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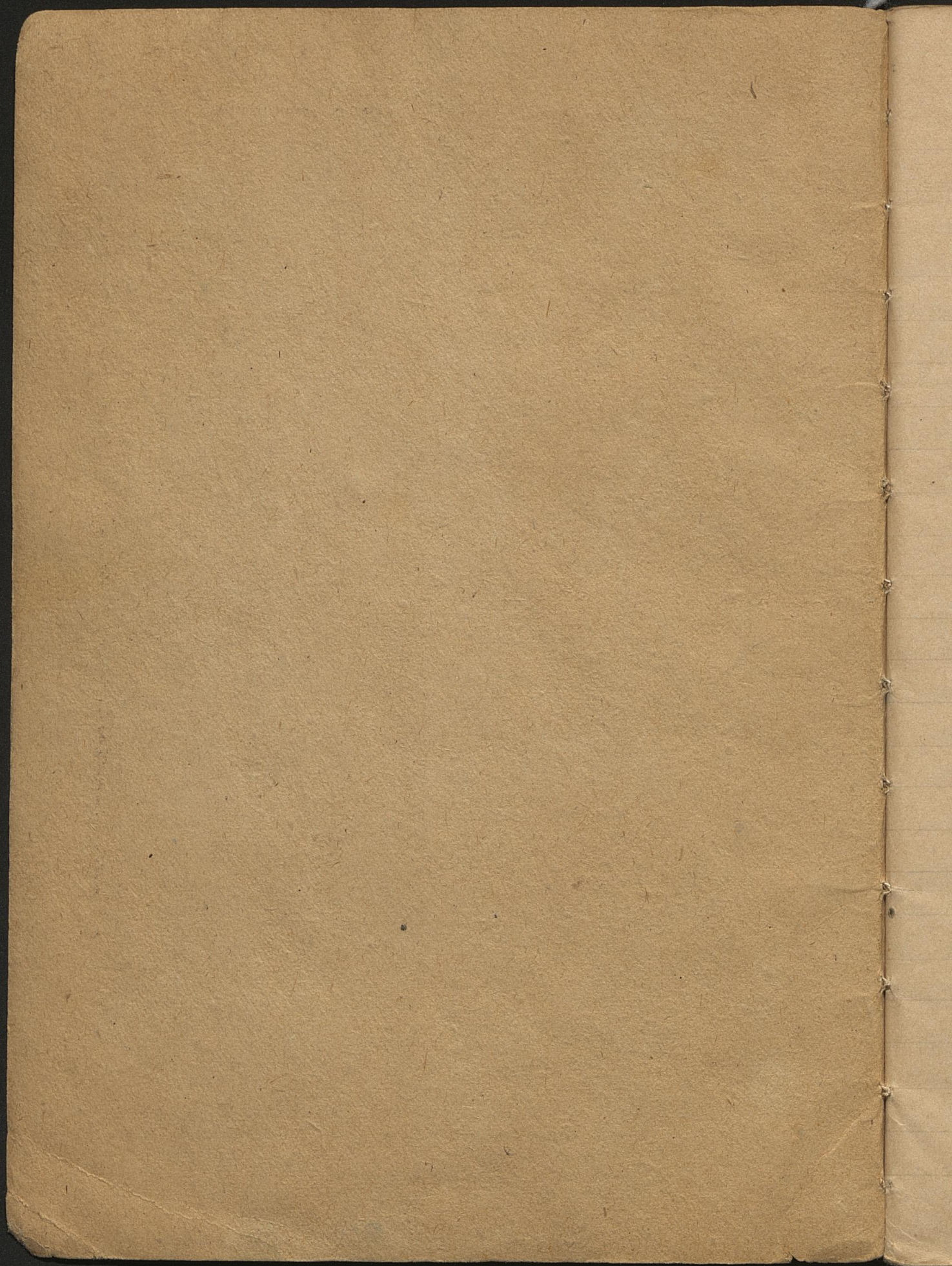
*A. M. Ulrich*  
*Lieutenant*  
*U. S. Army.*



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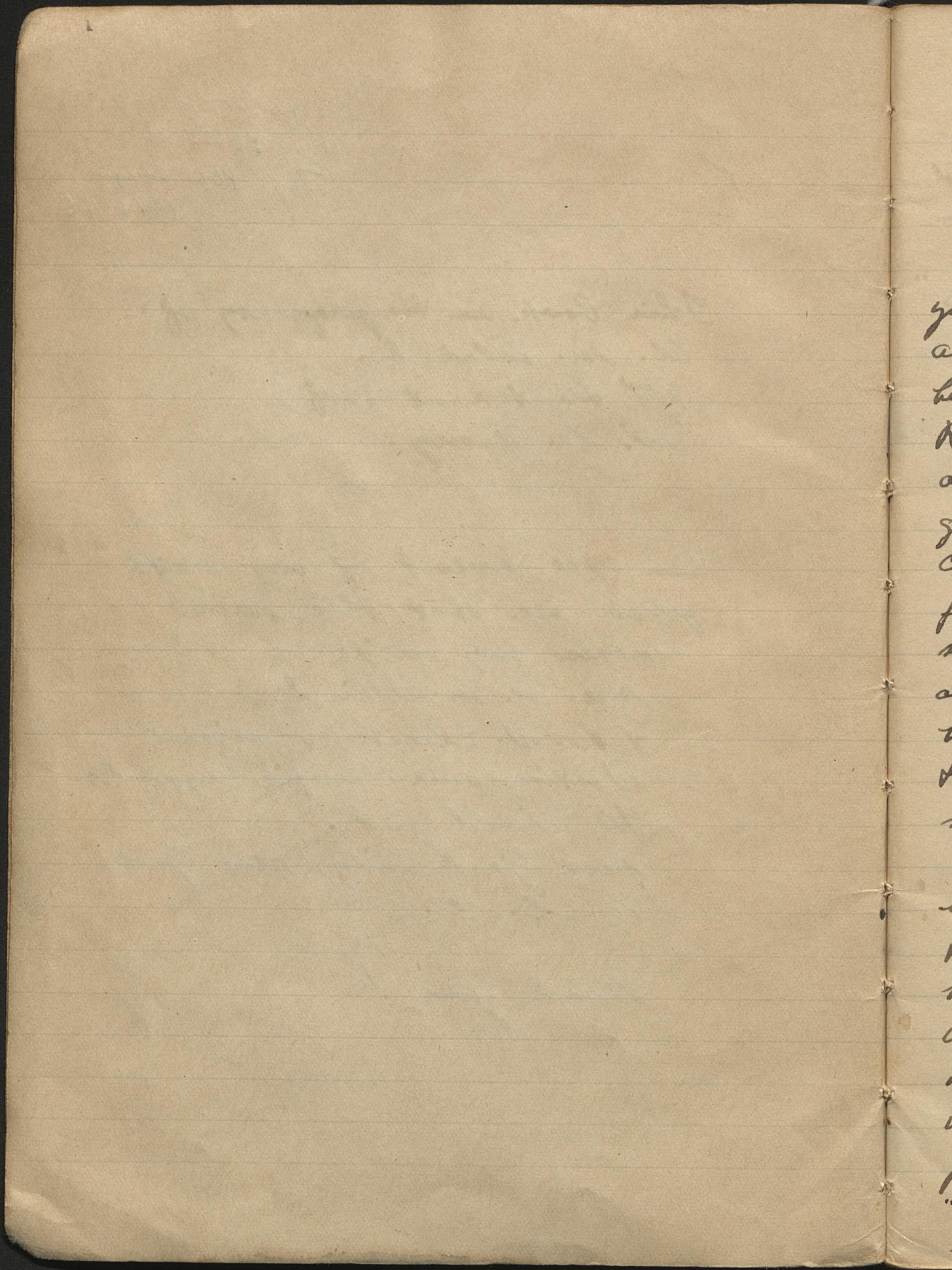
Recipe book made by  
Am. POW's in  
Jap. POW camps  
1944-45

This book is the property of:  
A. M. Ulrich.  
2<sup>nd</sup> Lieutenant (Inf.)  
U. S. Army.

In the event of my death  
please see that this book  
reaches my wife -

Mrs. A. M. Ulrich  
C. B. W. Clark, President  
Westinghouse Electric Supply Co.  
40 Wall St.  
New York City, New York  
U. S. A.

Thank you!



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## A Word of Explanation.

During the past two and a half years as an prisoner of war I, along with thousands of others, have been hungry. We have been starved. Result: One thinks of food and from our many different camps recipes have grown up, dinners planned, menus compiled, and drinks concocted. The final outcome of these are ridiculous, some silly, others fair, and reluctantly only a few are damn good. The bug bit me and the following pages are the efforts of my weeding out of the many food diets I've seen.

These recipes are basic for either sweets and desserts. They are not the best - any cook book will give you better, but they caught my fancy. There are a few menus which may prove of interest. The section of "Things to Try" will be of help to people who want to prepare quick items - candy, cakes, etc. And "Kitchen Utensils" is self explanatory of the needs of a well equipped kitchen. This

section is followed by a section listing food dealers. Herein you will find sectional foods and odd or strange foods with a few foreign products mentioned.

The section, "Where to Eat in the U.S." has an explanation written to it. Remember it is not complete.

"Dining Car Specialties" was the most interesting to write. I believe this feature of the book is original and the only one of its kind in this camp.

May you enjoy reading this - if it helps you, I'll be glad that it served some purpose. In any event, before you condemn this book - please remember that it is personal property and the result of some work and the source of enjoyment to me both at present and in the future at home.

A. M. U.  
Zentsuji P. O. W. Camp.  
September 1, 1944

Some additions made at Rokuroshi P. O. W. Camp.

A. M. U.  
July 13, 1945

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Southern Sweet Potato Biscuits

- 1 cup flour
- 1/2 cup lard
- 1 tsp. salt
- 1/2 cup milk
- 1 tsp. baking powder
- 1 1/2 cup mashed potatoes

Mix flour, salt, and baking powder together. Add lard, cutting in well with a fork. Beat potatoes and milk together and add to dry ingredients. Roll out 1/2 inch thick, cut, and bake.

Southern Corn Bread.

Use yellow corn meal, butter, milk, baking soda, and salt. Mix together until thick, pour into a greased bake pan about 1 inch deep. Bake until a deep brown in a hot oven - 425° - 450°. Butter milk may be used. Consult a cook book for proportions.

Chili Hamburger.

Slice a bun and toast. Place a hamburger on each half of the bun and smother with prepared chili with beans. Garnish with grated cheese. Serve. Good for a quick lunch or at a party with beer.

Graham Cracker Pie Crust. $\frac{1}{2}$  cup butter

1 cup crumbs.

 $\frac{1}{2}$  cup sugarWhite of 1 egg - if baked crust.  
to seal.

Melt the butter and sugar then add crumbs well blended.

Press evenly into a pie pan.

Either - Chill in ice box before adding filler or bake in a  $350^{\circ}$  oven for 10 to 12 min. Let cool before adding filler.

Fried Colorado Mountain Trout. (D. & R. B. W. Ry.)2 trout -  $\frac{1}{2}$  to  $\frac{3}{4}$  lbs. each

2 lbs. butter

1 tsp. salt.

 $\frac{1}{2}$  tsp. pepper

1 tsp. celery

juice  $\frac{1}{2}$  lemon.

Season trout with salt and pepper, dip in milk, roll in flour. Fry in butter, allowing 8 min. to each side.

Place on hot platter, pour butter and lemon juice over fish, garnish with parsley and sliced lemon. Serve.

Baked Apple.

$\frac{3}{4}$  core an apple. Fill with diced fruit and coat the apple with a graham cracker crust. Bake. When almost done add 2 lbs. honey. Finish baking and serve. Chopped prunes and raisins make an excellent fruit filler for the apple. Use Heart Shaped Delicous.

Spoon Bread.

2 cups yellow-corn meal      1½ tsp. salt  
 2½ cups boiling water      2 eggs  
 1½ lbs. melted butter      1 tsp soda  
 1½ cups butter milk.

Add water to corn meal and let cool. Add butter, salt, egg yolks, soda, and butter milk. Beat together then add beaten egg whites. Turn into a buttered pudding dish and bake 40 min. in a hot oven. This may be served as a starch with the meal or as a dessert with maple sugar.

Pancakes.

(alternate in brackets)

1 cup flour (2 cups)      1 egg (2 eggs)  
 2 tsp. baking powder (1 tln)      1 cup cond. milk.  
 1 lbs sugar (½ cup)      1 lbs butter. (2 lbs)  
 a pinch of salt, a drop of vanilla.

Add wet to dry, until batter is thick. Fry on greased skillet. (See page 24)

Rum Hard Sauce

Cream together butter, sugar, and rum. Keep in ice box until ready for use.

Fellers for Graham Cracker Pie crust.

Jell-o chocolate pudding, Jell-o butter scotch, chocolate pudding and peaches.

Fried Rice

Boil or steam rice until done. Place in a bake pan and heat. Brown onions slightly in a frying pan - add in the rice and keep stirring until done - about 15 to 20 mins. Pork or bacon may be added.

Peanut Butter Biscuits.

1/4 cup butter	1 cup flour
1/2 cup brown sugar	1/2 cup peanut butter
1/2 cup white sugar	1 egg
1 tsp. soda	

Cream together butter, sugars; then add peanut butter and egg. Blend well. Lastly add flour and soda. Roll into small balls, place in greased pan and bake for 12 min in a 350° oven. Flatten with a fork after placing in pan. Chopped peanuts may be added. May be made into bread, use 1 tsp. baking pow.

Date Nut Loaf.

Chop dates, nuts (walnuts, pecans, etc.) and marshmallows. Add in whipped cream and either vanilla or graham cracker crumbs. Form into a loaf and chill in the ice box. The ratio of ingredients should be dates, nuts, and marshmallows should equal not more than 50% and the crumbs at least 50%.

Speculaas.

150 gm. ( $\frac{3}{8}$ lb.) flour	1 dash nutmeg
50 gm ( $\frac{1}{10}$ lb.) butter	1 tbs. candied
12½ gm. ( $\frac{1}{8}$ lb.) almonds	lemon peel
1 big pinch powdered clove	1 tbs. milk
½ tsp. powdered cinnamon	¼ lb. brown sugar

Soak the sugar in milk. Mix dry ingredients into a dough. Knead. Add wet, (sugar, milk) knead again. Roll out on a board, cut into forms. Bake in a moderate oven until light brown. The amounts may be doubled for measuring ease. North Netherlands Cook Book 1617.

Honey Graham Nut Bread.

1½ cup graham flour	½ tsp. soda
1½ cup white flour	pinch of salt.
1 cup raisins	2 tbs. baking powder
1 egg	
1 cup honey	2 tbs. melted butter
1 cup buttermilk.	

Add wet to dry ingredients. Add raisins last. Bake for one hour in a bread pan at 350°.

Figs a la Layton (Major Buck L. Layton)

Use large ripe fresh or dried figs. Remove stems and soak overnight in rum\* near cold unit of ice box. Dip in melted chocolate and return to ice box to cool. Serve alone or with whipped cream. \*¼ rum, ¾ tbs. O

Chocolate - Marshmallow Candy.

2 lbs. sweet black chocolate

1 lb. marshmallows.

Melt the chocolate in a double boiler. Chop up the marshmallows. Pour chocolate into a greased pan ( $\frac{1}{3}$  amount) add marshmallows. Repeat, top layer is chocolate. Cool and cut into squares.

Peanut Butter Cream Pie.

1 small jar peanut butter (1 cup)

 $\frac{1}{4}$  lb. butter      add a little ginger and allspice

1 can sweetened condensed milk.

Boil together until thick. Pour into a pie shell (crumb shell) and cool. Serve cold with whipped cream.

Individual Milk Shake.

(U.S. Navy)

2 lbs. chocolate syrup.

3 lbs. whipping cream

 $\frac{1}{2}$  cup of milk

3 lbs. ice cream

Shake well and serve cold. Malted milk powder may be added if desired. Also the addition of an egg will increase the food value. This is for convalescent people or under weight individuals.

Chocolate Cake Question Mark.

- 1 cup flour                    1/2 tsp baking powder
- 1 cup KLM                    2 lbs. shorting
- 1 egg                            1 1/2 cup chocolate syrup.

Mix well together adding the wet to the dry parts. Pour into a baking pan and bake until done in a 350° oven.

This is my own idea - will it work? Perhaps a drop of vanilla and some sugar would help. Or as cookies or gem pans.

Apple Crumble.

- 6-8 cooking apples
- Honey                    pinch of cinnamon.
- Brown sugar.

Peel and cut apples. Use a glass baking dish. Place a layer of apples on the bottom, add honey, then apples. On top of the last layer cover with brown sugar and bake. The sugar will melt down through and sweeten the apples.

Fried Pies.

- Fruit -                            Sugar (brown)
- Pie crust.                        Cinnamon for apples.

Any fruit is suitable, apple, peach, pine apple. Cut and wrap dough about fruit. Sugar added to fruit. Fry in deep fat. Jam or jellies may be used also.

Ham and Cheese Toast. $\frac{2}{3}$  cream cheese $\frac{1}{3}$  minced ham (dry)

Dry bread in butter. Place in oven to dry. Spread ham and cheese on uncooked side of bread. Brown the top under a broiler.

Egg Nog.

(U.S. Navy)

1 egg

 $\frac{3}{4}$  cup milk $\frac{3}{4}$  lbs. sugar

nutmeg

pinch of salt.

Beat egg, add sugar and salt; blend, add milk and nutmeg. Serve. Malted milk may be added.

Milk Toast.

(U.S. Navy)

Toast a couple slices of bread to a golden brown. Bring  $1\frac{1}{2}$  cups of milk to the scalding point. Add  $\frac{1}{4}$  tsp. salt. Butter and cut the toast. Pour on milk, serve with sugar to taste. Sugar can be toasted into bread.

"Sukiyaki"

Beef, chicken or pork. Soy sauce, sugar, large onion, and cabbage. Cook onion (fry) in skillet. Add meat and cabbage. Later add soy and sugar. Serve on or with steamed rice. The meat may be pre-cooked. Pork fat and pork meat is best.

Hand-Steer Malted Milk. In a tin milk shake mixer put 3 or four scoops of ice cream, chocolate sauce, 3 lbs. malted milk, 6 lbs. cream, 1 egg. Mix well and eat with a spoon. Can add marshmallow whip, nuts, garnish with whipped cream.



Banana Pie.

Fill pie pan with crust and sliced bananas. Add 1 1/2 cup brown sugar. Cover with pie crust. Bake until brown in a moderate oven.

Gas House Eggs

Cut a hole in a slice of bread. Pat the bread in a frying pan, using butter for grease. Break an egg into the bread. Baste with butter while frying. Excellent for snacks.

Budden Brooks Desert.

In individual custard cups, or a large pudding dish place, a layer of lady fingers, a layer of fresh raspberries, a layer of lady fingers. Pour in either custard or butter scotch pudding. Bake until custard is done. Serve cold.

Grapenut Pudding.

- 3/4 cup grapenuts
- 1 qt. milk
- 1/2 cup raisins
- 2 cups sugar
- 3/4 lbs. salt.
- 1/2 tsp. nutmeg

Mix all but raisins and bring to a boil in a saucepan. Turn into a pudding dish and bake 2 hours at 350°. Add raisins, stir, bake 30 min more. Serve cold.

Vitalized Malted Milk.

- 1/2 cup Krim, 1 lbs. malted milk
- 1/2 can (small) Hershey's chocolate syrup, 1/2 pt. ice cream (chocolate), 3 eggs, plus cream to make a liquid.
- Eat with a spoon.

French Fried Onions.

Soak slices of large Bermuda onions in milk for 1-2 hours. Break into rings, dip in beaten egg, roll in flour, fry in deep fat.

Pecan Pie.

can use molasses  
 3 cups sugar (brown) 1 cup cream ( $\frac{1}{4}$ )  
 1 lb. butter (2 cups) 1 tsp vanilla and 4 eggs  
 2 cups chopped pecans

Mix all except nuts in a pan over a slow fire. Stir constantly until thick. Add nuts. Pour into (Baked shell and sealed with egg wash) Graham Cracker pie shell. Cover with pecan halves. Cool. Serve with whipped cream. Molasses may be used entirely or in part with sugar.

Banana Strawberry Mousse

Mash bananas, add thick cream and a little sugar. Mix to a paste. Add strawberries and freeze.

Scrambled Egg Sandwich

Scramble eggs with dried ham and chopped onions. Place between slices of bread. Cut. Tarts.

Rich pie dough with twice the usual amount of baking powder. Roll out  $\frac{1}{4}$  in. thick, cut into 4 in squares. Place jam, jelly, or fruit in center. Fold corners to center, seal with milk. Bake 15-20 min. at  $350^{\circ}$ .

Pecan Pralines.

1 cup brown sugar      5 lbs. water  
 1 cup white sugar      1 lbs. butter  
 ½ lbs. pecans

Combine sugar, butter, water in a saucepan. Bring to a boil and add pecans. Drop into buttered pan.

Pecan Roll.

2 cups sugar      1 cup brown sugar  
 ½ cup white Karo syrup      1 cup cream.

Boil until a soft ball forms in cold water. Remove from fire, cool, beat until creamy. Turn onto a board dusted with powdered sugar. Knead with fingers until firm. As you roll add 1½ cups of pecans. Slice and serve.

Walnut Kisses.

Melt Baker's sweet chocolate in a double boiler and add 1 can condensed milk. Cook until smooth. Add one cup of walnuts. Drop from spoon on a pan. Cool.

Branded Melon.

Fill a large hypodermic needle with brandy or port wine. Inject into honey dew melon. Fill the melon and let sit in ice box 8-12 hours.

"Calling Dr. Kildare —"

Caramel Ice Box Pie.

Boil a can of sweetened condensed milk for 2 1/2 hours. Cool until luke warm. open and spread into graham cracker pie shell. Place in ice box and serve cold with whipped cream.

Frozen Angle Food Desert.

Cut the top off an angle food cake. Hollow out to bottom inch. Pour in layers of marshmallow whip, strained cocktail fruits, chopped nuts, soft ice cream, and last whipped cream and maraschino cherries. Put top on, pack in dry ice and serve frozen. See note.

Chocolate Ice Box Cookies

Melt two large candy bars and 4 lbs. butter, 2 lbs. cream. Add graham cracker crumbs to make the solution saturated. Spoon on cookie pan and place in ice box.

Poached Eggs.

Put a can of tomato soup in a frying pan. Add thin slices of Kraft American cheese. When cheese is melted poach eggs in it. Put eggs on toast and pour over the cheese - tomato mixture. This is good for snacks or light lunches.

note: A filler of chocolate ice cream, chocolate sauce or fudge sauce, whipped cream, may be substituted.

Milk Shake De Luxe (and how!)

First - dice bananas, crush pineapple, green nuts, cherries, nuts, two eggs,  $\frac{1}{2}$  pint of milk, marshmallow whip. Mix thoroughly.

Second - 3 or 4 scoops of ice cream and  $\frac{1}{2}$  pint of milk. Mix well. Pour first on

second. - note. This is an idea of what effects starvation has on a mind. Not my brain, please NO!!!

Honey Fudge

2 cups sugar	$\frac{1}{8}$ tsp salt
6 lbs cocoa	1 tsp vanilla
$\frac{2}{3}$ cup evap. milk	2 lbs. butter
$\frac{1}{4}$ cup of honey.	

Dissolve sugar and honey in milk, add cocoa, butter, and salt. Stir until well blended. Boil until soft ball stage. Beat well and pour in greased pan and cool. Cut in squares. Serve.

Corn Pone

Mix cornmeal (yellow) salt, water, and bacon grease. Fry and serve with eggs.

Wine Toast.

Soak slices of stale hard bread in wine (red) for two days. Dry. Cover with a hard sauce of brandy, sugar, and butter. Put in oven until sugar melts. Serve with preserves. Cut before spreading - cut in lengths 1 inch wide.

Bread.

1 square yeast	flour
4 cups water	2 tsp. salt
1 cup sugar	(make three loaves)

Dissolve yeast cake in water (warm) and then add remaining water. Add sugar. Mix in enough flour to make a thick soup. Stand near oven (warm place) and allow to rise for  $1\frac{1}{2}$  hours. Mix in enough flour to make a heavy dough and add in salt. Knead the dough for about 30 min. Stand again - it should rise three times its size in 2 hours. Work into loaves and let stand in individual pans for 30 min. and let rise to twice its size. Pans should be well greased. Brush top of each loaf with butter. Bake one hour in medium oven.

Baking Powder Biscuits. (check in a cook book)

1 lb. flour	1 tablespoon sugar
1 tbs. baking powder	2 tbs. butter.
1 tsp. salt.	milk

Mix well together using ~~just~~ enough milk to make a thick dough. Roll out to about  $\frac{1}{2}$  in thick and cut. Place in greased pan, wash tops of biscuits with milk. Bake in  $400^{\circ}$  oven until done - about 12 min. Serve hot. Biscuits, when placed on bake sheet, should be  $\frac{1}{2}$  in. apart.



Spaghetti and Cheese.

Boil spaghetti in salt water for 15 - 20 mins. While boiling - butter the inside of a casserole. Place a layer of spaghetti  $1\frac{1}{2}$  in. thick on bottom of casserole; dot with butter, sprinkle with salt and pepper and a little flour, and  $\frac{1}{2}$  in. of good cream cheese. Another layer of spaghetti with butter, cheese, ect. Top layer is covered with milk, cheese, and bread crumbs. Bake for 20 mins. If desired - I like it - crumbs may be sprinkled throughout spaghetti.

Doughnuts.

2 cups flour 3 c.                      Water 24

$\frac{1}{2}$  tsp. salt. 1 tsp                      doughnuts.

2 tsp baking powder 3 tsp

2 eggs 3 eggs

1 cup sugar  $1\frac{1}{2}$  c.

$1\frac{1}{2}$  cups milk (condensed for flavor) 1 c.

Mix well into a dough. Roll out about  $\frac{1}{4}$  in. thick, cut and fry in deep fat. The fat should be hot enough to brown a cube of bread.

Browned Potatoes

Boil small potatoes then peel and grease each potato and spread them in a single layer in a well greased bake pan. Bake until light brown.

Look for a Peanut Butter Fudge recipe.



Strawberry Shortcake

2 cups flour	1/2 cup sugar
2 lbs. baking powder	1/2 cup melted lard
2 eggs	pinch of salt.

Mix well adding enough milk to make a stiff dough. Roll out 1/2 in. thick and cut. Grease top and place one on top of another. Put in well greased bake pan and bake 15/20 mins. Fill in and around with fresh strawberries and serve cold with whipped cream. The short cake can be served the size of the bake pan or individual. Strawberries should be sweetened and washed and spread between halves. Whole berries placed on top of whipped cream. Serve cold.

Deep Dish Blueberry Pie. Use cobbler crust.

Use individual custard cups.

Grease sides and line with a pie crust. Fill the shell with sweetened blueberries and some of their natural liquid. Pat top crust on and bake until done. Serve either hot or cold. Blackberries may be substituted. Whipped cream may be served on top or a good hard sauce. Consult "S. and W." blueberries with their juice make an excellent filler.

Use a lemon and molasses sauce on hot Boston Brown Bread. Have the sauce hot - See page 31 par. 13<sup>rd</sup>.

TOP WITH WHIPPED CREAM.

Banana Loaf Cake.

$\frac{1}{2}$ cup butter	2 tsp baking powder
1 cup sugar	$\frac{1}{4}$ tsp. soda
2 Eggs (beaten)	$\frac{1}{2}$ tsp. salt.
1 tsp. Vanilla	$\frac{1}{2}$ tsp nutmeg
$2\frac{1}{2}$ cups cake flour	1 cup mashed banana
2 tbs. milk.	

Cream butter and sugar until light and fluffy. Add beaten eggs and vanilla, and beat well. Sift flour, baking powder, salt, soda, and nutmeg together. Mash banana with fork. Add slowly dry to wet and beat until smooth. Add milk last. Bake in a well greased 8" in square bake pan. Bake for 55 min. or until done. Serve with powdered sugar or banana frosting of 1 banana, 1 tsp. lemon juice, and  $\frac{2}{3}$  cups sugar.

Jam Pie.

Make a pie crust but leave it open at top and a raised wall. Fill with your favorite jam and bake until done. Serve with whipped cream. If jam is too runny - add a little corn starch for binder.

Candy Bar Icing

Melt candy bars (plain chocolate or Milky Way) add sugar and small portion of water. Spread on cake or cup cake or on page 21.

Basic Sweet Dough

U. S. Army Cook Book

2 lbs. party flour	(1 lb.)	1 $\frac{7}{8}$ lb.	
6 $\frac{1}{2}$ lbs. flour	(3 $\frac{1}{4}$ lb.)	1 $\frac{1}{2}$ lb.	1 $\frac{3}{4}$ cup
2 Quarts milk	(1 qt.)	$\frac{1}{2}$ qt.	1 $\frac{2}{3}$ cup
$\frac{1}{2}$ lb. yeast	( $\frac{1}{4}$ lb.)	$\frac{1}{8}$	$\frac{1}{2}$ oz
1 lb sugar	( $\frac{1}{2}$ lb.)	$\frac{3}{4}$ lb.	$\frac{3}{4}$ cup
1 $\frac{1}{4}$ oz. salt	(1 $\frac{1}{2}$ oz)	$\frac{1}{4}$ oz	pinch
1 lb fat ( $\frac{1}{2}$ lard $\frac{1}{2}$ butter)	( $\frac{1}{2}$ lb.)	$\frac{3}{4}$	$\frac{1}{2}$ cup
8 eggs	(6 eggs)	6	6 eggs
pinch of nutmeg	"	"	pinch
drop of lemon extract	"	"	drop
250 rolls		(125 rolls) <del>EE</del>	60 rolls

Cream thoroughly sugar, salt, fat, and spices, then add eggs and cream until light. Add lemon extract. Dissolve yeast in milk and add to mixture. Start adding flour and start mixing. Mix dough until smooth and free from lumps. This dough should be slack. Allow to rise until dough around impressions of two fingers, made by moderate pressure, starts to recede. Then give a good punch. First rise should take 1  $\frac{1}{2}$  hours. After punching let stand 15/20 min. Work dough into desired form. Cover dough not being worked with a cloth. From this dough you can make plain buns, jam filled buns, jelly filled buns, doughnuts, coffee cake. Individual recipes on following page.

Coffee Cake.

1 lb sweet dough

1 lb sugar

1 lb butter

1 lb raisins.

Work all ingredients into Basic Sweet Dough, roll out  $\frac{1}{2}$  in thick and place in a bake pan. Allow to rise for 30 min. or until dough has doubled size. Bake in medium oven ( $325/400^\circ$ ) for 20/30 min. Just before done sprinkle top with brown sugar, cinnamon. Raisins and nuts on top will add to appearance.

Sweet Buns. (Plain or jelly/jam filled)

Use Basic Sweet Dough. Shape each piece (2oz.) and place on well greased pan about 2 in. apart. Allow to rise for 15 min. then flatten with palm of hand. Allow to rise again and bake in moderate oven. The buns may be filled with raisins or nuts also if desired.

Also - doughnuts may be made by rolling out the dough  $\frac{1}{2}$  in. thick and cutting with a doughnut cutter. Fry in deep fat - extremely hot ( $400^\circ$ ) Consult a good cook book or a baking book to see the many other ways that this Basic Sweet Dough may be used.

Trifle: Use any bun or bread - scoop out about 40% of the center. Butter inside of depression, fill with jam and cover with either thick cream or whipped cream. Chill

Cake (Quick)

1 cup butter

3 cups brown sugar

8 eggs

2 oz baking powder

pinch of cinnamon

pinch of nutmeg

milk

2½ lb flour (check quantities with cook book)

When using this plan to make one cake and a dozen or so cup cakes.

Put ingredients into a bowl adding the milk in last. Use enough milk to make a thick batter. Beat well for three minutes or until batter is smooth. Bake on a cake in a buttered cake pan or on cup cakes in a buttered muffin pan. If you desire - blueberries may be added to the cup cake form. Use icing if desired.

Required baking time - 40 min in a 325/400° oven.

Icing (Uncooked)

1 cup sugar

a couple drops vanilla extract

½ cup butter

Mix sugar and enough water to dissolve same. Add vanilla and stirring. Mix well. Spread.

3 3½ oz. cocoa or 3 oz melted chocolate makes a chocolate icing. Amount of water is determined by a "spreading consistency".

Salmon Hash:

1 can of salmon                      Eggs if desired.  
2 cups mashed potatoes

Mix ingredients well. Season. Spread 3 in. deep in a small bake pan. Bake 40/60 min in a medium hot oven. Patties may be fried. Some stuff.

Apple Cobbler:

8 cups of apples (sliced or evaporated)  
2 1/2 cups brown sugar                      4-2 1/2

Cinnamon and nutmeg to taste.

Pie crust. (recipe on page 15) adding <sup>Sugar</sup> <sub>eggs</sub>

Cook apples in water until well done.

Cool them and add sugar and spices. Roll out pie crust dough 1/2 in. thick and place in a greased bake pan. Add apples and sugar. Roll out pie crust dough, cover top and tuck down sides well. Bake 20 min. NB. Correction. After lining bake pan with first crust, bake it 20 min, then add apples.

Serve either hot or cold with thick cream or hard sauce.

Oatmeal Fritters:

Oatmeal (1 pint) (1 cup)  
Sugar (either/or brown, white) (1/2 lb.) (1 cup)  
Baking powder (1 oz.)

Mix cooked oatmeal, sugar, and sufficient flour to make a stiff batter. Add baking powder, eggs and vanilla, if desired. Cut with spoon about size of an egg and fry in deep fat till a golden brown. Drain, dust with powdered sugar and serve. Can use curip or with

Apple Pudding:

$\frac{1}{2}$  lb. Apples                       $\frac{1}{2}$  lb. Sugar  
 2 lb. Bread                       $\frac{1}{2}$  oz. Cinnamon.

Stew the apples (dice them). Slice and the bread and spread same on a well greased baked pan. Add a layer of apples, sprinkle with brown sugar and cinnamon. Another layer of bread, another of apples and spices. Bake in a quick oven about 70 min. Serve hot with thick cream.

Bread Pudding:

3 lb. Bread Crumbs              1 oz. Cinnamon  
 $\frac{1}{2}$  lb. Apples                      Milk  
 $\frac{1}{2}$  lb. Sugar                      2 Eggs.

Soak bread in cold water, squeeze out with hands; Season with sugar and cinnamon. Mix well and spread 1 in deep in bake pan. Over this spread a layer of fruit. Cover with alternate layer of bread, fruit, spices. Top layer of bread. Bake 40 min. in a medium hot oven. Instead of soaking bread in water, a better pudding is made by dipping slices in a milk and egg mixture, do not squeeze out. Fruits to be used are either prunes or raisins (dried). Figs and apples may be used. Serve hot with either hard sauce, rum hard sauce, plain sauce (water, cornstarch, sugar, nutmeg) or thick cream.

Hot cakes.

x	1/2 lb. Flour	1 lbs butter
	3 lbs. Sugar	1/2 oz baking powder
	3 eggs	pinch of Salt.

## Milk

Combine flour, sugar, baking powder, and salt. Mix well. Cut in the butter, or melt and add with eggs into dry ingredients. Add enough milk to form a thick batter that will just pour. Batter must be free of lumps. Fry on a slow fire in a well greased pan. Serve hot with maple sugar, or maple syrup and butter. Make cakes about 4" to 6 in.

Corn Fritters:

1/2 lb Corn meal	1/2 cup	4-6	Eggs	(4-6)
1/2 lb Sugar	1/2 cup		Milk	
1 lb Flour	2 3/4 cups			
1/4 oz Baking Powder		1/4 oz		

Mix dry ingredients together in a bowl. Add enough milk to make a soft dough. Drop portions of uniform size from a spoon into deep fat. Keep fritter as nearly round as possible. Do not have more than 2/3 of the surface of the fat covered with fritters. When a golden brown remove from fat. Drain off grease and serve hot ~~to~~ with maple syrup and butter.



Chocolate Meringue Pie:

2 cups fresh milk	1 cup
4 oz Baker's Chocolate	2 oz
1 cup flour	<del>2 oz</del> 1/2 cup
6 Egg (yolks only)	3 eggs
2 cups Sugar	<del>4 oz</del> 1 cup
pinch of salt	pinch
drop of Vanilla	drop

Combine ingredients in a double boiler and cook 8/10 min until thick. Pour this into either a Graham Cracker Crust or in a previously baked pie crust. Cover the top of pie when cool with the following meringue;

6 egg whites  
pinch of salt  
2 oz powdered sugar  
drop of vanilla.

Beat together until stiff. Place on top of pie with a knife. Brown on upper shelf of an oven.

Kisses;

Powered sugar (6oz)  
Egg whites (1 or more)

Beat until very stiff, a drop or two of vanilla may be added. Put on greased cookie sheet, dredged from spoon. Bake for 20 min in a slow oven.

One Day's Meals at Home

Breakfast: Stewed Prunes with Cream  
 Oatmeal with cream and sugar  
 Pancakes with sugar and butter  
 Link sausage  
 Buttered toast and Orange Marmalade  
 Hot Chocolate and Sweet Rolls.

Lunch: Shrimp cocktail  
 Cheese omelette and Lamb Chops  
 Heart of Lettuce - Oil dressing  
 Ice cream - Chocolate Layer Cake

Dinner: Shrimp cocktail  
 French onion soup  
 Brailed Sirloin Steak  
 Broccoli Hollandaise  
 Creamed New Potatoes  
 Waldorf Salad  
 Hot Apple Pie with Thick Cream.  
 Coffee Liqueur  
 Mints

Midnight Supper: Bacon, Lettuce, and Tomato Sandwich  
 on Whole Wheat bread.  
 Milk  
 Chocolate Layer Cake with Whipped Cream.

Special Dinner

Fruit Cocktail  
 Onion Soup  
 Roast Turkey  
 Roast Potatoes - Creamed Peas - Chestnut Dressing,  
 Cranberry Sauce  
 Assorted Breads and Jam  
 Hearts of Lettuce  
 Pumpkin Pie  
 Fruit Cake  
 Coffee  
 Mints.

This dinner will be to celebrate my anniversary, birthday, or Christmas. It is designed to be eaten in the fall of the year.

Late that night: (See box raid)  
 Cold turkey sandwiches  
 Pie  
 Fruit Cake  
 Milk.

A reminder - With dry cereals use cream, sugar, and applesauce. Excellent with Corn Flakes.

## Maine Shore Dinner

Approved by the State Government. \*

Clam Chowder

Clam Broth

Steamed Clams

Fried Clams

Lobster with Drawn Butter

Potato chips - Beer - Seafood Salad

Blueberry muffins. Oyster crackers

Coffee and Cheese - Blueberry Pie.

A word about a Maine Lobster —

The Maine Lobster is the best in the United States. This is due primarily to the cold water in which he lives. The lobster fisherman takes pride in his work and is intent on quality. Maine lobsters in fashionable restaurants command high prices.

The lobster may be served either hot or cold. Methods of cooking are - steamed, broiled, or boiled. It becomes a matter of personal taste which method of preparation. The "chicken" lobster,  $\frac{3}{4}$  lb to  $1\frac{1}{4}$  lb is the best eating. All State of Maine Lobsters have a metal tag on their claws. Look for it - its guaranteed.

\* Costs about 1.25 to 1.75 dependent on size of lobster.

Dinner

John F. W. McChere.  
at either Club 21 or Voisin New York City

Oysters on Half Shell  
(Chateau Yquem)

Green Turtle Royal

Onion Soup

(La Vinta Sherry)

Broiled Sea Bass - Meunier

Filet of Sole - Marguery

Breast of Guinea Hen - Pressed  
Roast Squab Stuffed with Wild Rice.  
(Chablis)

Broiled Sirloin Steak - Mushrooms

Roast Saddle of Southdown Mutton

Brussels Sprouts - Green Peas - Baked Stuffed Potato  
(Burgundy)

Hearts of Lettuce - Roquefort Dressing

Baked Alaska - Vanilla Ice Cream + Branded Chestnuts  
(old Elizer Sherry)

Roquefort - Camembert - Liederkrone - Clam

Coffee - Liqueurs -

Blanched Almonds - Mints.

## Breakfast Menu

Cereals: (hot and dry). Oatmeal, cream of wheat, cracked wheat, Wheatina, Corn meal mush, corn flakes, all bran, bran flakes, 40% bran, shredded wheat, shredded Ralston, rippled wheat, rice Krispies, puffed wheat, puffed rice, Wheaties, Horae, Raisin bran flakes, Grogmuts.

Cakes: Pancaker (griddle cake, flap-jack), Buckwheat cakes, Waffles, fritters

Eggs: Boiled (hard or soft), fried, scrambled, poached. Ham and eggs, bacon and eggs, corned beef and eggs.

Meats: Ham, bacon, sausage (link or patties) scrapple, salt mackerel, dried beef, small steaks, pork or lamb chops.

Pie: Cherry - a standby in New England.

Breads: Whole wheat, white, all kinds of muffins or biscuits, cornbread, cracked wheat.

Condiments: Salt, pepper, sugar (white, brown, powdered), maple syrup, molasses, butter, jam, jellies, peanut butter, honey, apple butter, apple sauce.

Drinks: Coffee, cocoa, hot chocolate, tea, Cocoa malt, Ovaltine, Postum, Bases, Milk, Cream

Fruit and Berries: Oranges, blueberries, strawberries, raspberries, blackberries, peaches, pears, apples, cantaloupe, honeydew melon, Grapefruit

Potatoes: French fried, home fried, hashed brown,

Juices: Tomato, pineapple, orange, grapefruit, sauerkraut, Grape, Lemon-orange, lime

## Things to Try - Suggestions

- 1.- Hot biscuits with butter and honey blended together. <sup>Also honey and cream (1 to 1)</sup> Also blend butter and molasses.
- 2.- Use brown sugar on cereals (hot or dry). <sup>also malted milk.</sup>
- 3.- Make ginger bread with dates, top with whipped cream. Use prepared mix.
- 4.- Add one tablespoon of Rye to pumpkin pie.
- 5.- Add molasses to ginger bread mix.
- 6.- Use molasses and brown sugar with baked <sup>(pea bean best)</sup> beans and candied sweet potatoes. <sup>also marsh-mallow whip in sweet gr.</sup>
- 7.- Try a sponge cake soaked in chocolate syrup, topped with whipped cream and Ann Page Cherry Jam.
- 8.- Vanilla Ice Cream topped with whipped cream and Ann Page Cherry Jam.
- 9.- Add wine to jelly's fruit flavors in place of small portion of water.
- 10.- Add honey or molasses to Bran muffin recipes. Recipe on Kellogg's All-Bran package.
- 11.- Add butter to hot fudge sundie or <sup>chocolate</sup> sauce.
- 12.- Walnuts soaked one week in maple syrup - placed on vanilla ice cream.
13. (a) Try a ginger bread short cake of, ginger bread, blueberries, and whipped cream.  
 (b.) One cup molasses, 2 lbs. butter, and  $\frac{1}{3}$  cup lemon juice.  
 3-4 lbs. pow. sugar. Boil molasses and butter, add lemon juice. Makes a sauce for puddings, or some torte and dried fruit.

- 14.- For the cookie jar - Oatmeal, soft molasses, sugar cookies, and brownies. 2
- 15.- Zentsuji cake. Sliced of bread, prunes soaked in water, chocolate sauce. At home add whipped cream and red cherry. 2
- 16.- For frying olive oil is best. Try peanut oil. 30
- 17.- Use hot maple syrup on pancakes. Heat in oven.
- 18.- Try peanut butter and honey creamed together, spread on bread, eat. Hot or cold. 31
- 19.- Use whipping cream in home-made ice cream. Use molasses for sauce (try) 32
- 20.- Use sliced potato to collect crumbs in deep fat frying.
- 21.- Hot scones, strawberry jam, and thick cream. Serve with tea or hot chocolate. 33.
- 22.- Figs (fresh or dried) with honey, or cream, or peanut butter. Or, wrap in sweet dough. Bake. 34.
- 23.- For breakfast - Ham and eggs with bread fried in the ham fat. Fry bread crisp. 35.
- 24.- A reminder - Apple duff, apple dumpling, apple struddle, apple pie. Over all, pour thick cream. Hot apple in all cases. 36
- 25.- Boil sweetened condensed milk 4 hours. Make a caramel candy. On sponge cake. 37.
- 26.- Corned beef and scrambled eggs for breakfast. 38
- 27.- Use peanut butter mixed with 30% butter in place of shortening in biscuits.



- 28.- Dip bananas in hot caramel sauce, roll in chopped nuts. Cool in ice box.
- 29.- Mix peanut butter, brown sugar, and small amount of chocolate. Roll in powdered sugar size of thumb. Cut.
- 30.- Soak macaroons or lady fingers in sherry wine. Cover with sliced peaches and cream. (use fresh peaches)
- 31.- Drink Deed - double strength coffee, and milk.  $\frac{1}{2}$  to  $\frac{1}{2}$  ratio. Also hot.
- 32.- Cooking eggs. Scramble: start with cold pan and slow fire. Omelette: hot pan and medium fire.
- 33.- To seal pie crust use milk or egg white.
- 34.- On peach ice cream - melt and soak  $\frac{3}{4}$  of the peaches in cream and sugar before adding to the ice cream freezer. Same with strawberries.
- 35.- Combine sweetened cocoa and milk for a cake spread. Use Klim
- 36.- Combine Nes Cafi, sugar, and milk (Klim) for a coffee flavored cake spread.
- 37.- Whip caramelized sweetened condensed milk, Nes Cafi and nuts together. Serve in individual dishes with whipped cream or as a cake icing.
- 38.- Put apple sauce on top of cake. Or, a combination of apple sauce and white of egg whipped together. This is called apple snow.

## Sandwich Spreads

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1.- Swiss cheese                    | 25.- Hot roast beef               |
| 2.- Egg and Olive                   | 26.- Hot Turkey w/ dressing:      |
| 3.- Sliced white meat of Chicken    | 27.- Scrambled egg (see page 10)  |
| 4.- Ham and Cheese                  | 28.- Lobster                      |
| 5.- Chopped olive                   | 29.- Canadian bacon               |
| 6.- Bacon, Lettuce, and Tomato      | 30.- Cold, pork, beef, or lamb.   |
| 7.- Fried Egg.                      | 31.- Onion                        |
| 8.- Club                            | 32.- Spiced meat                  |
| 9.- Corned beef creamed w/ mayonise | 33.- Sausage roll                 |
| 10.- Liverwurst                     | 34.- Cream cheese and date        |
| 11.- Peanut Butter and jelly        | 35.- Tuna fish salad              |
| 12.- Hamburger                      | 36.- Bean (mashed beans)          |
| 13.- Cheeseburger                   | 37.- Jelly                        |
| 14.- Hot dog with sauce             | 38.- Jam (including Apple butter) |
| 15.- Barbecue - beef or pork        | 39.- Peanut butter - honey        |
| 16.- Prepared Sandwich Spreads      | 40.- Cream cheese and jelly.      |
| 17.- Chicken Salad                  |                                   |
| 18.- Corned beef and Egg (fried)    |                                   |
| 19.- Deviled Ham                    |                                   |
| 20.- Western                        |                                   |
| 21.- Cream cheese and nut           |                                   |
| 22.- Cream cheese and olive         |                                   |
| 23.- Remonto cheese and olive       |                                   |
| 24.- Any of Kraft's Cheese spreads. |                                   |

These sandwiches may be made with any kind of bread, either plain or toasted - whatever you like. Also popular is a slice of bread spread with either, butter and sugar, mustard, catsup, or mayonise. Always butter the inside of bread in sandwiches.

Kitchen Utensils.

- A complete Mix-Master set.  
 A Hamilton-Buch Shaker. (double)  
 An Ice Cream freezer. 2 Gal.  
 ✓ A complete set of Pyrex glass ware dishes  
 to include - baking dishes, custard  
 cups, casserole, and cake dish.  
 A smooth board for rolling dough.  
 A card index for new recipes and menus.  
 Two double boilers (Pyrex)  
 Four sauce pans  
 Knives - peeling, slicing, coring, etc.  
 Frying pan.  
 A deep pot for steaming. 36" deep.  
 ✓ Wire strainers and wire net for  
 deep fat frying.  
 ✓ Measuring cups and spoons and glass.  
 Scales - ounces and pounds.  
 A crock for bake beans  
 A flat griddle for pancakes. At least 24"  
 Pie pans and a cookie sheet.  
 ✓ Brown paper to absorb grease, wax paper  
 to put candy on while cooling.  
 Shavers, string and needles for pre-  
 paring fowl and roasts.  
 An egg poacher.

- A pop corn popper.
- ✓ A Westinghouse Electric Roaster - Oven
- ✓ A Waffle iron (double bank)
- A Sandwich Grill
- A set of pitchers for milk and for waffle and pancake batter.
- ✓ A spatula, pan cake turner, and short long handled fork. (Marshmallow toaster)
- ✓ A sifter for flour.
- A wire net for draining foods fried in deep fat. (duplicated - sorry)
- A set of funnels.
- Proper boxes, with labels for flour, sugar, baking powder, ect.
- A complete assortment of Mc Cormick Spices.
- ✓ A rolling pin.
- ✓ A meat grinder with different grinders. Fine, coarse, ect.
- ✓ Hot pan holders and asbestos pads for hot dishes
- Cherry pitter, date pitter, peach pitter, core knife.
- Graters of different sizes.
- Pastry bag with attachments for squeezing.
- A bean crock for baked beans.
- Baking syringe - for fillings.
- A deep fat frying thermometer.
- A cardboard file for recipes.
- An old fashion cookie jar.

Hoops - Where and What to Purchase.

- 1.- Table Delicacies Inc. 415 Madison Ave  
New York City, New York.
- 2.- New England Delicacies Co. 7 Federal St.  
Boston, Mass.
- 3.- S. S. Pierce Co. Boston, Mass. for, Wine  
and imported foods.
- 4.- Blum's Confectioners, Calif. and Park St.  
San Francisco, Calif. Write for catalog
- 5.- Markey's Candies Kearby St. San  
Francisco, Calif. Write for catalog.
- 6.- Northern Pacific R.R. Co. St. Paul, Minn.  
Fruit cake at Xmas. \$5.00
- 7.- Penick - Ford <sup>NEW ORLEANS</sup> LA. Sugar House Molasses.
- 8.- Hugler's Canal St. New Orleans for  
"Heavenly Hash."
- 9.- Thomas C. Filuke Walnut St. Phila. Pa.  
Imported foods, chocolate apples,  
"Pine money pickles" and Anchovy Paste.
- 10.- Ghirardelli's <sup>or</sup> San Francisco. Chocolate  
dallars and chocolate products.
- 11.- Ann Page Cherry Jam at any A. & P.  
Store
- 12.- Ashley's 5 Points, El Paso, Texas.  
A Mexican dinner for four for  
one dollar.

13. Park and Tilford, New York City, N.Y.  
 jams, jellies, and tubers of;  
 Gorgonzola in Brandy, Stilton in  
 Port, and Edam in Daubenne. These  
 are excellent for hors d'oeuvres, on  
 crackers, melba toast, and to stuff  
 celery with. Also imparts of wines  
 and foods. Get catalog.
14. - Schraft's 558 5<sup>th</sup> Ave New York City, N.Y.  
 Chocolate fudge sauce, Butter  
 Scotch sauce, Cookies, Angel Food  
 Cake, Extracts, Tea, Cocoa, Guava  
 and Currant Jelly, Marmalade, and  
 Schraft's Candies. Get Catalog.
15. C. V. Van Houten and Zoon Inc. 539  
 Greenwich St. New York City, N.Y.  
 Dutch Chocolate Products. Get a catalog.
16. - Friend's Baked Beans. Boston, Mass. for  
 True baked beans and Boston Brown  
 Bread. Sold either in cans or bean crock.
17. - Burnman and Merrell, Portland, Maine for  
 True baked beans, Boston Brown Bread,  
 and Park Products.
18. - Walter Baker and Co. Dorchester, Mass.  
 for Type "D" Chocolate and other  
 chocolate products.

19. - Hoe Chuan Liong 1212 Santa Clara St.  
Manila, P. I. for - Special Pauchitos.
20. - Dromadary Date Co. <sup>HILLS BROS.</sup> <sup>FRISCO</sup> for  
Prepared ginger bread mix and  
dried dates and figs. <sup>(best recipe book)</sup> Saves time.
21. - Stephen F. Whitman Co. Walnut St.  
Philadelphia, Pa. Whitman's  
Sampler, Minty Marlows, and  
other condis. Get a catalog.
22. - H. G. Vogt and Sons Inc. Philadelphia,  
Pa. for Scrapple.
23. - Chamber of Commerce, Capital Bldg. Madison,  
Wisconsin for American Cheese.
24. - Get recipes booklets from the following;  
Swift and Co. Chicago, Ill. Meats.  
Hershey's \* Hershey, Pa. Chocolate  
National Biscuit Co. N. Y. City. Biscuits  
cookies and cakes.  
Borden's Milk Co. N. Y. City Milk  
products.  
Eagle Brand Milk Co. N. Y. City. "Magic  
Recipes" Iceings ect. <sup>Some as the</sup> Borden Co.  
Armour and Co. Chicago, Ill. Meats.  
Kraft Cheese Co. Chicago Ill. Cheese  
products and cheese menus.
- Siren Mille, Chicago, Ill. Best Chocolate Surip.

\* Whenever you need a chocolate surip - Hershey's  
chocolate surip - in a can - is excellent for all purposes.  
Add butter for choc. fudge surip.

- 25.- The following cook-books are worth having. 33  
 Boston Cook Book  
 New England Cook Book 34  
 Settlement Cook Book
- 26.- Recipes for mixed drinks may be 35  
 obtained from any national liquor  
 company.
- 27.- The following national magazines have 36  
 recipes and weekly menus.  
 Good House Keeping  
 Ladies Home Journal 37  
 Better Homes and Garden 38  
 Esquire  
 Redbook 39
- 28.- Crosse and Blackwell for marmalade. Either 40  
 sweet or bitter sweet.
- 29.- Gebhardt. San Antonio, Texas. Chili 40  
 and other Mexican foods. Seasoned or unseasoned 41
- 30.- Hartley's ? Bitter marmalade in 41  
 a small crock. Very good. (Try Flukie's for it)
- 31.- O'Donnell's, "C" Street and 10<sup>th</sup>. N.W. Washington, D.C. 42  
 Home made Rum Buns. \$.25 a dozen.
- 32.- Reading Terminal Market. Philadelphia, Pa. 43  
 Pennsylvania Dutch farm products.  
 Scrapple, sausages, rye bread, and  
 other Dutch and German foods. Exceptional  
 quality - reasonable prices.



33. - Planter's Peanut Co. Suffolk, Va. All peanut products and other nut products.
34. - Chamber of Commerce, St. Johnsbury, Vt. will supply you with a list of companies that produce Maple Sugar products. i.e.: Maple Syrup, Sweetest Story Ever Told - Maple Sugar.
35. - Frank C. Davis, Co. Gloucester, Mass., Sells Salt mackerel. Excellent for breakfast.
36. - Chamber of Commerce, Winchester, Va. Apple candy.
37. - Sanders Detroit, Mich. Candies
38. - Medford Pear Growers Ass. Medford, Ore. All kinds of pears.
39. - Hood River Apple Growers Ass. Hood River, Ore. All kinds of apples. Special eating apple, big red - heart shaped delicious.
40. - Mission Dried and Glazed fruits.
41. - Chamber of Commerce, Capital Bldg. Sacramento, Cal. Dried and Fresh figs, prunes, and dates. Also glazed fruits.
42. - Hortnum and Mason - Philadelphia, London & Park Pier. Get a catalog. A complete line of goods.
43. - Pennsylvania Railroad, Dining Car Service. Long Island City, Long Island, N.Y. P.R.R. Salad Bowl. Packed for \$1.50 and sent. Plus postage.

- 44.- Princess Pecans Inc. Camilla, Ga. 55.  
All kinds of pecans.
- 45.- Brisbee Farm. Marton, Vr. Maple  
syrup. \$3.00 a gal. 56.
- 46.- Townsend's 416 W. 7<sup>th</sup> St. Los Angeles, Cal.  
Glazed fruits.
- 47.- Dutcher Food Specialties 1945 Park Ave. 57.  
New York City. Get a catalog
- 48.- General Foods Battle Creek, Mich. Get  
a list of their products and  
recipe books. 58.
- 49.a- Pennsylvania Dutch Cook Book. Dennison,  
5<sup>th</sup> Ave. New York City.
- 49.b- Fleischmann's Yeast, General Foods Chicago, Ill. 59.  
"A Treatise on Baking" price \$ 1.<sup>00</sup>  
"A Treatise on Cakes" price \$ 1.<sup>00</sup> 60.
- 50.- Geo. C. Humm and Co. Perry, Ga.  
Pecans, prawns, Ribbon cane syrup.
- 51.- Old Denmark Inc. 135 E. 57<sup>th</sup> St. New York City. 61.  
Danish candies and pastries.
- 52.- Frank Cooper's Oxford Marmalade. (By Huber  
for it) Dark in color, bitter in taste. 62.
- 53.- Castleberry Packing Co. Augusta, Ga.  
Hark and Hall Honey.
- 54.- Anderson's Buellton, Cal. 63.  
Split Peas and their Special Coffee.  
Pender's - Norfolk, Va. Smithfield ham. Cooled.  
Write for prices. Also Bacon & Sausage

- 55.- The Army Cook and The Army Baker  
Government Printing Office, Washington,  
D. C. price \$.20 each.
- 56.- Walnuts - write to Lt. Col. R. J. Jones  
C/MRS. T.L. JONES 2102 No. BRONSON AVE. HOLLYWOOD, CAL.  
for bags of thin shelled walnuts.
- 57.- Additional Cook Books to get.  
International Cook Book  
Pennsylvania Dutch Cook Book (see #49)  
Southern Cook Book.
- 58.- H. J. Heintz Co. Pittsburgh, Pa.  
Excellent foods and cook books. Their  
salad and sandwich book is best.
- 59.- Campbell's Soup Co. Camden, N.J.  
Soups and a booklet of soup recipes.
- 60.- Tastycake Baking Co. Philadelphia, Pa.  
"Krumplets" with butter-scotch icing.  
Order them by the dozen for \$.60
- 61.- Ward's Baking Co. Philadelphia, Pa.  
Cup cakes and Devil's Food Cake.  
Excellent commercial bakers.
- 62.- California Wine Growers Ass. San  
Francisco, Cal. A complete booklet  
on care of vines and serving.
- 63.- College Inn Products. Chicago, Ill.  
Prepared Welsh Rabbit and other  
foods. Excellent. Sold at all stores.

64. - Birds Eye Frozen Food Co. New York City, N.Y.  
All kinds of foods, quick frozen.  
Recipes on each package. Expensive.
65. - National Food Products Co. Manila, P. I.  
Canned mango and guava jelly
66. - Manderley Products Manila, P. I.  
Cocoa honey.
67. - Nestle's Milk Products Inc. New York City.  
"Nescafe", chocolate, and a  
complete catalog.
68. - Curtin Candy Co. New York City, New York.  
A complete line of candy bars.
69. - El Dalgo Ranch Stanislaus, Cal.  
Write to them for trade name and  
dealer's name. White rasins
70. - St. Francis Brand San Jose, Cal  
Nectarines (cross between peach-plum)
71. - Beaulieu Vineyards Napa Co. Cal  
Excellent wines
72. - Duignan Vineyards Napa Co. Cal.  
John Daniels, Prop. Port Wine.  
Mention Tom Mc Lee.
73. - Lamb's Fruit Co. Milton, Ore. Bing Cherries
74. - Kraft's Marshmallow Whip - for cooking or  
in Sundies or milk shakes.
75. - Larry Rathbun Box 12 Kimberly, Idaho. Information  
and name of eastern retailer who sells  
Nuttall Gem Potatoes (Baker's size) about  
12 oz. 4-6" long, 3" diam.

Where to Eat in the United States.

Before listing the many places of note a word of explanation is necessary. Following the name of the particular restaurant, hotel, or bar will be the notation - seafood, steaks, chops, or what ever that particular place is best known for and has received its reputation. In general the places listed are rather expensive, not economical meals. Dinner about \$1.50 to \$5.00; lunch \$1.00 to \$3.00; and breakfast about \$1.00.

I have not been to all of the places mentioned but those which I have eaten in will have my initials (A.M.V.) following.

For a more complete list - a few pennies will purchase Duncan Hines book - "Adventures in Good Eating." Also for a night's lodging his "Adventures in Good Living" is a well used guide.

Those restaurants I have not been too have been recommended to me by reliable persons and therefore I place them in here.

Because of the method of acquiring this material there will be no order. The index will aid in locating any particular city.

In addition to the usual hotels and restaurants, there is a section of foods and other eatable items served aboard the trains. This section should be particular interest to a business man or the casual traveler alike. A large portion of the American public is unaware of the wonderful food for sale on trains. Perhaps this will enlighten you or /and increase your pleasure aboard the limited.

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New York City.

Pietro's (Italian) 45 St east of 3<sup>rd</sup> Ave.

Steaks and Spagetti

Papa Moneta's (Italian) Greenwich Village.

Spagetti - oldest and expensive.

Cheerio's (Italian and French) (A.M.U)

46 E. 53<sup>rd</sup> St. Crab Canape', Chicken Tetrazzini, French Fried Onions, and Pears soaked in Burgundy.

Hapsburg's (Viennese) Hungarian Goulash

Keen's Old English Chop House. London buffet.

Kunzshalm (Swedish) Smorgasbord

Ella Barber's Southern Food.

Mexican Grill Chile 51<sup>st</sup> + 7<sup>th</sup> Ave.

Ruby Foo's Den Chinese 50<sup>th</sup> off B'way

Voisin's (French) Exceptional food

Hamburger Heaven \$.25 Hamburgers.

Reuben's Delicatessen Sandwiches, pickles

Miyako's (Japanese) All Jap. foods.

Rumplemire's Ice cream, candies, Crepe Suzette

The Colony Expensive - for lunch.

Zum Braukhaus (German) 54<sup>th</sup> near 2<sup>nd</sup> Ave.

a la carte. Excellent.

Hotel Pennsylvania (A.M.U.) Roof Garden Steaks.

Roosevelt Grille (Hotel Roosevelt) (A.M.U) Welsh

Rabbit. Dishes.

Shraft's - Tea at 4 p. m. Chocolate Collins - extra large - whipped cream \$.50 each. Wow!!!

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New York City (cont.)

Biltmore Men's Bar. (A.M.U.) Lunch.

Artor Bar (A.M.U.) Drinks and Lunch.

Grand Central Oyster Bar. (A.M.U.) Sea Food.

Mount Vernon, N.Y.

Studio Club. (A.M.U.) Excellent food - quiet atmosphere. Organ music.

Albany, N.Y.

Ten O'Clock Grill (AMU) Good Lunch.

Hershey, Pa.

Hershey's cafeteria for meals. Visit the chocolate factory.

Danville, Pa.

Lesbler's Hotel. Family style dinner.

Philadelphia, Pa.

Bookbinders (A.M.U.) 2<sup>nd</sup> and Walnut.

Sea food. Exceptional.

Reading Terminal Restaurant. (AMU) Scraggle.

Whitman's (A.M.U.) Candies and Lunch

Ben. Franklin Hotel (A.M.U.) Either the

Garden Terrace or Coral Room.

Pumpernickel bread.

Stoffer's Bread near Walnut. Steaks.

Linton's (A.M.U.) Hot roast beef sandwich.

Valley Forge Tea Room. Sampson St. Club

Sandwiches.

Bellview - Stratford. (A.M.U.) Expensive. Horse-shoe bar - dining room. Excellent foods.



Harrisburg, Pa.

Plaza Rest. Steaks.  
 Harris Tavern Drinks and atmosphere  
 Peanut Joe's Sandwiches.  
 Penn Harris Hotel Good foods. Bar.

Baltimore, Md.

Miller Bros. (A.M.U.) Sea foods and Game.  
 Emerson Hotel (A.M.U.) Lunch.  
 Rositer's Sea food and steaks.

Olney, Md.

Olney Inn. Country foods. Quiet and  
 good bar-lounge.

Washington, D.C.

Mayflower Hotel. But a la carte menu  
 in town (A.M.U.)  
 Harvey's (A.M.U.) Sea food and game  
 Occidental (AMU) Steak a la Russ, also  
 sea food.  
 O'Donnell's (A.M.U.) (old) Rum buns.  
 Devil'd Crab. Planked Steak.  
 Pierre's French food.  
 Napoleon's (AMU) French food. Pastries  
 Old New Orleans (AMU) Creole stews  
 and rice. Hot slaw.  
 Old Chit. Lunch of corned beef and  
 cabbage. Beer. (AMU)  
 A. & W. Hat Shoppe (AMU) Best shirt orders in town.

Atlantic City, N. J.

Child's Restaurants for all meals  
Hackney's (A.M.U.) Sea foods.

Wilmington, Del.

De Pont Hotel. (A.M.U.) Best but expensive.

Trenton, N. J.

Stacy Trent Hotel. (A.M.U.) Steaks

Stockton, N. J.

College Inn. Eat outside. Shrimp (A.M.U.)

Camden, N. J.

Walt Whitman Hotel. Good steaks.

Danbury, Conn.

Hotel Green. (A.M.U.) Lunch

~~New Canaan~~

New Canaan, Conn.

Yale Barns (A.M.U.) Dinner, steaks, sea food.

Woodbury, Conn.

Old Hundred. Chicken dinner (A.M.U.)

Curtis House (A.M.U.) Good for all meals.

Norwich, Conn.

Norwich Inn.

Waterbury, Conn.

Hotel Clinton. Lunch.

Providence, R. I.

Hotel Biltmore. (A.M.U.) All meals.

Child's Restaurants (A.M.U.) Breakfast of  
either pancakes or R. I. Johnny cake.

Boston, Mass.

India House

Peronnie's Sea food

9 Joy Street Chinese

Dinty Moore's Corned Beef and Cabbage.

Copley Plaza. Lunch. Spanish omelet  
and sausage. (AMU)

Oyster Bar (South Station) (AMU) Seafood.

Parker House - All meals. Clogs and  
Coffee shop. (Dargen Park)Portsmouth, N. H.

Rockingham Hotel. Good sea food.

Portland, Maine. (SEE PAGE 66)Cutland Hotel (AMU) Sea food. Break-  
fasts in Daniel Room.Booner (AMU) Sea food. Best on the  
Atlantic.

Howard Johnson's Fried Clams. (AMU)

Lewiston, Maine

Rath's Ice Cream (AMU)

De Witt Hotel (AMU) Bar.

Brunswick, Maine.

Jergan's College Inn (AMU) Sandwiches.

Augusta, MaineAugusta House. Bar. Sea food  
Blueberries. Sweet corn.

Bangor, Maine

Bangor House. Sweet corn. Clam  
chowder. Blueberry pie.

Crawford Hatch, N.H.

Crawford House. Best in the White Mts.

Greenfield, Mass.

Weldon Hotel. Steaks and Chop

Bernardston, Mass.

Bernardston Inn. Chicken and Turkey dinner.

Rockport, Mass.

Blacksmith's Shop. Store dinner.

Brockton, Mass.

Toll House. Planked Steak.

Concord, Mass.

Hartwell Farms. outside. Chicken  
dinner. Desert, Indian pudding  
with ice cream.

Stowe, Vt.

Mt. Mansfield Hotel (A.M.U.) Ski. Maple  
sugar products.

Williamstown, Mass.

Williams Inn. College Inn. (A.M.U.)

Dithica, N.Y.

Dithica Hotel. Dutch kitchen Bar and snacks

Buffalo, N.Y.

Stable Hotel. Good steaks. Coffee shop.

Richmond, Va.

John Marshall Hotel (AMU) Southern cooking;  
Byrd Hotel. Old Southern Inn. Good.

Charlottesville, Va.

Hotel Monticello. Best in town. (AMU)  
Southern Restaurant. Sandwiches, ect. (AMU)

Apton, Va.

Apton Hotel (A.M.U.) Southern end of the  
Skyline Drive. Good food and view

Waynesboro, Va.

General Wayne Hotel (AMU) Good food.  
Southern Restaurant. (AMU) Sandwiches, ect.

Staunton, Va.

Stonewall Jackson Hotel and County Club. (AMU)  
Southern food - fried apples.

Lexington, Va.

Southern Restaurant. (A.M.U.) Sandwiches, ect.

Winchester, Va.

Geary Washington Hotel. Apples.

Roanoke, Va.

Roanoke Hotel. Spoon bread and  
Fried chicken

Fredricksburg, Va.

Princess Anne Hotel. Ham for  
sale. Very good. (AMU)

Martha Washington Tea Room. Cinnamon  
toast and tea. Good.

Warrenton, Va.

Hotel Warren. Excellent foods.

Lynchburg, Va.

Southern Restaurant (AMU) Sandwiches and Lunch.

Wytheville, Va.

Hungary Mather's Fried chicken

Alexandria, Va.

Godby's Tavern. Geo. Washington etc. beer.

Colonial meals.

Durham, N.C.

Geo. Washington Duke Hotel. (A.M.U.) Good

Toddle House. Pecan Pie (AMU)

Winston - Salem, N.C.

Toddle House, Pecan Pie. Pancakes (AMU)

Robert C. Lee Good food - Roof Garden, Coffee Shop, and Dining Room.

Charlotte, N.C.

Hotel Charlotte. (A.M.U.) The Tavern Good food.

S. and W. Cafeteria. Good food.

Oriental. All Chinese dishes.

Laurinburg, N.C.

Commercial Cafe (AMU) Good start orders.

Chapel Hill, N.C.

Carolina Inn. (A.M.U.) Good southern food

Raleigh, N.C.

Sir Walter Hotel. Coffee Shop.

The Clma - Boarding House. Dinner good.

S. + W. Cafeteria (A.M.U.) Good.

Atlanta, Ga.

Original Waffle Shop. Breakfast.  
 Ansley Hotel (AMU) Roof garden. Steaks.  
 Biltmore Hotel (AMU) Steaks. Buckwheat cakes.  
 Pig and Whistle Barbecue.  
 Henry Grady Hotel Rathskeller.

Columbus, Ga.

Ralston Hotel (AMU) Good  
 Heim Roberts (AMU) Steaks  
 New Zoo Zoo (AMU) Chicken in the Rough  
 Pat Patterson's Fried Catfish.

Miami, Fla.

Mother Kelly's Chicken and Steak  
 Miami Biltmore Good. Expensive

Tampa, Fla.

Ybor City. Spanish and Cuban foods. (Seabuck)

Cincinnati, Ohio.

Netherland Plaza. Best hotel in town.  
 Gibson Hotel. Rathskeller and the  
 Sidewalk Cafe. Key hole Bar  
 Hotel Metropole. Steaks.  
 Wheel Cafe Everything. Good.  
 Sheulen's Sea food  
 Mecklenburg's German foods.  
 Mariemont Inn Anything.  
 Seven Gables Inn Good eating.

Covington, Ky.

Beverly Hills

Night Club.

Lookout House

Night club.

Lexington, Ky.

Canary Cottage

Drinks and Food

Harrodsburg, Ky.

Beaumont Inn

Fried Chicken

"Back" Stewart age - "Exceptional"

Louisville, Ky.

Brown Hotel

English Grill

Canary Cottage

Drinks and Food

French Village

Excellent food.

New Orleans, La.

Galatoire's

Sea food.

Roosevelt Hotel (AMU) "Home of the Gin Romee."

Blue Room for food.

Antoine's

A famous restaurant with excellent food. Expensive

Arnaud's

French food.

Selma Ala.Birmingham, Ala.

Tutwiler Hotel. Excellent dining room and bar.

Address. James Addison - 7 Great Western Dr., Glasgow, Scotland.





Chicago, Ill.

Palmer House (Amu) Victorian Room, Empire Room and Petite Cafe. All excellent.

Drake Hotel Cape Cod Room. Seafood.

Gar Russian food. Good

Hardings. Lunch. Get ham.

Triangle Cafeteria. Baked Idaho potato

Berghoff Restaurant. Thuringer sausage

Valentine's. Beer and cheese

Drelandi Sea food.

Deutch's.

German foods. Beer

PHIL SCHMIDT

FRIED PERCH - ALL YOU CAN EAT FOR \$1.25

Frankenmuth, Mich.

Frankenmuth Inn. Home brewed beer and fried chicken. Good.

Hart. Washington, Wis.

Smith's Whitefish

Milwaukee, Wis.

Mader's German foods

Schroeder Hotel

The Hub. Sea food

Madison, Wis.

Uphoff's All good.

Hopman German food

Park Hotel

Larain Hotel

Jimmi's Italian.

Ashland, Wis.

Chidwa - Lake trout. Chicken.

Minneapolis, Minn

Hotel Nicolet. Jolly Miller Bar,  
Minnesota Terrace. Excellent.

Charlie's Cafe Exceptional. Steaks  
and chops.

Bridgman's. Ice cream parlors.

Livingston, Mont.

Northern Pacific Restaurant. Steak and  
baked Idaho potato

Helena, Mont.

Placer Hotel. Good food.

Salt Lake City, Utah

Sutton's Cafe Steaks. Very good.

Rotisserie Inn Italian food

Kwong Tom Sow Chinese

Capri Spaghetti

Coan Chicken Inn outside of town.

Fried chicken.

Denver, Colo.

Cosmopolitan Hotel Good food

Boggio's Italian food

Bennett's Steak House Steaks

Golden Pheasant Roast fowl

Bauer's Candies, Exceptionally good Ice Cream

Brown Palace Hotel.

24th St - Best Steaks.

Kansas City, Mo.

Muebeck Hotel . Grill

Italian Gardens Spagette a la caruso

Southern Mansion Steaks and chicken

Toddle House Ice box pie

Coats House Steaks . Very good

Jim Lee's Beer, food, cheese.

President Hotel

Oklahoma, City, Okla.

Bishop's Rest Charcoal steaks

Cattlemen's Cafe . Steaks and meats

Black Hotel Silver Lounge for  
dinner and dancing.Dallas, Texas

The Village Italian food

Little Mexico Mexican food

Sizzling Steak Cafe . Best Steaks

Goody Goody Cafe Chicken Pot Pie

Magnolia Barbecue Best barbecue .

Rockyfiller Hamburgers, good  
breakfast, Boston Cream Pie .Fort Worth, Texas

Fizzer Jack's Barbecue beef and pork

Westbrook Hotel Dinner

Virginia Waffle Shop Waffles

San Antonio, Texas

Manhattan Cafe Mexican food.  
 La Louisiane French food. Chicken  
 Princes Hamburgers.  
 Gunner Hotel Good food  
 St. Anthony Hotel Dinner  
 LESLIE'S CHICKEN SHACK FRIED CHICKEN PAT. PROSS.

Austin, Texas

Wilsberg's Cafe. Sir loin steak and  
 hashed browned potatoes  
 El Patio. Mexican food  
 Langhorn Waffle Shop. Waffles  
 Drinkelle Hotel pies and cakes  
 Borden's Cafe Barbecue and malted milk.

El Paso, Texas

Hilton Hotel. Dining room is good  
 Del Norte Hotel Dining room  
 Carrey Hotel Best. Grill room  
 Ashley's Mexican foods.

Albuquerque, N. Mex.

Hilton Hotel Dining room  
 El Fidel Hotel

Gallap, N. Mex

Rancho Grande Hotel Excellent bar and grill

Santa Fe, N. Mex.

La Honda (Fred Harvey) The best in town.

Tucson, Ariz.

San Carlos Restaurant. Steaks.

Pioneer Hotel. Good food

Los Angeles, Cal.

Biltmore Hotel (AMU) Excellent dining room

Beverly-Wilshire Hotel. Excellent

The Players Lunch.

Armstrong-Schroeder Good food. All meals

Brown Derby Anytime dine and dance

Ambassador Hotel Good

Farmers Market Open air lunch

Tip's Old fashion breakfast with  
lateaker. Also Hamburger

Dirty Moore Corned beef and cabbage

Union Station (AMU) Good quick meals

Luca's Italian

Japanese Noodle House Japanese food

El Rancho Mexican and Spanish

Hofbrau German food

Bubliciki Russian. <sup>Vodka Cocktail</sup> expensive.

Stevens Ice Cream

Von de Kampz Breakfast, bakery  
products. Lunch and deserts

French Bakery Cookies and pastries

Ahren's Bake Shop. Pies, egg nog or  
mince meat.

San Diego, Cal.

Hamilton's. Fancy grocer.

U. S. Grant Hotel Good dining

Monterey, Cal.Del Monte Hotel A resort hotel with  
good food, sports, and entertainment.  
Stay in new part of hotel. Its best.

Pop Ernest's Chowder

Carmel, Cal.

New Hotel. Good food.

Santa Cruz, Cal.

Santa Cruz Capitola Good hotel and food

Lake Tahoe, Cal.

Tahoe Tavern Op. Ry. Good family resort.

San Francisco, Cal.

St. Francis Hotel (AMU) Dining room.

Excellent bar. Pastry Shop.

Cliff House. "Brunch" Mixed grill.

English muffins and honey

Top of the Mark. Bar with view.

Palace Hotel. Palm Court for

Planked Steak and Baked Alaska

The Shadow German food. Very good.

Bit of Sweden Smorgasbord.

Van Cise's Italian foods and  
roast beef.Mario and Frank's. Chicken or steak  
boiled in wine.

San Francisco, Cal. (Cont.)

Kit Karson's Lunch. Excellent bar.

Ham and eggs

Fairmont Hotel. Rich food. Chafing dish

San Francisco Drake Hotel. The grill for  
club breakfast. Excellent bar.

King's Waffle Shop. Waffles.

Original Joe's Big hamburger.

Fisherman's Wharf. (AMU) Shrimp. Prawns  
Clam Chowder, Crab salad.

Som's Grill Green turtle soup and  
devilled crab.

Russelli's Pastry Shop.

Catman Ice Cream. Malted Milk

Biscuit Shop.

Raron's Pie Shop. Pies and more pies.

Simam Brothers. Candies and chocolate  
dollars.

Portland, Ore.

Oregon Oyster House. Sea foods

Cade's Spanish food

Henry Thielen Seafood and Steaks

Benson Hotel Dining room

Yours. Hamburgers and potatoes

Pine Street Coffee House. German food. Get  
potato pan cakes.



Seattle, Wash.

Olympic Hotel. Dining room and grill  
Maison Blanche

Vancouver, B. C. Canada

Vancouver Hotel. Main dining room.  
Excellent coffee

Quebec, Canada.

Chateau Frontenac. A very good  
Hotel. Excellent food.

Toronto, Canada.

King Edward Hotel. Good food.

Montreal, Canada.

Mount Royal Hotel - Commercial  
Berkeley. Quiet with a good dining room  
Au Petit Robison. French-Canadian -  
excellent food.

Cafe Martin. Upstairs dining room  
features French cuisine.

Mexico City, Mexico.

Reforma Hotel.

OKLAHOMA CITY	60	SEATTLE, WASH.	65	TORONTO, CANADA	65
PHILADELPHIA, PA.	48	SAN FRANCISCO, CAL.	63-4	TUCSON, ARIZ.	62
PORTLAND, ME.	51466	SANTA CRUZ, CAL.	63	TERRE HAUTE IND.	57
PORTLAND, ORE.	64	SAN DIEGO, CAL.	63	TAMPA, FLA.	55
PORTSMOUTH, N.H.	51	SANTA FE N. MEX.	61	TRENTON, N.J.	50
PROVIDENCE, R.I.	50	SAN ANTONIO, TEX.	61	VANCOUVER, B.C. CANADA	65
QUEBECK, CAN.	65	SALT LAKE CITY, UTAH	59	WASHINGTON D.C.	49
RALEIGH, N.C.	54	ST LOUIS, MO.	57	WAYNESBORO, VA.	53
ROANOKE VA.	53	STAUNTON, VA.	53	WILMINGTON, DEL.	50
RICHMOND, VA.	53	STEE, VT.	52	WOODBURY, CONN.	50
ROCKPORT, MASS.	52	STOUGHTON, N.J.	50	WATER BURY, CONN.	50

Cape Cod, Mass.

Toll House. Excellent. Open fireplace, shore dinners, breads. Exceptional. see P. 52

Twin Lights, Maine. (Near U.S. Coast Guard Station)

Fishing shack (A.M.U.) Lobster and fried clam cakes.

Old Orchard Beach, Maine

Pier - (A.M.U.) Fried potatoes. Fried while you wait

Westbrook, Maine

Tonia Restaurant (A.M.U.) Good food. Cheap.

Auburn, Maine

Clark's Diner (A.M.U.) Car service. Hot dogs and hamburgers. Excellent.

Portland, Maine

Forest Lane Diner (A.M.U.) Short orders. Good

Stevens (A.M.U.) After the show. Hamburgers.

Hay's (A.M.U.) Famous Fine Fruit Punch

Columbia Hotel, Longfellow Hotel, Congress Square Hotel. Bars.

Bowman's (A.M.U.) Either in town or on

Cape Elizabeth. Excellent food. Reasonable prices

Shaw's (A.M.U.) Native groceries and restaurant. Excellent

Taos, New Mexico. July 25-26 Summer Fiesta (Spanish)

September (last 3 days) San Geronimo Fiesta (Indian)

Jack Bayar - Guide and information.

Thruout the West and South West - stop at United Auto Courts. Good & Reasonable.

## Dining Car Specialties

City of Denver Union Pacific Ry Chicago to Denver  
Frontier Bar Steak.

Yankee Clipper New Haven Ry New York and Boston  
Browned Rib - Ends of Beef. Wine and  
Groceries furnished by S. S. Pierce Co.

Lark Southern Pacific Ry. S. Francisco to L. Angeles  
Breakfast: Fresh fish with thick cream.  
Lunch: S. P. Salad Bowl

20.<sup>th</sup> Century Limited New York Central New York - Chicago  
Lake Erie Whitefish. Colony Restaurant.

Scenic Limited Denver and Rio Grande Western - Denver to  
Salt Lake City. Fried Colorado Mountain  
Fruit. See page 2.

Geo. Washington Chesapeake and Ohio. Washington  
to Chicago. Tavern diner. Colonial meals

Super Chief Santa Fe Ry Los Angeles - Chicago  
Fred Harvey dining car service

City of Los Angeles. Union Pacific - Southern Pacific.  
Chicago and Los Angeles. "Most elaborate  
eating arrangements of any train  
in the world. Little Rugged Bar." Lucie Beebe

North Coast Limited. Northern Pacific Ry - Seattle - Chicago  
Steak and a Big Baked Idaho Potato  
with a pound of butter melting  
out. Costs only \$1.75. All you can  
eat.

- Olympian Milwaukee Road Seattle - Chicago  
Macaroni and Cheese en Casarole
- Royal Blue Baltimore and Ohio Washington and  
New York. Colonial diners
- Daylight. Southern Pacific S. Francisco - L. Angeles  
S. P. Salad Bowl and Meat Casarole
- Senator Pennsylvania - New Haven Boston and  
Washington. Cod fish coter and Stew diner
- Congressional Lim. Pennsylvania Washington - New York  
Congressional Steak and P.R.R. Salad Bowl
- Hiawatha Milwaukee Road Chicago - St. Paul  
Tip-Top - Tap - Car (the bar)
- Kennebec Lim. Boston and Maine - Maine Central.  
Boston to Bangor. Pancakes, hot maple  
syrup, blueberry muffins and blueberry pie.
- Broadway Lim. Pennsylvania Chicago - New York  
Steak diner. After nine - a night club.
- Crescent Lim. Southern Ry. Washington - New Orleans  
Southern breakfast. Ham and eggs, hot  
biscuits, grits and gravy.
- Cotton States Special Seaboard Air Line New York  
to St. Petersburg, Fla. Southern cooking  
with good bar car.
- Pocahontas Norfolk and Western Norfolk to  
Cincinnati. Virginia side water Lam.  
Best by far.

Bar Harbor Exp. Pennsylvania - New Haven - Boston  
and Maine - Maine Central R.R. Washington  
to Bar Harbor. (Summer only). New  
England Shore dinner. Maine sweet corn.

The New England States New York Central - Boston and  
Albany Ry. Boston and Chicago. Hot  
breakfast; Baked Apple with thick cream.

Sunset Limited Southern Pacific New Orleans -  
San Francisco. All of the "Eagle's" good  
foods. Fizz, Caesar salad, and Salad Bowl.

The Transcontinental Ltd. Canadian Pacific.  
Montreal to Vancouver. Canadian Bacon  
and dairy products.

The Dominion Canadian National Montreal  
to Vancouver. Fresh late fruit and  
other Canadian food products.

The Banker New Haven Ry. New Haven - New York.  
A commuter train. Breakfast of  
Baked Beans and Cold Fish Cakes.

Florida Special Atlantic Coast Line New York -  
Miami. Recreation Bar Car with food.  
Also a cute hostess.

Black Diamond - Lehigh Valley New York - Buffalo.  
Steak and Prime Ribbe of Beef au jus.

Empire Builder Great Northern Ry. Seattle -  
Chicago. Columbia River Salmon  
Steak with lemon and drawn butter.

- The Challenger Union Pacific Los Angeles - Chicago  
Famous Economy meals \$.30 \$.35 + \$1.00
- Alton Limited Alton R.R. St. Louis - Chicago  
Grilled Pork Chops and Apple Sauce
- The Scout Santa Fe Chicago - Los Angeles  
Economy meals. Fred Harvey Service
- The Pan-American Louisville and Nashville. Chicago -  
New Orleans. Creole meals. French.
- Kansas City Limited Wabash Ry. St. Louis - Kansas City  
Steaks and meat dishes.
- Robert C. Lee Seaboard Air Line Washington -  
St. Petersburg, Fla. Corn bread.
- Spirit of St. Louis Pennsylvania St. Louis - New York  
Roast leg of Lamb with Mint Jelly
- Knickerbocker New York Central St. Louis - New York  
Steaks, White fish, and Turkey.
- Orange Blossom Special Seaboard Air Line New York  
St. Petersburg. Fried Chicken and cornbread.
- The Sportsman Chesapeake and Ohio. Louisville, Ky.  
Washington. Tavern dinner. Horn or Steaks.  
Get the Geo. Washington dinner
- The Rochester, Chicago and North Western. Chicago -  
Rochester, Minn. (Mayo Clinic) This train is  
made up with special cars for easy loading  
of stretcher cases. It is known as the  
Ennillid's Limited. A dietitian and doctor  
supervise the meals. A special car will  
be added for Zentraj P. O. W. S.

Merchants' Limited New Haven R.R. New York - Boston

New England Bailed Dinner.

The Ft. H. V. Chesapeake and Ohio St. Louis - Washington.

Tavern diner. Get hot apple pie.

The Arlington Pennsylvania Washington to

New York. Charcoal broiled steak sandwich  
in the Lounge Car.

The Puritan New Haven Boston - New York

New Haven's Junior Grill Car for lunch.

The Columbine Baltimore and Ohio New York -

Washington. Colonial Diner as the  
Counter car. Good food in both.

The Pennsylvania Lin. Pennsylvania R.R. New York -

Chicago. Prime Ribs of Beef (New York Cut)

Portland Rose Union Pacific and Chicago and North

Western. Excellent food and drinks  
Portland, Ore. to Chicago.

Green Diamond Illinois Central Chicago -

St. Louis. Spicy food. French cooking

Sunshine Special Texas Pacific. St. Louis -

San Antonio. Mexican Food.

City of Mexico Missouri Pacific Ry. St. Louis -

Mexico City. Mexican, Spanish, and  
American foods.

## Past - Scripts

### Cinnamon Toast:

Toast on one side only, slices of bread. Spread on un-toasted side, butter with a drop or two of vanilla added, dust with cinnamon and brown sugar. Place under a broiler until the sugar melts and bread is toasted.

### Molasses Pie:

3 eggs (beaten)	1/2 lbs cinnamon
3/4 cup brown sugar	1/2 lbs. salt
1/2 lbs. nutmeg	2 lbs. butter
1 lbs. flour	1 lbs. cornstarch
1 1/2 cups molasses	

Mix well and pour into a pie shell (open) and bake for 25 min. in a 450° oven. Cool and serve either plain or with whipped cream.

### Milky Way Pie:

2 candy bars	3 lbs. cream
4 lbs. butter	Graham Cracker Crumbs

Melt candy bars, add butter, cream, and enough graham crackers for a filler. Pour into a graham cracker pie crust, chill and serve with whipped cream. Or, roll the thickened melted candy bars in balls, sprinkle with powdered sugar and chill.



Candy Stuffed Cookies.

Roll out any type of cookie dough. Cut into rectangles, fill center with sliced candy bar - about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Fold dough over top, seal, and bake.

Date Puffs.

$\frac{1}{3}$  cup sweetened condensed milk

1 cup chopped dates

2 cups Graham Cracker Crumbs.

Combine and roll into small balls. Fry in deep fat, dust with powdered sugar (after draining) cool and serve.

Crullers:

2 oz. butter

1 lb. flour

4 oz sugar (brown)

$\frac{1}{2}$  oz. baking powder

2 Eggs

$\frac{1}{4}$  pt. milk.

$\frac{1}{16}$  oz vanilla extract

Cream butter and sugar together, add in extract. Add well beaten eggs. Mix dry ingredients together and sift on top of mixture. Add milk and make a smooth dough. Roll out  $\frac{1}{2}$  in thick, cut with a doughnut cutter and fry in deep fat until a golden brown. Drain and dust with powdered sugar. Make 19 crullers. Instead of cutting like a doughnut. Roll out and cut into square and fill with, honey, peanut butter, grape jelly, or any dried fruit - raisins, dates, prunes, or figs.

Chocolate Ice Cream - My own.

½ qt. milk

½ qt. cream (coffee or whipping)

1½ packages Jell-o Chocolate Ice Cream mix

2/5 eggs.

A little sugar.

Follow the mixing directions on Jell-o package. Quantities used here are for richer than on box, but mixed the same way. The resulting ice cream will be smooth and extremely rich.

Pancakes:

If you use any of the Aunt Jemima prepared mixes (Pancake or Buckwheat Cakes) use milk in place of water, add 2 lbs. sugar to each cup of flour, add 2 lbs. of butter to each cup of flour, add 1 or 2 eggs to each cup of flour. Condensed or evaporated milk (un-cut) is better than whole milk. Mix your dry ingredients, cut in the butter or melt and add together with eggs. Add enough milk to make a batter that will be smooth, free from lumps, and able to support a spoon. It will pour slowly from a pitcher. Add your milk a little at a time - if you use a large amount of eggs, butter, a quarter teaspoon extra <sup>of baking powder</sup> may be needed. Fry cakes on a slow fire and have them ¼ to ½ inch thick. Serve in stacks, hot, with butter and syrup.

Dried Figs:

Soak and stew for sauce on ice cream  
Chopped up fine for cakes, breads, cookies  
and condis

Fig surrip - good for children

Fresh Figs:

Either green or black. The black is  
sweeter and has less seeds.

Serve fresh with thick cream - or  
you would sliced peaches.

(My thanks to Tom M. See for the above)

Whole wheat Nut Loaf:

1 egg	½ tsp. salt	½ cup raisins
1 cup milk	4 tsp baking pow.	½ cup brown sugar
2 cups W.W. flour	½ cup nuts	

Mix egg, well beaten and milk, add to the dry  
ingredients which have been mixed. Bake for one  
hour in a 375° oven in a bread pan.

Fruit Cake (uncooked)

3 lbs. raisins	2 lbs. figs
2 lbs. dates	¼ lb. orange peel
½ lb. candied pineapple	1 cup sugar
¼ lb. citron peel	¼ lb. candied lemon peel
2 lbs. pecans	2 lbs. cinnamon
1 lbs. nutmeg	½ lbs. cloves
1 lbs. salt	1 orange, juice, and rind
½ cup fruit juice	

Chop all fruits and nuts fine, put through a mincer  
three times. Line a bread pan with wax paper, press  
cake into pan and weight down to form mold. Keep  
for 10/15 days before using. Will keep longer if needed.

Honey Fritters:

3 cups raisins	milk
3 cups peanut butter	whole wheat flour
3 cups honey	1 tea spoon baking pow
	½ tea spoon salt

Mix raisins and peanut butter together. Add to  
the whole wheat flour and honey, enough milk to make a  
dough. Cut off with a spoon, the size of an egg, and fry  
in deep fat. Salt and baking powder added just before food mixer

Sweet Dough  
Cobbler  
Dale - not bread

### Oatmeal Cookies

1 1/2 cup flour	1/2 lbs. salt
1/3 cup butter	3/4 cup brown sugar
1/4 tsp. baking soda	1 egg
1 cup oatmeal	1 cup raisins.

Combine all ingredients well, mix in the raisins last. Roll out, cut, bake in 350° oven 'till done.

### Date - Nut Loaf.

Oatmeal Cookie dough (as above less the raisins). Fill pan with alternate layers of dough, sprinkle with brown sugar, and chopped dates. Bake at 350° till done.

### Honey Bars.

1 cup honey	1 1/3 cup flour
3 eggs	1 lb chopped dates - or
1 tsp. baking powder	raisins and nuts.

Mix honey and eggs together. Add baking powder and flour then dates. Bake 1/4" deep in a flat tin, cut in convenient sizes, roll in powdered sugar. Eat as a candy or a cookie.

## Buckwheat Cakes

"Herself and the Houseful" by J. A. Daly pp 106

Serves 9 -

3  $\frac{3}{4}$  cups (a scant quart) of straight old fashioned buckwheat flour

1 Teas. salt.

$\frac{1}{2}$  yeast cake, dissolved in 1 cup lukewarm water

1 qt. water

$\frac{1}{4}$  Teas. baking soda

1 Tablesp. black molasses (heaping)

(Additional and replacements  
use milk instead of water  
add three eggs  
add one or more lbs. butter)

Into a tall pitcher pour alternately the flour and water

and keep stirring until it is smooth and free from lumps.

Add the cup of yeast and stir for another two minutes. Cover

top of pitcher and place an overflow dish underneath.

Let stand overnight in a moderately warm corner.

Next morning - pour the overflow back in, add heaping

soda, dissolved in a little boiling water and a generous table-

spoonful of black molasses. Cook, "serve with melted butter -  
plenty of it - and maple syrup or powdered sugar (use a straight pancake batter -  
using white flour.)

A side dish of scrapple makes this Philadelphia breakfast  
complete. Hint - heat the maple syrup also.

## Apple Crisp.

Peel, core, and slice hard tart apples. Mix together  
with fingers (or fork) until crumbly - 1 cup brown sugar

$\frac{2}{3}$  cup flour and butter. Place alternately apples, sugar  
mixture and cinnamon (sugar top layer) in a casserole.

Dot top with butter, bake, serve hot with cream.

Use - Peanut butter with Ice cream.

Peanut butter and honey (1-1) as an Ice cream  
sauce.

### Chocolate Polka Dot Cake

2 cups cake flour (Denville brand)  
1 tsp soda  
1/4 tsp salt  
1/2 cup butter  
1 1/4 cup brown sugar

2 eggs  
3 sqs. Baker's un-  
sweetened Choco-  
late, melted  
1 cup milk  
1 tsp. vanilla

### Baker's Add in Life

3 large bananas  
2 cups whipping  
cream - whipped  
and sweetened.

Sift flour, soda, and salt. Cream butter add sugar and cream. Add eggs one at a time then add the melted chocolate and blend. Add flour alternately with milk a little at a time, beating until smooth. Bake in greased 10x10x2 pan in 325° oven for 60 min. Cool.

Cut 16 banana slices - round dot - dip in buttersweet coating made by melting 2 sqs. chocolate and 2 tsp. butter. Let stand on wax paper until set. Slice remaining banana and arrange in 4 rows on top of cake. Spread with whipped cream, put dipped banana on top. Cut in 2 1/2" squares.

Bakers also puts out "Dot Chocolate or German's Sweet Chocolate. Also Semi Sweet Chocolate Bar for cookies printed on its wrapper

Hint - Never melt chocolate over direct heat. Place in round bottom bowl and melt over hot water

Send away to - Baker's Favorite Chocolate Recipes - General Foods Corp, Battle Creek, Mich. #.15 needed.  
P.T.O.

### Brownies.

Measure  $\frac{2}{3}$  cup flour, add  $\frac{1}{2}$  tea. baking powder and  $\frac{1}{4}$  tea. salt. Melt  $\frac{1}{3}$  cup butter and 2 sqs. Unsweet Chocolate over hot (boiling) water. Add 1 cup sugar gradually to 2 well beaten eggs: then add chocolate mixture and blend. Add flour, mix well, then add  $\frac{1}{2}$  cup broken walnut meats and 1 tea. vanilla. Bake in greased pan  $8 \times 8 \times 2$  in  $350^{\circ}$  oven for 35 min. Cut in squares, remove from pan and cool. Makes 24 brownies.

### Easy Chocolate Frosting - (for Devil's Food)

Melt 3 or 4 squares unsweet chocolate and 3 tablespoons butter as described above. Measure 3 cups confectioners' sugar and add  $\frac{1}{8}$  tea salt, 7 tablespoons milk (evaporated) and 1 tea. vanilla: Blend. Add hot chocolate mixture and mix well. Let stand until right consistency to spread. For use on layer cakes or cup cakes. (Sweetened Condensed Milk may be used)

Send away for - "Cookbook of 1300 Recipes" Borden Co., 350 Madison Ave N.Y.C. Also Eagle Brand Magic Recipes



Linerwurst Spread

Fry linerwurst - place on a piece of rye bread and cover with strips of cheese. Place in broiler to melt the cheese slightly.

Fig-Date Desert.

1 1/2 cups figs or dates      1 lbs. Honey  
1/4 cup chopped nuts      1 lbs. lemon juice.

Serve on sweet bun, cake, or bread - topped with whipped cream.

Caramel Rafts.

After boiling sweetened condensed milk 'till caramelized - spread on graham crackers or other pastry. Top with whipped cream and a cherry.

Spoon Bread (Thos. Jefferson's Recipe)

1 cup yellow corn meal      3/4 tsp salt  
1 qt. milk      3/4 lbs. sugar  
1 large lbs. butter.

Place milk in double boiler, when it becomes very hot add other ingredients, cook for 1 hour. Then place in a baking dish and bake 30 min. in a 400° oven. Serve as a starch or as a desert with maple syrup.

(OVER)

### Sweet Sauce

$\frac{1}{2}$  flour,  $\frac{1}{2}$  sugar, a little milk, nutmeg.  
Cook until thickens. For use on -cake (plain) bread and rice puddings.

### Sweetened Condensed Milk Utes and Dreams.

1. Boil until hard.
2. Boil until runny and use on hot biscuits, waffles etc.
3. Add soluble coffee and eat, whip, or freeze.
4. Pour on cake as a sauce.
5. Pour over fresh berries.
6. Use with dry cereal.
7. Mix with chocolate sauce and use on cakes.
8. Mix with cocoa or grated sweet chocolate. Similar to Klem etc.
9. Mix with 1 cup pitted dates and enough cracker crumbs to make a stiff batter. Bake 15 mins. Can use raisins.
10. Mix with canned prune juice for a drink. Or add to a dish of stewed prunes.
- 11.

Purchases from Fluke's

- 3 jars Mint Jelly
- 3 jars Guava Jelly
- 6 jars Blackberry Jam
- 2 tins Doc's Butter Thins
- 2 lbs. English Toffee (Rum)
- 2 lbs. Marsh (for frying)
- 6 boxes Graham crackers
- 6 tins Park Pie
- 6 tins Doc's Pudding
- 6 tins Plum Pudding
- 6 tins Beef Stew
- 6 tins Mushrooms
- 2 lbs. Peanut brittle.
- 2 pkts. Cheese Sticks
- 6 tins Tomato Paste
- 1 pk. Big Homony
- 1 bot. ea Vanilla and Lemon Extract.
- 3 jars Shrimp
- 6 cans Crab meat.
- 6 cans Lamb Stew
- 6 cans Brunswick Stew.
- 6 cans Biscalli
- 2 lbs. Fudge
- 6 cans Fudge sauce (Shraft's)
- 6 cans Bartlett Pears
- 6 cans Princess Anne Cherries
- 5 lbs. Bing Cherries
- 2 bot. Hay's Five Fruit Punch
- 2 loaves Date Nut Bread
- 6 boxes Macaroni
- 3 cans Pumpkin Pie

- 5 lbs. Chocolate Marshmallow Cookies
- 1 can Grated Coconut
- 5 lbs. Marshmallows (Campfire)

Purchases from Stephen

F. Whitman and Sons.

- 2 Samperles (1 lb. ea.)
- 2 lbs Minty Marlowes
- 2 cans Chocolate Scrup
- 2 cans Marshmallow Scrup
- 2 cans Hat Judge Scrup
- 2 lbs. Chocolate Cherries
- 2 lbs. Chocolate Marshmallows.

Purchases from Shrafts

- 6 cans Butter Scotch Sauce
- 6 boxes Coaco
- 6 jars Guava jelly
- 6 jars Current jelly
- 1 Angel Food Cake
- 1 lb. Oatmeal Cookies
- 1 lb. Sugar Cookies
- 1 lb. Brownies
- 1 lb. Toll House Cookies
- Doesn't state their different kinds of candies.

Soft Molasses Cookies

1 lb. flour (plain) ( $\frac{1}{2}$ )	$\frac{1}{2}$ lb molasses ( $\frac{1}{4}$ )	$\frac{1}{2}$ tsp. Baking powder ( $\frac{1}{4}$ )
$\frac{1}{2}$ lb. flour (pastry) ( $\frac{1}{4}$ )	3 oz shortening ( $\frac{1}{2}$ )	$\frac{1}{4}$ oz salt ( $\frac{1}{8}$ )
1 lb sugar ( $\frac{1}{2}$ )	$\frac{1}{4}$ lb butter ( $\frac{1}{8}$ )	$\frac{1}{4}$ oz vanilla ( $\frac{1}{8}$ )
6 eggs (4)	12 oz milk (6) (condensed)	$\frac{1}{8}$ oz cinnamon ( $\frac{1}{16}$ )

Follow usual method of mixing  
and baking.

Ice Box Cookies

Melt 2 plain chocolate bars down, add 4 tbs butter, dash of  
cinnamon, 3 lbs. cream and Graham cracker crumbs until  
stiff. Form into cakes and chill in ice box.

### Preserved Peaches.

Halve and pit fresh peaches. Make a simple syrup. Fill Mason jars  $\frac{3}{4}$  full with peaches and fill remaining part of jar with simple syrup. Place sealed jars in boiling water for  $\frac{1}{2}$  hour. Cool. Store away.

### Chess Pie.

1 cup sugar	4 oz. brandy
1 cup brown sugar	1 cup raisins
1 cup butter	1 cup nut meat (Walnut or Pecan)
4 eggs - separated	1 tsp vanilla - 1 tsp nutmeg.

Cream butter and sugar, beat egg yolks and add. Add nuts, raisins, vanilla, nutmeg, and brandy and mix well. Beat egg whites stiff and fold in. Pour into pre-baked pie shell and bake 10 min at  $350^{\circ}$ . Use egg wash on crust before baking. (1 egg white 2 tbs. water)

### Breakfast Cereal Special

Crisp your favorite dry cereal in an oven. In individual cups, place a serving of the cereal, cover with sliced bananas, dust with cinnamon and sprinkle liberally with brown sugar. Heat in medium oven until sugar melts. Serve hot with thick cream.

### Angel Food Cake Quam -

Break the cake into small pieces (1" cube) and put in a deep bowl. Pour hot fudge sauce over this and a topping of whipped cream. Eat while sauce is hot.

- or -  
Soak cube into a saturated mass and cover with a thick chocolate surip and garnish with whipped cream and cherries. An easy way to get an attractive mold is, before adding the chocolate sauce, to invert the bowl and let the mold slide out on a flat plate.

### Peanut Butter Fudge

1 cup sugar

2 lbs. butter

1 tsp. vanilla

1/4 lb. peanut butter

1 cup brown sugar

1/2 can evap. milk

1 cup marshmallows

1/8 tsp salt

Combine all ingredients, except the marshmallows. Cook to the "soft ball stage." Remove from the fire, add the marshmallows and heat until creamy. Turn into a buttered pan to cool. When it starts to set, score top.

Tuna Fish and Chips en casserole

- 1 can tuna fish
- 1 can Campbell's mushroom soup
- 1 lb potato chips.

Mix well without adding any water to the Campbell's soup. Top is covered with potato chips. Heat in an oven - serve hot.

Prune Pie.

Fill pie pans with a graham cracker crust. Into this crust pour a prune whip and top with whipped cream or marshmallow.

Chocolate Ice box cookies.

Two large chocolate bars melted, and add 4 teaspoons of butter, 2 tablespoons cream, and enough graham cracker crumbs to make a saturated solution. Spoon on greased cookie sheet - cool - place in ice box.

Peanut Butter Bread.

- 2 cups flour
- 2 tsp baking powder
- 3/4 cup peanut butter
- 1/3 cup sugar
- 1 tsp. salt.
- 1 egg - 1 cup milk

Sift dry ingredients together. Work peanut butter and egg into this with a fork. Add milk. Put into buttered pan. Bake 50/60 min. in 375° oven. ~~Do~~ in a muffin tin - 3 small balls - make a clover leaf muffin.

### Quick Ideas.

Cover yellow corn meal with boiling water and let steam a few minutes. Fry loose in butter and serve either with molasses, maple sugar, or syrup.

Try a peanut butter - chocolate malted milk

Manhattan Spread - 1 package Phila. Cream cheese and 1 tablespoon anchovy paste. Spread on wedges of bread.

Tomato Bisque - Equal parts tomato soup (Campbell's) and milk in a tall glass. Serve ice cold with cheese crackers.

Cut a cantaloupe in half - clean out and fill center with drained fruit cocktail and small portion of rum. Chill and serve with whipped cream.

Cook strawberries and sweeten. Cover hot buttered waffles with berries and top with whipped cream.

Crumble pound cake in ice cream mixture. Freeze in tray and slice, cake fashion. Serve with a hot fudge sauce.

Try devil's food and chocolate ice cream frozen together.

Breakfast Milk Shake - (Part 1) 4 or 5 scoops of ice cream,  $\frac{1}{4}$  pt. milk, 4 lbs. malted milk. Mix well. (Part 2) (another container) drained fruit cocktail, 2 eggs, some marshmallow whip. Mix well. Pour part 1 over part 2 and eat.

Midget Donut - Cut bread in 1" cubes, dip in S.C. milk, fry in deep fat. Pour strong sweetened coffee and ice cream in a tall glass.

Remember Preserved Butter - Army Spread - Kraft Cheese Chicago, Ill. and Rose Mill Pate - Still Mya. Planned Books in New York City.

Read Cross Creek by Marjorie Rawling for recipes.

Shortcakes of Raspberry, peach, blueberry and cherry.

Prune Juice mixed with Klean. Drink as on cereals.

Clabber; use evaporated condensed milk.



### Raisin Bread.

Add to original dough 1 cup of raisins and  $1\frac{1}{2}$  tsp. vanilla extract. Scale the dough into two loaves. Pan in well greased pan. Proof two times. Brush top with water icing\*. Bake 60 min at  $350^\circ$ .

### Date - Nut Bread

Use 3 cups of graham flour in original recipe (ie. 1 cup hard flour, 1 cup cake flour, 3 cups graham flour) adding also 4 cups pitted and diced, dried dates and four (4) cups of chopped nuts. Be careful in kneading to make sure dates and nuts are well distributed and not on the bottom of the loaf. Proof two times and on each knock down redistribute dates and nuts by kneading. Scale off into two loaves and pan in well greased pans. Bake for 60 min at  $350^\circ$ .

### Plain Buns.

Roll dough into a cylinder  $1\frac{1}{2}$ " and break off small pieces - about 2 oz. Roll with hands into a ball. Pan in a well greased pan 1" apart - flatten with hand slightly. Proof - flatten again. Paint tops with melted butter. Bake for 40 min. at  $360^\circ$ . (Try rum in this in place of some of the milk)  
\* Water icing. Sugar <sup>(2 cups 4x)</sup> and water.  $\frac{1}{2}$  cup butter  $\frac{1}{8}$  tsp vanilla, boil.

### Coffee Cake.

Pan dough in well greased pan about 1" thick. Proof 2 times. Paint top with butter and scatter sugar and raisins over top. Bake 15-20 min. in a 325° oven. Cover top with streusel topping. (1/2 cup soft butter, 1 cup 4(XXXX) sugar, 2 cups flour, dash of cinnamon. Combine all ingredients). This topping is put on top of cake while hot.

### Blueberry Cake.

Use a Golden Cake recipe and add almost one cup of blueberries for each cup of flour.

3. Add the diluted sponge and knead well. Proof to double size at 80°. Knock down, proof again. Knock down and handle as below.

#### Cinnamon Buns.

Roll out dough  $\frac{1}{4}$ " thick, sprinkle with cinnamon and white sugar. Liberally. Roll - seal end with milk. Cut roll in 1" slices, grease sides well and place in well greased pan well apart. Proof till double - flatten and bake 15-20 min. at 390°

#### Philadelphia Cinnamon Buns.

Roll out and sprinkle and roll up some as in above. Cut about  $1\frac{1}{2}$ " thick and squeeze into a square. Pan - in a well greased pan - close together. Sprinkle top with a few raisins and a heavy coating of sugar and cinnamon. Bake 30 min at 350°. The top sugar will melt down into the buns. Ratio of sugar and cinnamon is 1 lb. sugar: 1 oz cinnamon.

#### Doughnuts.

Roll out dough  $\frac{1}{4}$ " thick - cut with a doughnut cutter. Bench proof - flatten. Fry in deep fat at 385° to 400° until brown. Remove from grease and drain. Roll in powdered sugar, glaze, or leave plain as desired.

	GOOD AVERAGE	MAXIMUM RICH	MY IDEA
FLOUR (HARD)	5 CUPS	4 CUPS	4 CUPS
FLOUR (CAKE)	—	1 CUP	1 CUP
YEAST	1 CAKE	1 CAKE	1 CAKE
SALT	1 TSP.	1 TSP.	1 TSP
SUGAR	$\frac{3}{8}$ CUP	2 CUPS	2 CUPS
BUTTER	$\frac{1}{2}$ CUP	1 CUP	1 CUP
EGGS	3	12	6-8
WATER	$2\frac{1}{2}$ CUPS	—	—
MILK		$2\frac{1}{2}$ CUPS	$2\frac{1}{2}$ CUPS

Basic  
Sweet  
Dough

Makes 24 rolls or 2 small loaves. Can be doubled if desired. This basic dough makes many different loaked products: To be listed later.

Procedure: 1. Make a sponge of the yeast cake broken up into one cup of liquid. Add to this 2 cups of flour. Knead well, cover with a damp cloth and let proof at 80° until bubbles form or sponge starts to fall. Dissolve salt and  $\frac{1}{4}$  of your sugar in remaining liquid and add to sponge - stir well to break up sponge. 2. Mound up the remaining flour on work board. Cream together the butter and remaining sugar and eggs. Make a well in top of flour mound and add sugar, butter, eggs. Mix.

### Cobbler Crust.

4 eggs	$\frac{1}{2}$ cup shortening
4 cups flour	$1\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ cup sugar	1 tsp. salt.
2 cups cream	

Cream sugar, salt, and shortening together and add eggs well beaten one at a time. Stir in one cup of cream.

Sift flour, baking powder three times and add gradually to batter. Add remaining cream - only enough to make a stiff dough.

Scale off  $\frac{2}{3}$  of dough, roll out  $\frac{1}{2}$ " thick and line a greased bake pan. Bake 20 min at  $375^{\circ}$ . Vent the bottom. Into this crust add your filler - apples, blackberries, etc. cover top with remaining dough well vented. Bake 20 min. at  $375^{\circ}$ .

Hint. If apple and cinnamon sugar are to be used - get a box and put the cinnamon sugar into it. Place your apple pieces in and shake to insure a uniform coating of the apple. This will cook better.

## Pumpkin Cookies

$\frac{3}{4}$  cup shortening  
1 cup B. Sugar  
3 eggs (well beaten)  
 $\frac{3}{4}$  cup pumpkin  
 $1\frac{1}{2}$  teaspoon vanilla  
2 tea. bk. powder  
1 cup raisins

## Illinois Pumpkin Cookies.

$\frac{1}{4}$  tea. ginger  
 $\frac{3}{4}$  tea nutmeg  
 $1\frac{1}{2}$  tea lemon juice  
 $3\frac{3}{4}$  cups flour  
 $\frac{3}{4}$  tea. salt

Mix - roll out - cut - bake.

## Bread and Butter Pudding.

Beat 2 eggs and add 1 pt. cream or milk and  $\frac{1}{2}$  tsp. vanilla to the liquid. Butter sides of a casserole. Line bottom with slices of buttered bread, less crusts. Sprinkle with brown sugar and cover with a layer of raisins or apples. Repeat until casserole is  $\frac{3}{4}$  full. Pour in egg, milk mixture and let soak one hour. Bake in slow oven for an hour, sprinkle with brown sugar and serve.

## English Chocolate Pudding.

Crumble a loaf of bread in a bowl. Pour over this 1 pt. warm cream and let soak, then heat to a pulp adding 2 lbs. coco, 5 lbs. sugar 1 lb. vanilla. Melt 1 oz butter - add. Add 2 well beaten eggs. Put in buttered casserole and bake for  $\frac{1}{2}$  hour in moderate oven. Sprinkle with sugar 5 min. before removing from oven. Coco, sugar, vanilla, butter, cooked in milk before adding. Use chocolate syrup in place of coco, about 1 cup. Cut down cream.

oatmeal

1 cup of coarsely ground nuts (pecan nuts and pecans) freshly roasted. Place in cereal dish and eat with cream and sugar.

Gurkshire Oatmeal Cookies.

- 1/2 lb. Flour
- 1/2 lb. oatmeal (cooked)
- 1/2 tsp. cinnamon
- 6 oz brown sugar
- 1/4 oz soda bicarb
- 1/4 lb butter
- 1/4 lb molasses (warm)
- Sour milk
- Rosins.

Mix dough well adding enough milk to make the dough stick. Roll out cut in 4" cubes, placed on greased cookie sheet. Bake in 225° oven till done.

Decapitation.

Crumble any cake or lady fingers into a bowl. Cover with a mixture of 1 part chocolate syrup, 1 part marshmallow whip, 1 part sweet cream and some chopped maraschino cherries. Spoon into tall highball glasses and let chill for one hour or more. Serve, garnished with whipped cream.

Peach Jay.

Halve peaches and fill center with caramel or peanut butter. Put peaches back together and place in individual custard cups. Pour hot fudge sauce over - chill and serve with either whipped cream or marshmallow whip.

STAY Hotels STATLER in BOSTON BUFFALO CLEVELAND DETROIT ST. LOUIS  
WASHINGTON NEW YORK Hotel Pennsylvania

## Liver Sausage Recipes

### Stuffed Celery Horns O' Oenvers.

Liver sausage, minced parsley, horseradish, pimientos olives. Mix together and stuff celery stalks.

### Liver Sausage - Burgers

1/2" slice of liver sausage, round bun, butter, and onion. Brown slices of liver slowly in butter, both sides. Serve as hamburger or bun with onion and mustard.

### Liver Sausage and Spaghetti en casserole.

1/2 lb. liver sausage	1/3 cup cracker crumbs
4 oz. spaghetti	1/4 tea. salt
2 lbs. butter	1 cup tomato sauce.

Cook spaghetti as directed on package. Brown crumbs in 1 lbs. butter. Slice liver sausage 1/2" thick, cut into small pieces and brown in 1 lbs. butter. With spaghetti combine, crumbs, salt, liver sausage and tomato ~~sauce~~ sauce. Put in casserole and heat under a flame for a minute. Serve six.

Hint - slice liver sausage on the bias for larger slices and better texture.

(over)



Bakers Chocolate Cake - Cookies

- 1 1/2 cups sifted flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3 Squares Baker's Unsweetened Chocolate
- 4 tablespoon butter
- 1 cup sugar
- 1 egg, unbeaten
- 3/4 cup milk
- 1/2 teaspoonful vanilla

Sift flour, add baking powder. Melt chocolate and butter over water. Add sugar, mix well. Add egg beat. Add flour alternately with milk. Add vanilla. Bake in a greased 9x9x2 pan, bake in 375° oven for 12 min. When almost cool, cut in square. To make cookies, drop dough from spoon and bake for 9 min in 375° oven. On cookies - frost top with "Quick Fudge Frosting" and decorate with nut halves or grated coconut. Also spread pan squares with same frosting.

### Southern Fried Chicken

Take fryers and disjoint, separate whole breast, wishbone and break the back. Rub lightly with butter. Sift a light coating of flour on pieces so that very little adheres to skin.

Put about  $\frac{1}{4}$ " grease in pan on a slow fire - Drop chicken into this - cover with lid and cook 20 min. Remove cover, turn pieces of chicken, replace cover and cook another 20 min. Remove cover, increase heat and brown. Dry and drain. Serve.

### Notes on Ham

Buy one year old pig, about 12 lbs.

Smithfield variety best cure.

Cooked hams purchased from Penders in Norfolk, Va. for \$1.00 additional.

Special order from Thomas Pluke & Co. Philadelphia, Pa.

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 2 tins Crawford's Biscuits         | 2 lbs. English Walnuts             |
| 6 tins N.B.C. Ginger Snaps         | 2 lbs. Pecans                      |
| 12 doz. Dutch Chocolate Apples     | 2 lbs. Salted Cashew nuts.         |
| 2 jars Peppercorn Pickles          | 6 crocks B+M. Baked Beans          |
| 2 tins Fruit Cake                  | 6 cans Barton Brown Bread          |
| 4 loaves Nut Bread                 | 1/2 crate Blue Goose Grapefruit    |
| 6 boxes Spagatti                   | 3 jars Mustard Pickles             |
| 6 jars Peanut Butter               | 6 cans R+R Chicken                 |
| 6 jars Raspberry jam               | 12+14 lbs. Smithfield Ham          |
| 6 jars Strawberry jam              | 3 lbs. Smithfield Bacon            |
| 6 jars Grape Jelly                 | 3 lbs. Canadian Bacon              |
| 2 tins (1 gal) Vermont Maple Syrup | 6 tins Oatmeal Cookies             |
| 4 boxes (1 lb.) Maple sugar candy. | 4 lbs. Bear Rabbit Molasses Candy. |
| 2 boxes candied ginger             | 20 lbs. Apples (French)            |
| 1 doz. Raisins                     | 6 cans Red Salmon                  |
| 6 cans Ginger Bread Mix            | 6 cans Tuna fish                   |
| 12 pbs. Dates                      | 12 cans King Haakon Sardines       |
| 12 pbs. Figs                       | 3 lbs. Phila. Scrapple             |
| 6 pbs. Raisins                     | 1 doz. Phila. Cinnamon Buns.       |
| 6 pbs. Swiss Hard Tack             | 5 lbs. Prunes                      |
| 12 pbs. Noble Swiss Cheese         | 6 jars Green Olives                |
| 2 tubs Anchovy Paste               | 6 jars Rippe Olives                |
| 6 jars Strained Honey              | 2 loaves Rye Bread                 |
| 12 cans String Beans               | 2 loaves Whole Wheat Bread         |
| 12 cans Maine Sweet Corn           | 2 jars Orange Marmalade            |
| 1 bot. Olive Oil                   | 2 tins Kebler's Saltines           |

Filson Cross Creek:

Hushpuppies - corn meal patties, chopped onions, fried in fish grease.

Fish Chowder - (black bass), in a deep iron skillet, a layer of bacon, layer of boned fish, layer of thin sliced Irish potatoes, a layer of thin sliced onions and a layer of soda crackers. Add salt, butter, and pepper. Repeat layers in same order until pan is full. Add water half way up. Cover and simmer slowly until tender - liquid cooked away. Add cream to cover, heat to boiling - serve.

Sweet Potato Orange Basket: Wash boiled sweet potato, add beaten eggs, butter, salt, a few spoons orange blossom honey and a little grated orange peel. Cut oranges in half, remove contents, serrate edges; fill shells with potato mixture, dot with butter, and place in hot oven to brown.

Hot-cherried Grapefruit: Good for first course on a cold night or as desert. Half grapefruit, turn upside down to drain off extra juice. Sprinkle freely with brown sugar, and powdered clove, and dot of butter. Fill center with sherry. Brown in oven or under broiler. Serve hot.

Grape-juice Ice Cream: 1 pint grape juice, juice of 1 lemon, half cup of sugar, and a pint or so of heavy cream. Freeze in a home freezer - not a refrigerator.

Recommends: Cooking Sherry.

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EXAMINED BY

## MELT CHOCOLATE THE EASY WAY

Baker's Chocolate melts quickly and easily. It need not be grated or cut in small pieces. Simply place squares in small, round-bottomed bowl and melt over hot water — NEVER over direct heat. Cool chocolate slightly before adding to mixture. A rubber plate scraper is an excellent tool to use for removing all melted chocolate from bowl.

For chocolate cream puddings, frozen desserts, etc., the chocolate is melted in the liquid. Simply add squares to cold liquid and heat gradually, so that chocolate will melt slowly. If the liquid is milk or cream, place over hot water to prevent scorching. Beat with rotary egg beater until mixture is smooth.

## FAVORITE CHOCOLATE RECIPES

### DEVIL'S FOOD CAKE

2 cups sifted Swans Down Cake Flour	1½ cups sugar
1 teaspoon soda	2 eggs or 3 egg yolks, unbeaten
¼ teaspoon salt	2 to 3 squares Baker's Unsweetened Chocolate, melted
½ cup butter or other shortening	1 cup milk
	1 teaspoon vanilla

Sift flour once, measure, add soda and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased deep 9-inch layer pans or three greased 8-inch layer pans in moderate oven (350°F.) 25 to 30 minutes. Spread Easy Chocolate Frosting between layers and on top and sides of cake.

### EASY CHOCOLATE FROSTING

Melt 3 or 4 squares Baker's Unsweetened Chocolate and 3 tablespoons butter or vegetable shortening over hot water. Measure 3 cups sifted confectioners' sugar and add ½ teaspoon salt, 7 tablespoons milk, and 1 teaspoon vanilla; blend. Add hot chocolate mixture and mix well. Let stand, stirring occasionally, until of right consistency to spread. If necessary, place bowl in pan of cold water.

### BROWNIES

Measure ¾ cup sifted flour, add ½ teaspoon Calumet Baking Powder and ¼ teaspoon salt, and sift again. Melt ½ cup butter or other shortening and 2 squares Baker's Unsweetened Chocolate over boiling water. Add 1 cup sugar gradually to 2 well-beaten eggs, beating thoroughly; then add chocolate mixture and blend. Add flour and mix well; then add ½ cup broken walnut meats and 1 teaspoon vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (350°F.) 35 minutes. Cut in squares; remove from pan and cool on cake rack. Makes 2 dozen brownies.

## OUTSTANDING NEW BOOK OF CHOCOLATE RECIPES!

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. . . 200 Recipes for Cakes, Cookies, Pastries, Desserts,  
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A.M. ULRICH

STREET

ZENTSUJI P.O.W. CAMP

CITY


SHIKOKU

STATE

JAPAN

# Jap Cameras Seek to Show Prisoners as Contented

**Something To Crow About**



**DD's Night Club**

OFFERS

The Finest Russian Cuisine In The Far East  
 SUPERB DANCE MUSIC AND DELIGHTFUL FLOOR SHOWS

TEA DANCING from 4 p.m.  
 COCKTAIL BAR AIR-CONDITIONED THROUGHOUT  
 DINNER DANCING from 7 p.m.

RESTAURANT 870 Bubbling Well Road  
 DD's Night Club 815 Avenue Joffre  
 RESTAURANT 319 Szechuen Road

While eager fingers nervously scribbled out the words that would allay a thousand fears, on any odd scraps of paper they could find, the Japanese Army representative assured them that the messages would reach the addresses of their friends and families in the U.S.

The reproductions on these pages are but a few of the messages written by the U.S. war prisoners, which are so vitally important to their kinsfolk back in the United States.

Marye Hayes  
 137 S. Fairfax St.  
 Alexandria Va.

Am safe and sound. Don't worry  
 Love  
 Hirst

Commander Hayes  
 Medical Corps  
 U. S. A.

Mrs Geo. F. Moore  
 2501 Potrero Ave.  
 San Francisco, Calif.

The advertisement of a Shanghai night club contrasted with the pathetic letters of American prisoners

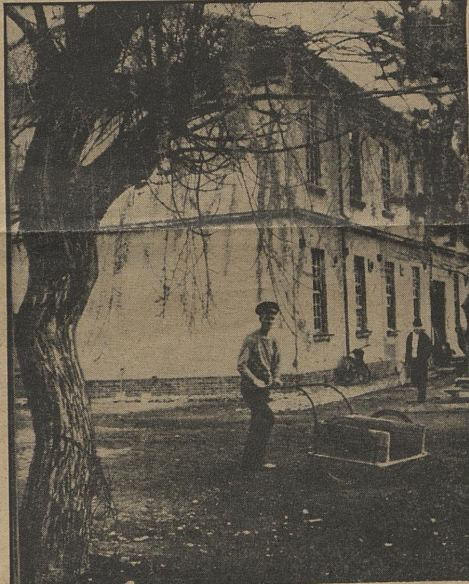
**A PRISON WITHOUT BARS, SANTO TOMAS INTERNMENT CAMP IS MORE LIKE A LARGE RECREATIONAL ESTABLISHMENT**

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Model prison—Jap model



Wainwright: unwilling broadcaster



In the morning a brisk walk around the block or, if it is their turn, a brief spell of fatigue duty, is the program of the U.S. war prisoners. An invigorating health schedule is theirs with ample time for recreation.

THOUGH FAR AWAY FROM THE FRONT... THE MEN FOLLOW THE COURSE OF WAR.



## LIFE AT ZENTSUJI IS ONE LONG STRETCH OF RELAXATION

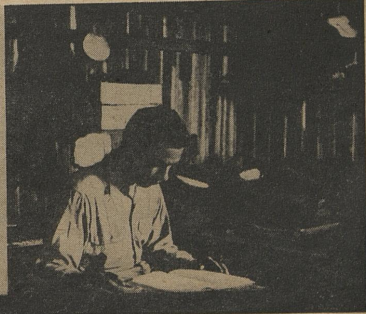
From early dawn till "Lights Out" is sounded, life in Zentsuji is kept from being boring by a series of interesting and diverse pastimes. A brisk walk around the wind-swept compound, an hour or so of study, time for daily personal chores such as shaving or an occasional haircut... all these are taken in leisurely stride, making existence at Zentsuji a tranquil one.

The study of Japanese is very popular with the war prisoners. The language of one of the world's oldest civilizations is well worth the effort to learn, and internees follow each lesson with interest, given by a Japanese military instructor. Now and then, the latest news on the course of the war is told to the prisoners, and they are surprised by the unexpected weakness of the United Nations... a weakness that Japan had recognized long ago.



Under the hands of skilled Japanese doctors, ailing internees are given perfect medical attention.

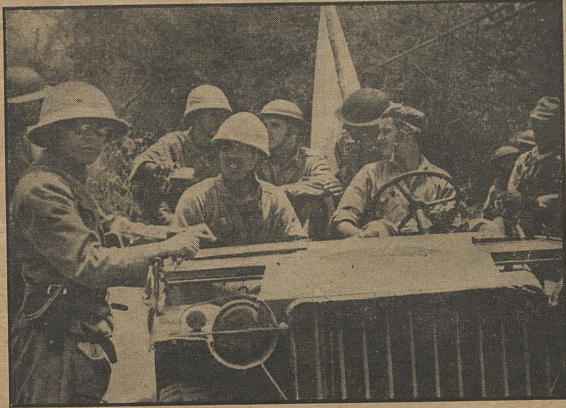
IN THE EVENING... THE MEN DROP OFF TO SLUMBERLAND OR STUDY A LITTLE.



But life at Zentsuji prison camp looks different to American prisoners



## Bataan and Mandalay: Pictorial Boasts by Captors



The Japs say this was the jeep which General King sent to surrender Bataan peninsula



King and an aide (hat over face) face the Jap cameras—The Jap caption says coyly that they are "in pensive mood"



Jap officers go over the campaign with General Ivy



Banzais hail the fall of Mandalay