven and cook until done. Lamb roast cooked this way is especially nice sliced cold.

Mrs. Michele Fiore, Elizabeth City County.

QUICK MEAT LOAF

2 pounds hamburger or other ground meat	1 egg
1 cup corn flakes	1 onion, chopped fine
8 crackers or bread-crumbs	Tomato juice, enough to moisten

Mix thoroughly, shape into loaf. Pieces of fat meat may be fastened on top with a toothpick. Bake until brown. About 30 minutes.

Mrs. Harry Bullis, Westmoreland County.

SPICED HAM LOAF

1 cup bread or cereal crumbs	$\frac{1}{2}$ pound ground fresh pork
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon clove
2 cups ground cured ham	1 egg

Soften crumbs in milk. Combine meat, seasonings, crumbs and egg. Mix and pack into loaf pan. Bake in moderate oven (350° F.) 50 minutes. Serves 6.

Mrs. Frank Ledford, Montgomery County.

MEAT LOAF

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|------------------------------|----------------------------------|
| 1½ cups stale bread-crumbs | 1 green pepper or minced pimento |
| 2 cups stock | 1½ cups cooked rice |
| 3 cups chopped cold meat | 1½ teaspoons poultry seasoning |
| 2 slices fat salt pork diced | ¼ teaspoon paprika |
| 1 large onion | 2/3 teaspoon salt |
| ¼ cup tomato catsup | |

Soften crumbs in stock add them to the meat with seasonings and rice. Blend thoroughly, turn into greased pan. Bake in a moderate oven three quarters of an hour. Baste two or three times during the baking with drippings.

Mrs. S. O. Osborne, Scott County.

PORK LOAF

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|------------------------------|----------------------------|
| 1 quart of canned tenderloin | ½ teaspoon sage |
| 2 eggs, beaten | Crumbs from 5 slices bread |
| 2 onions, chopped fine | Little black pepper |

Alternate tenderloin and other ingredients in casserole. Sprinkle some crumbs on top and cook until brown in moderate oven.

Mrs. Maude E. Wise, Madison County.

RAGOUT

(A complete dinner cooked on one burner)

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|-------------------------|------------------|
| 4 medium-sized potatoes | ½ pound bacon |
| 2 medium-sized carrots | 1 cup cold water |
| 3 medium-sized onions | Salt and pepper |
| 1 pound round steak | |

Use large heavy skillet with lid that fits tightly. Place bacon in pan. Then put steak cut in small pieces on bacon. Sprinkle with salt and pepper. Next add layer of onions, and then layer of carrots which have been prepared and sliced. Sprinkle with salt and pepper. On top of all put potatoes, thinly sliced and add salt and pepper. Put on fire and cook 3 minutes; add water, cover, and cook slowly for 45 minutes.

Mrs. Stanley A. Taylor, Prince George County.

BEEF STEAK AND DUMPLINGS

Cut meat in individual servings, season and fry both sides until brown. Cover with boiling water. Make dumplings from 1 cup flour, 2 teaspoons baking powder, ½ teaspoon salt, and milk for

right consistency. Drop dumplings on each piece of meat, cover tightly. Boil until done. This makes a brown gravy that boils up through dumplings and gives them a delicious flavor.

Myrtle Higgins, Grayson County.

TOPSY TURVY MEAT PIE

1 pound ground beef	1 teaspoon salt
1 cup sliced onion	1 can tomato soup
2 tablespoons fat	1 cup milk
$\frac{1}{4}$ teaspoon celery seed	2 cups biscuit mix
$\frac{1}{2}$ teaspoon pepper	

Add meat to onion which has been browned in fat, cook until brown and crumbly but not hard. Add seasoning and tomato soup and simmer until thick. Add milk to biscuit mix, stir well. Pour over hot meat. Bake in hot oven (450 degrees F.) for 20 minutes. Turn out onto chop plate. Cut in wedges and serve hot. Serves 6.

Mrs. P. L. Guynn, Norfolk County.

PILOFF

3 tablespoons salad oil	1 can tomato paste and 1 can water
1 cup well washed, uncooked rice	1 cup chopped onion
$\frac{1}{2}$ pound ground beef	1 teaspoon salt
$\frac{1}{2}$ teaspoon sugar	2 tablespoons vinegar

Put oil in heavy iron skillet. Add rice and stir until browned. Then add beef and brown. Add salt, onion and juices and simmer until rice is thoroughly done. This, with a salad is a meal.

Sadie V. P. Summers, Montgomery County.

UPSIDE-DOWN BEEF PIE

$1\frac{1}{2}$ cups flour	5 tablespoons shortening
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
1 teaspoon salt	$\frac{1}{4}$ cup sliced onion
1 teaspoon paprika	1 can tomato soup
1 teaspoon celery salt	1 pound raw ground beef
$\frac{1}{4}$ teaspoon white pepper	

Sift together flour, baking powder, $\frac{1}{2}$ tablespoon salt, paprika, celery salt, and pepper. Add 3 tablespoons shortening and mix in thoroughly with fork. Add milk and stir until blended. Melt remaining 2 tablespoons shortening in 9-inch pan and cook onions until soft. Add tomato soup, remaining $\frac{1}{2}$ teaspoon salt

and ground meat. Bring to a boil. Spread baking powder mixture on top of meat mixture, and bake in oven at 450 degrees for about 20 minutes or until done. Turn upside down in plate when serving. Serves eight.

Mrs. E. L. Burton, Mecklenburg County.

STUFFED PEPPERS

1 egg (beaten)	1 medium-size onion (chopped)
½ cup corn	½ pound ground ham or beef
½ cup tomatoes or condensed tomato soup	½ teaspoon salt
2 tablespoons cream, or more if needed	⅓ teaspoon black pepper
7 large peppers	1 tablespoon sugar (optional)
	Paprika
	½ cup bread-crumbs

Mix all ingredients except paprika and peppers. Split peppers in halves, leaving one to place on top. Place in shallow greased pan, fill each pepper with mixture and decorate tops with strips of peppers and sprinkle with paprika. Bake about ½ hour in moderately hot oven.

Mrs. Abbott H. Herndon, Madison County.

STUFFED BISCUITS

Prepare hamburger. Fry in the usual way. When tender, remove from pan. Mix biscuits by your favorite recipe. Roll dough and cut biscuits. On top of each biscuit, put a hamburger. Cover with another biscuit. Seal well around edges by pressing top and bottom dough together. Place in pan. Bake until brown. Serve with catsup or left over gravy. It's a nice lunch. Serve celery and carrot sticks.

Mrs. H. B. Lyle, Alleghany County.

PORCUPINE BALLS

1 pound ground beef	1 onion, chopped fine
½ cup rice, uncooked	Salt and pepper

Mix ingredients, make into balls and brown in skillet. Pour over this 1 can of tomato soup and simmer or bake in oven slowly 2½ to 3 hours. Add water if it gets dry.

Mrs. Charles Burner, Shenandoah County.

MEAT PIE

Cook 2½ pounds stewing meat in 2 quarts or more of water until tender. When done, put 8 or 9 medium-sized potatoes (sliced) into the pot with meat, season with salt and pepper to taste. When done, make a medium thick soup of sweet milk and flour, and thicken; add a few noodles. Line medium-sized pan with biscuit dough and pour contents of pot into pan, dot with butter and bake until nice and brown. Serve before it gets cold. Do not allow to get too dry as it will spoil your dish. Season with onion or celery or both if desired.

Mrs. E. R. Parker, Pittsylvania County.

SLUMGULLION

2 cups cold, cooked meat (beef or pork)	2 cups meat stock
1 cup canned tomatoes	Salt and pepper
½ cup rice	2 tablespoons butter
1 tablespoon Worcestershire Sauce	2 medium-sized onions

Cook the meat, which has been cut in cubes, stock, tomatoes, one of the onions cut fine, Worcestershire sauce, and seasonings together for ten minutes. Melt butter in a frying pan and add the onion and uncooked rice. Allow both to brown slightly and add them to the other mixture. Turn all into buttered casserole and bake forty minutes in moderate oven.

Mrs. T. E. McCoy, Rockingham County.

LIVER PUDDING IN CASSEROLE

2 cups pork liver pudding	1½ cups milk
2 cups bread-crumbs	2 eggs, beaten
1 medium-size onion, chopped fine	

Heat pudding until soft. Add beaten eggs, onion, bread-crumbs and milk. Mix well. Cover top with 1 cup bread-crumbs. Bake in oven until done and brown. Serve while hot.

Mrs. C. W. Hawkins, Madison County.

CASSEROLE OF LIVER

1 pound liver, cut in small pieces	1 cup cooked rice or bread-crumbs
2 tablespoons fat	1 small onion, sliced
1 cup milk or water	1 can peas or any vegetable
4 tablespoons flour	½ cup water
Salt and pepper	

Brown onions in fat, remove and brown liver. Remove and

make gravy, using milk or water and flour. Season. Place all in casserole and bake. Put vegetables on bottom, then liver, rice and gravy, and onions on top.

Mrs. H. A. Snapp, Frederick County.

MEXICAN STYLE TONGUE

1 large or 2 small tongues
Boiling water
2 tablespoons fat
1 tablespoon flour

1 teaspoon salt
1 tablespoon vinegar
1 cup broth or water
1 cup chili sauce

Clean tongue, cover with boiling water. Simmer until tender, cool, remove skin. Melt fat, add flour, brown, add salt, vinegar, chili sauce, broth. Slice tongue into casserole, add sauce. Bake slowly 1 hour.

Mrs. Kelly Lundy, Grayson County.

HOT DOGS AND TOMATOES

Stew tomatoes and season to taste, with salt, pepper and sugar. Just before ready to serve, add hot dogs and cover to heat, being careful not to bring to a boil, as this makes the sausage break open.

Mrs. Norman Shepherd, Fairfax County.

YAMBALA

2 slices cooked ham or other meat
1 cup canned tomatoes (no juice)
1 cup boiled rice, rather dry

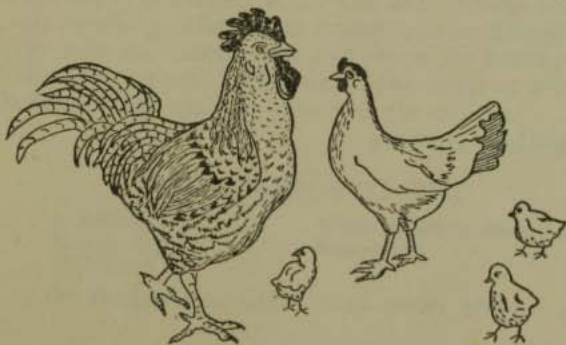
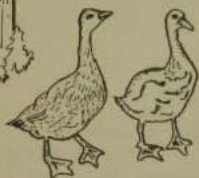
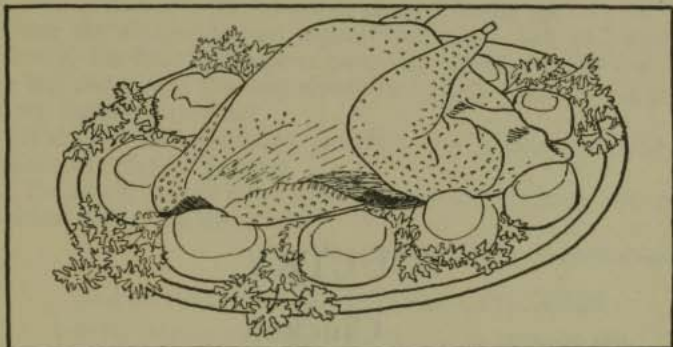
1 small onion
3 tablespoons butter
Salt and pepper to taste

Dice the meat. In a casserole or small baking dish arrange alternate layers of meat, rice, tomatoes and onion. Repeat until all ingredients are used. Season with salt and pepper. Dot top layer with small pieces of butter. Cover and bake one hour.

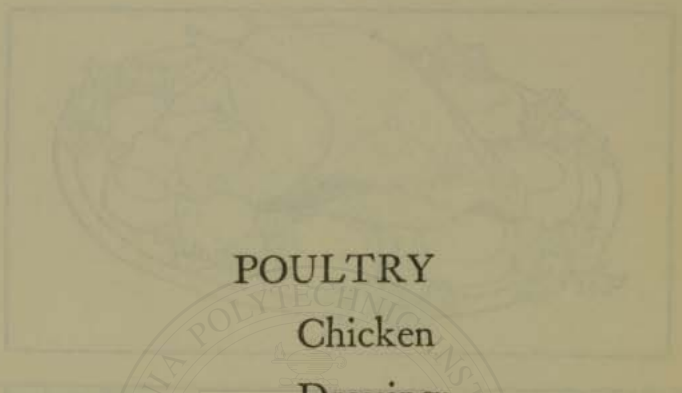
Mary Lou Boston, Orange County.



POULTRY



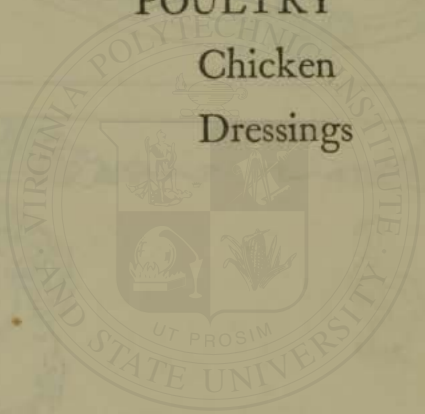
POULTRY



POULTRY

Chicken

Dressings



SOUTHERN FRIED CHICKEN

Clean and dress a frying size chicken which may weigh up to 3 pounds. Cut into the following parts: 2 backs, split the breast, divide the drumsticks and thighs, two wings. Salt and pepper heavily. Put flour to dredge in paper bag. Drop pieces of chicken in bag and shake. Fry very slowly in $\frac{1}{2}$ inch fat in frying pan. Keep the pan uncovered.

If the chicken weighs $2\frac{1}{2}$ pounds or less, it may be dipped in light cream before flouring.

The results should be an evenly brown crisp exterior with the chicken well done and tender.

Mrs. George Billups, Norfolk County.

OLD-FASHIONED FRIED CHICKEN

1 frying chicken (2 or $2\frac{1}{2}$ pounds)	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 egg
1 teaspoon baking powder	$\frac{1}{2}$ cup milk

Cut chicken into serving portions and steam until tender. Drain and cool. Mix and sift dry ingredients. Beat egg and add dry mixture. Dip each piece of chicken in batter and fry in about 1 inch of hot fat. Turn each piece so that it will brown evenly.

Alice B. Harris, Stafford County.

PANNED CHICKEN

1 young chicken $2\frac{1}{2}$ pounds	$\frac{1}{5}$ teaspoon white pepper
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup thick tomato juice	$\frac{1}{2}$ cup flour

Split chicken in half and dredge with flour, salt and pepper which has been mixed; place chicken in open baking pan, skin side up; dot over with the butter and add sufficient hot water to prevent scorching. After about twenty minutes baking baste the chicken with the tomato juice and repeat the basting with the liquid in the pan until well done, adding water as it evaporates. This makes a nice gravy to serve with the chicken.

Alma May, Rockbridge County.

CHICKEN POT PIE

1 chicken	Water or stock, about 1 quart
$\frac{1}{4}$ pound pork	Seasoning
Dumplings	

Cut the chicken into rather small pieces and the pork into

dice. Lay them in a saucepan, cover with water or stock and bring to the boiling point; keep closely covered and simmer from one to two hours, according to the age of the chicken. Season when about half done. Put in the dumplings thirty minutes before serving time, keeping the pan closely covered till they are done. Pile the meat in the center of the dish and arrange the dumplings around it. Be sure there is plenty of gravy.

Mrs. Agnes Roberson, Fairfax County.

CHICKEN SUPREME

1 cooked chicken or 1 can of chicken 2 cups milk
8-10 eggs Salt and pepper to season

Cut chicken into small bits. Separate egg yolks and whites, adding the yolks to the meat. Add the milk. Whip the egg whites (not too stiff) and add to the meat mixture. Bake in a bread pan, making it about an inch deep. Cut in squares and serve on plates with a tablespoon of thick gravy made from the stock of the chicken.

Mrs. W. E. Kashner, Bath County.

CHESTERFIELD PIE

1 cup elbow macaroni, cooked, 3 tablespoons onion, chopped
and blanched very fine
1 cup American cheese, grated 1 cup milk
1/2 cup fresh bread-crumbs 1/4 cup butter
3 tablespoons green pepper, chop- 3 eggs, beaten separately
ped very fine Creamed chicken
1 teaspoon salt

The macaroni can be cooked and all ingredients, except the eggs, added the day before you intend using it. At the last minute beat eggs separately. Stir yolks into mixture, then fold the whites in carefully. Pour into a well greased (or oiled) ring mould, set mould into a shallow pan of water and cook at 300° until it is set. Remove from water and continue cooking until a cake straw inserted into it comes out clean. Brown top slightly. Turn carefully out onto a serving platter. Fill center of the ring with chicken à la king, or any creamed meat like tuna, crab or veal. Garnish with parsley.

Mrs. Baker Wingfield, Fairfax County.

CHICKEN OMELET

Is a wonderful lift for breakfast on blue Monday.

Make extra gravy with the Sunday chicken and pick all the chicken bones, using a knife to cut up into small pieces, skin, meat, wing tip, etc. Its surprising how much you can get, often 2 cups, certainly 1 cup. Add this chopped chicken to gravy in a small pan on top, but don't stir in. Take one egg for each person, beat yolks and whites separately. Add 1 tablespoon milk for each yolk. Salt to taste. Fold in egg whites, pour into hot buttered skillet. Place in moderate oven to puff and brown, 20 minutes or more for large. Put dabs of chicken and gravy on $\frac{1}{2}$ of the omelet. Fold over like a pocketbook on to a hot platter. Pour rest of chicken and gravy around edge of omelet. Stick parsley in each end of omelet. A thick skillet is necessary.

Mrs. J. M. Grainger, Prince Edward County.

CHICKEN HASH WITH RICE TOAST

Boil a cup of rice, put it into a narrow square bread pan and place in the ice box. When cold cut it into inch slices, rub over each piece a little warm butter, and toast on a broiler to a delicate brown. Arrange the toast on a platter and turn over the whole a chicken hash which is made from the remains of a cold fowl chopped fine, put into a frying pan, with butter, add a little cream to moisten it, add pepper and salt. Heat hot all through. Serve immediately.

Mrs. Paul P. Glynn, Frederick County.

PRESSED CHICKEN

Chopped cooked chicken (use 1 hen)	4 hard-boiled eggs
1 cup almonds, chopped fine	5 tablespoons India relish
2 cups celery	1 package gelatine
1 can small green peas	1 cup chicken stock
1 pint mayonnaise	

Moisten gelatine and dissolve in chicken stock. Add other ingredients. Serve as salad or a cold meat loaf.

Miss N. Lula Pope, Southampton County.

CREAMED CHICKEN

1 cup diced white meat of chicken	Dash of red pepper
1½ tablespoons butter	Salt to taste
1½ tablespoons flour	1 tablespoon cooking sherry,
1½ cups whole milk	if desired

Blend butter and flour in double boiler, add milk, salt and pepper, cook until almost as thick as desired. Add chicken and cook until chicken is thoroughly heated. Add sherry and serve on thin slices of toast.

Mary Lou Boston, Orange County.

CHICKEN LOAF

2 cups stock or hot milk	1 teaspoon Worcestershire Sauce
2 eggs slightly beaten	3 cups cooked chopped chicken or any
1 cup bread-crumbs	left over fowl
½ teaspoon salt	1 green pepper (can be omitted)
¼ teaspoon paprika	½ teaspoon lemon juice
½ cup chopped celery	1 small can mushrooms
1 small can chicken soup	

Pour hot stock slowly into egg, stirring constantly. Add all other ingredients except mushrooms and chicken soup. Mix well and pour into buttered mold. Bake slowly 300 degrees until knife comes clean from center mold. Let stand 10 minutes then turn on platter and garnish with parsley and a hard cooked sliced egg. Heat mushrooms and chicken soup together and pour over all. Serves 6 or 8.

Mrs. P. L. Gwynn, Norfolk County.

CHICKEN DRESSING

4 to 5 cups stale bread-crumbs	3 hard boiled eggs chopped coarsely
1 teaspoon finely chopped onion	Pepper
3 teaspoons finely chopped celery	Rich chicken broth

Place bread-crumbs, celery, onions, eggs, and pepper in a mixing bowl. Add just enough rich chicken broth to hold together. Make out in small balls and place on a greased baking sheet. Put just enough chicken fat on the top of each ball of dressing to make it brown nicely. Bake in a moderate oven (350°) until a golden brown.

Mrs. Lester Reynolds, Pittsylvania County.

OYSTER DRESSING FOR TURKEY

Scald 1 quart biscuit crumbs, add 1 cup diced celery, half of the turkey giblets (save the other half for gravy), 3 soft scrambled eggs, salt and pepper to taste, then 1 pint stewed oysters. Mix well and stuff in the turkey (after the turkey has been steamed and is ready to be put in the oven to brown slowly). There should be more dressing than is needed for stuffing the turkey. Shape this in round cakes and brown well. When the turkey is done, use these cakes around the platter as a garnish.

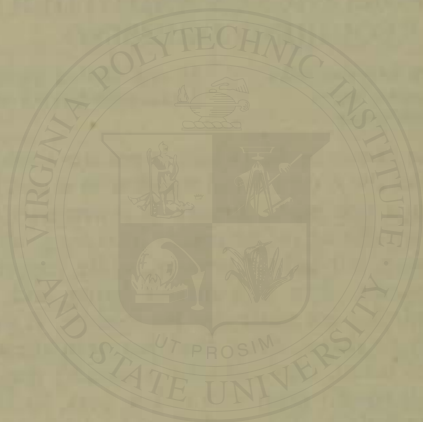
Mrs. N. R. Perkins, Norfolk County.

DRESSING FOR CHICKEN AND OTHER MEATS REQUIRING DRESSING

2 cups corn bread-crumbs	$\frac{1}{2}$ cup melted butter
4 cups biscuit-crumbs	1 teaspoon baking powder
$2\frac{1}{2}$ cups hot water	

Either crumble or run bread (which is not too fresh) through food chopper. Put the 6 cups bread together in a pan and set in oven to brown to a rich golden brown. It is necessary to stir the bread-crumbs often during the process of browning. When ready to use the dressing, stir baking powder, white pepper and salt to taste into crumbs, then add melted butter and stir until thoroughly mixed. Stir hot water into his mixture. It should now be moist enough to shape. After fowl has been dressed, brush same with melted butter, sage and other seasoning may be added if desired. This is equally good with turkey, pork, backbones and spareribs and tenderloin. The tenderloin is delicious rolled in dressing and baked slowly in oven until tender. (It should be basted often and the pan should be greased with butter or pork drippings.)

Mrs. Katye D. Nuckolls, Grayson County.



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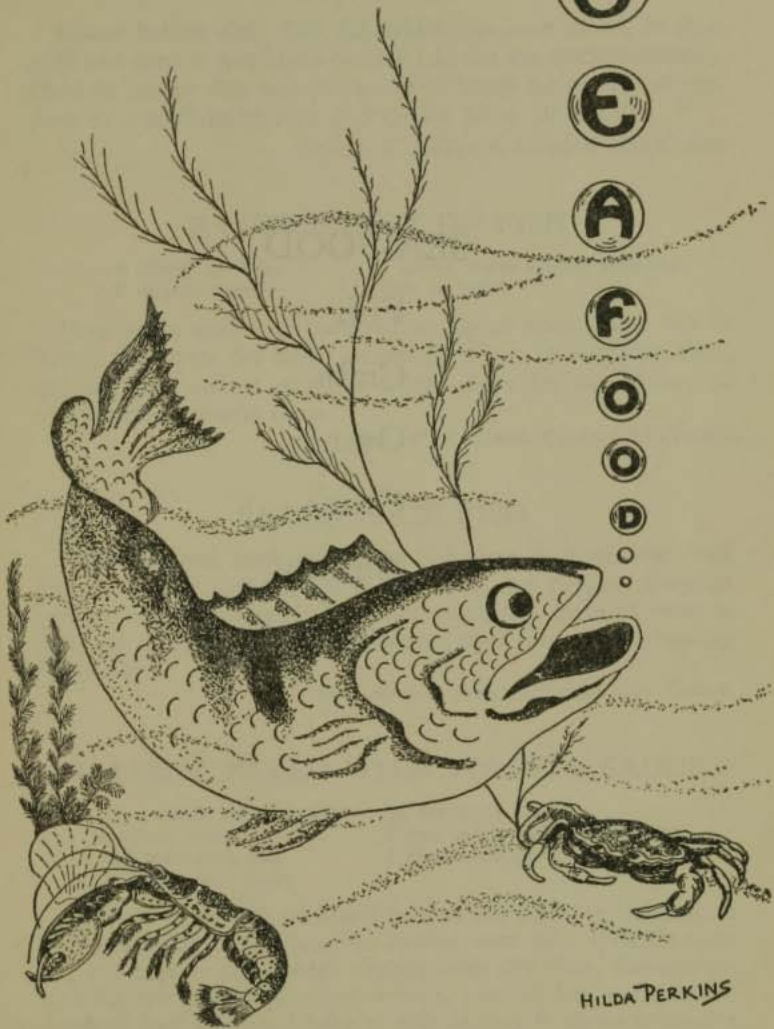
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HILDA PERKINS

SEA-FOOD

Fish

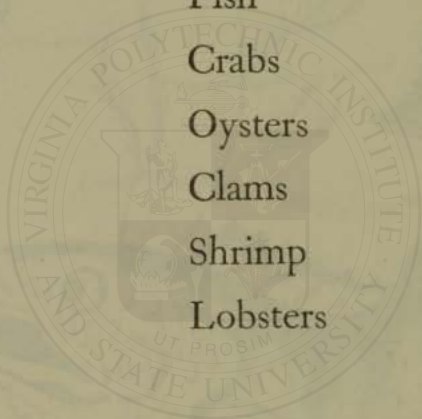
Crabs

Oysters

Clams

Shrimp

Lobsters



FRIED FISH

Grease baking dish. Dip fish which has been salted, in skim milk and then in fine bread-crumbs (do not use cracker-crumbs). Place in baking dish and put a dab of bacon fat on top of each piece of fish. Bake in oven at 350° for 20 to 30 minutes.

Mrs. J. B. McDaniel, Elizabeth City County.

BAKED FILLET OF FISH

4 fillets of fish
2 ounces butter

2 small white onions chopped
Salt to taste

Heat butter until well browned on top of stove. Place fish in butter, turn once for slight browning. Place in a baking dish, sprinkle with onions, salt and butter. Bake for 20 minutes at 350°, basting several times.

Mrs. W. L. Dunn, Chesterfield County.

BAKED BLUE FISH

Clean fish and wash well. Dry and place in a shallow, well greased baking dish. Sprinkle with salt and pepper, chopped onion and dot well with butter or substitute. Bake in oven at 350° for 40 to 60 minutes, depending upon size of fish, basting frequently.

Mrs. Michele Fiore, Elizabeth City County.

HALIBUT BAKED WITH TOMATO SAUCE

2½ pounds sliced halibut
6 slices onion
1½ teaspoons salt
2 tablespoons flour

⅛ teaspoon pepper
1 can condensed tomato soup
6 slices salt pork

Lay half of the salt pork and half of the onion on the bottom of a heatproof dish. Place the halibut over this, sprinkle with salt and pepper and dredge slightly with the flour. Lay the remaining salt pork and onion on this, pour in hot water to the depth of half inch, and bake at 450 degrees F. about thirty-five minutes. Pour over the soup and finish cooking. Serves six.

Mrs. Oris James, Madison County.

BAKED FLOUNDER WITH TOMATO SAUCE

Clean fish well and place in baking dish. Rub lightly with prepared mustard, sprinkle with salt, pepper, and one chopped onion. Lay strips of bacon across fish and pour enough tomato juice over fish to half cover it. Dot well with butter. Bake slowly until sauce is thick, basting frequently.

Mrs. T. A. Harris, Elizabeth City County.

BAKED SHAD

3- to 4-pound shad	Salt and Pepper
3 bacon strips	1½ cups corn bread-crumbs
1½ cups light bread-crumbs	½ cup milk
½ cup butter	1 onion

Clean and wash shad well. Dry and salt. Make a stuffing using crumbs, finely chopped onion, milk, and 1/3 cup butter. Place shad in baking dish. Stuff shad and press together. Cut several gashes in shad and insert strips of bacon. Dot with remaining butter and sprinkle with pepper. Bake slowly for 1½ hours, basting frequently.

Mrs. J. R. Moore, Caroline County.

BAKED FISH

(Any fish of your choice)

1 good-sized trout	3 or 4 onions
1 cup bread-crumbs	3 or 4 strips bacon

Fry sliced onions in butter. Shortening or bacon fat. Add little water and cook a few minutes. Salt and pepper the fish and place in a shallow baking pan and put the onions on it and the bacon strips. Cook until well done and serve with creamed potatoes. Serves four.

Mrs. A. F. Morrisette, Norfolk County.

FISH BAKED WITH POTATOES AND ONIONS

1 large baking fish	4 strips of bacon
4 to 6 medium potatoes	½ cup water
4 to 6 medium onions	

Make several diagonal gashes in side of prepared fish. Season inside and out with salt and pepper. Place fish in greased baking dish. Arrange salted onions and potatoes around fish. Add water. Bake at 350° from 1 to 1½ hours. For the last twenty minutes place strips of bacon across fish.

Mrs. W. E. Ennis, Elizabeth City County.

CROAKER WITH HERBS

Split croakers and remove backbone. Dry, and rub with dried herbs, using about $\frac{1}{2}$ teaspoon for each medium-sized fish (herbs especially blended for fish may be purchased). Sprinkle with salt. Dip in beaten egg and roll in cracker-crumbs or flour. Fry in about $\frac{1}{2}$ inch hot fat until well browned on both sides. Serve with cold mayonnaise, seasoned with horseradish and tomato salt.

Mrs. John W. Crowley, Elizabeth City County.

FISH CHOWDER

2 pounds of fillet of flounder, cut in $1\frac{1}{2}$ -inch pieces	
2-inch cube salt pork	
$2\frac{1}{2}$ cups potatoes cut in one-fourth inch slices	2 large onions, sliced
1 tablespoon butter	5 cups whole milk
	Salt, pepper, water

Dry out pork, place with drippings in large saucepan. Add onions, place the fish on top of them and place the potatoes on top of fish. Add enough cold water to barely cover the potatoes. Simmer until the potatoes are tender (about 30 minutes). Do not allow to boil hard as the fish will fall apart. Add milk and allow to come to boil. Remove from heat, add butter, salt and pepper to taste. Serve at once. Minced parsley makes an attractive garnish. Serves six.

Mrs. John W. Crowley, Elizabeth City County.

CANNED FISH

When enthusiastic fishermen come in with a "haul," the housewife is faced with the problem, "What To Do With Them?" The problem is happily solved if the fish are scaled and cleaned, cut in pieces and packed solidly into hot, sterile pint jars, $\frac{1}{2}$ teaspoon of salt added, the jars sealed, and processed at 15 pounds pressure for 90 minutes. The lowly croaker, appearing in a golden brown soufflé on the winter's dinner table, will never be recognized as the summer problem.

Note: During the processing the fish bones disintergrate leaving only the large backbone which can easily be lifted out.

Mrs. Michele Fiore, Elizabeth City County.

FISH SOUFFLE

2 tablespoons butter	2 tablespoons flour
½ cup milk	4 egg yolks
4 egg whites	
1 pint canned fish or small can tuna fish	

Make a white sauce with the butter, flour and milk. Beat the egg yolks and add to the white sauce. Stir into this the finely flaked fish. Fold the mixture into the stiffly beaten egg whites. Pour into a greased baking dish. Set the baking dish into a pan of warm water and bake one hour in a 325° oven.

Mrs. Michele Fiore, Elizabeth City County.

SALT FISH PUT UP IN BARREL

Cut off heads and trim down to the bottom fin, take out entrails, scrape out all blood from backbone. Wash thoroughly in two or more waters. Then put in a slat basket to drain out water. Fill each fish with clean salt, lay on backs all around in barrel. Cover barrel with a bag or cloth. Put a hoop over the bag, or cloth to keep it on tight, so no flies can get into the fish. It never fails to keep. Remember, no water, the brine makes itself.

Mrs. G. F. Horne, Prince George County.

CODFISH BALLS

1 cup white salt codfish flakes	Pepper
3 cups mashed potatoes, unsalted (or more)	

Roll into rounds between hands size of golf balls. Egg dip and crumb. Fry in deep fat.

Mrs. J. M. Grainger, Prince Edward County.

FISH CAKES

2 cups fish	8 medium-sized potatoes, boiled
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Mix and mash.

Add: 1 beaten egg

Salt and pepper and onion	2 tablespoons butter
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Roll in balls and fry.

Mrs. S. R. Lewis, Norfolk County.

SCALLOPED SALMON AND SPAGHETTI

Break $\frac{1}{2}$ cup spaghetti into small pieces and cook in salt water 20 minutes. Remove skin and bones from 1 can salmon and place in buttered baking dish. Alternate layers of salmon and spaghetti. Pour over this 1 cup thin white sauce. Cover with buttered bread-crumbs and bake 20 minutes in 350° oven.

White Sauce

2 tablespoons butter
1 cup milk

2 tablespoons flour
Salt and pepper

Mrs. Walter McCarthy, Alleghany County.

SCALLOPED SALMON

4 tablespoons butter
 $\frac{1}{2}$ cup cracker crumbs
1 cup flaked salmon
2 cups milk

4 tablespoons flour
2 tablespoons melted butter
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon salt

Melt the butter and add the flour, blend and add the milk, cook until a creamy sauce forms. Stir frequently during the cooking. Add the salt, paprika and salmon. When mixed pour into a buttered baking dish. Mix the crumbs and melted butter and sprinkle over the top. Bake in oven 350° for 25 minutes. Serve from baking dish.

Mrs. T. E. McCoy, Rockingham County.

SALMON LOAF

1 can salmon
 $\frac{1}{2}$ cup bread or cracker crumbs
Salt and pepper to taste

1 tablespoon melted butter
4 beaten eggs

Chop and mix in chopping bowl. Make into loaf and steam one hour.

Sauce

$\frac{1}{2}$ cup butter
2 egg yolks

1 cup boiling water
Juice of 1 lemon

Cook until thick.

Ruth Haines, Fairfax County.

SALMON LOAF

2 cups cooked salmon	4 tablespoons butter
½ cup fine bread-crumbs	Salt and pepper
2 eggs	Minced parsley

Flake fish with a fork. Add eggs beaten slightly, melted butter, crumbs, salt and pepper and minced parsley. Put in a greased mould and steam for one hour. When cold arrange on a platter and garnish with slices of lemon, cucumber or parsley.

Mrs. T. P. Wellons, Southampton County.

SALMON LOAF

2 cups salmon	½ teaspoon salt
1 cup crushed corn-flakes	1 tablespoon chopped parsley
3 eggs, beaten	1 tablespoon melted butter
½ cup milk	

Combine ingredients. Put in greased baking dish. Bake in an oven at 350°.

Ruth E. Wampler, Augusta County.

SALMON VEGETABLE LOAF

1 teaspoon salt	1 can salmon
2 teaspoons chopped green pepper	1 can peas
½ teaspoon pepper	2 tablespoons fat
½ lemon	4 tablespoons flour
½ cup bread-crumbs	2 cups milk

Break up salmon and remove skin and bones, melt fat, add flour, salt, pepper, and milk and bring to a boiling point, stirring constantly. Add fish, pepper, and pour into a greased casserole. Squeeze the juice of a lemon over the top. Cover with the bread crumbs and bake at 350° until brown.

Mrs. Luther Odum, Washington County.

STEAMED HARD CRABS

Put the following ingredients into a large kettle or a lard tin, with a rack on the bottom: 2½ inches of water, ½ cup vinegar, 1 tablespoon salt, 1 tablespoon dry mustard, 1 tablespoon celery seed, 1 teaspoon black pepper and ½ teaspoon red pepper. Into this dump about 4 dozen live hard crabs and steam 25 or 30 minutes. The crabs will be a brilliant pink-red when done. To serve, dump the crabs onto the drain board or kitchen table to cool. Spread the table at which you are going to eat with news-

papers. Put a pile of crabs on the table and let every one work for themselves. First break off the claws, then remove the shell. Take out the gray looking fingers (deadmen) and the intestines. The yellow mass surrounding the intestines is fat and is good to eat. Use a hammer to lightly crack the claws and pull out the meat. Serve any preferred sauce with the crab meat, plenty of crackers and paper napkins. When you are through, roll up the newspapers and throw all the mess in the garbage can.

Mrs. F. L. Thompson, Elizabeth City County.

The crab meat may be eaten as suggested above or it may be used in any of the following recipes.

DEVEILED CRAB CAKES

1 pound crab meat regular from which all shell has been removed	
$\frac{1}{4}$ cup butter	1 teaspoon salt
$\frac{1}{2}$ teaspoon black pepper	$\frac{1}{2}$ cup bread-crumbs
2 eggs	2 tablespoons flour
1 teaspoon Worcestershire sauce	

Mix all together, form in small flat cakes and brown in fat $\frac{1}{2}$ inch deep in a skillet. Turn once.

Mrs. P. L. Guynn, Norfolk County.

PREPARATION OF CRAB SHELLS

Use large, perfect shells. Wash and scrub with brush. Be sure to remove all particles of meat from the shells. Place shells in a large container, with cover, add 1 teaspoon baking soda and boil 20 minutes. Remove from soda water, wash with clean water and dry.

Mrs. E. W. Miller, Elizabeth City County.

DEVEILED CRABS

1 pound of crab meat	4 tablespoons butter
1 tablespoon onion	1 cup milk
2 tablespoons flour	$\frac{1}{2}$ teaspoon dried mustard
1 tablespoon parsley, chopped	White, black and red pepper
1 teaspoon salt	2 eggs
1 teaspoon lemon juice	Bread-crumbs
1 tablespoon green pepper	

Chop green pepper and onion very fine. Simmer in 2 tablespoons butter until slightly brown. Add flour, milk and cook until thick. To this sauce add parsley, dry mustard, salt a dash

of white, black and red pepper and lemon juice. Crumble hard cooked eggs and 1 or 2 tablespoons bread-crumbs over crab meat. Mix sauce with crab meat and fill prepared shells. Add a dab of butter and sprinkle a few bread-crumbs on each deviled crab. Put under flame until lightly brown.

Mrs. Everett Hunt, Elizabeth City County.

DEVILED CRABS

1 cup chopped crab meat	2 egg yolks
½ cup mushrooms, chopped fine	1 teaspoon prepared mustard
2 tablespoons margarine	1 teaspoon hot sauce
2/3 cup broth from veal or chicken	1 teaspoon catsup
Salt and pepper	Bread-crumbs mixed with margarine

Make sauce of margarine, stock, and flour. Add egg yolks, seasoning, crab meat, and mushrooms. Cook 3 minutes. Put crab meat mixture in crab shells. Put bread-crumbs over top, and brown quickly in hot oven. If you have no crab shells, use patty shells.

Mrs. L. A. Wyche, Norfolk County.

MRS. NICHOLS' DEVILED CRABS

1 pound of crab meat (claw)	1 scant pint of milk
2 tablespoons flour	8 tablespoons butter
2 tablespoons chopped parsley	4 tablespoons oil
1 teaspoon salt	Dash of red pepper
3 tablespoons Worcestershire sauce	6 hard cooked eggs
1 green pepper chopped fine	

Make cream sauce, using one half of the butter. Add chopped eggs, salt, pepper, and the remaining ingredients. Fill prepared shells. Dust with bread-crumbs, dot with the remaining butter and garnish each with a sprig of parsley. Brown quickly in a hot oven.

Mrs. E. W. Miller, Elizabeth City County.

DEVILED CRABS WITH SHERRY

1 pound of lump crab meat	1 cup heavy cream
1 cup cracker-crumbs	2 tablespoons Worcestershire sauce
6 drops of tabasco sauce	8 teaspoons butter
Salt and pepper to taste	8 teaspoons dry sherry

Mix all ingredients except butter and place lightly in prepared crab shells. Place tablespoon of butter on top of each and brown in quick oven. Serves eight.

Elizabeth City County.

DEVEILED CRABS

1 pound regular crab meat	1/4 pound of butter
2 eggs, beaten	1/2 cup cream
1/2 teaspoon salt	1/4 teaspoon pepper
Dash tabasco sauce	1 tablespoon Worcestershire sauce
1 teaspoon chopped parsley	3 tablespoons cracker-crumbs
1 tablespoon vinegar or lemon juice	

Mix above ingredients and pile lightly in prepared shells. Bake in a hot oven for ten minutes.

Mrs. C. H. Fraley, Hampton, Virginia

CRAB CASSEROLE

1 pound of crab meat	4 tablespoons butter
2 tablespoons flour	1 tablespoon chopped parsley
2 teaspoons lemon juice	1 teaspoon prepared mustard
1/2 teaspoon horseradish	1 teaspoon salt
1 cup milk	1/2 cup buttered crumbs
1 cup grated cheese	

Melt fat in saucepan, add flour and stir until smooth. Add remaining ingredients, mix well, and pour into greased casserole. Sprinkle with buttered crumbs and bake at 400° for 20 minutes.

Mrs. W. H. Herrnstein, Elizabeth City County.

CRAB SALAD

1 pound of crab lumps	1 cup finely chopped celery
Dash of red pepper	Salt to taste
	Mayonnaise to moisten

Mix lightly and serve on lettuce.

Mrs. Everett Hunt, Elizabeth City County.

CRAB SOMERSET SALAD

2 1/2 cups (1 pound) crab meat	3 tablespoons granulated gelatine
1/2 cup cold water	2 cups boiling water
1 tablespoon salt	3 tablespoons sugar
3 tablespoons lemon juice	1/2 cup chili sauce
1/3 cup chopped sweet pickle	1 cup chopped celery
3 tablespoons chopped pimento	2 hard cooked eggs

Soak gelatine in cold water. Add boiling water, salt, sugar and lemon juice. Stir and cool. Add remaining ingredients and mold.

This recipe lends itself well to variation. Shrimp or lobster may be used in place of the crab meat.

Mrs. Michele Fiore, Elizabeth City County.

FRIED SOFT SHELL CRABS

Select large crabs while they are still kicking. Turn back pointed ends of shell and remove the "dead men." Remove apron at back of crab, cut out mouth and eyes. Wash and drain. Dip the crab in beaten egg and then in flour to which salt and pepper have been added. Bread-crumbs may be used in place of flour. Fry in rather deep fat for ten or fifteen minutes or until browned, turning only once. Serve hot with tarter sauce. The yellow, semi-liquid mass in the cooked crab is the fat of the crab and should not be discarded.

Mrs. Walter Reiser, Elizabeth City County.

TOASTED OYSTERS

Take nicely browned toast, butter well, place oysters on toast and put in oven and let them cook until the oyster ruffles. Serve on hot plate.

Mrs. George Billups, Norfolk County.

ROASTED OYSTERS

Roasted oyster make an ideal main dish for a picnic on a cold evening. Have a hot fire in an outdoor fireplace. Wash unshelled oysters and lay on iron sheet over fire. When the shells open, the oysters are ready to eat. Serve with melted butter to which has been added salt and pepper to taste. Roasted oysters are delicious when eaten with crackers. Oysters may be roasted in a moderate oven. Place oysters on shelves in oven with a pan in the bottom of the oven to catch the juices.

Mrs. F. L. Thompson, Elizabeth City County.

SCALLOPED OYSTERS

$\frac{3}{4}$ cup melted butter or margarine	6 tablespoons oyster liquor or
$1\frac{1}{2}$ pints of oysters	3 of cream and 3 of oyster liquor
$\frac{3}{4}$ cup stale bread-crumbs	$1\frac{1}{2}$ cups cracker-crumbs
Salt and pepper to taste	

Butter a shallow baking dish, and place in it the crumbs which have been blended with the butter. Add a single layer of oysters and pour over them one half of the liquid. Sprinkle with salt and pepper. Place another layer of crumbs, follow with oysters, liquid, and seasonings. Place layer of crumbs on top. Never use more than two layers of oysters. Serves six.

Mrs. Thomas Hunnicutt, Jr., Warwick County.

ESCALLOPED OYSTERS

1 quart of oysters and juice	Dash of white and red pepper
½ cup butter	1 medium-sized onion
1/3 cup flour	½ green pepper
1½ teaspoon paprika	½ bud of garlic finely minced
1 teaspoon salt	1 teaspoon lemon juice
⅛ teaspoon black pepper	1 tablespoon Worcestershire sauce

Melt butter, add flour and cook until light brown, stirring constantly. Add paprika, salt and pepper. Add onion, green pepper, and garlic chopped very fine. Cook slowly for eight minutes. Remove from fire, and add lemon juice, Worcestershire sauce and oysters which have been heated to boiling in their juice. Put in a greased baking dish, sprinkle with bread-crumbs or cracker-crumbs and bake for 40 minutes in a 350° oven.

Mrs. Mary G. Stowell, Elizabeth City County.

SCALLOPED OYSTERS WITH CELERY

1 pint oysters	½ cup butter
1½ cups cracker- or bread-crumbs	1 teaspoon salt
½ cup oyster liquor and milk	¼ teaspoon pepper
1½ to 2 cups celery and onions, cut in pieces	

Brown celery and onions in half of butter slowly until soft. Grease a baking dish and cover bottom with about one third of crumbs. Lay half of oysters in carefully. Sprinkle with salt and pepper. Add half of liquid and dot with some of remaining butter. Then add browned celery and onions and spread with crumbs. Add rest of oysters, covered with crumbs, dot with butter and bake in a hot oven (425° F) for 20 or 30 minutes. Top should be brown. It is best not to allow more than two layers of oysters, for if three are used, the middle layer will be underdone, while others are properly cooked.

Mrs. Mary G. Stowell, Elizabeth City County.

OYSTERS IN BATTER

1 quart oysters	1 egg
2 tablespoons sour milk	1 teaspoon salt
½ teaspoon soda	½ cup flour

Look over oysters to remove any bits of shell. Add soda to sour milk, add egg and beat with fork. Add salt and flour, then oysters. Stir together, take up 2 or 3 oysters with a spoon and drop in hot fat which is 1½ inches deep in a skillet. Turn once, drain on unglazed paper.

Mrs. P. L. Guynn, Norfolk County.

FRIED OYSTERS, FRIED SINGLY

1 pint select oysters
Salt and pepper

2 eggs
Cracker-meal

Take large oysters from their own liquor. Dry with towel. Beat eggs lightly and season to taste. The amount of salt is determined by oysters. Dip in the egg and roll in cracker-meal; dip in the egg and roll in cracker-meal a second time. Pat into shape. Fry in deep boiling fat until brown. Serve hot.

Mrs. W. N. Creekmore, Norfolk County.

Mrs. Paul Glynn, Frederick County.

FRIED PACKED OYSTERS

1 egg (large)
 $\frac{1}{2}$ teaspoon celery salt

$\frac{1}{4}$ cup milk
 $\frac{1}{2}$ teaspoon onion salt

Beat together.

Place 2 oysters at a time in egg dip, then on cracker-crumbs. Stack the thin muscles ends of oysters one upon another and press together. The wet crumbs bind them together. Carefully dip and crumb as one. Drop into deep fat to brown, drain on paper. This method of packing gives very fine large oysters.

Note: Oysters, allowed to dry at least an hour after dipping, hold their shape much better when fried.

Mrs. J. M. Grainger, Prince Edward County.

OYSTER STEW

1 pint oysters
6 tablespoons melted butter

3 cups milk
Salt, pepper

Chopped parsley

Heat milk in a double boiler. Strain the oysters from the liquor and pick out small pieces of shell. Heat the oyster liquor slightly and remove skim which rises to top. Blend fat and flour until well mixed, then stir into the milk until thickened. Add the oysters and the liquor until the edges of oysters begin to curl. Season to taste with salt and pepper. Parsley may be omitted or sprinkled over top of soup when ready to serve. This makes 4 good servings.

Mrs. Woot Hensley, Henry County.

OYSTER STEW

1 pint oysters	1 pint milk
1/3 cup butter	Salt and pepper to taste

Remove shell from oysters and strain the juice. Heat both until oysters curl. Add scalded milk, butter, salt and pepper. Heat just to boiling point, serve at once.

Mrs. C. M. Harris, Caroline County.

CREAM OF OYSTER SOUP

1 pint oysters	4 tablespoons flour
1 teaspoon salt	1 tablespoon Worcestershire sauce
1/2 teaspoon paprika	1 cup water
2 tablespoons butter	1 teaspoon bacon grease

Drain oysters (reserve liquor) and put through meat chopper. Simmer oysters in 1 cup water 20 minutes. (Do not boil.) In another saucepan put milk, salt, paprika, Worcestershire sauce, flour, butter, and bacon grease. Mix well and cook slowly until thick. Add oysters, heated in liquor, to above mixture and simmer 2 minutes, serve.

Mrs. J. J. Peake, Jr., Elizabeth City County.

CLAM BROTH

To one quart of chopped or ground clams, add their strained juice, 1/2 pound of butter, 1 tablespoon chopped parsley, salt and pepper to taste. Cook slowly 10 or 15 minutes. One pint of scalded milk may be added if desired just before serving.

Mrs. C. H. Fraley, Elizabeth City County.

CLAM CHOWDER

1 pint clams, cleaned, and chopped or ground	1/3 cup butter
4 strips bacon	1 1/2 teaspoon salt
1 onion	1 cup water
4 medium-sized potatoes, diced	Pepper
1 pint milk, scalded	

Brown bacon, adding onion during the browning process. Add potatoes, salt and water. Cook until almost done. Add clams which have been heated in their own juice. Simmer for 20 minutes. Add scalded milk, pepper to taste and bring to boiling point. Serve at once.

Mrs. Henry Small, Elizabeth City County.

STEAMED SHRIMP

Wash and place 1 pound of raw shrimp in kettle, on rack if possible. Add water $1\frac{1}{2}$ inches deep to which has been added 1 teaspoon of salt. If more seasoning is preferred, add $\frac{1}{8}$ teaspoon red pepper, 1 tablespoon vinegar and 1 teaspoon mustard. Celery seed and black pepper may also be added. Steam for 20 minutes. Pour in sieve to drain. When cool, remove shell and the vein on back of the shrimp meat. Serve with sauce as shrimp cocktail or use in any other way desired.

Mrs. Clinton H. Dearborn, Elizabeth City County.

BAKED SHRIMP, CHEESE PUFF

1 cup shrimp	2 eggs, slightly beaten
5 slices white bread, buttered	Bit of mustard
$\frac{1}{2}$ pound American cheese	$\frac{1}{2}$ teaspoon salt
Pepper and paprika to taste	2 cups milk

Cut bread in 1 inch cubes, arrange layer of bread, shrimps and cheese in greased casserole. Repeat with remaining half of cubes, shrimp and cheese. Combine with 2 slightly beaten eggs, add seasoning and pour over. Bake uncovered in 325 degrees oven for 40 to 50 minutes. Serves 6.

Fairfax County.

FRIED SHRIMP

Peel the shell from shrimp, leaving the tail on. Remove skin, take by tail and dip in well beaten egg and then in cracker-meal, and fry in hot fat until golden brown. Makes a very pretty dish.

Mrs. Norman Shepherd, Fairfax County.

SHRIMP CREOLE

$\frac{3}{4}$ cup uncooked rice	2 tablespoons bacon fat
6 to 8 stalks of celery, chopped	1 teaspoon salt
1 tablespoon flour	1 teaspoon chili powder
Dash pepper	2 cups canned tomatoes
1 cup water	$\frac{3}{4}$ tablespoon vinegar
$1\frac{1}{2}$ cups drained peas	$1\frac{1}{2}$ cups shrimp, which has been cooked and cleaned
1 teaspoon sugar	
2 onions, sliced	

Cook rice, drain and place in large baking dish to heat in oven. Brown onions and celery slowly in bacon fat. Add flour and seasonings and mix well. Add water slowly and cook until thick, stirring constantly. Cover and simmer fifteen minutes. Add re-

maining vegetables and continue simmering until shrimp is thoroughly heated. Remove heated rice from oven and surround it with shrimp mixture. This serves four.

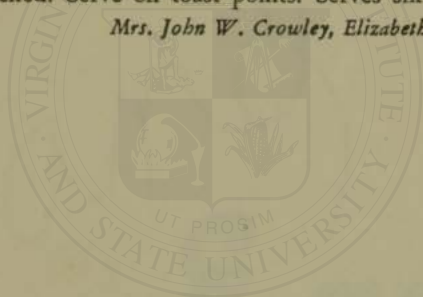
Mrs. W. E. Ennis, Elizabeth City County.

LOBSTER

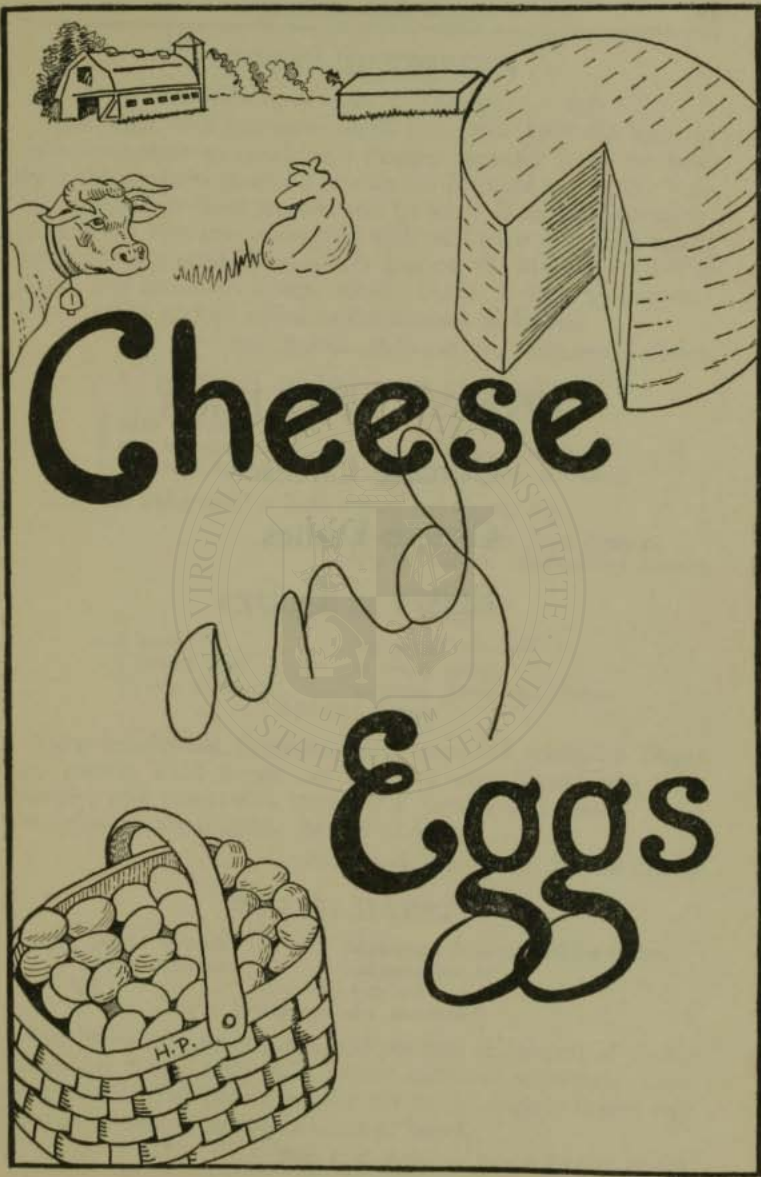
3 pounds lobster, boiled	$\frac{3}{4}$ cup melted butter or margarine
2 tablespoons sherry	$1\frac{1}{2}$ tablespoons brandy
$\frac{1}{2}$ cup light cream	3 egg yolks, slightly beaten
Salt	Cayenne pepper

To boil lobster put it head first in a kettle of hot water with 1 tablespoon salt. Cover and bring to boil immediately. Cook $\frac{1}{2}$ hour. Cool and remove meat from lobster. Cut in small cubes. Saute in butter 2 or 3 minutes. Add sherry, brandy and seasoning. Simmer 1 minute. Add cream and then egg yolks. Stir until slightly thickened. Serve on toast points. Serves six.

Mrs. John W. Crowley, Elizabeth City County.



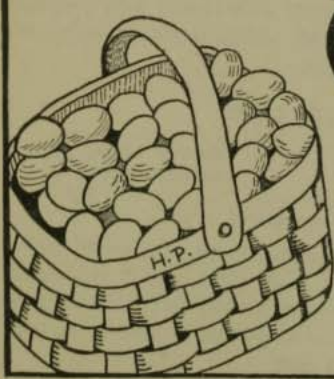


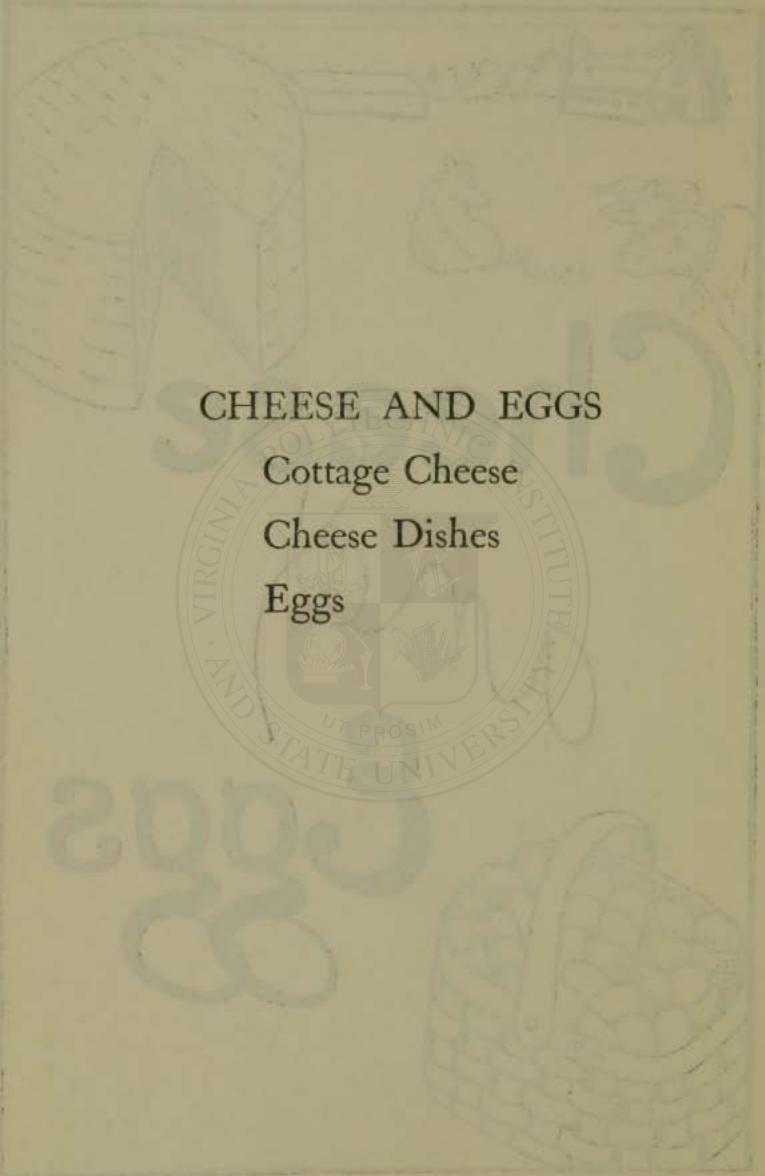


Cheese

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Eggs



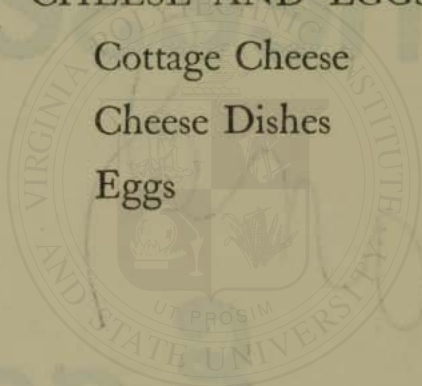


CHEESE AND EGGS

Cottage Cheese

Cheese Dishes

Eggs



COTTAGE CHEESE

1 quart clabbered milk Cream Salt

Heat milk over hot water until lukewarm (95° F) and the mixture appears to curdle and thicken. Remove from the heat, let stand in warm place a few minutes for curd to collect. Turn into cheesecloth-lined strainer and let whey drain off thoroughly. If milk was very sour, rinse curd with cold water and drain again. Let curd hang until all whey has drained off. Moisten curd with cream and season with salt. Chill. Makes 1 cup. $\frac{1}{2}$ teaspoon grated onion may be added to the mixture if desired.

Mrs. William Hollowell, Jr., Southampton County.

BAKED COTTAGE CHEESE

2 cups cottage cheese 1 cup milk
1 cup bread-crumbs 2 tablespoons sugar
1 egg well beaten Butter size of walnut

Mix and bake until a light crusty brown on top.

*Mrs. C. M. Perry, Scott County.
Lily P. Slusser, Montgomery County.*

CHEESEBURGERS

6 buns Prepared mustard
1 pound beef 6 slices onions
 $\frac{1}{4}$ cup of water 6 slices American cheese
Salt and pepper

Toast bun halves. Combine meat, water and seasoning. Shape into patties. Broil 5 minutes on each side. Spread bun with mustard, and cover with meat patty, onions and cheese. Broil slowly until cheese melts. Makes 12 halves.

Mrs. Frank S. Shomaker, Henrico County.

WELSH RABBIT

$1\frac{1}{2}$ pound cheese 1 tablespoon Worcestershire sauce
 $\frac{1}{4}$ teaspoon pepper 1 teaspoon butter
1 egg $\frac{1}{2}$ cup milk
1 teaspoon dry mustard

Cut cheese into small pieces and put into upper part of double boiler. Let cheese melt. Add butter, milk and seasonings. Cook until smooth. Just before serving stir in the slightly beaten egg. Pour over toast or just plain slices of bread.

Mrs. J. A. LeSueur, Prince Edward County.

CHEESE FONDUE

1 cup scalded milk	1 tablespoon butter
1 cup soft bread-crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ pound cheese, chopped	3 egg yolks
3 egg whites	

Mix first five ingredients. Add well beaten egg yolks. Fold in stiffly beaten egg whites. Pour in buttered baking dish. Bake 20 minutes at 350 degrees F.

Mrs. C. G. Miller, Rockingham County.

CHEESE FLUFF

Trim crusts from 6 slices of bread. Lay 3 slices in bottom of buttered baking dish. Fit them to cover the entire surface. Cover with 1 cup of grated cheese, then cover with other bread. Beat 2 eggs, add $1\frac{1}{2}$ cups milk, salt and pepper and then pour this over the bread and cheese. Dot with 2 tablespoons butter and bake in moderate oven (350 degrees) for about 30 minutes.

Mrs. T. B. Whitmore, Surry County.

Mrs. J. L. Brewer, Nansemond County.

CHEESE POTATO PUFFS

2 cups well seasoned mashed potatoes	$\frac{1}{2}$ cup grated American cheese
1 teaspoon minced onion	$1\frac{1}{2}$ cups cornflakes, slightly crushed

Combine potatoes, cheese and onions, and mix thoroughly. Shape into balls, roll in slightly crushed flakes. Bake on greased baking sheet in hot oven (400 degrees F) 20 minutes. Makes six puffs.

Mrs. C. E. Maynard, Surry County.

CREAMED EGGS

6 hard boiled eggs	2 tablespoons flour
2 tablespoons fat	2 cups milk
$\frac{1}{2}$ onion	1 teaspoon salt
6 slices hot buttered toast	$\frac{1}{4}$ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat the fat in a frying pan and cook the chopped onions with it for a few minutes until yellow, but not brown. Remove the onions, make a sauce of the fat, flour, liquid and season. When it thickens, add the eggs and onions, and when they are well heated, turn the mixture out on to the buttered toast and serve at once.

Mrs. Frank Ledford, Montgomery County.

BREAKFAST EGGS

3 eggs ½ teaspoon salt, dash of pepper 1 cup milk

Beat eggs until very light. Add seasoning and milk. Pour into well greased top of double boiler. Do not stir or remove cover for 15 minutes. Cook about 20 minutes over boiling water.

Mrs. C. G. Summers, Montgomery County.

EGGS SCRAMBLED WITH CHEESE

1 tablespoon butter	1 cup grated or ground cheese
6 eggs, beaten slightly	1 cup milk
1 teaspoon salt	¼ teaspoon pepper
Unsweetened crackers	Cayenne Pepper

Melt butter, add milk, seasonings and eggs. Cook like scrambled eggs and when almost done, shake in cheese. Cook two minutes more. Serve on toasted crackers.

Mrs. Anne McGehee, Prince Edward County.

EGG OMELET

2 tablespoons butter or margarine	¼ teaspoon salt
1½ tablespoons flour	2 eggs, separated
½ cup milk	Dash of pepper
1 tablespoon salt	

Melt butter, add flour, and stir over low heat until blended. Add cold milk and cook until smooth and thickened, stirring constantly. Add salt to egg whites and beat until stiff but not dry. Beat egg yolks. Add pepper and slightly cooled sauce. Blend, then fold into egg whites. Melt fat in moderately hot skillet, pour in egg mixture. Cook over low heat about 5 minutes or until browned on bottom. Place in slow oven (325 degrees F) and cook 15 to 20 minutes or until firm and springy to the touch. Fold and turn onto hot platter. Serves two.

Mrs. Jack Clore, Highland County.

DEVILED EGGS

Boil until hard any number of eggs required. Put in cold water until eggs are cool. Peel and cut in halves lengthwise. Scoop out yellows into mixing bowl and crush with a fork to which add salt, pepper, celery seed, dry mustard to taste and

soften with mayonnaise or salad dressing. Fill white halves of eggs with this mixture and garnish with red pepper, sprig of parsley, or small piece of pickle. (Pickle may be added to mixture.)

Mrs. Frank S. Shomaker, Henrico County.

SAUSAGE AND EGGS

$\frac{1}{2}$ pound pork sausage

3 eggs

Press sausage flat in frying pan and brown on each side. Break eggs over hot sausage and scramble until eggs are cooked. Serves four.

Mrs. J. Paul Westbrook, Surry County.

EGGS IN NEST

6 medium Irish potatoes, cooked and mashed and seasoned
4 eggs 4 strips bacon

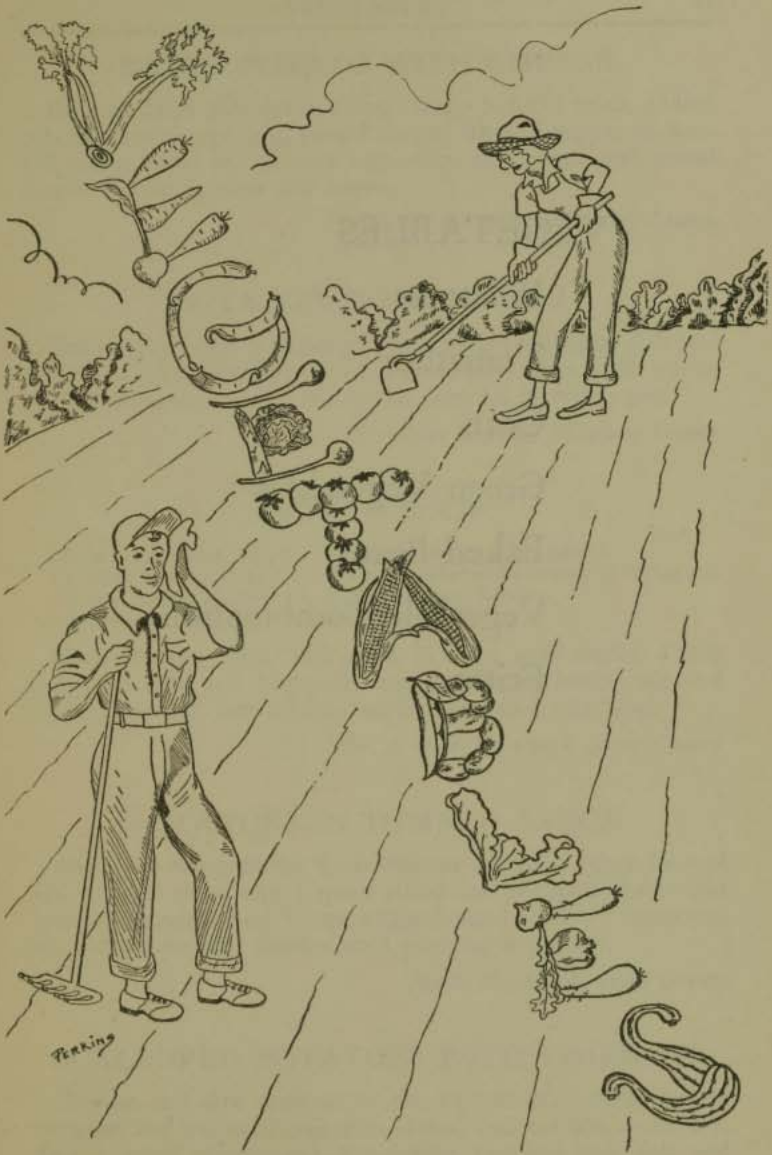
Grease baking dish with butter, put potatoes in it and make 4 holes in this, deep, like a nest. Break eggs in nest, sprinkle with salt and pepper and cover each egg with a strip of bacon and bake until eggs are cooked.

Mrs. J. Paul Westbrook, Surry County.

POACHED EGGS

Put into a skillet about 1 teaspoon bacon grease. When piping hot put in eggs. Salt and pepper and quickly pour in 1 tablespoon boiling water. Cover closely and in one minute they will be poached by steam.

Mrs. Claude Williams, Grayson County.



VEGETABLES

Potatoes

Tomatoes

Corn

Green Vegetables

Baked Beans

Vegetable Combinations

Fritters

BAKED POTATO WITH CHEESE

Bake six large potatoes in skins. Scoop out and mash, adding one pimento chopped, $\frac{1}{4}$ pound cheese, salt and pepper to taste. Fill potato shells and garnish with strips of pimento and grated cheese. Return to oven and brown.

Mrs. T. E. Cox, Montgomery County.

POTATOBERGER RECIPE

One quart of raw potatoes ground fine after peeling. Salt and pepper to taste. One pound of ground beef. Mix well all ingredients—make in cakes and fry in deep fat or frying pan.

Mrs. Edna Downey, Alleghany County.

POTATO SOUP

6 large potatoes, diced	2 quarts sweet milk, heated
1 large onion, diced	1 cup bread-crumbs brown in frying pan
1 cup celery, diced	2 tablespoons butter
1 teaspoon salt	Dash of pepper

Cook potatoes, celery and onion in water until tender. Drain and pour milk and browned bread-crumbs in kettle, salt and pepper. Let boil five minutes stirring to avoid scorching.

Mrs. J. Paul Westbrook, Surry County.

POTATOES IN TOMATO SAUCE

Melt in a heavy skillet 4 tablespoons butter or other fat and add 1 diced onion and 1 quart sliced raw potatoes. Cover and cook 20 minutes. Add 3 cups strained tomato juice, 2 teaspoons salt and pepper and simmer until potatoes are tender.

Myrtle Higgins, Grayson County.

SCALLOPED POTATOES WITH PIMENTOS

Prepare and dice potatoes to the amount of 4 cups. Put in saucepan and parboil 5 minutes. Drain, uncover and shake dry. Add 1 green pepper and 2 pimentos chopped fine. Salt and

pepper to taste and cover all with the following cheese sauce, and bake in moderate oven 400 degrees F, 30 minutes.

Cheese Sauce

2 tablespoons melted butter	1 teaspoon salt
2 tablespoons flour	Dash pepper
1 cup milk	

When sauce is hot add 1 cup diced cheese. Stir until blended.

Mrs. C. N. Barnes, Scott County.

POTATO CHEESE PUFF

3 cups hot mashed potatoes	1/4 teaspoon paprika
1 cup cheese, grated	1/2 cup rich milk, scalded
1 tablespoon salt	2 eggs, separated.

To hot mashed potatoes add cheese, seasonings, hot milk, beaten egg yolks. Fold in stiffly beaten whites, pour into greased dish. Bake 30 to 40 minutes in a moderate oven (350°) until puffed and brown. Serve at once.

Mrs. B. W. Berry, Norfolk County.

POTATO AU GRATIN

6 cooked, medium potatoes	Cheese
White sauce	Buttered crumbs

Butter baking dish. Put in a layer of potatoes, then a layer of cheese and white sauce. Alternate until all ingredients are used. Place buttered crumbs on top. Bake in moderate oven until brown, or baked through.

Medium White Sauce

2 tablespoons butter	1 cup milk
2 tablespoons flour	1/4 teaspoon salt

Melt butter, add flour mixed with seasoning. Stir until blended. Add milk gradually, stirring constantly. Bring to a boiling point. Boil two minutes.

Mrs. B. Ryan, Rockingham County.

POTATO RECIPE WITH CHEESE

Peel and slice one quart of potatoes thin, add one pint of milk, 1/2 cup butter, salt and pepper to taste. Cook potatoes in oven. Slice cheese on top after potatoes are done and return to oven until cheese is melted.

Mrs. Edna Downey, Alleghany County.

SWEET 'TATER PUFFS

2 cups mashed sweet potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	8 marshmallows
1 egg (beaten)	$\frac{1}{2}$ cup crushed cornflakes

If mashed potatoes are unseasoned, add salt and pepper. Add beaten egg. If mixture is dry, moisten with milk. Form into eight balls, marshmallow inside of each. Roll in cornflakes. Deep fry in hot fat. Drain on absorbent paper.

Mrs. Gretchen Woodruff, Chesterfield County.

BAKED ORANGE SWEET POTATOES

Four large sweet potatoes. Cook until tender in salt water. Drain and put into baking dish. Add 2 tablespoons of brown sugar. Lump of butter size of a walnut. Juice from $\frac{1}{2}$ orange. Cut thin slices from the other half of orange and lay on top. Bake for 20 to 30 minutes at 350°.

Mrs. Cecil Brubaker, Alleghany County.

SWEET POTATOES WITH SAUSAGE PATTIES

Mashed sweet potatoes	Brown sugar	Sausage patties
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Fill a deep buttered pie plate with mashed sweet potatoes and sprinkle lightly with brown sugar. Cover with sausage patties which have been panned brown. Add a few teaspoons of the drippings for flavor. Bake in a 350 degree F oven 15 to 20 minutes.

Mrs. Grace Holland, Surry County.

FLUFFY SWEET POTATOES IN ORANGE SHELLS

4 cups mashed sweet potatoes	1 tablespoon honey
$\frac{1}{2}$ cup hot milk	Dash salt, pepper and nutmeg.
2 tablespoons butter	8 orange shells

To potatoes add milk, butter, honey, salt, pepper and nutmeg. Beat until fluffy, then pile into orange shells made by cutting oranges in half and removing pulp. If you wish, flute the edges. Use these with parsley to garnish the turkey platter.

Mrs. W. T. Broyles, Madison County.

SWEET POTATO SOUFFLE

1 cup milk	1 teaspoon salt
2 eggs, separated	½ cup chopped walnuts
½ cup sugar	3 tablespoons butter
½ cup raisins	1 teaspoon nutmeg
2 cups mashed sweet potatoes	Marshmallows

Scald milk and add sugar, salt, butter, nutmeg, and potatoes; beat until fluffy. Beat egg yolks and add to sweet potatoes. Add raisins and walnuts. Beat egg whites stiff, fold into potatoes and pour into greased baking dish. Bake in moderate oven (350 degrees F.) 50-60 minutes or until firm. Top with marshmallows, brown. Serves eight.

Mrs. C. Seifert Wingfield, Alleghany County.

BAKED SWEET POTATOES AND APPLES

3 medium sized sweet potatoes	4 tablespoons of sugar (more if desired)
1½ pints sliced apples	¼ cup of butter
Pinch of salt	½ cup bread-crumbs
¼ teaspoon nutmeg	

Wash sweet potatoes, cook in boiling water until tender and slice. Place alternate layers of sweet potatoes and apples in greased baking pan. Season each layer with salt, sugar, nutmeg and butter. Over the last layer spread the bread-crumbs which have been mixed with a little of the melted fat. Bake in a moderate oven 40 minutes or until apples are tender.

Mrs. G. G. Nicol, Madison County.

CANDIED SWEET POTATOES

1 cup milk	3 tablespoons butter
1 cup brown sugar	1/3 cup cocoanut

Peel 3 large sweet potatoes, slice, place in a greased covered baking dish. Mix sugar and milk, pour over potatoes, dot with butter and sprinkle with cocoanut. Cover. Bake in moderate oven until syrup is thick, remove cover and brown cocoanut.

Mrs. Audrey Butler, Louisa County.

CANDIED SWEET POTATOES

Sweet potatoes, medium-sized, 6
Brown sugar, $\frac{3}{4}$ cup

Salt, 1 teaspoon
Butter, $\frac{1}{3}$ cup

Boil sweet potatoes, peel and slice. Arrange in layers in a greased casserole, sprinkling each layer with brown sugar, salt and bits of butter. Bake in a moderate oven (375 degrees F) about 30 to 45 minutes. Makes six servings.

Norma Dickerson, Montgomery County.

STUFFED TOMATOES

8 medium-sized tomatoes with
peeling on

2 tablespoons minced onions or
chives

1 Irish potato boiled and mashed

2 tablespoons chopped celery

1 cup bread-crumbs

2 tablespoons melted butter

$\frac{3}{4}$ cup veal, chicken, or ham
cooked and diced

1 tablespoon minced parsley, if
liked

Mix all the ingredients but the tomatoes. Salt and pepper to taste. Cut a slice from top of tomato, scoop out inside, and add this to the above. Stuff the tomatoes and place in a baking dish and cover bottom of dish with water. Bake until tomatoes are tender (15 to 20 minutes).

Mrs. A. S. Young, Prince George County.

FARM STYLE TOMATOES

6 ripe, but firm, tomatoes

Wash, but do not peel. Cut in $\frac{1}{2}$ inch slices. Dip into a mixture of $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Fry in hot fat on both sides. Remove carefully to warm platter. Make gravy as follows:

Pour off fat from pan if any. Melt 3 tablespoons butter in pan. Blend in 3 tablespoons flour. Slowly add $1\frac{1}{2}$ cups milk and $\frac{1}{4}$ teaspoon salt. Pour over tomatoes and serve hot.

Mrs. Grace M. Jordan, Stafford County.

CREAM OF TOMATO SOUP

2 cups canned tomatoes (not strained)

2 cups white sauce made with 3 tablespoons butter and 3 tablespoons flour and 2 cups milk

Put tomatoes on to heat while making white sauce. When sauce is ready add tomatoes to sauce. Season with salt and pepper. Serve at once.

Mrs. O. R. Zoll, Bath County.

CORN PUDDING

Mix 1 pint corn with 2 eggs beaten light. Set aside.

Combine 2 tablespoons flour, 2 tablespoons sugar, 1 teaspoon salt, dash pepper. Add $1\frac{1}{2}$ cups milk to flour mixture and beat until smooth. Add 1 tablespoon butter. Combine batter with corn and egg mixture and pour into greased casserole. Set in pan of hot water. Bake in moderate oven approximately one hour, or until custard is firm.

Mrs. Elmer Donithan, Grayson County.

CORN PUDDING

2 cups corn, fresh or canned	2 eggs
1 cup rich milk	1 teaspoon sugar
1 teaspoon salt	2 tablespoons butter

If fresh corn, cook in as small amount of water as possible. Beat eggs in milk, add the rest of ingredients and bake in moderate oven until knife blade comes out clean.

Elva Jackson, Grayson County.

SCALLOPED CORN

1 can corn (whole grain)	$1\frac{1}{2}$ tablespoons shortening
2 tablespoons flour	$\frac{3}{4}$ teaspoon salt
Pepper to taste	3 eggs

Drain corn—save liquid. Add water to make 1 cup or use 1 cup water with vacuum-packed corn. Melt shortening. Blend in flour, salt, pepper, stir in liquid and cook until thickened. Stir into slightly beaten eggs. Add corn. Bake in 350 degrees F. oven for 30 minutes or until firm in a well greased pan.

Alleghany County

CREAM OF CORN SOUP

1 cup corn	1 cup boiling water
2 cups scalded milk	3 tablespoons flour
3 tablespoons melted butter	$\frac{1}{2}$ tablespoon onion
Dash of celery salt	

Brown onion in butter, add flour, mix smooth. Add milk slowly. Add water. Cook until it thickens, add corn. Season to taste with salt and pepper, heat to boiling. Serve.

Mrs. C. D. Andrews, Grayson County.

CORN CAKES

5 medium ears of corn
1 teaspoon salt

2 eggs
Dash of pepper

Grate corn and scrape from the cob with the back of knife. Put corn, eggs, salt and pepper in bowl and beat until well mixed. Drop by tablespoon in hot fat, let brown, and turn just as you would batter cakes. Serve hot in little stacks of 5 or 6.

Annie D. Horsley, Appomattox County.

DELICIOUS DRIED CORN

8 pints tender corn cut from the cob
 $\frac{1}{2}$ cup sweet cream

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup salt

Mix all ingredients in a flat bottomed pan, heat 20 minutes stirring constantly. Then spread on pans covered with brown paper and dry in the oven. Stir occasionally. Be very careful when it gets almost dry for it burns easily then. Put in a clean bag and keep near the stove or hang in the hot sun a week, then store in tin or glass and seal.

Mrs. Florence Pittard Hoover, Rockingham County.

SPINACH AND CHEESE

1 quart cooked or canned spinach
Butter

$\frac{1}{4}$ teaspoon salt and some pepper
 $\frac{1}{4}$ cup milk

$\frac{1}{4}$ pound of cheese

Empty spinach in pan (but do not drain off water). Add salt and heat a little. Then put spinach in a baking dish. Add milk and a little butter. Cut strips of cheese to cover spinach. Put in oven and bake until brown.

Mrs. E. T. Peters, Alleghany County.

GREEN VEGETABLES WITH CHEESE, EGGS OR MEAT

In a greased baking dish, place a layer of fresh cooked or left over vegetables. Cover with layer of bread-crumbs. Repeat. Add enough milk to moisten. Cover top with bread-crumbs and dot with butter. Bake in moderate oven until crumbs are lightly brown.

With cheese: Add 1 cup grated cheese to bread-crumbs or

melt cheese in white sauce and use to moisten in place of milk.

With eggs: Place sliced hard cooked eggs in layers with other ingredients. Or add slightly beaten egg to each cup of milk, pour over vegetables and bake as custard.

With meat: use crisp salt pork, bacon, or bits of ham for a tasty treat.

Mrs. C. D. Andrews, Grayson County.

STUFFED CABBAGE

1 or 2 heads of cabbage 1 cup ground meat, beef preferred
1 small onion, diced fine 2 cups tomatoes, cooked preferred

Remove most of inside of cabbage without breaking outside leaves, and chop this in small pieces. Clean cabbage head ready to cook. Boil whole in slightly salted water to cover, until tender. In separate pan combine onions, meat, tomatoes, and chopped cabbage, season with salt, pepper and small amount of sugar to taste. Scoop out inside of cabbage and fill with this combination, pressing in until completely filled. Fold outside leaves over and place 2 or 3 thin slices bacon on top. Place in roaster, and pour rest of combination around cabbage. If too dry add more water. Cook with lid on so as to keep top from drying or browning. Cook until combination is done.

Mrs. Ruth B. Cummins, Rockbridge County.

STUFFED CABBAGE

1 large head cabbage with nice firm leaves $\frac{1}{2}$ cup of rice
1 pound ground beef or sausage meat 1 small onion chopped
Salt, pepper, (amount depending on kind fine
of meat used) 1 egg

Cook rice in boiling water until partly done. Mix all ingredients, except cabbage. Separate cabbage leaves, then parboil in salty water until slightly tender. Cool cabbage leaves. Take big spoonful of meat mixture, put in center of cabbage leaf and roll. Place in baking dish and roast until done. Tomatoes or sauerkraut may be put in bottom of your pan before roasting.

Mrs. Josephine Tyazandlak, Norfolk County.

STUFFED EGGPLANT

1 cup raw mushrooms 1 medium-sized eggplant
1 cup minced ham $\frac{1}{2}$ cup chopped onion
 $\frac{1}{4}$ teaspoon salt (more if desired) 4 tablespoons butter
 $\frac{1}{8}$ teaspoon pepper

Cut slice from top of eggplant or cut in halves lengthwise;

scoop out meat to within half an inch of outer skin. Peel mushrooms. Chop mushrooms and eggplant, coarsely (do not grind), and saute in butter with onions for ten minutes. Add ham and seasonings. Fill eggplant shell and sprinkle top with buttered bread-crumbs. If this is prepared in advance, cover with waxed-paper and keep in refrigerator cabinet until ready to bake. Bake in a hot oven (400 degrees F.) until thoroughly heated through and brown. Serve with thin strips of pimento across top.

Mrs. S. B. King, Norfolk County.

CABBAGE CHOWDER

4 cups shredded cabbage	1/2 teaspoon pepper
2 cups sliced carrots	3 cups water
3 diced potatoes	4 cups scalded milk
1 tablespoon salt	2 tablespoons butter
1/2 teaspoon sugar	

Combine vegetables, seasonings and water. Cook until tender, about ten minutes. Add milk. When ready to serve, add butter.

Mrs. Elmer Conithan, Grayson County.

HOT SLAW

Chop white cabbage very fine. Beat together 2 eggs, 2 tablespoons sugar, 1 teaspoon mustard, salt and pepper. Put the whole in a saucepan. When the butter is melted put in the cabbage and stir until the latter is thoroughly heated. Dress with hard boiled eggs.

Spout Spring H. D. Club, Appomattox County.

CABBAGE WITH CHEESE

4 tablespoons of grated American cheese	1 small cabbage
1/2 teaspoon salt	2 tablespoons of butter
1/8 teaspoon pepper	2 tablespoons of flour

Shred the cabbage. Cook until tender. Drain in colander. Prepare the white sauce by cooking together the butter, flour, salt, pepper, and milk. Cook until consistency of thick cream. And then add to the sauce the grated cheese, and heat. Place the cabbage in a hot dish, and pour sauce over and serve at once. Serves six.

Mrs. W. J. Gibson, Madison County.

BAKED BEANS

- | | |
|---------------------|----------------------------------|
| 2 pounds Navy beans | $\frac{1}{4}$ teaspoon pepper |
| 1 bottle catsup | $\frac{1}{4}$ cup black molasses |
| 1 teaspoon mustard | $\frac{1}{4}$ cup brown sugar |
| 1 teaspoon salt | |

Beans may be soaked over night. Wash thoroughly and boil until well done. Add other ingredients, pour into baking dish. Cover with strips of fat meat and bake for 3 hours in slow oven. The larger the quantity of beans, the better they are. Butter beans may be baked the same way.

Mrs. Harry Bullis, Westmoreland County.

QUICK LEFT OVER DISH

- | | |
|---|------------------------------|
| 1 pint tomatoes or what is left from a meal | 2 medium-sized onions, diced |
| 3 or 4 ears of corn, cut off | Salt and pepper to taste |
| 4 tablespoons bacon fat | |

Put bacon fat in frying pan. When hot place other ingredients in hot grease. Let cook until onions are done. Keep tight lid on pan while cooking. Takes about 15 minutes. Serve hot.

Mrs. Edward Young, Rockingham County.

RING TUM DIDDY

- | | |
|---------------------------|-------------------------------------|
| $\frac{1}{4}$ pound bacon | 1 can corn |
| 1 large green pepper | Salt and pepper |
| 3 onions | $\frac{1}{4}$ pound American cheese |
| 1 can tomatoes | 8 slices toast or crackers |

Cook bacon. Have pepper and onion all cut and ready. Cook this in the bacon fat. Then add the tomatoes and corn and season to taste. Just before serving add the cheese. Serve hot on toast or crackers.

Mrs. H. A. Tiller, Norfolk County.

VEGETABLE SOUP

- | | |
|---|-------------------------|
| $1\frac{1}{2}$ cups chopped celery and leaves | 1 soup bone, cracked |
| 1 cup finely chopped carrots | 3 quarts cold water |
| 2 cups diced potatoes | 4 tablespoons fat |
| 2 cups tomato juice and pulp | 1 green pepper, chopped |
| 3 teaspoons salt | 1 cup chopped onion |
| $\frac{1}{4}$ teaspoon pepper | |

Wash soup bone and be careful to remove all pieces of loose bone. Put in large kettle and cover with cold water. Cook for 2 hours. Remove bone from broth. Cook all vegetables, except

tomatoes in skillet for 10 minutes in fat, stirring frequently. Add vegetables, tomatoes, salt and pepper to broth. Cook until tender.

This makes a rather large quantity, but is equally as good reheated next day.

Lizzie Hillman, Scott County.

POT LIKKER

Pot Likker consists of the water in which any vegetable has been cooked with a piece of salt pork or soup meat. However, in the South it is most frequently the water in which turnip greens have been cooked. Cut the tops from turnips. Wash the greens thoroughly and place in a pot, and cover with water. Add slices of turnip or other vegetables at hand and season with salt and pepper and a piece of soup meat or salt pork. Boil until the greens are tender. Remove the greens and the meat and the succulent soup that remains is Pot Likker.

Mrs. Herman T. Cooper, Surry County.

FAVORITE APPLES AND CARROTS

Scrape carrots and cut in circles. Slice pared and cored apples. Alternate layers of the two in baking dish. Dot with butter, brown sugar and cinnamon. Over the top sprinkle grated cheese. Bake covered until nearly soft, then brown without cover.

Mrs. Leslie Gordon, Appomattox County.

LIMA BEAN SUPPER DISH

1 cup dried lima beans	2 large onions, sliced
1 quart cold water	2 teaspoons salt
2 carrots, sliced	¼ teaspoon pepper
Few sprigs parsley, minced	1 teaspoon Worcestershire

Cover beans with water, soak several hours, drain. Place in large covered saucepan. Add 1 quart cold water and remaining ingredients. Simmer about 2 hours or until beans are tender. If desired, small meat balls made by combining ½ pound hamburger, ½ teaspoon salt, 1 minced clove of garlic may be dropped into the beans 25 minutes before serving. If any beans are left over, they can be thinned with milk, seasoned to taste and heated to make a cream of lima bean soup.

Mrs. J. A. Webb, Norfolk County.

LIMA BEANS EN CASSEROLE

Salt and pepper	3 slices bacon
1 cup white sauce	1 medium onion
½ cup bread crumbs, stirred in	½ green pepper
2 tablespoons melted butter	1 pint lima beans

Parboil bacon. Remove from pan and add sliced onion and green pepper. Cook until soft. In greased casserole, place a layer of beans, mixed with diced onion, green pepper, bacon chips, salt and pepper and a layer of white sauce. Repeat until all is used. Cover the top with buttered crumbs and brown in moderate oven. Serves six.

Mrs. G. E. Greene, Norfolk County.

FRENCH FRIED ONIONS

Cut in ¼ inch slices and separate into rings 2 large onions. Make a batter of ½ cup flour, 1 beaten egg, ¼ teaspoon salt, ¼ teaspoon baking powder and ½ cup milk. Dip several onion rings in batter at a time and fry in ¾ inches hot fat until brown, turning over. Take out, drain on paper towel and put in more. Carrots may be fixed the same way, but should be cooked tender first.

Mrs. C. G. Summers, Montgomery County.

SPAGHETTI WITH BACON

6 slices bacon	2 onions
1 quart can tomatoes	1 small box spaghetti
Salt, pepper, and sugar	

Fry bacon until brown and crisp. Fry onion until done in the grease from bacon. Break up bacon and add to onions. Add tomatoes and cooked spaghetti. Add salt, pepper and sugar to taste.

Mrs. Gilbert Clark, Bath County.

BAKED SPAGHETTI

1 cup uncooked spaghetti	1 pint tomato juice
1 cup sausage	2 tablespoons sugar
1 small onion	2 small peppers
Cheese	

Cook the spaghetti in salt water until tender. Heat sausage, onion, and peppers until they are tender. Add the tomato juice, sugar and spaghetti to the sausage mixture. Cook several minutes. Put in baking dish. Sprinkle with cheese. Bake in a moderate oven about 30 minutes.

Mrs. John Branner, Rockingham County.

SPAGHETTI CHEESE RING

1 package spaghetti (broken in pieces)	2 tablespoons shortening
1 small onion, minced	1 tablespoon green pepper, chopped
1 cup canned mushrooms	½ cup milk
3 eggs	Salt
1 cup tomato puree	1 cup grated cheese

Drop spaghetti into boiling salted water. Cook until tender and drain. Put shortening in pan; when hot add onions, pepper and mushrooms and simmer. Beat egg yolks, mix with milk, and add to onions, pepper and mushrooms; then add tomato puree, salt, seasoning, cheese and spaghetti. Mix well. Fold in beaten egg whites. Pour into ring mold. Set in hot water and bake 45 minutes at 325 degrees.

Mrs. Bruce Swartz, Shenandoah County.

PARSNIP FRITTERS

Scrape and boil parsnips in salt water. To each two cups of mashed parsnips add 1 beaten egg, 1 tablespoon flour and 1 tablespoon milk and pepper to taste. Mix and shape into small flat cakes and fry in butter or other shortening until brown.

Mrs. J. S. Good, Shenandoah County.

SQUASH FRITTERS

1 pint grated squash	2 eggs, well beaten
1 teaspoon salt	2 teaspoons baking powder

Add flour enough to make stiff batter. Drop from tablespoon into hot grease and fry on both sides.

Mrs. C. C. Hutcheson, Mecklenburg County.

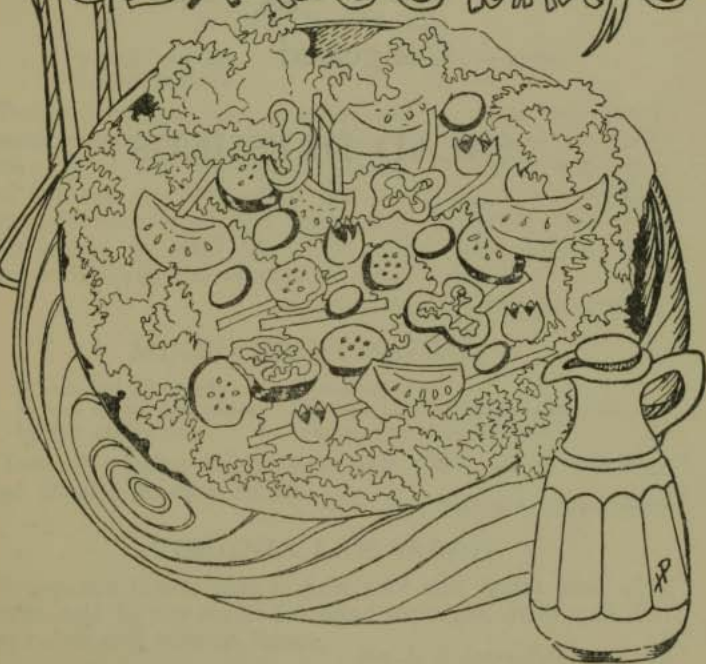


Salads



Salad

Dressings



SALADS

Fruit

Vegetable

Meat—Egg—Fish

Congealed

SALAD DRESSINGS

WHAT-HAVE-YOU SALAD

Have crisp lettuce around the dish and arrange on it large pieces of any fruit you have such as oranges, apples, grapefruit, nuts and cooked prunes (remove the seed). Fruit should be chilled and drained. Put mayonnaise in center of dish.

Mrs. Norman Shepherd, Fairfax County.

FRENCH FRUIT SALAD

1 orange or apple	1 dozen walnuts
1 banana	½ pound grapes
Lettuce and French dressing	

Peel the banana and apple and cut in small pieces. Remove the skins and seeds from grapes. Break up the walnut meats in small pieces, but do not chop. Mix these ingredients thoroughly and place on ice. Serve on lettuce leaves with French dressing.

Mrs. Robert Cox, Montgomery County.

WINTER SALAD

3 large oranges	2 large apples
2 large bananas	Lettuce

Peel two oranges, slice crosswise and cut slices into halves. Squeeze juice from the other orange. Cut apples in lengthwise slices; (apples may be peeled if desired). Dip into orange juice. Peel bananas, cut into cubes; dip into orange juice. Arrange alternately the oranges and apple slices in circular fashion on crisp lettuce, on salad plates. Fill center with banana cubes. Serve with mayonnaise or salad dressing.

Mrs. Frank Ledford, Montgomery County.

MIXED FRUIT SALAD

½ cup cut pineapple	½ cup cherries
½ cup sliced ripe pears	1½ cups banana (add lemon juice to prevent turning dark)
½ cup grapefruit	

Toss all together lightly with fork. Chill. Serve with fruit salad dressing on crisp lettuce.

Mrs. Joe Addington, Scott County.

VIRGINIA LEE SALAD

1 cup raw carrot, grated. Add juice and grated rind of 1 lemon. Add ½ cup sugar. Let stand overnight, drain well. Fill pear halves and serve on lettuce.

Mrs. L. B. Jones, Fairfax County.

SPICED PEACH SALAD

6 peach halves	1 stick cinnamon
½ cup sugar	1 package cream cheese
½ cup vinegar	Lemon juice
1 teaspoon cloves	Chopped pecans

Cook vinegar, cloves, cinnamon and sugar together three minutes and pour over the drained peaches. Chill several hours. Drain and fill center of peach with cream cheese, seasoned with little lemon juice and chopped pecans. Arrange on lettuce and garnish with mayonnaise.

Miss Anne McGehee, Prince Edward County.

PINEAPPLE SALAD

1 can pineapple	1 cup chopped celery
1 cup walnut or pecan meats	

Dice pineapple and mix all together with cooked cream dressing. Serve on lettuce.

Mrs. N. Lula Pope, Southampton County.

INDIVIDUAL APPLE SALAD

Well colored red apples are more effective in appearance for this salad. Cut a slice from the stem end thick enough to include the stem, which answers as a handle. Scoop out the center of the apples, being careful not to cut the pieces too small, and also leave a perfect shell. Mix the apple with an equal quantity of celery, ½ cup chopped nuts (walnuts), ½ cup grapes (Malaga grapes are best), chopped and seeded. Fix with a mild salad dressing. Fill the apple shells with the salad and cover the tops. Serve on salad plates with lettuce.

Miss Anne McGehee, Prince Edward County.

APPLE, CARROT, RAISIN SALAD

2 medium-sized apples	4 medium-sized carrots, grated
1/3 cup seedless raisins	1/3 cup chopped walnut meats
3 tablespoons salad dressing	2 tablespoons lemon juice
2 tablespoons whipped cream	1 teaspoon sugar

Core and dice apples. Add carrots, raisins and nut meats. Combine remaining ingredients. Add to salad and toss. Serves six.

Mrs. Alma C. Akers, Montgomery County.

WALDORF SALAD

3 cups diced apples	1 cup chopped celery
1 cup raisins	1 cup nuts

Mix with mayonnaise.

Carol Williams, Grayson County.

APPLE SURPRISE MOLDS

Bring 2½ cups apple sauce to a boil, remove from heat. Add ¼ cup sugar, 2 tablespoons red cinnamon candies, 1 tablespoon gelatine softened in 2 tablespoons water. Stir well and add ¼ teaspoon nutmeg. Pour into molds. Chill. Serve on salad greens with cream cheese.

Fairfax County.

SPICED DRIED PEACH SALAD

1 pound dried peaches	½ cup water
2/3 cup brown sugar	18 whole cloves
1/3 cup white sugar	2 tablespoons preserved ginger (minced)
1/3 cup vinegar	½ teaspoon cinnamon

Wash dried peaches and soak in warm water one hour. Remove skin. Use water left from soaking peaches to make the syrup. Cook in shallow stew pan. When syrup is boiling rapidly, drop in the peaches and simmer until peaches are tender. Serve on lettuce.

Mrs. P. L. Gynn, Norfolk County.

BEST OF ALL FRUIT SALAD

1 dozen apples	1 cup English walnuts
1 can sliced pineapple	1 dozen marshmallows
1 pound white grapes	Juice of one lemon

Dice apples and add lemon juice to keep from turning dark. Cut pineapple in small pieces, seed grapes, cut marshmallows in small pieces, and mix together fruit, nuts and marshmallows. Serve with following dressing:

Juice from pineapple	3 eggs
1 cup white sugar	2 tablespoons butter
2 tablespoons flour	½ pint whipped cream

Boil pineapple juice. Beat eggs lightly and add sugar and flour, which have previously been mixed. Pour boiling juice into this,

stirring constantly; then place on stove and cook, adding butter. When cold, add to fruit mixture and put into refrigerator. Just before serving, stir in whipped cream.

Jimmie D. White, Wythe County.

GRAND WHITE SALAD

2 cups finely shredded cabbage	1 cup quartered marshmallows
1 cup diced pineapple	½ cup nuts

Mix with a dressing made by using:

4 tablespoons lemon juice	1 tablespoon vinegar
2 tablespoons sugar	1 tablespoon flour
1 egg white, stiffly beaten	1 cup whipping cream

Combine the lemon juice and vinegar, to which add the sugar and flour in well blended form. Cook this in double boiler stirring constantly. When thick remove from fire; fold in egg white and chill. When cold, add to it the whipped cream and then mix with the first ingredients. Keeping this cold is secret to success. Serves ten.

Mrs. J. R. White, Wythe County.

24-HOUR SALAD

1 pound white grapes, halved and seeded	1 pound marshmallows, chopped
1 cup pineapple, cubed and drained	1 cup chopped nuts
	½ pint cream, whipped

Dressing

4 egg yolks	A small pinch of salt
½ teaspoon dry mustard	Juice of 1 lemon

Cook dressing until thick and smooth, then cool. When cold, add whipped cream. Add to salad mixture and let stand in refrigerator for 24 hours.

Mrs. D. B. Dingus, Scott County.

SNOW SALAD

1 cup white cherries, seeded	1 cup crushed pineapple
1 cup pears, chopped	1 pound marshmallows, chopped
Juice 1 lemon	4 egg yolks
1 cup milk	2 tablespoons sugar
1 pint whipped cream	

Make custard of milk, eggs, and sugar. Mix fruits together, add lemon juice. Stir in custard, fold in whipped cream. Let stand in cool place 24 hours. Use on lettuce with mayonnaise, or top with whipped cream for dessert.

Mrs. Paul Winesette, Grayson County.

ICE-BOX SALAD

- | | |
|----------------------------------|----------------------------|
| 2 boxes lemon gelatine | 2 packages cream cheese or |
| 1 cup crushed pineapple, drained | 2/3 cup cottage cheese |
| 1 cup maraschino cherries | 1 cup nuts |
| 1 cup orange juice | 2 teaspoons salad dressing |
| 1/2 cup cream, whip stiff | 20 marshmallows, chopped |

Make gelatine as directed, except using half quantity of water. Chill. Add other ingredients. Put in ice-box.

Mrs. John Hopkins, Rockingham County.

FROZEN FRUIT SALAD—I

- | | |
|--------------------------|---------------------------------------|
| 1/4 cup orange segments | 1/4 cup maraschino cherries |
| 1/4 cup diced pineapple | 2 tablespoons pineapple syrup |
| 1 tablespoon lemon juice | 1 tablespoon butter, melted |
| 3 1/2 tablespoons flour | 3 tablespoons sugar, mixed with flour |
| 1 teaspoon salt | 2 egg yolks, beaten |
| 1/2 teaspoon paprika | 1/2 cup whipping cream |
| 2/3 cup milk | 1/2 cup vinegar |
| 1/4 cup sliced bananas | |

Combine butter, flour, sugar, salt, egg yolks, and paprika and cook in double boiler until thick. Remove from stove and beat two minutes. Let stand until cool. Add whipped cream. Gradually fold in prepared fruit, lemon juice, pineapple syrup, and salt. Freeze, slice and serve on lettuce.

Mrs. Ted Lucas, Montgomery County.

FROZEN FRUIT SALAD—II

- | | |
|------------------------------------|-------------------|
| 3/4 cup sugar (or more if desired) | 2 eggs |
| 2 cups whipping cream | 1/4 teaspoon salt |
| 6 graham crackers (crushed fine) | 1/2 cup cocoanut |
| 1 cup fruit (chopped) | Flavor as desired |

Whip cream, combine with well beaten egg yolks, sugar, salt, cracker-crumbs, cocoanut, fruit and flavoring. Add stiffly beaten egg whites last, fold in lightly. Pour into mold and freeze. Slice and serve on lettuce. By adding a half cup of milk instead of fruit and cocoanut to the above, makes a delicious ice cream, and needs no stirring.

Mrs. F. L. Pope, Rockingham County.

Mrs. A. S. Young, Prince George County.

VEGETABLE SALAD—I

1 cup shredded raw tender carrots 1 cup shredded turnips
 1 cup diced celery Garlic salt
 French dressing

Combine carrots, turnips, celery and a few grains of garlic salt. Arrange on crisp lettuce. Serve with French dressing.

Mrs. Joe Stewart, Montgomery County.

VEGETABLE SALAD—II

½ small cabbage head, shredded 2 carrots, shredded
 1 ripe tomato, diced 1 small green pepper, shredded
 4 tablespoons mayonnaise Dash of salt and pepper

Toss all together in bowl until well mixed. Keep on ice until served.

Mrs. J. Paul Westbrook, Surry County.

VEGETABLE SALAD—III

1 cup diced celery Salt
 1 cup diced carrots 6 olives, cut finely
 1 cup cottage cheese 3 tablespoons salad dressing
 1 cup cooked peas

Drain liquid from peas, put 1 cup in mixing bowl, add the diced celery, carrots, cheese and olives. Add salt, mix thoroughly. Last stir in the salad dressing. Chill slightly. Serve from a salad bowl or on a lettuce leaf.

Mrs. Dewey Pettyjohn, Washington County.

POINSETTIA MOUND SALAD

6 medium-sized potatoes 1 red pimento
 6 rounding teaspoons prepared relish 1 small onion, or onion juice
 1 medium-sized cucumber Lettuce
 Salt and pepper to taste

Prepare potatoes as for creaming (very fluffy), work in relish, salt and pepper. Form mounds on lettuce. With scissors, cut 5 petals from pimento for each. For center of flower, cut slice of cucumber crosswise. Makes six servings. Stuffed olives, cheese or carrots (grated) may be served with this salad for more flavor and color; and can be prepared winter and summer, as cucumber pickle and canned peppers may be used equally as well as those fresh from the garden.

Mrs. D. Frank Roache, Henry County.

BEAN SALAD

	Onions, chopped	
1 can red kidney beans		Mayonnaise
2 hard boiled eggs, diced		Pickles, chopped

Pour liquid from beans so they won't be too soupy. Add other ingredients. Serve on lettuce.

Mrs. M. E. Stevens, Bath County.

STUFFED TOMATO SALAD

6 ripe tomatoes	Lettuce
1/2 pint cream dressing	Salt and pepper
2 cucumbers	Parsley

Scald the tomatoes and remove the skins. Cut a slice from the top of each and with a small spoon remove the seeds. Peel the cucumbers and cut them into dice. Season highly and mix with at least half the dressing. Fill the tomato cups with this and put a spoonful of the dressing on top. Sprinkle a very little finely chopped parsley over, and serve on a bed of lettuce leaves.

Ora Gilbert, Appomattox County.

CARROT SALAD

1 cup shredded carrots	1/2 cup chopped celery
1/3 cup seedless raisins	1/2 cup chopped apples
1/4 teaspoon salt	1/4 cup mayonnaise

Combine the carrots, celery, apples, raisins and mix well. Add the salt and the mayonnaise. Chill and serve on a nest of lettuce.

Virginia Albert, Montgomery County.

CARROT AND RAISIN SALAD

1 1/2 cups fine strips raw carrots	1/2 cup seedless raisins
1 1/2 cups small orange pieces	Shredded cabbage
1/2 cup chopped peanuts	Mayonnaise

Toss the carrots, raisins and orange together. Mix with mayonnaise. Pile on mounds of shredded cabbage, moistened with mayonnaise or French dressing. Garnish with chopped peanuts. Makes six servings.

Mrs. E. T. Peters, Alleghany County.

COLE SLAW

Finely shred cabbage, soak 1 hour in cold water and drain. Mix shredded cabbage with salad dressing. Serve on lettuce leaves. Finely chopped green pepper, onion and pimento may be added.

Margaret Eason, Nansemond County.

MACARONI SALAD—I

1½ cups little macaroni	1 small apple
½ pound cheese	2 hard boiled eggs
2 or 3 small cucumber pickle	1 teaspoon sugar
1 onion, if desired	½ teaspoon salt
Pepper to taste	2 tablespoons mayonnaise

Cook macaroni until tender. Cut in small cubes the cheese, onions, pickles, apples and eggs. Leave a small portion of the pickle, cheese and egg to garnish top of salad. Mix all the ingredients together, and when thoroughly mixed, grate some cheese, cut strips of pickle and strips of eggs to put on top. This will make a delicious salad for any occasion. Serves about nine small servings.

Mrs. Alex R. Cyrus, Appomattox County.

MACARONI SALAD—II

1 package shell macaroni	4 or 5 stalks celery
1 green pepper	½ small Bermuda onion
2 sweet red pimentos	4 hard boiled eggs
1 cucumber, diced	2 tablespoons vinegar

Add macaroni, a few shells at a time, to three quarts boiling water, to which 1 teaspoon salt is added. Cook uncovered 10 to 15 minutes. Drain immediately. Rinse in cold water. Chop the celery, onion, pimentos, pepper and eggs fine; add to macaroni. Then add cucumber. Mix well and pour vinegar over all. Salt and pepper to taste. Serve on lettuce with heaping teaspoonful of mayonnaise to each portion, and dash of paprika.

Mrs. K. E. Fridley, Alleghany County.

CHICKEN SALAD—I

3 cups cold chicken	3 hard cooked eggs
1½ cups diced celery	3 sweet pickles, chopped
1 teaspoon salt	Mayonnaise

Combine chicken, celery, salt, eggs and pickles. Blend with mayonnaise. Serve on lettuce and garnish with slices of egg and olives. Serves eight.

Mrs. D. O. Moon, Appomattox County.

CHICKEN SALAD—II

Boil the fowl tender and remove all the fat, gristle and skin; mince the meat in small pieces, but do not hash it. To one chicken, put twice its weight in celery, cut in very small pieces and $\frac{1}{2}$ pound walnut kernels. Do not add mayonnaise until ready to serve. When celery isn't available, crisp cabbage can be used quite successfully. Turkey may be used instead of chicken.

Mrs. Edith Kiser, Scott County.

EGG SALAD

1 head lettuce	2 tablespoons vinegar
6 medium onions	4 tablespoons salad oil
12 hard cooked eggs	1½ teaspoons salt
¼ teaspoon pepper	Dash paprika
1 teaspoon Worcestershire sauce	¼ cup grated sharp cheese
1 teaspoon minced parsley	

Line a salad bowl with lettuce leaves. Fill with alternate layers of sliced hard cooked eggs and sliced onions. Over all, pour the dressing made by beating together the vinegar, salad oil, salt, pepper, paprika and Worcestershire sauce. Sprinkle with cheese and garnish with parsley. Serves 6 to 8 people, and is a favorite spring salad with men.

Mrs. P. L. Guynn, Norfolk County.

SALMON SALAD

Empty one can of salmon in a bowl and shred. To this add 1 cup finely cut celery and 1 cup finely cut sweet pickles, with 3 diced hard cooked eggs. Blend with enough salad dressing to hold it together and season with salt and pepper. Can be used as a salad or a sandwich spread.

Mrs. Christine Riley, Alleghany County.

MOLDED TUNA FISH SALAD

1 envelope unflavored gelatine	$\frac{3}{4}$ cup hot water
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ cup chopped celery
1 teaspoon salt	$\frac{1}{2}$ cup cold water
1 tablespoon vinegar	$\frac{3}{4}$ cup flaked tuna fish
$\frac{1}{4}$ cup chopped cucumber	

Soften gelatine in cold water. Add hot water and stir till dis-

solved. Add salt, vinegar and paprika. Cool, and when mixture begins to congeal, add tuna fish, celery and cucumber. Pour into molds that have been rinsed in cold water. Chill and serve on lettuce.

Mrs. Stanley A. Taylor, Prince George County.

MOLDED CHICKEN SALAD

2 tablespoons gelatine	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{4}$ cups cold water	$\frac{1}{2}$ cup celery (cut in small pieces)
2 cups cold chicken (diced)	$\frac{1}{4}$ cup chopped green pepper
	$\frac{1}{4}$ cup stuffed olives (chopped)

Soak gelatine in cold water five minutes and dissolve over boiling water. Add chicken, celery, green pepper and olives and salt. Mix mayonnaise thoroughly through these ingredients. Put in desired mold that has been dipped in cold water. Then chill thoroughly and turn on a bed of lettuce. Canned chicken can be used.

Mrs. C. J. Powell, Highland County.

JELLIED EGG SALAD

9 eggs	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons vinegar	1 tablespoon melted butter
6 tablespoons grated cheese	Chili powder to taste
	Pepper and salt

Hard cook the eggs, chill and cut in halves. To the mashed yolks add the remaining ingredients, and make a smooth paste. Stuff the whites with the stiff yolk mixture and place eggs in a mold.

To make the jelly, these ingredients are necessary:

1 package lemon gelatine	1 cup boiling water
3 tablespoons chopped sour pickles	$\frac{1}{4}$ cup sugar
2 tablespoons finely chopped onions	5 tablespoons vinegar

Add to the gelatine the boiling water, sugar, vinegar, salt and pepper. Just before it congeals, add onion and pickle and cover the eggs. Keep in a cool place until product is chilled and firm. Cut out and serve on lettuce, tender green cabbage, or early tender mustard leaves. Makes 18 servings.

Dorothy L. Conn, Rockingham County.

JELLIED TOMATO SALAD

Combine and simmer slowly for around twenty minutes.

1 pint can tomatoes	1 teaspoon sugar
1 thick slice of onion	1 sprig of parsley
$\frac{3}{4}$ cup water	1 teaspoon minced celery leaves
$\frac{1}{2}$ of a small bay leaf	1 teaspoon salt
4 whole cloves	

Strain this through a fine sieve and reheat to the boiling point.

3 tablespoons gelatine	1 cup finely minced celery
$\frac{1}{4}$ cup minced green pepper	$\frac{1}{2}$ cup finely diced cucumber
2 tablespoons minced onion	$\frac{1}{2}$ teaspoon salt
Lemon juice to suit the taste	

Soak gelatine in half a cup of cold water. Stir it into the boiling tomato puree until dissolved. Cool. Add celery, green pepper, cucumber, onion, salt and lemon juice. Put in a loaf mold and chill. To serve, unmold, cut in slices, put on a bed of lettuce leaves, drop a spoonful of mayonnaise across each slice of salad, and top with a cream cheese ball rolled in paprika.

Mrs. Edward Young, Rockingham County.

VEGETABLE GELATINE SALAD

1 package lemon gelatine	2 cups tomato juice
$\frac{1}{8}$ cup vinegar	$\frac{1}{2}$ cup grated cabbage
$\frac{1}{2}$ cup grated carrot	$\frac{1}{4}$ cup finely chopped celery
$\frac{1}{8}$ cup finely chopped onion	$\frac{1}{8}$ teaspoon salt

Heat 1 cup of tomato juice to the boiling point. Quickly stir in gelatine and mix well. Add the rest of the juice and mix well. Add other ingredients. Chill in individual salad molds. Serve on lettuce leaves and top with salad dressing or mayonnaise. Serves eight.

Alice B. Harris, Stafford County.

CONGEALED POTATO SALAD

1 package lemon flavored gelatine	3 unpeeled radishes or red sweet peppers
6 boiled medium-sized potatoes (diced)	3 tablespoons finely chopped onions
$\frac{1}{2}$ cup finely chopped cucumber	2 hard boiled eggs
$1\frac{1}{2}$ cups of boiling water	

Mix gelatine with water. Combine potatoes, onions and cucumber. Add mayonnaise. Add season to taste. Rub salad mold with

mayonnaise. Decorate mold with sliced eggs and radish or sweet pepper. Cover with cold gelatine. Put in cold place to jell. When firm, pack potato salad on top. Cover with the remainder of gelatine. Chill and serve on crisp lettuce leaves. Serves six.

Mrs. G. P. Cox, Surry County.

TOMATO RING SALAD

1 envelope unflavored gelatine	1/4 cup cold water
2 cups tomato juice	1/2 teaspoon salt
1 tablespoon vinegar	1 tablespoon onion juice
1 cup shredded cabbage	1/2 cup chopped celery
1/2 cup chopped green pepper	Large green peppers, whole

Soften gelatine in cold water. Bring tomato juice to a boil. Add gelatine and stir until dissolved. Add salt, vinegar and onion juice. When mixture begins to stiffen, add cabbage, celery and chopped peppers. Remove core and seeds from large green peppers, and fill with gelatine mixture. When firm, slice and serve on lettuce with any desired dressing. Very pretty for Christmas.

Mrs. Stanley A. Taylor, Prince George County.

JELLIED SALAD IN PEPPER CASES

8 green peppers	1 tablespoon granulated gelatine
3 tablespoons cold water	1 1/2 cups boiling meat stock
1 cup chopped, cooked ham	2 tablespoons chopped onions
2 tablespoons chopped green peppers	2 tablespoons chopped parsley
1/2 cup chopped celery	1/4 teaspoon salt
1/4 teaspoon pepper	Green peppers, whole

Select large-sized peppers. Cut off tops. Remove pulp and seeds. Rinse in cold water. Set upright. Soak gelatine in water five minutes. Add meat stock and stir until the gelatine has dissolved. Cool. Add rest of ingredients. Pour into pepper cases. Chill until stiff. Arrange in cups of lettuce and top with mayonnaise. Cut off thin slices from bottoms of peppers to make them even, so that they will stand up.

Miss Virginia W. McGehee, Prince Edward County.

SUMMER SALAD

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|--|-------------------------|
| 2 cups cooked green beans | 1 cup canned peas |
| 3 carrots | 1 teaspoon celery seed |
| 3 onions | 1 cup cooked sweet corn |
| 1 cup cooked beets | 2 cucumbers |
| 1 package gelatine, dissolved in water | |

Prepare gelatine, add other ingredients. Pour into a mould, let chill, turn out on bed of lettuce leaves and serve with mayonnaise.

Mrs. Hannah Killgan, Scott County.

PINEAPPLE-CARROT SALAD

- | | |
|------------------------------------|---------------------------------|
| 1 package orange flavored gelatine | 1 small can pineapple (crushed) |
| 2 medium-sized carrots (grated) | |

Follow directions on the package of gelatine. Add carrots and pineapple before the jelly has become firm. Serve on lettuce leaves, top with mayonnaise and chopped pecans. Serve with crisp salted crackers.

Mrs. C. G. Siebert, Norfolk County.

Mrs. M. T. Henderson, Westmoreland County.

GOLDEN GLOW SALAD

- | | |
|------------------------------|-----------------------------|
| 1 package lemon gelatine | 1 cup raw grated carrots |
| 1 cup boiling water | 1 teaspoon vinegar |
| 1 cup canned pineapple juice | $\frac{1}{2}$ teaspoon salt |
| 1 cup pineapple, cut fine | 1 cup pecans |

Dissolve gelatine in boiling water. Add pineapple juice and vinegar, then salt. Chill. Just before it sets, add pineapple and carrots and pecans. Turn into molds. Serve on lettuce with mayonnaise.

Mrs. Kemper Leddle, Grayson County.

Mrs. Frank Ledford, Montgomery County.

Mrs. W. R. Preddy, Orange County.

PERFECTION VEGETABLE SALAD

- | | |
|--------------------------------|--|
| 1 envelope gelatine | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup cabbage, finely shredded |
| 1 cup hot water | 1 cup celery, cut in small pieces |
| $\frac{1}{4}$ cup mild vinegar | 1 pimento, cut in small pieces, or |
| 1 teaspoon lemon juice | 2 tablespoons sweet red or green pepper |
| $\frac{1}{4}$ cup sugar | |

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add vinegar and lemon juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not

freeze. When mixture begins to stiffen, add remaining ingredients. Turn into individual molds that have been rinsed in cold water and lined with canned pimentos, chill. To serve, remove from molds to bed of lettuce leaves and garnish with mayonnaise dressing; or cut salad in cubes and serve in cases of red or green pepper. Serves six.

Hallie Powers, Giles County.

GRATED CUCUMBER SALAD

- | | |
|----------------------------------|--------------------------|
| 1 package lemon or lime gelatine | 1 cup grated cucumber, |
| 2 cups boiling water | peel $\frac{1}{2}$ of it |
| 1 teaspoon grated onion | 1 tablespoon vinegar |

Dissolve gelatine in boiling water. Add vinegar and let cool until it begins to jell, then add grated onion and cucumber. When firm, serve on crisp lettuce, with mayonnaise and grated cheese.

Mrs. R. E. Correll, Montgomery County.

FRUIT AND VEGETABLE SALAD

- | | |
|--------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup celery | 1 package lemon gelatine |
| $\frac{1}{2}$ cup grated raw carrots | $1\frac{1}{2}$ cups boiling water |
| 1 cup shredded pineapple | |

Drain the pineapple. Chop the celery and grate the carrots. Then combine these ingredients. Add boiling water to gelatine and stir until dissolved. Allow to cool. Then add ingredients and put into individual molds or a bowl and place in refrigerator to congeal. Serve on crisp lettuce with creamed mayonnaise.

Margaret Hicks, Madison County.

SALAD LOAF

- | | |
|--|--|
| 1 package cherry gelatine | 1 4-ounce package cream cheese |
| 2 cups hot water | 1 cup mayonnaise |
| 1 number $2\frac{1}{2}$ can fruit cocktail | $\frac{3}{4}$ cup fruit juice (from can of fruit cocktail) |
| 1 envelope plain gelatine | $\frac{1}{4}$ cup cold water |

Drain juice from can of fruit cocktail. Dissolve plain gelatine in $\frac{1}{4}$ cup cold water. Bring fruit juice to a boil and add to gelatine. Allow to cool slightly, add cream cheese and mayonnaise. Beat with rotary egg beater until thoroughly blended. Dissolve cherry gelatine in 2 cups hot water. Place $\frac{1}{2}$ of the fruits in the bottom of a loaf pan, cover with $\frac{1}{2}$ of the cherry gelatine. Chill until firm. Add the cream cheese mixture. Chill until firm.

Add remaining fruits and cherry gelatine. Chill until firm. Unmold on a platter lined with lettuce and slice as used, or slice and serve with lettuce on individual salad plates.

Mrs. Lester Reynolds, Pittsylvania County.

PINEAPPLE CHEESE SALAD

- | | |
|--|-------------------------------|
| 1 tablespoon gelatine | 1 small can crushed pineapple |
| 1 cup cream | 1 tablespoon lemon juice |
| $\frac{1}{4}$ cup cold water | 1 tablespoon sugar |
| $\frac{1}{2}$ pound cream cheese or 1 cup grated American cheese | |

Dissolve gelatine in the water. Scald $\frac{1}{2}$ cup pineapple juice. Add soaked gelatine. Add the mashed-up cream cheese or grated cheese and lemon juice. Whip 1 cup cream. Add the sugar and fold it in. Put in ice tray. Let stand two hours. Serve on lettuce leaf topped with mayonnaise. Serves 6 or 8.

Mrs. J. A. La Sueur, Prince Edward County.

PERFECTION FRUIT SALAD

- | | |
|-------------------------|--------------------------------|
| 2 boxes lemon gelatine | 2 large cans crushed pineapple |
| 4 packages cream cheese | 1 large can pimento |
| 1 pint whipping cream | |

Drain pineapple, add enough water to the syrup to make 4 cups of liquid. Bring to a boil and dissolve gelatine in it, stirring until thoroughly dissolved. Set aside to chill. Mix together the cream cheese and pineapple with pimento cut into small pieces. Whip cream. When gelatine begins to set, whip until consistency of whipped cream. Mix the cheese and pineapple mixture with the gelatine and fold in the whipped cream. Put in shallow pan and set aside to chill until firm. Slice and serve on lettuce with mayonnaise or your favorite salad dressing.

Mrs. F. E. Sites, Henry County.

VARIATION: Add chopped celery and chopped nuts.

Mrs. J. R. Repass, Wytbe County.

IMPERIAL SALAD

- | | |
|---|---------------------------|
| 1 box lemon gelatine | 1 dill pickle, diced |
| 2 tablespoons vinegar | 4 slices pineapple, diced |
| 1 small can pimento, drained and shredded | |

Drain juice from pineapple, and add enough water to make a pint with the vinegar. Heat and dissolve gelatine. When cooled, add the other things and let set. Serve on lettuce with fruit salad dressing.

Mrs. Christine Riley, Alleghany County.

GINGER ALE SALAD—I

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|--|---|
| 1 package lemon flavored gelatine | 1/2 cup boiling water |
| 1 1/2 cups ginger ale | 1 tablespoon crystallized ginger (finely cut) |
| 1 cup assorted fruits, diced oranges, pineapple, apples, cherries (or a small can of fruit cocktail) | |

Dissolve gelatine in boiling water, placing it over hot water if necessary, stirring until dissolved. Cool. Add ginger ale. When slightly thickened, fold in ginger and fruits. Chill in molds until firm. Unmold on lettuce and serve with cream mayonnaise.

Mrs. H. J. Williams, Orange County.

GINGER ALE SALAD—II

- | | |
|--------------------------|--------------------------|
| 2 tablespoons gelatine | 1 cup ginger ale |
| 2 tablespoons sugar | 1/3 cup chopped celery |
| 2 tablespoons cold water | 1/2 cup lemon juice |
| 1/3 cup grapes | 1/4 cup pineapple |
| 1/3 cup boiling water | A little salt |
| 1/3 cup diced apples | 1/4 cup preserved ginger |

Soak gelatine in cold water, add boiling water until dissolved. Add ginger ale, salt and lemon juice. Set aside until it begins to jell. Then fold in fruit and celery.

Mrs. N. Lula Pope, Southampton County.

1-2-3 SALAD

- #1. 1 package lime gelatine dissolved in 1 cup boiling water. Add 1 cup fruit juice or cold water. Add 1/2 of a large can of fruit cocktail (drained). Pour in dish and let congeal.
- #2. 1 package lemon gelatine. Add 1 cup boiling water; add 1 cup cold water. Mix with 2 packages of cream cheese. Add 1 cup nuts. Pour this on #1 as soon as it has congealed.
- #3. Same as first except use red gelatine, either strawberry, cherry or raspberry. Pour on #2, as soon as congealed. Serve on lettuce with mayonnaise. This salad is especially fitted for Christmas.

Mrs. Edward Bondurant, Prince Edward County.

PEACH AND CHEESE BALL SALAD

1 package raspberry gelatine	6 peach halves
1 cup hot water	2 teaspoons vinegar
Chopped toasted nut meats	1 3-ounce package cream cheese
1 cup peach juice and water	

Dissolve gelatine in hot water, add peach juice and water and vinegar. Pour a thin layer into loaf pan and chill till firm. Chill remaining gelatine until slightly thickened. Arrange peach halves, rounded side up, on firm gelatine. Pour slightly thickened gelatine mixture over peaches and chill until firm. Form cheese in six balls and roll in nuts. Unmold jelly. Cut in squares and serve on crisp salad greens. Place a cheese ball on center of each peach half. Serve with French dressing.

Gertrude Hill, Grayson County.

CRANBERRY SALAD—I

1 envelope unflavored gelatine	1 cup crushed pineapple
1 17-ounce can, or 1 glass, jellied cranberry sauce	¼ cup cold water
¼ cup chopped walnut kernels	1 cup chopped celery

Soften gelatine in cold water. Heat pineapple. Add gelatine, lemon juice and cranberry sauce. Beat smooth. Partially chill. Then add celery and nuts. Chill until firm. Serve on lettuce leaves. Top with whipping cream or nuts.

Mrs. Paul R. Dunn, Scott County.

CRANBERRY SALAD—II

1 package lemon gelatine dissolved in 1 cup boiling water. While this is cooling put the following through food chopper.

½ pound cranberries	1 orange, unpeeled (remove seeds)
1 apple, peeled and cored	

Add ½ cup sugar to berries and fruit. When sugar is dissolved and gelatine begins to thicken, mix all ingredients; add ½ cup nut meats, cut small. When firm serve with mayonnaise.

Jimmie D. White, Wythe County.

CRANBERRY SALAD—III

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|-------------------------|----------------------------|
| 2 cups cranberries, raw | 1 orange with peel |
| 1 orange without peel | 2 packages cherry gelatine |
| 2 chopped apples | 1 cup chopped nuts |
| 2 cups sugar | |

Grind together in food chopper the cranberries and oranges. Add sugar, apples, and nuts. Add to this the cherry gelatine prepared by directions on box. Serve on lettuce leaf with or without dressing.

Mrs. Kelley C. Bishop, Surry County.

SALAD DRESSINGS

CREAM DRESSING

- | | |
|---------------------|-------------------------------------|
| 2 tablespoons sugar | 2 tablespoons vinegar |
| 1/2 teaspoon salt | 1/2 cup cream, either sweet or sour |
- Mix well and use.

Mrs. Arthur Allen, Montgomery County.

SOUR CREAM SALAD DRESSING

- | | |
|------------------------------|---------------------------|
| 2 tablespoons strained honey | 2 tablespoons lemon juice |
| 1/2 cup sour cream | 1/2 teaspoon paprika |
| 1/3 teaspoon salt | 1/2 teaspoon mustard |

Beat all ingredients together until thick as mayonnaise. Wonderful on fruit salad, congealed salads or plain vegetable salads.

Mrs. Zoll Grim, Montgomery County.

SOUR CREAM MAYONNAISE

Beat together until as light as feathers 2 eggs, 1 cup of sour cream, 1 teaspoon each of dry mustard and salt, 2 teaspoons granulated sugar. Add to this 3 teaspoons vinegar. Place on stove in a double boiler. Stir until mixture thickens.

Mrs. Frank Trainer, Prince Edward County.

HORSERADISH CREAM DRESSING

Heavy cream, $\frac{1}{4}$ cup, whipped Horseradish, 1 tablespoon
Paprika, $\frac{1}{8}$ teaspoon Lemon juice, $1\frac{1}{2}$ tablespoons
Salt, $\frac{1}{2}$ teaspoon

Fold the other ingredients into the whipped cream. Serve with beets and meat salads. Makes $\frac{3}{4}$ cups.

Mrs. Warren Hale, Montgomery County.

FRENCH DRESSING

1 teaspoon very fine grated onion 1 tablespoon Worcestershire
1 can tomato soup $\frac{3}{4}$ cup vinegar
 $1\frac{1}{2}$ cups salad oil 1 teaspoon dry mustard
1 teaspoon salt $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon paprika $\frac{1}{2}$ teaspoon black pepper

Mix well and keep in fruit jar tightly covered in cold place. Shake well before using.

Mrs. E. J. Clifton, Washington County.

MAYONNAISE

2 egg yolks 2 cups olive or salad oil
1 teaspoon sugar $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dry mustard 3 tablespoons vinegar or 2 table-
spoons lemon juice

Beat eggs until thick and lemon colored. Pour oil in very slowly. When half the oil has dripped into mixture, add sugar, salt, mustard and vinegar or lemon juice. When oil has finished dripping, beat rapidly for two minutes.

Mrs. Floyd Hair, Prince George County.

COOKED SALAD DRESSING—I

2 tablespoons flour 1 tablespoon sugar
 $1\frac{1}{4}$ cups scalded milk $1\frac{1}{2}$ teaspoons salt
Dash of paprika $\frac{1}{3}$ cup vinegar
 $\frac{1}{2}$ teaspoon dry mustard 2 egg yolks, well beaten
2 tablespoons melted butter

Combine flour, salt, mustard, and paprika in top of a double boiler; add egg yolks and mix well. Stir in milk gradually; place over hot water and cook 7 to 10 minutes, or until thickened, stirring constantly. Remove from fire, stir in vinegar and butter. Chill. One-half to one cup heavy cream, whipped or one cup fruit juice may be folded into chilled dressing, if desired. Approximate yield $1\frac{1}{2}$ cups dressing.

Mrs. C. E. Allison, Westmoreland County.

COOKED SALAD DRESSING—II

1 cup butter milk	1 egg
1 tablespoon flour	3 teaspoons sugar
½ cup vinegar (according to strength)	½ teaspoon mustard
	1 teaspoon salt

Beat all together and cook in double boiler.

Mrs. C. J. Harding, Appomattox County.

COOKED SALAD DRESSING—III

1½ pints vinegar	1 cup butter
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Put this on stove and let come to a boil.

Then get ready:

8 eggs, well beaten	½ cup rich cream
½ cup sugar	1 teaspoon salt
1 teaspoon pepper	1 teaspoon mustard
1 teaspoon celery seeds	

Mix these ingredients and heat, while pouring hot vinegar over it. Bottle and keep ready for use.

Mrs. Lula Baumgardner, Wythe County.

FRUIT SALAD DRESSING—I

½ cup fruit syrup	2 beaten eggs
1 lemon (juice)	¼ cup sugar

Heat liquid and sugar; add to beaten eggs and cook over water till thick.

Mrs. Christine Riley, Alleghany County.

FRUIT SALAD DRESSING—II

¼ cup grated American cheese	¼ teaspoon sugar
1 tablespoon mayonnaise	¾ cup grated carrot
1 tablespoon lemon juice or mild vinegar	Dash of salt

Mix well.

Alice B. Harris, Stafford County.

FRUIT SALAD DRESSING—III

Juice of 1 lemon	½ cup pineapple syrup
1 tablespoon cornstarch	1 egg white
1/16 teaspoon salt	1 egg yolk
¼ cup sugar	

In the top part of a double boiler, put the juice of 1 lemon, pineapple syrup, cornstarch, and salt. Mix well. Cook over boil-

ing water until it thickens. Continue to cook five minutes. Add egg yolk and sugar mixed together then cook five minutes longer or until thick. Beat egg white stiff, fold into hot mixture. Cool before placing in the refrigerator.

Mrs. Garland Kidd, Madison County.

GOLDEN DRESSING—I

$\frac{1}{4}$ cup pineapple juice	2 egg yolks
$\frac{1}{2}$ teaspoon cornstarch	$\frac{1}{4}$ cup lemon juice
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup whipped cream

Heat juice in double boiler, beat egg and sugar and cornstarch mixed. Combine with hot juices, pouring juices on to egg mixture and cook until it looks like custard. When cold, add whipped cream.

Lena B. Hurd, Orange County.

GOLDEN DRESSING—II

2 eggs, well beaten	Juice of 1 lemon
Juice of 1 orange	1 cup of sugar

Cook until thick. This is a grand fruit salad dressing.

Mrs. Harvey H. Heldreth, Wythe County.

