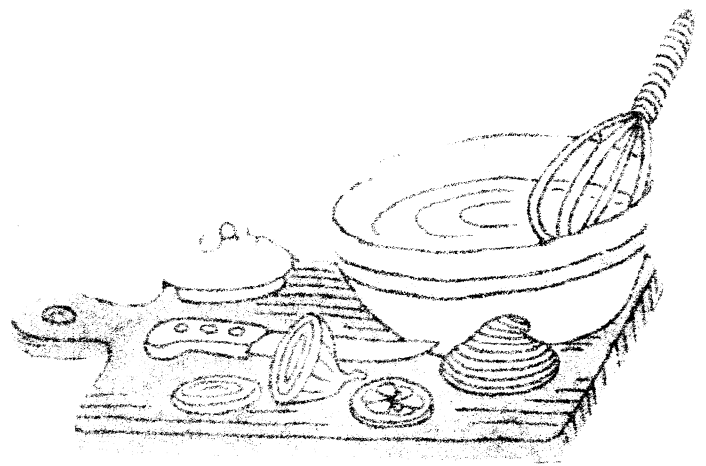


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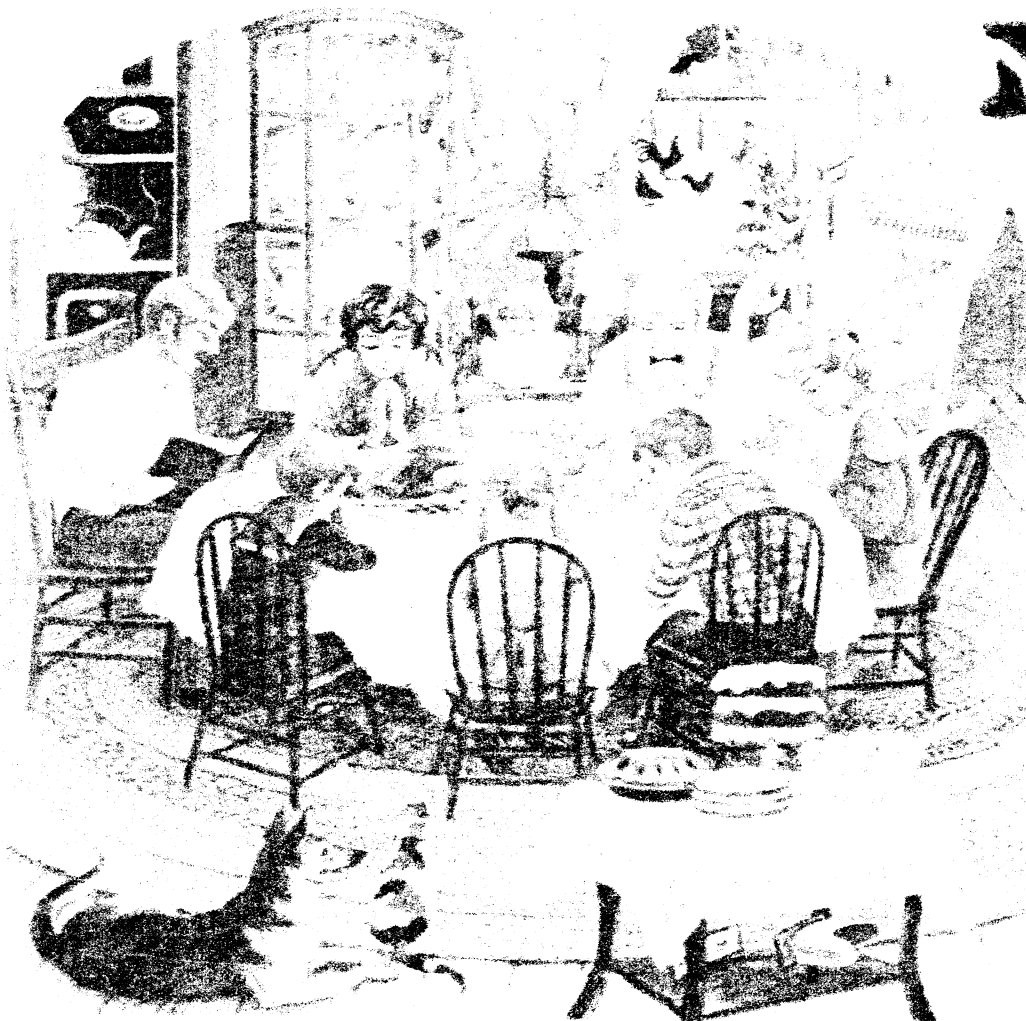
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### RECIPE FOR HAPPY CHILDREN

Take a handful of kindness

a handful of understanding

a scoop of encouragement

a peck of faith

a handful of praise

a peck of friendship

a scoop of confidence

a handful of tolerance

and a bushel of love and patience

Blend all these ingredients together with lots of laughter and tenderness and you will have happy children.

Florence Shunk

### "HOW TO PRESERVE A HUSBAND"

First, use care in selection. Get one that is not too young, but tender and healthy. If you choose one recklessly, it may not keep. Don't put in hot water. This makes them turn sour. Sweeten with smiles and spice with patience. All varieties will respond. To insure a wonderful consistency, stir gently-never beat. And don't leave unattended for long periods of time. To add a delicious flavor, sprinkle generously with praise and appreciation. The poorest specimen may be improved upon if you follow these instructions and will keep for an unlimited number of years in any climate.

Added hint: Frequent exposure to cold temperatures has been known to damage this dish permanently. Keep a small, steady flame going at all times.

Unknown

### PINEAPPLE STUFFING

1/4 lb butter or margarine  
4 slices bread cubed  
1 #2 can crushed pineapple (drained)  
4 eggs

Melt butter. Add to well beaten eggs; stir in sugar, pineapple, bread cubes, then pour into buttered casserole. Bake 40 minutes at 350 degrees until brown around edges.

Jan Dorsey

### FROZEN PUNCH

1 large can frozen lemonade  
1 large can frozen orange juice  
1 small can frozen pineapple juice (optional)  
48oz brewed tea (5 tea bags)  
1 ~~cup~~ sugar  
4 juice cans water  
1 juice can bourbon

Mix together and freeze 24 hours. Remove from freezer one half hour before serving. Shave with ice cream scoop. Put in champagne glass or old fashioned glass. Garnish with orange slices.

Mary Lou Carroll

### TO CLEAN SILVERWARE

Put 3 quarts water in an aluminum kettle. Add 3 tablespoons of Ivory soap flakes. Bring to a boil and add silverware. Cook for 10 minutes. Remove silverware from kettle and rinse in hot water. Rub thoroughly with a soft, dry towel.

### TO MAKE CHRISTMAS TREE WHITE

Take a large box of Ivory Flakes. Add 2 cups warm water, beat with an egg beater until thick and creamy. Put on the tree here and there by the handful.

### COOKING HINTS

1. When stuffing poultry, fill cavity and place a slice of bread over the cavity opening to hold stuffing. When finished roasting, add the bread to your stuffing.
2. To freshen donuts or folls, place on a tray and bake in a pre-heated oven at 300 until soft.
3. To freeze parsley, wash and drain thoroughly. Put in plastic bag and seal. Do not defrost to use; chop while frozen and return rest to freezer.
4. Make your own frozen dinners in expensive tin foil pans with leftover foods. If you save only one dinner per day, it could amount to considerable savings. Or one day fill with leftover vegetables, freeze and the next day add leftover meat. Seal tightly and label. Just reheat in the oven.
5. Peeling apples for pies and desserts to be baked can be done up to a few days in advance. Peel, but do not put in water. Put in container, cover with plastic wrap. Refrigerate until needed. If they turn darker, it will not change the taste.
6. Use egg whites at room temperature for best results.
7. If gravy becomes lumpy, pour through a strainer, or run in your food processor.
8. To color coconut for cakes, spread on a cookie sheet, add a few drops of food coloring to one teaspoon of water for each cup of coconut. Sprinkle over coconut. Mix by hand until color is even. If you want it moister, add a few drops more water. Use as a topping on ice cream, fruit, puddings, or cakes.
9. To test for stiffly beaten egg whites, tilt your bowl. If they do not run they are stiffly beaten.
10. If honey turns to sugar, place jar in a pan of hot water until it dissolves.
11. Place baked cookies on brown grocery bags to cool. They will absorb the grease.
12. Crushed corn can be made quickly in a blender or food processor.
13. If coconut becomes too dry, brown on a cookie sheet in the oven and use as a topping.
14. Saute your summer garden peppers (chopped). Store in a plastic container in the freezer and use as needed.

15. Store shelled nuts in the freezer to retain freshness and flavor in tight container.
16. To keep butter from burning when frying or sauteing, mix 2 to 1 with cooking oil.
17. To keep food from over-browning as it bakes, wrap in foil with the shiny side out.
18. To keep cooked spaghetti from clumping when it must be held before serving, toss with 1 tablespoon cooking oil.
19. To douse a small burner or oven fire, sprinkle with baking soda or salt.
20. To cut soft bread into thin slices, dip knife into boiling water, shake off extra drops and slice.
21. To prevent foods from slipping from your fingers as you slice, or chop, dip your fingers in salt. Also lightly salt the cutting board.
22. To measure 1/2 an egg, beat 1 whole egg and spoon out half.
23. If juice from a pie runs over in the oven, shake salt on it. The juice will burn to a crisp to make removal easier.
24. A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove and discard when it has served its purpose.
25. A raw potato placed in the baked bean pot will remove some of the gaseous qualities from the beans.
26. If soup or stew is too salty, add a few slices of raw potatoes, boil and remove the slices. Can be repeated if necessary.
27. Scald milk before using in cream pie or custard to keep it from becoming watery.
28. Instead of cutting a lemon for a few drops of juice, pierce it with a fork and squeeze out the desired amount.
29. To prevent nuts and fruits from sinking to the bottom of cake batter, coat them with flour after chopping them.
30. For the flakiest pie dough, chill all ingredients thoroughly, flour, shortening, and liquid.
31. To prevent grease from splattering when frying bacon, add a pinch of salt to the pan the same time as the bacon.
32. A pinch of baking powder added to the gravy will keep the gravy smooth and the fat will not rise to the top.

33. A little vinegar heated in a pan will kill the odor of frying fish.

34. Asparagus can be cooked in a tall coffee pot. The steam cooks the tops, while the rest of the ends are boiling.

35. Sweeten whipped cream with honey or molasses.

36. If a saucepan becomes burnt, filled it with salt water and let stand overnight. The next day bring contents to a boil.

37. Tomatoes may be more easily peeled for salads if held over heat with a fork until the skin cracks. This works better than placing them in boiling water.

38. If laundry is scorched when ironing, lay it in the direct rays of the sun and the discoloration will draw out.

39. Add a piece of pork to a Beef roast for a delicious combination. Make the juices into gravy to serve with the meat.

40. Accompaniments for meats:

Roast Beef - tomato sauce, grated horseradish, mustard  
Roast Pork - apple sauce, cranberry sauce  
Roast Veal - tomato sauce, mushroom sauce, onion sauce  
Roast Lamb - currant jelly, onion sauce

41. International Cooking:

Adding: Tomatoes and Oregano	Makes It	Italian
Wine and Tarragon	Makes It	French
Sour Cream	Makes It	Russian
Lemon and Cinnamon	Makes It	Greek
Soy Sauce	Makes It	Chinese or Japanese
Hot Peppers	Makes It	Spanish or Mexican
Various Herbs	Makes It	Polish or Slavic
Sage	Makes It	Southern

42. Make pastry scraps into treats for the children by spreading with butter and sprinkling with granulated sugar and cinnamon, or brown sugar and nuts. Bake in the oven with your pie.

43. When shopping remember that cost per portion is more important than cost per pound.

44. When roasting meats remember to cook slowly in a low temperature oven. It reduces costly shrinkage to meats, and increases the tenderness and flavor.

45. Mashed potatoes added as a filler to meat loaf or ground meat for meatballs increases the yield and makes the meat stretch further.

46. You can speed up cooking times when using a slow cooker by using a piece of aluminum foil on top of the contents or between the lid and the pot.

47. Thicken syrup drained from canned or frozen fruit with cornstarch for meat glazes or dessert toppings; or combine syrup with mayonnaise for dressing on a fruit salad.

48. Fresh herbs have the best flavor but are stronger than their dried counterparts.

### MISCELLANEOUS RECIPES

#### Homemade Pre-Wash

1/3 cup ammonia  
1/3 cup liquid dishwashing detergent  
1/3 cup water

Fill a squirt bottle and shake well. Spray a little directly on the stain. Wash garment right after applying. Never mix bleach with any ammonia product.

#### Paint Removal

Mix equal parts of ammonia and turpentine to remove paint from clothing.

#### 1893 Linament

1 pint strong vinegar  
1/2 pint turpentine  
2 eggs mixed

Rub on ache

#### Homemade Hand Lotion

2 oz glycerin  
2 oz alcohol  
1/4 oz gum tragacanth  
2 oz cologne

Dissolve gum in 1 cup lukewarm water. Let stand 24 hours, until it gels. Add other ingredients. Shake well and dilute with water until the desired consistency.



### EQUIVALENTS

3 teaspoons	= 1 tablespoon
4 tablespoons	= 1/4 cup
5 1/3 tablespoons	= 1/3 cup
8 tablespoons	= 1/2 cup
2 tablespoons fat	= 1 ounce
1 cup fat	= 1/2 pound
1 1/3 cups firmly packed brown sugar	= 1 cup granulated sugar
3 1/2 cups confectioners sugar	= 1 pound
2 tablespoons	= 1 liquid ounce
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
4 quarts	= 1 gallon
1 chocolate square	= 1 ounce
28 saltine crackers	= 1 cup fine crumbs
14 square graham crackers	= 1 cup fine crumbs
22 vanilla wafers	= 1 cup fine crumbs
1 1/2 slices of bread	= 1 cup soft crumbs
1 slice bread	= 1/4 cup fine crumbs
Juice of 1 lemon	= 3 tablespoons
Grated peel of 1 lemon	= 1 teaspoon
Juice of 1 orange	= about 1/3 cup
Grated peel of 1 orange	= about 2 teaspoons
1 cup whipping cream	= 2 cups whipped cream

1 pound American Cheese	= 4 cups when shredded
12 to 14 egg yolks	= 1 cup
8 to 10 egg whites	= 1 cup
1 clove garlic	= 1/8 teaspoon garlic powder
1 stick of butter	= 1/2 cup or 1/4 pound
1 cup uncooked macaroni	= 2 to 2 1/4 cups cooked
1 cup uncooked noodles	= 1 3/4 cups cooked
1 medium onion	= 1/2 cup chopped
1 pound white potatoes	= 3 medium or 2 1/2 cups sliced or 2 cups mashed
1 pound regular rice	= 2 1/2 cups uncooked or 8 cups cooked
1 pound tomatoes	= 3 medium

#### SUBSTITUTIONS

##### For These:

##### You May Use These:

1 square unsweetened chocolate	3 tblspns cocoa plus 1 tblspn shortening
1 cup coffee cream	1 tblspns butter plus 7/8 cup milk
1 cup heavy cream	1/3 cup butter + 3/4 cup milk
1 whole egg	2 egg yolks
1 tblspn flour for thickening	1/2 tblspn cornstarch or 2 tspns quick cooking tapioca
1 cup honey	1 1/4 cup sugar + 1/4 cup liquid
1 cup whole milk	1/2 cup evaporated milk + 1/2 cup water
1 cup granulated sugar	1 1/3 cup packed brown sugar
1 tblspn fresh herbs	1 tspn crumbled dry herbs
1 pound fresh mushrooms	6 ounces canned
1 cup sour milk	1 tblspn vinegar or lemon juice + whole milk to make 1 cup

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